

# the inside track

June 1994 - July 1994

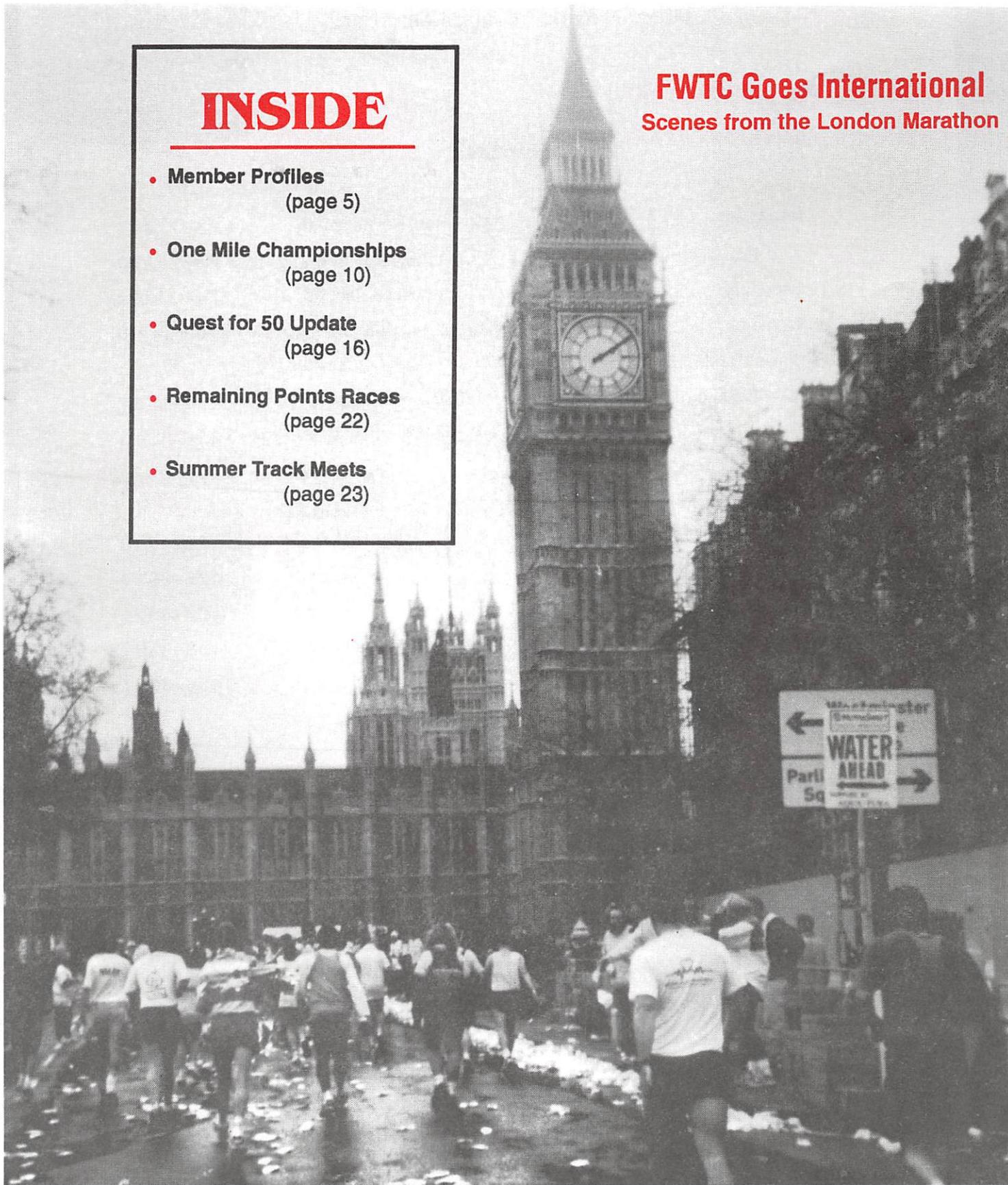
A PUBLICATION OF THE FORT WAYNE TRACK CLUB



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## **FWTC Goes International** Scenes from the London Marathon



**1994**  
**FORT WAYNE TRACK CLUB**  
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PRESIDENT'S COLUMN - - - Bob Hockensmith

The group trip to the London Marathon for the Fort Wayne Track Club members that was first proposed in the December 1992 issue of "the inside track" left Fort Wayne on Thursday, April 14. The group consisted of Joyce and I, apparently having something to do with my lack of salesmanship abilities to encourage others to join. It was my impression that it was without doubt the best managed marathon that either Joyce or I have experienced.

The only negative aspect of the day was something that the race director couldn't control, the weather. It was a heavy overcast day, in the low 40's with a wind-chill factor that was the worst in the 14 year history of the event, the wind often gusting to 25 mph. The wind was estimated to have reduced the winner's finishing time of 2:08:52 by two to three minutes, costing Dionicio Ceron of Mexico a possible new world's record.

The sheer size of this marathon was enough to stagger the imagination. To stage an event, such as this one, with 36,700 registered runners, had to have resulted in many a nightmare for the race organizers. From our perspective, the race was run without a flaw, from the starting point to the final recovery of a "kit bag" with warm-ups at the end. To illustrate the enormity of the task, consider the matter of supplying water for that number of runners. Starting at the three mile mark, water stations were set up at each mile. The water provided was not dipped from a barrel, as is sometimes the case, but 500ml plastic bottles of spring water from northern England. If you assume that each runner took one bottle at each station plus the water supplied at the end, a minimum of 840,000 bottles were needed.

There were literally thousands of volunteers directing traffic, controlling the crowds and handing out water and Isotar replenishment fluid. Although the route was mostly fenced to keep the spectators off the course, there was a blue painted line following the entire course, over the actual measured route, not in the center of the road. A person would have to make a conscious effort to run off of this course.

In addition to the excellent management for the race, the crowd support was unbelievable. It would be difficult to compare the numbers of spectators with those at the New York City Marathon, but there were no fewer in London. In many places spectators were standing several rows deep along the route. Even by the time I reached the final mile, the route was still packed with cheering crowds.

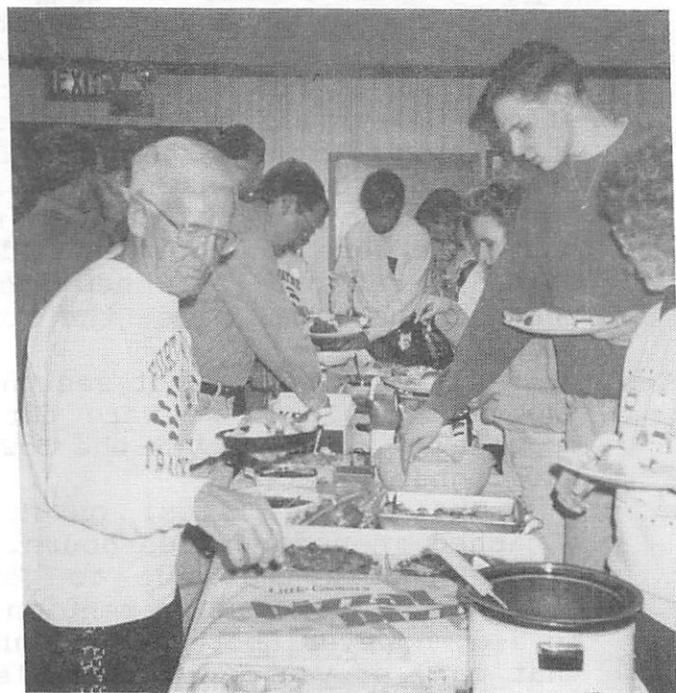
Although we did not see the prime meridian at Greenwich where the race started, we were thrilled by the route of the course, especially running over the Tower Bridge and finishing in front of Buckingham palace.

The London Times, on Monday, reported that 1966 runners finished in under three hours. In all honesty, Joyce and I will readily admit that due to jet lag, genetic factors and other reasons too numerous to mention, we were not in that group of 1966. We did, however, both finish our first London Marathon, and wished that many of you could have also experienced it firsthand.

The trip was marvelous, the people courteous and helpful, and the opportunity to meet many other runners from different states, very enjoyable. One aspect that makes travel easier in England than in some of the other European countries is the ability to communicate with those who live there. However, there are differences that were apparent. I can now better appreciate the statement attributed to Winston Churchill who said that England and the United States were two countries separated only by a common language.

Remember this summer, when you are out doing all of those training miles, that there are a lot of great races staged in this country and others that can be the focal point of your training. Near the end of each issue of "the inside track", many exciting races of all distances are listed along with telephone numbers and addresses for additional information. When you set a goal of a particular race a few weeks hence, it is easier to pull on those running shoes and head out the door to run. The reward comes later as you cross that finish line and begin to plan for the next event.

