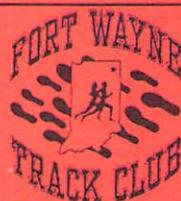


the inside track

AUGUST 1993 - SEPTEMBER 1993



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



PREDICTION RUN

PICNIC IN THE PARK

FRIDAY EVENING
AUGUST 13, 1993
6:00 P.M.

Foster Park Pavilion

5K Prediction Run 6:00 p.m.
Potluck 6:45 p.m.
Bring table service & food item/s

Donations accepted for FWTC
Timing Equipment

1993

FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

President	Bob Hockensmith, 749-1237
Vice President	Wayne Unsell, 493-2460
Secretary	Vicki Jacobs, 747-1434
Treasurer	Don Lindley, 432-5998
Inside Track Newsletter	
Editor	Joyce Hockensmith, 749-1237
Mailing	Jeanette & John Klein, 238-4313
Publicity Coordinator	Ken Disler, 422-9984
Equipment Coordinator	
Advertising Coordinator	Rodger Puckett, 489-8868
Membership	Wayne Davies, 426-2917
Race Schedule Chairman	Don Ford, 484-6321
Race Walking Coordinators	Bob Gensheimer, 447-9334
	Vicki Jacobs, 747-1434
RRCA Central Director	Judy Tillapaugh, 456-3277

BOARD MEMBERS

Valerie Puckett
Barb Scrogam
Phil Wahls
J.P. Jones
Stan Lipp

Jack & Barb O'Neil
Alan & Velma Bradley
John Jedinak
Jack Hilker



President's Column -

Bob Hockensmith

An important part of planning to run a race in a distant location is to anticipate the possible weather conditions and pack adequate clothing accordingly. In almost every case, the predictions are wrong and we usually arrive with too few or too many clothes. Alaska ran true to form.

On June 17, Joyce and I left for Anchorage prepared to run the Anchorage Mayor's Midnight Sun Marathon on Saturday, June 19.

We met Jack O'Neil on Friday and enjoyed an evening reunion and pasta dinner several thousand miles from Fort Wayne.

Without prior experience with Alaskan weather, we carried polypropylene shirts, cotton long and short sleeve shirts, sock hats, gloves and tights, in addition to all of the other paraphernalia necessary for the run. It was a pleasant surprise when we learned on race morning that a short sleeve shirt and shorts would be quite adequate for comfort. What I did not anticipate was the need for bear repellent.

The course began at the edge of Anchorage just outside Elmendorf Air Base and followed State Highway #1 in a northeasterly direction for about four miles before turning back toward the city. Most of the route was through a forest with gravel roads. It was a very pleasant route that followed a bike trail eliminating automobile exhaust and traffic problems and the volunteers did a fine job of providing necessary refreshments along the way. At a point near the twenty mile mark, as I was running alone (my companions having long

since abandoned me) through a particularly dense grove of trees, I caught a quick glimpse of a large black animal charging out of the woods behind me, cross the path and turn to run in my direction. At that moment, I was convinced that I was destined to become a large meal for a black bear, having heard of Anchorage being plagued with many bears entering the city. A moment later, as the animal crossed in front of me nearly causing me to trip, I identified the culprit as a black Labrador Retriever, interested more in the flowers and grass than in my quaking body. With a great sense of relief, but with heightened anxiety concerning the "last frontier", I continued on for the next six miles.

The marathon was a wonderful experience (ignoring the above incident) where we had the occasion to meet quite a number of interesting runners. I ran for several miles with a 72 year old man who was completing his fifty one marathons of all the states plus D.C.. and his 366th lifetime marathon. We were also fortunate to each bring home a trophy, Joyce for 1st in her age group and I for 2nd in mine. I guess that proves that you can either run faster or outlive your competition, and I know I'm not getting faster.

Later we drove to Fairbanks, took a tour of Denali National Park, crossed Prince William Sound to see the glaciers, and flew to Kotzebue, above the Arctic Circle, to allow the mosquitoes to sample Indiana runners. The trip was far too short, but we certainly enjoyed the beautiful mountains, the friendly people and the crystal clear air of Alaska. We recommend it to you.

EDITOR'S NOTE: Anchorage provided me with yet another item to add to my growing list of Never To Repeat Marathon Experiences. With approximately 1 mile to go, there was a sharp left turn heading up a steep hill. Course marshals evidently were getting a little bored after almost 4 hours, so they failed to turn this runner. I continued to run along the bike path, oblivious to my error and seeking signs that I might be approaching the termination to my personal agony. Who knows how long I would have continued to run if it hadn't been for a female jogger coming from the opposite direction. She inquired as

to whether I was doing a cool-down run. "Cool down? Hardly, I'm just trying to finish the darn marathon. After that I don't plan to run again for at least a week!"

"Well," the nameless jogger replied, I'm afraid you missed your turn about a half mile back."

Muttering under my breath, I reluctantly turned my weary body around and followed her to the ominous place where I had missed my turn, glaring at the now present course marshal

What I want to know now, Don, is, does this qualify for an Ultra??



Bob & Joyce at start of Anchorage Marathon

**Stayed turned for information on the
April 1994 London Marathon**

Minutes - Fort Wayne Track Club Monthly Meeting Wednesday, June 9, 1993 7:00 PM

11 Present: Ken Disler, Bob Eherenman, Don Ford, Jack Hilker, Bob & Joyce Hockensmith, Vicki Jacobs, J.P.Jones, Mike McAvoy, Judy Tillapaugh, Wayne Unsell.

Mtg. called to order by President Bob Hockensmith. In the absence of Treasurer Don Lindley, Bob reviewed Treasurer's Report. May expenses \$421.03; income \$457.50; YTD balance \$4,856.56. Membership is at 358 for 1993, 63 '94, and 49 for '95. Big "THANK YOU !" to several club members assisting Don in transporting & manning equipment at various races.

Was suggested we review rental fee structure & consider possible increase.

Copy for Aug./Sept. newsletter due week of July 19th. Judy Tillapaugh presented Joyce Hockensmith with RRCA Certificate for Honorable Mention for Central Region large club newsletter.

Running program Joyce Hockensmith started at her elementary school ended with 1 mile & 5K runs; many parents expressed thanks for program & they along with many students hope it'll continue (Joyce does plan to continue if school administration gives support).

Mike McAvoy continuing dialog with several potential advertisers & working diligently to find creative options that'll entice their interest (& money !!). He encouraged everyone to contact at least 2 other club members & encourage them to take advantage of special offer for

issues).

Judy Tillapaugh's still needing volunteers for June 19 NE IN Corp. Challenge & June 26 White River St Games 5 Mile Run/Walk. Judy shared highlights of RRCA National Convention: New RRCA brochure; new RRCA booklet on starting a running club; new developments on RRCA children's running program; new address for RRCA offices: 1150 S Washington St. Suite 250, Alexandria VA 22314-4493. Phone is unchanged 703/836-0558; FAX 703/836-4430. 1994 Convention April 7-10 Washington, D.C. & convention registration includes entry in Cherry Blossom. 1995 Convention location is Allentown PA co-hosted by Runner's World & Lehigh Valley Road Runners.

Bicentennial Races (9.4 mile run; 9.4K walk; 1994 ft. children's run) definitely scheduled for SAT. OCT. 8, 1994. Will try to have "no t-shirt test run" this fall on Sat. Oct. 2, or Sat. Oct. 9.

Ken Disler reported that club singlet prices would be same as t-shirt prices. Will try to get order together this summer for any club apparel (singlets, t-shirts, long sleeve t's, sweatshirts) so that minimum of 25 items is met.

Bob Hockensmith's in contact with touring Co. in Nashville TN re: '94 trip to London marathon 3rd weekend of April & will report on prices, etc., when he gets information.

Don Ford reviewed race schedule & made available apps for wide variety of upcoming events. Making Strides for Cancer 10K (new name for old Summit City 20K) scheduled for Sun. Oct. 3.

month's mtg.. scheduled for Wed. July 14, 7PM TUFW AC. Aug. mtg.. will probably be annual picnic at Foster Park possible on Fri. eve, Aug. 13 (if pavilion's available). Mtg.. then adjourned.

Minutes-Fort Wayne Track Club Monthly Meeting Wednesday, July 14, 1993, 7:00 PM

9 Present: Ken Disler, Don Ford, Wayne Unsell, Polly & Vicki Jacobs, J.P.Jones, Don Lindley, Judy Tillapaugh, Dean Whitman.

Mtg. called to order by V.P. Wayne Unsell. Don Lindley reviewed Treasurer's Report. June expenses \$457.48; income \$826.43; YTD balance \$5,225.51. Don recognized volunteers who've helped with equipment at various local races. Don reported one print timer is shot; other two in desperate need of batteries. After discussion, consensus was for Don to immediately use budgeted monies for equipment (new batteries for two & possible replacement of third print timer.

