

the inside track

August 1994 - September 1994



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

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1994

FORT WAYNE TRACK CLUB

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PRESIDENT'S COLUMN - - Bob Hockensmith

In order to maintain running fitness, for those of us who are obligated to hold full time jobs, we must either run in the morning or in the evening, after considering the relative merits and demerits of each of those running periods.

In the morning, our energy level is generally higher making it easier to put in the miles, as well as enjoying the rest of the day without the obligation to run later. For those who run in the evening, the day's work is done so more time can be devoted to running, but we are more tired making the run more difficult. In addition, when considering the weather conditions, the amount of daylight involved, the differing traffic problems from morning to evening, and the early hour for arising (yawn), the decision becomes more complex. An important factor to keep in mind during this time of year, especially as the temperature increases from to pleasant to uncomfortably hot, is the matter of heat related disorders. Summer heat and humidity can cause muscle cramps, blisters, fatigue, heat exhaustion and heat stroke. Heat stroke is an extreme emergency and can be fatal. Experts estimate that approximately 200 deaths occur each year from heat stroke. It can hit without warning, but most often the symptoms are evident. Warning signs include:

not sweating although very hot, flushed red skin,
a burning feeling in the legs, difficulty in breathing,
burning in the chest, headaches, feeling dizzy and delirious,
inability to think straight or run a straight line,
a chilling sensation, suddenly finding yourself on the
ground.

Much has been written about the dangers of hot weather running. Most of the information advises a systematic plan to avoid heat problems. Obviously, prevention is the best course of action and it usually consists of paying attention to your training and monitoring your body's signals, and regular hydration, not just during the run but for hours or days before, whether thirsty or not. However, if all of the preparation fails, all of the literature warns that at the first sign of the symptoms, the runner should stop, walk or rest. While waiting for medical attention, if needed, the runner should be moved to a shady area, cooled by fanning and by placing cool cloths on the body surface.

A recent article in Running Research News reported on a university study on the most effective way to rehydrate after extended runs in hot weather, a matter that we often overlook other than by satisfying our thirst. When the temperature is above 80 degrees and the humidity is high, dehydration to some extent usually occurs. How best to restore body fluids to normal levels? Plain water? A commercial sports drink? Beer? And, how much should you drink?

The results of the study indicated that only when runners drank double the amount of their fluid losses, were they able to achieve "positive fluid balance" within six hours after exercise. The research indicated that about one teaspoon of salt should be added to each quart of water that the runner drinks after heavy exercise, unless restricted by his or her physician. A rough estimate of fluid loss can be obtained by weighing yourself before and after running. As an alternative to adding salt to the drinking water, it can be sprinkled liberally on solid foods eaten after running, or you can eat such salty foods as potato (or potatoe?) chips. Unfortunately (for a few of us), beer is a poor rehydration beverage because of its diuretic effects.

Let's all pay a little more attention to the serious possible effects of hot weather running, to stay healthy throughout the running season.

By the time this issue is in your hands, Joyce and I will be trying a marathon "down under". On Sunday, July 17 (actually on Saturday, July 16, Fort Wayne time) we are scheduled to run the Gold Coast Marathon in Queensland, Australia. A report will follow in the next issue. Joyce will, no doubt, mention in a different article, our experiences on a couple of hilly courses recently.

Editor's Note: I received the President's Column before receiving the latest Indiana Runner in case you find any similarities of content.

QUEST FOR 50 UPDATE

Bob and I have now successfully added the states of Wyoming and West Virginia which brings our total to 24 states plus the District of Columbia. My impressions of our Wyoming experience can be found in a separate article in this publication.

Speaking for Bob and myself, we are certainly elated to have completed the Ridge Runners Marathon at the West Bend State Park in Cairo, West Virginia. We are elated because it was by far the most difficult marathon we have ever done. The primary reason was the mountains, which are so steep that they take their toll both ascending and descending, but also a factor was the high temperature and humidity. I am certainly not proud of my performance there, which rates a PW on my marathon list, but I did return home with a 3rd place trophy. That can happen when there are only three women in the race.

Stay tuned to Bob's column next issue when he'll tell you all about our upcoming marathon on the Gold Coast of Australia.

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, June 8, 1994, 7:00 p.m.

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

Extra copies of most recent newsletter distributed to those present & Joyce Hockensmith said there was slight delay in getting them printed & mailed out.

Judy Tillapaugh reported on RRCA items: 1) She has a copy of two newest RRCA publications "Legal Risks of Race Organizers" & "What Is Public Relations"; 2) Deadline for submitting proposals for fall '94 Kids' I Did It Run series extended to July 1st; December 1st is deadline for proposals for spring '95 series; 3) She asked club's input for getting RRCA Curriculum Guides into hands of local elementary teachers & coaches (RRCA received grant to print 29,000 copies & wants these distributed widely). If you know of people to give them to, contact Judy.