## *Scenes from the FWJC Banquet*



**MINUTES**  
**Fort Wayne Track Club Monthly Meeting**  
**Wednesday, April 13, 1994, 7:00 p.m.**

11 Present: Don Anderson, Ken Disler, Dave Figgins, Don Ford, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, Don Lindley, Mike McAvoy, Barb Scrogam.

Everyone agreed that new format of newsletter looks great -- thanks, Joyce Hockensmith! Joyce hopes new format will encourage more advertising. She said layout also increases room for articles, so please send your materials to her. Joyce displayed plaque we received from RRCA awarding us best newsletter for medium size club in Central Region.

Don Lindley reported YTD memberships: 341 for 1994; 94 for 1995; 27 for 1996; 1 for 1997; 1 for 1998. March income \$2,990.75; expenses \$2,341.40; YTD income \$6,430.11; expenses \$4,474.71; balance \$6,899.85.

Mr. Rob Norton, who works with Mike McAvoy at Aboite Physical Therapy, shared his desires to put on a race in 1995. He's been thorough in thinking through various details, and those present gave him encouragement and further input.

Mike McAvoy passed around shoe catalogs from Gerbers. Remember -- he's available to take orders at each month's meeting. Gerbers is giving us good discounts on shoes!

Don Ford had no new races to add to the schedule in the April-May newsletter. Mike McAvoy said plans are moving along for the training series in cooperation with Parks Department. Don Lindley said plans for Bicentennial race are also moving along.

Ken Disler reported that he has orders for 19 shirts but needs to reach the minimum of 25 before he can place an order.

Mike McAvoy led brainstorming session for possible FWTC sponsored races. Good discussion & support for having team cross country event perhaps held before high school cross country season gets underway. Possibly use Shoaf Park; possibly have 5 member teams with requirement to have minimum of 1 female per team; invite members of local clubs to participate; perhaps have divisions for club teams, non-club teams; probably need about 150-175 participants to break even if each one paid about \$12. Also discussed possibility of having awards of left-over, unlabeled trophies from local trophy shops; possibly doing t-shirt pick from good, donated t-shirts from those participating in race (each one brings t-shirt; as each person finishes they can pick from donated t-shirts).

Meeting was then adjourned with reminder that next month's meeting scheduled for Wednesday, May 11, 1994, 7:00 p.m., TUFW Activities Center (training run leaves from parking lot at 5:30 p.m.).

Respectfully submitted,

  
Vicki Jacobs  
Secretary

**MINUTES**  
**Fort Wayne Track Club Monthly Meeting**  
**Wednesday, May 11, 1994, 7:00 p.m.**

10 Present: Ken Disler, Don Ford, Bob & Joyce Hockensmith, Vicki Jacobs, J.P. Jones, Don Lindley, Mike McAvoy, Sharon Pauley, Judy Tillapaugh.

Treasurer Don Lindley reported April income \$9.16, expenses \$1,051.41, balance \$5,857.60. 1994 membership 349. Equipment rentals & income: \$125 Whitley Memorial Hospital run; \$200 Ken Long Associates Indy Mini; Huntington Lime City Five (June 18).

Next Bicentennial Race Steering Committee meeting May 23, 7 p.m., Don Lindley's home. Definite commitments: \$250 Home Loan, \$500 Omni Source, \$2,000 Lincoln. T-shirts being donated; biggest expense not yet covered is medals.

Don Ford needs points race list from Brian Shepherd. Don does know Canal Days, Albion Chain of Lakes & Zoo Run are points races.

Judy Tillapaugh reported RRCA convention had record number of participants (over 400) from over 500 local clubs. RRCA's \$639,000 budget approved; \$18,000 given to RRCA from US Track & Field; officers re-elected were pres, vp, director at large & Judy as Central District director; Eastern District director newly elected. Close vote (265 for, 235 against) on decision to continue having regional directors voted on at national level ("opposed" wanted to have this vote at regional level). Beginning 1995 clubs have to carry insurance for their officers & directors (in addition to club liability insurance). Fine tuning (all clubs charged same? range in cost to accommodate club sizes? etc.) still being done. June 15 deadline for proposals for RRCA Kids' I Did It Run Series. Judy showed copy of RRCA's newest booklet "How to Find a Running Coach". Don Lindley said Ft Wayne Women's Bureau interested in video on women running safely. 1995 convention May 4-7 Allentown PA; 1996 convention May 9-13 Knoxville TN.

Judy Tillapaugh & Mike McAvoy reported on training program to start June 22. Everything's in place, publicity push is on, talk it up among your friends!

Ken Disler reported that newspapers are doing better job with carrying material submitted. He said apparel orders are lagging; was suggested that we perhaps find another supplier who could do orders of less than 25. Ken will do some checking.

Decided to have FWTC Planning Retreat September 10, 10am-2pm, Jefferson Medical Clinic (7230 Engle Road, Suite 210) (following race in Roanoke that morning).

Next month's meeting Wednesday, June 8, 7 p.m., TUFW AC (training run leaves parking lot 5:30 p.m.; come dressed to run).

Respectfully submitted,

  
Vicki Jacobs  
Secretary

# Track Club Member Profiles



## Gregg Kurtz

Gregg A. Kurtz, a newcomer to running, has been pounding the pavement for 4 months. His favorite race so far has been the "Jingle-Bell-Arthritis" run. Gregg did set a PR in 1993 of 23:20 for a 5K. In the wintertime he usually trains at the South Branch YMCA, or outside, weather permitting. Gregg usually purchases his running shoes from department stores (Sears, Kohls, Penneys). For the healthful foods, Gregg prefers salad and fruit, but he also likes to indulge occasionally in ice cream with hot fudge. YUM! Gregg does keep a training log and recorded 27.9 miles in the one month he ran in 1993. Gregg does not use other fitness equipment, but does use the stairs a lot. If a mix-up should occur, Gregg would like to exchange bodies with Glenn Robinson. If he could travel any where in the world for a race, it would be to Australia. Gregg's best tip is to "Never spit into a strong headwind!"

## Mary Yaggy

Mary Yaggy has been running for 4 years. Her favorite races for 1993 were "Zoo Run Wild", and "Jingle Bell Run". Mary also set a PR in 1993 at the 5K distance of 24:45. In the wintertime she trains at the YMCA and usually buys her shoes from the Lady Footlocker. She also enjoys reading Shape Magazine, eating apples, baked potatoes, and green beans, and indulging once in a while in chocolate. Mary does not keep a training log, but estimates she ran 780 miles in 1993. To supplement her running, Mary uses a Stairmaster and Nautilus equipment. Mary would choose her aerobic's instructor, Kelli Roberts, for an exchange of bodies. If Mary Yaggy could travel anywhere in the world for a race, it would be to Colorado. Mary's best advice is, "Push yourself a little every day," and "Only you can change yourself."

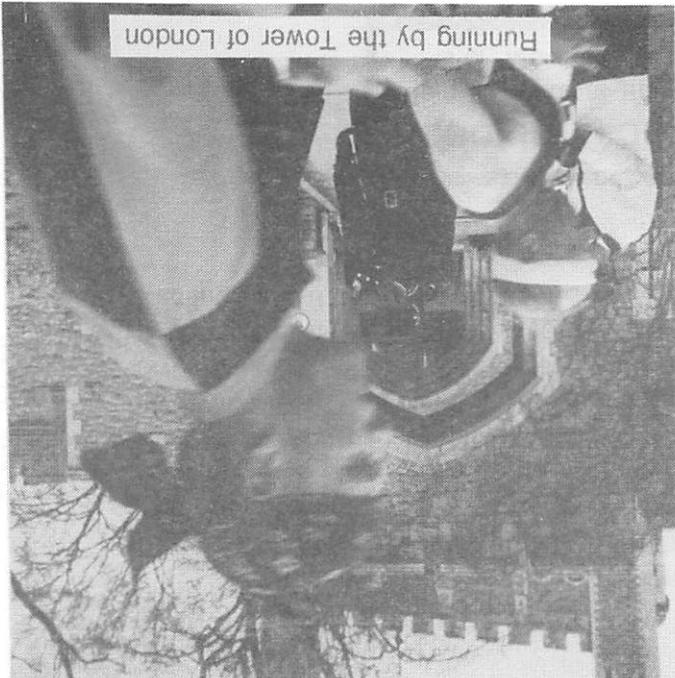
## Brian Shepherd

Brian Shepherd has been running for 17 years. Brian's favorite race in 1993 was the Peitros 5K in Grand Rapids, Michigan. Brian also set a PR in 1993 of 48:52 for a 15K. In the wintertime, Brian usually trains 80-90 miles a week. He most often buys his running shoes from Shoes & Moore, and The Finish Line. Brian like to read Runner's World, likes eating Powerbars, and occasionally Laughy Taffy. Brian does keep a training log and recorded 3.923 miles in 1993. Brian uses a treadmill and does not wish to exchange bodies with anyone else. (Why should he? He has the good fortune to possess good running genes) If Brian could travel anywhere in the world for a race it would be to Greenland. Brian's tip, "Be consistent with your training, and believe in yourself."