UPDATE on October 8, 1994 Bicentennial Walk/Run: Last month's minutes incorrectly reported walking event as 9.4K; correct length is 2.26 miles. WED. AUG. 18, 7 PM: Mtg.. at Don Lindley's house for club members willing to serve on Planning Committee for bicentennial walk/run. **YOUR TRACK CLUB NEEDS YOU** to help put on this event. If interested, put on your calendar and be there. SUN..MORN. OCT.10, 1993: Test run of 9.4 mile race course beginning at City, county Bldg. SUN. PM NOV. 14, 1993: sports carnival kickoff at Coliseum for bicentennial sporting events; organizations Next

having events invited to have booths; ours could have flyers on 10/8/94 events; flyers on '94 London marathon trip; club membership apps.; club apparel samples & order forms. FRI. PM DEC. 31, 1993: city planning New Yr's Eve bash downtown to welcome bicentennial year. Could FWTC sponsor New Yr's Eve run in conjunction with this?? Think about it! SAT. OCT. 8, 1994: 9.4 mile run; 2.26 mile walk; 1,994 foot children's run. Big thanks to Brian Shepherd who's volunteered to be responsible for awards.

Judy Tillapaugh thanked everyone who helped with NE IN Corp Challenge & White River Parks State Games 5 mile run. Director of Chicago Marathon's been in contact with her--he's interested in coming to Ft. Wayne to talk with runners about the marathon. Possible dates include Parlor City Trot (used by many local runners as training for Chicago), Blueberry Stomp (closer to Chicago & may have more runners interested in Chicago), our annual august club picnic. Judy will get back with him & try to definitely set this up.

It was reported that a printer in Angola who's a friend of Brian Shepherd, gave Brian a quote of \$300 for printing our newsletter in

its current format. This is less than we pay now & after discussion, it was agreed to ask Joyce Hockensmith to investigate this possibility (getting detailed quote in writing; getting samples of his work; etc.).

Don Ford reviewed race schedule & highlighted some upcoming races, especially points races. Ken Disler said no new apparel orders have come in. Wayne Unsell said there's been some response by club members putting business cards in

newsletter at reduced price for members

Next month's out annual prediction run & picnic at Foster Park (instead of bus. mtg.). Fri. Aug. 13, 6 p.m. 5K prediction run --entry fee is contribution toward equipment fund; 6:45 p.m. picnic -- everyone please bring food to share & your own table service. Next business meeting will be Wed. Sept. 8, 7 p.m.

Vicki Jacobs, Secretary

BICENTENNIAL FUN RUN & PROJECT MEETING

AUGUST 18, 1993

WEDNESDAY

FUN RUN - 5 MILES - 6:00 PM

MEETING - 7:00 PM

LINDLEY'S PLACE

1820 BRIAR FENCE LANE

This meeting is for those that are interested in being part of next year's bicentennial run, October 8, 1994. For more information contact Don Lindley at 432-5998.

Directions: From Times Corner go North on Getz Road to Breconshire, turn right on Breconshire Dr., then go to the dead end and turn right, second house on the right side with white bricks. From Illinois Road go South on Getz Road to Breconshire and turn left and again follow the street to the end and turn right. PS There is construction work on Getz Rd. Road should be open to local traffic.

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Gift Certificate Available

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BODY WORK PRACTITIONER

Member
AIM-IMF

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APPOINTMENT ONLY



Track Club Member Profiles

JOE ZIEGLER

Joe Ziegler, born December 24, 1935, is a Massage Therapist. Joe's family includes a son, 29, and a daughter, 20. Joe's interests include bowling, swimming, biking, family cookouts and games. As a spectator, Joe enjoys track events. This editor has seen Joe training at his torrid pace on Hartzell and Green Roads in New Haven. Was he wearing his New Balance 1300's? He flew by too quickly for me to notice.

Joe likes speed, and hence, enjoys racing 5K's. After a hard workout just give Joe a cold beer. Later, for a meal, Joe's choice is the Ming Garden in New Haven. Joe's dream is to some day run the Boston Marathon, and he would like to keep running as long as he has fun doing it and can find rides to races. Joe's comment to the FWTC, "I think you are doing a great job!"

BOB LOOMIS

Bob Loomis, born January 30, 1933, is retired from REA Wire as of April 1, 1993, and is now running full time while

working part time. (Sounds good to me!) Bob's family, which he admits is wild at times, includes his wife, Shirley, 11 children, 13 grandchildren, and 7 sons or daughters-in law. Bob's only pet is that darn ground mole in his yard. Bob enjoys taking his 29 foot Shasta camper along with his camping friends to state parks, which also get his vote for the best running spots. One of Bob's favorite activities is getting together with the kids on a one-to-one basis which he comments is almost a full time job. If he has to be on the sidelines, Bob likes watching golf, NFL football, and track meets. If you are in one of the state parks you might see Bob running his favorite 10K distance in his Asics 100 series. When it comes to races, Bob's favorites are the Summit City 10K and the Indy Mini 1/2 Marathon. After the run, Bob likes potatoe chips (the Dan Quayle variety) and bananas. Going out for a meal Bob's #1 choice is the Olive Garden. Bob hopes to be able to run well into old age, (70-75-What do you think Ken?) and will

healthy. Bob would like to see the FWTC sponsor another bus trip to the New York City Marathon.

DANA BUDD

Dana Budd, born July 17, 1954, is a Department Manager for Tom Kelley Buick. His family includes his mother, Jo Cena Budd, his sister, Kimberly Richardson, and his faithful running partner, Bear. (By the way, Bear is a dog.) Dana likes to spend free time water-skiing, restoring his 1966 Pontiac Catalina, or spending time at the family cottage on Blue Lake. Dana enjoys watching track and field events. You might find Dana training in his Brooks Beasts for his favorite half marathon distance around Bixler Lake in Kendallville. The Lakefront 10K in Celina, Ohio gets Dana's vote for one of the best. After a race Dana's favorite treat is blueberry pie, and when he isn't cooking up a gourmet meal he chooses the Pagoda Restaurant in Southgate. Dana's running inspiration came from Barb Scroggum whom he says made him believe he could run a marathon. Dana's dream is for peace on earth and to retire at the ripe old

age of 38 and just run. Dana would like to see the FWTC have one very popular race with an interesting course. (It's coming Dana in '94 - Get involved and help make it a success.)

MICHAEL YANN

Michael Yann, born July 31, 1952, is a Field Claims Representative. Mike's family includes his wife, Rose, and son, Ryan, 12, daughter Lisa, 10, and Kelsey the cat. Mike's interests include canoeing, camping, hunting, and going to Komet hockey and Wizards baseball games. You might find Mike training on the Nutra Run course in his New Balances. Mike likes going to races with his son, particularly half marathons. Mike likes to carbo-load at Casa D'Angelo's, and after the race prefers pizza. Mike has run the Columbus Marathon for 7 consecutive years. Mike's inspiration has come from Don Anderson and his ability to run so well at his young age. Mike's dream is to complete 20 marathons in 20 years, and he wishes we had a full or half marathon in Fort Wayne.

