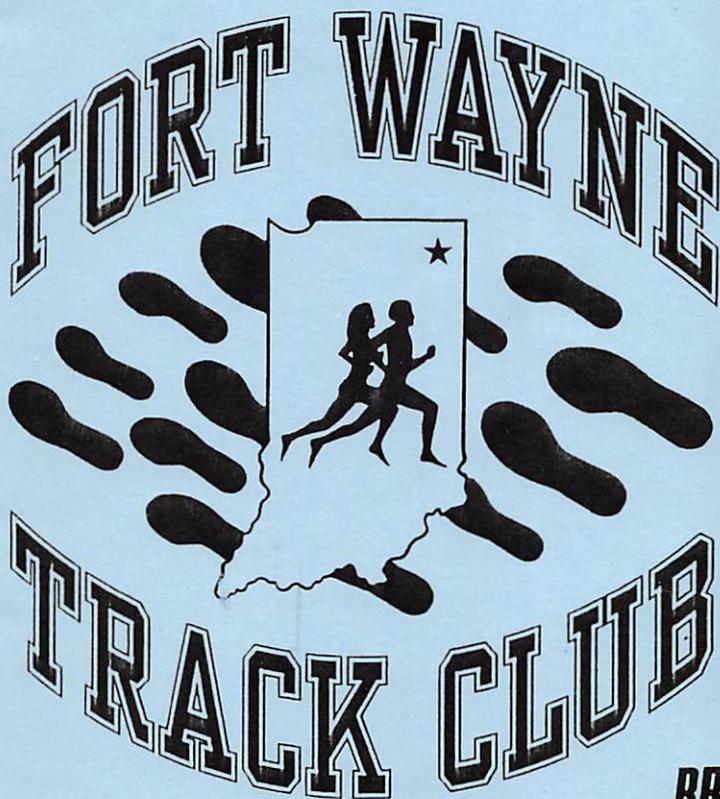


the inside track

OCTOBER - NOVEMBER 1993



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



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	
Editor.....	Joyce Hockensmith, 749-1237
Mailing.....	Jeanette & John Klein, 238-4313
Publicity Coordinator.....	Ken Disler, 422-9984
Equipment Coordinator.....	
Advertising Coordinator.....	Mike McAvoy, 436-9710
Membership.....	Wayne Davies, 426-2917
Race Schedule Chairman.....	Don Ford, 484-6321
Race Walking Coordinator.....	Bob Gensheimer, 489-8397
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

Now that the summer racing season is drawing to a close, we must stop and think for a moment about some of the problems that must be addressed in staging the events we all enjoy before the next summer comes around.

One of the most obvious difficulties facing every race director is obtaining enough volunteers to handle the myriad of tasks on race day and before. The advance and race day registration can be a major headache and certainly we all hope for a rapid and accurate scoring of results at the end. In between, there must be enough kind people on the course to provide an adequate supply of water or other refreshments to keep the runners and walkers going at optimum pace. Some of us have experienced approaching a water station only to find out that the cups were empty due to an inaccurate estimate of the quantity of water needed. That is simply a matter of poor planning.

In the other hand, race directors must keep in mind that the people who volunteer make an investment of time and effort for a purpose. They often have a family member or a friend in the event. Others do so out of a love for the sport or a sincere desire to help an exciting race or walk. For that reason, race directors have an obligation to use that resource wisely. Like all limited commodities, the race director should carefully assess the need and ask for only those who can be utilized and manage the race efficiently by making definite assignments for each volunteer. For a volunteer to be asked to contribute his or her time, then arrange their personal schedule to appear at the event and be informed that they were not needed after all, tends to discourage future involvement. The group of willing volunteers is small enough without stifling the incentive of a number of individuals to continue working the races. It is, again, simply a matter of good management to determine the number of volunteers needed, asked, only those who can be used, and make specific assignments for each. Perhaps in this way, the overall number can be reduced, thereby saving those not needed today for a race tomorrow.

Runners must remember that it takes a concerted effort by all, runners and race directors alike, to recruit and encourage friends, relatives and acquaintances to assist in those tasks that make running and walking events possible.

PRESIDENTS COLUMN - Bob Hockensmith



MINUTES

Special Meeting of Fort Wayne Track Club Officers and Board
Wednesday, August 25, 1993, 7:00 p.m.

Present: FWTC Officers and Board Members: Alan Bradley, Ken Disler, Don Ford, Bob Gensheimer, Jack Hilker, Bob Hockensmith, J.P. Jones, Don Lindley; Judy Tillapaugh. Others: Mike Kast, Cheryl Paskow.

President Bob Hockensmith reviewed the purpose of this special meeting which is to review FWTC sponsorship of the IPFW Biathlon, with particular concern about the bike portion of the event. Bob briefly summarized the concerns about the bike portion and said that he had shared these with Cheryl Paskow. He also discussed the concerns with the president and the racing coordinator of the 3 Rivers Velo Sport Club (both of whom agreed with the concerns).

In subsequent conversations with Cheryl, Bob said that she indicated that the course has been changed -- instead of a 21-mile loop on the River Greenway, there will be a 5 lap, 20K route along the perimeter of the IPFW campus. Cheryl is still awaiting final approval from IPFW to close the campus during the event, and it seems likely that this will be forthcoming since the event is being held on a Sunday morning. (If for some reason this approval is not granted, the event would most likely be cancelled.)

The FTWC Officers and Board Members unanimously approved the club's sponsorship of the event with this change in the bike route.

The meeting was adjourned shortly thereafter.

Respectfully submitted,

Bob Hockensmith,
secretary pro tempore

FORT WAYNE TRACK CLUB PICNIC PREDICTION RUN 5K WINNERS

8-13-1993

		Predicted	Finish	Difference
1st	J.P. Jones	28:46	29:05	0:19
2nd	Sharon Pauley	31:00	32:44	1:44
3rd	Don Lindley	24:00	25:5	1:52
4th	Paul Ausdran	21:42	19:43	2:00
5th	Tom Felger	23:30	21:28	2:02
6th	Phil Luttmann	23:00	25:53	2:52

MINUTES - Fort Wayne Track Club Monthly Meeting
Wednesday, September 8, 1993, 7:00 p.m.

Present: Don Ford, Bob & Joyce Hockensmith, Vicki Jacobs, Don Lindley, Barb Scrogam, Mike McAvoy.

President Bob Hockensmith called the meeting to order. Treasurer Don Lindley reported July income \$830.43 (mostly from advertising & 10 new members); July expenses \$134.50; July YTD balance \$5,921.44. August income \$68.43 (4 new members); August expenses \$913.46; August YTD balance \$5,696.41.

Upcoming equipment rentals include Run Jane Run, Parlor City Trot & possibly Roanoke Fall Festival.