### **LOOKING FOR A LONG TRAINING RUN ?**

Join Runners at the Central YMCA every Saturday -7 AM

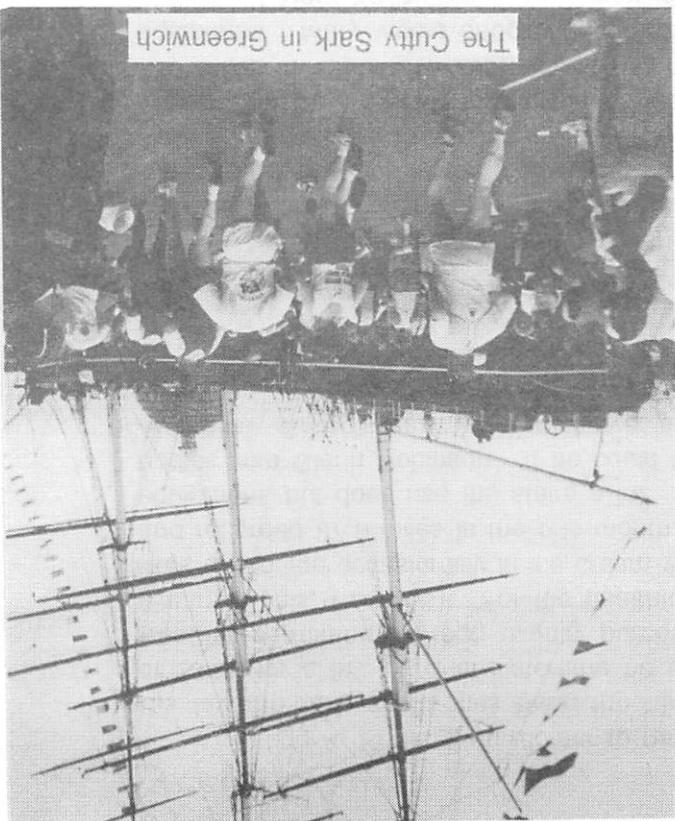
For More Details: Contact Jack Hilker, 432-2933



Running by the Tower of London



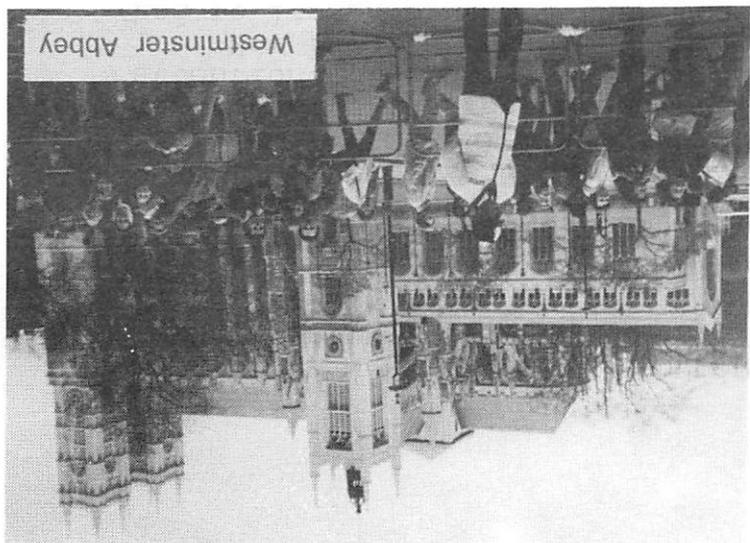
Dixieland Band along the route



The Cutty Sark in Greenwich



*Sights of the London Marathon*



GLASS CITY MARATHON MIXED CORPORATE RELAY  
SUNDAY, APRIL 24, 1994  
TOLEDO, OHIO

In keeping with my goal of running at least one new race per year, this past winter I somehow ended up with an entry form for the Glass City Marathon. Since I learned my lesson from my previous mistakes in life, ( my ten previous marathons ), the idea of a marathon relay caught my attention.

Now I was stuck with picking four dates to the prom. I had to look no further than the room at school next to mine. Marv Retcher, Angola Middle School math teacher, was a sub 10 minute two miler and a state cross-country participant from Ayersville, Oh HS. He also ran track and cross-country at Tri-State University. Marv immediately said yes. Down the hall I went to the gymnasium. Our boys physical education teacher, Chris Smith, a former tennis player, now a running convert was agreeable also.

To qualify in the mixed category, we needed two women runners. Our girls physical education teacher, Kris McCain, a 9th place finisher from the Detroit Marathon in 3:07 was now part of the team. Like all good cross-country teams, we needed that elusive fifth runner. We did have to go outside our school, but still within the corporation to accomplish this. Michelle Olson graduated from Portage HS and her husband was a graduate of new Prairie HS, so the bloodlines were there. She also recently gave birth, and some of these elite women runners swear that giving birth makes them stronger and faster. Count her in and Pleasant Lake Elementary had the final spot on the MSD of Steuben County Mixed Corporate Relay Team.

Has anyone ever tried to collect money from teachers ? After much humiliation and brow beating, the check did get in the mail and we were officially entered. Michelle grabbed the first leg, five miles, because she paid first. Kris would run second, another five mile leg, and then hand off to Marv. Marv's leg was 5.5 miles. Being the math teacher and a total sneak, he did not want anyone to be able to figure out his split time. I would run next. I had not run a six mile race since my college days, the distance currently 10 k. Chris would anchor the team with a 4.7 mile run.

I was stunned when everybody actually showed up for the scenic van ride to Toledo. Marv, not wishing to fight the math-teacher-nerd-syndrome brought along a stack of papers to grade. Some kind of tests about rational and irrational numbers. The mood in the van got ugly quickly and began to resemble an out take from Mutiny On The Bounty. We all threatened to wing his tests out the window, setting them free on the Ohio Turnpike at 65 mph. Marv quickly put the tests away.

We had sponsors for our rooms, meals, and transportation. Of course, this wasn't enough for the prima donnas. Soon a whiny voice moaned, "Well,...You think that

we could of got some uniforms." I told them to pass up the blue gym bag, and broke out the uniforms with the gold embroidery. Okay, it was gold colored embroidery. That satisfied them for a few more minutes before Marv asked to stop at the next rest area.

After dinner at the Spaghetti Warehouse, it was back to the Raddison for a restful night's sleep. Michelle and Kris probably have not been so out of control since their last slumber party or the last time they played with Barbie Dolls.

Race day dawned 51 degrees, breezy, and cloudy. Michelle got a hold of me by the throat and showed me a topographic map of the course. I had assured the team that the entire course was pancake flat. One little 200 foot elevation change for the Anthony Wayne Bridge and some people come unglued. The race was off, Michelle is past us, and then we all see him. It was "Backwards Bill". Marathoners need help, but this guy should go to Singapore and get caned. Run a marathon backwards? Where do I sign up? We jump into the two vans and we take off for the first exchange zone. The race, in effect has five starting lines, and five finish lines, all starting and finishing at different times. We drop off Kris and drive to Perrysburg. Most races you know when the start time is, I am pacing like an expectant father.

It seems like the Mesozoic Era has gone by, then all of a sudden Kris passes off the yellow sash at the Commodore Perry Monument. "We have seen the enemy, and he is ours." I take off like I am running the anchor on a 1600 meter relay, if there are any 1600 meter relay teams that have a 38 year old anchor man that could not break sixty seconds if his life depended on it. I am passing runners by the gobs. I feel a twinge of guilt as it hits me that my first mile is the marathoners 11th mile. The twinge of guilt stops when the head wind howls in my face, and the temperature starts to rise to 72 degrees.

I give up my fashion statement sash to Marv and he has to climb a hill to get out of the park. Chris and I drive by Marv and yell, "Kick ass!" The women drive by in the other van and yell, "Nice ass!" At the final exchange zone, Marv turns on the jets and dusts one final runner, a distinguished looking elderly gentleman.

After a few years of coaching track, it has always been my contention that the anchor runner should be: 1. the fastest runner, and 2. the most ballistic runner. Chris has been chomping at the bit all morning and he grabbed the sash and took off like a shot. A mile down the road, as Marv and I drive by, Chris is in trouble. Maybe he is having trouble with the heat. That first hot spring race of the year can sometimes be a killer. His calf is cramped. It is not rare to see a runner rubbing a sore muscle at the 22 mile mark of a marathon, but this is his first mile. Chris regroupes and finishes. Our total combined team time is around 2:51, which is striking fear in the hearts of all Kenyans. Michelle,

despite her cussing me twice during the race, the hill at one mile and another hill at the three mile mark, ran a PR

for five miles by a minute and a half. It is amazing what a little incentive will do for a runner's time. We all told her that if she did not hit the first exchange in a certain time, we would all leave and she would have to continue for the full marathon distance. Kris counted passed sashes and moved us up 13 teams. Marv asked to borrow my comb twice. He forgot to pack one. I drew the line at the toothbrush and clean underwear. Chris paid five dollars for a post race massage.

