

the inside track

February 1994 - March 1994



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



1994

FORT WAYNE TRACK CLUB

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PRESIDENT'S COLUMN - - Bob Hockensmith

At 6:00 A.M. on a chilly 40 degree Sunday morning at Epcot Center, I stood with Joyce, Chuck Mills, Don Ford and about 7200 other runners watching a beautiful display of fireworks near the start of the Disney World Marathon. Somewhere in the crowd was Joan Gary and perhaps other Fort Wayne area runners, all shivering and anxious to accelerate the count-down to start the long run through what was anticipated to be a memorable run through the Disney theme parks of Epcot, MGM and the Magic Kingdom. According to the results, 5573 were destined to complete the event within the 6 hour time limit.

Far too often, expectations exceed reality, and the Disney marathon was no exception. With 43 square miles of property in the Disney World complex, much of the property is well landscaped but relatively undeveloped. As a result, many of the race miles were on multiple laned highways, including a 6 mile out and back spur that served only to use distance before heading toward the finish area. The few miles within the three theme parks were a delight, commencing with Epcot Center, which was run well before daylight when the international exhibits were all aglow with thousands of lights. Later, the route took everyone through MGM and the Magic Kingdom, only a part of which was through the exhibit areas, including a trip through Cinderella's Castle. The part of the run through parking lots and back lots was less thrilling. For those runners who are inspired by cheering crowds, the lack of spectators must have been a disappointment. Due to the necessity to close many roads at 5:00 A.M., spectators could only watch the race at the start-finish area and at the 11.5 mile mark. It was estimated that a total of 1500 people were on hand for the race.

There were many positive aspects of the event. One of the most obvious was the contrast between the weather at home, which was a bone-chilling 50 below wind chill on Saturday morning and the post race balmy 70 degrees on Sunday afternoon and Monday. It was difficult to convince Joyce that duty called in Fort Wayne and so the trip home was required.

The course itself was well marked and where needed, much use was made of the public address system, with speakers carefully hidden among the foliage, warning runners when the course narrowed or other obstacles were just ahead. At other times, the familiar strains of "Rocky" and other running music was heard. Since the packet pick-up and start-finish areas were a considerable distance from the hotels, it was necessary to rely on the bus service within the Disney complex. On race day, special buses were on hand to make sure everything ran smoothly. That part of the event deserved special praise.

At all of the significant stages of the race, from the packet pick-up, the water stations and the finish area, there were more than an adequate number of volunteers. They were always helpful and cheerful while encouraging runners toward the finish. That part of the race is one of the more essential elements to make a successful event. I hope that all will remember the necessity for an adequate number of courteous and cheerful volunteers at any race, especially when the time comes around in October for the Fort Wayne Track Club bicentennial 9.4 mile race. The Club needs the help of all to ensure a successful race.

Come learn how you can help someone in need of your help!

You are only obligated to buy your meal on Tuesday, unless you sign up for the Team in Training program for the San Francisco Marathon on July 31. The foundation wants all runners, first timers included, slow runners, of course, to collect donations for leukemia. Run with a partner in their Team in Training program, and have your own personal trainer and support group.

Come to the Olive Garden Restaurant on Coliseum Boulevard at 7 PM on Tuesday, February 15 to learn what you and the Leukemia Foundation can do for a patient of leukemia in Fort Wayne.

WANT A FREE TRIP TO THE SAN FRANCISCO MARATHON?

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

There was no formal meeting of the FWTC in December. Members met instead for a Caroling Fun, followed by a potluck dinner, some Christmas bingo, and then a gift exchange. Gifts were chosen by those members after they correctly answered a Christmas trivia question. All present had a good time, but it would be great to have some more members come out to the club functions and share some good times with good friends.

MINUTES - FORT WAYNE TRACK CLUB MEETING - WED, JAN 12, 1994, 7 P.M.

- 12 Present: K Disler, D Ford, J Hilker, B&J Hockensmith, V Jacobs, JP Jonas, M Kast, D Lindley, D&S Myers, J Tillapaugh

- Pres. Bob Hockensmith called mtg to order.

- Treasurer D. Lindley reviewed budget:

	Nov 93	Dec 93	Fiscal Yr
Income	779.57	768.74	11,133.31
Expense	474.35	1,894.00	8,677.43
Balance	6,069.71	4,944.45	4,944.45

- Don's planning to purchase new print timer this month. Current '94 membership is 122; 61 for '95; 3 for '96.

- Newsletter editor Joyce Hockensmith said material for next issue due next wk. Joyce needs photos & member profiles. Everyone should take cameras to races, takes lots of pics & send Joyce copies.

- Don Ford reviewed Jan 22nd Syracuse run & Jan 23rd run at Tipton.

- Judy Tillapaugh will be at RRCA mtg end of month; said RRCA approved FWTC as official part of Kid's "I Did It" Running Series; "I Did It" run will be part of Nutra Runs.

- Bob Hockensmith showed excellent 11-min RRCA women's running video "Run Smart/Run Safe". Club now owns this great resource.

- Ken Disler currently has 14 apparel orders.

- Bicentennial Race Steer. Committee mtg Jan 24, 7 p.m., Don Lindley's house.

- Ad hoc committee (D Anderson, J Hilker, JP Jones) has 1981-93 club books for auditing; hops to be done & give report at our Mar 9 mtg.

- Bob Hockensmith's in process of re-doing FWTC BD membership; regular attendance at monthly mtgs key factor for membership.

- Bob Hockensmith said if Indiana Running & Racing doesn't get its act together pretty quick & start coming out with better newsletter, we'll seriously look at cancelling our subscription, making appropriate adjustment in our membership dues & telling our members they can subscribe on their own.

- Don Lindley introduced Scott Justvig from Leukemia Foundation who gave presentation on program to raise money for research. Interested people register & pay \$50 reg. fee) & participate in training program (including personalized coaching) for designated marathon; expenses (transportation, entry fee, hotel, etc.) covered by Foundation. They're also trained in securing pledges & need to meet pledge goal set by Foundation (almost every participant meets or exceeds goal). They're paired with local leukemia patient, get to know them & run in patient's honor (patient presented with t-shirt "Someone's running in honor of me"). Info mtg for those interested Feb 15, 7pm, Olive Garden. Hoping for minimum 10-12 participants from FW area to train & run July 31st San Francisco Marathon.

- Bob Hockensmith introduced Eve Colchin from Bicentennial Commission who gave presentation on "World's Biggest Family Reunion" bicentennial event Sun, July 3 at McMillen, Franke & Shoaf 11am-3pm. Interested in maybe runs/walks as part of festivities (includes contests & prizes, family group photos, food, riverboat rides, music, etc.). After discussion (including fact that annual Zoo Run is next day, 4th, at Franke), Vicki Jacobs suggested volkmarch instead of run (since v'march non-competitive & oriented to whole family).

- Judy Tillapaugh & Mike McAvoy have been talking with Laura Jasper of FW Parks & Rec. They're interested in approx 16 wk training program for people interested in running our bicentennial race. Parks & Rec do brochures, publicity, registrations, provide location (probably Sears Pavilion); FWTC provide 6-12 trainers, develop & implement training program & give the wk by wk leadership probably every Wed eve beginning June. Motion passed endorsing concept & for Judy & Mike to continue talking with Laura.

- Everything's in place for Feb 19 Fanny Freezer & Banquet. Jerry Dunn will speak about running 104 marathons in '93. Don Lindley will try to find award for every finisher of race. Vicki Jacobs will have TUFW AC showers open 4-5pm. NO REGULAR MTG ON FEB 9TH; INSTEAD, SHORT MTG AT BANQUET.

NEW BEGINNINGS

By Sharon Pauley

One of my favorite scriptures is "Behold, I make all things new again." (Rev. 21:5). I guess I like it so well because I need new beginnings so often. Even after nearly 15 years, the decision to exercise and getting the first half mile done is like starting all over again for me. Fortunately, it usually gets better after that, and I remember well the weight loss, renewed strength and sense of well being that results from beginning again one more time.