Copy for next issue of newsletter (Oct/Nov) due in to Joyce Hockensmith by September 17. She is still trying to get the information to make the contact with the printer who has expressed interest in printing the newsletter. A new column will be featured in the newsletter through which single runners interested in finding others to go to races with can be matched up (possibly for a title is SINGLES ON THE RUN). The Bob Evans on Coliseum is dropping its advertising due to budget cutbacks, but the Bob Evans at Village of Coventry has expressed interest in doing some advertising in the newsletter (Mike McAvoy will follow up on this).

Don Ford reviewed some of the fall races. The September 11 race in Roanoke is a points race. But's Almost 8K will be on November 6 (instead of 13th); Turkey Trot on November 20; Just Plain 10K on December 4; Jingle Bell 5K on December 11.

Bob Hockensmith reminded everyone that officer elections for 1994 will take place at the November meeting. Don Lindley is happy to let his name stand in nomination for treasurer; Vicki Jacobs is happy to let her name stand in nomination for secretary; Mike McAvoy is interested in letting his name stand in nomination for vice president. Bob will talk with Wayne Unsell to see if he is interested in being nominated for president. In discussing positions on the Board, Bob said that all Board positions will become vacant at the end of the 1993 calendar year, and anyone interested in serving on the Board (either a current Board member interested in re-appointment for 1994 or a club member not currently on the Board) should contact Bob.

Don Lindley presented the first draft of a proposed budget for our 1994 bicentennial race/walk on October 8, 1994. It was discussed briefly and input was given for some further fine tuning. Don said that he is lining up runners to help with the carrying of the torch for the bicentennial year kickoff in mid October.

The meeting was adjourned at 8 p.m. The next meeting is scheduled for Wednesday, October 13, 7 p.m., UFW AC classroom (preceded by a 5:30 training run).

Respectfully submitted,

Vicki Jacobs
Secretary

Track Club Member Profiles



FLORA M. JACOBS

Polly, as we know her, was born May 20, 1926 and is now retired from Lincoln National Corporation, but works part time as an office clerk at Taylor University. Polly's family includes a husband, daughter, son, daughter-in-law, and 3 granddaughters. Polly is a very active 67 year old, and in addition to belonging to the FWTC, she is a member of the 3-Rivers Strollers, and the FW Velo Club. Polly also swims at the YWCA, reads whenever she can find time in her busy schedule, and takes part in church activities. With her family, Polly likes to go camping and camping, and spends most holidays with them eating and visiting. Of her favorite spectator sport Polly says, "I am not a spectator." You might find Polly training in the early morning (4:30-5:30) in the Waynedale area in her New Balances. 5 & 10K's are her favorite distances and the Berne Swiss Days is her favorite race. After the run favorites include pasta, fruit, and brats. If eating out, Polly's

Bluffton, or Richards on Paulding road, for breakfast. Polly's inspiration has come from her daughter, Vicki, her companion for many of her activities. They encourage each other she says. Polly's dream is just striving to be a better person and a better Christian. She would like the FWTC to get the word out that members need not be a young track star or even a fast runner or walker.

SARA UNSELL

Sara Unsell, born July 19, 1967, is a project manager for Soil Exploration Services, Inc. (environmental consultants). With her husband, Wayne, she enjoys traveling to runs and on vacations, biking, and camping. Additional interests include reading and movies. Sara likes watching basketball, football, and volleyball. You might find Sara training for an 8K or 4 mile race on the Rivergreenway, or in one of the parks on trails wearing her Nike Air Pegasus. The races Sara has enjoyed most are the AUL Governor's Cup races, The

Great Race in Elkhart, and the Michigan Trail Half Marathon. After the run Sara prefers cookies, but when dining out, she chooses Yokohama Japanese Restaurant. Sara's inspiration has come from her husband because before she met Wayne she had never pictured herself running road races. She really enjoys running, especially when they are doing it together. Sara's dream is to finish a marathon, do a major biathlon and triathlon. (Is the Ironman major enough?) She would like to see the FWTC have one major road racing event every year. she would also like to see more children involved in running, nutrition, and fitness.

MORRY RIDDLE

Morry Riddle, born December 23, 1974, is not as yet employed. His family includes Jeanette Atterbury and Dave Riddle, and a few pets, a dog, cat, piranha, and iguana. Morry likes wrestling and track, and watching TV and basketball. You might find Morry training at the West Noble High School course in his Nike Icarus. He like to run 5K's and his favorite races are the Think spring 5K and the Danville Mountain Goat 2.2 mile. After the run, Morry's

choice is Hot & Now food. Morry's inspiration has come from his coach, Brian Shepherd, who gave him the chance to learn to love the sport. Morry's dream is to beat all of shepherd's times. (Watch out Brian!)

JASON FULFORD

Jason Fulford, born June 29, 1977 is a student and has 1 brother and 2 dogs.

Jason enjoys running, hunting, and fishing and swimming with his family. Some more of Jason's favorites are watching basketball and eating at the Wharf. You might find Jason training at Kenney Park in the Nikes. Jason enjoys 5K's and his favorite race is the Think Spring 5K. After the run Jason also votes for Hot & Now, particularly the cheeseburgers. Jason's dream is to win the state high school 5,000 M and 1600 M. Jason would like to see mor high school involvement in the FWTC.

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2. Running is the most accessible of aerobic sports. No matter where you live or travel, an excellent area for running is almost always close by. No need to find a health club or worry about bringing along bulky equipment.
3. Running is inexpensive and simple to learn. You need good shoes, decent clothing, and not much else to participate. Everyone knows how to run, and information on training is widely available.
4. Running is the best method of stress reduction on the market. 30 minutes of running will work wonders in dissolving stress accumulated on the job.
5. Running is an excellent component of any weight control program. Few activities burn calories more quickly.
6. Running is a flexible method of training. You can run at your own pace, with or without company, at whatever time of day suits you.
7. Running makes you feel good. Fitness, self-esteem and confidence all increase with a good training program.
8. The sport offers a unique opportunity for recreational runners to mix with world class athletes. You can't play in the Super Bowl or the NBA playoffs, but on almost every weekend runners compete in the same events with the fastest human beings ever to inhabit the planet. There are also low-key social events that emphasize fun and friendship.
9. Running is for families and individuals of all ages. There are running programs for kids, "masters" programs for those over 40, and events for families.
10. You'll be in good company. Millions of people already run for health, fun, fitness and competition, including 3 of the last 4 presidents of the United States. There are running clubs in almost every community in the country.