Mike McAvoy reported on several items: 1) Nothing new on advertising; 2) Has sold seven pairs of shoes from Gerbers & said Gerbers needs to sell twelve pairs to break even; no one in club except regular attenders of monthly meetings has taken advantage of this; it's a really good deal, so don't pass it up! 3) Hoping to bring in leader/moderator (maybe from Indianapolis) for 9/10/94 club planning retreat; 4) Sign-up for training series very slow - only 3 so far & it's scheduled to begin 6/22.

Treasurer Don Lindley reported:	Income	Expenses	Balance
	May \$1,377.61	\$ 201.50	\$7,033.71
	YTD \$7,816.88	\$5,727.62	\$7,033.71

YTD Memberships: 1994-359; '95-95; '96-28; '97-1; '98-1.

Don also reviewed budget for Bicentennial Race which currently shows projected expenses \$29,164.75 & projected income \$30,631.75.

Don Ford reviewed points races: Canal Days 6/11; Albion Days date unsure; Mermaid Festival 5K 6/18; Flotilla Race 7/2; Running Wild 7/4; Old Settlers 7/15 at 6:30pm; Cromwell 7/22 (also Friday eve); Cancer 5K 7/23; Clear Lake 7/30. Other races highlighted: Tues eve race in Ligonier 6/21; 3 Rivers Festival 5K 7/9; Harlan Days 8/6.

Ken Disler reported he still needs 5 more apparel orders to reach minimum. Hopes to check with other possible source of apparel by next meeting.

Bob Hockensmith shared letter to club from person compiling book on good places to run throughout U.S. J.P. Jones volunteered to send information on areas to run in Fort Wayne.

Meeting then adjourned. Next month's meeting Wednesday 7/13, 7pm, TUFW Activities Center (meet in parking lot, dressed to run, 5:30pm).

Respectfully submitted,

Vicki Jacobs
Vicki Jacobs
Secretary

Track Club Member Profiles

Tom Felger

Tom Felger has been running for 15 years. Tom's favorite race is the Great Race although he did not set a PR there in 1993/94. In the wintertime Tom trains with Jack Hilker at the YMCA. He most often buys his running shoes from Spiece and reads the Inside Track. Tom keeps in running form eating pasta and popcorn, but he also enjoys a good pizza. In his training log, Tom recorded 1200 miles in 1993. Besides running, Tom keeps in shape using a weight machine. If Tom could exchange bodies with any other athlete, he would choose the physique of Michael Jordan. If Tom could travel anywhere in the world for a race, he would like to go to London, England. Tom's running tip is, "Just Do It!"

