

the inside track

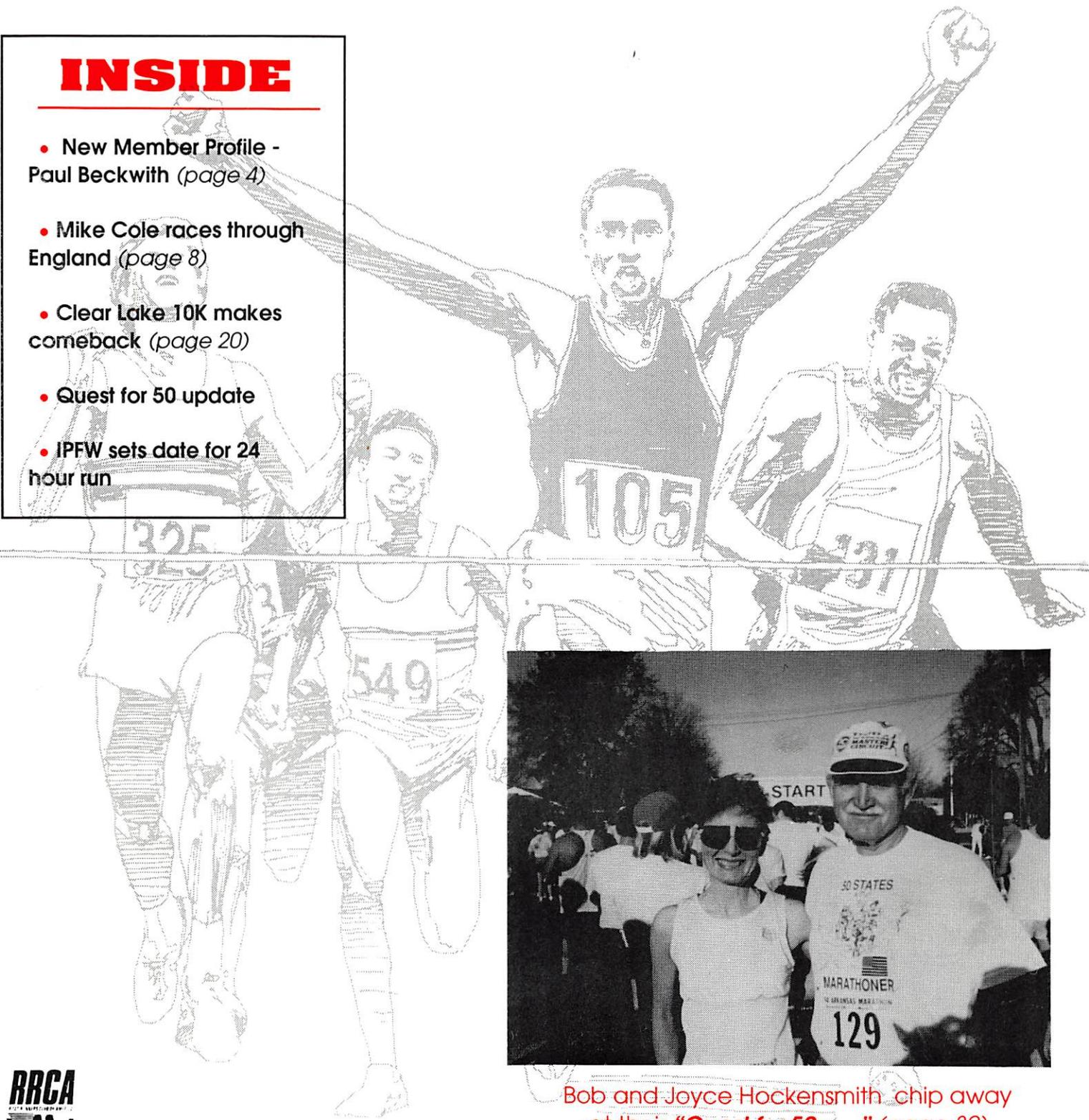
April 1994 - May 1994



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

INSIDE

- New Member Profile - Paul Beckwith (page 4)
- Mike Cole races through England (page 8)
- Clear Lake 10K makes comeback (page 20)
- Quest for 50 update
- IPFW sets date for 24 hour run



Bob and Joyce Hockensmith chip away at their "Quest for 50 . . ." (page 30)





1994

FORT WAYNE TRACK CLUB
Officers and Board Members



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GREAT DATE



**We've Been Going Together
For Fourteen Years and Still
"PAMPER" ALL Runners
With Hoosier Hospitality.**

Join us on Monday, May 30th. Events include: 10K Run, 1/2 Marathon, 10K Wheel Chair, Power Walk, 50K Bike Races plus U.S.C.F. 50K Race, 1/2 mi. Swim, 13 mi. Canoe Race and 5K Fun Walk and "Dog Walk." Mail to: *JUST GREAT*, c/o Ron Schmanske, P.O. Box 487, Elkhart, Indiana 46515 (219) 294-1661; 1/2 price off entry fee for 2nd or 3rd event. Indiana Runners mail this ad, or mention it, and Receive \$2.00 off the regular entry fee of \$13.50. Featuring the \$2,000 Mc Donald's record breaking challenge and Bill Rodgers 6th 10K Masters. FAX for Entry (219) 522-4897 (Over \$10,000 in cash prizes)



Great Race

GOSHEN TO ELKHART
The Elkhart Truth

10K ROAD RACE &
HALF MARATHON
MEMORIAL DAY, MAY 30, 1994



PRESIDENT'S COLUMN - - Bob Hockensmith

Several weeks ago, I received a video tape from the Road Runners' Club of America entitled "Run Smart - Run Safe". The tape was developed to emphasize the dangers that face women runners as they pursue their training runs. There has been a 40% increase in rapes and assaults against women runners over the last ten years. Although the tips primarily concern women runners, most of those cautionary measures could equally apply to men.

Now that the worst of the winter season has passed and more and more runners are taking advantage of warm Spring days, it seems appropriate to remind everyone that, as the crime problem increases, there is an ever-increasing danger in pursuing our sport.

On February 18, Joyce and I discussed running safety on a 15 minute telecast on Channel 55, based on the content of this video tape from RRCA. Although most of the safety tips are just plain common sense, by repeating them, it may help to keep our thoughts focused on safety as we start out the door for a run.

The tape suggests that runners:

1. Not wear headphones. Even though it might be soothing and pleasant to hear your favorite music and divert attention from the occasional discomfort of running, the restriction in the ability to clearly hear could cover the sound of someone hiding in bushes along the way. A second or two of advance warning may be the advantage that you need to escape.

2. Don't run over the same course repeatedly. By varying your route, the runner does not allow an attacker to pre-plan a potential attack.

3. Carry a noisemaker. Although whistles are too commonplace to be helpful, a device that makes a loud noise can call attention to a runner in difficulty and may scare a potential attacker away.

4. Don't appear vulnerable. If someone accosts you, or makes suggestive remarks, don't ignore them. Rather, look them over carefully as though trying to memorize the face and license plate number, without engaging in any conversation.

5. Wear identification. Use a tag inside a shoe or wear identification in a waist or shoe wallet, in case of emergency.

6. Make friends along the route. Should there be a problem with an attacker, the friends along your route could be real allies in time of need.

7. Take a dog along for protection. Remember that many men have no fear of a defense from a human, but few men will ignore an aggressive and protective dog.

The above safety tips were taken from the RRCA video tape. Should any individual or group wish to use the video, it is readily available, without charge, by calling Joyce or myself. It runs for about 13 minutes and is extremely well done.

Let's hope that the coming running season does not result in any of our runners being accosted while out-of-doors, but to be forewarned is to be forearmed. The message of the RRCA tape is: "Running is your right, but safety is your responsibility."

MINUTES
Fort Wayne Track Club Monthly Meeting
Wednesday, March 9, 1994, 7:00 p.m.

9 Present: Don Ford, Bob & Joyce Hockensmith, Vicki Jacobs, J.P. Jones, Don Lindley, Mike McAvoy, Barb Scrogam, Judy Tillapaugh.

On this very snowy, icy, cold, windy evening meeting was opened with treats & singing "Happy Birthday" to Joyce Hockensmith celebrating her upcoming 47th birthday. Joyce needs material for next newsletter by March 23rd. She'll be trying a different newsletter format.

Mike McAvoy said Gerbers will do 1/2 page newsletter ad & provide club members 15% shoe discount. Mike is their appointed representative & orders can be placed with him at our monthly mtgs. He'll have catalogs beginning with April mtg for 5 companies: Adidas, Asics, New Balance, Nike, Reebok.

Don Ford highlighted race schedule: 3/19 Nutra Runs; 4/23 St. Jude's School 5K; 4/30 IPFW Spring Classic 5K; 6/11 Canal Days Race, 7/30 Run for the Blind.

Judy Tillapaugh said she has RRCA video on children's running. Bob & Joyce Hockensmith & Judy are attending April 7-10 national convention, Washington D.C. Since we're one of 50 clubs in RRCA Kids' "I Did It" series, we're in RUNNER'S WORLD write up on it. Judy still needs volunteers for Nutra Runs.

Don Lindley reviewed budget & membership:

	beginning balance	income	expenses	ending balance	
January	\$4,944.15	\$ 802.43	\$ 631.20	\$5,115.68	
February	\$5,115.68	\$2,636.93	\$1,502.11	\$6,250.50	
Membership totals:	1994=255	1995=85	1996=21	1997=1	1998=1.