For more information, contact:



Road Runners Club of America
1150 S. Washington St., Suite 250
Alexandria, VA 22314
(703) 836-0558



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ELECTION OF OFFICERS

At the Monthly meeting on November 10, 1993, an election will be held for the officers of the Fort Wayne Track Club for 1994. During the meeting in September a committee of the whole stated the officers for the up-coming election. The slate for 1994 will be:

- | | |
|----------------|-----------------|
| President | Bob Hockensmith |
| Vice President | Mike McAvo |
| Secretary | Vicki Jacobs |
| Treasurer | Don Lindley |

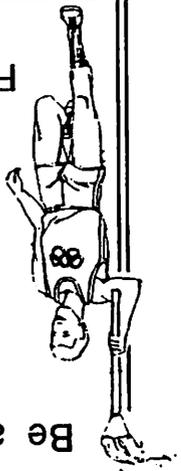
Other nominations can be made by any member, either in writing to the President, or in person at the November meeting. Also, the terms of all current Board members will expire at the end of 1993. Any member who is interested in serving in that capacity should make his or her preference known to the President at or before the November meeting. Our club has a large membership, but few members choose to get involved. Being on the board involves only attending monthly meetings. Let's have a good turn out for this meeting. If, for no other reason, come for the good company, refreshments, and door prizes.

HERE'S YOUR OPPORTUNITY TO CARRY THE TORCH

Be a part of the 200K Torch Relay from Indianapolis to Fort Wayne in Celebration of Fort Wayne's BICENTENNIAL

October 21-22

Fort Further Information Contact: Don Lindley 432-5998



Singles on the Run

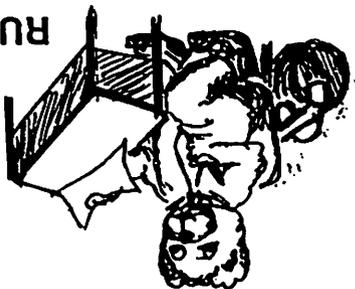
Are you a single runner or walker who would like to find someone with similar interests to train with or go to races? If you are, the Inside Track is offering you the opportunity to place an ad in the next newsletter. Each ad will be given a code number by the Editor to maintain confidentiality. Responses to your ad will be forwarded to you by the Editor. You may then correspond through the newsletter or directly as you prefer. The ad should tell a little about yourself and something of the type of companion you are seeking. This column is intended as a service to track club members and is inserted without charge. Send your ad to Joyce Hockensmith, 3732 Thyme Court, New Haven, IN 46774. Deadline for next newsletter will be November 15.

CRIM '93

If you have never attended the Crim Festival of Races in Flint, Michigan, you are missing a truly great event. This year the festival took place on Saturday, August 28, and there were 12,782 entrants in attendance. They have a run or walk for people of all ages and abilities. If you arrive the evening before, there is a pasta dinner, live music, and an expo to rival any marathon. After the run there is plenty of free food, including beer and pizza. All 10 mile finishers are presented with a medalion.

A number of runners from the FWTC took part in the Crim festivities, and it was this editor's intention to list them in this newsletter, but the list of the 12,782 finishers turned out to be a bit overwhelming. So Congratulations to you FWTC members who took part, especially John Klein who placed 4th in his age division in the 5K, Jeanette Klein, who placed 1st in her division in the 5K, and Don Anderson who placed 1st in his division of the

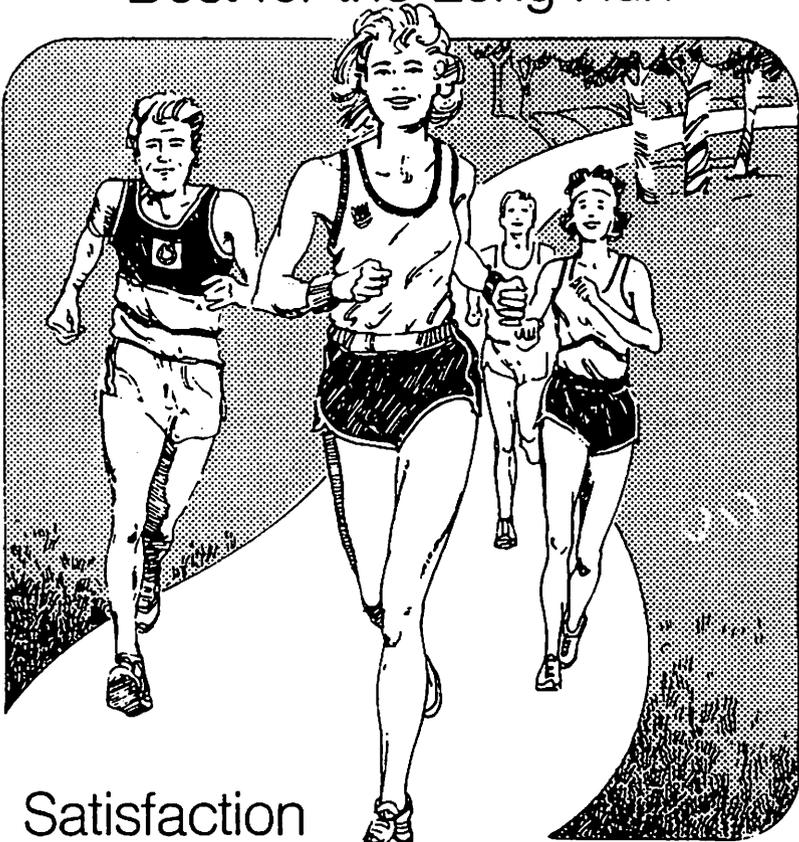
8K.



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1993 SWISS DAYS RACE - 8-31-1993

RACE RESULTS

Overall Place	Division Place	Boys 1 Mile - 8 and Under	Time
4	1	Kasey Blake	6:52
11	2	Christopher Zaugg	7:22
13	3	Joshua Sprunger	7:37
16	4	Tim Conrad	7:42
17	5	James Wagner	8:06
23	6	Dustin Grogg	8:28
24	7	Karl Zellars	8:39
27	8	Ashby Taylor	9:14
28	9	Alex Liechty	9:19

Boys 1 Mile - 9 to 11

1	1	Andy Fosnaugh	6:24
5	2	Daniel Love	6:57
7	3	Derek Van Emon	7:09
14	4	Benjamin Miller	7:38
15	5	Andy Sprunger	7:41
22	6	Byran Weikel	8:19

Girls 1 Mile - 11 and Under

2	1	Stephanie Welch	6:37
3	2	Janna Grose	6:41
6	3	Jessica Thieme	7:02
8	4	Lori Diebel	7:12
9	5	Ashley Grogg	7:19
10	6	Katie Zellars	7:21
12	7	Brooke Welch	7:31
18	8	Christy Conrad	8:07
19	9	Jessica Zaugg	8:09
20	10	Kelli Ramey	8:10
21	11	Hedi Culp	8:18
25	12	Hannah Miller	8:45
26	13	Elizabeth Miller	8:47

Boys 5,000 Meter - 14 and Under

47	1	Torrey Teats	19:22
54	2	Terry Goodspeed II	19:31
60	3	Kit Minnich	19:41
66	4	David Caswell	20:05
70	5	Jason Fulford	20:13
82	6	Kevin Hotopp	21:01

Overall Place	Division Place	Boys 5,000 Meter - 14 and Under, cont.	Time
96	7	Ryan Gibson	21:54
105	8	Matt Clark	22:31
109	9	Travis Keller	23:00
121	10	Jonathan Hewitt Jr.	23:34
123	11	Keith Carter	23:42
137	12	Ben Fenstermaker	24:52
154	13	Chris Merritt	32:02