Ted Tiemon

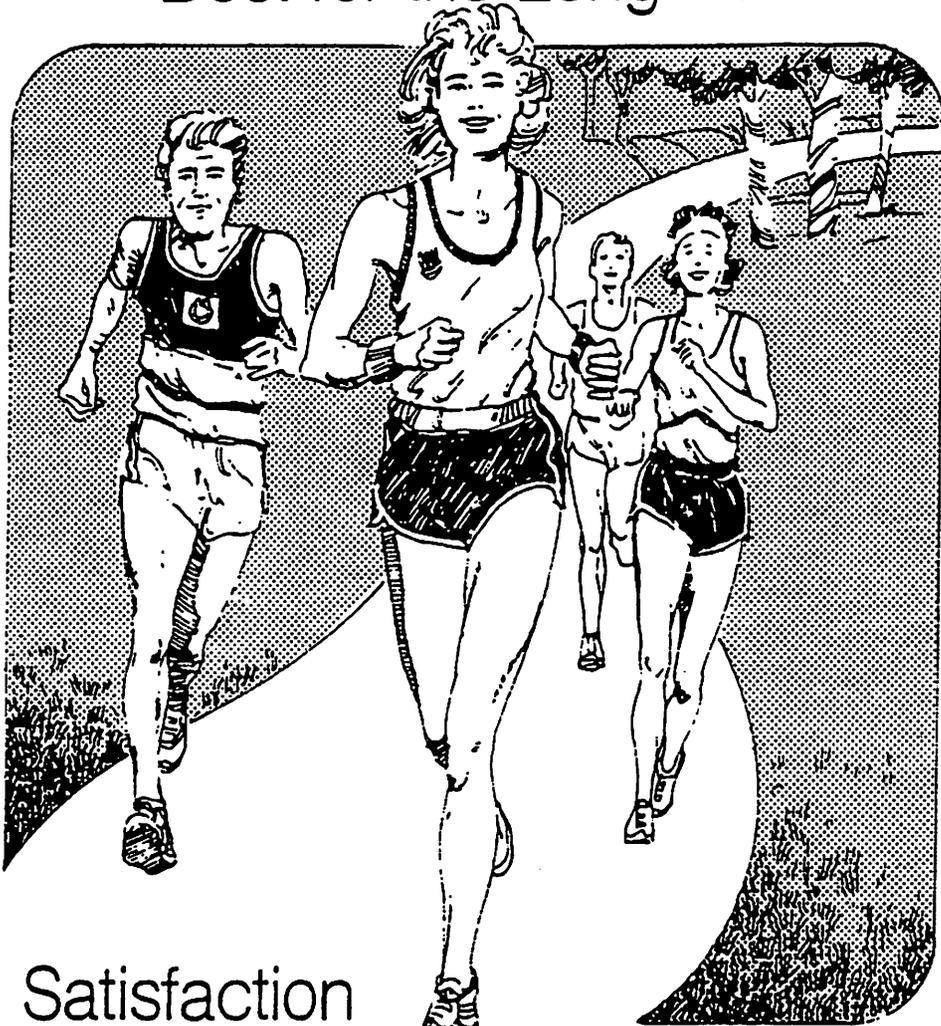
Ted Tiemon has been running for 20 years. Ted's favorite race is the Summit City 5K at which he did set a PR in 1993 of 18:40. In the wintertime, Ted crosstrains by running, using a stationary bike, swimming, jumping (rope?), and using weights. Ted shops for his shoes in the Eastbay catalog, Dick Pond Shoes, or Toenges. The running publication Ted reads the most is "National Masters News". Ted stays in shape eating Power Bars and fruit, but he also enjoys pizza and cherry pie. In his running log, Ted recorded 1,000 miles in 1993. The piece of fitness equipment Ted uses most often is a stationary bike. If Ted could exchange bodies with another athlete, he would choose Dan O'Brien, the decathlete. If Ted could travel anywhere for a race, he would like to go to California. Ted's running tip is, "Keep contact with regular speed work, solo runs, group runs, and brief times off to stay sharp and fresh."

As of this Inside Track, the editor has used all the surveys she has received. Please take a few minutes and complete the Track Club Member Survey form you will find toward the back of this publication.

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MACKINAC ISLAND FESTIVAL 10K

On June 4, 1994, it was sunny and in the mid 50's on Mackinac Island. FWTC members, Dave and Sue Meyers, and Sara and Steve Smith joined the approximately 400 runners who took part in this 10K. The race began with a rather challenging hill, then eased into a pleasant course ending lakeside. Since horses are the 2nd most popular mode of transportation on the island, (feet come first) participants had to really "watch their step". The Meyers and Smiths claimed they got several compliments on their FWTC shirts.

Congratulations to Steve who placed 1st in his division!



On the porch of the Grand Hotel
 Dave Myers Sue Myers Sara Smith Steve Smith



John Klein Sue Myers Steve Smith
 Jeanette Klein Dave Myers Katie Smith

HEART OF INDIANA RUN/WALK

The Heart of Indiana Run/Walk 5K, held on May 21, 1994, was sponsored by the Ball Memorial Hospital in Muncie, Indiana. Of the 130 participants who enjoyed the beautiful 73 degree day were FWTC members John and Jeanette Klein, Dave and Sue Meyers, and Steve and Katie Smith. They report that the event was well organized with lots of volunteers along the course. They also commented on the great facilities in Ball Memorial Hospital before and after the race. The race results were handed out speedily after the race and the awards ceremony was quick and efficient. Salad and bread sticks were provided to all runners and walkers compliments of the Olive Garden.

HARLAN DAYS 10K RACE
 SATURDAY, AUGUST 7, 1993

1. Dan Moord	34:57.4	30. Ken Silkworth	52:22.
2. Steve Hoepfner	35:53.1	31. John Moss	57:22.
3. Terry Coonan	37:54.6	32. Harry Lewis	57:23.
4. Ken Nelson	38:13.1	33. Bill Patterson	57:36.
5. Dean Reynolds	38:20.5	34. Ramon Brown	57:44.
6. Layne Schwier	38:21.8	35. John Lantz	57:56.
7. Donald Ford	38:30.4	36. Andy Douglas	60:05.
8. Rick Gilbert	38:32.7	37. Kathleen Douglas	60:06.
9. Mary McManus	38:44.8	38. Darrell Douglas	Not Available
10. Michael Lindley	39:05.5	39. Mike Hendricks	""""
11. Ken Steiner	39:24.8	40. James Jones	"""
12. Paul Ausderan	40:30.8	41. Robert Leeper	"""
13. Bill Taylor	41:19.4	42. Christine Tam	"""
14. Andrew Finan	41:43.8	43. Mike McComas	"""
15. Bret Brewer	41:52.8	44. Robert Krach	79: .
16. Douglas Hohenberger	42:32.7		
17. Tad Stemen	42:49.7		
18. Steve Lengacher	43:50.9		
19. Don Anderson	45:15.7		
20. Steve Schwier	45:33.2		
21. Gary Kuhn	45:49.7		
22. Randy Auker	46:20.6		
23. Don Ashton	46:34.4		
24. Marilyn Crossgrove	47:17.2		
25. Don Lindley	47:18.5		
26. Melvin Hochstetler	48:11.0		
27. Michelle Bartkowiak	48:53.4		
28. Bob Loomis	49:18.1		
29. Michael Diss	49:36.0		