The 255 compares with 294 this time last year. Don sent 220 renewal notices. Of those not renewing, 3 wrote explaining why. One will be thanked personally by J.P. Jones on behalf of club (since J.P. knows him); other 2 will be sent notes by Vicki Jacobs on behalf of club.

J.P. Jones reported the ad hoc Audit Committee still auditing books. They'd hoped to be done, but they've been too busy.

Judy Tillapaugh & Mike McAvoy working with Tony Acosta from Parks Dept. finalizing training program for bicentennial race. Starts 7/22, Sears Pavilion; ads will be in Parks Dept. newsletter & our newsletter; cost is \$19 city residents; \$24 non residents; we'll get \$5 per person, rest covers Parks Dept. costs (mailings, brochures, refreshments each week, t shirts, etc.); 16 wk program; probably start 6pm; once/month start 5:30pm with spkr (someone like Judy on nutrition, Mike on biomechanics of running, shoe selection, etc.); club members needed to volunteer as pacers each week.

Don Lindley reported \$4,700 of bicentennial race budget not yet covered by sponsors; he's still waiting word from several companies. He & his committee doing a GREAT job & most of budget is already underwritten. THANKS, DON!

Discussion about having retreat for purpose of brainstorming ideas for club events (races, bus trips to out of town events, etc.). In midst of discussion, mtg adjourned, secretary left, discussion continued. Next month's mtg Wednesday, April 13, 7 p.m., Taylor FW.

Respectfully submitted,

Vicki Jacobs, Secretary

TRACK CLUB MEMBER PROFILES

PAUL BECKWITH

Birthdate : August 20, 1955

Occupation : Science teacher at Angola Middle School, Cross-Country Coach at Angola High School, landlord, and part time adjunct professor at Tri-State University

Family : wife Elaine, and daughter, Paige, 2

Pets : cat named Cameron

Hobbies or interests : collecting antiques, especially Torquay Pottery, photography, gardening

Favorite family activities : travel - last summer we took Paige with us to England

Favorite Spectator Sports : Mid-American Conference basketball

Favorite area restaraunt : Sam's Place in Blakeslee, Oh

Favorite Distance to Run : 15k

Favorite Race : I have run races from Seattle to Boston to Miami, with distances from 5k to the marathon, and each one has a special memory. I ran a 7 mile race at Stockport, England this past summer as well. But if pressed to name my all time favorite, it is the Beer Bottle Open at Columbus Grove, Oh. It is a race that for some reason reminds me of the races before the running boom of the 70's.

Favorite After Race Food : Gatorade, Diet Mt Dew. I am not really hungry right after a race, but later one in the day, I will chow down.

Favorite Running Shoe : Anything that my sister Sally can get me a deal on cheap. She is the manager at No Competition !. at The Mall of America, in Bloomington, Mn. That is the largest sporting goods store in the largest mall in the country. My first pair of running shoes were white leather Tigers called Mexico 68's.

Favorite place to train : Pokagon State Park. Trails. drinking fountains, toilets, hills, wildlife, shade in the summer, windbreaks in the winter, at least nine miles that can be run on the trails without ever repeating, and during the early morning or anytime in the afternoon (except the summer), no people. I do not have too many concerns of traffic either, but one time I ran right over a skunk, and another time I saw three huge trees fall down like a row of dominoes.

Inspiration : Frank Engleman

Charles Lucas, Jr

Richard Gollnick



These were my coaches at Davey Jr High , and Kent Roosevelt High School at Kent, Ohio, and my college at Tri-State University. Each had a very different approach to running, but all of them were motivating and tremendously successful.

Frank Engleman was my junior high and high school German teacher. He grew up in post war Germany and really pushed us hard in the classroom. We had to learn how to spell, read, and write five new sentences each day. Our track team only lost one meet.

Charles Lucas, Jr was on a team that won the Pennsylvania State Cross-Country Championship. He weighed a ton. He told us that he always did enjoy eating more than running. Without him saying very much, we would want run through fire for Mr. Lucas, who we affectionately called Luke, Uncle Chuck, or Chuckles. After I graduated, the program took off and claimed two state titles.

Bobby Knight has nothing on Richard Gollnick. Gollnick gives everything that he has to the CC and track program at TSU. He is dedicated to coaching. I could never picture him selling insurance or joining the broadcast crew in the booth. He coached a " walk-on " to an NCAA Division III National Championship 10,000 meter title. (Dexter Lehman) He also coached Jack Vrana, former CC and Track coach at Prairie Heights HS, who in turn coached a promising young runner there named Brian Shepherd.

DREAMS : Snag another PR. I narrowly missed a couple recently, running 1:17:01 for the half marathon (PR 1:16:46), and ten miles 58:08, (PR 57:58).

Run at least one new race per year. Last year I ran in three races that I had never run before.

FWTC Directions : Increase membership. I am doing my part by signing up for three years , after being a member in the late 70's and early 80's.

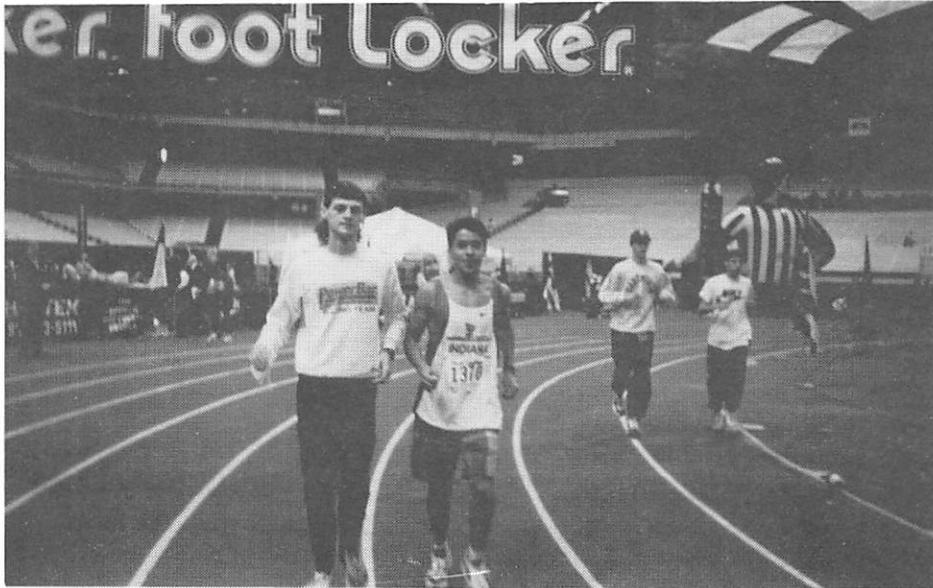
I am intrigued by the tour ideas. Maybe someday i will say cool-a FWTC tour to Bay to Breakers or Falmouth or Peachtree.....

Don Lindley is the Fred Lebow of the Midwest. I asked for membership information and he sends me a copy of the Inside Track, race entry forms, and returns unused, the self-addressed stamped envelope. Thank you !

PIZANA AND SHEPHERD TAKE TRIP TO SYRACUSE, NEW YORK

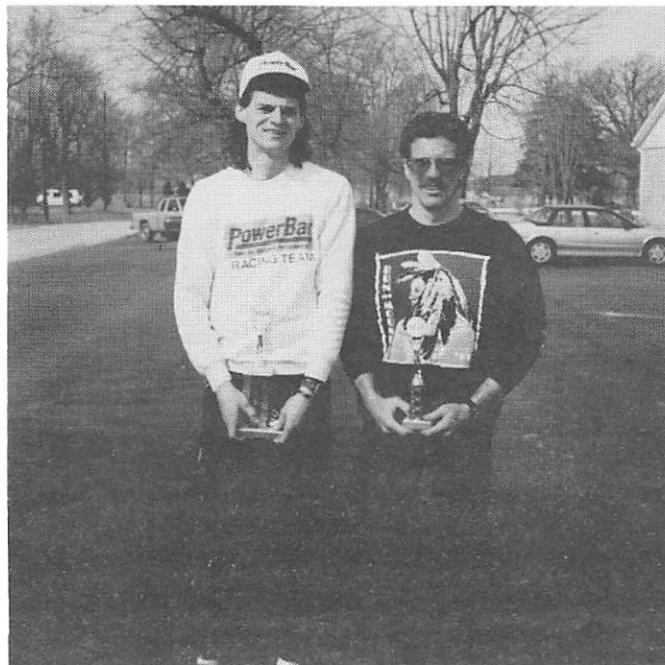
Frank Pizana participated in the Footlocker National Indoor Meet in Syracuse, N.Y. on March 13. He placed 11th in the mile in 4:32 in a crowded Carrier Dome. He lead for 3 laps before lung burn took its toll and he dropped back.

Shepherd was very impressed with Frank's gutsy move to the front and believes this meet will definitely help Frank this year in track. He also believes Frank represented Indiana very well.