WHITE RIVERS PARK GAMES
FORT WAYNE REGIONAL
SAT - JUNE 26, 1993

5 MILE RUN

FEMALE 12 & UNDER

1 MARY COCKBURN 37:51

FEMALE 13-15

1 MARCIA YODER 42:35

2 SOMMER ESQUIVEL 64:45

FEMALE 16-18

1 LISA ROLLER 35:39

2 KATIE PARK 35:47

3 LUCY FISHER 38:25

4 SARA MASON 38:25

5 BETHANY COCKBURN 43:41

FEMALE 19-24

1 CHRISTINE MCKINNIS 32:41

2 THERESA ONDERKO 35:32

FEMALE 25-29

1 KIM EILER 34:07

2 BEVERLY LEMASTER 34:19

FEMALE 35-39

1 CHRISTINA MCKINNIS 35:23

FEMALE 40-44

1 VICKI JACOBS 44:48

FEMALE 50-54

1 MAUREEN BIXBY 33:36

2 JEANETTE KLEIN 41:36

FEMALE 50-54

1 JOAN GARY 39:51

MALE 12 & UNDER

1 PHILLIP YODER 38:40

MALES 13-15

1 BOB WATERSON 27:14

2 MATTHEW SEEDS 28:25

3 MATT PELLMANN 31:32

4 BEN STEELE 32:20

5 TY ARTHURHULTS 32:46

6 JUSTIN DAUGHERTY 32:51

7 CHRIS HENDERSON 32:58

8 BRAD MILLER 33:11

9 SEAN WELLS 33:45

10 KYLE PETERSON 33:58

11 CRAIG WINN 34:04

12 MARK WELCH 35:31

13 BEN BOBAY 39:21

14 PATRICK MILLER 40:30

5 MILE RUN

MALES 16-18

1 ANDREW BEGLEY 27:13

2 CHUCK SMITH 28:15

3 RUSTY GROSE 29:19

4 JASON OSBORN 29:44

5 MICHAEL LINDLEY 29:54

6 TRAVIS GEORGE 30:19

7 ZACH RABER 30:39

8 CHRIS KAUFMAN 30:44

9 CHRISS KOSTOFF 31:05

10 JEFF BOYD 31:08

11 SCOTT SAUCEDO 31:16

12 KENT MERRITT 31:37

13 AARON GARCIA 32:10

14 JASON CLAGG 32:37

15 RICKY SARLITZ 32:54

16 TOD ESQUIVEL 32:59

17 RAY PARMAN 33:34

18 AARON JOHNSON 33:47

19 SCOTT WHEAT 33:56

20 RYAN LENGERICH 34:41

21 BRIAN MILTON 38:38

22 MARK PATANELLA 46:18

MALES 19-24

1 MARK STAUFFER 27:12

2 MICHAEL FRUCHEY 29:48

3 ROBERT OCHOA 34:50

4 JOSEPH STEENSMA 35:38

5 JASON YODER 37:30

MALES 25-29

1 JARED GERIG 29:17

2 MIKE SCHOUDER 29:29

MALES 30-34

1 STEPHAN LEFFERS 27:38

2 PAUL KNOTT 30:23

3 KENT FRANK 32:25

4 WG FUNK 33:27

5 JAMES THOMPSON 39:20

MALES 35-39

1 TERRY DILLER 28:26

2 BOB SCHENDEL 31:35

3 RICK GILBERT 31:52

4 WILLIAM DEAN 32:18

5 STEVEN SUMMERS 32:28

6 BRUCE DAUGHERTY 34:47

7 DAVID CLOUSE 36:43

8 GERALD TOWNE 46:02

5 MILE RUN

MALES 40-44

1 GARY RICKNER 29:21

2 TOM REHRER 32:33

3 BRUCE PRESSLER 33:46

4 RICHARD LUNDIN 34:48

5 WILLIAM DIBBLE 37:06

6 ROBERT WATERSON 37:55

7 THOMAS FUELLING 38:24

8 RUSSELL WOLPERT 39:02

9 TONY ACOSTA 39:46

MALES 45-49

1 BERNIE BURGETTE 32:56

2 MICHAEL YODER 37:16

3 CHARLEY KNEPPER 37:39

4 JEFFREY REFF 38:12

5 JOSEPH JACKSON 39:43

6 DONALD LINDLEY 39:44

MALES 50-54

1 JEROLD PERKINS 30:54

2 TOM FELGER 34:59

3 JOHN KLEIN 35:38

MALES 55-59

1 RICHARD HARNLY 36:05

2 MIKE MCCOMAS 52:02

MALE 60 & OVER

1 DONALD ANDERSON 36:48

3 MILE WALK

PL TIME

1 BOB GENSHEIMER 26:00

2 CHRIS MERRITT 36:07

3 POLLY JACOBS 36:10

4 SHARON BRUNER 39:06

5 MAURINE GENSHEIMER 43:03

6 LOUIS ESQUIVEL 43:07

7 MARY CLARK 43:08



ROAD RUNNERS CLUB OF AMERICA

629 SOUTH WASHINGTON STREET • ALEXANDRIA, VA 22314-4161

1993 WHITE RIVER PARK STATE GAMES FIVE MILE RUN AND THREE MILE WALK VOLUNTEERS!! THANK YOU FOR PROVIDING MANY HELPING HANDS!! YOU WERE MOST APPRECIATED.

- | | |
|---|---|
| 1. Howard Klinger | 11. David Myers |
| 2. Cheryl Pasko | 12. Sue Myers |
| 3. Mike Kast | 13. Cathy Tracy |
| 4. Mike McAvoy | 14. Ellen Osborn |
| 5. Dennis Wang | 15. Don Ford |
| 6. Sue Sipes | 16. Ray Sibrel |
| 7. Tom Deal | 17. Sandy Huffman |
| 8. Joyce Hockensmith | 18. Sandy Huffman's son Steve |
| 9. Pat Knaebe-from <u>On The Edge</u> | 19. Brad Morris-from <u>On The Edge</u> |
| 10. Gregg Caley-from <u>On The Edge</u> | |

Be You Be Fit,

Judy

Don

Judy Tillapaugh

Don Lindley

5 Mile Run and Three Mile Walk Regional Coordinators



CANCER SOCIETY 5K

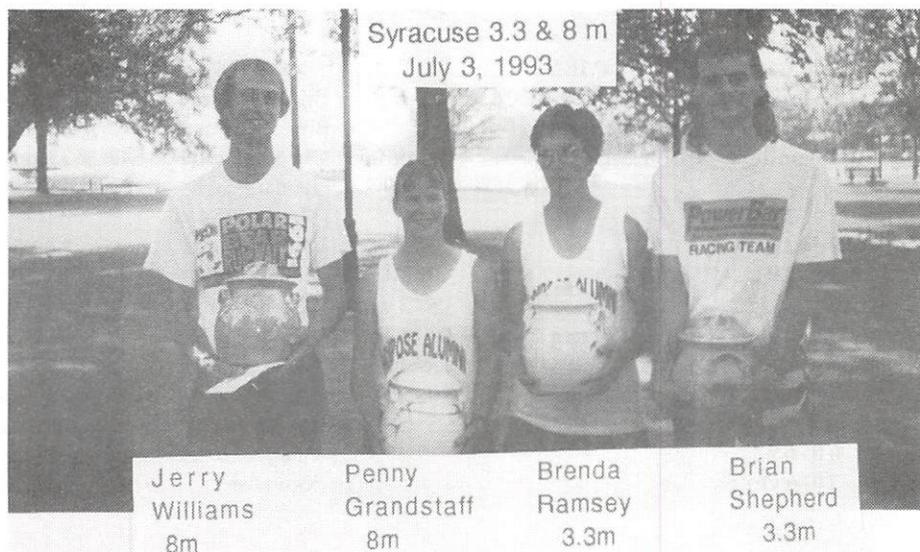
Syracuse

WOMEN		MEN	
Overall:	Linda Hoffer 21:26	Brian Shepherd	14:59
	Valerie Vesler 22:09	Brenden Benz	15:45
19-under:	Kristin Sigler 28:01	14-under:	Quentin Vester 23:34
		15-19:	Lamar Peugh 16:43
20-24:			Matthew Scott 22:47
25-29:			Greg Weisser 17:03
30-39:	Jody Henline 24:33	30-34:	Chuck Schlemmer 16:50
		35-39:	Charlie Labaw 18:18
40-49:	Betsy Hoffinan 23:53	40-44:	Joe Baranoski 21:32
		45-49:	Steve Smith 18:20
50-over:	Bev Christensen 27:50	50-54:	Larry Palmer 23:19
		55-59:	LK Christensen 18:16
60-69:			Charles Hedges 23:42
70-over:			Ken Disler 25:42

WHITE RIVERS PARK GAMES
INDPLS - FINALS
SAT - JULY 17, 1993

5 MILE RUN		
OVALL AGE-DIV	FEMALE 12 & UNDER	TIME
213	1 MARY COCKBURN	37:04
FEMALE 16-18		
314	17 BETHANY COCKBURN	43:00
FEMALE 19-24		
100	2 CHRISTINE MCKINNIS	32:40
178	7 THERESA ONDERKO	35:41
FEMALE 25-29		
194	2 KIM EILER	36:07
FEMALE 35-39		
164	2 CHRISTINA MCKINNIS	35:21
FEMALE 50-54		
258	1 JOAN GARY	39:22
MALES 13-15		
15	1 BOB WATERSON	28:08
29	4 MATTHEW SEEDS	29:16
132	21 KYLE PETERSON	34:07
165	28 CRAIG WINN	35:23
215	35 BEN STEELE	37:12
230	38 JUSTIN DAUGHERTY	37:43
244	43 MARK WELCH	38:31
247	45 BEN BOBAY	38:38
MALES 16-18		
30	11 RUSTY GROSE	29:20
33	12 CHRISS KOSTOFF	29:39
36	13 ZACH RABER	29:42
80	34 MICHAEL LINDLEY	31:37
55	19 KENT MERRITT	30:25
114	44 JASON CLAGG	33:25
138	55 AARON JOHNSON	35:13
203	59 BRIAN MILTON	36:24

5 MILE RUN		
OVALL AGE-DIV	MALES 19-24	TIME
129	16 ROBERT OCHOA	34:01
219	19 JASON YODER	37:21
MALES 25-29		
101	3 MIKE SCHOUDEL	32:42
MALES 30-34		
10	2 STEPHAN LEFFERS	27:37
60	6 PAUL KNOTT	30:40
104	9 KENT FRANK	33:07
MALES 35-39		
25	1 TERRY DILLER	29:02
117	7 STEVEN SUMMERS	33:38
173	15 BRUCE DAUGHERTY	35:34
249	17 DAVID CLOUSE	39:48
MALES 40-44		
54	5 GARY RICKNER	30:24
MALES 45-49		
229	8 MICHAEL YODER	37:39
259	9 DONALD LINDLEY	39:23
MALES 50-54		
78	1 JEROLD PERKINS	31:32
153	5 BERNIE BURGETTE	33:07
MALES 55-59		
191	1 RICHARD HARNLY	36:01
MALE 60 & OVER		
218	1 DONALD ANDERSON	37:20



SHEPHERD REPEATS WIN AT WAWASEE

The 16th annual Wawasee Flotilla Race was held July 3, 1993.

In the 3.3 mile race, Brian shepherd, boys cross country coach at West Noble High School, was the overall male winner for the seventh straight year.

In the eight mile run, Penny Grandstaff won the overall women's title for the fifth consecutive year. A total of 270 runners participated.