After the awards program, I shook hands with Norm Frank from Rochester, New York. He had just tied a world record. He has completed 524 marathons. Marv, I think I know what an irrational number is now.

### FWTC ONE MILE CHAMPIONSHIPS

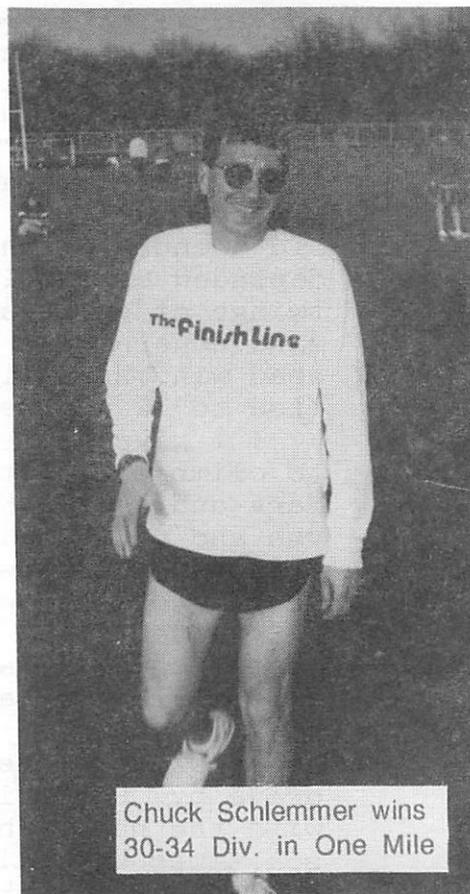
#### MALE

1st Overall	Brian Shepherd	4:28
2nd Overall	Jerry Williams	4:41
3rd Overall	Paul Furniss	4:44

12-under	Matt Dexheimer	6:17
13-15	David Caswell	5:02
16-19	Andy Bolett	5:21
30-34	Chuck Schlemmer	4:45
35-39	Carl Risch	4:50
40-44	Steve Caswell	4:57
50-54	Dave Boylan	5:49
60-69	Don Anderson	8:27

#### FEMALE

1st Overall	Teresa Furniss	6:02
2nd Overall	Megan Dexheimer	6:46
3rd Overall	Deb Byers	6:49
19-under	Jessica Thieme	6:52
30-39	Deb Christraner	9:39



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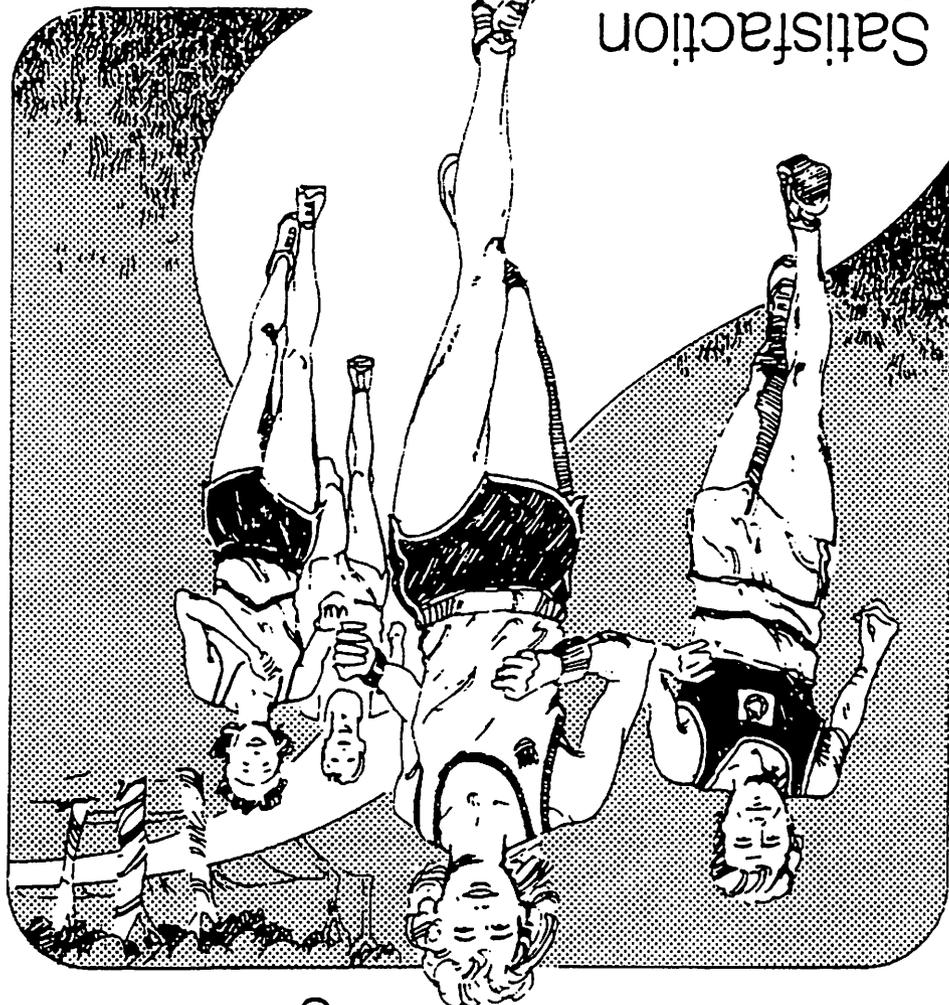
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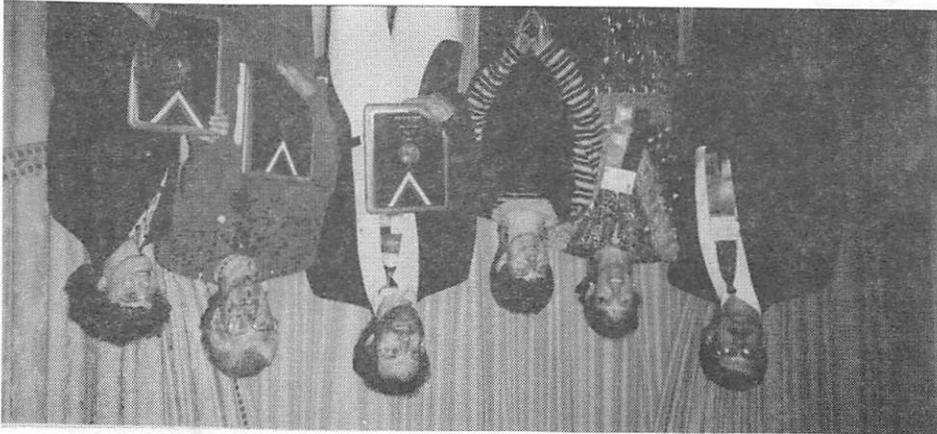


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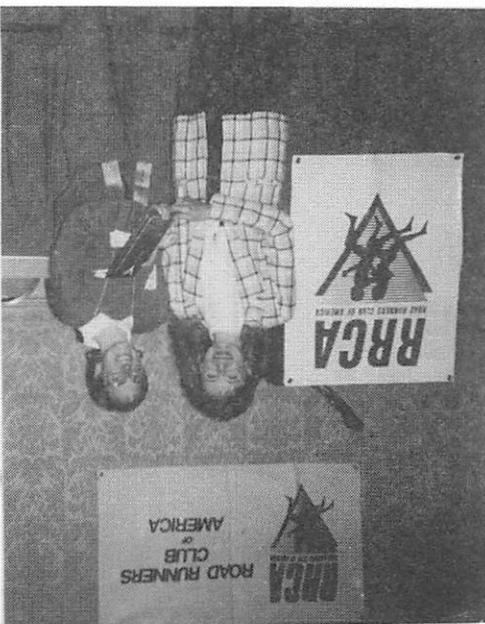


Mark Doctor, Judy Tillapaugh, Joyce & Bob, (RRCA State Rep.) (RRCA Central Region Dir.)  
 ?, Joyce Rankin, Fredi Carlip, Amby Burfoot, Sister Marion Irvine, Julie Brown



Joyce Rankin, Fredi Carlip, Amby Burfoot, Sister Marion Irvine, Julie Brown  
 Judy presents Joyce with RRCA Central Region Newsletter Award for a Medium Club