FWTC RUNS TO VICTORIES AT AMBOY 5K

Some members of the FWTC traveled to Amboy, IN to take part in the Norris Amboy 5K. Leading the way was PowerBar/FinishLine Runner Brian Shepherd. He won the race in a time of 16:16. He was followed by Jerry Williams of Fort Wayne 16:32. Steve Caswell came in tenth overall and was the Masters Champion in a time of 17:40. Ken Disler took home another division winning trophy as he won the 70-over division in a time of



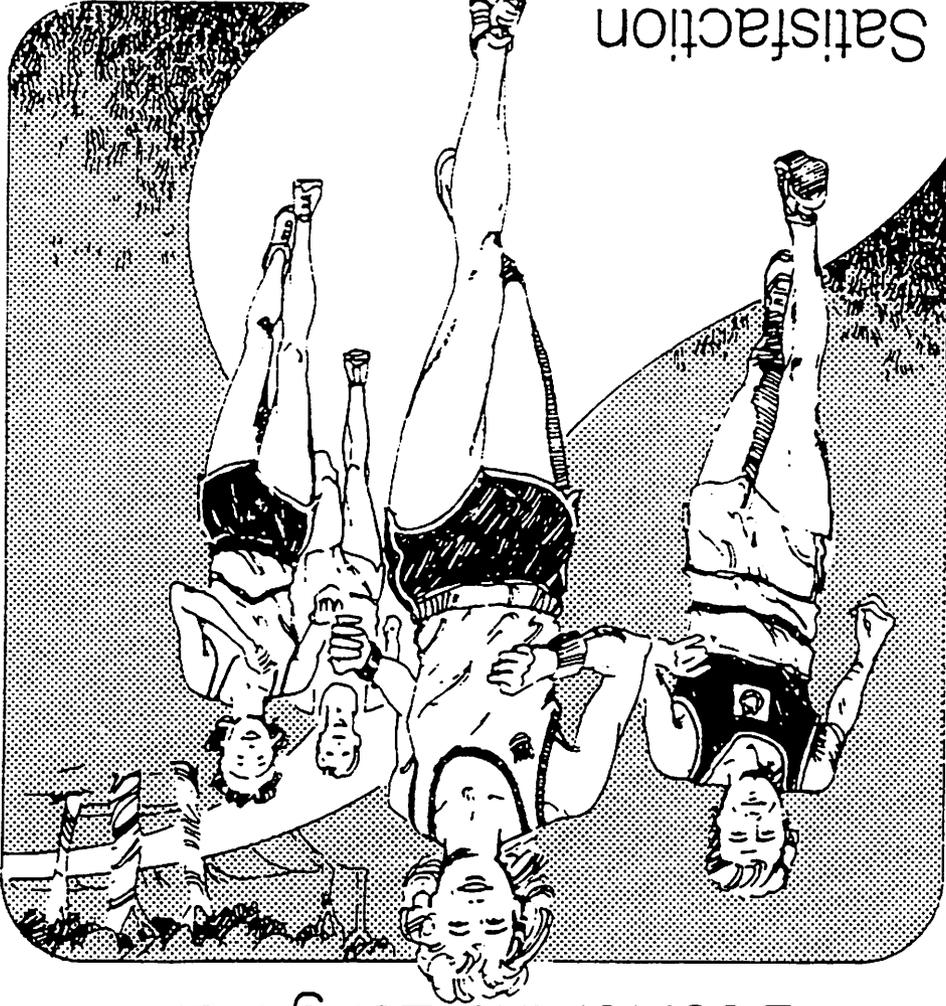
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**SAM COSTA 25TH ANNUAL HALF MARATHON
SUNDAY MARCH 20, 1994**

<u>Overall</u>		<u>Time</u>
100th	Judy Tillapaugh	1:35:16
224th	Don Lindley	1:52:19
225th	Joan Gary	1:52:20

Judy and Joan placed first in their age divisions. Indy Runners did an excellent job with the runs, which also included a 12KM run. Aid station volunteers and course marshals were super. The course currently follows country black top roads, where excellent traffic control is possible. In a few years, with the coming of housing additions, the roads around Clay Junior High School may be more congested. We hope the Indy Runners continue to sponsor this race, not letting progress interfere.

COLE ON HIGH AFTER A RUN THROUGH ENGLAND

Mike Cole, an Angola High School student, spent a week in Great Britain traveling with a U.S. contingent affiliated with the World Sports Exchange of Hillsdale, Michigan.

18-year old Mike felt it was the best week of his life and he would love to go back. Mike roomed with high school student athletes from Nevada and Toledo, Ohio. He estimated that in the group of 92 runners, about 90 percent had qualified for state meets and about a third were state champions.

Mike recorded PR's in the four mile (21:20), and 10K (33:30). Mike was able to make the trip with a collection of about 35 sponsors from the tri-state region. Mike finished second overall in his four mile race at Bristol, England, and was the top U.S. runner in London's Hyde Park 10K.

Mike planned to run a competitive indoor schedule before devoting his pursuits to the spring track season.

Good luck, Mike !

**Bicentennial Run/Walk Planning Meeting
Monday, April 11, 7:00 PM
Don Lindley's House - 1820 Briar Fence
We need volunteers - Support the FWTC**

FORT WAYNE TRACK CLUB FANNY FREEZER - SATURDAY - FEBRUARY 19, 1994
 5 KM - FOSTER PARK - TEMP 66

OV	Walker	TIME	OV	Male 30 - 34	TIME
1	BOB GENSHEIMER	31:42	3	CHUCK SCHLEMMER	16:30
	Female 15 - 19		4	MARK SANDERSON	16:38
27	MOLLY SLOFFER	21:12	6	KEN BABCOCK	17:25
37	TRACY STRIGGLE	21:46	12	GREG WEISSER	18:27
47	BETH RICHARDSON	23:10	15	PAUL KNOTT	18:40
48	LIZ MUTER	23:13	21	BRET BREWER	20:11
61	TERRI OBRIEN	25:29	39	MARK ALTSTAETTER	21:51
	Female 20 - 24			Male 35 - 39	
56	MARY YAGGY	24:46	8	CARL RISCH	17:58
	Female 25 - 29		9	JAY PRICHARD	18:06
70	KAREN LOUIS	27:18	14	RICK PLUCKETT	18:38
	Female 30 - 34		16	RICK GILBERT	19:04
32	KIM LARSEN	21:23	19	MARK BRATTOLI	19:54
72	JILL ASH	28:17	28	JOHN POWELL	21:14
82	TAMMY JOHNSON	30:07	29	JON SCHLATTER	21:16
	Female 35 - 39		31	GREGG KURTZ	21:22
65	KAREN LANTZ	26:21	45	DICK KORZEN	22:48
	Female 40 - 44			Male 40 - 44	
64	BOBBIE CLARK	26:15	7	JED PEARSON	17:56
	Female 45 - 49		13	PAUL AUSDERAN	18:35
68	PAT LEHMAN	26:56	26	PHIL WISNIEWSKI	20:51
80	JOANNA FLENER	29:16	34	MICHAEL COMP	21:33
81	SARA SMITH	29:39	35	DON KRAMER	21:35
	Female 50 - 54		40	DAVE WINTERS	21:52
85	SUE MYERS	34:09	43	NEIL ANDERSON	22:19
87	SHARON BRUNER	40:35	50	ROBERT STRIVERSON	23:30
	Female 55 - 59		52	TOM FUELLING	24:17
60	JOAN GARY	25:15	55	KURT PARIS	24:44
86	DURONDA CAMPBELL	35:53	69	JOHN LANTZ	26:57
	Male 11 & UNDER		71	REG JOHNSON	28:04
46	TIM BAYER	23:09	83	GARY SMITH	30:58
54	HUNTER PARIS	24:40		Male 45 - 49	
67	JUSTIN PARIS	26:49	20	PHIL FOUND	20:04
77	MICHAEL KRITTER	28:50	42	JACK SEIGEL	22:02
	MALE 12 - 15		51	GARY BECK	23:42
25	BRIAN KRITTER	20:47	62	BOB YOUROSKO	25:33
44	MIKE SINK	22:36	75	FRED WEHRWEIN	28:37
	MALE 16 - 17			Male 50 - 54	
23	CHRIS CHAMPION	20:31	22	LARRY AVERBECK	20:17
30	GEORGE GEBHART	21:18	49	TOM FELGER	23:24
24	CORT EYER	20:31	58	DON LINDLEY	24:54
18	JASON FULFORD	19:45		Male 55 - 59	
11	TY ARTERHULTS	18:13	53	TOM LAIRD	24:29
38	ZANE DONALDSON	21:49	66	ED GEBHART	26:43
36	TIM KRITTER	21:38		Male 60 - 64	
			59	BOB LOOMIS	25:02
			63	BILL PATTERSON	25:45
			73	DAVE MYERS	28:24
			74	EUGENE STRIGGLE	28:29
			79	DON RHOADES	28:54

Fanny Freezer Results Continued.....

	Male 18 - 19		Male 65 - 69	21:58	
2	JASON JOG	16:16	41	DON ANDERSON	28:44
5	TONY SCHULIST	16:48	76	J.P. JONES	
	Male 20 - 24		Male 70 & Over	28:53	
17	AHMED ALLAOUI	19:24	78	KEN DISLER	
57	MARCUS MARTINEZ	24:48			
	Male 24 - 29				
1	BRIAN SHEPHERD	16:10			
10	ROBERT MINNICK	18:08			
33	DENNIS WANG	21:24			

MANY THANKS TO ALL OF THE VOLUNTEERS.
Mike Kast, Mike Lindley
Jerry Diehl, Sharon Pauley
Judy Tillapaugh & those that helped
set up and break down the finish line.

INTERNATIONAL SPORTS PROGRAM ANNOUNCES

CROSS COUNTRY TEAM FOR 1994 TRACK TEAM FOR 1994



Sport For Understanding (SFU), a non-profit exchange program for teenage athletes, announces a Cross Country team traveling to Australia during the summer of 1994. Cross Country athletes--ages 14-19--of all skill levels are invited to join.

