

the inside track

December 1993 - January 1994



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



1993

FORT WAYNE TRACK CLUB

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A few months ago, a notice came in the mail about an inaugural marathon at Disney World in Florida. Since we receive many publications at home about races, I gave it a quick glance, but did not consider it seriously. However, after spending several meetings wrestling with the preparation of a budget for the 1994 bicentennial run for the City of Fort Wayne, I began to have a much greater awareness of the headaches of a race director. That led me to thinking about differences between our problems initiating a race with those of the Disney Marathon organizers. With all of those thoughts in mind, I again picked up the application and allowed my imagination to run away with reality. Suppose an early discussion was overheard. Would it sound something like this?

"Good afternoon, Mr. Mousse, I'm Jacque Strappe from Jacksonville. You asked me to come down to Kissimmee to talk about a race?"

"Thanks for coming, Jacque, and please call me Mickey. To give you a little background, Disney World Enterprises intends to hold a marathon for about 6000 runners and we want it to be a first class operation from start to finish. I'm the Director of Operations and my job will be in jeopardy unless this goes off like clockwork and meets the high standards demanded by Disney World. Of course, we had to start with a race director and from our inquiries, you were the most highly recommended. Are you interested in directing this event?"

"I'm not sure at this point, Mr. M, since there are so many problems that have to be resolved before a decision can be made. For example, a foot race requires careful planning when setting up the course to avoid traffic snarls with local people going about their daily lives. We have to select a route that provides the most safety to the runner."

"We don't have a problem there, Jacque, since we have 43 square miles of land in the Disney park system, there is ample room for a race."

"There are usually difficulties in getting permits to use highways, providing police protection for runners, and arranging to have the running lanes marked."

"What would you think if I told you that we want to lay out the course so it will be totally on our private land, so no permits will be needed, it will not interfere with local traffic, and we have a security force of over 1500 paid police officers to help with the traffic?"

"Sounds fantastic, but what about volunteers to handle the race day packets, the water stations on the course, refreshments at the end, and provide first-aid throughout the race?"

"Jacque, I've got you covered there, too. You see we have over 12,000 employees who would love to work those positions for a little overtime, our catering division will handle the refreshments, and our hospital staff will work with you on all the medical help you need."

"I guess there aren't many more problems to discuss other than designing the tee shirt and finisher's medal and, of course, covering all the other incidental expenses that are bound to surface as soon as we start."

"Your first concern will be sent to our art department, where the staff that handles all of the other art work in this place can whip that order out in an afternoon. As to the other matter of money, understand that the Disney reputation is at stake here and we won't compromise a quality race for the sake of a few thousand

Curtis Edbesmeyer and W. James Ingraham used data from a 1990 spill of athletic shoes in the Pacific Ocean to test a computer model of ocean currents. The model determined drift patterns for the shoes and correctly predicted places and dates that the shoes would wash ashore.

In earlier studies, oceanographers released bottles as drift indicators, but bottles float high on the surface where they are affected by ocean and wind currents. The athletic shoes, however, may prove to be better indicators because when they become waterlogged, they float lower in the water than bottles do and are virtually unaffected by winds.

SHOE SPILL

RENEW YOUR MEMBERSHIP TO THE FORT WAYNE TRACK CLUB TODAY !!

bucks. You buy what is needed to make this race the best in the country and the fiscal department will cover the cost."

"Well, Mickey, with all that support, how could I not make this the best and most exciting marathon in the country, or perhaps the world? Let's get moving!"

Of course, this conversation did not actually take place, but convince Joyce and I to run that newest of marathons on January 17, 1994 to judge, first hand, how well the race is run.

Although we can speculate that the race director and others staging the Disney Marathon may have the luxury of ample money, talent and volunteers to do a fabulous job, the Fort Wayne Track Club does not. For the bicentennial race, we need sponsors, volunteers and ideas. You can be of tremendous help in assisting the club to make our local event one of the best in this area. If you are in a position to help, please contact one of the track club officers and contribute to a bit of Fort Wayne history.

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: _____

MEMBER PROFILES



HARRY QUANDT

Harry Quandt, born June 27, 1953 (The Big 40 finally got him), is a teacher at Highland Terrace Elementary School in New Haven, Indiana, and has taught there for 19 years. Harry's family includes his wife, Donna, to whom he has been married 14 years, son, Tony (11), daughter, Emily (9), son Neal (6), and two cats, Princess and Scat.

Harry likes to spend time with his family and part of that time includes going to Tony's football games, or Emily's volleyball games. For relaxation, Harry enjoys reading or working in his yard. Other than his children's games, the only TV sport Harry watches is the World Series.

You might find Harry running in his Asics Gel 121s, 4-5 miles on country roads in the moonlight near New Haven in the moonlight. Harry comments, "Sure wish Joyce would join us for more night runs." Joyce replies, "The best time to run is 4:30-5:00 in the morning."

Harry tries to run as many local races as he can and especially likes running the Blueberry Stomp. After the race, Harry prefers bananas, chocolate cookies, and Diet Pepsi. Harry's restaurant choice is Casa d' Angelo, which he would like to get to more often.

Harry's inspiration has been Joyce Hockensmith. (Honest, he really said that.) Harry and I have taught at the same school for nearly 20 years, and Harry became interested in running after I began running and competing. Since 1986, Harry has lost 36 pounds. Harry also says he enjoys helping out with the Highland Terrace Running Club which I began last year at the school. In its second year, the club has grown to over 70 members in grades K through 5. Harry says, "It's great to see so many young people come out and run once a week." I might add that Harry enjoys training the small group of hares (those students who want to run a pretty good pace without walking), while I take the larger group of tortoises.

Harry's dream is to run a 20 minute 5K. At the rate Harry is presently going, he will soon realize that dream since his PR at this writing is 20:27. He would also like to run a 43 minute 10K. Harry would like to see the FWTC sponsor more local races.

In the December 1992-January 1993 issue of "Inside Track", the possibility of a Fort Wayne Track Club group tour to the London Marathon was first mentioned in the President's column. That idea has met with an underwhelming response. To date, only Joyce and Bob Hockensmith have made the commitment to enter. If you have any intention to enter that race on April 17, 1994, you must act now or the availability of space will be closed.

The first item in the newsletter referred to a proposal by World Class Travel in Nashville, Tennessee, for a 5 day or 7 day tour. Recent information (received 11/21/93) indicates that for 1994 there will be more flexibility in scheduling any period from 2 days or more. The only other official North American entry agent for the London Marathon is Marathon Tours in Boston, Massachusetts. They also offer 3 night reservations, or for longer periods. Both appear to be competitively priced. For more detailed information, please contact the FWTC President.

To help you decide, consider that the marathon is often described as the best in the world. The '94 event will field 36,500 runners. It will be run on a course that is unequaled by any big city marathon, anywhere in the world. The course is reported to be flat and fast.

The race has three starts at Blackheath and in Greenwich Park, home of the Royal Observatory and the National Maritime Museum. The 26.2 mile journey takes you past the clipper Cutty Sark at six miles, Tower Bridge at half-way, Canary Wharf at 15 miles, the Tower of London, and in the final five miles, past Traitor's Gate, Cleopatra's Needle, Big Ben, and the House of Parliament, finishing in The Mall, in front of Buckingham Palace.

Prices vary, depending on class of hotel and length of stay, starting with as little as \$1137.00 per person from Fort Wayne for 3 nights, April 15, 16, & 17, including air fare, hotel with breakfast, guaranteed race entry and transportation to the start.

Make your reservations soon to take advantage of the best flight schedule.



Serving Ft. Wayne, Naples, Florida and 60 other locations.