3.3 MILE RACE

Male		25-29	
Overall		Lynn Shaum	26:13
1 Brian Shepherd	17:13	30-34	
2 Moises Trejo	17:56	Liz Copher	28:48
3 Jeff Thompson	18:52	35-39	
12-under		Diane Laudeman	24:51
Khelli Leitch	20:52	40-44	
13-15		Deborah Leonard	31:33
Cort Eyer	19:13	45-49	
16-19		Susan Gelbaugh	39:00
Travis Striggle	18:48	50-54	
20-24		Sherry Johnson	27:04
Steve Holloway	23:18	55-59	
25-29		Bev Christensen	31:34
Mike Copher	21:20	60-69	
30-34		Jeanne Leffler	33:47
Bryan Chandler	21:38		
35-39			

		8 MILE RACE	
		Male	
		Overall	
Carl Risch	18:45	1 Jerry Williams, Jr.	43:09
40-44		2 Morry Riddle	44:48
Jim Stalter	21:05	3 Chuck Schlemmer	44:53
45-49		13-15	
Bruce Bordner	21:34	Josh Elkins	57:35
50-54		16-19	
Fred Ross	21:40	Frank Pizana	46:01
55-59		20-24	
L.K.Christensen	20:11	Nathan Denton	54:13
60-69		25-29	
Dick Shank	21:18	Ed Fisher	47:36
70-over		30-34	
Ken Disler	28:34	Steve Leffler	44:55
Female		35-39	
Overall		Richard Thomas	49:11
1 Brenda Ramsey	20:14	40-44	
2 Karen Brown	21:24	Steve Caswell	46:14
3 Anne Herald	21:43	45-49	
12-under		Joseph Durbin	61:17
Megan Hoffman	26:00	50-54	
13-15		Brad Yoder	53:33
Emily Berkey	30:13	55-59	
16-19		Dick Hamley	59:21
Laura Koepke	22:57	60-69	
20-24		Don Anderson	62:28
Julie Geckle	24:02		

Wawasee 8 Mile Race Results Cont...

Female

Overall

1 Penny Grandstaff	53:50	30-34	
2 Deborah Boughton	54:33	Susan Thompson	66:61
3 Maureen Bixby	55:02	35-39	
13-15		Susic Kualonan	56:08
Amber Miller	64:42	40-44	
16-19		Betsy Hoffman	74:41
Abby Ramer	58:51	50-59	
		Joan Gary	65:38

Society BANK Great Race '93

The overall winners in the Great Race 10K was Gerald Donakowski from Ann Arbor, MI in a time of 30:26 and Cindy James from Homewood, IL in a time of 35:39.

Of the 384 runners completing the 10K race from Concord Mall to downtown Elkhart, FWTC members include:

Chris Kaufman	41:48	8th	15-18
Sara Unsell	47:10	2nd	25-29
Lorraine Fox	46:38	3rd	30-34
Daniel Kaufman	36:57	4th	40-44
Wayne Unsell	47:46	23rd	40-44
Bernie Burgett	41:40	5th	45-49
Lynn Armstrong	42:33	8th	45-49
Tom Felger	44:26	3rd	50-54
Bob Loomis	50:52	3rd	60-65
Eugene Striggle	56:04	10th	60-65
Ken Disler	56:49	1st	70 & over



The winners of the half marathon beginning at Oaklawn Hospital north of Goshen, and ending in downtown Elkhart, were James Little of Elkhart in 1:08:15 and Karlene Herrell of Peru in 1:21:04. Of the 180 runners completing the half marathon, FWTC members include:

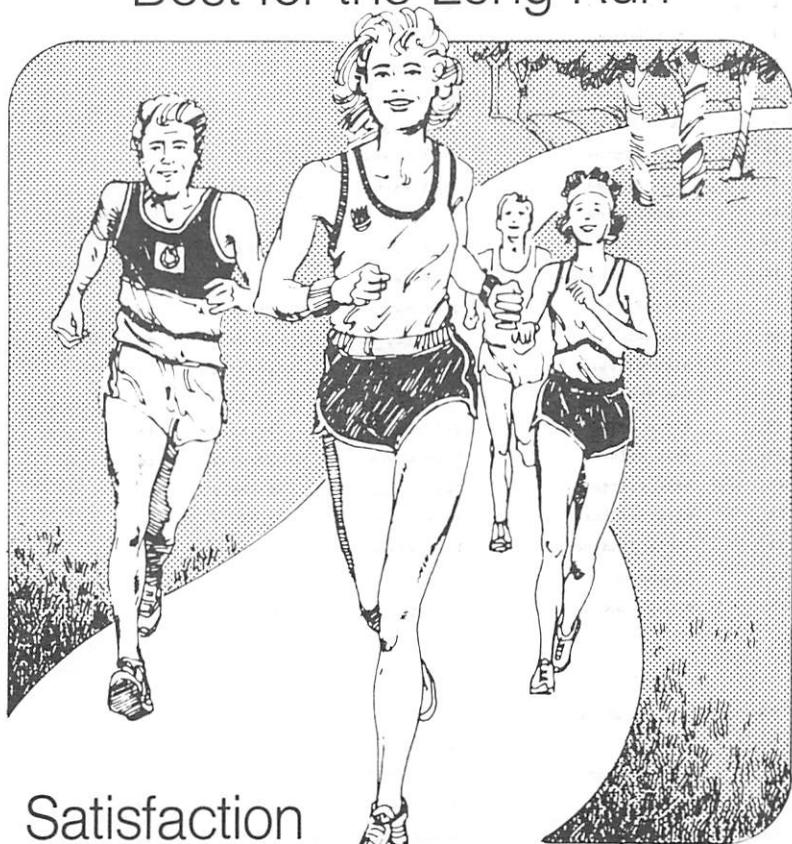
David Reimschisel	1:34:38	8th	30-34
Jed Pearson	1:25:43	4th	40-44
Donald Ford	1:31:32	6th	40-44
Carl Fields	2:09:01	18th	45-49
Joyce Hockensmith	1:56:20	1st	45-49
Martin Bixby	1:35:52	4th	50-54
Fred Ross	1:41:21	5th	50-54
Rex Reed	1:41:22	6th	50-54
Barrie Peterson	1:46:40	8th	50-54
Maureen Bixby	1:35:21	1st	50-54
Joan Gary	1:49:30	1st	55-59
Robert Hockensmith	2:16:03	1st	60-65



I apologize if I missed FWTC members who ran in the Great Race.

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July 4, 1993 RUN WILD

Top 25 Male Finishers

Place	Name	City	Time	Age
1	John Hogsett	Fort Wayne	23:11.0	22
2	Ken Babcock	Fort Wayne	23:11.3	31
3	Mark Herndon	Fort Wayne	23:43.5	30
4	John Wenstrup	Euclid, OH	24:11.3	21
5	Aaron Demeritt	Fort Wayne	24:50.2	16
6	Ken Nelson	Fort Wayne	24:53.3	29
7	Dan Brier	Fort Wayne	25:13.3	16
8	Gordon Pleus	Fort Wayne	25:14.8	46
9	Karl Behrens	Columbia City	25:27.1	23
10	Terry Coonan	Fort Wayne	25:31.5	42
11	Brad Thomas	Fort Wayne	25:40.8	18
12	Kurt Mattox	Fort Wayne	25:43.5	34
13	Paul Knott	Fort Wayne	25:45.9	30
14	John Treleaven	Fort Wayne	25:52.2	41
15	Mike Baker	Fort Wayne	26:31.2	18
16	Michael Clay	VanWert, OH	26:34.9	33
17	Rick Gilbert	Monroeville	26:37.4	35
18	Don Ford	Fort Wayne	26:47.0	43
19	Steve Smith	Fairmount	26:58.0	45
20	Matt Brier	Fort Wayne	27:02.3	15
21	Mark Brattoli	Fort Wayne	27:05.2	37
22	Will Bradshaw	Fort Wayne	27:43.7	16
23	Chris Henderson	Fort Wayne	27:49.3	15
24	(unknown)			
25	W. G. Funk	Hamilton	27:55.7	33

Top 10 Female Finishers

Place	Name	City	Time	Age
39	Tammy Baker	Indianapolis	29:22.4	22
43	Kim Larsen	Fort Wayne	29:38.1	31
60	Anne Duff	North Manchester	30:56.0	28
65	Marnie Gautsch	Germantown, MD	31:13.5	27
70	Nancy Konzem	?	31:20.7	34
75	Sara Unsell	Fort Wayne	31:39.0	25
80	Amy Hollenberg	Fort Wayne	32:20.9	31
88	Michelle Bartkowiak	Fort Wayne	32:58.5	29
89	Kay Pulver	Fort Wayne	33:00.8	17
90	Katie Kingsbury	Fort Wayne	33:07.0	29



People ran wild through Franke Park in the 4th annual Run Wild! 4-mile race sponsored by the Fort Wayne Children's Zoo. The challenging cross-country course included a run up the steep Soap Box Derby hill and a loop through the zoo.

The winner of the race was John Hogsett, 22 of fort Wayne, with a time of 23:11:00. The top female finisher was Tammy Baker, 22, of Indianapolis, with a time of 29:22:04. One hundred forty-eight runners finished the race.