Joyce with Carol McLatchie  
 RRCA Female Master Road Runner of the Year



# Birthdays

June

July

01 MICHAEL MC MANUS  
01 BRIANNE JOHNSON  
02 JOHN PETERSON  
03 IAN ROLLAND  
05 SUE MYERS  
07 ROBERT HOCKENSMITH  
08 ROSS MOYER  
09 KEN MYERS  
09 STAN LIPP  
11 JACK ADE  
12 BARBARA STEDGE  
12 CHARLIE BACKOFEN  
13 WAYNE DAVIES  
15 ROBERT WYATT  
19 JAMES THOMPSON  
19 MIKE DISS  
20 DON ANDERSON  
20 JACK O'NEIL  
21 CYNTHIA SABRACK  
21 KARL HOLLE  
24 DONALD BASHOR  
26 JAMES JONES  
27 STEVE ADKISON  
27 HARRY QUANDT  
27 DAVE WOLFF  
28 TIM SLOFFER  
29 CHESTER FLEETWOOD  
30 MICHAEL LOUGHERY

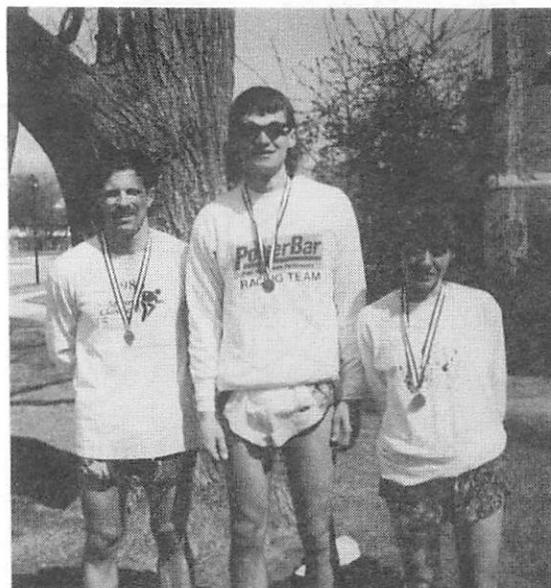


03 JAMES FURKIS  
03 LYNN ARMSTRONG  
03 ALFRED GUMBERT  
05 TOM HAYHURST  
07 DAN DANIEL  
10 DICK SIVE  
11 STEPHANIE RIDENOUR  
12 LARRY GODAIR  
13 LARRY AVERBECK  
15 DEWAIN COBBS  
17 BRENDA LIECHTY  
19 JOHN JEDINAK  
19 SARA UNSELL  
21 ELLEN SCHWARTZ  
21 JOHN CARR  
22 SHARON BRUNER  
23 TED TIERNON  
24 DAVID MYERS  
25 KELLY CLEVINGER  
26 BOBBI FOUST  
26 CARL RISCH  
27 JOE KUHN  
29 MATTHEW FARBER  
30 MICHAEL MC AVOY  
31 MARCIA YODER  
31 MICHAEL YANN



**NOBLE COUNTY RUNS TAKE FIRST  
AT FORT WAYNE**

A trio of runners dominated the St. Jude's 5k in Fort Wayne this past weekend. The trio was lead by PowerBar fueled Brian Shepherd who took first place honors in 15:23. Finish Line runner Steve Caswell continued to dominate the masters running scene as he won the masters title and placed fourth overall in 17:21. The women's masters championship was taken home by Ligonier's Deb Byers in a time of 23:29. This was Deb's best time since coming back off a broken ankle in October.



Steve Caswell	Brian Shepherd	Deb Byers
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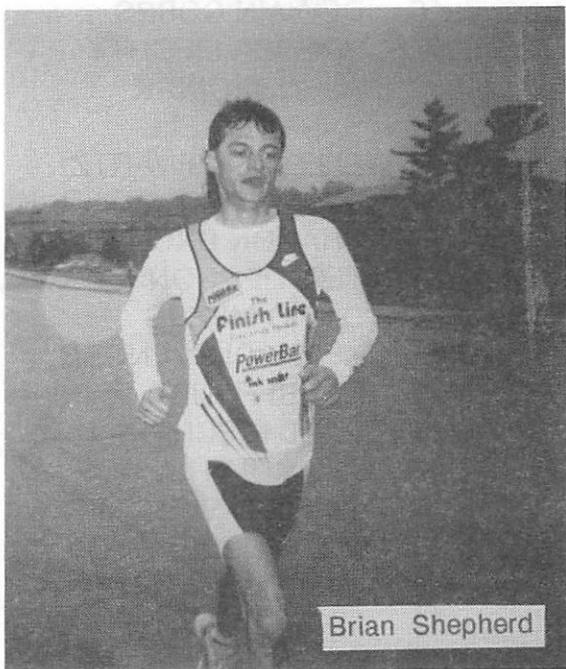
**DIEHARDS COME OUT FOR  
OLD BUZZARD 5k**

On a night more fit for ducks many diehard runners battled the cold, windy, and rainy conditions to participate in the 2nd annual Old Buzzard 5k.

The race was won by PowerBar fueled Brian Shepherd who was coming off a 5k win in Lima, Ohio earlier that day! He was followed by Finishline teammate Chuck Schlemmer (16:45).

The master's champion was none other than Finishline runner Steve Caswell (17:39) and Ligonier's Deb Byers (24:19), who also won the masters division earlier that day in Lima, Ohio.

The womens crown was taken by Teresa Furniss of Angola.



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## FORMER TAYLOR RUNNERS DOMINATE

Former Taylor University runners got together for the first time in three years to participate in the TV-1 5k held in Albuquerque, New Mexico on April 10, 1994.

Brian Shepherd lead the way with a first place finish of 15:40 (2 seconds off the course record). Pete Bowman, a former Indiana roadracer now living in New Mexico, placed 2nd; and Jeff Peterson, also a former Indiana roadracer, finished 5th overall.

For his victory Shepherd received some Indian art depicting the never ending road of the runner!

Shepherd had ran the day before in Albuquerque and placed 2nd in a time of 15:18.



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MARATHON PR AT DETROIT FREE PRESS.

## QUEST FOR 50 UPDATE

Recent months have found Bob and I slightly distracted from our ultimate goal. The London Marathon, although a fantastic experience, didn't bring us any closer, nor did the Toronto Marathon on May 15. Bob and Chuck also abandoned me on May 1st to run the Lake County Marathon, north of Chicago. My only consolation was that Illinois did not represent a new state. Likewise my own personal, New Haven Marathon, which I ran alone for all but 6 of those 26.2 miles on April 24, is being just considered a training run, and not an official marathon, according to Bob & Chuck.

We do have all reservations made for Wyoming on Memorial Day weekend. That marathon is just a part of the Rocky Mountain 50 Miler. Chuck has this wild idea that we should do it all. Stay tuned to find out how that turned out.

## BIG DISCOUNTS ON SHOES FOR FWTC MEMBERS !

The 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!



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



**INDIANA  
DIETETIC  
ASSOCIATION**

**FRESH FRUIT RECIPES**

**J.T.'s Fruit Pizza:**

Ingredients

One prepared 12" pizza crust  
Fat free sour cream- 3/4 cup  
Sugar- 1 to 2 Tbsp.  
Assorted fresh fruit like strawberries, kiwi, pineapple, and melon

Method

Bake pizza crust just until golden brown, cool.

Mix together sour cream and sugar. Spread mixture over prepared crust.

Clean and slice assorted fresh fruit. Arrange fruit over sour cream and serve!

Yield: 6 servings

Serving Size: 1/6 recipe

Per Serving: 194 cal. 26 gms. carbohydrate, 6 gms. protein, and 1.6 gms. fat, 280 mgs. sodium, and 1.5 mgs. cholesterol

Source: Judy Tillapaugh, R.D.

**Fresh Fruit Dip:**

Ingredients

Non fat plain yogurt- 1 cup  
Apricot jam- 1/4 cup  
Cinnamon or nutmeg- pinch

Method

Combine all the ingredients and chill. Serve with assorted fresh fruit.

Yield: 1 1/4 cups or 20 Tbsp.

Serving Size: 1 Tbsp.

Per serving: 11 cal., 2 gms carbohydrate, .5 gms. protein, 0 gms. fat, 8.5 mgs. sodium, less than 1 mg. cholesterol

Source: American Dietetic Association

## PARTY WITH LIGHT AND LUSCIOUS FRUIT

Cheers to spring! Fresh flowers, green grass, budding branches all are abundant. Their colors light up our landscapes.

Fresh fruit also is plentiful. Strawberries, melon, oranges, pineapple, and others all offer us simple pleasures. All are nutritious, delicious and perfect for spring and summer celebrations.

Fruits and vegetables have long been recognized as part of a healthful style of eating along with grains and moderate amounts of meat and dairy products. And recently, our government has begun promoting consumption of fruits and vegetables. The popular 5-A-Day program, sponsored by the National Cancer Institute, recommends that Americans eat 5 daily servings of fruits and vegetables for better health! In addition, the USDA's new Food Guide Pyramid calls for three to five vegetable servings and two to four fruit servings daily.