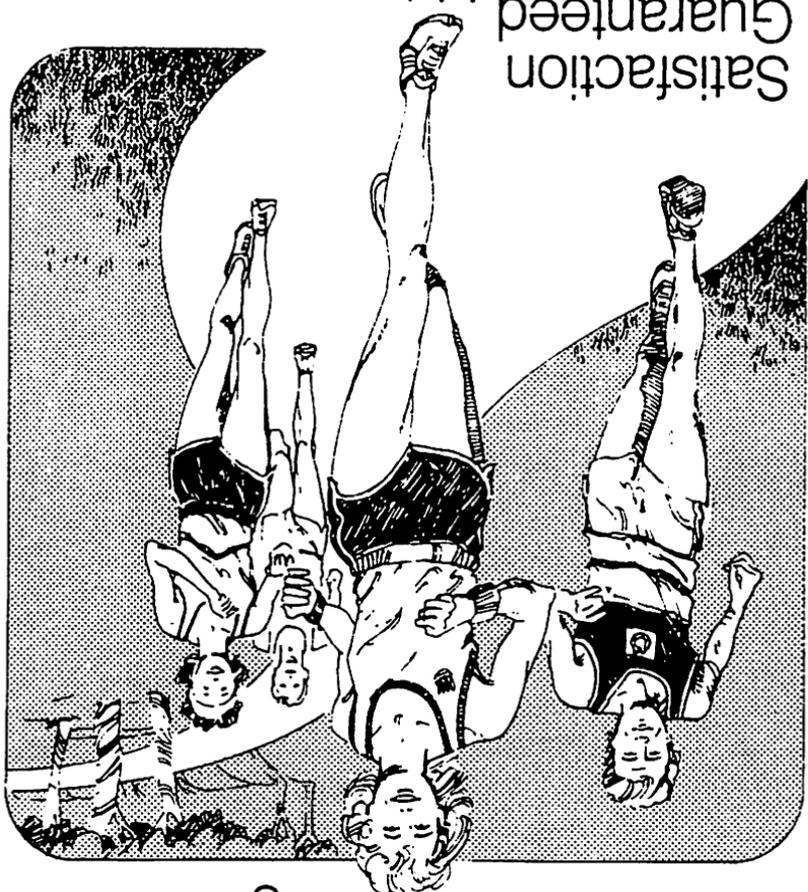
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Blackford Invitational Champs
West Noble Invitational Champs
Snider Invitational Champs
NECC Regular Season Champs
Sectional Champs
Regional Champs
Semi-State Champs
5TH in STATE

Congratulations to Don Lindley who placed 79th in the
Olander Park 24 Hour Run on September 18 1993
He completed 64 3370 miles



**INDIANA
DIETETIC
ASSOCIATION**

**14TH ANNUAL NUTRI - RUNS AND WALK
SATURDAY AFTERNOON MARCH 19, 1994**

EVENTS: Adults - 20KM Run and 5 Mile Run
Youth Runners - RRCA/Runner's World Kids "I DID IT" Run Series:
1 mile, 1/4 mile, and Toddlers Kiddy Trot
Anyone - 2 Mile Walk

PLACE: Woodside Middle School (next to Homestead High School) Fort Wayne, IN
Restrooms, Water, No Showers

TIME: 2:00 PM - 20 KM Run, 5 Mile Run
2:15 PM - 1 Mile Youth Run
Followed by 1/4 Mile Youth Run, and Kiddy Trot
2:45 PM - 2 Mile Walk

COURSE: 20 KM and 5 Mile Run - Over the hills and plains of Homestead
Youth Runs and Walk - Homestead High School Track

REGISTRATION AND CHECK IN - After 12:45 PM

AWARDS: NURTRITIOUS AND DELICIOUS AND FIT TO ENJOY !

FEES: FWTC Members - \$5.00
Non-FWTC Members - \$9.00 for 20 KM and 5 Mile
\$1.00 for all the Youth Runs and 2 Mile Walk
All Participants are asked to bring a non perishable food for
St. Mary's Soup Kitchen.

DIRECTIONS: Woodside Middle School is located next to Homestead High School
at the corner of Homestead and Aboite Center Roads.

FOR AN APPLICATION SEND A SELF ADDRESSED STAMPED ENVELOP TO J.A. Tillapaugh
4635 INDIANA AVE. Fort Wayne, Indiana 46807

EVENTS COORDINATORS: Judy Tillapaugh, R.D. and Mike (MAC) McAvoy, P.T.,A.T.C.
FOR INFORMATION CALL: 219-458-2344 or 219-456-3277

VOLUNTEERS ARE WELCOME !! CONTACT JUDY OR MIKE IF INTERESTED.



COME CELEBRATE NUTRITION MONTH WITH US !!



The Indiana Dietetic Association, Inc.
9041 Colgate Street * Indianapolis, IN 46268 (317) 872-0423

BICENTENNIAL TRIAL RUN

9.4 MILES

SUNDAY - OCTOBER 10, 1993

PL	NAME	TIME
1.	DON FORD	1:04:56
2.	PAUL AUSDERAN	1:05:36
3.	JACK MORRIS	1:13:40
4.	RAY SIBREL	1:13:41
5.	DON ANDERSON	1:15:04
6.	DON LINDLEY	1:15:04
7.	MIKE KAST	1:20:04
8.	JUDY TILLPAUGH	1:20:04
9.	J.P. JONES	1:47:40



FWTC MEMBERS AT B & J'S ALMOST 8K

Standing Left to Right: Joan Gary, Darryl Springer, Pamela Riecke, J. Paul Downie, Bob Hockensmith, J. P. Jones, Joyce Hockensmith, Vicki Jacobs, Mike Loughery, Flora (Polly) Jacobs, Joe Ziegler

Kneeling: Don Lindley, Harry Quandt, Barb Scrogam

B & J'S ALMOST 8K

On the clear, crisp morning of November 6 runners met at Goeglein's Reserve on Maysville Road for a run to help Bob and Joyce celebrate their third wedding anniversary. Bob stuck with his resolve of the previous year NOT to remark the course, so he read runners the course instructions before the run. They were as follows: N. on Maysville Rd. --- Lt. on Turkey Run --- Rt. on Cimarron Pass --- Lt. on Chivington --- Lt. on Skyhawk --- Rt. on Ordway --- Rt. on Knollridge --- Rt. on Morningknoll --- Lt. on Busche --- Lt. at State (take sidewalk) --- Lt. on Forest Valley --- Lt. on Forest View --- Rt. on Lakeland --- Rt. on Forestwood --- Lt. on Forest Valley --- Rt. on Forest Downs --- Rt. on Monarch --- Rt. on Benham --- Lt. on Bennington --- Lt. on Maplecrest --- Lt. on Centerton --- Lt. on Benham --- Rt. on Monarch --- Rt. on Forest Downs --- Lt. on Forest Glen --- Rt. on Lake Forest Dr. --- U Turn at Maysville --- Lake Forest Dr. --- Lt. on Forest Glen --- Rt. on Forest Valley --- Rt. on Blairwood --- Lt. on Kendawa --- Rt. on Mowhawa --- Lt. on Skyhawk --- Rt. on Turkey Run --- Rt. on Maysville --- Goeglein's. Runners were also provided written instructions if they desired. Since there were no course marshalls, it is not known whether or not all runners stayed on course, but one runner, who shall remain nameless, stopped to take a picture of the runners, and ended up, she says, out on 37. Some extra invited guests arrived to join the runners in a breakfast of bagels, muffins, juice, coffee, and champagne. The 2nd edition of the B & J collector shirt series was introduced which was this year in purple, gold and white. Bob and Joyce are planning to host the event again next year, either the 1st or 2nd Saturday morning in November.

KIMBALL YMCA NATURE CENTER SPRING DUATHLON September 19 Reading, Michigan 2 mile run - 8 mile bike - 2 mile run

Joan Gary reports that this is a real nice event and a lot of fun. She feels it is a nice distance, especially for children. She also comments that it is a good course and a real nice area, particularly when one gets lost. (You'll have to ask either Alan Bradley or Betty Gary about that!)

RAIDER 5K
Grover Hill, Ohio
November 14, 1993

PLACE	NAME	TIME
1	Brian Shepherd	15:29
2	James Jurceвич II	15:51
3	Jerry Williams, Jr.	16:09
4	Mark Snaderson	16:18
5	David Lehman	16:27
6	Dan Mix	16:30
7	Kenny Williams	16:37
8	Gary Williams	17:06
9	Steve Caswell	17:23
10	Bill Culbertson	18:20
66	Ken Disler	26:36



Steve
Caswell
Overall
Master

Brian
Shepherd
Overall
Male

Kim
Frany
Overall
Female

Kingsbury Summer Biathlon National Series
Eagle Creek Pistol Range, Indianapolis
July 17
5K - 10 Shots

Fort Wayne Track Club member, Joan Gary, participated in this event and won the Master's Division in a time of 27:33. Joan reports that there were about 200 participants. Everyone is required to attend one pre-race clinic prior to racing and receive a certification card. Joan did so early that morning.