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FOR IMMEDIATE RELEASE
MAY 12, 1994

HEARTBEATS FESTIVAL/FAMILY FITNESS DAY RESULTS

Whitley County Memorial Hospital's annual Heartbeats Festival and Family Fitness Day was a success, thanks to volunteers and community members who participated.

The hospital would like to thank Culligan's for providing drinking water, the Columbia City Parks & Recreation Department for the use of the popcorn machine and supplies, and the 4-H Center for use of its facilities. A special thanks, also, to all those who showed up to help and participate.

One hundred and three walkers showed up despite 40-degree temperatures, rain, and wind. Fifty-four runners ran four miles through the rain. Only the five- and ten-mile bike rides were cancelled due to rain-slick roads.

Mark Sanderson, 32, of Van Wert, Ohio, was the overall men's division winner in the four-mile run. Sanderson also won first place in the men's 30-39 age category. Sanderson completed the race in 21 minutes and 12 seconds.

Rachel Couch, 14, of Columbia City, was the overall women's division winner and the winner of the Female 14 & Under age category. She completed the race in 30 minutes and 22.8 seconds.

The second-place overall runner was **Steve Caswell of Albion** (time: 22 minutes, 14.5 seconds). Caswell also placed first in the 40-49 age category.

Hal Pearson of Albion finished third overall (time: 22 minutes, 18.4 seconds).

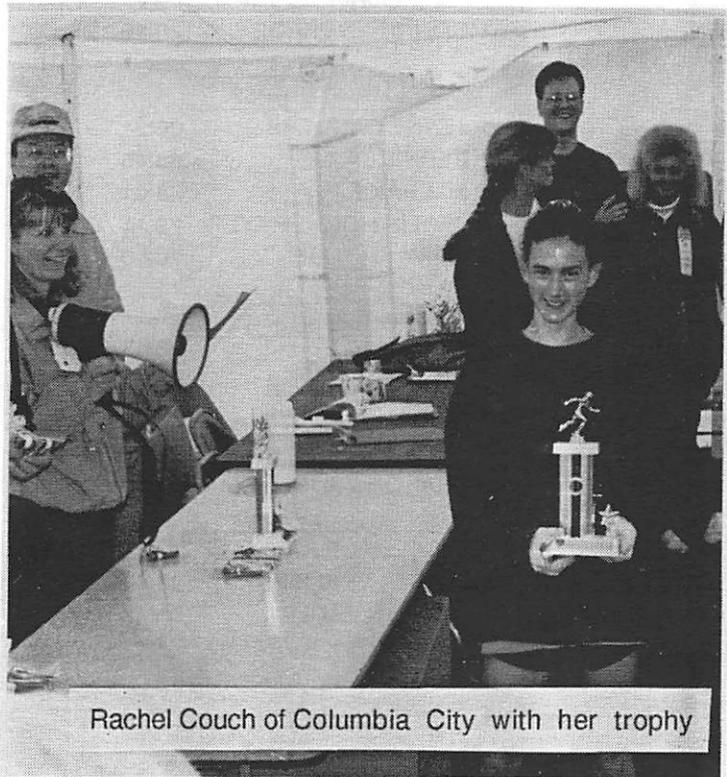
Mark Myers of Columbia City finished first in the ages 15-18 category, with a time of 22 minutes, 55.6 seconds.

Rod Obregon (city unknown) finished first in the ages 19-29 category. His time was 22 minutes, 42.1 seconds.