MERMAID 3.3M Race North Webster, IN June 19, 1993

Overall Male

1. Brian Shepherd	16:58
2. Jerry Williams, Jr.	17:07
3. Frank Pizana	17:28

Age Divisions

M 13-15	Cort Ever	19:24
M 16-19	Morry Riddle	17:35
M 20-24	Jeff Carey	18:54
M 25-29	Greg Weisser	19:06
M 30-34	Chuck Schlemmer	18:05
M 35-39	Richard Thomas	19:30
M 40-44	Steve Caswell	18:31
M 45-49	Doug Mc Knight	22:15
M 50-54	Dewain Cobbs	22:45
M 55-59	L.K. Christensen	20:03
M 60-69	Phil Eherenman	22:57
M 70-	Ken Disler	29:19

Overall Female

1. Maureen Bixby	21:50
2. Teresa Furniss	23:15
3. Georgia Allen	25:31

Age Divisions

F 19 & under	Leslie Benefiel	25:52
F 20-29	Tonya Black	25:36
F 30-39	Jo Mc Knight	28:05
F 40-49	Toby Benefiel	30:55
F 50 & over	Joan Gary	25:43

**OLD SETTLERS 4 MILE RESULTS
JULY 16**

OVERALL MALE

1 Brian Shepherd	19:55
2 Jerry Williams, Jr.	20:46
3 Moises Trejo	21:19

OVERALL FEMALE

1 Holly Hart	26:35
2 Karina Geyer	27:18
3 Teresa Furniss	28:06

MALE AGE GROUP WINNERS

14 & Under

David Caswell	25:19
---------------	-------

15-19

Bobby Waterson	21:13
----------------	-------

25-29

Greg Weisser	22:45
--------------	-------

30-34

Chuck Schlemmer	21:29
-----------------	-------

35-39

Bill Wright	22:24
-------------	-------

40-44

Steve Caswell	21:45
---------------	-------

45-49

Terry Dean	24:45
------------	-------

50-54

Dave Boylan	26:28
-------------	-------

55-59

John Sturtevant	29:38
-----------------	-------

60-69

Bill Patterson	31:13
----------------	-------

70 and over

Ken Disler	33:54
------------	-------

FEMALE AGE GROUP WINNERS

19 & Under

Elizabeth Ferguson	34:09
--------------------	-------

30-39

Julie Manger	28:16
--------------	-------

40-49

Sharon Yadon	32:52
--------------	-------

50 and over

Georgia Allen	30:59
---------------	-------



Old Settler's 4m
Steve Caswell-Masters Winner

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We were saddened to hear of the death of Fort Wayne Track Club member, Bobby Pauley. Bobby was living with his wife Sharon in a spot they loved in the mountains of Dryfork, West Virginia. The FWTC remembers and is appreciative of the many hours in past years that the Pauleys volunteered their services to the club.

Sharon's address is:

Sharon Pauley
 HC 66 Box 22

Dryfork, West Virginia 26263



Bobby & Sharon Pauley receiving a service award from Prez Hobbins.



MICHAEL L. (MAC) MCAVOY, P.T., A.T.C.
 PHYSICAL THERAPIST, ATHLETIC TRAINER

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MAC HAS WORKED WITH AREA HIGH SCHOOL ATHLETIC TEAMS THE PAST 7 YEARS. HIS RUNNING BACKGROUND INCLUDES A 2:48:13 MARATHON PR AT DETROIT FREE PRESS.

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FORT WAYNE TRACK CLUB ONE MILE CHAMPIONSHIPS
 OVERALL WINNERS
 MAY 7, 1993



MALES

Brian Shepherd	4:19	
Jerry Williams	4:39	
Chuck Schlemmer	4:46	
14-under	Jerry Suezler	5:39
15-19	Cort Eyer	5:13
25-29	Mark Allen	6:34
35-39	Jonathan Schlatter	5:58
40-44	Steve Caswell	5:04
45-49	Don Lindley	6:35
50-54	Dave Boylan	5:47
55-59	Alton Meyers	7:03
60-over	Don Anderson	6:43

FEMALES

Deb Byers	6:18
Joan Gary	7:17
Stacey Byers	7:34

FORT WAYNE TRACK CLUB ONE MILE CHAMPIONSHIPS
 MAY 7, 1993

1 Brian Shepherd	4:19	16 Mark Allen	6:34
2 Jerry Williams, Jr.	4:39	17 Don Lindley	6:35
3 Chuck Schlemmer	4:46	18 Nick Bustos	6:36
4 Steve Caswell	5:04	19 Don Anderson	6:43
5 Cort Eyer	5:13	20 Joe Suelzer	6:45
6 Rusty Emmert	5:28	21 Richard Bustos	6:48
7 Jerry Suelzer	5:39	22 David Caswell	6:55
8 Don Ford	5:43	23 Mike Caswell	6:57
9 Phil Suelzer	5:45	24 Alton Meyers	7:03
10 Dave Boylan	5:47	25 Morry Riddle	7:12
11 Jonathan Schlatter	5:55	26 Moises Trejo	7:13
12 Joe Reichard	5:58	27 Joan Gary (F)	7:17
13 Khelli Leitch	6:12	28 Stacey Byers (F)	7:34
14 Ryan Wheat	6:17	29 Joe Clark	8:11
15 Deb Byers (F)	6:18		

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QUAD CITY SERIES

LaOtto

July 24, 1993

WOMEN		MEN	
Overall:	Amy Yoder 19:21	Jason Washler	16:00
13-under:	Andrea Shibely 22:58	Jason Beaupre	20:04
14-16:	Brandy Durbin 21:39	Travis George	17:39
17-19:	Victoria Cook 26:18	Carl Drew	19:54
20-29:		Ken Nelson	17:36
30-39:	Madelyn Tyson 22:12	Bob Schendel	17:40
40-49:	Phyllis Suchler 21:33	Dan Kaufman	17:25
50-59:	Jeanette Klein 24:58	Bernie Burgette	19:54
60-over:		Don Anderson	21:35

NEXT RACE: AUGUST 7 at ROME CITY

CROMWELL 5K

July 24, 1993

WOMEN		MEN	
Overall:	Ann Herald 21:22	Brian Shepherd	15:38
	Theresa Furniss 21:34	Chuck Schlemmer	16:29
14-under:	Jessica Cripe 26:22	12-under	Khelli Leitch 22:47
		13-15:	Cort Eyer 18:17
15-19:	Laura Koepke 21:33	16-19:	Jason Fulford 16:51
20-24:			Jay Mohr 19:57
25-29:			Paul Furniss 16:30
30-39:	Julie Manger 22:39	30-34:	Paul Knott 17:59
		35-39:	Hal Pearson 17:16
Masters:	Joan Gary 23:03		Steve Caswell 17:04
		40-44:	Jed Pearson 17:50
		45-49:	Art Obregon 19:51
50-over:	Georgia Allen 24:52	50-54:	Larry Taggart 17:41
		55-59:	Freeman Hersberger 22:50
		60-64:	Norm Gordon 24:27
		65-69:	Don Anderson 22:38
		70-over:	Ken Disler 26:57

**Don't miss the FWTC Prediction Run and
Picnic in Foster Park !**

Bring the whole family - Fri. Aug. 13 - 6 PM

**SNUG HARBOR 5K
Grand Haven, MI
May 31, 1993**

FWTC Members Attending

1st Overall	Brain Shepherd	15:11 Course Record
1st	15-19 Jason Fulford	17:01
5th	15-19 Rusty Emmert	17:45
8th	15-19 Cort Eyer	18:01

Female Master's Champion: Deb Byers 21:11 P.R.

Fort Wayne Track Members at
Beer Bottle Open 4m
1st overall - Brian Shepherd
7th - Jim Furkis
9th - Morry Riddle
11th - Moises Trejo



OVERTRAINING

In 1936, Dr. Hans Selye, a physician at McGill University in Montreal, demonstrated that if rats were stressed and then allowed to recover, they became stronger. Rats that were stressed again before they recovered became weaker. Rats that were not stressed did not improve.

The same signs and symptoms that Dr. Selye found in overworked rats appear in overtrained athletes.

If you are always tired and suffer from frequent colds and injuries, you are probably overtraining.

Following are some other signs of overwork.

IN THE MUSCLES

Persistent soreness and stiffness in the muscles, joints, and tendons

Heavy-leggedness

EMOTIONAL SYMPTOMS

Loss of interest in training

Nervousness

Depression

“I don’t care” attitude

Inability to relax

A drop in academic or work performance

BODY WARNING SIGNS

Headache

Loss of appetite

Unexplained drop in athletic performance

Fatigue and sluggishness

Loss of weight

Swelling of lymph nodes in the neck, groin, and armpit

Constipation

Absence of menstruation

Overtraining is a serious problem among beginners, amateurs, and profession; athletes. Beginners usually do too much for their out-of-shape bodies to handle, become injured or fatigued, and quit their program. Seasoned amateur or professional athletes who overwork are frequently injured and always dragging. The result: less than their best performance.