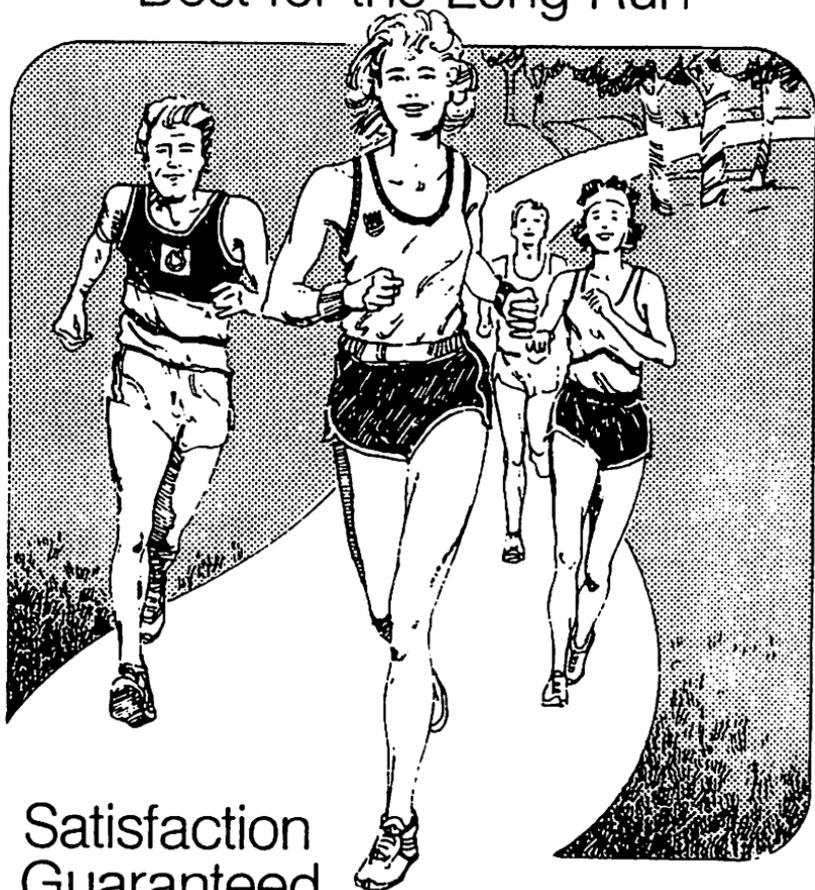
Like most folks, the changing of the year to 1994 made me stop, evaluate, and give thanks for another chance to begin again. I was blessed with bringing in the New Year with one of my favorite running buddies. On New Year's Day, Don Lindley, J.P. Jones, and I drove down to Marion for the Star Trek 5K. After all the changes in my life last year, it was strengthening, reassuring, and fun to share the drive with these guys who have been such good friends for so many years. At the race we found wonderfully accommodating, helpful race officials. They adjusted the course as best they could for the wind, let me start early and keep my own time, and even made sure the loose dogs on the course were confined. Knowing other beginnings lay ahead of me, I partook sparingly of the varied and generous post race refreshments, but enjoyed with abandon the chance to visit with running friends. A race with so many age divisions wouldn't be complete without Ken Disler; Barb Scrogam was there adding her own touch of beauty and endurance; so was Cindy Furkis, Don Ford, Ken Dillion, and Sue Myers. I also met several new friends.

Surprise of surprises! I got a trophy even though I'm still limited to walking poorly and took 20 minutes longer than the next slowest person to finish the race. It troubles me when I get a trophy for being so pitifully last when others much faster than me in other age or sex divisions don't get trophies, but I still rejoiced, celebrated, and even bragged a little bit to my non-running friends.

Beloved friends and great race directors got 1994 off to a start better than I hoped for. I don't know what lies ahead any more than any of us know what's down the road when we start a run, but I've been down enough roads in my life by now to be grateful for such a good new beginning. I hope 1994 started at least this well for you, and that past opportunities well completed, along with the support of our FWTC "family", will give you the strength to enjoy all of the new beginnings awaiting you.

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TRACK CLUB MEMBER PROFILES



MIKE MELENDREZ

Mike Melendrez, formerly from Fort Wayne, and pictured on the front cover of the July 1981 issue of the Inside Track, is now living in his home state of California. Mike set a 10K PR in 1985 of 35:12, and then began to slack off, gained 30 pounds, and buried himself in his work.

About a year ago, his son, Erich, now 19 years old, started to remind him of his "Glory Days" when he was in shape. He also recalled the great times his family had every year in Plymouth at the Blueberry Stomp 15K, which just happens to be his all time favorite race.

Mike began running again, has shed 13 of the extra pounds, and has entered the L.A. Marathon and hopes to do a 3:30.

Living in California provides Mike the opportunities to run in smoggy downtown L.A., along the beach (in the sand), in rolling hills, and in the desert, but he claims his fondest memories are the training runs and races in Indiana. Some of the races he recalls are the Diet Pepsi 10K, 3 Rivers Marathon, Big Brothers/Big Sisters and all the other runs at Foster Park, Arcola Days, Turtle Days 10K, Home Loan 10K, North American Van Lines 15K, Wabash Cannonball 10K, and all the races associated with the fall festivals in different cities.

Mike's best time and place for a training run was doing an 8 to 10 miler (sometimes 12-14 mi.) out along Hamilton Road, out to Devil's Hollow in December or January where it can be so quiet all you really hear is ice melting, or a brook beside the road (along with your own breath and Asics making prints in the ice).

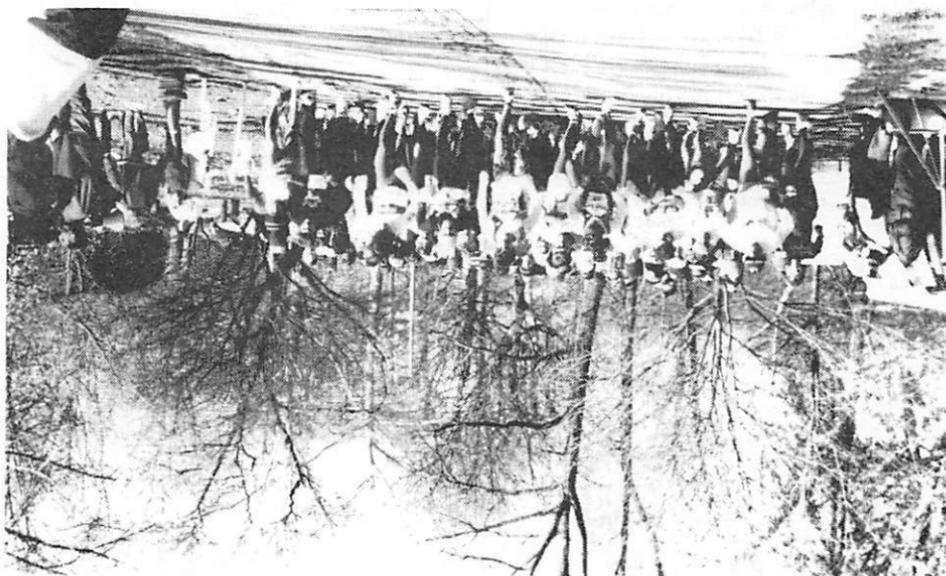
The race Mike least looked forward to was an 8 miler out by Homestead High School in the dead of winter. As he recalls, it seemed like it was always on the coldest day, and you had to stay in the gym until a few minutes before the start, as temperatures were zero or below. He remembers it as an out and back course, around a pylon in the center of the street, and back to the start. As 3/4 of the race was run on an ice slick, you had to get your footing for the 180 degree turn around. Mike will never forget Myron Meyer (who was an inspiration to everyone) out there in summer racing attire, except for a wool cap and gloves.

Mike has joined the FWTC because he enjoys hearing about how it is back here in Indiana.

Many thanks to all of those that volunteered: Mike Kast, Wayne & Sara Unsell, Mike Lindley, Tom Deal, Judy Tillapaugh, Homestead Key Club, & Fw Parks Rec.