Joan reported: "The race begins with a 1 mile run (interval starts, 2 per minute). The loop brings you to the shooting range where you walk to the firing lane, lay down, pick up the .22 rifle, and shoot 5 shots. You then head out on loop 2 for 1 mile, return to the range, and take 5 shots standing. You then dash to the finish to complete a 5K distance. You are rewarded a 15 second deduction shooting prone and 30 second standing for each shot made."

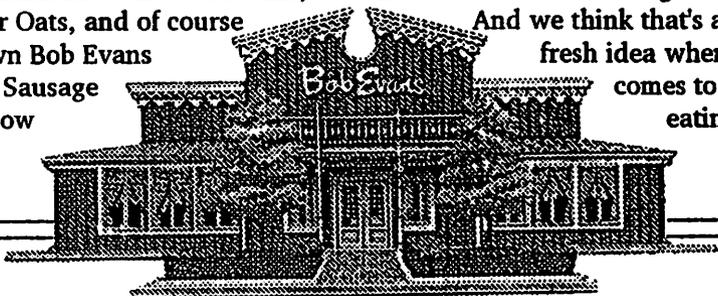
Joan comments that she would do it again, it was so challenging and so much fun. She was happy to hit the target since she is not a "shooter".

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TO TELL ABOUT BOB EVANS
AND THAT'S FROM SCRATCH.**

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And we think that's a very
fresh idea when it
comes to
eating out.



WELCOME TO BOB EVANS
5785 Coventry Lane
Ray Smith General Manager

PERU COLE PORTER 15K & 5K

Peru, Indiana

October 10, 1993

15 K

OVERALL MALE

1st	Steve O'Connell	48:12
2nd	Brian Shepherd	48:58

OVERALL FEMALE

1st	Karlene Herrell	57:33
2nd	Carol Pitzer	59:52

MALE

18-under	Josh Vctor	1:17:02
19-24	Scott Colford	55:03
25-29	Michael Herrell	49:45
30-34	Kenny Bennett	50:27
35-39	Terry Fletcher	53:05
40-44	Steve Caswell	55:07
45-49	Bill Bennett	1:00:04
50-59	John Morris	59:24
60-69	Dick Sims	1:05:56
70-99	Wendell Parson	1:24:24

FEMALE

25-29	Penny Grandstaff	1:04:13
30-34	Roxanne Osborn	1:04:09
35-39	Lorene Sandifur	1:15:23
40-49	Juliene Bailey	1:00:07
50-59	Georgia Allen	1:18:59

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

Peru Cole Porter 15K & 5K
 1st Overall 15K Steve O'Connell 48:12
 2nd Overall 15K Brian Shepherd 48:58



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.

MICHAEL L. (MAC) MCAVOY, P.T., A.T.C.
 PHYSICAL THERAPIST, ATHLETIC TRAINER
 JEFFERSON MEDICAL CLINIC
 7232 ENGLE ROAD, SUITE 210
 FORT WAYNE, IN 46804
 (219) 436-9710

ABOITE PHYSICAL THERAPY, INC.

RUN LIKE HELL 5K

98.9 - THE BEAR

5K RUN

SK TO BENEFIT MAKE A WISH FOUNDATION OF INDIANA

OCTOBER 30, 1993

PL	NAME	TIME
1	BRIAN	15:20
2	MARK	15:31
3	CHUCK	16:29
4	JIM	16:34
5	MICHAEL	16:35
6	PAUL	16:59
7	STEVE	17:33
8	BOB	17:49
9	GREGORY	17:57
10	JERIMIAH	18:10
11	JOSE	18:18
12	ANDY	18:13
13	PAUL	18:23
14	DOUGLAS	18:28
15	PHIL	18:33
16	WILLIAM	18:34
17	UNKNOWN	18:35
18	UNKNOWN	18:35
19	JERRY	19:20
20	NEIL	19:24
21	MICHAEL	19:39
22	TED	20:21
23	DAVE	20:23
24	JOE	20:53
25	HARRY	20:53
26	JIM	21:03
27	DANNIE	21:03
28	DANIEL	21:03
29	JADE	21:06
30	ALAN	21:15
31	H.	21:17
32	JOE	21:28
33	CHRIS	21:34
34	DONALD	22:15
35	MARY	22:17
36	MOLLY	22:17
37	JOHN	22:17
38	TERESA	22:18
39	RICHARD	22:19
40	BEN	22:48
41	HILL	22:53
42	MICHAEL	22:56
43	MATTHEW	23:00
44	DEBBIE	23:16
45	MICHAEL	23:23
46	HOLLY	23:24
47	CHRIS	23:40
48	JAMES	23:43
49	AMY	23:43
50	RUSS	23:48
1	THERON	24:06
2	SHEILA	24:07
3	BRYAN	24:29
4	BROCKE	24:30
5	CINDY	24:38
6	GARY	24:45
7	LOU	24:52
8	STEVE	24:56
9	JAN	24:57
10	JOHN	25:33
11	FREZZE	26:05
12	KC	26:37
13	SCOTT	26:38
14	STANLEY	27:25
15	TRACEY	27:46
16	CHEERYL	28:37
17	CHRISTINE	29:20
18	STEVE	29:43
19	JILL	29:44
20	MATT	29:49
21	REBECCA	29:58
22	PAMELA	30:04
23	ANDY	30:09
24	JANICE	30:11
25	WALTERS	30:30
26	VEIMA	30:27
27	JANALYNN	30:28
28	BRENDA	32:16
29	WANDA	32:17
30	UNKNOWN	33:16
31	WALKERS	39:40
32	SHARON	40:39
33	MANFRED	45:09
34	JEFF	45:13
35	SANDRA	45:25
36	UNKNOWN	45:27
37	TREACEE	48:02
38	SCOTT	48:04
39	JO	48:06
40	TERRY	48:08
41	TERRY	49:07
42	SHARON	49:09
43	LEE	49:47
44	JIM	49:48
45	UNKNOWN	49:48
46	SHARON	53:07
47	PAULEY	94

Congratulations to the Kill-So-Quah Roadrun Team who placed 5th in the Open Division.

452 FINISHERS

PLACE	NAME	TIME
53	MICHAEL FRUCHEY	47:32
96	DON FORD	50:44
141	BRUCE PRESSLER	53:17
142	RICK EDDIE	53:25
165	ED BECKER	54:36
180	DAVE WINTERS	55:25
188	DENNIS CONNER	56:06
231	GARY ODEN	58:10
337	DON LINDLEY	65:29
355	MIKE KAST	66:21

1993 WILD WILDERNESS
 DANVILLE, IL 7.6 MILES X-C
 SEPTEMBER 26, 1993



Steve Caswell
 Mark Furkis
 Brian Shepherd
 Chuck Schlemmer

Andy Bollett
 Josh Johnson

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 January 15, 1994.

#101 Divorced White Male, 30 years old, 6'0", 160 lbs., nice looking. He is a very active, positive person and has a great deal of energy. He has many hobbies including sports, reading, and traveling. He is sensitive, responsible, romantic, with a "wild" side.

He is interested in finding an attractive female (no preference to marital status, race, or children) who is active, likes good conversation, and wants to make a good friendship.

If you are interested in making contact with this person, write to #101, and send it in care of the Inside Track Editor, who will then forward it to the proper party.

CALLITHUMPIAN ONE MILE FUN RUN

8-31-1993

Male 11 - 14

1. Ryan Gibson	6:08
2. Jon Finnig	6:54
5. Joe Mahlan	7:16
20. Bill Gallivan	10:10
22. Steve Braun	12:59

Female 11 & over

6. Jessica Thieme	7:39
8. Allison Smith	7:57
9. Rachel Green	8:01

Male 10 & under

3. Seth Colclasure	7:08
4. Ryan Hisner	7:15
7. Brandon Wittwer	7:56
10. Nathan Colclasure	8:11
11. Eric Hisner	8:29
13. Matthew Braun	9:00
14. Ross Green	9:03.61
15. Jonathon Zesar	9:03.95
21. Bryan Braun	12.58
23. Doug Kleinknight	

Female 10 & under

12. Kelli Warerson	8:51
16. Jenni Zesar	9:45
17. Megan Thieme	9:46
18. Amanda Miller	9:47.40
19. Lindsey Miller	9:47.74
24. Holly Daniels	

Overall men

1. Pete Pritchett	15:50
2. Mark Furkis	15:54
3. Troy Friederdorf	16:23
4. Randy Hisner	16:41
5. Mark Sanderson	16:51

Male 13 & under

34. Jerry Suelzer	20:04
40. Jody McFarren	20:40
44. John Hogg	21:00
51. Ben Fenstermaker	22:06
54. Matt Vincent	22:17
59. John Pettibone	22:30
63. Troy Striggle	22:47
77. Philip Sanderson	24:51
80. Christopher Meyers	25:36
86. Nathan Meyers	27:03