MERCHANDISE ORDER

Mesh Singlets \$10.00 + tax
T-shirts \$10.00 + tax
Long sleeve T-shirts \$13.00 + tax
Sweatshirts \$18.00 + tax



State size: S, M, L, XL, or XXL at additional cost

Profit from the sale of the shirts will go to the FWTC

<i>Quantity</i>	<i>Size</i>	<i>Item</i>	<i>Each</i>	<i>Total</i>

Payment due with order
Make checks payable to FWTC

Subtotal _____
Tax (5%) _____
Total _____

Name: _____
Phone: _____

Return to: Ken Disler, 409 Three Rivers Apt. East, Fort Wayne, IN 46802
Phone: 422-9984

FWTC shirts have to ordered in lots of 25 items since the club does not have the funds to keep an inventory on hand, so please be patient.

Birthdays

August

- 02 J PAUL DOWNIE
- 02 TRACY EDGERTON
- 04 BARBARA O'NEIL
- 04 MICHAEL GILLAND
- 05 SCOTT WAGNER
- 05 REX REED
- 06 KEVIN WARREN
- 07 JEFFREY RAFF
- 08 KHELLIE LEITCH
- 09 GARY DEXHEIMER
- 09 LELAND SIBREL
- 09 KEN MILLER
- 11 BARRIE PETERSON
- 13 DAVID CASWELL
- 14 TOM FUELLING
- 16 GARY KUHN
- 20 JEFFREY RADKEY
- 21 JAMES CRON
- 22 IVAN PAINTER
- 24 MIKE MCKENZIE
- 25 KATHLEEN DOUGLAS
- 26 BILL PATTERSON
- 27 BEV CHRISTENSEN
- 27 ALAN GILBERT
- 27 KEN NELSON
- 29 STEVE GOLDTHWAITE
- 30 RICHARD BUSTOS
- 30 DAVID MONTGOMERY
- 30 ART MC COY
- 31 CHARLES BRANDT

September

- 01 JIM BRIDGES
- 02 JOHN BRIER
- 02 LAWRENCE LEE
- 02 GILES TOMLINSON
- 02 MICHAEL KAST
- 03 SARAH WEIDE
- 04 STACEY BYERS
- 04 BRUCE PRESSLER
- 05 EDWIN KNOUSE
- 07 KEN CLARK
- 08 JON FLISS
- 09 ROGER PHILLIPS
- 09 TERRI GROSS
- 09 TERESA FURNISS
- 10 GREGORY FAHL
- 10 VICKI JACOBS
- 12 BILL DIBBLE
- 13 JOSEPH BARANOWSKI
- 14 DAVID BOYLAN
- 14 GUY RHOADES
- 15 BOB STELLNER
- 15 JEFFERY MC CANN
- 16 TOM BLAUVELT
- 16 HOWARD KLINGER
- 17 DAVID CLOUSE
- 21 CHUCK MYNETT
- 21 MARSHA SCHMIDT
- 22 BARB SCROGHAM
- 24 MICHAEL MCCOMAS
- 27 CHRIS PLUNKETT
- 28 STEVE MC MAHON
- 29 TIM BOLIN
- 29 BELINDA LEWIS
- 30 CRAIG HARTMAN
- 30 BRIAN SHEPHERD



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 CAHN, LISA
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 FLISS, KATHLEEN
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OF MYTHS AND MEN

- MYTH:** A healthy meal does not include red meat.
- FACT:** Red meat is an excellent source of protein, iron and other nutrients. By choosing lean cuts and modest amounts, you can limit your intake of saturated fat and cholesterol.
- MYTH:** Excess weight usually poses a greater risk to women than men.
- FACT:** Men tend to accumulate fat in the midsection, which increases their risk of coronary heart disease, stroke, high blood pressure and diabetes. Women often accumulate fat below the waist, although harder to lose, is less of a health risk.
- MYTH:** Snacking is forbidden when you are trying to lose weight.
- FACT:** Snacking can actually satisfy your appetite so you'll be less likely to overeat at meals. By choosing low-fat snacks such as fruit, bagels, pretzels, unbuttered popcorn, or vegetables, you can add important nutrients and fiber to your day.
- MYTH:** To maintain a healthful weight, you should give up eating at fast food restaurants.
- FACT:** Most fast food restaurants now offer selections such as grilled chicken sandwiches, and baked potatoes. Remember to ask for food "YOUR WAY". When you choose wisely, a fast food meal can be nutritious and low in fat.
- MYTH:** All calories are created equal.
- FACT:** The credo "a calorie is a calorie" no longer stands true. Research has shown that your body uses more energy to break down and use carbohydrates than fats. For every extra 100 calories consumed as carbohydrate, 77 are converted to body fat, vs 98 for calories consumed as fat.
- MYTH:** When you lose weight you lose fat.
- FACT:** This is not necessarily true. Crash dieting may lead to fast weight loss, but what you are losing is body water and muscle, not fat. To lose body fat, you have to lose it gradually and sensibly. A weight loss of one to three pounds per week is an appropriate rate for most men and women.
- MYTH:** If you want to build muscle, you should increase your intake of high-protein food or take amino acid supplements.
- FACT:** The usual American meals is more than ample in protein--plenty for those who want to increase their muscle mass. Excess protein from either meat or amino acid pills may be converted to fat.
- The Indiana Dietetic Association, Inc.
9041 Colgate Street • Indianapolis, IN 46268 • (317) 872-0423

CHOCOLATE ECLAIR DESSERT

INGREDIENTS:

1-16 oz box Graham Crackers
 8 oz Cool Whip Light
 2 pkgs Instant Sugar Free Vanilla Pudding
 4 c. Skim Milk
 1-16 oz can Light Chocolate Frosting

METHOD:

Line a 9x13" pan with graham crackers. Mix pudding with skim milk as directed on package for pie. Fold in Cool Whip Light. Pour 1/2 mixture over crackers. Add another layer of crackers. Top with other half of pudding mixture. Top with another layer of crackers. Frost graham cracker layer with thin layer of Light Chocolate Frosting. Refrigerate overnight.

YIELD: 24 Servings

NUTRITIVE VALUES:

(1/24 Recipe)

Calories: 187
 Protein: 3 g
 Carbohydrate: 36 g
 Fat: 3 g
 Cholesterol: .6 mg
 Sodium: 266 mg
 % Fat Calories: 14%

FOOD GROUP EXCHANGES:

(1/24 Recipe)

2 starch
 1/2 fruit

SOURCE: Bev Parks, R.D.
 Weight Management Center of Lutheran Hospital
 Ft Wayne, IN

FLORIDA FRUIT FREEZE

Nutritive Values



(1/20 Recipe)

Calories: 167
 Protein: 1.5 g.
 Carbohydrate: 39 g.
 Fat: .6 g.
 Cholesterol: 0
 Sodium: 2 mg.
 %Fat Calories: 3%

Food Group Exchanges



(1/20 Recipe)

2 1/2 Fruit

INGREDIENTS:

2 c. Water
 1 c. Sugar
 1 - 20 oz. can Pineapple, crushed and unsweetened
 1 - 12 oz. can Frozen Orange Juice Concentrate (do not dilute)
 2 qt. Strawberries, sliced
 8-10 Bananas, sliced

METHOD:

Boil water and sugar to dissolve; cool.
 Add orange juice concentrate.
 Combine all ingredients and spoon into 8 oz. clear serving dishes; freeze.
 Thaw approximately one hour, or until slushy, before serving.

YIELD: 20 servings

Source: Norma Landis
 Decatur, IN



FORT WAYNE TRACK CLUB CALENDAR OF RACES AND EVENTS

CALL THE RACE DIRECTOR FOR CONFIRMATIONS, POSTPONEMENTS, OR CANCELLATIONS. FOR APPLICATIONS, ALWAYS SEND A SELF-ADDRESSED STAMPED ENVELOPE.

FWTC HOTLINE AND ANSWERING SERVICE (219) 432-5998

* ENTRY FORMS AVAILABLE AT FORT WAYNE TRACK CLUB MEETINGS OR SEND S.A.S.E TO DON FORD 2633 BELLEVUE DR. FORT WAYNE IN 46825