Face Co-ordinators: Don Lindley & Laura Jasper

22	:29	STEVE	CASWELL	7
22	:53	HOWARD	BASH	9
23	:50	PHILIP	FOUND	12
24	:01	DAN	LEFFERS	14
25	:21	ROBERT	WATERSON	20
25	:31	DEAN	TERRY	21
26	:00	ROD	ROD	23
26	:23	GEORGE	PETERSON	26
26	:26	HARRY	QUANDT	27
27	:20	TIM	ZUMBAUGH	33
27	:33	JIM	WEIDE	34
27	:59	ROGER	DELAY	36
28	:10	TOMMY	EVANS	38
28	:35	JOEL	SCHARFZEN	43
28	:44	JOHN	BRIER	47
29	:23	JACK	SEIGEL	50
30	:02	DARRELL	DOUGLAS	57
30	:22	JIM	CLARKE	60
30	:24	MICHAEL	DISS	61
30	:55	GARY	BECK	65
31	:11	MICHAEL	WISE	68
33	:03	TOM	FUELLING	81
33	:20	KURT	PARTS	83
33	:30	BRUCE	COTTEN	84
34	:20	TERRY	WITT	90
34	:29	THOMAS	AGNESS	91
36	:22	LARRY	PIANO	98
36	:32	THOMAS	MCELMURRY	101
37	:38	JOHN	SAUER	102
28	:26	DAVID	BOYLAN	26
27	:12	JOE	ZIESLER	27
29	:15	GEORGE	FRAJUS	29
31	:10	JOHN	STURTEVANT	31
33	:08	DONALD	ROGERS	33
34	:11	JAMES	DECK	34
35	:02	ED	GEBHART	35
35	:07	JERRY	WHITE	35
36	:16	CLIFFORD	DITTRICH	36
37	:39	DICK	BURDER	37
26	:31	MALES 50 - 59		
28	:39	ANDERSON		
32	:47	BOB		
31	:40	BILL		
33	:48	STANLEY		
34	:33	EUGENE		
39	:08	MELVIN		
50	:56	JAMES		
28	:25	MALES 60 & OVER		
39				
78		LOOMIS		
73		PATERSON		
86		WILLIAMS		
92		STRIGGLE		
110		DAY		
116		JONES		





The Ligonier Track Club celebrated New Year's Eve with 800 other runners by participating in the Beavercreek Resolution 5k Run. The race started at 11:45p.m. on New Year's Eve.

The club was lead by Powerbar sponsored Brian Shepherd who won his 11th straight midnight run in a time of 15:10. Following Shepherd was Mike Flora - 7th, Paul Furniss - 8th, Jason Fulford - 17th, Tim Lawrence - 30th, Cort Eyer - 75th, Zane Donaldson - 132nd, and Kevin Jane - 150th. Placing in their divisions were:
14-under David Caswell - 1st
40-44 Steve Caswell - 1st
25-29 Teresa Furniss - 2nd

Team Indiana won the Open Team division for the 4th consecutive year with 54 points. The team consisted of Brian Shepherd, Mike Flora, Paul Furniss, Jason Fulford, and Steve Caswell.



**Dodge the
Winter Blues!
Join the
Ft. Wayne Ski Club.**

To receive an informative brochure, please call 447-5686.

WE HAVE A MULTITUDE OF SUMMER EVENTS!

Bryan, Ohio RUN FOR ARTHRITIS

MALE

1st Overall	Brian Shepherd	15:56
13 - 18	Andy Hoshock	
19 - 24	Jason Hitzman	
25 - 31	Dan Mix	
32 - 38	Jay Prichard	
39 - 45	Doug Hohenberger	
44 - 52	Gary Sylvester	
60 & Older	Ken Noszinger	

FEMALE

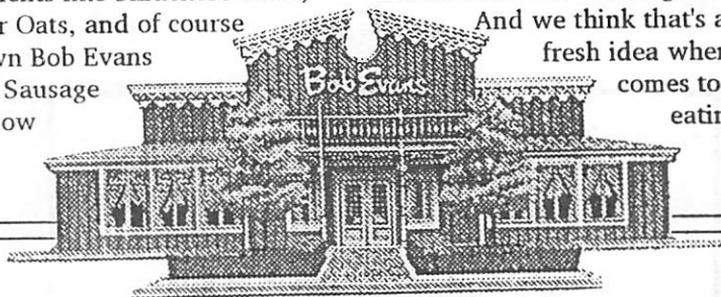
1st Overall	Lisa Hostetler	
13 - 18	Lori Watson	
25 - 31	Laura Miller	
32 - 38	Jo Essenmacher	

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Ray Smith General Manager

UPDATE

RRCA CONVENTION



When: April 7-10, 1994

Where: Ritz-Carlton Hotel
Pentagon City Mall
(703) 415-5000

Special 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.

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!

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 a SASE to:

RRCA Convention / 1150 S. Washington St., Suite 250
/ Alexandria, VA 22314

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.

Convention Highlights

Race

Transportation

Contact FWTC Member Judy Tillapaugh at
(219) 456-3277

Contact

Winterfest 5K is family affair for Furkis clan

Saturday's 7th annual Wabash Winterfest 5K road race will be a real family affair for the Furkis family of Ligonier.

Mark Furkis, the father, missed last year's race because of an injury, but was third in 1991, second in 1990 and fifth in 1989, the first year the family started coming to town for the annual event. He won his age group each of those three years.

His wife, Cindy won her age group in 1991 with a 47th-place finish overall and was runner-up in her age group last year with a 46th-place finish. Both of those were improvements over her 61st-place finish in 1990, her first year in the Winterfest race.

Jim Furkis, the son, competed on West Noble's cross country team which was ranked No. 4 going into this year's state finals and finished fifth. A competitor here since 1989, he has won his age group each time out and slowly worked his way up through the pack, finishing fifth overall in last year's field.

On Saturday, Jenny Furkis, 14, will join the rest of the family. She will be vying for the 14-and-under crown.

Overall, the Furkis clan has claimed eight age-group titles.

The Furkis family is among more than 30 runners who are pre-registered as of this morning.

Saturday's race, sponsored by Dorais Chevrolet-Geo and the Wabash Plain Dealer, will begin at 10 a.m. in front of the Honeywell Center. The entry fee through Friday is \$8; the fee on race day is \$10. Registration is from 8:30 to 9:30 a.m. in the gymnasium.

The first 100 entries will receive a free Wabash Winterfest 5K ski cap.

Entry forms are available at the Plain Dealer, 123 W. Canal St.; Dorais Chevrolet-Geo, 473 S. Miami St.; Winning Edge, 54 W. Market St., and the Honeywell Center.

For more information, contact Roy Church at the Plain Dealer by calling 563-2131 or 1-800-669-6321 or Dave Dorais at Dorais Chevrolet-Geo by calling 563-2123.



The 3.1-mile course begins at the corner of Market and Carroll streets. Runners will proceed west on Market and Mill streets, turn north on Bond Street and enter City Park just south of the railroad tracks. After weaving through the upper and lower levels of the park, the runners emerge on Mill Street at the entrance to the Babe Ruth diamond and head back to the Honeywell Center on Mill and Canal streets. The race ends in the Center's west parking lot.

QUEST FOR 50 Update

December 5 found Bob and me in Memphis, Tennessee for the First Tennessee Memphis Marathon. Our partner in crime, Chuck Mills, a one time Hoosier, now existing in the Volunteer state, assured us it was a flat course, with the exception of a hill at the start and the finish. How quickly one forgets the definition of "hill" for those of us living in the land where a speed bump is a hill. Despite this discrepancy, we now have the state of Tennessee behind us. Some pluses for the Memphis Marathon were the nicely designed long-sleeved shirts and medals, and the great spread of food at the end, which included pizza and beer, and was held in the temperate climate of the First Tennessee Bank.

In January we were excited to get to run in the inaugural marathon at Walt Disney World. (See Bob's column for details.) We now have 19 different states and the District of Columbia.

Stay tuned for the next issue when I hope to report the results of the Columbia, South Carolina, Marathon, and the Virginia Beach Marathon.