Throughout the four-week program the team is involved in a variety of sport and cultural learning activities. SFU athletes and their volunteer coaches live with host families during their stay to experience the country's customs and culture firsthand. The SFU team trains with their host club, and has games scheduled with local teams.

In 1994, 27 SFU teams--in 11 different sports--begin traveling in mid-June and return to the U.S. by late-August. Travel dates vary by team and destination. Each SFU team has a fixed number of players, so teams are filled on a "first-come" basis. Program fees range from \$2,425 to \$2,925, depending on sport and destination. All applications must be postmarked by April 1, 1994.

In addition to SFU teams traveling overseas, international sports teams also visit the U.S. Local sport teams and clubs are needed to host the teams and provide them a look at American life through sports.

Since 1982, thousands of teen athletes have experienced different cultures through SFU sport exchanges. SFU is a summer program of Youth For Understanding (YFU) International Exchange. YFU is a private, non-profit, educational organization dedicated to international understanding and world peace. YFU carries out one of the world's oldest and most-respected international youth exchange programs.

For further information and an application, write to Sport For Understanding, Dept. C302, 3501 Newark Street, N.W., Washington, D.C. 20016, or call 1-800-TEENAGE.

Members Page

Michael C. McManus, D.P.M.



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FORT WAYNE TRACK CLUB KIDS "I DID IT" RUNS
MARCH 19, 1994

1/4 MILE RUNNERS:

Kellie Mille- 10 yrs.
Kellie Stanley- 9 yrs.
Dustin Lewis- ? yrs.
Rachel Weide- 10 yrs.
Hunter Paris- 9 yrs.
Greg Gibson- 4 yrs.
Brittany- 8 yrs.
Lauren Anders- 6 yrs.
Kali Barrett- 8 yrs.
Tai Felger- 8 yrs.
Russell Glasper- 7 yrs.
Rebecca Staller- 8 yrs.
Jacob McCemons- 6 yrs.
Brian Shelley- 8 yrs.
Sara Brimm- 8 yrs.
Micki Davis- 8 yrs.
NicoleClem- 8 yrs.
Phillip Gilbert- 11 yrs.
Tiffany Blauvelt- 7 yrs.
Davetta Stewart- 8 yrs.
Christina Radu- 8 yrs.
Brian Carman- 11 yrs.
Tim Bayer- 10 yrs.
Brian Jenkins- 7 yrs.

Nikki Sorg- 9 yrs.
Megan Thieme- 10 yrs.
Hannah Weide- 7 yrs.
Nick Leffers- 5 yrs.
Justen Paris- 11 yrs.
Samantha Nolting- 7 yrs.
Blair Stellhorn- 6 yrs.
Amanda Kingsbery- 6 yrs.
Andrea Peters- 7 yrs.
Heather Brown- 8 yrs.
Amanda Bishop- 8 yrs.
Heather Mitchell- 8 yrs.
Stephanie Shelley- 11 yrs.
Jessica Denne- 9 yrs.
Jessica Kreider- 9 yrs.
Paul Gilbert- 6 yrs.
Matthew Blauvelt- 6 yrs.
Josh Blauvelt 9 yrs.
Tim Lehman- 10 yrs.
Angela Heyer- 7 yrs.
Tabatha Herold- 8 yrs.
Stephanie Ridenour- 7 yrs.
Nikki Lewis- 9 yrs.

Toddler Trot- 25 yds.
Jacob Weide- 4 yrs.
Steven Sanderson- 4 yrs.
Danny Panyard- 6 yrs.

Alicia Leffers- 16 months
Greg Ridenour- 3 yrs.
Michael Jenkins- 4 yrs.

2 Mile Walkers:

Levi Gross- 6 yrs.
Whitley Gross- 5 yrs.
Lisa Tinton- 10 yrs.
Faithe Miller- 10 yrs.
Adrienne Brooks- 11 yrs.
Autumn Stauffer- 9 yrs.
Lashira Norwod- 7 yrs.
Kristin Gumbert- 8 1/2 yrs.
Jennifer Adams- 8 yrs.
Megan Thieme- 10 yrs.
Jessica Swangin- 10 yrs.
Meghan Churchill- 9 1/2 yrs.
Nancy Churchill- 45 yrs.
Jessica Bickis- 10 yrs.
Julie Walker- adult

Debra M. Gross- 28 yrs.
Felisha Walker- 11 yrs.
Ashley Hildenbrand- 9 yrs.
Beth Levandoski- 9 yrs.
Jessica Bickis- 10 yrs.
Faye Shama- adult
Leah Logan- 8 1/2 yrs.
Nicholas Adams- 6 yrs.
Tamieka Lucas- 8 yrs.
Elizabeth Campbell- 10 1/2 yrs.
Ashley Brown- 10 yrs.
Kate Folker- 10 yrs.
Carol Weide- 38 yrs.
Charlotte Campbell- 40 yrs.
Rhonda Adams- adult

*Names were from available finish cards.

Congratulations to all "I DID IT" runners and walkers!! BE YOU BE FIT!

OV	FEMALE	AGE	TIME
	15 - 19		
20	AMY YODER	16	84 :48
85	TERRI O'BRIAN	19	131:11
	20 -24		
71	KANDICE KENNEY	24	110:20
	25 - 29		
8	KARLENE HERRELL	28	77 :24
36	ROBIN BURKHOLDER	28	92 :26
	30 - 34		
66	CONNIE SIMS	33	109:24
	35 - 39		
51	BETH BATTELL	39	99 :07
64	RHONDA SCARBERRY	38	108:30
79	PEG NORTH	38	122:29
82	ANNE FREMION	38	124:06
	45 - 49		
60	BARB SCROGHAN	47	104:57
69	LIZ RICKNER	46	109:43
77	SHARON YADON	45	120:28
	55 - 59		
67	JOANIE GOLDNER	55	109:29
84	JOYCE FUZY	56	125:08



FWTC MEMBERS AT THE STAR TREK 5K

RUNNER'S WORLD



Kids "I Did It" Run

**FORT WAYNE TRACK CLUB KIDS "I DID IT" RUNS
MARCH 19, 1994**

1MILE RUNNERS

1	Ryan Gibson	13 yrs.	5:36	20	Chris Battell	11 yrs.	7:45
2	Sarah Weide	13 yrs.	6:21	21	Jeff Carman	9 yrs.	7:52
3	Joe Mahlan	12 yrs.	6:34	22	Beth Herndon	8 1/2 yrs.	7:56
4	Tim Bayer	10 yrs.	6:35	23	Brett Gage	8 yrs.	7:58
5	Andy O'Connor	10 yrs.	6:53	24	Dustin Lewis	9 yrs.	8:02
6	Jessica Thieme	11 yrs.	6:54	25	Sean Leffers	9 yrs.	8:10
7	Justen Paris	11 yrs.	6:56	26	John Dzado	9 yrs.	8:27
8	Kyle Bresette	10 yrs.	7:02	27	James Bustos	7 yrs.	8:30
9	Hunter Paris	9 yrs.	7:07	28	Stephanie Ridenour	7 yrs.	8:32
10	April Henniney	12 yrs.	7:12	29	Adam Whitman	10 yrs.	8:38
11	Greg Gibson	9 yrs.	7:17	30	Katie Nolting	10 yrs.	8:50
12	Nikki Lewis	9 yrs.	7:20	31	Denise Trgovich	10 yrs.	8:50
13	Ernie Mazock	9 yrs.	7:21	32	Lauren Miller	8 yrs.	9:12
14	Nick Lehman	12 yrs.	7:24	33	Teresa Quigley	10 yrs.	9:28
15	Dillon Kingsberry	9 yrs.	7:25	34	Rachel Parks	12 yrs.	10:11
16	Brian Muhler	8 yrs.	7:28	35	Mickey Mazock	7 yrs.	10:13
17	Jeff Dzado	8 yrs.	7:35	36	Dave Dzado	7 yrs.	11:23
18	Brian Carman	11 yrs.	7:39	37	Joe Dzado	7 yrs.	11:50
19	Natalie Osterman	10 yrs.	7:40				