----- A U G U S T 1 9 9 3 -----

- 07 SAT * HARLAN DAYS 10K 7 A.M. HARLAN, INDIANA
T.A. BUNNER, BOX 255, HARLAN IN 46743 (219)657-5197
- 07 SAT CONVERSE 5K 8 A.M. CONVERSE, INDIANA
JOHN NORRIS, BOX 157, AMBOY IN 46911 (317)395-7761/395-7730
- 07 SAT * QUAD CITY SERIES 5K RUN 8:30 A.M. KELLY PARK, ROME CITY, IND
RICH HAMLIN, 508 GRANADA DR., KENDALLVILLE IN 46755
(219) 347-4833
- 07 SAT FAMILY, FUN & FITNESS FESTIVAL VELODROME, INDIANAPOLIS, IND.
5 MILE RUN & 3 MILE WALK PLUS OTHER ACTIVITIES. 8 A.M.
PLEASANT RUN CHILDREN'S HOME, 1835 N.MERIDIAN, INDEPLS IN 46202
- 07 SAT PIGEON FORGE MIDNIGHT 5K PIGEON FORGE, TENN.
ARNOLD FOSTER (615) 577-2161
- 13 FRI FWTC SUMMER PICNIC 5K PREDICTION RUN AT 6 P.M.
CARRY-IN TO FOLLOW
- 14 SAT * HOT AIR AFFAIR 4 MILES VAN WERT, OHIO 9 A.M.
REX FORTNEY (419) 238-3324
CASH AWARDS 1ST=\$150, 2ND=\$100, 3RD=\$50, 1ST AGE GROUP=\$25
- 14 SAT WELCH'S 10K GRAPE STOMP 8:30 A.M. NILES, MICHIGAN
ROD GOODCHILD (219) 288-5837
- 14 SAT * RUN THRU HELL 10 MILE & 4.8 MILE PINCKNEY, MICHIGAN
HARRISON HENSLEY (313) 878-6640
- 14 SAT * HEALTHSOURCE GOVERNOR'S CUP SERIES OUABACHE STATE PARK
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN 9 A.M.
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDEPLS IN 46254
(317) 328-1632
- 14 SAT KERNEL KLASSIC 5K 9 A.M. VAN BUREN IND
TOM SCHENKLE, BOX 395, VAN BUREN, IN 46991 (317)934-2101
- 21 SAT 9TH ANNUAL MINI-IRONMAN TRIATHLON COLDWATER, MICH.
300 YD. SWIM - 6 MILE BIKE - 3 MILE RUN 9 A.M.
DON SHEMEL (517) 278-4286
- 21 SAT * PARKERSBURG HALF MARATHON PARKERSBURG, WEST VIRGINIA
DORSEY CHEUVRONT, PO BOX 718, PARKERSBURG, WV 26102
(304) 424-2786
- 22 SUN RACE FOR A CLEANER ENVIRONMENT INDIANAPOLIS, IND.
KEN LONG & ASSOCIATES (317) 786-8812
- 28 SAT * HEALTHSOURCE GOVERNOR'S CUP SERIES MOUNDS STATE PARK
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDEPLS IN 46254
(317) 328-1632
- 28 SAT * THE CRIM 10-MILE FLINT, MICHIGAN (313) 235-3396
ALSO 5K AND 8K RUNS/WALK 10 MILE RUN STARTS AT 8 AM
LOIS CRAIG, P.O. BOX 981, FLINT MI 48501
- 29 SUN CENTEL TOLEDO CLASSIC 10K 8 A.M. TOLEDO, OHIO
TOLEDO ROAD RUNNERS MARGE RATASKY (419) 472-3244

----- S E P T E M B E R 1 9 9 3 -----

- 04 SAT * MARSHMALLOW DAYS 5K 6:45 P.M. LIGONIER, IND.
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IN 46767
BRIAN OR LORRI (219) 894-4638
* * * FWTC POINTS RACE * * *
- 04 SAT A.C.D. DUATHLON AUBURN, INDIANA
YMCA/DEKALB COUNTY, 310 N. MAIN STREET, AUBURN IN 46706
- 04 SAT BIPPUS BOP 4-MILE RUN BIPPUS, INDIANA
ELDON BRUNNER, 8514 N - 300 W, HUNTINGTON, IN 46750
(219) 344-1478 HOME (219) 356-9595 WORK
- 06 MON * BLUEBERRY STOMP 15K 9:30 A.M. PLYMOUTH, INDIANA
RIVERSIDE ROADRUNNERS, BOX 83, PLYMOUTH, IN 46563
KURT (219)936-8858 ART (219)936-7829 MARC (219)546-4094
- 06 MON PARK FOREST SCENIC TEN MILE/5K RUN 8 A.M. PARK FOREST, IL
BUD JAMES, 200 FOREST BLVD., PARK FOREST, IL 60466
(708) 748-2005
- 11 SAT ROANOKE FALL FEST 5 5 MILE RUN & 1 MILE FUN RUN ROANOKE, IN
DAVE WINTERS, 3402 E. 716 NORTH, HUNTINGTON IN 46750
(219)672-8281 5 MILE 7:30 A.M. 1 MILE 8:30 A.M.
* * * FWTC POINTS RACE * * *
- 18 SAT * HEALTHSOURCE GOVERNOR'S CUP SERIES MCCORMICK'S CREEK S.P.
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDEPLS IN 46254
(317) 328-1632
- 18 SAT OLANDER PARK 24 HOUR RUN TOLEDO ROAD RUNNERS
- 19 SUN PHILADELPHIA DISTANCE RUN HALF-MARATHON PHILADELPHIA, PENN
PDR, BOX 43111, PHIL. PENN 19129 (215)293-ORUN
- 25 SAT * PARLOR CITY 1/2 MARATHON AND 10K BLUFFTON, IND. 8:30 A.M.
MARJORIE HAINES, BOX 86, BLUFFTON, IN 46714 (219)824-3116
- 25 SAT AMERICAN RED CROSS WALK/RUN FOR LIFE ZOLLNER STADIUM F.W
8:30 A.M. 20 LAPS OR 5 MILES CALL 480-8191 OR 484-1256
- 25 SAT * HEALTHSOURCE GOVERNOR'S CUP SERIES INDIANAPOLIS FINALE
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN 10 A.M.
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDEPLS IN 46254
(317) 328-1632
- 26 SUN * WILD WILD WILDERNESS RUN 7.6 MILE ADVENTURE RUN DANVILLE, IL
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834
FOR MORE INFO CALL 217-431-4243 OR 217-733-2403
- 26 SUN 14K BREWERY RUN 9 A.M. CINCINNATI, OHIO (513)474-1550
TIM BERGSTRESSER, 8539 SUMMIT RIDGE, CINCINNATI OH 45255
- 26 SUN THE BLADE 10K RUN TOLEDO, OHIO
TOLEDO ROAD RUNNERS ROY HILL 245-6285
- 26 SUN THE GREAT RACE 10K AND 5K PITTSBURGH, PENN.
400 CITY-COUNTY BLDG., PITTSBURGH, PA 15219 (412)255-2493

----- O C T O B E R 1 9 9 3 -----

- 03 SUN SUMMIT CITY - STRIDES AGAINST CANCER FORT WAYNE, IND.
10K/5K 2 P.M. AMERICAN CANCER SOCIETY (219) 422-3911
SCOTT'S'S FOOD STORES, 4118 N. CLINTON ST, FT WAYNE 46805
- 03 SUN OKTOBERFEST CLASSIC 10K MINSTER, OHIO
- 03 SUN TWIN CITIES MARATHON MINNEAPOLIS, MINNESOTA
708 N. 1ST STREET MINNEAPOLIS MN 55401 (612)673-0778
- 03 SUN * BLOOMINGTON BREAK-AWAY 5/10K RACES 12 NOON BLOOMINGTON, IND
HARMONY SCHOOL, BOX 1787, BLOOMINGTON IN 47402 (812)334-8349

- 10 SUN BICENTENNIAL TRIAL RUN 9.4 MILES START CITY-COUNTY BLDG. 8 AM
NO ENTRY FEE OR T-SHIRTS PRACTICE RUN TO CHECK OUT COURSE
NOTE: THE BICENTENNIAL RUN WILL BE HELD ON OCT 8, 1994
- 10 SUN * HOWL AT THE MOON 8 HOUR RUN/WALK DANVILLE, IL
9:30 A.M. TILL 5:30 P.M. MARC REDDY 217-431-4243
KENNEKUK ROAD RUNNERS. PO BOX 1701, DANVILLE IL 61834
- 10 SUN INTERNATIONAL PEACE RACE 10K YOUNGSTOWN, OHIO
- 10 SUN * FOX CITIES MARATHON APPLETON, WISC.
(414) 954-6790 835 VALLEY ROAD, MENASHA, WI 54952
- 16 SAT BOWLING GREEN CLASSIC 10K BOWLING GREEN, KENTUCKY
RICH KELLY, P.O. BOX 1802, BOWLING GREEN KY 42102
(502) 782-3600
- 17 SUN TANDEM COMPUTERS DAYTON RIVER CORRIDOR CLASSIC DAYTON, OHIO
17TH ANNUAL HALF MARATHON AND 5K
WRIGHT BROTHERS, BOX 9154, DAYTON OH 45409
- 17 SUN DETROIT FREE PRESS INTERNATIONAL MARATHON DETROIT, MICH.
BARBARA BENNAGE, 321 W. LAFAYETTE BLVD., DETROIT MI 48226
(313) 222-6676
- 24 SUN * COLUMBUS MARATHON COLUMBUS, OHIO (614) 433-0395
JOAN RIEGEL, P.O. BOX 26806, COLUMBUS OH 43226
- 24 SUN MARINE CORPS MARATHON WASHINGTON, D.C. 9 A.M.
P.O. BOX 188, QUANTICO MA 22134 (703) 640-2225
* IF YOU GO, TAKE THE AMTRAK TRAIN. GREAT EXPERIENCE *
- 30 SAT CANTERBURY GREEN 5K TO BENEFIT THE "MAKE A WISH" FOUNDATION.
- 31 SUN CALLITHUMPIAN CANTER DECATUR, IND. BELLMONT H.S.
5K AT 2 PM/FUN RUN AT 1:30 CARL RISCH (219) 744-6983
DECATUR CHAMBER OF COMMERCE 125 E MONROE ST DECATUR 46733
* * * FWTC POINTS RACE * * *
- 31 SUN * CHICAGO MARATHON CHICAGO, ILLINOIS (312) 951-0660
CAREY PINKOWSKI, 214 W. ERIE, CHICAGO IL 60610
- N O V E M B E R 1 9 9 3 ---
- 14 SUN BICENTENNIAL YEAR IN SPORTS MEMORIAL COLISEUM
1 PM TO 4 PM PHILLIP HOUK 428-7543 DAN O'CONNELL 424-3700
SPORTS CARNIVAL TO PROMOTE THE 23 MAJOR SPORTING EVENTS THAT
WILL TAKE PLACE DURING 1994 FORT WAYNE'S BICENTENNIAL YEAR
- 14 SUN NEW YORK CITY MARATHON NEW YORK, NEW YORK
NYRRC, P.O. BOX 1388, GPO, NEW YORK, NY 10116 (212)860-4455
- 21 SUN ST. LOUIS MARATHON ST. LOUIS, MISSOURI
ST. LOUIS TRACK CLUB, 2385 HAMPTON AV., ST. LOUIS MO 63139
- D E C E M B E R 1 9 9 3 ---
- 05 SUN DALLAS WHITE ROCK MARATHON DALLAS, TEXAS
BOX 743335, DALLAS, TX 75374 (214)526-5318
- 11 SAT ROCKET CITY MARATHON HUNTSVILLE, ALABAMA (205) 881-9077
HAROLD TINSLEY, 8811 EDGEHILL DR., HUNTSVILLE AL 35802