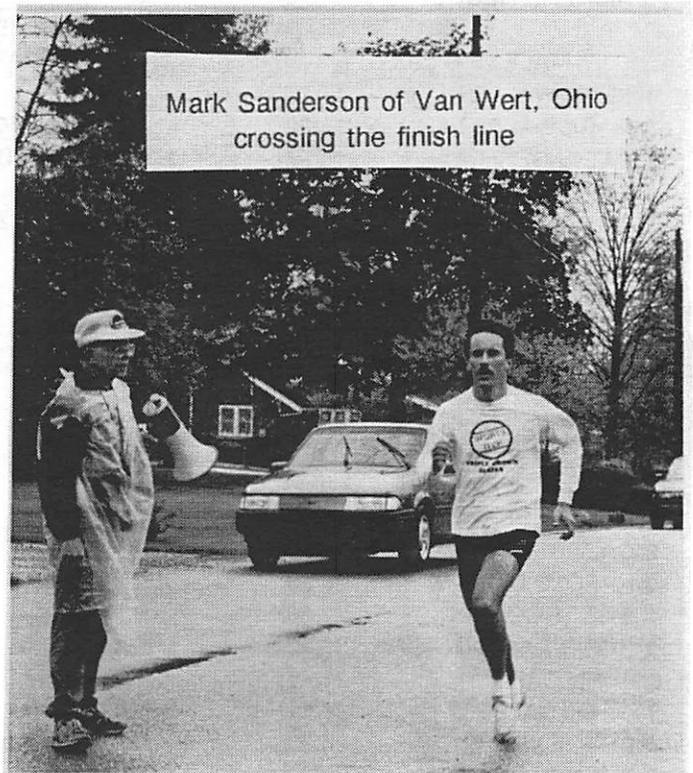
Larry Auerbach of Fort Wayne finished first in the ages 50 and over category. His time was 26 minutes, 31.3 seconds.

Lisa Baldwin (city unknown) finished first in the female ages 19-29 category, with a time of 33 minutes, 17.9 seconds.

Ellen Schwendeman (city unknown) placed first in the female ages 30-39 category, with a time of 34 minutes, 4.4 seconds.



Rachel Couch of Columbia City with her trophy



Mark Sanderson of Van Wert, Ohio crossing the finish line

CANAL DAYS - 10KM RUN
JUNE 11, 1994

PL	NAME	TIME	PL	NAME	TIME	PL	NAME	TIME
MALE 30 - 34			MALE 45 - 49			FEMALE 30 - 34		
* 1	MIKE MCMANUS	32:23	* 1	GARY RICHNER	36:25	1	MICHELLE MEYERS	47:57
* 2	DON BRANSTETTER	36:25	* 2	TERRY DEAN	39:46	2	FLO SMITH	52:10
3	MARK ALTSLAETTER	45:45	* 3	JACK REINKING	42:22	FEMALE 35 - 39		
4	GLEN JOHNS	47:57	* 4	KEN SILKWORTH	52:38	* 1	TERRI GROSS	51:40
* 5	JAY GILBERT	50:50	5	TOM AGNESS	56:56	FEMALE 50 - 54		
6	JAMES THOMAS	52:28	6	LARRY PIANO	57:57	1	JANE LEWENDOWSKI	48:36
MALE 35 - 39			MALE 50 - 54			* 2	JULIE WILSON	70:10
* 1	TERRY DILLER	34:45	* 1	LARRY AVERBECK	40:49			
2	KURT MATTOX	36:20	* 2	DON LINDLEY	43:10			
* 3	MARK BRATTOLI	39:38	* 3	TOM FELGER	43:27			
4	PAT BEUCHEL	41:39	4	VICTOR LEWENDOWSKI	43:48			
* 5	JONATHAN SCHLATTER	42:05	5	MEL HOCHSTETTLER	48:20			
6	JOE KOBIELA	43:33	MALE 60 - 64					
7	DENNIS KLOPFENSTEIN	53:50	* 1	BILL PATTERSON	52:55			
MALE 40 - 44			MALE 65 - 69					
1	JOHN TRELEAVEN	37:11	* 1	DON ANDERSON	43:11			
* 2	PAUL AUSDERAN	39:44	* 2	J.P. JONES	59:32			
3	KARL WAITE	41:46						
4	TOM EVANS	42:20						
* 5	DAVID MONTGOMERY	46:31						
6	STAN VEIT	47:53						
* 7	MICHAEL YANN	48:03						
8	JERRY THOMPSON	48:20						
* 9	GEORGE KIRBY	50:22						
* 10	BRUCE HOPEN	52:54						
11	FRED FOX	55:25						

* FWTC MEMBERS

BICENTENNIAL RUN/WALK TRAINING PROGRAM

Get Ready, Get Set....for the Fort Wayne Bicentennial Run/Walk October 8, 1994! You can still join the Fort Wayne Track Club/ Fort Wayne Parks and Recreation Departments Training Program!! We're meeting every Wednesday at 6:00pm at the Sears Pavilion in Foster Park (off Bluffton Road). It's ideal for runners/walkers of all abilities!!!

To sign up call Michael McAvoy at 436-9710 (days) or 824-5158(evenings) or just come!!!!