*Results from available finish cards

14TH ANNUAL FORT WAYNE TRACK CLUB
 NUTRI-RUNS AND WALK
 SATURDAY - MARCH 19, 1994

20KM (12.4 MILES) RUN

OV	MALE	AGE	TIME	OV	MALE	AGE	TIME
				40 - 44			
14 & UNDER				5	TOM YODER	41	76 :12
59	BEN DOWNIE	13	103:51	6	RICK VORICK	43	76 :34
20 -24				9	STEVE CASWELL	40	77 :34
42	ANTHONY CLAUSEN	20	95 :23	11	JED PEARSON	42	78 :30
80	DANA BRACKETT	24	122:51	12	JOHN TRELEAVEN	41	79 :04
25 - 29				29	RON JOHNSON	44	88 :09
7	MARK ERWIN	29	76 :58	31	DON FORD	43	90 :33
16	MIKE SCHOUDEL	26	80 :50	37	PAUL AUSDERAN	40	92 :37
40	CHRIS JANUS	25	94 :44	38	MIKE BARRELL	40	93 :08
41	DAVE MILLHOUSE	27	94 :58	45	GREG FAHL	41	96 :14
55	JEFF DUCKWORTH	28	100:48	52	FRED STOFFELL	43	99 :42
56	DUSTIN YOUNG	26	102:21	53	JOE HILGER	44	100:13
81	TOM FUJIYAMA	29	123:34	54	TIM ZUMBAUGH	41	100:34
92	TROY BARRAND	25	146:27	63	EDDIE LEE	41	107:55
30 - 34				68	MICHAEL YANN	41	109:37
1	BRAD COOPER	32	71 :58	76	JAMES PEART	44	116:49
2	MARK HERNDON	31	74 :13	45 - 49			
10	STEVE LEFFERS	33	78 :28	14	GARY RICKNER	45	79 :27
13	KURT MATTOX	34	79 :11	18	GORDON PLEUS	47	81 :09
17	DON BRANSTETTER	32	81 :02	25	MARV SAMBUR	47	86 :01
22	RICK REAGAN	32	85 :28	26	TERRY DEAN	46	86 :26
23	KEN NELSON	30	85 :38	34	MIKE LEWIS	46	91 :59
35	SCOTT WAGNER	33	92 :06	46	PHIL WISNIEWSKI	46	96 :28
44	ROY ULCH	34	95 :53	47	MIKE YODER	46	96 :56
73	CURT ANDERSON	34	111:24	48	JACK REINKING	46	97 :11
74	JOE RYAN	33	111:53	49	LARRY UELK	49	97 :12
15	AHMED ALLAOUI	30	80 :49	50	JOHN PETERSON	48	98 :25
35 - 39				58	ROGER DELAY	45	103:26
3	TERRY DILLER	36	74 :29	75	MIKE PEART	46	116:47
4	HAL PEARSON	39	76 :01	83	ROBERT WALDA	47	124:14
19	KEVIN WARREN	36	83 :29	86	CARL FIELDS	49	135:25
24	MARK BRATTOLI	38	85 :53	50 - 54			
30	ROGER SMITH	35	88 :19	21	LYNN SMITH	52	84 :54
33	JIM PARKS	36	91 :27	27	LARRY AVERBACK	53	87 :07
39	ROBERT COHN	38	94 :02	28	JERRY PERKINS	53	87 :31
57	THOM JOHNSON	39	103:20	32	PAT HELLMAN	52	90 :45
65	J. PAUL DOWNIE	39	108:48	43	JOHN SHARP	51	95 :34
72	STEPHEN BROWN	36	111:09	61	BARRY PETERSON	51	106:18
90	RANDY HOFFMAN	39	144:10	55 - 59			
				78	E.R. GEBHART	56	121:56
				88	RICHARD HURLEY	56	140:04
				60 - 64			
				62	BOB LOOMIS	61	107:14
				70	JOHN STURTEVANT	60	110:02
				87	DON RHODES	60	135:27
				89	PHIL WAHLS	62	140:16
				65 & OVER			
				91	J.P. JONES	65	145:09



**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!

14TH ANNUAL FORT WAYNE TRACK CLUB
 NUTRI-RUNS AND WALK
 SATURDAY - MARCH 19, 1994

5 MILE RUN

OV	MALE	AGE	TIME	MALE	AGE	TIME
	14 & UNDER					
33	NICK BUSTOS	11	39:17			
37	MATT DEXHEIMER	12	39:49			
	20 - 24					
35	OSCAR BUSTOS	20	39:35			
	25 - 29					
1	BRIAN SHEPHERD	28	26:20			
2	TROY FREIDERSDORF	26	26:27			
3	FRANK RUNION	25	26:58			
9	MARK KUHN	28	31:53			
22	JON ANDERSON	27	36:37			
23	DENNIS WANG	25	36:55			
29	JAYE JOSLIN	28	38:15			
38	DAN MCLEMORE	28	39:52			
	30 - 34					
4	MARK SANDERSON	32	27:41			
5	KEN BABCOCK	32	28:55			
19	STEVE BREZETTE	30	36:15			
31	TOM BLAUVELT	32	38:21			
46	ROLAND MCPHERSON	33	42:43			
	35 - 39					
6	CARL RISCH	36	30:07			
8	KERRY HOLT	39	31:15			
18	JON SCHLATTER	37	36:04			
25	DEAN WHITMAN	36	37:51			
26	JAY GILBERT	35	37:57			
	40 - 44					
7	BILL BLOSSER	43	30:41			
10	GEORGE PETERSON	42	34:32			
14	JERRY MAZOCK	41	35:21			
28	ALAN BRADLEY	42	38:09			
32	NEIL ANDERSON	43	39:06			
39	GARY DEXHEIMER	44	39:53			
41	PAUL SABRACK	41	41:29			
52	JEFF BRAMAN	42	44:40			
54	TERRY WITT	42	45:51			
57	JOHN LANTZ	40	46:33			
59	ROBERT BROUGH	44	47:47			
62	JERRY HAKES	43	49:27			
	45 - 49					
12	JOEL SCHARZEN	46	35:08			
15	LYNN ARMSTRONG	46	35:25			
27	MICHAEL COMP	45	38:00			
30	BOB MCDONALD	48	38:17			
50	RICHARD BUSTOS	45	43:52			
51	ROBERT YUOSKO	49	44:27			
61	BUD WEHRWEIN	48	48:50			
	50 - 54					
				11	JEROME TOME	51 34:47
				13	DAVE BOYLAN	51 35:13
				24	JOHN KLEIN	51 37:06
				48	DICK JOSLIN	52 43:14
				66	ALFONSO LOPEZ	53 67:50
	55 & OVER					
				21	JOE ZIEGLER	58 36:20
				34	DICK HARNLY	56 39:24
				36	BUD STIFFLER	55 39:44
	FEMALE					
	25 - 29					
				16	CONNIE EVERAGE	29 35:50
				20	ANGIE SMITH	25 36:18
				43	ANGELA HEINGARTNER	28 42:06
				44	KIRSTEN CROWE	29 42:38
				53	LIZ ELLIOTT	26 45:07
				56	KELLY MILLENBAH	26 46:11
	30 - 34					
				17	KIM LARSEN	32 36:03
				40	CARMA MCPHERSON	32 41:03
				49	JODY HENLINE	31 43:31
				55	ELLEN SCHWENDEMAN	31 46:04
				63	COLINDA LASH	34 51:08
	35 - 39					
				42	CYNTHIA SABRACK	36 41:39
				45	CATHY BUX-FERGUSON	38 42:39
				65	MARY KROUSE	38 55:02
	40 - 44					
				64	VELMA BRADLEY	42 53:38
	45 - 49					
				58	JOANNA FLENER	47 47:18
				60	PAT LEHMAN	47 48:09
	50 & OVER					
				47	JEANETTE KLEIN	51 42:48



INDIANA
DIETETIC
ASSOCIATION



14TH ANNUAL NUTRI-RUNS AND WALK

Long distance runners, short distance runners, youth runners, and walkers all gathered together to celebrate National Nutrition Month during both the RRCA/Runner's World Kids "I Did It" Runs and the 14th Annual Nutri-Runs and Walk held March 19, 1994 at the Woodside Middle School in Fort Wayne, Indiana. The sun was shining! Everyone was a winner as they participated in the event of their choice. Brian Shepherd of Ligonier, Indiana set a course record in the 5 mile run with a time of 26:20. Karlene Herrell of Peru, Indiana also set a course record by winning the womens 20 KM run in 1:17:24. Super times! Note the other results listed here for more great performances.

Our youth runners and walkers had fun as they tested their skills on the Homestead High School Track. We had more than 120 kids! This is more than ever before.

Congratulations to all runners and walkers.

Our "Nutrition Fuels Fitness" event was a chance to celebrate healthy living with other fitness enthusiasts. Fitness and good nutrition can help everyone stay fit today, tomorrow, and for a life time.

An event is never possible without the help and support of sponsors and volunteers. Thanks much for all your helping hands and hearts.

Our Sponsors Were:

The Fort Wayne Track Club
The Northeast Indiana Dietetic Association
Redimed Inc.
Fort Wayne Cardiology
Scott's Foods
Waterworks Pure Drinking Water, Inc.
Hilgers Farm Market
Runner's World
The Road Runners Club of America

Our Volunteers were:

Michael McAvoy	J.P. Jones	Chris Welling	Ted Toscos
Mike Kast	Jack Hilker	Deb Glasper	Stephanie Robbins
Don Lindley	Ian Rowland	Irene Hattop	Kathy Hart, R.D.
Jerry Diehl	Howard Klinger	Janis Pool, DTR	JoAnne Burnett, R.D.
Tom Deal	Bud Stiffler	Barb Mader, R.D.	Ann Reidenbach, R.D.
Betty Hite Nelson	Jay Brower	Lisa Taylor	Kathy Kidd
Craig Johnson	Peggy Johnson	John Powell	Mary McManus
Lynn Giant, son, Joe & friend Mike	Mike Callahan	Pat Knaebe	Kelly Clevenger
Ken Silkworth	Jack Ade	Diane Getty	Brad Morris
	Mark Dunn		

Thank-you,
Judy Tillapaugh, R.D.
Event Coordinator



INDIANA DIETETIC ASSOCIATION

CHOCOLATE SNACK CAKE

When you're really in a hurry, use this recipe since the batter can be mixed right in the pan. Kids love to make and eat it!

Preheat oven to 350 degrees. Mix flour, brown sugar, cocoa, baking soda, and salt with a fork in an ungreased square pan, 8 x 8 x 2 inches. Mix all liquid ingredients together and add to flour mixture in pan. Beat together until smooth. Spread batter evenly in the pan and bake until a wooden pick inserted in the center comes out clean, 35 to 40 minutes. Dust with powdered sugar while warm, if desired.