COME RUN WITH US



Boys 5,000 Meter - 15 to 19			
3	1	Tony Teats	15:42
5	2	Frank Pizana	15:55
11	3	Zach Raber	16:53
16	4	Jason Ramey	17:18
18	5	Rusty Grose	17:20
20	6	Kent Merritt	17:28
22	7	Andy Keffaber	17:42
23	8	Scott Saucedo	17:55
24	9	Chris Kaufman	18:06
26	10	David Smith	18:28
27	11	Jason Krider	18:29
32	12	Ricky Garlitz	18:38
35	13	Todd Replogle	18:47
36	14	Jason Hayes	18:49
37	15	Winter Troxel	18:56
38	16	Michael Grogg	18:56
39	17	Danny Smith	19:00
40	18	Craig Winn	19:01
43	19	Ty Artherhults	19:08
44	20	Aaron Johnson	19:12
46	21	Chad Jones	19:18
48	22	George Springer	19:25
49	23	Jarrood Werst	19:26
51	24	Mark Welch	19:30
53	25	Jade Reynolds	19:31
57	26	Chris Champion	19:38
58	27	Jason Baker	19:38
67	28	Joshua Loft	20:07
69	29	Moises Trejo	20:12
71	30	Rusty Emmert	20:13
72	31	Morry Riddle	20:13
73	32	Mike Flora	20:13
80	33	Jeff Sorg	20:49
81	34	Tim Walter	20:54
83	35	Tim Lawrence	21:06
84	36	Ben Springer	21:10
85	37	Cort Dyer	21:10
87	38	Jason Brubaker	21:11
90	39	Jeff Rhoades	21:24
95	40	Tom Flora	21:51
98	41	Zane Donaldson	22:07
99	42	Jason Sorg	22:08
120	43	Doug Selking	23:27

Overall Place	Division Place	Men 5,000 Meter - 20 to 24	Time
6	1	Darcy Jones	16:10
33	2	Tom Lindsey	18:44
124	3	Reid Moser	23:42

Men 5,000 Meter - 25 to 29

1	1	Brian Shepherd	15:04
7	2	Mike Mazier	16:16
8	3	Bruce Bearden	16:25
17	4	John Schnieder	17:19
19	5	Ron Sharp	17:25
25	6	Paul Cearns	18:10
61	7	Mike Nagel Jr.	19:54
62	8	Dennis Yoder	19:58



COME RUN WITH US

Men 5,000 Meter - 30 to 34

4	1	Jerry Williams, Jr.	15:47
9	2	Chuck Schlemmer	16:43
13	3	Gary Williams	17:04
14	4	Don Branstter	17:12
41	5	Kent Frank	19:03
55	6	John Schumacher	19:33
64	7	Mike Lehman	20:00
65	8	Dean Moyer	20:02
77	9	Dr. John Lehman	20:35
92	10	Jim Sprunger	21:26
94	11	JD Collins	21:31
106	12	Steven Hreha	22:32
111	13	David Zaugg	23:06
130	14	Casey Speer	24:11
139	15	Butch Losey	25:23

Men 5,000 Meter - 35 to 39

2	1	Mark Furkis	15:05
10	2	Randy Hisner	16:49
21	3	Timothy O'Connell	17:37
29	4	Paul Shaffer	18:32
52	5	Dan Minnich	19:30
59	6	Doug Ellenberger	19:39
63	7	Randy Miller	19:59
74	8	Roger Tullis	20:17
86	9	Mark Dill	21:11
89	10	Ned Van Emon	21:21
93	11	Don Kramer	21:28
125	12	Phil Miller	23:44
143	13	Gerald Towne	25:38
144	14	Roger Artherhults	25:42

Overall Place	Division Place	Men 5,000 Meter - 40 to 49	Time
12	1	Steve Caswell	16:57
15	2	Dan Kaufman	17:14
31	3	Phil Suelzer	18:35
34	4	Kenton Zellars	18:46
42	5	Doug Bauman	19:04
45	6	Bob Bruckner	19:15
50	7	Mark Shorter	19:28
56	8	Bill Kaczmarczyk	19:36
75	9	John Cramer	20:21
78	10	Dick Shenfield	20:36
79	11	Ronald Motycka	20:39
91	12	Barry Humble	21:25
107	13	Don Linley	22:42
108	14	Dave Dahman	22:47
112	15	Michael Varill	23:06
113	16	Larry Godair	23:08
115	17	Norval Lehman	23:19
116	18	Norm Bailey	23:21
122	19	Terry Goodspeed	23:40
134	20	Ken Silkworth	24:24
136	21	Bud Hamilton	24:38
142	22	Al Smith	25:38



COME RUN WITH US



Men 5,000 Meter 50 and Over

68	1	John Klein	20:08
88	2	Dick Harnly	21:12
97	3	Everett Wirgau	22:01
100	4	Richard Allen	22:09
102	5	Samuel Bearden	22:12
103	6	Billy Stanton	22:16
104	7	Jack Wendel	22:23
110	8	Mike Nagel	23:02
117	9	Bob Loomis	23:22
119	10	Jack Letarte	23:25
132	11	Delmer Adams	24:20
140	12	Fred Fox	25:25
146	13	James Jones	27:06
147	14	Jack Bickel	27:42
152	15	Mike McComas	29:53

Girls 5,000 Meter - 19 and Under

30	1	Tana Dahman	18:34
101	2	Michell Biberstine	22:11
114	3	Kelley Kleinknight	23:13
118	4	Julie Goodspeed	23:24
127	5	Allyson Kleinknight	23:49
128	6	Kristy Miller	23:52
133	7	Emily Roe	24:23
141	8	Rebekah Miller	25:35

Overall	Division	Girls 5,000 Meter - 19 and Under, cont.	Time
149	9	Jenny Furkis	28:14
150	10	Stacy Byers	28:17
153	11	Miriam Miller	30:17

Women 5,000 Meter - 20 to 29

28	1	Debbi Ramseyer	18:30
76	2	Robin Burkholder	20:33

Women 5,000 Meter - 30 and Over

126	1	Cindy Furkis	23:46
129	2	Deb Byers	24:00
131	3	Georgia Allen	24:15
135	4	Ellen Schwartz	24:27
138	5	Jeanette Klein	24:54
145	6	Vicki Jacobs	26:36
148	7	Jill Ash	28:13
151	8	Angie Hirschy	28:46
155	9	Polly Jacobs	32:48

FORT WAYNE BICENTENNIAL KICK-OFF SPORTS CARNIVAL

November 14, 1993

Sunday 1-5 p.m.

Memorial Coliseum



A lot of other outdoor activities are more strenuous than walking. Still, walking does add stress to your heart and lungs. So if it's real cold or hot, extremely humid or icy or wet, or if there's a lot of pollution in the air, don't exercise outdoors. Try to find an enclosed shopping mall, for example, and do your walking there.