Wabash Winterfest 5K Road Race



Top Male finisher:		Thad Kharnem	15:07
Top Female Finisher:		Rachel Boggs	22:22
MALE			
14 & Under	1	Brad Bowers	18:54
	2	Jeremiah Halley	22:12
15 - 18	1	Jim Furkis	16:44
	2	Fred Miller	17:57
19 - 24	1	Pete Prichett	16:30
	2	Todd Martin	16:53
25 - 29	1	Dave Sydow	17:29
	2	Richard Halderman	22:03
30 - 34	1	Roger White	21:05
	2	Kent Lynch	21:20
35 - 39	1	Mark Furkis	15:53
	2	Dave Dorais	18:38
40 - 44	1	Jed Pearson	17:55
	2	Neil Tate	19:09
45 - 49	1	Bill Bennett	20:56
	2	Joel Schartzner	22:11
50 - 59	1	Brad Yoder	19:02
	2	John Norris	19:30
60 & Over	1	Larry White	25:46
	2	Don Middleton	26:55
FEMALE			
14 & Under	1	Jenny Furkis	25:07
	2	Annie Venezia	26:07
19 - 29	1	Julie Geckle	23:14
	2	Jen Petroelje	24:36
30 - 39	1	Cindy Furkis	25:18
	2	Joann Boggs	27:34
40 - 49	1	Lien Koztecki	23:08
	2	Barb Lochner	33:05
50 & Over	1	Janet Warder	25:18
	2	Shirley Paul	26:55

Danny Gelhausen from Marion was the race's youngest finisher at age 11, and Ken Disler, 70, from Fort Wayne was the race's oldest finisher.



November 17, 1993

DEPARTMENT OF
INTERCOLLEGIATE
ATHLETICS

Don Lindley
Fort Wayne Track Club
P.O. Box 11703
Fort Wayne, IN 46860

Dear Mr. Lindley:

The Track and Field Staff at Indiana University would like to thank you for the use of the two timing clocks at the NCAA District IV Championships. Because of your support, we were able to provide a digital clock at each kilometer for the Championship event. Please share our thanks with Judge Hockensmith and his wife, for bringing the clocks down to the meet.

If, in the future, there is anything I or someone on our staff can do for your club, please do not hesitate to ask.

Sincerely,

A handwritten signature in cursive script that reads "Randy Heister".

Randy Heister
Assistant Coach

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December 14, 1993

Fort Wayne Track Club
P.O. Box 11703
Fort Wayne, IN 46806

Dear Fort Wayne Track Club Members,

Thank You very much for thinking of us during the holiday season. The Center is always in need of donations and its groups like this that help make it a little more special for our residents on Christmas morning.

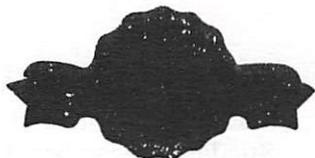
The T-shirt contributions goes a long way in helping us provide for our youths who are lacking clothing.

Thank-You Again.

Merry Christmas and Happy New Year!!!

Sincerely yours,

A handwritten signature in cursive script that reads "Christopher James".



2525 LAKE AVENUE, P.O. BOX 5038 FORT WAYNE, IN 46895-5038 • 219-484-4153 FAX 219-484-2337

December 13, 1993

Fort Wayne Track Club
PO Box 11703
Fort Wayne, IN 46860

Dear Friends:

It is with deep gratitude we accept your gift of twenty-three t-shirts. We are grateful you have remembered the young people at Crossroad with your generosity.

Crossroad has been around for 110 years. Beginning its history in 1883 working with orphans who had lost their parents to death, Crossroad now works with young people--most of whom do not have warm memories of loving parents. They have memories of severe abuse, neglect, of feeling like a throw-away kid.

When you give your gifts, the youth here have a new opportunity to learn that they are worthwhile and others do care about their well being.

Thank you very much for your kind contribution to Crossroad.

Gratefully yours,

Imogene Nusbaum-Snyder
Executive Director

INS:don

MUNCIE TEN

Don Lindley ran the **Muncie 10**, the oldest race in Indiana, on December 12, 1993. He achieved 29th place with a time of **1:18:53**. Forty-one runners enjoyed a sunny 42 degree day. The \$2.00 entry fee proved to be a real bargain because runners received winter running gloves and chances to win door prizes. Refreshments included Doug Osborn's birthday cake and Little Debbie Christmas cake trees. Other FWTC members running were Paul Ausderan, 18th place, 1:09:12, and J.P. Jones, 41st Place, 1:40:00



MUNCIE, INDIANA. The 27th annual Muncie Ten Road Race, Indiana's oldest road race over the same course, was contested Sunday, December 12th at 1 PM. Runners were greeted with extremely mild weather for this time of year. The sunny Skies and mid-forties temperature was a far cry from some years when snow, ice, and below zero temperatures prevailed. There was, however, a wind from the south east that made mile seven and eight kind of tough.

It was a race with several area Cross Country athletes dominating the front pack. Anderson College runner Troy Friedersdorf broke the pack early and remained in front throughout the race. His winning time was 57:38/ Ohio runner, Tom Miller, remained close finishing second with a time of 58:28. Pete Pritchett, another ex American College runner, finished third and was the hot topic of discussion after the race was over. Pete was late getting to the line and started approximately five minutes behind. He blew by most of the pack early, then closed in on the front runners. His third place time of 58:36 was only one minute behind winner Troy F. Several Ball state Cross country runners were close behind.

New masters runner, Doug Osborn, from Hartford City turned forty and won his first race in the new age group. His time was 1:02:02. He helped the post race party by donating a huge birthday cake.

Janice Grile finished first in the women's field. Julie Burris was second, and Rita Silvers was third. Each won age group awards.

All runners received winter running gloves and each received at least one of the many door prizes that were drawn after the race. Refreshments were plentiful. Again, Mitchell School officials allowed the building to be open so runners could gain rest rooms, and allowed a nice place for post race activities.

At \$.20 per mile, not only is this race the oldest, it is the best deal for runners.

Race sponsors: Lehman's Mechanical, Hood Life, Kammer Water, Kirks Bike shop, Sports Tech, Dairy Queen, Little Debbie, and Clancy's Car Wash.



Official Results

Muncie Ten

12-12-1993

1. Troy Friedersdorf	M	25	1	:57.38
2. Tom Miller	M	39	1	:58.28
3. Pete Pritchett	M	24	1	:58.36
4. Brian Zuercher	M	28	2	:58.54
5. Dale Jacobson	M	32	1	:59.44
6. Stan Florea	M	23	2	:59.53
7. Mike Hall	M	34	2	1:00.32
8. Kraig Schmottlach	M	27	3	1:01.09
9. Glen Duncan	M	24	3	1:01.29
10. Doug Osborn	M	40	1	1:02.20
11. Tim Miller	M	39	2	1:02.23
12. Jim Leffler	M	47	1	1:02.45
13. Tim Grant	M	37	3	1:03.19
14. Dick Daniel	M	42	2	1:03.58
15. John Pingry	M	35	4	1:06.06
16. Jay Allardt	M	38	5	1:06.41
17.				
18. Paul Ausderan	M	39	6	1:09.13
19. Chris Grossman	M	25	4	1:09.37
20. Les Fix	M	41	3	1:10.40
21. Scott Wagner	M	33	3	1:12.41
22. Bob Garcia	M	23	4	1:13.09
23. Janice Grile	F	32	1	1:14.40
24. Lee Dye	M	58	1	1:14.50
25. Bob Hertle	M	50	1	1:16.42
26. Paul Fisher	M	43	4	1:16.43
27. Joe Rogers	M	49	2	1:17.26
28. Kenneth Moody	M	50	2	1:17.56
29. Don Lindley	M	49	3	1:18.54
30. Andrew Slack	M	51	3	1:19.36
31. Julie Burris	F	29	1	1:22.13
32. Mike Mezo	M	37	7	1:22.18
33. Jim Kirkwood	M	59	2	1:23.24
34. Tim Whaley	M	41	5	1:24.55
35. Rita Silvers	F	42	1	1:27.05
36. Bill Bales	M	66	1	1:27.05
37. Chuck Houck	M	61	1	1:28.28
38.				
39. Susan Naffziger	F	39	1	1:40.22
40. J P Jones	M	65	2	1:40.23
41. George Branam	M	63	3	1:43.51
42. Irene Rogers	F	44	2	2:10.03

Conditions: Sunny; Mid-forties; South east wind

December 12, 1993, 1PM

Birthdays

February

March

02 CLEM GETTY
03 BILL SOHASKI
03 JACQUELINE PHILLIPS
04 HAL ATKINSON
04 NEIL ANDERSON
04 GORDON DENNY
08 MIKE BLUM
09 BILL MACK
10 MARTIN BIXBY
11 ROD MILLER
11 DAVID DALE
12 LUTHER DORE
13 ROBIN THOMAS
15 DAVID BUTLER
15 J. BERNARD MOTYCKA
16 DEWEY CULBERTSON
16 DEAN WHITMAN
19 CURTIS NOLD
20 WIN MOSES
21 RICK GILBERT
21 MAUREEN BIXBY
24 CATHERINE MENZE
27 PHYLLIS SUELZER
27 DAVID REIMSCHISEL
28 DAVID FAIRCHILD
29 LARRY PALMER