Male 14 - 18

10. Bob Waterson	17:48
13. Michael Lindley	18:21
15. Randy Hawkins	18:32
16. Mark Welch	18:36
17. Chris Kaufman	18:37
18. Josh Wilson	18:48
20. Ryan Kegeneis	18:54
21. Craig Winn	18:56
22. Brian Milton	19:09
25. Bill Niblick	19:25
28. Dave Bremer	19:37
30. Josh Miller	19:42
31. Dave Caswell	19:43
32. Daniel Johns	20:01
38. Mike Thomas	20:29
39. Andrew Johnsonbaugh	20:34
45. Steve Ludy	21:03
53. Ben Bobay	22:12
60. Eric Dwigins	22:36

Male 19 - 29

7. Tim Davis	17:23
19. Douglas Sawyer	18:51
37. Tom Titus	20:19
47. Jeff Binkley	21:52
52. Matt Sheets	22:10
65. Jason Juber	23:07
67. Darren Williams	23:11

Male 30 - 34

5. Jerry Williams	16:59
9. Gery Williams	17:46
23. Ken Babcock	19:09
27. Kevin Miller	19:33
64. Anthony Lehman	22:59
75. Glenn Johns	24:36
81. Steve Terry	25:45

Overall women

1. Kim Larsen	22:20
2. Elizabeth Marquiss	22:46
3. Mandy Pettibone	23:10

Female 13 & under

74. Jackie Trgovich	24:30
---------------------	-------

Female 14 - 18

71. Jenny Furkis	24:00
------------------	-------

Female 19 - 29

90. Tracy Rudisill	27:39
--------------------	-------

Female 30 - 39

73. Lorraine Fox	24:21
79. Cindy Furkis	25:26
85. Flo Smith	26:57
87. Rhonda Scarberry	27:07
94. Jill Ash	29:05
95. Marlene Arnold	29:33
99. Floria Titus	30:25

Female 40 & Over

72. Debbie Byers	24:20
76. Joan Gary	24:47
91. Rose O'Connell	27:46
97. Deb Schmitt	29:46
98. Sara Smith	30:17
100. Sara Kleinknight	30:31
101. Jane Clark	34:48
102. Sue Myers	37:38
103. Fuderla VonWitch	1:00:49

Male 35 - 39

11. Daniel Green	18:00
24. Rick Gilbert	19:19
43. Roger Tillis	20:51
46. Timothy O'Connell	21:43
48. Bob Trgovich	21:55
57. Don Kramer	22:20
69. Craig Bobay	23:23
70. Michael Variell	23:43

Male 40 - 44

3. Steve Caswell	17:35
12. Phil Suelzer	18:18
14. Dan Kaufman	18:23
26. Dennis Dwigins	19:31
35. Robert Waterson	20:10
41. Gery McFarren	20:46
50. Bob Arther	22:05
58. Perry Clark	22:24
68. Ken Smith	23:15
78. Ed Reinemeyer	24:58
83. Tom Fuelling	26:01
88. Terry Witt	27:07

Callithumpian Results Cont...

Male 45 - 49

29. Bob Bruckner	19:40
42. Steve Smith	20:48
55. Don Lindley	22:17
61. Norvel Lenman	22:39

Male 50 - 59

49. Dave Boylan	21:58
54. Eugene Frye	25:55

Male 60 & over

82. Bob Looms	25:45
89. Eugene Striggle	27:19
92. Dave Myers	28:15
93. Ken Disler	28:38
95. J.P. Jones	29:33

QUEST FOR 50

Bob and Joyce did make it to Milwaukee. Marathon morning was a chilly 31 degrees, but the course was fairly flat, and only got extremely windy toward the end, as they approached the lake. Bob and Joyce each ran one of their best times this year.

Two weeks later found them at the Marine Corps Marathon in Washington, D.C. which provided many disappointments as they had heard what a good marathon it was supposed to be. It was a beautiful sunny day, but other than that they found the marines unable to handle the 13,000 very well. The bus to the start from the Pentagon is not recommended since it involves standing in long lines and chancing not making it to the start on time, since the race begins on time, ready or not. The starting area was a mass of humanity, crowded in too small an area, with not even half enough portable toilets. At various points through the first seven miles the runners would be funnelled into a narrower area which caused them to come to a near stand still. At all early water stations, cups (new or used) were stacked and runners had to stand and wait while the cups were filled, or runners had to dip in the barrel of water to get a cup. A somber note was experienced by Bob at the 22 1/2 mile mark when the race was stopped for over 5 minutes while a helicopter landed to pick up a 58 year old runner who had collapsed and died there. At the end, Joyce could find no refreshments (it is unknown as to whether there was any) in her haste to get to the long line waiting for a bus back, since the hotel did not allow for a late enough check out. This marathon does not come close to rivaling New York City. In fact, the Marines could take some lessons from them.

CONGRATULATIONS TO FWTC MEMBER, KATHY DOUGLAS, WHO FINISHED HER FIRST MARATHON AT THE MARINE CORPS !!!

WEST NOBLE CTA 5K

PLACE	NAME	TIME
1	Brian Shepherd	16:10
2	Frank Pizana	16:24
3	Jim Furkis	16:32
4	Chuck Schlemmer	16:58
5	Hal Pearson	17:03
6	Jim Histan	17:14
7	Steve Caswell	17:39
8	Mike Flora	18:11
9	Jed Pearson	18:23
10	David Caswell	19:19
11	Matt Kozar	19:30
12	Richard Thomas	19:33
13	Cort Eyer	19:59
14	Steve Simon	20:15
15	Justin Daugherty	20:17
16	L.K. Christensen	20:24
17	Bruce Daugherty	20:58
18	Barry Baumbaugh	21:10
19	Jamie Emmert (F)	21:22
20	Art Obregon	21:29
21	Joel Schartzter	21:44
22	Don Anderson	21:59
23	Robert Semmett & dog, Ozzie	22:05
24	John Parsons	22:20
25	Ryan Swing	22:20
26	Sara Sellers (F)	25:45
27	Joan Gary (F)	26:14
28	Susan Peterson (F)	26:51
29	Ken Disler	27:13





Peace on Earth

Sincerely,
James Taylor
James Taylor
President, W.S.E.

After reading over the enclosed material with your parents, please feel free to call our office if you have any further questions. Hotel and Flight information will be mailed to you several weeks prior to our departure.

The competition, the historical sights of the countries, and the hospitality of the foreign athletes, coaches, and sports directors will make this one of the most rewarding and most valuable experiences of your athletic career.

The W.S.E. Coaching Staff is carefully selected amongst some of the top coaches in the Nation. All of our coaches have many years of experience in their sport and have demonstrated a strong ability in working with and motivating their teams to success.

Every year, World Sports Exchange is proud to give hundreds of excellent young athletes the chance to go abroad and to compete in their sports. Most of the work to make this all possible is done by American coaches who are dedicated 100% to their jobs at both the high school and college levels and who enjoy sharing their experience with young student/athletes all over the country.

You have been accepted to compete in Europe as a member of the World Sports Exchange Team. This is an opportunity that is given only once in a lifetime to a few athletes. Usually only Olympic or National teams have the privilege to compete in foreign countries. You will not only be competing in quality competitions with the foreign athletes but also experiencing their culture and sharing many memorable moments with them.

Dear Michael,

135 BUDLONG STREET • HILLSDALE, MICHIGAN 49242
PHONE: 517-439-4277 • FAX: 517-439-1714



WORLD SPORTS EXCHANGE
"DEDICATED TO THE AMERICAN ATHLETE"



November 1, 1993

Dear Friends and Sports Fans:

At this time I would like to thank my family and my supporters for backing me in my career at Angola High School in cross country and track running. However, I am asking for your support one more time.

It is a great honor to have been chosen by the World Sports Exchange Cross Country Team to compete with them in London, Great Britain. The trip takes place from Dec. 26, 1993 through Jan. 3, 1994. My Complete itinerary is enclosed, along with my invitation, my acceptance letter, and other pertinent information.

This is a once in a lifetime opportunity, and you can help me get there. My trip cost is \$1895.00. Without financial help I will not be able to participate in the trip.

Your support is greatly appreciated. With help from a few sponsors my dream can come true.