TRACK CLUB MEMBER PROFILE

Name: _____

Birthdate: _____

Occupation: _____

Family: _____

Pets: _____

Hobbies or interests: _____

Favorite family activities: _____

Favorite Spectator Sport/s: _____

Favorite Area Restaurant: _____

Favorite Distance to Run/Walk: _____

Favorite Race/s: _____

Favorite After Race Food: _____

Favorite Running/Walking Shoe: _____

Favorite place to Train: _____

Has There Been An Inspiration To Your Running/Walking? If so, explain:

Do You Have a Dream? If so, what? _____

What direction/s would you like to see the FWTC take in the future?

Include any additional information of interest.

Send to: Joyce Hockensmith
3732 Thyme Court
New Haven, IN 46774

FWTC RUNNERS, WALKERS, and SPECTATORS

The Inside Track would like to hear about the races you attend. Please take a few minutes and complete the following form or write an article about the event and mail to:

Joyce Hockensmith
3732 Thyme Court
New Haven, Indiana 46774

Your name: _____

Race: _____

Date: _____ Distance: _____

Your time (optional): _____

Weather conditions: _____

Approximately number of runners: _____

What you liked about the race: _____

Other FWTC members attending: _____

Other comments: _____



FWTC MEMBERSHIP APPLICATION

Fort Wayne Track Club - For Runners and Walkers

Name: _____ Date of Birth ___/___/___ Sex _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Occupation: _____ Business Affiliation: _____

Type of Membership: Single: _____ Family: _____ New Member: _____ Renewal: _____

Family Members:

Spouse: _____ Birthdate: _____ Sex _____

Children: _____ Birthdate: _____ Sex _____

_____ Birthdate: _____ Sex _____

Make checks to: Fort Wayne Track Club, P.O. Box 11703, Fort Wayne, IN 46860-1703

ANNUAL MEMBERSHIP DUES: January 1 - December 31

One Year: \$15.00 Two Years: \$28.00 Three Years: \$36.00

New Members: First year only \$12.00

Members under 21: \$12.00 per year until 21

Membership Fee After June 1: \$9.00 for remainder of year

Family Rate: \$6.00 for each additional family member (\$12.00 maximum)

The Fort Wayne Track Club has obtained an insurance policy through the Road Runners Club of America which gives coverage for various events. Through this insurance we are covered for weekly runs, picnics, socials, and volunteers at races and other club functions. Please sign a waiver if you have not already done so. The waiver will be kept on file.

CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself, and any other person named on this application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record for any legitimate purpose. I understand and will abide by the guidelines that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club races.

Primary Member

Signature: _____ Date: _____

Parent Signature: _____ Date: _____

(if under 18)



THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

- OFFICER
- [] President [] Vice President [] Secretary [] Treasurer
- [] RACE DIRECTOR
- [] Assistant Race Director [] Major Race [] Fanny Freezer [] Fun Run [] Training Run
- [] EQUIPMENT COORDINATOR
- [] Assist Transportation of Equipment to Races [] 1st Quarter [] 2nd Quarter [] 3rd Quarter [] 4th Quarter
- [] RACE SCHEDULE COORDINATOR
- [] Monitor Maintenance of Equipment
- [] RACE WALKING COORDINATOR
- [] MEMBERSHIP
- [] BOARD MEMBER
- [] FINISH LINE
- [] Timer [] Results
- [] COURSE TIMER
- [] WATER STATIONS
- [] MEASURE & SET UP COURSE
- [] Certified [] Uncertified
- [] CO-ORDINATE CLUB TRIP TO RACE
- [] Carpool [] Transportation for Handicapped Runners
- [] NEWSLETTER
- [] Editor
- [] Typing race results
- [] Advertising Coordinator
- [] Race Applications [] Businesses
- [] Mailing
- [] Feature Writer
- [] FWTC BANQUET
- [] Decorations
- [] Program
- [] FWTC PICNICS
- [] ADVERTISING - Obtaining Potential Race Sponsors
- [] PUBLICITY COORDINATOR
- [] Send Weekly Schedules to Newspaper
- [] ANYWHERE NEEDED
- [] OTHER {Specify}



FWTC Members at Dekalb Track Meets

West Noble Elementary 4th & 5th grade summer schoolers at FW Wizards game. Thanks to the support of area runners the kids were able to raise over \$200.



BOYS AND GIRLS CLUB OF FORT WAYNE

The Junior League of Fort Wayne, Inc. is in the third and final year of a project with the Boys and girls Club at their location at 2104 Minor Street. The project provided financial and volunteer support to the club. A media center/library was established for the children. In addition to the library equipment, books, and periodicals, computers and pertinent software were provided. Junior League volunteers have given many hours working with children in the library. The project officially ended on April 30, 1993. In order to aid in providing volunteer support for the Boys and Girls Club, the Junior League committee is working closely with staff to identify areas in which volunteer support is needed and to establish a volunteer auxiliary to provide continuing volunteer support.

The Auxiliary would serve the Minor Street location which is in an area south of Taylor Street and bounded on the west by Broadway Avenue and the east by Fairfield Avenue. The club's hours of operation are 4:00 p.m. until 9:00 p.m. on Monday through Friday. The club has approximately 200 children between the ages of 7 and 15 years who it serves. These children very often would be home alone in these after school hours and the club provides a safe and nurturing environment for them.

Volunteers are needed in the following areas at the Boys and Girls Club:

Library Volunteers

- *Tutoring
- *Helping with homework
- *Reading with children
- * Supervising use of computer
- *Playing educational games with children
- * Interacting with children

Club Volunteers

- *Assist with children doing crafts in the craft area
- *Interact with children while they play a variety of recreational games.

Fund raising Volunteers

- *Assist with Phone-a-thon
- *Assist with Steak and Burger Dinner

These volunteers need to commit to volunteering once a week or no less than twice a month.

Program Volunteers

Teachers or other professionals are needed to volunteer once or twice a year to give programs on special topics to children. Children are interested in hearing about different careers that people have or about a variety of special topics such as:

- * The economics of staying in school
- * Art
- * Aerobics
- * Career choices
- * Physical education
- * Teen pregnancy prevention
- * Creative writing
- * Music
- * Nutrition
- * Citizenship
- * History or historical figures

Coming Events...

3RD ANNUAL QUAD SERIES 5K RUN

Saturday August 7, 1993, 8:30 A.M.
1M Fun Run 8:15-Kelly Park Rome City

FORT WAYNE TRACK CLUB 5K PREDICTION RUN AND POTLUCK

Friday August 13, 1993, 6 p.m.
Foster Park, Fort Wayne

BICENTENNIAL MEETING

Wednesday, August 18, 1993, 7:00 P.M.
Don Lindley's House-1820 Briar Fence Ln

MARSHMALLOW DAYS 5K

Saturday, September 4, 1993, 6:45 P.M.
Ligonier, IN **Points Race**

FWTC MEETINGS

Wednesday, September 8, 1993, 7:00 P.M.
Taylor University Activity Center

ADVERTISING RATES

	1 Issue	3 Issues	6 Issues
Full Page	\$ 75.00	\$ 200.00	\$ 325.00
Half Page	40.00	110.00	175.00
Quarter Page	25.00	65.00	100.00
Business Card	na	na	50.00
Cover (Inside front or back)	300.00	750.00	1200.00

Insert Race Application (includes printing results)
12 x Entry fee, minimum \$35.00 (10 x Entry fee paid in advance)

Advertising must be supplied, camera ready art, or layout charges
will be incurred.

All race applications must be supplied for insertion.
INSIDE TRACK publishes 500 issues bi-monthly.



FWTC NEWSLETTER
P.O. Box 11703
Fort Wayne, IN 46860

Bulk Rate
U.S. POSTAGE
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