02 ELISABETH RICKNER
03 PEGGY JOHNSTON
03 JACK SEIGEL
03 DEREK BURRELL
04 JO HOUSHOLDER
04 SUE SIPES
04 EDDIE LEE
06 ROBERT PAINÉ
08 DAVID THOMSON
08 RODGER PUCKETT
08 PAMELA RIECKE
09 WHITNEY BURRELL
10 ERIK FINLAYSON
10 TERRY COONAN
11 SARA SMITH
13 DENNIS ZECH
13 MICHAEL COMP
13 MICHEAL MELENDREZ
14 ED DAX
16 JOYCE HOCKENSMITH
18 LISA CAHN
20 PAUL SABRACK
20 DICK JOSLIN
23 BOBBY PAULEY
23 JED PEARSON
25 BETTY NELSON
26 RONALD MOTYCKA
27 RHONDA SCARBERRY
28 ROLLIE SZILARD
29 JASON CLAGG
30 DONALD FORD
30 JENI HIRSCHY
30 GEORGE KIRBY
31 MARVIN SAMBUR



Bicentennial Committee

Monday, February 21, 7PM

Don Lindley's House -1820 Briar Fence

We Need Volunteer Support

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

A decorative border of various snowflake patterns surrounds the central 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.**
**Awards, Raffle prizes, and Guest
Speaker: Jerry Dunn**

COME RUN WITH US

MEMBER'S PAGE

YMCA
OF GREATER FORT WAYNE



Jack Hilker



CENTRAL BRANCH YMCA
1020 Barr Street
Fort Wayne, Indiana 46802
(219) 422-6486, Ext. 209
FAX: 422-6486, Ext. 227

HAL ATKINSON, D.D.S.
Gentle Family Dentistry & Orthodontics



North
9005 Lima Road
Fort Wayne IN 46818
489-4090

South
4111 Diplomat Plaza
Fort Wayne IN 46806
447-5688

Voice Mail: 1-800-899-8551 ext. 524



JUDY TILLPAUGH, R.D.
Nutrition Specialist

3024 Fairfield Ave., Fort Wayne, Indiana 46807
(219) 458-2344

**ABOITE PHYSICAL
THERAPY, INC.**

Michael McAvoy, P.T., A.T., C.
Physical Therapist - Athletic Trainer

Jefferson Medical Clinic
7230 Engle Rd., Suite 210 • Fort Wayne, IN 46804
(219) 436-9710

Michael C. McManus, D.P.M.



2018 N. Clinton Street
Fort Wayne, IN 46805
219-422-7218



Wayne M. Davies
Certified Tax Professional

Income Taxes ♦ SPECIALIZING IN ♦ Small Businesses

1720 ALABAMA AVE ♦ FORT WAYNE, IN 46805 ♦ (219) 426-2917



ROBERT E. WYATT, D.P.M.
NORTHSIDE PODIATRY

1 69 & CR 200 West
Angola, IN 46703
(219) 665-2664

2018 North Clinton Street
Ft. Wayne, IN 46805
(219) 420-0370

FOUNDED 1899

WEARLY
MONUMENTS, INC.

306 S. MAIN ST. COLUMBIA CITY, IN 46725

OFFICE 248-2812
HOME 244-6545

DAN DANIEL
YOUR HOME TOWN REPRESENTATIVE

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.

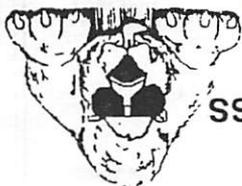
He is interested in finding an attractive female (no preference to marital status, race, or children) who is active, likes good conversation, and wants to make a good friendship.

#201 Divorced Female, mid 40's, is interested in finding a companion who enjoys running and going to races (5K's to Ultras).

If you are interested in making contact with either of these people, write to #101 or #210 and send it in care of the Inside Track Editor, who will then forward it to the proper party.

10th Annual SIBERIAN EXPRESS

7.6 Mile



Don Lindley set a PR at this race on January 8, 1994 with a time of 65:27. Over 400 runners braved the 12 degree temperature of the wild, wild wilderness Run held in September which Don ran at over 4 minutes slower. Other FWTC members present were Chuck Schlemmer and Brian Shepherd, who placed 1st overall.



FWTC DOMINATION

The FWTC took 8 out of the top 10 and won 5 out of 7 divisions December 11 at the Rochester American Cancer Society 5k. The club was lead by power sponsor Brian Shepherd, who won his 3rd consecutive Cancer Society race in a time of 14:44. He was followed by 2nd place winner Mark Furkiss, 15:07; 3rd place Frank Pizana, 15:25; 4th place Chuck Schlemmer, 15:34; 5th place Jim Furkiss, 16:07; 7th place Jason Fulford, 16:44; 8th place Mike Flora, 16:44; and 10th place Steve Caswell, 16:49. Other FWTC finishers were: 14-under David Caswell 1st and Kevin Jane 2nd; 15-19 Cort Eyer 4th, Chris Champion 5th and Zane Donaldson 6th; 50+ Ken Disler 3rd; and women's division 30-34 Cindy Furkiss 2nd.

The race was very well organized and all the runners were treated to chili, fruit, and homemade cookies after the race.

All division winners were then presented with very nice tri-color sweatshirts.

The women were lead by Ohio University runner Lisa Hostetler. The following are division results:

MEN: 1st place-Brian Shepherd, 15:56. 13-18: Andy Hoshock; 19-24: Jason Hizman; 25-31: Dan Mix; 32-38: Jay Prichard; 39-45: Doug Hohenberger; 46-52: Gary Slyvester; 60-over: Ken Noszinger. **WOMEN:** 1st place-Lisa Hostetler. 13-18: Lori Watson; 25-31: Laura Miller; 32-38: Jo Essemacher. of 16:51. was Dan Mix with a time 2 seconds. Finishing 2nd his own course record by His time of 15:56 broke sponsored Brian Shepherd. winner was Powerbar Arthritis 5k. The overall line at the Bryan Run for draw runners toed the windy December 4 many On a cold, rainy and

Shepherd Defends Title at Bryan Run for Arthritis 5k

WEIGHT MANAGEMENT DO'S AND DON'T'S

Eating balanced meals and snacks plus exercising regularly can help you take off excess fat weight comfortably and safely. These, together with other healthy living choices can help you be a better you!

One pound of fat is about **3500 calories!** To lose fat weight per week it's best to reduce your calorie intake and increase your exercise output by about 500 calories per day. Week by week you will feel better, look better.

Are you tired of dieting? Then **STOP!** Reach out for new healthy habits.

Here are some ideas that have helped others lose excess fat forever. Choose a few helpful hints for yourself. You can master weight management success.

HELPFUL HINTS:

- 1) Set small weekly behavioral change goals that will lead to long term goal achievements.
- 2) Be an active person. Exercise is good medicine. Start by walking 3 - 5 times a week for 10-20 minutes.
- 3) If you get stressed, call a friend and take a nice walk. Walking and talking can reduce tension.
- 4) Relax before you start eating. Before you take the first bite, take a few deep, slow breaths to calm your mind and body.
- 5) Do not skip meals. Eating 3 meals a day can help you from experiencing ravenous hunger pangs.
- 6) Eat a variety of food daily from all the major food groups.
- 7) Focus on reducing your intake of high fat foods. These foods fill your body very quickly with calories. For example, 6 cashews has the same number of calories as 2 cups of popcorn.
- 8) When preparing foods, bake, broil or grill instead of deep fat frying.
- 9) Shop after a meal or light snacking, not on an empty stomach. This can trigger impulse buying. Be sure to take a heart smart food list.
- 10) When eating out, ask for foods made your way. For example, ask that butter, cheese, gravy, salad dressings or other fat toppings be put "on the side".
- 11) For adequate daily fiber, aim to have 5 servings of fruits and vegetables daily.
- 12) Reward progress. Any small healthy change is fantastic! Week by week one new healthy habit will enhance the others.