This may sound difficult yet servings are smaller than most people think. A 6 ounce glass of juice or an orange or 1/2 cup peaches are all one serving!

### FRUIT FACTS:

- |                      |   |
|----------------------|---|
| * 1 Medium Orange    | More than 100% RDA for Vitamin C                              |
| * 1 Cup Strawberries | More than 100% RDA for Vitamin C                              |
| * 1 Cup Cantalope    | More than 100% RDA for Vitamin A                              |
| * 1 Medium Kiwi      | More than 100% RDA for Vitamin C                              |
| * 1 Banana           | Great source of Potassium; 33% RDA for Vitamin B <sub>6</sub> |

Fresh fruit can perk up any snack, pool party, park picnic, tailgater, or brunch! So plan fresh fruit into your day! Enjoy! Be You Be Fit,

# 10 FOODS

## You Should Never Eat

Judy Tillapaugh, R.D.

**1. Quaker 100% Natural Cereal.** This overrated granola cereal's 12 grams of fat per half-cup serving make it high in fat compared to other cereals. And, despite the crunch, it's not high in fiber. A much better choice would be a low-fat, whole-grain cereal like Kellogg's Nutri-Grain Wheat, Post Grape-Nuts, General Mills Wheaties, or Nabisco Shredded Wheat. Or look for low-fat granola by Quaker and Kellogg's.

**2. Kung Pao Chicken.** One average dinner-size take-out order has 76 grams of fat. That's as much fat as 17 teaspoons of oil! It also averages more than a day's worth of sodium (2,608 mg). The same size order of Szechuan Shrimp or Stir-Fried Mixed Vegetables contains one-fourth as much fat and a little less sodium.

**3. Dunkin' Donuts Plain Cake Doughnut.** Thanks to the hydrogenated shortening in which doughnuts are fried, a single plain cake doughnut winds up with as much cholesterol-raising fat as a McDonald's Big Mac! If you want good-tasting pastries without the fat, give Entenmann's fat-free line a try.

**4. Nissin Chicken Cup O' Noodles.** This soup will give you a surprisingly strong shot of fat (about 3 teaspoons' worth) and almost as much sodium (1,700 mg) as you should ideally eat in a whole day. Try Fantastic Foods Only A Pinch soups instead. A serving averages just half a teaspoon of fat and 120 mg of sodium — a much healthier alternative.

**5. Taco Bell's Taco Salad with Shell.** With the shell, this platter of beef, cheese, and beans has 14 teaspoons of fat, 4 teaspoons of saturated fat, and 905 calories. That's almost all the fat and saturated fat an adult should eat in an entire day. If you're in the mood for a fast-food salad, head to McDonald's. Its Chunky Chicken Salad contains a single teaspoon of fat and 1/4 teaspoon of saturated fat.

**6. Oscar Mayer Lunchables.** It would be hard to invent a worse food than these combos of heavily processed meat, artery-clogging cheese, and mostly-white-flour crackers. The line averages 5½ teaspoons of fat (that's 60 percent of calories) and 1,734 mg of sodium.

Continued on Page 31

**ICE AGE TRAIL 50 MILE RUN**  
**Kettle Moraine, Wisconsin**  
**May 21, 1994**

**Don Lindley - 12:08:29**

**Jerry Diehl - 12:08:29**

After completing this run in 1990 and 1992, I thought it would be great to share the experience with someone else.

Jerry Diehl wanted to attempt his first ultra-marathon and asked me to be his coach and trainer. Who could pick a better running partner than Jerry and a handling crew of Mike Kast and Judy Tillapaugh? However, I hadn't planned on Jerry sacrificing his bronze belt buckle to stay with me in the final miles after realizing that he would not finish under the 12 hour limit.

With the temperature hovering at 89 degrees, I was nauseated and dehydrated at 41 miles into the run. Jerry was far more concerned for my safety and welfare and wouldn't leave me even though I told him to continue. He was not concerned about the finisher's belt buckle. With all my bodily functions shutting down, rest and fluids were necessary. Even after stopping to rest, I could only recover enough to walk the course. At the last aid station, with 1.6 miles to go, an official DQ'd (disqualified) us because we were one minute past the cut-off time.

Our main goal was to finish and we were able to prevail on the official to allow us to complete the 50 miles. We stayed together and managed to finish somewhat over the time limit. Thank you, Jerry. (Don Lindley)

(A success story in the finish of this event that exemplifies the true spirit of camaraderie among runners. Congratulations to both, especially to former Fort Wayne Track Club President Jerry Diehl. Editor)

## **CHILDREN'S RUNNING**

By Joyce Hockensmith

With the winding down of the school year, comes the end of another successful year of the Highland Terrace Running Club. The running club, which I began in the fall of 1992, is open to all students 6 years and older, and promotes running for fun and fitness. Students earn specially designed T-shirts after attending 12 weekly meetings. Ribbon Runs are held every 6 weeks throughout the year for distances of 1 M, 2 M, and adding a 5K at the end, for those few students who want to try this distance. Emphasis is on completing the distance rather than time. Time is recorded, however, for those who want to try to better it at the next run. Parents help out at ribbon runs and donate cookies and punch for treats at meetings and runs.

If you would like to start a children's running club, contact me. I would be happy to assist you with beginning a club. It would be fun to have an invitational run involving children in different running clubs.

Joyce Hockensmith  
3732 Thyme Court  
New Haven, IN 46774

## **WANTED: RUNNING BUDDY FOR NEARLY SIGHTLESS RUNNER**

Joe Ziegler, a FWTC member, likes to run, and run fast, even though he has lost most of his eyesight. He would appreciate it, if other FWTC Members going to races, would remember him, and give him some transportation to area events. He also needs help with race registration, and would like to arrive at the race early enough to warm-up, and would like to stay until the awards are over. Joe does not need a pacer, but desires the help of runners on the course to be sensitive to his vision problem. You probably won't see Joe unless you run in the 6-7 minute per mile bracket. Joe has recently felt like giving up racing, but as many of us know, races provide much of the motivation for our daily training. If you see Joe, please offer him your encouragement. Give Joe a call at 749-7015.

## **DON ANDERSON TAKES FIRST IN DENEDIN, FLORIDA RACE**

Don Anderson competed in the Jays Days Run For The Pennant 5K on March 12, 1994. His great time of 21.41 earned him first place in the 65 to 69 age group. Don reports that the 350 runners started and finished at the Toronto Blue Jay Stadium in Denedin, Florida on a warm and sunny day, culminating with a pancake breakfast. In Don's opinion, one the best aspects of the run was that there was a lot of competition in his age group, due to the fact that Florida expands all age groups with 5 year divisions. He recommends that Northern race directors be more sensitive to the older age groups. (I think I just heard an AMEN from Ken Disler.)



**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 !**

## 1994 FWTC REMAINING POINTS RACES

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

Sustained motivation is essential to achieving your potential. To keep your motivation high, use mental stimuli. Find what gets you psyched, and surround yourself with it: posters, sayings, photos, running magazines, videos. the more you see it, the more you remember it. For example, you might put up a sign on your wall, or a note on your mirror or desk reminding you of your goal time. One runner I know uses his goal marathon time as his access number for an automatic bank machine.

-Grete Waitz

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### 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.

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### NEWSLETTER DEADLINE DATES:

January 15, 1994

March 15, 1994

May 15, 1994

July 15, 1994

September 15, 1994

November 15, 1994



## SUMMER TRACK MEETS 1994

*New Haven High School will host five consecutive Tuesday nights of age group Track & Field meets. The meets will begin Tuesday, June 14 at 6:00 pm and continue through Tuesday, July 12. We will charge 50 cents per. event per. person. All contestants will receive a ribbon as an award.*

*Events are as follows*

- 1. Hurdles: age groups 10-14, 15-18, 19-24, 25-29, 30-39, 40-49, and 50 and older.  
100 and 110 meter hurdles will be run June 21 and July 5.  
300 meter hurdles will be run on June 14 , June 28 and July 12.*
- 2. 60 Meter dash for pre-school and age 5-9.*
- 3. 100 Meter Dash for age groups 10-14, 15-18, 19-24, 25-29, 30-39, 40-49, & 50 up.*
- 4. 800 Meter Run for age groups as listed above.*
- 5. 200 & 400 Meter Dash for the same age groups.*
- 6. 1600 Meter Run on June 14, June 28 and July 12.*
- 7. 3200 Meter Run on June 21, and July 5 .*