Comfortable, casual clothes that allow you plenty of room to move easily are usually best for walking. Remember to wear the appropriate hat, jacket, and gloves in cooler weather to ward off hypothermia. Don't try to do without gloves by walking with your hands in your pockets to keep your hands warm. Your arms need to be free to swing back and forth as you walk. Of course, you should also wear cooler clothing in the warmer months to reduce the chance of heat exhaustion.

Walking at night can be refreshing after a long day under artificial lights. But that also poses special problems, such as visibility. To make yourself as visible as possible to passing motorists, you may want to invest in a jacket of special reflecting material, or in reflecting tape that can be attached to your clothes. Either will reflect a car's headlights far enough in advance to warn drivers of your presence.

Unless you live in a city where the streets are well lighted walking at night increases the danger of your tripping on broken sidewalks or other obstacles in the dark. A small flashlight is economical and easy to carry. Also, be careful not to walk through areas that pose any kind of threat to your safety.

As gentle as walking is compared to most sports, your feet and legs will be absorbing a blow equivalent to about twice your body weight with every step you take. Well-fitting running shoes are constructed to give your feet maximum cushioning and support while remaining supple enough to keep you from straining your muscles. The rubber soles grip the ground to provide enough traction for good balance without slowing you down. And the nylon uppers are porous and lightweight. But keep in mind that your type of footwear should depend to a large extent on the season, time of day, and location of your walk. For instance, you might need hiking boots in colder weather or in the woods.

One thing's for sure: whatever shoes or boots you want to buy should feel comfortable when you try them on in the store. If you know what socks you'll be using, wear them to the store.

If you think you need to get in shape, don't forget that the solution may be as close as your own two feet.



THE RUNNER'S PRAYER

Dear Lord, in thy Wisdom and Divine Mercy, grant me, thy humble servant, a simple miracle. With Your Blessing, may I arrive at the starting line of a race offering many rewards to its winners, and lo and behold, find I am the only runner in my age division.

Amen.

CROMWELL 5K RESULTS

Byers	Stacey	14-under	57	F	27:03
Cripe	Jessica	14-under	54	F	26:22
Herald	Anne	15-19	28	F	21:22
Koepke	Laura	15-19	34	F	21:35
Fekete	Heather	15-19	47	F	24:11
Furniss	Teresa	20-29	33	F	21:34
Manger	Julie	30-39	39	F	22:21
Gary	Joan	50-59	43	F	23:03
Allen	Georgia	50-59	51	F	24:52
Leitch	Khelli	12-under	41	M	22:47
Eyer	Cort	13-15	14	M	18:17
Zane	Donaldson	13-15	15	M	18:35
Caswell	David	13-15	17	M	19:03
Kozar	Matt	13-15	27	M	21:10
Fulford	Jason	16-19	4	M	16:57
Borntrager	Jon	16-19	7	M	17:17
Ulch	Patrick	16-19	46	M	24:06
Hamrick	Gary	16-19	50	M	24:50
Mohr	Jay	20-24	20	M	19:57
Whitcomb	David	20-24	44	M	23:07
Scott	Matthew	20-24	45	M	23:38
Shepherd	Brian	25-29	1	M	15:38
Furniss	Paul	25-29	3	M	16:30
Liepe	Mark	25-29	18	M	19:41
Edgerton	Tracy	25-29	30	M	21:26
Walter	Ed	25-29	36	M	21:40
Schlemmer	Chuck	30-34	2	M	16:29
Knott	Paul	30-34	12	M	17:59
Perrin	Chris	30-34	16	M	19:02
Geiger	David	30-34	21	M	20:00
McDonald	Bret	30-34	23	M	20:16
Ulch	Ray	30-34	32	M	21:33
Pearson	Hal	35-39	6	M	17:16
Risch	Carl	35-39	8	M	17:31
Thomas	Richard	35-39	11	M	17:56
Baumbaugh	Barry	35-39	25	M	20:20
Lawrence	Greg	35-39	31	M	21:27
Clouse	David	35-39	35	M	21:38
Caswell	Steven	40-44	5	M	17:04
Pearson	Jed	40-44	10	M	17:50
Treleaven	John	40-44	13	M	18:11
Stalter	Jim	40-44	22	M	20:09
McDonald	David	40-44	24	M	20:19
Stoffel	Fred	40-44	37	M	21:51
Booher	Mike	40-44	49	M	24:38

CROMWELL 5K RESULTS Continued...

Obregon	Art	45-49	19	M	19:51
Targgart	Larry	50-54	9	M	17:41
Boylan	Dave	50-54	26	M	20:36
Sennett	Robert	50-54	29	M	21:23
Allen	Richard	50-54	40	M	22:41
White	Jerry	50-54	52	M	25:18
Hershberger	Freeman	55-59	42	M	22:50
Myers	Alton	55-59	53	M	25:57
Gebhart	Ed	55-59	55	M	26:39
Rhoades	Don	55-59	58	M	28:18
Gordon	Norm	60-64	48	M	24:27
Anderson	Don	65-59	38	M	22:08
Disler	Ken	70-over	56	M	26:57



ATTENTION RACE DIRECTORS:

Send your race results for publication in the Inside Track along with photos, if available, and a short race write-up to: Joyce Hockensmith
3732 Thyme Court
New Haven, IN 46774

Newsletter deadline dates:

November 15, 1993 January 15, 1994
March 15, 1994 May 15, 1994
July 15, 1994 September 15, 1994

ALBION 5K RESULTS

Morr	Abby	14-under	22	22:13	F
Kiester	Heather	14-under	43	27:06	F
Byers	Stacey	14-under	45	28:06	F
Muter	Liz	15-19	20	22:09	F
Fergusson	Liz	15-19	38	25:20	F
Renner	Mandy	15-19	39	25:48	F
Knepper	Sara	15-19	41	26:53	F
Sellers	Sara	15-19	47	28:10	F
Furniss	Teresa	20-29	18	22:06	F
Byers	Deb	40-49	37	24:38	F
Gary	Joan	50-59	36	24:31	F
Leitch	Khelli	12-under	12	20:41	M
Begley	Brandon	12-under	19	22:08	M
McKinney	Michael	12-under	26	22:48	M
Castetter	Kevin	12-under	27	22:52	M
Caswell	David	13-15	9	19:20	M
Gephart	George	13-15	14	20:59	M
Lash	Colby	13-15	23	22:20	M
Flora	Tom	13-15	30	24:14	M
Donaldson	Zane	13-15	32	24:18	M
Eyer	Cort	13-15	33	24:20	M
Champion	Chris	13-15	34	24:21	M
Trejo	Moses	16-19	21	22:10	M
Flora	Mike	16-19	31	24:17	M
Emmert	Rusty	16-19	35	24:28	M
Riddle	Morry	16-19	42	26:54	M
Sheperd	Brian	25-29	1	15:41	M
Weisser	Greg	25-29	7	18:39	M
Liepe	Mark	25-29	10	20:09	M
Kern	Paul	25-29	24	22:21	M
Schlemmer	Chuck	30-34	2	17:02	M
Geiger	David	30-34	13	20:53	M
Pearson	Hal	35-39	4	17:31	M
Risch	Carl	35-39	5	17:41	M
Thomas	Richard	35-39	8	18:59	M
Baumbaugh	Barry	35-39	17	21:44	M
Clouse	David	35-39	28	22:54	M
Caswell	Steven	40-44	3	17:23	M
Pearson	Jed	40-44	6	18:34	M
McDonald	David	40-44	11	20:32	M
Obregon	Art	45-49	16	21:24	M
Rove	Norm	45-49	46	28:05	M
Berndt	James	45-49	51	29:54	M

ALBION 5K RESULTS Continued...