GASPARILLA 15K

Ken Clark ran the Gasparilla 15K in February 26, 1994 in 1:15:04. Conditions at the start were 65 degrees, sunny, and a little breezy for the 6,706 runners. Ken reports that the race was like one big party, with everyone having a good time and not concerned about setting any records. If you were in the back of the pack, that would have been almost an impossibility. Ken says that it was at the halfway point before it opened up and he could run at the pace he wanted to. Ken had a lot of fun running along the scenic bay. He comments that all the people were great and the food and prizes were like no other race he's attended. Ken's planning to go back again in 1995 if he can fit it into his schedule.

ATHLETE'S FOOT

The term "athlete's foot" applies to a group of skin disorders which can range from contact dermatitis to fungal infections. Since athlete's foot occurs in 90-95 percent of adults in the U.S., it should not be taken lightly.

Contact dermatitis is an allergic reaction to a chemical or material in contact with the skin. It can be caused by shoes or even a sensitivity to the dyes or fabrics used in socks. The tops and bottoms of toes and feet are generally affected and symptoms may include itching, blistering, swelling and splitting of the skin.

Fungal infections range from mild scaling between the toes to severe, large, open blisters that cover the sole, heel, and lateral surfaces of the foot.

Either condition can be helped by wearing part-cotton, part-wool socks and changing them several times a day. Aerosol spray fungicides are also useful. Because the cause does not appear to relate to half-dried feet, drying powders are not effective.

Source: Sports Care Letter from The Toledo Hospital.

TIPS ON GETTING BELOW 40 MINUTES FOR THE 10K

You're nearly there: You've run in the range of times between 40:00 and 41:30, but you've never actually broken the 40-minute barrier. What do you have to do to push your 10-K PR down to 39-something?

There are two basic interval workouts which will help you get the job done:

(1) Warm up by jogging for at least 10 minutes, and then complete 1000-meter work intervals in 3:50, with three minutes of jog recovery after each interval. Start with four work intervals per session, and gradually increase the number of work intervals over time.

(2) Warm up by running slowly for 10 minutes, and then complete 2000-meter intervals in 7:55-7:58 each, with three minutes of easy jogging between intervals. Start with just two work intervals per session and work up to four.

The first workout will boost your VO₂ max and make sub 40-minute 10K pace feel much easier. The second session will raise your lactate threshold and give you experience with the precise pace you'll need to break 40 minutes.

A couple of weeks before the 10K in which you hope to set your new PR, try to run a 5K in about 19:54. Since a 19:54 5K represents the same per-mile pace as a 40-minute 10K, you're not quite ready for your ground-breaking 10K if the 19:54 is too hard to handle. On the other hand, if the 19:54 feels OK, you will no doubt cruise to a new sub-40 PR !

Source: Running and Racing Research News

Birthdays

August

September

02 J PAUL DOWNIE
02 HOWARD BALKENBUSCH JR
04 BARBARA O'NEIL
04 MICHAEL GILLAND
05 SCOTT WAGNER
05 JENNY FURKIS
05 REX REED
05 SHARON YADON
07 JEFFREY RAFF
09 GARY DEXHEIMER
09 LELAND SIBREL
09 KEN MILLER
11 BARRIE PETERSON
14 JOAN GARY
14 TOM FUELLING
15 DAN SPANGLER
16 GARY KUHN
17 SCOTT BEASLEY
20 PAUL BECKWITH
21 JAMES CRON
22 SHERRY YODER
24 MIKE MCKENZIE
25 GREG PERKINS
26 BILL PATTERSON
27 BEV CHRISTENSEN
27 KEN NELSON
27 ALAN GILBERT
29 STEVE GOLDTHWAITE
30 RICHARD BUSTOS
30 DAVID MONTGOMERY
31 CHARLES BRANDT



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02 MICHAEL KAST
02 LAWRENCE LEE
02 JOHN BRIER
04 STACEY BYERS
04 BRUCE PRESSLER
06 BRUCE HOPEN
06 MADELINE ROSER
07 KEN CLARK
09 TERRI GROSS
09 TERESA FURNISS
10 VICKI JACOBS
10 JAMES L MILLER
10 GREGORY FAHL
12 BILL DIBBLE
13 GREGG KURTZ
13 JOSEPH BARANOWSKI
14 GUY RHOADES
14 DAVID BOYLAN
15 JEFFERY McCANN
16 HOWARD KLINGER
16 TOM BLAUVELT
16 PHILIP LUTTMAN
17 MICHAEL PEART
17 DAVID CLOUSE
21 CHUCK MYNETT
21 MARSHA SCHMIDT
21 CRAIG BOBAY
22 BARB SCROGHAM
27 CHRIS PLUNKETT
28 ROGER DeLAY
29 ANGELA HEINGARTNER
29 BELINDA LEWIS
29 TIM BOLIN
30 JEFF WALKER
30 CRAIG HARTMAN
30 BRIAN SHEPHERD



MICHIGAN TRAIL MARATHON/HALF MARATHON
Sunday May 1, 1994

With race temperatures in the 30's to low 40's, this was the coldest Running Fit Marathon on record. It is hard to believe that 6 days earlier it was 88 degrees. Fortunately, the rain held off for running (but not for spectators).