*All Field Events will be held for all age groups each week.*

*New Haven High School is located at Green Road and US #30 in New Haven, IN*

*Practice for those interested will be from 4-6:00 pm Monday and Wednesday.*

## *White River State Games Regional Meet*

*New Haven is the site for the White River State Regional Track Meet. The meet will start at 9:30 a.m. on June 25. Check in time is from 8-9:00 am. Entry forms for the Games are available at the Ft. Wayne Dept. of Parks & Recreation. Or call, 1-800 -HI- Fives. No entries will be accepted on site. Entries prior to June 1 are \$10.00, after that they are \$12.00. Deadline for entries is June 7. Mail entry forms to: White River Park State Games, P.O. Box 2730 , Indianapolis, IN 46206-27300.*

*Finals for the White River State Games will be held in Indianapolis, July 15-17 at IUPUI.*

*Questions, call Pat Monaghan, home, 749-0709, New Haven High , 493-3761.*

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

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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  
NOTE: THE 5K IS A FWTC POINTS RACE
- 11 SAT MUNSTER ROTARY RUN AROUND 5K/10K MUNSTER, INDIANA  
JAY PLATT, 9449 NORTHCUTE, MUNSTER IN 46321 (219)932-6300
- 11 SAT NORRIS INSURANCE GREENTOWN 5 MILE 8 A.M. GREENTOWN, IND.  
JOHN NORRIS, P.O. BOX 157 AMBOY IN 46911 (317)395-7761
- 11 SAT ROUND BARN RUN 5K RUN/WALK 8:30 A.M. ROCHESTER, IND.  
DAN MC CARTHY, 401 EAST 14TH, ROCHESTER IN 46975
- 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
- 12 SUN \* KELLY ISLAND 10K & 5K 10:45 A.M. KELLY ISLAND, OHIO  
TOM ETCHILL, 5602 SCHENK RD., SANDUSKY OH 44870
- 18 SAT MERMAID FESTIVAL 5K 8 A.M. NORTH WEBSTER, IND.  
N. WEBSTER ELEM. CALL BRIAN SHEPHERD 894-4638  
NOTE: THIS IS A FWTC POINTS RACE
- 18 SAT \* MORNINGSTAR 5K 6:30 P.M. AUBURN, IND.  
YMCA 310 N. MAIN STREET, AUBURN IN 46706

18 SAT LIME CITY 5 5 MILE RUN HUNTINGTON, IND  
CALL DENISE BARD FOR INFO (219)358-2323

18 SAT STEAMBOAT CLASSIS 4 MILE RUN PEORIA, ILLINOIS  
RUNNING CENTRAL, 700 W. MAIN ST., PEORIA IL 61606  
(309) 578-3524

18 SAT NORRIS INS. SWAYZEE 5MILE 8 A.M. SWAYZEE ELEM. SCHOOL, IND.  
JOHN NORRIS, BOX 157, AMBOY IN 46911 (317)395-7761

18 SAT QUAD CITY SERIES 5K RUN AVILLA PARK AVILLA, IND.  
RON WEIMER, 1710 KAMMERER RD. KENDALLVILLE IN 46755

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, C  
TOM HORD (800)553-8981 EXT 0961 (CALL 8:30A- 5PEST)

18 SAT HOG JOG 10K RUN, 1.9MILE RUN/WALK FLORA, IND.  
DALE OREM, BOX 131, FLORA, IN 46929 (219)967-3096

21 TUE RUN FOR THE KIDS 5K AND 1MILE 6:30 P.M. LIGONIER, IND.  
WEST NOBLE ELEM. CALL BRIAN SHEPHERD 894-4638

25 SAT BUZZARD'S ROOST 10K 8:30 A.M. ARCADIA IND.  
EVAN ACHENBACH (317)984-3019

25 SAT \* DUCKLING DASH 8K RUN BROAD RIPPLE INDIANAPOLIS, IND.  
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 4625

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 \* 16TH MONUMENT CITY CLASSIC 5K AND 10K ANGOLA, IND.  
CONNIE CROWLS (219)665-2842

26 SUN 19TH ANNUAL PICTURED ROCKS 11 MILE ROAD RACE MUNISING, MICH  
EL HARGER, R#1, BOX 901, MUNISING MI 49862 (906)387-3387

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- 02 SAT FLOTILLA ROAD RACE 8 MILE RUN/3.3 MILE RUN & WALK SYRACUSE  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638  
LAKESIDE PARK 8:00 A.M. \*\*\* FWTC POINTS RACE \*\*\*
- 04 MON QUAD CITY SERIES 5K/10K RUNS YMCA KENDALLVILLE, IND.  
RON WEIMER (219)347-9434
- 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  
\*\*\* FWTC POINTS RACE \*\*\*
- 04 MON NORRIS INS. "500" 5K TWELVE MILE UNITED METHODIST CHURCH, IND  
JOHN NORRIS (317)395-7761
- 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 \* VOLKSLAUFE 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
- 15 FRI OLD SETTLERS 4 MILE RUN 6:30 P.M. COLUMBIA CITY, INDIANA  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638  
\*\*\* FWTC POINTS RACE \*\*\*
- 16 SAT RUN FOR YOUTH 8K RUN/5K WALK EAGLE CREEK INDIANAPOLIS, IND  
PATTY CUSHINGBERRY (317)924-7490 (1200 LIMIT)
- 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
- 22 FRI COUNTRY CLASSIC 5K 7 P.M. CROMWELL, IND.  
STEVE CASWELL, 204 W. HAZEL ST., ALBION IN 46701 1-636-7308  
\*\*\* PLEASE CALL TO VERIFY THIS RACE \*\*\*\* FWTC POINTS RACE
- 23 SAT STRIDES AGAINST CANCER 5K AND 1MILE 8 A.M. SYRACUSE, INDIANA  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638
- 23 SAT QUAD CITY SERIES 5K LAOTTO PARK LAOTTO, IND  
RON WEIMER (219)347-9434

23 SAT CONNONBALL 5MILE RUN HONEYWELL CENTER 8 A.M. WABASH, IND.  
BRAD PERROTT, (219)563-1917 OR 563-8803

24 SUN CHICAGO DISTANCE CLASSIC 20K ALSO 5K CHICAGO, ILLINOIS  
1440 W. WASHINGTON BLVD., ZIP 60614 (312)243-2000

30 SAT \* CLEAR LAKE 10K RUN FOR THE BLIND 9 A.M. FREMONT, IND.  
LARRY LEE 625-4508 OR 747-7441 \*\*\* FWTC POINTS RACE \*\*\*  
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

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

31 SUN WRTV DO RUN RUN 10K RUN/5K WALK INDIANAPOLIS, IND  
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217

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

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06 SAT HARLAN DAYS 10K 7 A.M. HARLAN, INDIANA  
T.A. BUNNER, BOX 255, HARLAN IN 46743 (219)657-5197

06 SAT QUAD CITY SERIES 5K KELLY PARK ROME CITY, IND.  
RON WEIMER, 1710 KAMMERER RD., KENDALLVILLE IN 46755

06 SAT NORRIS INS. CONVERSE 5K 8 A.M. FARMERS BANK CONVERSE, IND.  
JOHN NORRIS, BOX 157, AMBOY IN 46911

06 SAT \* BUZZARDS GLORY CLASSIC 5K RUN 9 A.M. COLDWATER, OHIO  
TIM WELLMAN, 806 S. PARKVIEW, COLDWATER, OH 45828

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

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

- 20 SAT \* PARKERSBURG HALF MARATHON PARKERSBURG, WEST VIRGINIA  
DORSEY CHEUVRONT, PO BOX 718, PARKERSBURG, WV 26102  
(304) 424-2786
- 20 SAT \* COLDWATER MINI-IRONMAN TRIATHLON COLDWATER, MICHIGAN  
300 YARD SWIM/6 MILE BIKE/3 MILE RUN  
CALL DON OR LAURA (517)278-4286
- 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

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

- 03 SAT BIPPUS BOP 4-MILE RUN BIPPUS, INDIANA  
ELDON BRUNNER, 8514 N - 300 W, HUNTINGTON, IN 46750  
(219) 344-1478 HOME (219) 356-9595 WORK
- 03 SAT \* MARSHMALLOW DAYS 5K 6:45 P.M. LIGONIER, IND.  
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IN 46767  
\* \* \* FWTC POINTS RACE \* \* \*
- 03 SAT A.C.D. DUATHLON AUBURN, INDIANA  
YMCA/DEKALB COUNTY, 310 N. MAIN STREET, AUBURN IN 46706
- 03 SAT CHARLESTON DISTANCE RUN 15 MILES CHARLESTON, W. VIRGINIA  
BOX 2749, CHARLESTON, WV 25330 (304)348-6464
- 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 \* SCENIC EMMETT CHALLENGE 2.5K/5K/10K BATTLE CREEK, MICH.  
PAUL MASON, BOX 98, ZIP 49016 (616)964-1493 RUN ALL 3!!
- 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 ROANOKE FALL FEST 5 5 MILE RUN & 1 MILE FUN RUN ROANOKE, IN  
DAVE WINTERS, 3402 E. 716 NORTH, HUNTINGTON IN 46750  
(219)672-8281 5 MILE 7:30 A.M. 1 MILE 8:30 A.M.  
\* \* \* FWTC POINTS RACE \* \* \*
- 10 SAT MACKINAC ISLAND EIGHT MILE RUN & WALK 10 A.M. MACKINAC ISLAND  
RIVERBEND STRIDERS, BOX 233, FLUSHING MI 48433 (313)659-6493