Harvey	Hustie	50-54	15
Harry	Casterer	50-54	29
Jerry	White	50-54	40
Freeman	Hershtberger	55-59	25
Ed	Myers	55-59	44
Ed	Gebhart	55-59	49
Don	Rhodes	55-59	50
Ken	Disler	70-over	48
			28:15 M
			27:39 M
			27:39 M
			28:28 M
			29:21 M
			21:02 M

RUNNING ISN'T FOR EVERYONE. IS IT FOR YOU?



Before you go out and spend money on running equipment you may never use more than once, you would be advised to answer honestly the following YES/NO questions.

Can you talk to yourself while running, even though you know what an incredible bore you really are?

Are you aware that four out of five motorists actually believe they'll collect a bounty if they run you down?

Would you consider it a status symbol to have the ugliest feet on the block? Do you secretly enjoy maiming yourself? Could you learn to limp with pride?

Can you sweat without making noise?

Can you handle the indignity of having your neighbors saluting you as you run past by holding up their middle fingers?

Will your bed partner be sexually aroused by the fumes of Ben-Gay?

If you answered "yes" to any of the above questions, congratulations! You're a definite candidate for running!

QUEST FOR 50

The latest conquest in Bob and Joyce's Marathoning mania was the Black Hills Marathon in South Dakota on Sunday, September 5. The cool temperature was nearly ideal, but it was the beginning altitude (over 5,000 feet), the rain (downpour toward the end), the fog (no traffic control and banked curves on the winding mountain roads), and steep downhill that took their toll. At least that's what I contributed to the lousy way I felt at the end. Bob came back to the car, where I lay in a crumpled heap, with the news that I had placed third in my age division. "Just let me die in peace, it wasn't worth it," I said.

It was much to my relief that several days later Bob awoke with the same symptoms I had that day, and missed two days of work. Realizing then that I had finished the marathon with the flu put it into a whole different perspective, so I am now looking with anticipation to our next marathon, which is Milwaukee, Wisconsin on October 10.

CHROMIUM PICOLINATE

- Chromium is determined to be essential for human health.
- Chromium is a vital nutrient for optimum insulin function.
- Needed for proper stimulation of metabolism.
- Helps utilize fat for energy while preserving lean muscle tissue
- Increases stamina and endurance.
- Increases mental energy level.

For more info, or to purchase this supplement to enhance your running or weight loss, call or write: Joyce Hockensmith

3732 Thyme Ct.

New Haven, IN 46774

Phone: 219-749-1237

Everyone Can Be a Writer

The Inside Track Editor welcomes member contributions. Send any running/walking related article, short story, or poem to:

Joyce Hockensmith

3732 Thyme court

New Haven, IN 46774

Member's Page



Introduce yourself and
advertise your service
on this special
Member's Only Page
\$25 for a year

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Physical Therapist · Athletic Trainer

Jefferson Medical Clinic
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(219) 436-9710

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INDIANA
DIETETIC
ASSOCIATION

Judy Tillapaugh, R.D.
Media Representative

4635 Indiana Avenue
Fort Wayne, Indiana 46807

Office: (219) 458-2345
Home: (219) 456-3277



Signature

My signature below waives and releases Atlantic Resources Corp., Piere's and all other sponsors from claim, debt and liability with my participation in "Run Like Hell", whether traveling to, participating in, or returning from this event.

To pre-register, fill out and sign form and return with check by October 22, 1993. Circle one: Run Walk Wheelchair

Name _____
 Address _____
 City _____
 Zip _____
 Age _____
 Phone (daytime) _____

- Indicate on form which event you wish to participate in.
- The BEAR studios at 347 West Berry, downtown Ft. Wayne, Phone 420-9890
- Box 1160, Ft. Wayne, IN 46856 or drop off entry forms at Make-A-Wish, and address to WBFR - "Run Like Hell", P.O. October 22, 1993. Please make checks payable to Party. Pre-registration and payment must be by and a certificate for free admission to Piere's Halloween
- The first 200 that pre-register will receive an event t-shirt
- Entry Fee: \$12.00 pre-registered, \$15.00 that evening.
- Date: October 30, 1993
- A valid I.D. is required at door upon entrance to Piere's.
- Sign-in/Registration for run/walk will begin at 6:30 pm at the end of Piere's parking lot in the Marketplace of Canterbury.
- The run/walk will begin at 7:30 pm. Trophies will be given to top placers.
- Two ways to enjoy the Halloween run/walk:
 - 1) 5K Run or Walk
 - 2) 4K Wheelchair division
- Piere's Halloween Party begins at 8:00 pm and continues until 3:00 am.
- Enjoy the music of Piere's house band Fantasy.



T-SHIRT
FACTORY
OUTLET



To Benefit Make-A-Wish Foundation® of Indiana
Participating Sponsors

RUN/WALK AND HALLOWEEN PARTY



THE 1ST ANNUAL

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

Quantity	Size	Item	Each	Total

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



November	BIRTHDAYS
01 JACK HILKER	01 RUSTY GROSE
01 KERRIE BYERS	04 KATHY HARMON
01 KEVIN LOCHNER	04 STEVEN HOEPFNER
03 MIKE ROBBINS	05 FRED WEHRWEIN
03 DONALD JANIZ	05 DAVID RUESCHLING
04 KING SULLIVAN	09 THOMAS LAIRD
04 BELINDA SLOFFER	09 KATHY HARP
05 RICHARD HARNLY	12 MARK FURKIS
07 HARRY MC MANUS	12 SUSAN PETERSON
08 MICHAEL HENDRICKS	13 RANDY ROBERTS
09 WILLIAM LUDWIG	13 DON BRANSTETTER
09 ALAN BRADLEY	13 TIM ZUMBAUGH
10 DOUG JOHNSON	15 STEVE BEGHEL
10 JERRY O'KEEFE	16 TOM FELGER
12 TERRY DILLER	17 JIM SEILER
13 MICHAEL KOLESIAK	18 MARK BRATTOLI
14 CINDY FURKIS	18 BOB BRUCKNER
14 TRAVIS HOLMAN	20 RONALD HABEGGER
15 RICHARD WATERFIELD	21 NORMAN WHISTLER
15 PHILIP FOUND	21 CHRIS SPARKEY
17 ROBERT LEE PAINE	21 HOWARD BASH
17 BERNIE HUESING	22 LOU BRIONES
18 ZANE DONALDSON	22 STEPHEN SMITH
18 TODD SEIMAN	23 JOYCE FUZY
19 JOSEPH HILGER	23 MARK LANDES
20 RICHARD QUINTANO	25 DAVID LALLOM
20 DAN KAUFMAN	25 GERALD TOWNE
22 BOB EHEREMAN	25 WILLIAM CLARK
22 CLINT PAINE	26 BARRY BAUMBAUGH
23 PAUL KNOTT	31 GARY KING
23 DAVID WINTERS	31 JAMES KLINE
24 KEITH CAUDILL	
25 ROBERT GEBFERT	
26 BENJAMIN COX	
27 JOHN STURTEVANT	
28 JOE SUEZER	
29 CHUCK SCHLEMMER	