HALF MARATHON RESULTS - Local Runners

Male 30-39

12	Terry Diller	Fort Wayne, IN	1:38:36
23	Rick Gilbert	Monroeville, IN	1:44:41
67	Richard Eddie	Huntington, IN	2:04:34

Female 30-39

14	Judy Tillapaugh	Fort Wayne, IN	2:06:12
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Male 40-44

5	Richard Vorick	Fort Wayne, IN	1:38:36
6	Tom Yoder	Fort Wayne, IN	1:38:38
15	Donald Ford	Fort Wayne, IN	1:47:01
30	Erick Herendeen	Wabash, IN	2:01:02
32	Dennis Conner	Huntington, IN	2:01:31
37	David Winters	Huntington, IN	2:03:02

Female 40-44

11	Connie McKinney	Rome City, IN	2:30:20
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Male 45-49

1	Gary Rickner	Fort Wayne, IN	1:38:40
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Female 45-49

6	Elizabeth Rickner	Fort Wayne, IN	2:26:45
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MARATHON RESULTS - Local Runners

Male 30-39

15	Ron Zartman	Fort Wayne, IN	4:12:36
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Male 40-44

10	John McPherson	Fort Wayne, IN	4:21:56
17	Jerry Diehl	Ossian, MI	5:01:41

Male 50-54

8	Don Lindley	Fort Wayne, IN	5:01:39
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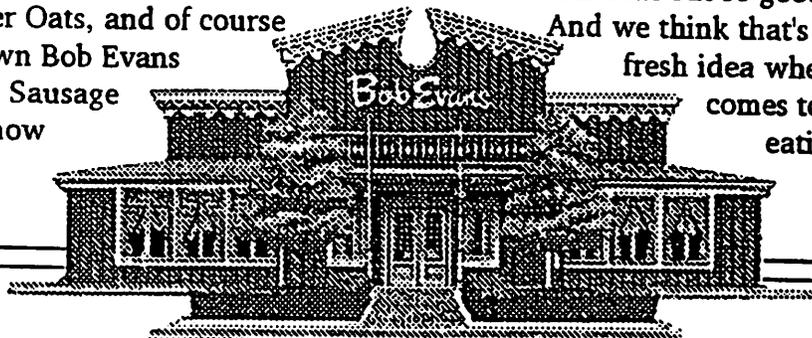
Prepared By,

Judy
Judy Tillapaugh

1. HAVE FUN!!
2. GO FOR IT! You Are In Control!
3. Take at least 2 days off each week. Allow your running muscles a chance to rest and recover.
4. On your off days do an alternative activity like biking, swimming, or dancing.
5. Drink up! Drink at least 8 to 10 cups of water daily. Drink water before, during, and after each workout.
6. Begin every run or walk slowly, gradually build up to maintenance pace. During the last 1/2 mile taper down the pace.
7. Run/walk with a loose jaw and paws! Stay cool, relaxed!
8. Pace do not race! Remember the "Talk Test"! During all the runs or walks go a pace where you can talk with fellow fitness friends. Back off if you are breathing hard.
9. Stay safe. Try not to run/walk alone. Workout in a well lite areas. Avoid use of radio head sets.
10. Believe in your abilities! Your potentials are endless!

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

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

GRILL MEALS



Electric skillet, oven, crock pot, deep fat fryer, microwave... Kitchens contain a variety of methods for creating meals. Our personal cooking preferences determine ultimately what we will turn on day by day. Often the final choice is due to time and taste.

If it's 7:00 PM, and you've just finished a 6 miler, you're starved and there's no way you're going to wait 60 minutes for something to bake in the oven. You're ready for something ASAP! Most likely you're reaching for something that goes from the refrigerator to the microwave to the plate. Some days you might skip the microwave and move a food from the refrigerator or cupboard to the plate, like a bowl of cereal or sandwich.

Actually cereal or sandwiches can be nutritious choices. Yet another answer to a meal in a flash is the GRILL! It's versatile, quick, involves little clean up, and offers many great tastes. The possibilities are endless.

So many foods can be cooked on a grill. Think beyond burgers ! It's great for chicken breasts, fish fillets, lean steaks, lean pork chops, and kabobs. Any of these can be served with a bun, potato, rice, or pasta. Add fresh fruit and/or vegetables plus milk or yogurt, and you have a meal! It's quick and you don't have to scrub a pan.