Thank you again for all your support in the past.

Sincerely,

Michael Don Cole

Michael Don Cole

Send to: Michael D. Cole
Sports Account
1680E 100N
Angola, IN. 46703
(219) 665-2965





RRCA
CONVENTION

UPDATE

1994

When: April 7-10, 1994

Where: Ritz-Carlton Hotel
Pentagon City Mall
(703) 415-5000
Special RRCA Convention
Rate: \$119, single/double

Metro's Pentagon City stop is just out the front door of the Ritz-Carlton. The Mall has over 200 stores, a food court, and four movie theaters.



Transportation: American Airlines is the official airline of the RRCA 1994 National Convention. When making reservations (800-433-1790) refer to STAR 2144T5 for special RRCA convention rate.

From National Airport: The Ritz Carlton, Pentagon City has limo service.

From Union Station: Amtrak (train) passengers can take the Metro to the Pentagon City Mall stop.

From Dulles International Airport: Take the Washington Flyer Bus (leaves every hour weekdays, \$16 one way, \$26 round trip) located at Ground Transportation, east end arrival counter, to National Airport then take the Ritz Carlton Shuttle. (Cab: \$43)

Race: The *Northern Telecom Cherry Blossom* 10 mile race, will be held Sunday, April 10th. Convention attendees who want a confirmed slot in the Cherry Blossom must get their convention registration and entry to the RRCA national office by February 15, 1994. Convention registration and registration in the Cherry Blossom race will be mailed out to all who attended the 1993 convention and club Presidents. Anyone else requesting this information should send an SASE to: RRCA Convention

1150 S. Washington St., Suite 250
Alexandria, VA 22314.

Convention Highlights: Workshop topics will include public relations, membership recruitment, legal and insurance issues, women runners' issues, children's running, accurate course measurement, and coaching. The RRCA annual business meeting will be held on Friday afternoon.

Thursday night welcome fun-run, supper and auction will be a festive icebreaker.

Friday night, Dr. LeRoy Walker, president of the US Olympic Committee, will be the keynote speaker at the annual awards banquet on April 8th.

Saturday, open house at the RRCA's national office -- good food and conviviality begin a night on the town in Old Town Alexandria, VA.

Hospitality will include daily conducted runs on scenic trails; a huge assortment of maps and brochures on restaurants and tourist attractions will be available.

President Clinton and Vice President Gore have been invited to attend our convention, and we encourage you to visit your senators and representatives while you are here!

Dear 50-55 Age Group Runners,

If you ran the Blueberry Stomp, move yourself up a position. I planned on running it as part of this year's marathon training schedule but on the day of the race, I had the flu and spent most of the day in bed. I asked some friends to pick up my packet. When I received my shirt later, they joked how well I had done. I didn't take them seriously until I returned home after the Parlor City Half Marathon and opened my mail. The race results were sent and there was my name in 1st place with a 59:--. My best race this year on a hilly 15K was 1:03:06. I wrote to the Blueberry Stomp and reported this error. I am not sure what the awards were or how deep they went, but I received none. My apologies to those runners that I compete with frequently in so many races. This causes me much embarrassment.

Sincerely,
Dave Wolff



TRIPLE CROWN SERIES

Chuck Schlemmer receives his Noble County Triple Crown runner-up award at the Marshmallow Days 5K held in Ligonier from Brian Shepherd. Shepherd won the Triple Crown Series for the 4th year in a row!

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TYVEK® JACKET DESIGN CONTEST

\$1000 Prize

AWARDED TO RRCA CLUB SUBMITTING THE WINNING DESIGN

Any RRCA affiliate club may submit one or more sketches of a jacket-appropriate design, featuring a running theme.

Up to 6 finalist designs will be chosen

Winning design will be decided by a panel of judges and announced at the 1994 RRCA Convention

Design Parameters

Up to 4-color design

Design must be included for jacket front, back and sleeves (sleeves to be identical to each other).

A white or light-color area must be available for logo imprint on front left crest (4"x3") and back area (1"x5").

Any graphic that crosses the zipper line must be horizontal.

Avoid day-glow colors in areas larger than 4" square.

Submission Parameters

Must be submitted with an RRCA club affiliation

Design must be submitted on form enclosed - either A or B/C, no computer discs, please.

Please include club name and RRCA club number with entry.

All entries must be signed by club President.

Deadline for submission is February 1, 1994

Early submission encouraged.

Upon submission, designs will become the sole property of RRCA and Graphic Jackets™

Contact Inside Track Editor for Official Entry

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219-422-7218

Christmas Party December 8



Caroling Run 6:30

Pot Luck 7:30

Gift Exchange



Taylor University Activity Center

Showers Available

Put on your bells for the
Caroling Run (Easy Pace)

Bring a Covered Dish
& Table Service

\$5.00 Gift Exchange Optional

MEMORIAL HEALTHSTART BIATHLON

September 11

5K - 30K - 5K

Joan Gary reports that this was a very well run event. The race begins in downtown South Bend and takes a nice course along the river. Joan thought the shirts were nice and also the prizes. She especially enjoyed the delicious breakfast cooked there. There were two kinds of pancakes with hot syrup, apples, or strawberry topping, sausage, fruit juice, and coffee. There were about 200 participants.

The winning Mixed Team was Peterson/Peterson with a time of 1:45:48. The winning Female Team was Gary/Gary in a time of 1:53:58.

MARSHMALLOW DAYS 5K

Ligonier, Indiana

9-4-1983

1	Brian Shepherd	14:45	43	Julie Manger(F)	21:29
2	Mark Furkis	15:03	44	Andrew Vanezia	21:31
3	Jerry Williams	15:35	45	Linda Hoffer(F)	21:34
4	Chuck Schlemmer	15:58	46	Alton Meyers	21:45
5	Hal Pearson	16:51	47	Teresa Furniss(F)	21:48
6	Steve Caswell	16:53	48	Freeman Herschberger	21:53
7	Richard Thomas	16:59	49	Deb Byers	21:59
8	Tim Miller	17:06	50	Don Lewis	22:06
9	Jed Pearson	17:17	51	Ryan Swing	22:11
10	Steve Leffers	17:27	52	Kelly Millenbah(F)	22:51
11	Dan Leffers	17:43	53	David Yoder	22:56
12	Phil Suelzer	18:11	54	George Parrett	22:58
13	Jerry Suelzer	18:12	55	Nicole Williams(F)	23:01
14	Tom Lindsay	18:24	56	Sam Cook	23:03
15	Don Ford	18:30	57	Stacey Byers	23:10
16	David Caswell	18:36	58	Angel Frain(F)	23:11
17	Mark Leipe	18:37	59	Kelly Brockett	23:17
18	Jamie Ellis	18:38	60	David Brockett	23:18
19	L.K.Christensen	18:39	61	Cindy Furkis(F)	23:56
20	Harvey Hustle	18:45	62	Reg Johnson	24:06
21	David Geiger	18:48	63	Joan Gary(F)	24:07
22	Stephen Smith	19:00	64	Jeanette Klein	24:10
23	Art Obregon	19:02	65	Jerry White	24:33
24	Bill Schmidt	19:04	66	Ken Disler	24:43
25	Bruce Rordner	19:07	67	Katie Frick(F)	24:48
26	Verton Troyer	19:38	68	Dan Frick	24:51
27	Dave Boylan	19:43	69	Nikki Herald(F)	24:53
28	Brandon Weiss	19:52	70	Ed Gebhart	25:51
29	Tom Felger	19:56	71	John Birkey	26:02
30	Barry Baumbaugh	19:58	72	David Myers	26:03
31	John Klein	20:08	73	Bev Christensen(F)	27:44
32	David McDonald	20:16	74	Jill Ash(F)	27:30
33	John Anderson	20:28	75	Cyndi Herald(F)	27:58
34	Greg Parson	20:38	76	Tom Herald	28:18
35	Joel Schartzter	20:41	77	Sara Smith(F)	28:19
36	Stephie Cripe(F)	20:45	78	J.P. Jones	28:29
37	Roy Ulch	24:55	79	Don Rhodes	28:35
38	Khelli Leitch	21:21	80	Wanda Myers	29:47
39	Ryan Wheat	21:12	81	Jeanne Leffers (F)	30:19
40	Don Lindley	21:14	82	Sue Myers(F)	31:04
41	David Clouse	21:16	83	Deb Gephart(F)	32:38
42	Phyllis Suelzer	21:20	84	Susan Schartzter	36:16

A decorative border of various snowflake patterns surrounds the text. The snowflakes are arranged in a roughly rectangular frame, with some larger and more detailed than others, creating a festive winter theme.