NOTE: Cake may also be mixed in a bowl and then poured into the baking pan.



Variations:

Chocolate Mint Snack Cake: Mix $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon peppermint extract in with the water.

Chocolate Spice Snack Cake: Mix $1\frac{1}{2}$ teaspoons ground allspice into the flour mixture.

Double Chocolate Snack Cake: Sprinkle $\frac{1}{2}$ cup semisweet chocolate chips over batter in pan.

For school snacks and birthday parties: Bake cake in a sheet cake pan (about 10 x 15 x 1 inches). Decrease baking time to about 25 minutes. After cake has cooled completely, use a cookie cutter to cut individual pieces shaped like hearts, bears, etc. Decorate these individual snack cakes with a strawberry fan, chocolate chip faces, or candles.

Yield: 12 servings

Per Serving: 144 cal., 5 gms. fat, 0 mgs. chol., 144 mgs., sodium, 30% fat cal.

Food Group Exchanges: 1 starch, $\frac{1}{2}$ fruit, 1 fat

Source: Put Your Best Food Forward By Dayle Hayes, M.S., R.D.

$1\frac{1}{2}$ c. flour, unbleached
1 c. brown sugar
 $\frac{1}{4}$ c. cocoa
1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt
1 c. water
 $\frac{1}{3}$ c. vegetable oil
1 tsp. vinegar
 $\frac{1}{2}$ tsp. vanilla

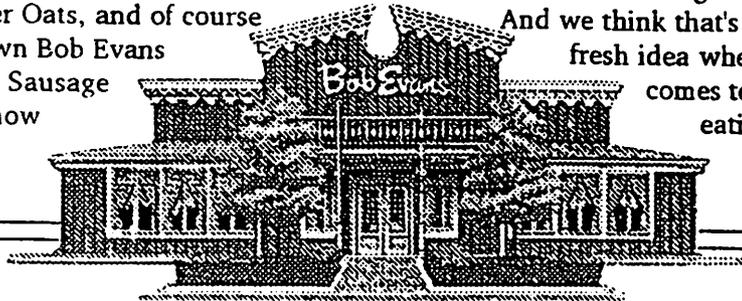


THERE'S ONLY ONE WAY TO START TO TELL ABOUT BOB EVANS AND THAT'S FROM SCRATCH.

At Bob Evans, we use name brand ingredients like Smucker's Jams, Quaker Oats, and of course our own Bob Evans Farms Sausage. We know

it's what goes into our meals that makes them turn out so good.

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



Ft. Wayne Track Club members receive 20% off the typical retail price of any running shoe displayed in this ad.
(see ordering details above)



BLUFFTON
Mon.-Thurs. 9-6;
Fri. 9-8; Sat. 9-5
824-1934



FOOTWEAR & FASHIONS

DECATUR
Mon.-Fri. 9:30-8;
Sat. 9:30-6
728-2022

Fort Wayne Track Club would like to welcome Gerber's Footwear and Fashions as a new advertiser. As always, we encourage FWTC members to patronize those businesses that support us.

Gerber's is offering FWTC members a significant discount on running shoes—both those in stock and any specially ordered shoes of the following brands: NIKE, New Balance, Reebok, Adidas and Asics.

At each monthly meeting of the FWTC, Mike McAvoy will have shoe catalogues, with prices, for members to order from. Mike lives in Bluffton so he will place the order with Gerber's. Arrangements to pick up your shoes can then be made with Mike.

Take advantage of this offer and we'll see you at the monthly meetings!

Birthdays

April

May

01 MATT LEWIS
03 JERRY SUELZER
05 JULIE MANGER
05 SHARON PAULEY
05 TOM CLAGG
07 JEROLD PERKINS
07 JAMES BABCOCK
08 TOM YODER
09 JERRY MAZOCK
11 RAY CASIANO
11 JOEL SCHARTZER
13 EUGENE HAINES
13 ED BECKNER
14 MARTHA YAGGY
14 GLORIA NOLD
21 PHIL WAHLS
24 JERRY DIEHL
25 DIANE GETTY
25 BUD STIFFLER
26 DAVID WILSON
29 MARY YAGGY
29 PAT LEHMAN
30 BETTIE DOWNIE
30 GARY SYLVESTER



02 DENE LEWIS
03 RONALD JOHNSON
05 JOHN POWELL
07 MICHAEL COLE
08 THOMAS WAGNER
13 DENNIS SCOTT
17 DAVID MILLHOUSE
17 CAROL ANN WEIDE
17 JAMES WEIDE
19 MICHAEL CASIANO
20 POLLY JACOBS
20 HAL LEWIS
24 JEANETTE KLEIN
26 RICHARD BEEMER
28 MOLLY SLOFFER
30 TERRY GAUTSCH



27TH ANNUAL CHURCHILL HALF MARATHON SUNDAY, MARCH 6, 1994 PERRYSBURG, OHIO

PAUL AUSDERAN	62TH	1:32:54
DON FORD	68TH	1:34:10
JERRY DIEHL	80TH	1:35:27
JUDY TILLIPAUGH	81ST	1:35:30
DON LINDLEY	149TH	1:45:34

Over 320 runners finished one of the oldest races in Ohio. The Toledo Road Runners Club did a super job directing this race. Everyone had a good time, Paul and Don Ford grobbled up the Hersey's bars during the award ceremonies. The goodie bag also included chocolate chip cookies, a banana and an apple.



TOP FINISHERS at the THINK SPRING 5K

Pete Casaletto 3rd	Mark Furkis 2nd	Brian Shepherd 1st	Cindy Furkis 1st	Deb Byers 2nd	Sharon Pauley 3rd
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CLEAR LAKE 10K RUN FOR THE BLIND MAKES A COMEBACK

On July 30, 1994, one of northeast Indiana's most popular 10K races from the 1980's will resume after a six year hiatus; the Clear Lake 10K Run for the Blind around Clear Lake, Indiana, just east of Fremont, IN.

At its peak in the late '80's, this race attracted over 350 runners for its low-key, "lake country" ambience and its beautifully scenic course around idyllic Clear Lake. Its founder and organizer was Kent Bucher of the Toledo Road Runners whose summer home was on Clear Lake. However, when Kent graduated from college and began his professional career, the race died for lack of an organizing force-not because of dwindling entrees or lack of interest from the runners.

One who lamented the demise of the Clear Lake 10K was Fort Wayne Track Club member Dick Waterfield. His wife's family has summered for many years on the lake and has competed in the race regularly since its inception. Dick and his wife, Julie, have recently bought their own home on Clear Lake. This winter he made a commitment to resurrecting the Clear Lake 10K. With the able help of Bill and Marsha Schmidt, Tom Humbrecht, Brenda Gibson, and Don Lindley, and with the support once again of the Clear Lake Lions Club, Dick Waterfield will see his dream come true.

I extend a special invitation to the Fort Wayne Track Club membership to mark your calendars now and plan on making a "fun" day of July 30 for the whole family. An entry form is enclosed with this issue and has all the race details. As noted, there is a 5K Fun Walk starting 5 minutes after the 9:00 AM 10K race start. The 10K race will have all the amenities you would expect from a FWTC points race plus the unique feature of a 6.2 mile loop around arguably the most picturesque lakes in Indiana. The lake has a public beach, so bring the family and friends, pack a picnic lunch and bring the swim trunks, run the 10K or walk the 5K, then enjoy a beautiful day at Clear Lake. All the proceeds from this race go to the various Clear Lake support programs for the Blind.

Larry Lee, FWTC
1994 Clear Lake 10K
Race Director

1994 THINK SPRING 5K: A SLICK ONE

The 6th annual Think Spring 5K was one to remember! The night before, Ligonier received over 5 inches of snow, which made the course very slick. The race came down to a final kick which was won by PowerBar Sponsored Brian Shepherd in 15:25. He was followed by Mark Furkis with 15:26, and Pete Casaletto with 15:30.

The women were led by Cindy Furkis (24:49), Deb Byers (28:56), and Sharon (57:12).

The mile run had over 30 runners who had been training for a month every Monday, Wednesday, and Friday on their recess time at Ligonier Elementary. The male champion was Travis Brimhall with 6:05 and the female champion was Gretchen Custer with 7:11.

5K MALE OVERALL WINNERS

1st	Brian Shepherd	15:25
2nd	Mark Furkis	15:26
3rd	Pete Casaletto	15:30

MALE DIVISION WINNERS

15 - under

Matt Rozar	20:09
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16 - 19

Frank Pizana	16:40
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20 - 24

Pete Casaletto	15:30
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25 - 29

Brian Shepherd	15:25
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30 - 34

Chuck Schlemmer	16:01
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35 - 39

Hal Pearson	17:41
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40 - 44

Jed Pearson	18:05
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45 - 49

Joel Schaezter	21:17
----------------	-------

50 - 54

Don Lindley	22:54
-------------	-------

60 - over

Don Rhoades	28:12
-------------	-------

ONE MILE BOYS

1st	Travis Brimhall
2nd	Jeff Mault
3rd	Chad Scott
4th	Benji Fugate
5th	Bobby Davis
6th	Richard Hicks
7th	Zack Schlemmer
8th	Kyle Jane
9th	Justin Brimhall
10th	Chris Leathers
11th	Chris Brewer
12th	Jay Woods
13th	Gary Cooley
14th	Andy Janes
15th	Allen Jordan
16th	Wayne Smead
17th	Dale Short
18th	Brice Atz
19th	Owen Fought
20th	J.J. Shepherd
21st	Justin Wine
22nd	Robert Swift

ONE MILE GIRLS

1st	Gretchen Custer
2nd	Jessica Ramey
3rd	Jackie Stout
4th	Jessica Lamble
5th	Sarai Cervantes
6th	Joy Brickey
7th	Diana Reese

5K FEMALE OVERALL WINNERS

1st	Cindy Furkis	24:49
2nd	Deb Byers	28:56
3rd	Sharon Pauley	57:12

THANKS TO ALL THE SPONSORS WHO MADE THIS EVENT POSSIBLE !!!