For professional guidance at achieving and maintaining a healthy weight, call The Weight Management Center of Lutheran Hospital. The experienced staff of Medical Director, Clinical Coordinator, Program Coordinator, Registered Nurse, Registered Dietitians, Behavior Counselors, Exercise Specialists and Phlebodomist will be committed to help you meet your personal goals. Call today at 458-2344 for a free orientation.

The Weight Management Center
Of Lutheran Hospital
3024 Fairfield Avenue
219/458-2344

BAKED STEW

INGREDIENTS:

1 lb.	Very Lean Stew Meat
2 c.	Potatoes, cut in chunks
2 c.	Carrots, in chunks
2 c.	Celery, in chunks
2 c.	Onion, in chunks
2 tsp.	Sugar
1/2 tsp.	Pepper
5 Tbsp.	Instant Tapioca
3 c.	V-8 Juice, low sodium

METHOD:

Cut meat into bite-sized pieces. Put meat into roaster or dutch oven.

Add vegetables in order given. Sprinkle with sugar and pepper, then instant tapioca on top.

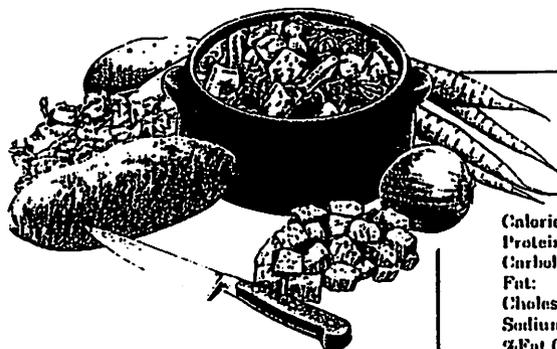
Pour V-8 juice over all; cover and bake without peeking!

Bake at 250° for 6 hours.

Note: Stew may also be cooked in a crockpot on low setting for 6 hours.

YIELD: 6 servings

Source: Recipes For Life ; From Lutheran Hospital and Scott's Food Stores



Nutritive Values

Food Group Exchanges



(1/6 Recipe)



(1/6 Recipe)

Calories:	270
Protein:	26 g.
Carbohydrate:	29 g.
Fat:	4.6 g.
Cholesterol:	63 mg.
Sodium:	109 mg.
%Fat Calories:	15%

3 Lean Meat
2 Starch

Source: Elise Lines
Fort Wayne, IN

JUST PLAIN 10K & 3.3K WALK
Foster Park

Female 29 & Younger	Carol Herndon	41:44
30 - 39	Mary McManus	41:44
	Judy Tillapaugh	44:44
40 - 49	Barb Scrogam	48:11
50 & Older	Joan Gary	52:58
Walker	Sharon Pauley	39:37
Male 30-34	Mike McManus	35:39
	Kan Babcock	36:55
35 - 39	Mark Herndon	35:26
	Paul Ausdran	41:06
	Mark Brattoli	42:41
	Jonathon Schlatte	44:17
	J. Paul Downie	51:23
40 - 44	Steve Caswell	35:51
	John Treleaven	37:22
	Don Ford	40:53
	Harry Quandt	45:58
	Bruce Hoppen	53:55
45 - 49	Don Lindley	47:19
	Jack Siegal	47:22
	Charlie Kneppler	49:34
50 - 54	Dave Boylan	43:52
	Mel Hochstetler	50:52
	Barry Peterson	51:23
54 - 59	Joe Ziegler	42:26
60 & Older	Don Anderson	44:38
	Bill Patterson	51:26
	Bob Loomis	53:52



NEWSLETTER DEADLINE DATES:

January 15, 1994

March 15, 1994

May 15, 1994

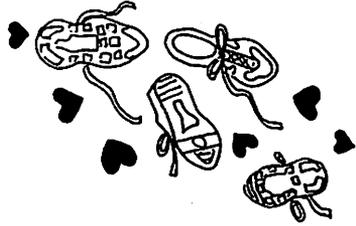
July 15, 1994

September 15, 1994

November 15, 1994

MERCHANDISE ORDER

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

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

Payment due with order
Make checks payable to FWTC

Subtotal _____
Tax (5%) _____
Total _____

Name: _____

Phone: _____

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

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

FWTC POINTS FINAL

OVERALL MALES

1st - Brian Shepherd
2nd - Chuck Schlemmer
3rd - Mark Furkis

12-under

1st - Khelli Leitch
2nd - Jerry Suelzer
3rd - Joe Suelzer

13-15

1st - David Caswell
2nd - Cort Eyer
3rd - Jim Furkis

16-19

1st - Mike Flora
2nd - Moises Trejo
3rd - Morry Riddle

25-29

1st - Mark Landes

30-34

1st - Paul Knott
2nd - Ed Kern
3rd - Steve Byers

35-39

1st - Steve Caswell
2nd - Carl Risch
3rd - Barry Baumbaugh

40-44

1st - Jed Pearson
2nd - Don Ford
3rd - Joe Hilger

45-49

1st - Joel Schartzer
2nd - Jack Seigel
3rd - Stephen Smith

50-54

1st - Tom Felger
2nd - Larry Tarrgart
3rd - Dave Boylan

55-59

1st - Tom Laird
2nd - John Sturtevant
3rd - Dick Hornly

60-69

1st - Don Andersen
2nd - J. P. Jones
3rd - Bob Loomis

70-over

1st - Ken Disler

OVERALL FEMALES

1st - Joan Gary
2nd - Deb Byers
3rd - Maureen Bixby

12-under

1st - Stacey Byers

20-29

1st - Teresa Furniss

30-39

1st - Julie Manger
2nd - Cindy Furkis
3rd - Lorraine Fox

40-49

1st - Sara Smith
2nd - Barb Schogam

50-over

1st - Sue Myers

LOOKING FOR A LONG TRAINING RUN ?

Join Runners at the Central YMCA every Saturday -7 AM
For More Details: Contact Jack Hilker, 432-2933

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 46025

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

- 06 SUN GROUND HOG 7 MILE RUN 1 P.M. CARMEL, IND.
MARK RENHOLZBERGER 317-247-8141 CARMEL CLAY JHS
- 06 SUN FROZEN FRENZY 5K 2 P.M. VALPARAISO IND.
NANCY WILLARD (219) 462-5144
- 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/5K 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
- 27 SUN * METRO-DADE MIAMI MARATHON 6 A.M. MIAMI, FLORIDA
MIAMI RUNNERS CLUB, 7920 SW 40 ST., MIAMI, FL 33155
1-800-940-4RUN ALSO HALF-MARATHON AND 4 MILEP

----- 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
- 12 SAT BEER BOTTLE OPEN 4 MILE RUN 2 P.M. COLUMBUS GROVE, OHIO
JERRY BUNN, 206 HALL AV., COLUMBUS GROVE, OH 45839
(419) 659-5702 REGISTRATION AT THE HIGH SCHOOL
- 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 SHAMROCK MARATHON (804) 481-5090 VIRGINIA BEACH, VA
JERRY BOOIE, 2308 MAPLE ST. VIRGINIA BEACH, VA 23451
- 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 TILLAPAUGH, 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)
- 20 SUN SAM COSTA 25TH ANNIVERSARY 1/2 MARATHON CARMEL, IND.
MARK RENHOLZBERGER (317) 247-8141 1 P.M. CLAY JHS
- 20 SUN * HEART MINI-MARATHON 15K AND 5K CINCINNATI, OHIO
2936 VERNON PLACE, CINCINNATI OH 45219 (513) 281-4048
5K STARTS AT 9 A.M. 15K STARTS AT 10:30 ALSO 10K WALK
- 27 SUN * AROUND THE BAY ROAD RACE 30K ALSO 5K HAMILTON, ONTARIO
100TH ANNIVERSARY OLDEST RACE IN NORTH AMERICA
BOX 68022, BLAKELY POSTAL OUTLET, HAMILTON, ONTARIO L8M 3M7
PETER RHODES (416) 957-1581
I HAVE APPLICATION FORMS AND PLAN TO GO, IF ANYONE ELSE IS
INTERESTED PLEASE CALL DON FORD AT 432-2020 (W) OR 484-6321 (H)