FEBRUARY 19
Fanny Freezer
5K

Foster Park 3:00

FWTC Banquet

SW Conservation Club

Bluffton Road

5:00 Social

5:30 Potluck

**Bring one dish and a salad or
dessert, & own table service**

**Plans are in the making for a very
interesting guest speaker.**

Birthdays

December

January

02 KAREN EDGERTON
03 JIM MARTIN
04 EUGENE STRIGGLE
05 DENNIS STRAYER
05 BRAD ALTEVOGT
07 EDWARD KERN
07 MIKE FLORA
08 JUDY TILLAPPAUGH
11 JOHN PEA
13 GARY HOOTEN
14 ROSEANN SIMMONS
15 PHIL SUELZER
15 R. WILLIAM SCHMIDT
16 KEN DISLER
17 PAUL AUSDERAN
17 PHIL BURNS
18 BOBBIE CLARK
19 LORRAINE FOX
19 CHERYL PASKO
22 LEWIE SLONE
22 VELMA BRADLEY
23 RICK PLUNKETT
23 MORRY RIDDLE
23 CLAUDE KELLER
23 LINDA BROOKS
24 DEB BYERS
24 JOE ZIEGLER
27 LINDA RICHHART
28 RAMON BROWN
28 JOHN KLEIN
28 BRAD COOPER
29 DEIRDRE POLHMANN
30 GARY RICKNER
31 KEN MC DONALD
31 JAY GILBERT
31 ERIC LIMKEMANN
31 KENNETH SILKWORTH



01 DALE STAMWITZ
03 PAUL SHAFFER
03 ROBERT GARDNER
04 STEVE SUMMERS
06 JEFF SUELZER
08 MICHAEL CALLAHAN
09 LAWRENCE RANDALL
10 DON SUMMERS
14 STEVE EYERS
15 MICHAEL LINDLEY
15 DONALD LINDLEY
15 GREG JENNINGS
17 LAMAR PEUGH
17 JACK WILLIAMS
17 JEFF KLINE
20 BILL OSTERHOLT
20 ANN MIZE
21 JAMES BUSHEY
21 TIM SULLIVAN
22 DON ASHTON
22 ELIZABETH GRABILL
24 BRANCH LEW
25 QUINN CURRY
27 JOSEPH BOND
27 JUSTIN CASIANO
28 MATT PELLMANN
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HEALTHFUL HOLIDAY HINTS

The holiday season is here! It's truly the best time for joyous celebrations with family, friends, and co-workers. Yet often it easily leads to overeating moments and more high fat food choices. Healthful intentions getskipped and meals snacks become nightmares to the waistlines. This does not have to happen. Celebrations can be a great time without a great number of calories. The following hints might be helpful as you reach out for health enhancing habits. Happy Holidays!

Cocktail Parties, Family Gatherings, Business Potlucks:

- * Never arrive too hungry. Eat a mini-meal or light snack before arriving and the temptations will be less. (Examples: fresh fruit, low fat crackers, or 1/2 sandwich)
- * Never arrive too early. By the time you arrive, most people will be there and you will have something to do besides eat and drink.
- * Cut down on alcohol by drinking mineral water or a wine spritzer (1/2 wine and 1/2 diet soda or club soda). limit rich alcohol drinks.
- * Limit your time by the food table; move across the room or out of the room and find friends to chit chat with. Food is not as tempting if it's out of sight.
- * Plan what you'll eat before you eat. "As you think so you will eat."
- * Take a salad-size plate if available. It will look filled with less food.
- * Keep making exercise a priority in your holiday schedule. One holiday cookie has 80 to 100 calories, the same number of calories burned during a one mile walk or run.
- * If you'd love to taste everything, take 1/5 or 1/4 of the average serving size.

* **Calories In Beverages:**

White Wine (3 1/2 oz.)	80	Whiskey Sour (2 1/2 oz.)	135
Cola or Any Soda (12 oz.)	150	Eggnog (4 oz.)	330
Bloody Mary (6 1/2 oz.)	130	Light Beer (12 oz.)	100
Water with a Twist of Lemon	0	Regular Beer (12 oz.)	150

Holidays at Home:

- * If you must eat that dessert you only have once a year, take a small piece or share a serving with a friend.
- * Skip or limit sauces, gravies, and dips.
- * Besides traditional favorites, serve low fat and fat free food choices.
- * Think about what you are eating. Many calories can be eaten without thinking.

* Don't be obliged to eat everything available. If your relatives insist on you eating something of everything, take a small portion but be sure to tell them "it was good".

* Be sure to do a lot of talking. The more you talk, the less you will eat.

* Plan to initiate non food fun like dancing, carding, neighborhood walks, or board games.

* The best presents do come in small packages! Pass on the gift of love with a smile, hug, hand shake, or open ear.

* Plan to have a "Merry Fitness and a Healthful New Year"!!

Best Wishes,

Judy Tillapaugh, R.D.
Nutrition Specialist

Pumpkin Muffins:

Ingredients

- 2 Tbsp. Vegetable oil
- 1 egg or 1/4 cup egg substitute
- 1/4 cup brown sugar
- 1/4 cup skim milk
- 1 cup mashed pumpkin
- 1 cup whole wheat flour
- 2 Tbsp. oat bran or wheat germ, optional
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/8 tsp. salt
- 1/2 cup raisins
- 1/2 tsp. cinnamon

Method

Preheat oven to 350° F. Spray 12 cup muffin tin or 3 miniature muffin tins (12 each) with a non-stick spray.

Beat egg, sugar, oil, and milk. Stir in pumpkin.

Mix together all the dry ingredients and stir into pumpkin mixture until flour is just moistened. Fold in the raisins.

Fill muffin holes 1/2 to 2/3 full.

Bake about 23 minutes (15 to 18 minutes for small muffins).

Let cool about 15 minutes before removing from the pan.

Yield: 12 servings

Serving Size: 1 muffin

Food Group exchange: 1 starch, 1/2 fat

Nutrient Content per serving: 108 Cal., 18.7 grams carbohydrate, 2.7 grams protein, 3.6 grams fat, 101 mg Na, 2.3 mg cholesterol, 107 fat calories

Source: Judy Tillapaugh, R.D.
Spokesperson for Indiana Dietetic Association



December 4, 1993

2:00 P.M.



JUST PLAIN



10K RUN



3.3K WALK



**Foster Park - South end of
Hartman Road, Fort Wayne**

***Low Key Race:**

Sponsored by

***No Preregistration**

***No Awards - No aid stations**

***No Toilet Facilities**

***Refreshments after Race**

**Entry fee is gift wrapped T-shirt/s with size
marked on outside - Donated to needy children**

Race Director: J.P. Jones 219-745-7339

SHOP NOW FOR CHRISTMAS

- Cotton 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.

1994 BICENTENNIAL RUNS & WALK

SATURDAY OCTOBER 8, 1994

9:00 A.M.

9.4 MILE RUN
2.26 MILE RUN & WALK
1,994 FT. PEEWEE RUN



All events will begin and end near Freimann Square in Downtown Fort Wayne.

To obtain an entry, complete the form below and mail to the Fort Wayne Track Club.

.....