1994 FWTC POINTS RACES

1	Todd Realty 5K	Syracuse	January
2	Fanny Freezer 5K	Fort Wayne	February
3	Think Spring 5K	Ligonier	February
4	Nutri Run 5m-20K	Fort Wayne	March
5	IPFW Scholarship Run 5K	Fort Wayne	April
6	FWTC One Mile	Fort Wayne	May
7	Canal Days 5K	New Haven	June
8	Albion Days 5K	Albion	June
9	Mermaid 5K	North Webster	June
10	Flotilla 3.3 & 8m	Syracuse	July
11	Running Wild 4m	Fort Wayne	July
12	Old Settlers 4m	Columbia City	July
13	Cromwell 5K	Cromwell	July
14	Cancer 5K	Syracuse	July
15	Clear Lake 10K	Fremont	July
16	Marshmallow 5K	Ligonier	August
17	Calithumpian 5K	Decatur	October
18	Centennial Run 9.4	Fort Wayne	October
19	CTA 5K	Ligonier	November
20	Turkey Trot 4m	Fort Wayne	November
21	J.P.Jones 10K	Fort Wayne	December

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

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 46825

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

07 - 10 RCNA NATIONAL CONVENTION WASHINGTON, D.C.

HELD IN CONJUNCTION WITH THE CHERRY BLOSSOM 10 MILE RUN CALL JUDY TILLAPUGH (219) 458-2344 FOR MORE DETAILS

09 SAT * COVERED BRIDGE 4 MILE RUN 8:30 A.M. GOSHEN, IND.

CLAIR HOSTETLER, 67339 CR 21, GOSHEN IN 46526

09 SAT * SPRING WARMUP RUN SK 10:30 A.M. BOWLING GREEN, OHIO

SPECIAL OLYMPICS (419)352-5115

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 SK 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/SK WALK INDIANAPOLIS, IN

CALL (317)786-8812

KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217

16 SAT

RACE FOR THE CURE SK RUN AND WALK INDIANAPOLIS, IND.

DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 4625.

17 SUN *

KRANNERT CHALLENGE 10K RUN/SK RUN-WALK 10:30 A.M. PURDUE UNIV

K.G.S.A., PURDUE, WEST LAFAYETTE, IN 47907 (317) 495-6426

17 SUN

NUTRASWEET LONDON MARATHON

LONDON, ENGLAND

17 SUN

BRICKS TO BRICKS 10 MILE (TRAINING RUN) INDIANAPOLIS, IN

CALL (317)786-8812

KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217

17 SUN *

WEST BLOOMFIELD HALF MARATHON (12:45) WEST BLOOMFIELD, MICH.

ALSO SK (10:30 AM) MIRIAM A. KAPLAN (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
- 23 SAT ST. JUDE 5K 9 A.M. ST. JUDE SCHOOL FORT WAYNE, IND.
ALSO 1 MILE FUN WALK ELIZABETH BROWN 485-1504
- 23 SAT * SHOESUCKER SEVEN 7.2 MILE(TRAILS) HUNTINGTON, IND. 9 AM
KIL-SO-QUAH ROADRUNNERS RICHARD BEEMER 219-356-3035
- 23 SAT * GOVERNOR'S CUP SERIES SHAKAMAK STATE PARK SOUTH OF TERRE HAUTE
DON CARR,TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254
- 23 SAT* KOKOMO SYMPHONY 5K RUN & WALK 9 AM HIGHLAND PARK KOKOMO, IN
2601 W. WEBSTER, BOX 6115, KOKOMO IN 46902 (317) 455-1659
- 23 SAT SUNRISERS KIWANIS SPRING RUN 15K 9 A.M. NOBLESVILLE, IND.
KIWANIS, BOX 492, NOBLESVILLE IN 46060 (317)921-5786
- 23 SAT * CHERRY TREE FESTIVAL 5K RUN & WALK WASHINGTON, IND.
PAMELA COMBS, 107 N.E. 14TH ST., WASHINGTON IN 47501
- 24 SUN JAZZ ON THE RUN 5K 10:30 A.M. VALPARAISO, IND.
NANCY KEIL, 814 LAPORTE AV., VALPARAISO, IN 46383
CALL (219)465-4629
- 24 SUN * TOLEDO GLASS CITY MARATHON TOLEDO OHIO 8 A.M.
PAT WAGNER, 130 YALE, TOLEDO OH 43614 500-600 RUNNERS
- 30 SAT * SPRING FLING 5K FAUROT PARK, LIMA, OHIO 10 A.M.
HAROLD VERGIELS 419-634-6985(EVE) 643-5111(DAY)
- 30 SAT GOT TO HAVE GUTS 5K (CROHN'S & GOLITIS FOUNDATION) INDPLS, IN
DON CARR,TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254
- 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

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- 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, NY 14213 (716)837-RACE 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

07 SAT FORT WAYNE TRACK CLUB 1 MILE CHAMPIONSHIP 6:30 P.M. BRIAN SHEPHERD 219-894-4638 FOSTER PARK

07 SAT HUNTINGTON MEMORIAL HOSPITAL 8 A.M. HUNTINGTON, IND. 4 MILE RUN/2 MILE WALK BART BROWER 219-244-6191 EXT 2732

07 SAT ARTS FEST RIVER RUN 12K 9 AM EVANSVILLE, IND PAT SHOULDERS, BOX 916, EVANSVILLE IN 47706 (812)424-7575

14 SAT * GOVERNOR'S CUP SERIES MOUNDS STATE PARK ANDERSON, IND. DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46257

14 SAT * OLD KENT RIVER BANK RUN 25K GRAND RAPIDS, MICHIGAN BOX 2194, GRAND RAPIDS, MI 49501 KRISTEN SWERS (616)771-1907

14 SAT MADD DASH 5K 9 A.M. DEMING PARK TERRE HAUTE, IND. 812-877-8289 WVR, 115 WREN RD., TERRE HAUTE, IN 47803

15 SUN * REVCO-CLEVELAND MARATHON & 10K 8 A.M. CLEVELAND, OHIO P.O. BOX 550, TWINSBURG, OH 44087 CALL (216) 487-1402

15 SUN TORONTO MARATHON (416)495-4311 TORONTO, CANADA 1220 SHEPPARD AVE., EAST WILLOWDALE, ONTARIO, CANADA M2K 2X1

21 SAT BOB EVANS GIFT OF LIFE 5K/10K FORT BENJAMIN HARRISON INDPLS DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46257

21 SAT ICE AGE TRAIL 50 MILES, WAUKESHA, WISCONSIN 6 A.M. SOUTHERN KETTLE MORAINNE 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 49423 (616)396-7967

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

28 SAT 500 DISTANCE CLASSIC 5K@8:15 A.M. 10K@9:15 A.M. INDPLS, IN RICH RADEZ 317-633-1742 OR 800-285-1700 EAGLE CREEK PARK

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

29 SUN * ROCKY MOUNTAIN MARATHON AND 50 MILE RUN LARAMIE, WYOMING
 BRENT WEIGNER (307)635-3316, 3204 REED AV., CHEYENNE WY 82001

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

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04 SAT SUNBURST MARATHON ALSO 5K AND 10K SOUTH BEND, INDIANA
 225 W. COLFAX AVE., SOUTH BEND IN 46626 (219) 674-0900

04 SAT * MACKINAC ISLAND LILAC FESTIVAL 10K MACKINAC ISLAND, MI
 (906)847-3783 PO BOX 451, MACKINAC ISLAND, MI 49757

05 SUN COLUMBUS 10K 9 A.M. COLUMBUS, OHIO
 P.O. BOX 21264, COLUMBUS, OH 43221 (614) 587-0376
 AWARDS TO TOP 25% IN EACH AGE GROUP

05 SUN KICKAPOO TRIAL TRAIL 5 MILE RUN & 5K WALK DANVILLE, IL.
 KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834

11 SAT CANAL DAYS 5K AND 10K NEW HAVEN, INDIANA 7 A.M.
 TOM GRAFT, 8088 SEILIER RD., FORT WAYNE IN 46806 749-0982

11 SAT MUNSTER ROTARY RUN AROUND 5K/10K MUNSTER, INDIANA
 JAY PLATT, 9449 NORTHCUTE, MUNSTER IN 46321 (219)932-6300

11 SAT * WHITE RIVER RUN 5K/15K 8:30 A.M. ANDERSON INDIANA
 ANDERSON ROAD RUNNERS, P.O. BOX 282, ANDERSON, IN 48015

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.
 BOX 160, LUDINGTON, MI 49431 (800) 542-4600

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

18-19 * MOHICAN TRAIL 100 MILE RUN MOHICAN STATE PARK LOUDONVILLE, OH
TOM HORD (800)552-8981 EXT 0961 (CALL 8:30A-5PST)
BUZZARD'S ROOST 10K 8:30 A.M. ARCADIA IND. EVAN ACHENBACH (317)984-3019