- - - - - 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 TILLAPAUGH (219) 458-2344 FOR MORE DETAILS
- 09 SAT CHANNEL TO CHANNEL 20K WHITEHALL/MONTAGUE, MICHIGAN
TOM CLOCK III, BOX C, WHITEHALL MI 49461 (616) 894-8052
- 10 SUN CHERRY BLOSSOM 10 MILE WASHINGTON, D.C.
S.A.S.E TO: BOX 884, MIDDLETOWN, MD 21769 (301) 371-5583
- 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
BOB STEWART (513) 523-4530 MATT MCGOWAN (614) 587-0376
- 10 SUN 27TH ANNUAL ATHENS MARATHON 12 NOON ATHENS, OHIO
ALSO 1/2 MARATHON FOR INFO CALL TOM WOLF (614) 594-3042
- 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 BRICKS TO BRICKS 10 MILER (TRAINING RUN) INDIANAPOLIS, IN
CALL (317) 786-8812
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217
- 17 SUN WEST BLOOMFIELD HALF MARATHON WEST BLOOMFIELD, MICH.
ALSO 5K MIRIAM A. KAPTUR (313) 334-5660
3325 MIDDLEBELT RD, WEST BLOOMFIELD, MI 48323
- 18 MON BOSTON MARATHON (98TH) HOPKINTON/BOSTON, MA
SEND S.A.S.E TO: BOX 1994, HOPKINTON, MA 01748 (508) 435-6905
- 24 SUN TOLEDO GLASS CITY MARATHON TOLEDO OHIO 8 A.M.
PAT WAGNER, 130 YALE, TOLEDO OH 43614 500-600 RUNNERS
- 30 SAT BORGESS RUN FOR THE HEALTH OF IT KALAMAZOO, MICH
5K - 15K 5KW - 5KRW 7:45 A.M. JOANNE GADBON (616) 373-8067
1521 GULL RD., KALAMAZOO, MI 49001
- 30 SAT DERBY FESTIVAL MINI-MARATHON LOUISVILLE, KY
GIL CLARK, BOX 36452, LOUISVILLE KY 40233 (502) 456-8163
OR CALL 1-800-928-FEST

M A Y 1 9 9 4

- 01 SUN MICHIGAN TRAIL MARATHON AND 1/2 MAR. ANN ARBOR, MICHIGAN
200 E. WASHINGTON ST., ANN ARBOR, MI 48104 (313) 769-5016
- 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
BOX 817, INDIANAPOLIS IN 46206 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 KRISTEN SWEERS (616) 771-1907
- 15 SUN * REVCO-CLEVELAND MARATHON & 10K 8 A.M. CLEVELAND, OHIO
P.O. BOX 550, TWINSBURG, OH 44087 CALL (216) 487-1402
- 21 SAT ICE AGE TRAIL 50 MILES. WAUKESHA, WISCONSIN 6 A.M.
SOUTHERN KETTLE MORAIN STATE FOREST (414) 547-6535
- 21 SAT TULIP CITY CLASSIC 20K/5K 8:30 A.M. HOLLAND, MICH
STEVE WEBSTER, 268 E. 8TH ST., HOLLAND MI 49433 (616) 396-7961
- 28 SAT BIG BOY CLASSIC 20K 8:30 A.M. WHEELING, WEST VIRGINIA
HUGH STOBBS, BOX 1046, WHEELING, WV 26003 (304) 242-7322
- 28 SAT DEXTER-ANN ARBOR HALF MARATHON ANN ARBOR, MICHIGAN
ALSO 5K AND 10K (313) 663-9740
FIRST OF AMERICA RUN, 101 S. MAIN ST, ANN ARBOR MI 48106
- 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) 674-0900
- 05 SUN COLUMBUS 10K 9 A.M. COLUMBUS, OHIO
P.O. BOX 21264, COLUMBUS, OH 43221 (614) 587-0376
- 05 SUN KICKAPOO TRIAL TRAIL 5 MILE RUN & 5K WALK DANVILLE, IL.
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834
- 11 SAT CEREAL FESTIVAL CLASSIC 10K 8:30 A.M. BATTLE CREEK, MICH.
BCRR, BOX 2235, BATTLE CREEK, MI 49016 (616) 781-7849
- 11 SAT ROSE RUN 10K - 5K - 4MI WALK 8 A.M. JACKSON, MICHIGAN
MIKE MCGLYNN (517) 787-0800 EXT. 49281
- 18 SAT STEAMBOAT CLASSIS 4 MILE RUN PEORIA, ILLINOIS
RUNNING CENTRAL, 700 W. MAIN ST., PEORIA IL 61606
(309) 578-3524

18 SAT LUDINGTON LAKESTRIDE HALF MARATHON LUDINGTON, MICH (800) 442-6600
BOX 150, LUDINGTON, MI 49431

18 SAT GRANDMA'S MARATHON ALSO 1/2 MARATHON DULUTH, MINN. BOX 16234, DULUTH, MN 55816 (218) 727-0947

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

25 SAT MICHIGAN RUN 12K - 5K - 5K WALK 8 A.M. LANSING, MICHIGAN
STEVE WIDDER (517) 483-4208 BOX 27475, LANSING, MI 48912

25 SAT CHRONICLE-SEAWAY RUN 15K AND 5K 8:30 A.M. MUSKEGON, MICH
J.D. WALLACE (800) 783-3161 EXT 308 (BOX 59 MUSKEGON MI 49443)

26 SUN 19TH ANNUAL PICTURED ROCKS 11 MILE ROAD RACE MOUNTAIN, MICH.
EL HARGER, #1, BOX 901, MOUNTAIN MI 49852 (906) 387-3887

04 MON RUNNING WILD 4 MILE RUN FORT WAYNE ZOO 7:30 A.M.
JENNY KLINE, 3411 SHERMAN BLVD., FT WAYNE IN 46808 482-4610

04 MON INDEPENDENCE DAY 4 MILER 8 A.M. COLDMATER, MI
BOB COLLINS (517) 278-6942 1420 ADOLPH SHORES DR. 49036

04 MON PEACHTREE ROAD RACE 25TH YEAR ATLANTA, GA
ATLANTA TRACK CLUB, 3097 E. SHADOWLAWN AV., ATLANTA GA 30305

03 SAT VOLKSLAUF 5, 10 & 20K RUNS FRANKENMUTH, MICHIGAN
P.O. BOX 7, FRANKENMUTH, MI 48734
PASTA DINNER AND FIREWORKS THE NIGHT BEFORE

10 SUN OHIO/MICHIGAN RUNS INCLUDING MARATHON TOLEDO, OHIO
1 STRANAHAN SQ. STE. 518, TOLEDO, OH 43604 (419) 241-4342

10 SUN CHICAGO DISTANCE CLASSIC 20K (312) 786-1900 CHICAGO, IL
COLTEN LAWLER, 1440 W. WASHINGTON BLVD., CHICAGO IL 60607

30 SAT CLEAR LAKE 10K RUN FOR THE BLIND 9 A.M. FREMONT, IND.
LARRY LEE 625-4508 OR 747-1441

30 SAT BIX 7-MILE DAVENPORT, IOWA (319) 359-9197
ED FROELICH, 2665 E KIMBERLY RD., BETTENDORE IA 52722

31 SUN * SAN FRANCISCO MARATHON (415) 391-2123
P.O. BOX 77148, SAN FRANCISCO, CA 94107

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

13 SAT RUN THRU HELL 10 MILE & 4.8 MILE PINKNEY, MICHIGAN
HARRISON HENSLEY (313) 878-6640

13 SAT 15TH ANNUAL WELCH'S 10K GRAPE STONE 8:30 A.M. NILES, MICH.
1114 S. 21ST STREET, SOUTH BEND IN 46615
ROD GOODCHILD (219) 288-5837

20 SAT PARKERSBURG HALF MARATHON PARKERSBURG, WEST VIRGINIA
DORSEY CHEVONHILL, 20 BOX 178, PARKERSBURG, WV 26102
(304) 424-2786