- 10 SAT CITIZENS GAS RACE FOR HEAT 10K RUN/5K WALK INDIANAPOLIS, IND.  
CALL (317)786-8812  
KLA, 107 WEST LORETTA DR., INDIANAPOLIS IN 46217
- 17 SAT AMERICAN RED CROSS WALK/RUN FOR LIFE ZOLLNER STADIUM F.W  
8:30 A.M. 20 LAPS OR 5 MILES CALL 480-8191 OR 484-1256
- 17 SAT OLANDER PARK 24 HOUR RUN NOON TOLEDO, OHIO  
DAVE PAYETTE, 2338 LASKY RD., TOLEDO OH 43613
- 17 SAT LAKESHORE 50 50K AND 50MILE 7 A.M. HOLLAND, MICHIGAN  
STEVE WEBSTER, 268 E. 8TH ST., HOLLAND MI 49423 (616)396-7961
- 18 SUN COLUMBUS HALF MARATHON 8:30 A.M. COLUMBUS OHIO  
ULTRA FIT/USA, BOX 06358, ZIP 43206 (614)444-3832
- 18 SUN PHILADELPHIA DISTANCE RUN HALF MARATHON PHILADELPHIA, PENN.  
BOX 43111, PHILADELPHIA PA 19129 (215)293-6786
- 24 SAT PARLOR CITY 1/2 MARATHON AND 10K BLUFFTON, IND. 8:30 A.M.  
MARJORIE HAINES, BOX 86, BLUFFTON, IN 46714 (219)824-3116
- 24 SAT \* GOVERNOR'S CUP SERIES INDIANAPOLIS FINALE, MILITARY PARK  
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46252
- 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 - - - - -
- 01 SAT NORRIS INS. BUNKER HILL 4 MILE RUN 8A.M. BUNKER HILL, IND.  
JOHN NORRIS, BOX 157, AMBOY IND 46911 (317)395-7761
- 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, STE. CR 33, ZIP 55401 (612)673-0778
- 08 SAT \* BICENTENNIAL RUNS & WALK 2 P.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 \* MANSFIELD COVERED BRIDGE 10K RUN 9 A.M. MANSFIELD, IND.  
(317)597-2159 LIONS, BOX 211, ROCKVILLE, IN 47872

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 LAKEFRONT MARATHON MILWAUKEE, WISC.  
BADGERLAND STRIDERS, 9200 W. NORTH AVE, ZIP 53226 (414)783-5009

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  
18TH ANNUAL HALF MARATHON AND 5K  
WRIGHT BROTHERS, BOX 9154, DAYTON OH 45409 (513)435-2633

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

22 SAT MONSTER MASH 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.  
JACK OPPER, BOX 648, HARRISON, ME 04040 (207)583-4720

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

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

30 SUN WOLFPACK FALL CLASSIC 50K/6 HOUR 8 A.M. COLUMBUS, OHIO  
JOHN WHITE, 4865 ARTHUR PLACE, ZIP 43220 (614)459-2547

30 SUN \* CHICAGO MARATHON 8:30 A.M. CHICAGO, ILLINOIS  
(800) 527-3214 CHICAGO MARATHON, BOX 10597, CHICAGO, IL 60610

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

05 SAT OPSF 50/50 TRAIL RUN 50K/50MILES 7 A.M. SPENCER, IND.  
HILLY 9.5-MILE LOOP IN OWEN-PUTNAM COUNTY STATE FOREST  
JEFF TINCHER, ROUTE 1, BOX 194A, BOWLING GREEN IN 47833

06 SUN NEW YORK CITY MARATHON 25TH YEAR NEW YORK, NEW YORK  
NYRRC, 9 E. 89TH ST, NEW YORK, NY 10128 (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

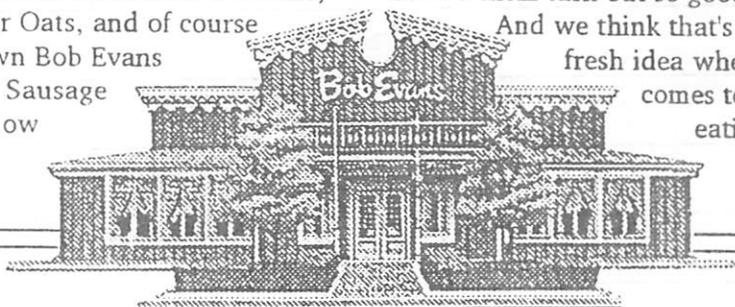
- - - - - D E C E M B E R 1 9 9 4 - - - - -

04 SUN DALLAS WHITE ROCK MARATHON (25TH) DALLAS TEXAS  
BOX 743335, DALLAS, TX 75374 (214)528-1290

- 10 SAT JINGLE BELL RUN/WALK 5K DOWNTOWN INDIANAPOLIS, IND.  
 NYRRC, P.O. BOX 1388, GPO, NEW YORK, NY 10116 (212)860-4455
- 10 SAT ROCKET CITY MARATHON HUNTSVILLE, ALABAMA  
 HAROLD TINSLEY, 8811 EDGEHILL DR. HUNTSVILLE AL 35802
- 11 SUN HONOLULU MARATHON (22ND) 5:30 A.M. HONOLULU, HAWAII  
 3435 WAIALAE AVE., RM 208 ZIP 96816 (808)734-7200

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

**7. Häagen-Dazs Exträas.** Häagen-Dazs has managed to make its line of gourmet ice cream extra fatty by adding ingredients like fudge, peanut butter, peanuts, or brownies to its already-fatty ice cream. Eat a cup of Exträas Triple Brownie Overload or Peanut Butter Burst and you've downed 44 grams of fat...almost as much as half a stick of butter. And a cup of Exträas Cappucino Commotion or Caramel Cone Explosion has almost as much artery-clogging saturated fat (20 grams) as two McDonald's Quarter Pounders with Cheese! That's a whole day's quota for many people. A cup of Mattus Low-fat Ice Cream, on the other hand, has just six grams of fat. And only three of them are saturated. But the taste is as rich as full-fat Häagen-Dazs.

**3. Campbell's Chunky Soups.** They're brimming with salt. Half a can contains 976 mg of sodium. That's about half your ideal quota for an entire day. If you're looking for more than salty water, check out Pritikin soups. A cup averages 160 mg of sodium and one gram of fat. That's a bit less fat — and far less sodium — than you'll find in Campbell's Healthy Request or ConAgra's Healthy Choice soups.

**9. Rice-A-Roni.** An average one-cup serving of Rice-A-Roni contains 1,263 mg of sodium, even more than a one-cup serving of salty Campbell's soup. Two Rice-A-Roni flavors (Chicken & Vegetables or Fried Rice) topped 1,500 mg! That's about two-thirds of your daily allowance. One way around salty rice is to add only half the seasoning packet. Presto. You've cut the salt in half. Or better yet, cook your rice in low-sodium chicken or vegetable broth.

**10. Fettucini Alfredo.** A dinner-size entree contains an amazing 97 grams of fat — or 22 teaspoons of fat. It's like sitting down and eating an entire stick of butter! An incredible 58 percent of its calories come from fat. If you want a lower-fat pasta meal, try spaghetti or linguini topped with tomato sauce, red or white clam sauce, meat sauce, or meatballs.



\*\*\*\*\* 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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**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: \_\_\_\_\_

(if under 18)

Date: \_\_\_\_\_

## THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

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

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### Everyone Can Be a Writer

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

Joyce Hockensmith  
3732 Thyme court  
New Haven, IN 46774

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# Coming Events...

## CANAL DAYS

Saturday, June 11, 1994  
7:00 AM, Downtown, New Haven, IN

## BICENTENNIAL TRAINING PROGRAM

Begins June 22, 1994  
6:00 PM at Sears Pavillon, Foster Park  
Michael McAvoy 436-9710 (days)  
or 824-5158 (evenings)

## RUNNING WILD 4 MILE RUN

Fort Wayne Children's Zoo  
Monday, July 4, 1994, 7:30 AM

## FWTC MEETINGS

Wednesday, June 8, 1994, 7:00 P.M.  
Wednesday, July 13, 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.

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



Bulk Rate  
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