REQUEST FOR BICENTENNIAL RUN/WALK APPLICATION

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: Home _____ Work: _____

Fort Wayne Track Club Member Yes No

Mail me a Fort Wayne Track Club Application

Send completed form to the Fort Wayne Track Club, P.O. Box 11703, Fort Wayne, IN 46860



Join the
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To receive an informative brochure call 447-5686

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

- - - - - 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 CHRISTMAS RUN NEW CASTLE, INDIANA
TIM GRANT, 907 S. 19TH ST., NEW CASTLE IN 47362 (317)529-7058
- 05 SUN DALLAS WHITE ROCK MARATHON DALLAS, TEXAS
BOX 743335, DALLAS, TX 75374 (214)526-5318
- 08 WED FWTC CAROLING RUN - MEET AT TAYLOR COLLEGE/FORT WAYNE
MONTHLY MEETING WILL FOLLOW THE RUN
- 11 SAT ROCKET CITY MARATHON HUNTSVILLE, ALABAMA (205) 881-9077
HAROLD TINSLEY, 3811 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
- 11 SAT MAX & ERMA'S JINGLE BELL RUN 5K RUN & WALK INDIANAPOLIS
10 A.M. IUPUI, INDIANAPOLIS
- 12 SUN MUNCIE TEN(26TH ANNUAL) 10 MILE RUN 1 P.M. MUNCIE, IND.
2 BLOCKS EAST OF MITCHELL SCHOOL, 2809 W. PURDUE
PAY 2 DOLLARS ON RACE DAY
- 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
- 11 SAT 17TH ANNUAL FLORIDA CITRUS SPORTS 1/2 MAR. ORLANDO, FLORIDA
8 A.M. CALL: (407) 423-2476
- 16 SUN HOUSTON-TENNECO MARATHON HOUSTON, TEXAS (713)664-9385
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 -----

- 06 SUN FROZEN FRENZY 5K 2 P.M. VALPARAISO IND.
NANCY WILLARD (219) 462-3144
- 06 SUN LONG BEACH MARATHON LONG BEACH, CALIFORNIA
1825 REDONDO AV., LONG BEACH CA 90804 (310) 494-2664
- 13 SUN * COLUMBUS ROADRUNNERS WINTER RUN 15MI & 3 MI COLUMBUS, OHIO
JUDITH ASMUS, 1457 CREST ST., REYNOLDSBURG, OH 43068
CALL (614) 759-7654 OR VICKI CURREN AT (614)866-3476
- 19 SAT FWTC FANNY FREEZER 5K FOSTER PARK FORT WAYNE 3 P.M.
DIRECTOR: DON LINDLEY (219) 432-5998
FWTC P.O. BOX 11703, FT. WAYNE IN 46860
- 19 SAT FWTC ANNUAL BANQUET - SOUTHWEST CONSERVATION CLUB (BLUFFTON RD)
POTLUCK DINNER - BRING ONE DISH AND A SALAD OR DESSERT
BRING YOUR OWN TABLE SERVICE SOCIAL HOUR 5 PM, DINNER 5:30
- 19 SAT MR.D'S POLAR BEAR RUN & WALK INDIANAPOLIS, IND.
5 MILE RUN/SK WALK CALL (317)786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217
- 26 SAT 17TH GASPARILLA DISTANCE CLASSIC 15K & 5K TAMPA, FLORIDA
BOX 1881-RT, TAMPA, FL 33601 GREAT RACE TO ESCAPE THE COLD!
- 26 SAT BLUE ANGEL MARATHON 11TH ANNUAL PENSACOLA, FLORIDA
BLDG. 632 NAS, PENSACOLA, FL 32508 (904)452-2159
- 27 SUN OHIO RIVER ROAD RUNNERS MARATHON OXFORD, OHIO
ALSO 1/2 MARATHON (513) 254-8746
DAN THOMPSON, 4954A WESTMORELAND CT., DAYTON, OH 45431

----- 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
- 13 SUN * SHAMROCK SHUFFLE 8K & 4K RUNS 9 A.M. CHICAGO, ILLINOIS
CARA, 69 W. WASHINGTON, SUITE 1420, CHICAGO, IL 60602
6,000 RUNNERS
- 17 THU IAC SHAMROCK RUN & WALK 4 MILES INDIANAPOLIS, IND.
CALL (317)786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217
- 19 SAT 14TH ANNUAL NUTRA RUNS 20K & 5M RUNS FORT WAYNE 2 PM
YOUTH RUNNERS - RRCA/RUNNER'S WORLD KIDS "I DID IT" SERIES
1 MILE, 1/4 MILE, AND TODDLERS KIDDY TROT
JUDY TILLAPPAUGH, 4635 INDIANA AVE., FORT WAYNE IN 46807
FOR INFORMATION CALL 219-458-2344 OR 219-456-3277
- 19 SAT MOUNTAIN GOAT HILL RUNS DANVILLE, IL (KICKAPOO STATE PARK)
5 EVENTS TO CHOOSE FROM INCLUDING 8.8 "DEVIL MADE ME DO IT"
MARC 217-431-4243 (EVENINGS/WEEKENDS) SUSAN 217-733-2403 (DAYS)
- 27 SUN AROUND THE BAY ROAD RACE 30K HAMILTON, ONTARIO
100TH ANNIVERSARY OLDEST RACE IN NORTH AMERICA
BOX 68022, BLAKELY POSTAL OUTLET, HAMILTON, ONTARIO L8M 3M7
PETER RHODES (416) 957-1581

----- A P R I L 1 9 9 4 -----

- 07 - 10 RRCA NATIONAL CONVENTION WASHINGTON, D.C.
HELD IN CONJUNCTION WITH THE CHERRY BLOSSOM 10 MILE RUN
CALL JUDY TILLAPPAUGH (219) 458-2344 FOR MORE DETAILS
- 10 SUN 14TH ANNUAL RED BRICK RUN 5K 1:30 P.M. OXFORD, OHIO
RED BRICK RUN '94 P.O. BOX 453, OXFORD, OH 45056
- 10 SUN WRTV 6 DO RUN RUN & WALK 10K RUN/5K WALK INDIANAPOLIS, IN
CALL (317)786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217
- 17 SUN TOLEDO GLASS CITY MARATHON TOLEDO OHIO 8 A.M.
TOM FALVEY, 3743 WOODMONT, TOLEDO OH 43606 (419) 475-0731
- 17 SUN BRICKS TO BRICKS 10 MILER (TRAINING RUN) INDIANAPOLIS, IN
CALL (317)786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217
- 18 MON BOSTON MARATHON (98TH) HOPKINTON/BOSTON, MA
SEND S.A.S.E TO: BOX 1994, HOPKINTON, MA 01748 (508) 435-6905

----- M A Y 1 9 9 4 -----

- 01 SUN * LAKE COUNTY RACES 14TH ANNUAL 8:15 A.M. CHICAGO, ILLINOIS
MARATHON/HALF MARATHON/10K/3.5M FUN RUN (708) 266-RACE
454 CENTRAL AVE., SUITE 201, HIGHLAND PARK, IL 60035
- 01 SUN * CITY OF PITTSBURGH MARATHON 8:30 A.M. (412) 765-3773
1001 LAW & FINANCE BLDG., 429 FOURTH AV., PITTSBURGH PA 15219
- 01 SUN FORD BUFFALO MARATHON 8 A.M. BUFFALO, NEW YORK
BOX 838, BUFFALO, NY 14213 (716)837-RACE
- 06 FRI 500 FESTIVAL MINI-MARATHON 13.1 MILES INDIANAPOLIS, IN
CALL (317)786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217
- 14 SAT OLD KENT RIVER BANK RUN 25K GRAND RAPIDS, MICHIGAN
BOX 2194, GRAND RAPIDS, MI 49501 (616) 771-1127
- 15 SUN * REVCO-CLEVELAND MARATHON & 10K 8 A.M. CLEVELAND, OHIO
P.O. BOX 550, TWINSBURG, OH 44087 CALL (216) 487-1402
- 28 SAT BIG BOY CLASSIC 20K 8:30 A.M. WHEELING, WEST VIRGINIA
HUGH STOBBS, BOX 1046, WHEELING, WV 26003 (614)633-5000
- 29 SUN * MAD CITY MARATHON (ALSO 5 & 10K) 7 A.M. MADISON, WISCONSIN
615 E. WASHINGTON AVE., MADISON, WI 53703 1-800-373-6376
- 29 SUN * VERMONT CITY MARATHON 8:05 A.M. BURLINGTON, VERMONT
CALL BANK OF VERMONT AT (802) 658-1815 OR (800) 642-5154 X360
- 30 MON THE GREAT RACE HALF MARATHON ELKHART, IND.
ALSO 10K RUN AND 5K/10K WALKS
RON SCHMANSKE, 421 S. 2ND ST., ELKHART IN 46516 (219)294-1661

----- J U N E 1 9 9 4 -----

- 04 SAT SUNBURST MARATHON ALSO 5K AND 10K SOUTH BEND, INDIANA
225 W. COLFAX AVE., SOUTH BEND IN 46626 (219) 233-6161 X441
- 05 SUN KICKAPOO TRIAL TRAIL 5 MILE RUN & 5K WALK DANVILLE, IL.
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834
- 18 SAT GRANDMA'S MARATHON ALSO 1/2 MARATHON DULUTH, MINN.
BOX 16234, DULUTH, MN 55816 (218)727-0947

18 SAT DICK LUGAR RUN & WALK 5K AND 10K INDIANAPOLIS, IN
CALL (317)786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217

----- J U L Y 1 9 9 4 -----

30 SAT BIX 7-MILE DAVENPORT, IOWA (319) 359-9197
ED FROEHLICH, 2605 E KIMBERLY RD., BETTENDORF IA 52722

31 SUN SAN FRANCISCO MARATHON (415) 391-2123
P.O. BOX 77140, SAN FRANCISCO, CA 94107

----- A U G U S T 1 9 9 4 -----

11 THU NIPSCO PURE ENERGY RACE 6MI RUN/3MI WALK VALPARAISO, IND.
CALL (317)786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217

----- S E P T E M B E R 1 9 9 4 -----

05 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

05 MON CARMEL CLAY PARKS & REC. 5MI RUN/5K WALK CARMEL, IND.
CALL (317)786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217

25 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

----- O C T O B E R 1 9 9 4 -----

08 SAT CITIZENS GAS RACE FOR HEAT 10K RUN/5K WALK INDIANAPOLIS, IND.
CALL (317)786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217

30 SUN * CHICAGO MARATHON 8:30 A.M. CHICAGO, ILLINOIS
(312) 527-2299 CHICAGO MARATHON, BOX 10597, CHICAGO, IL 60610
EARLY ENTRY FEE FOR ENTERING BEFORE 1-1-94

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
the Inside Track Editor.