20 SAT PIKES PEAK ASCENT (719) 473-2625 MANitou SPRINGS, COLORADO
NANCY HOBBS, BOX 38235, COLORADO SPRINGS, CO 80937

----- U T I Y -----

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

21 SUN PIKES PEAK MARATHON (719) 473-2625 MANITOU SPRINGS, COLORADO
NANCY HOBBS, BOX 38235, COLORADO SPRINGS, CO 80937

27 SAT THE CRIM 10-MILE +OTHER DISTANCES FLINT, MICHIGAN
BOX 981, FLINT MI 48501 (313) 235-3396

----- 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 * PARK FOREST SCENIC 10 MILE AND 5K 8 A.M. PARK FOREST, IL
200 FOREST BLVD., PARK FOREST, IL 60466 (708) 748-2005

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

10 SAT MACKINAC ISLAND EIGHT MILE RUN & WALK 10 A.M. MACKINAC ISLAND
RIVERBEND STRIDERS, BOX 233, FLUSHING MI 48433 (313)659-6493

17 SAT LAKESHORE 50 50K AND 50MILE 7 A.M. HOLLAND, MICHIGAN
STEVE WEBSTER, 268 E. 8TH ST., HOLLAND MI 49423 (616)396-7961

25 SUN THE BLADE 10K RUN 8:30 A.M. TOLEDO, OHIO
ROY HILL, 541 N. SUPERIOR ST., TOLEDO OH 43660 (419)245-6285

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 217-735-2403

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

02 SUN * PORTLAND MARATHON 23RD YEAR +OTHER EVENTS PORTLAND, OR
BOX 4040, BEAVERTON, OR 97076 (503) 226-1111

02 SUN TWIN CITIES MARATHON MINNEAPOLIS, MINNESOTA
708 N. 1ST STREET MINNEAPOLIS MN 55401 (612)673-0778

08 SAT * BICENTENNIAL RUNS & WALK 9 A.M. FORT WAYNE, IND.
9.4 MILE RUN, 2.26 MILE RUN & WALK, 1994 FT. PEEWEE RUN
FORT WAYNE TRACK CLUB, BOX 11703, FORT WAYNE IN 46800

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

09 SUN FOX CITIES MARATHON APPLETON, WISC.
(414) 954-6790 835 VALLEY ROAD, MEMASHA, WI 54952

16 SUN DETROIT FREE PRESS INTERNATIONAL MARATHON DETROIT, MICH.
BARBARA BENNAGE, 321 W. LAFAYETTE BLVD., DETROIT MI 48226
(313) 222-6676

16 SUN ST. LOUIS MARATHON ST. LOUIS, MISSOURI
ST. LOUIS TRACK CLUB, 2385 HAMPTON AV., ST. LOUIS MO 63139

23 SUN MARINE CORPS MARATHON WASHINGTON, D.C. 9 A.M.
P.O. BOX 188, QUANTICO MA 22134 (703) 640-2225

29 SAT PLEASANT RUN 5-MILE (317) 736-9500 INDIANAPOLIS, IND.
GARRY PETERSEN, 179 S. HOME AVE., FRANKLIN, IN 46131

30 SUN * CHICAGO MARATHON 8:30 A.M. CHICAGO, ILLINOIS
(312) 527-2299 CHICAGO MARATHON, BOX 10597, CHICAGO, IL 60610

----- N O V E M B E R 1 9 9 4 -----

06 SUN NEW YORK CITY MARATHON 25TH YEAR NEW YORK, NEW YORK
NYRR, P.O. BOX 1388, GPO, NEW YORK, NY 10116 (212)860-4455

13 SUN COLUMBUS MARATHON COLUMBUS, OHIO (614) 433-0395
JOAN RIEGEL, P.O. BOX 26806, COLUMBUS OH 43226

Press Release

For More Information, Call:

KEN LONG & ASSOCIATES
317/786-8812

For Immediate Release
October 26, 1993

Start of Press release

ALL SPORT HOOSIER GRAND PRIX CHAMPIONS DECIDED

■ Over \$10,000 to be distributed among the champions of the top Indiana runners and walkers.

Tim Mylin of Carmel and Karlene Herrell, Peru not only won the championship event - *The Citizens Gas Race for Heat*, they have been crowned champions of the grand prix series in the Runners Division.

Mylin's point spread, over the seven events, was 260 points over 2nd place Steve O'Connell, Fort Harrison. Scott Walschlager, Anderson, was 3rd with 870 points.

Herrell had a much tougher time. Her 985 point total was only 50 points more than 2nd place Hilary Snyder of Indianapolis. Mary McManus, Fort Wayne was third - only 5 points behind Snyder's 930 points.

The Female Walk Division was very close and competitive with Annella Smith of Plainfield at 1075 points edging out nationally ranked Lisa Sonntag's 1035 points. Jackie Jessup was 3rd with 990 points. Sonntag and Jessup are both from Indianapolis.

Don Anderson, Birdseye, with 1170 points took first place honors over Duane Weddle's (Danville) 1005 points and Daniel Shoufler's (Fortville) 3rd place 975 points.

Ken Long, the administrator of the series, stated that "the series is not just for the elite runners and walkers, but is designed for people of all ages and abilities....people who participated in at least 5 of the events will receive merchandise awards."

Long stated, "approximately 300 runners and walkers have qualified for the hard to get tyvek jacket by participating in all 7 events. The jacket has become *the* symbol for running and walking enthusiasts."

The 1994 *All Sport Hoosier Grand Prix* series is in the process of being finalized.

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.



FORT WAYNE TRACK CLUB
FANNY FREEZER - 5KM
 FEBRUARY 18, 1994
 SATURDAY, 3:00 PM
 FOSTER PARK



ENTRY FORM

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP CODE _____
 TELEPHONE NO. _____ AGE (as of 2/19/94) _____

ENTRY FEES:

PREREGISTRATION	RACE DAY REGISTRATION
\$2.00 - FORT WAYNE TRACK MEMBERS	\$3.00 - FORT WAYNE TRACK MEMBERS
\$3.00 - NON-MEMBERS	\$4.00 - NON-MEMBERS

AWARDS:

FINISHERS AWARDS
AGE DIVISION RESULTS

RACE DIRECTOR: DON LINDLEY (219) 432-5988

MAKE CHECKS PAYABLE TO FORT WAYNE TRACK CLUB

PLEASE COMPLETE FORM AND MAIL TO:

FWTC - FANNY FREEZER
P.O. BOX 11703
FORT WAYNE, IN 46860

LIABILITY WAIVER:

I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For my safety I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Fort Wayne Track Club, Fort Wayne Parks & Recreation Dept, RRCA and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

SIGNATURE _____ DATE _____

PARENT'S SIGNATURE IF UNDER 18 YRS _____ DATE _____

NEW TRACK CLUB MEMBER SURVEY



My name is _____

I have been running/walking for _____

My favorite race of 1993 was _____

I did / did not set a PR in 1993.

Time: _____

Distance: _____

In the wintertime I usually train _____

I most often buy my running/walking shoes from _____

The running or fitness publication I read the most is _____

The healthful food I like the most is _____

The "junk" food I like the most is _____

I do / do not keep a training log.

I ran/walked _____ miles in 1993.

I do / do not use other fitness equipment.

The piece of fitness equipment I use the most is _____

If I could exchange bodies with any other athlete, I would _____

exchange bodies with _____

If I could travel anywhere in the world for a race, I would _____

like to go to _____

The best running/walking tip I have to offer is _____

Please send this survey sheet or a reasonable facsimile 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
- RACE DIRECTOR
 - 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
- 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...

FWTC Fanny Freezer 5K

Saturday, February 19, 1994
3:00 PM, Foster Park, Fort Wayne
Showers available at Taylor Univ. 4-5

FWTC ANNUAL BANQUET

Saturday, February 19, 1994
Pot Luck, 5:30 at Southwest Conservation
Club, Bluffton Road, Bring one dish and a
Salad or Dessert and Table service.

14th ANNUAL NUTRI RUNS AND WALK

20K & 5 M Run, 1 M Youth Run,
1/4 M Kiddie Trot, 2 M Walk
Saturday, March 19, 1994
2:00 PM Woodside Middle School

FWTC MEETINGS

Wednesday, March 9, 1994, 7:00 P.M.
Taylor University Activity Center

ADVERTISING RATES

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

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

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

All race applications must be supplied for insertion.
Inside Track publishes 450 issues bi-monthly.



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

Bulk Rate
U.S. POSTAGE
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Ft. Wayne, IN
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