ABOITE PHYSICAL THERAPY, INC.

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 JEFFERSON MEDICAL CLINIC
 7232 ENGLE ROAD, SUITE 210
 FORT WAYNE, IN 46804
 (219) 436-9710

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.

Normal eating is being able to eat when you are hungry and continue eating until you are satisfied. It is being able to choose food you like and eat it and truly get enough of it—not just stop eating because you think you should. Normal eating is being able to use some moderate constraint on your food selection to get the right food, but not being so restrictive that you miss out on pleasurable foods. Normal eating is giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good. Normal eating is three meals a day, or it can be choosing to munch along. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful when they are fresh. Normal eating is overeating at times; feeling stuffed and uncomfortable. It is also undereating at times and wishing you had more. Normal eating is trusting your body to make up for your mistakes in eating. Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life.

In short, normal eating is flexible. It varies in response to your emotions, your schedule, your hunger and your proximity to food.

Source: Reprinted from *How To Get Your Kid To Eat...But Not Too Much* (pp. 69-70), by Ellen Satter with permission of Bull Publishing Company, 1987.

*The Weight Management Center
Of Lutheran Hospital
219/458-2344*

FRUIT SMOOTHIE

*A great drink for a child, full of calcium
and vitamin C!*

INGREDIENTS:

- 1 cup low-fat milk
- 1 medium banana (frozen for extra creaminess)
- 8 frozen or fresh strawberries (unsweetened)
- 2 Tbsp frozen orange juice concentrate (unsweetened)

DIRECTIONS:

Mix all ingredients in a blender and blend until smooth.

Serves: 1

Per Serving: 299 Calories, 11 grams Protein, 56 grams Carbohydrate,
6 grams Fat, 18 milligrams Cholesterol, 126 milligrams
Sodium

BANANA SPLIT CEREAL

*Who said banana splits were only for dessert?
Yogurt, cereal, and fruit combine to make
a powerhouse breakfast!*

TOOLS:

small, sharp knife
measuring cup
spoon
colander
cutting board

INGREDIENTS:

1 small, ripe banana
1/2 cup fresh blueberries or other fresh fruit
1/2 cup nonfat or low-fat vanilla yogurt
1/2 cup low-sugar cereal (such as Cheerios, Wheaties, Grape-Nuts, or Bran Flakes)

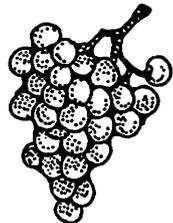
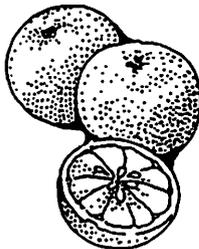
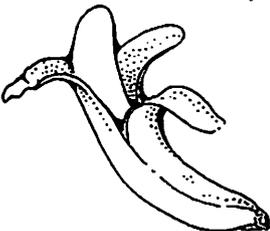
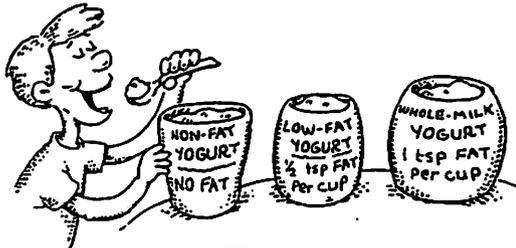
DIRECTIONS:

- 1) Peel the banana and slice it lengthwise (from tip to tip). Wash the blueberries by placing them in a colander and running water over them. (If you are using another fruit, wash it and cut it into small pieces.)
- 2) Spoon the yogurt in a mound in the center of a cereal bowl.
- 3) Sprinkle the cereal on top of the yogurt.
- 4) Arrange the banana halves on either side of the yogurt.
- 5) Sprinkle the top with the blueberries or other fruit.

Serves: 1

Per Serving: 279 Calories, 2.7 grams Total Fat (.6 teaspoons), 0.5 grams Saturated Fat, 246 milligrams Sodium, 2 milligrams Cholesterol

Source: Kitchen Fun For Kids, by Michael Jacobson, Ph.D., Laura Hill, R.D.
Wideworld





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

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

- 02 SAT * MARDI GRAS '93 RUN 5K RUN & WALK WINCHESTER, IND
YMCA BOX 50A WINCHESTER IN 47394 CALL BOB 317-584-9622
NOTE: THEY WILL NOT HAVE THE 15K RACE ANYMORE

- 03 SUN * SUMMIT CITY - STRIDES AGAINST CANCER FORT WAYNE, IND.
10K/5K 2 P.M. AMERICAN CANCER SOCIETY (219) 422-3911
SCOTT'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, IN
HARMONY SCHOOL, BOX 1787, BLOOMINGTON IN 47402 (812) 334-8349

- 09 SAT * DOUBLE EAGLE 10 MILE AND 5 MILE INDIANAPOLIS, IND.
TUXEDO BROTHERS, 4314 MATREA MORE CT., 46254 (317) 328-1632

- 09 SAT * FALL COLOR CLASSIC 5K AND 10K RUN BRISTOL, INDIANA
NOTE: THE 5K IS A PREDICTION RUN ALL RACES START AT 3 P.M.
CALL 219-825-7694 OR 219-825-7909

- 09 SAT * AUTUMN SHORELINE CLASSIC 15K AND 5K 8 A.M. DECATUR, ILLINOIS
RRCA 15K NATIONAL CHAMPIONSHIP CALL 217-423-8042

- 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 * COLE PORTER CLASSIC 15K AND 5K RUNS 2 PM PERU, IND.
JAMES YATES, BOX 168, PERU IN 46970

- 10 SUN INTERNATIONAL PEACE RACE 10K 10:30 A.M. YOUNGSTOWN, OHIO
(216) 583-2423 2533 DAVIS PECK RD., CORTLAND OH 44410

- 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, 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

- 17 SUN * BROOKFIELD ZOO RUN RUN 5K 8 A.M. BROOKFIELD, ILLINOIS
RACE HOTLINE: (708) 485-0263, EXT 879

- 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.
REGISTRATION AT 6:30PM, RACE AT 7:45PM SONYA SCHUTZ 420-9890
- 30 SAT * FAST GAIT 8K FOR WESTGATE 9:30 A.M. CASSOPOLIS, MICHIGAN
(20 MILES NORTH OF SOUTH BEND) CALL 616-445-3170
- 30 SAT HISTORIC IRVINGTON PLEASANT 5 MILE RUN 10 A.M. INDIANAPOLIS
(317) 736-9500 179 S. HOME AVE., FRANKLIN, IN 46131
- 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
ALSO CHICAGO 5K (STARTS AT 9 A.M.)