NEWSLETTER DEADLINE DATES:

January 15, 1994

March 15, 1994

May 15, 1994

July 15, 1994

September 15, 1994

November 15, 1994

Wednesday, October 13, 1993, 7:00 p.m.

13 Present: D. Anderson, K. Disler, D. Ford, B. & J. Hockensmith, P. & V. Jacobs, J.P. Jones, J. Jedinak, D. Lindley, M. McAvoy, B. Scrogham, J. Tillapaugh.

President Bob Hockensmith called meeting to order. Don Lindley reviewed treasurer's & membership reports. No new members in September (new members joining from now through end of year considered 1994 members). September income \$467.77; expenses \$517.54; YTD balance \$5,646.64.

Joyce Hockensmith used different printer for Oct/Nov newsletter. Printer charged less for job & Joyce will try him again for next issue. Using him means more work for Joyce making sure layout has exact margins, etc., but she's willing to do her part in helping to ensure a quality newsletter.

Bob & Joyce Hockensmith underscored policy that ABSOLUTELY NO MATERIAL (WRITTEN COPY AND/OR PHOTOGRAPHS) to be included in newsletter without first being submitted to newsletter editor. For instance, once Joyce has given pasteup to printer, no one is to go directly to printer with changes/additions. Joyce has published all member profiles she's received. If you haven't sent her a profile, please do so! She's also anxious for photographs, race results & other items of interest. Mike McAvoy said Coventry Bob Evans will run ad in next 3 issues. If you have any leads for advertisers, please let Mike know.

Don Ford reviewed race schedule, highlighting race in Decatur Sun, Oct 31, since this is FWTC points race. B&J's Almost 8K November 6; Turkey Trot November 20.

Judy Tillapaugh reviewed several RRCA items:

1. Kevin Caraher resigning 12/31/93 as RRCA State Rep. Anyone interested in this position, please let Judy know.
2. Deadlines for submissions for various RRCA awards coming up, including: club newsletter; newsletter writer; Rod Steele award for outstanding volunteer; Scott Hamilton award for outstanding club president; Kid's I Did It Run.
3. Judy's applying for a Kiddie Run as part of Nutra Runs.
4. RRCA Handbook cost reduced to \$20; anyone interested can contact Judy. It's an excellent resource for many things including how to put on a race.
5. RRCA would like each club to have RRCA liaison to keep up with RRCA happenings & keep club up to date & informed.
6. 1994 convention April 7-10 Washington D.C.

Bob Hockensmith's looking for candidates for '94 club president (Wayne Unsell's IPFW teaching schedule taking most of his days & evenings & he's having to cut back on everything else including involvement in our monthly meetings). Anyone interested in running for other offices also please contact Bob (current candidates include Mike McAvoy, vp; Don Lindley treasurer; Vicki Jacobs, secretary).

Ken Disler placed recent apparel order. Don Lindley reviewed plans for bicentennial torch run from Indy to Fort Wayne. Bob Hockensmith distributed information on April '94 club trip to London for sightseeing & London Marathon. Meeting then adjourned. Next meeting Wed, Nov 10, 7 p.m.

Respectfully submitted,
Vicki Jacobs, Secretary

Minutes - Fort Wayne Track Club Monthly Meeting
Wednesday, November 10, 1993, 7:00 p.m.

Present: J Jacobs, D Ford, J Hiker, B & J Hockensmith, P & V
Tillapaugh.

President Bob Hockensmith called meeting to order. Treasurer
Don Lindley reported October income \$337.55; expenses \$219.70;
YTD balance \$5,764.49. In October took in 7 new, 94 members. 2
for '95; '93 membership total 379 (compared to 404 for '92).

November 19; goal is to get it to printer week of Thanksgiving.
Mike McAvoy received unanimous support to approach Gerders in
Bluffton with idea of being their rep & taking shoe orders for
them at our monthly mtgs (they'll special order shoes at no
extra cost). This may also get more people to attend our mtgs.
Don Ford reviewed 11/20 Turkey Trot, 11/21 Albin Scholarship
Run; 12/4 Just Plain 10K; 12/11 Jingle Bell 5K.

Judy Tillapaugh's had RCA display at expos at Midwest mara-
thons. Information on spring '96 RCA Convention in Washington
D.C. will be in next newsletter. No decision made yet on
who'll be '96 State RCA rep.

Ken Distler said recent apparel order's been received & is being
distributed. Ken said singlet is not mesh; he wore one to
recent race & received many compliments on it.
Plans all set for our display at 11/14 Bicentennial Sports
Garnival at Coliseum. Wayne Unsell's in charge; there'll be a
variety of things at our display to make it interesting.

Bob Hockensmith reviewed state of nominees for '96 club offi-
cers & opened floor for further nominations. Hearing none,
motion passed to close nominations; second motion passed to
accept state of nominees stated by committee of the whole at
9/8/93 mtg of FWTC: Pres: Bob Hockensmith; VP: Mike McAvoy;
Secretary: Vicki Jacobs; Treasurer: Don Lindley.

As soon as Don Lindley gets everything together, formerly
appointed ad hoc committee of Don Anderson, Jack Hiker, J.P.
Jones still willing to audit FWTC books.

Sat, Feb 19, 5K Fanny Freezer (Foster Pk, 3 p.m.) & potluck
banquet (Southwest Conservation Club, 5 p.m. social hour, 5:30
meal). Shower Rooms at TFW Activities Ctr open 4-5 p.m. Bob
will work on lining up speaker; Wayne & Sarah Unsell volun-
teered to again take care of decorating, etc.
Sat, March 19, Nutra Runs will again use Woodside Middle School
& surrounding roads.

Motion passed authorizing expenditures of \$40 for club member-
ship in USA Track & Field. USA T&F logo will be added to FWTC
logo (which currently includes RCA logo).

NO, DFG 8: Not regular mtg. Instead, meet at TFW AC parking
lot for 6:30 p.m. caroling run and/or 7:30 potluck, social &
gift exchange. Please bring wrapped gift for exchange.

Meeting adjourned at 8:35 p.m.
Respectfully submitted,

Vicki Jacobs, Secretary

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
 - RACE SCHEDULE COORDINATOR
 - RACE WALKING COORDINATOR
 - MEMBERSHIP
 - BOARD MEMBER
 - FINISH LINE
 - Results
 - Timer
- 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...

JUST PLAIN 10K RUN, 3.3K WALK

Saturday, December 4, 1993
2:00 PM, Foster Park, Fort Wayne

CHRISTMAS PARTY & CAROLING RUN

POT LUCK & GIFT EXCHANGE

Wednesday, December 8, 1993, 6:30 PM
Pot Luck 7:30 PM
Taylor University Activity Center

FANNY FREEZER & FWTC BANQUET

Saturday, February 19, 1994
Run, 3:00 at Foster Park, Fort Wayne
Pot Luck, 5:30 at Southwest Conservation
Club, Bluffton Road

FWTC MEETINGS

Wednesday, January 12, 1994, 7:00 P.M.
Taylor University Activity Center

ARRCA

REAL BARRIERS COST BY AMERICA



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



Michael L. McAvooy
Jefferson Medical Clinic
7230 Engle Rd, Suite 210
Fort Wayne, IN 46804