25 SAT DUCKLING DASH BROAD RIPPLE INDIANAPOLIS, IND. DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254

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 MUNISING, MICH.
EL HARGER, R#1, BOX 901, MUNISING MI 49862 (906)387-3387

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. COLDWATER, 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

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

09 SAT * GOVERNOR'S CUP SERIES SPRING MILL STATE PARK
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254

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
COLLEN LAWLER, 1440 W. WASHINGTON BLVD., CHICAGO IL 60607

16 SAT WHITE RIVER PARK STATE GAMES FINALS INDIANAPOLIS, IND.
THERE WILL BE NO REGIONAL COMPETITION IN ORDER TO QUALIFY

16 SAT * GOVERNOR'S CUP SERIES CHAIN O' LAKES STATE PARK
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254

30 SAT * CLEAR LAKE 10K RUN FOR THE BLIND 9 A.M. FREMONT, IND.
LARRY LEE 625-4508 OR 747-7441
BRENDA GIBSON, BOX 12925, FORT WAYNE IN 46866

30 SAT WALK ON THE WILD SIDE 4 MILE RUN AND WALK INDIANAPOLIS IND.
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254

--- JULY 1994 ---

30 SAT BIX 7-MILE DAVENPORT, IOWA (319) 359-9197
ED FROELICH, 2685 E KIMBERLY RD., BETTENDORF IA 52722

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

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

13 SAT RCA CHAMPIONSHIPS 5K & 10K RUNS INDIANAPOLIS, IND.
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254

13 SAT HOT AIR AFFAIR 4 MILES VAN WERT, OHIO 9 A.M.
REX FORTNEY (419) 238-3324 CASH AWARDS

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

13 SAT 15TH ANNUAL WELCH'S 10K GRAPE STOMP 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 CHEUVRONT, PO BOX 718, 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

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

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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

24 SAT * GOVERNOR'S CUP SERIES INDIANAPOLIS FINALE, MILITARY PARK
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254

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 217-733-2403

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

02 SUN OKTOBERFEST CLASSIC 10K MINSTER, OHIO

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 46860

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

08 SAT DOUBLE EAGLE 10 MILE/5 MILE EAGLE CREEK PARK, INDIANAPOLIS
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254

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

15 SAT TANDEM COMPUTERS DAYTON RIVER CORRIDOR CLASSIC DAYTON, OHIO
17TH ANNUAL HALF MARATHON AND 5K
WRIGHT BROTHERS, BOX 9154, DAYTON OH 45409

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

22 SAT MONSTER WASH DASH EAGLE CREEK PARK INDIANAPOLIS, IND.
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254

23 SUN MARINE CORPS MARATHON WASHINGTON, D.C. 9 A.M.
P.O. BOX 188, QUANTICO VA 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

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

12 SAT OUTBACK SCRAMBLE 5 MILE CROSS COUNTRY EAGLE CREEK PARK
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254

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

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10 SAT JINGLE BELL RUN/WALK 5K DOWNTOWN INDIANAPOLIS, IND.
NYRRC, P.O. BOX 1388, GPO, NEW YORK, NY 10116 (212)860-4455



QUEST FOR 50 UPDATE

On February 2, Bob and I ran the Columbia, South Carolina Marathon. If you, or someone you know, ever plan to run this marathon, my suggestion would be to take up a collection and send it to the race director to buy some paint to paint arrows on the pavement. Chuck, Bob, and I all got off the course at some point. It seems it was a little too cold outside for the race volunteers, so after a couple of hours they quit standing at intersections. Some sat in cars but didn't always take notice of the

runners. Even after losing 10 minutes I managed to place 2nd in my age group, a pleasant surprise. There was a very nice buffet meal inside the host hotel following the race at which the awards were given out.

Not part of our itinerary, we jumped in our van and drove to Jackson, Tennessee, where we hooked up with Chuck Mills, and proceeded on to Booneville, Arkansas where on March 5 we ran their marathon. The picture was snapped at the starting line by Tom Wilson from Fountain Valley, California, also a member of the 50 & D.C. Group. The people were friendly and with only 50 marathoners, I placed 1st in my age division and Bob placed 4th. They had a free spaghetti dinner for runners following the race.

On March 19 Bob, Chuck and I were in Virginia Beach for the Shamrock Marathon. The weather was a cool 44 degrees with a 20-30 mile an hour wind making it feel like 25 degrees. The course, however, was nice running along the ocean, through wooded areas and into Fort Story and back. It was well organized with good traffic control, and the biggest plus of all, a hotel next door to the start/finish line. We would recommend this marathon to anyone thinking about VA.



Dear Fort Wayne Track Club Members,

It's time again for our 2nd annual 24 hour relay race. The men and women's cross country team will be running for the entire day to raise money for scholarships. Last year the men and women ran 238 miles in a 24 hour day.

Since we receive no scholarship funding from Purdue or Indiana, it is up to us as a team to raise a portion of our scholarship dollars. This year our goal is to raise \$3000.00. Since we only hold two scholarship runs during the year, it is important that we, as a team, put 100% effort into raising the funds that are needed.

Our 24 hour run will be on April 22nd starting at 8:00 am behind the Hilliard Gates Sports Center. The run will conclude on Saturday, April 23rd at 8:00 am. If you would like to help us raise the scholarship funds, you can pledge by the mile or make a donation to IPFW Cross Country. If you would like to have even more fun, please come on out and run with us. We appreciate the support the Fort Wayne Track Club has given us in the past and look forward to your guidance and support in the future.

At the present time a feasibility study for an outdoor track is underway. This is not your typical outdoor asphalt track, but an outdoor tartan track. Not only will it be used for our athletes, but also for the public. I foresee the Fort Wayne Track Club training not only with distance in mind, but a complete track club like those in California that have middle distance, sprinters, and even field events. Any thoughts you may have regarding this may be directed to my staff or me. We are always eager to hear from you.

Once again, I appreciate your support.

Yours in running

Dave Neely
IPFW Cross Country Coach

IPFW CROSS COUNTRY
24 HOUR RELAY SCHOLARSHIP RUN

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ZIP _____

PLEDGE PER MILE _____ DONATION _____
_____ PER MILE _____

PLEASE RETURN THE PLEDGE FORM TO

IPFW CROSS COUNTRY
DEPARTMENT OF ATHLETICS
2101 COLISEUM BLVD. EAST
FORT WAYNE, IN 46815

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

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.

***** TRACK CLUB MEMBER SURVEY *****

For all members whether or not you have been featured previously.

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 any where 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: _____

JOGGING JUICE

2 quarts apple juice	1 quart grape juice
6 ounces dark vinegar	1/2 cup honey



FWTC MEMBERSHIP APPLICATION
Fort Wayne Track Club - For Runners and Walkers

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

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Occupation: _____ Business Affiliation: _____

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

Family Members:

Spouse: _____ Birthdate: _____ Sex _____

Children: _____ Birthdate: _____ Sex _____

_____ Birthdate: _____ Sex _____

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

ANNUAL MEMBERSHIP DUES: January 1 - December 31

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

New Members: First year only \$12.00

Members under 21: \$12.00 per year until 21

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

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

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

CLUB MEMBERSHIP APPLICATION WAIVER

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

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

Primary Member

Signature: _____ Date: _____

Parent Signature: _____ Date: _____
(if under 18)

THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

- OFFICER
- President [] Vice President [] Secretary [] Treasurer
- RACE DIRECTOR
- Major Race [] Fanny Freezer [] Fun Run [] Training Run
- ASSISTANT RACE DIRECTOR
- EQUIPMENT COORDINATOR
- Assist Transportation of Equipment to Races
- 1st Quarter [] 2nd Quarter [] 3rd Quarter [] 4th Quarter
- Monitor Maintenance of Equipment
- RACE SCHEDULE COORDINATOR
- RACE WALKING COORDINATOR
- MEMBERSHIP
- BOARD MEMBER
- FINISH LINE
- 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}

BE PART OF THE TRACK CLUB'S BICENTENNIAL RACE

OCTOBER 8, 1994

VOLUNTEER NOW

This once in 200 years race promises to be one of the most important races in our Track Club history. We want and need the support of every Track Club member. Many positions are available. To become a volunteer and take an active part in making this the best race ever, please check those area(s) that would be of most interest to you. You may rank them. If no preference, volunteer and we will find a position for you. Return to:

Don Lindley and Mike Kast, Co-Directors
P. O. Box 11703
Fort Wayne, IN 46860

-
1. Pre-race committee -- help organize the race by being part of this important committee.
2. Race day
- a. Start/Finish area
 - b. Course marshall
 - c. Aid station marshall
 - d. Post race activities
3. Wherever needed
4. Other: (specify) _____

Name: _____

Address: _____

Phone: Home: _____

Work: _____

Coming Events...

FWTC ONE MILE

Saturday, May 7, 1994

6:30 PM, Foster Park, Fort Wayne

SHOESUCKER SEVEN

Saturday, April 23, 1994

9:00 AM Huntington, IN

Richard Beemer 219-356-3035

GOVERNOR'S CUP 8K

Mounds State Park, Anderson, IN

Saturday May 14

FWTC MEETINGS

Wednesday, April 13, 1994, 7:00 P.M.

Wednesday, May 11, 1994, 7:00 P.M.

Taylor University Activity Center

ADVERTISING RATES

	<u>1 Issue</u>	<u>3 Issues</u>	<u>6 Issue</u>
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
PAID
Ft. Wayne, IN
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