--- N O V E M B E R 1 9 9 3 ---

- 06 SAT B & J'S ANNIVERSARY RUN FORT WAYNE, IND.
ALMOST 8K 8 A.M. AT GOEGLEIN'S 7311 MAYSVILLE RD
JOYCE HOCKENSMITH (219) 749-1237
- 07 SUN ZOY 10K RUN INDIANA DUNES STATE PARK CHESTERTON, IND.
AL MUSSMAN (219) 762-5680 9:30 A.M.
- 14 SUN FALL FROLIC 4 MILE RUN HAMMOND, IND.
6512-B INDIANAPOLIS BLVD., HAMMOND IN 46320 219-845-1977
- 14 SUN BICENTENNIAL YEAR IN SPORTS MEMORIAL COLISEUM
1 PM TO 4 PM PHILLIP HOUK 420-7543 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
NYRR, P.O. BOX 1380, GPO, NEW YORK, NY 10116 (212) 860-4455
- 20 SAT TURKEY TROT 4 MILE RUN 11 A.M. FOSTER PARK, FORT WAYNE
CALL 483-0057
- 21 SUN ST. LOUIS MARATHON ST. LOUIS, MISSOURI
ST. LOUIS TRACK CLUB, 2385 HAMPTON AV., ST. LOUIS MO 63139
- 25 THU MAZOCK'S 17TH ANNUAL THANKSGIVING FUN RUN FORT WAYNE IND
APPROX 6 MILES STARTING AT 8 AM - 2828 EMERALD LAKE DRIVE
NO AWARDS/NO SPLITS/OLD COFFEE AND STALE DONUTS
JERRY MAZOCK (219) 432-4755
- 25 THU THANKSGIVING DAY RUN 7K RUN 9 A.M. GAS CITY, INDIANA
MARLON MATTER PARK CLIF KNIGHT (317) 674-3841

--- D E C E M B E R 1 9 9 3 ---

- 04 SAT JUST PLAIN 10K FORT WAYNE, IND. FOSTER PARK 2 P.M.
J.P. JONES (219) 745-7339 ENTRY FEE IS GIFT-WRAPPED T-SHIRT
- 04 SAT WINTERFEST 5K HONEYWELL CENTER 10 A.M. WABASH, IND.
ROY CHURCH BOX 379, WABASH IN 46992 (219) 563-2131
- 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
- 11 SAT JINGLE BELL RUN 5K FORT WAYNE FOSTER PARK
- 11 SAT FROST BITE 5K/10K GLEN MILLER PARK 9 A.M. RICHMOND, IND.
RICHMOND PARKS & REC. DEPT. 50 N 5TH ST. RICHMOND IN 47374
GARRY MESTEL (317) 983-7275

12 SUN 21ST HONOLULU MARATHON 5:30 A.M. HONOLULU, HAWAII
3435 WAIALAE AVE., ROOM 208, HONOLULU 96816 (808)734-7200

----- J A N U A R Y 1 9 9 4 -----

01 SAT STAR TREK 5K 10 A.M. MARION, INDIANA
STEVE KNIGHT, 2127 W. 6TH ST., MARION IN 46953 (317)662-3920

08 SAT SIBERIAN EXPRESS 7.6 MILES NOON DANVILLE, ILLINOIS
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834

08 SAT CHARLOTTE OBSERVER MARATHON 17TH ANNUAL CHARLOTTE, NC
MARATHON, BOX 30294, CHARLOTTE NC 28230 (704)358-KICK

16 SUN HOUSTON-TENNECO MARATHON HOUSTON, TEXAS (713)864-9305
5900 MEMORIAL DR., SUITE 200, HOUSTON TX 77007

16 SUN WALT DISNEY WORLD MARATHON WALT DISNEY WORLD, FLORIDA
FOR INFORMATION, CALL (407) 827-7200

----- F E B R U A R Y 1 9 9 4 -----

26 SAT BLUE ANGEL MARATHON 11TH ANNUAL PENSACOLA, FLORIDA
BLDG. 632 NAS, PENSACOLA, FL 32508 (904)452-2159

----- M A R C H 1 9 9 4 -----

06 SUN CITY OF LOS ANGELES MARATHON IX LOS ANGELES, CALIFORNIA
(310)444-5544 11110 WEST OHIO AVE. SUITE 100, ZIP 90025

MAZOCKS 17th ANNUAL

THANKSGIVING MORNING FUN RUN

6 MILES

No Awards - Some Splits
Coffee and stale doughnuts
(Bring a goodie)
Lots of Friends

8 AM

2828 Emerald Lake Drive
(2 miles past I 69 on Covington Rd.
Turn left at Emerald Lake Addition
(2nd house on right)

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
- [] [] Major Race [] Fanny Freezer [] Fun Run [] Training Run
- [] ASSISTANT RACE DIRECTOR
- [] EQUIPMENT COORDINATOR
- [] Assist Transportation of Equipment to Races [] 1st Quarter [] 2nd Quarter [] 3rd Quarter [] 4th Quarter
- [] Monitor Maintenance of Equipment
- [] RACE SCHEDULE COORDINATOR
- [] 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}



Coming Events...

1st ANNUAL RUN LIKE HELL 5K RUN/WALK

Saturday October 30, 1993, 7:30 PM

Pierre's Parking Lot in Marketplace of Canterbury

4th ANNUAL B & J's ALMOST 8K

Saturday November 6, 1993, 8 AM

Goeglein's 7311 Maysville Rd.

BICENTENNIAL YEAR IN SPORTS CARNIVAL

Sunday November 14, 1993, 1-4 PM

Memorial Coliseum

FWTC MEETINGS

Wednesday, October 13, 1993, 7 PM

Wednesday, November 10, 1993, 7 PM- Election

Taylor University Activity Center

ADVERTISING RATES

	1 Issue	3 Issues	6 Issues
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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 450 issues bi-monthly.



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

PM 9-30-93 FORT WAYNE IN 46802
PM 09-30-93 FORT WAYNE IN 46802

Bulk Rate
U.S. POSTAGE
PAID
Ft. Wayne, IN
Permit No. 1799

MICHAEL MC AVOY
319 W SOUTH
BLUFFTON IN 46714