For different grill flavors, consider marinating meat, poultry, fish, or vegetables. Marinating before grilling allows the flavors to penetrate the food. Very tender meats, like fish or pork tenderloin, need to be marinated for only 30 minutes to 2 hours to acquire new flavors. The less tender the cut, the more the benefit. The acidic portion of the marinade breaks down muscle fibers, tenderizing the meat. To have the meat ready for grilling in the evening, start the marinating process before you go to work.

A quick marinade can be a fat free salad dressing like fat free Italian or French dressings. Yet making your own marinade is real easy, too. Try one of these:

Apple-Soy: Combine 1/2 cup frozen apple juice concentrate, thawed; 1/4 cup white wine vinegar, 2 Tbsp. olive oil, 2 Tbsp. soy sauce, and 1 tsp. crushed savory, or another herb of your choice.

Herb-Wine: Combine 1/2 cup dry red wine, 2 Tbsp. lemon juice, 1/4 cup minced onion, 2 cloves minced garlic, 1 tsp. sugar, 1 tsp. dried basil, 1/2 tsp. salt, and 3/4 tsp. dried thyme.

Prepare enough marinade to cover all surfaces of the meat. Place the meat in a single layer using a ziplock bag, or non-aluminum container. Cover or seal the container, and always marinate in the refrigerator.

Food Safety Tips From USDA's Meat and Poultry Hotline (1-800-535-4555):

1. Cook thoroughly! Meat and poultry need to be cooked thoroughly. It's best to use a meat thermometer to check for doneness. Large cuts of beef may be cooked to an internal temperature of 145 degrees F for medium rare, and 160 degrees F for medium. Whole poultry should reach 180 degrees F.

2. Do not eat raw or undercooked hamburgers made from meat or poultry, since harmful bacteria could be present. To be sure the bacteria is destroyed, cook meat patties to 160 degrees F, and ground poultry to 165 degrees F. Juices should be clear!

3. Serve hot grilled food immediately. Put cooked food on clean plates that weren't used to hold the raw meat or poultry. Perishable foods should be consumed within 2 hours, or one hour, if outside temperature is above 90 degrees F.

If you have questions about meat or poultry, feel free to call their hotline. They're available to help you ! Enjoy grilling!

Judy Tillapaugh, R.D.

INDONESIAN MARINADE

Ingredients:

1/2 cup low sodium soy sauce	2 tsp. tumeric
1/2 cup orange juice	2 tsp. corriander
1/2 cup lemon juice	1 tsp. crushed red pepper
2 Tbsp. brown sugar	1 tsp. ground ginger
1/4 cup oil	2 tsp. crushed garlic
1 Tbsp. minced onion	

Method:

Combine all the ingredients and mix until well blended. This is enough marinade for 3 pounds of skin free chicken.

Yield: about 2 cups

Serving Size: 1 Tbsp.

Per Serving: 24 calories, 2 gm carbohydrate, less than 1 gm protein, 1.7 gm fat,
120 mg sodium, 30% fat calories

Marinate the meat cubes for 2 to 3 hours. To make into kabobs, string the chicken cubes on kabob skewers with peach slices, orange slices, zucchini slices, cherry tomatoes, and mushrooms. Grill, then serve with rice or potatoes. Serves 12. Enjoy!

Source: Dianne Michaels

NEW POINTS SYSTEM

Top 10 Score

100 - 1st	50 - 6th	OPEN - 29-under
90 - 2nd	40 - 7th	MASTER - 40-59
80 - 3rd	30 - 8th	GRAND MASTER - 60-over
70 - 4th	20 - 9th	
60 - 5th	10 - 10th	

MUST RUN AT LEAST HALF OF THE POINTS RACES TO QUALIFY FOR AWARD

Standings After 5 Races

MALE - OPEN

1st Brian Shepherd	500	10th Dean Whitman	60
2nd Chuck Schlemmer	340	Paul Knott	60
3rd Carl Risch	250	11th Jay Gilbert	50
4th Mark Furkis	180	Rick Gilbert	50
5th Jon Schlatter	140	Scott Wagner	50
6th Mark Brattoli	100	12th Tom Blauvelt	40
Terry Diller	100	Ray Ulich	40
7th Mike Schoudel	90	13th Bret Brewer	30
8th Don Branstetter	80	J. Paul Downie	30
9th Dennis Wang	70	14th John Powell	20
DeWain Cobbs	70	Dane Brackett	20
Rick Plunkett	70	15th Dennis Wang	10
Ken Nelson	70	Troy Barrand	10

MALE - MASTER

1st Jed Pearson	390	8th Joe Ziegler	60
2nd Dave Boylan	170	Dave Winters	60
3rd Don Ford	110	Marv Sambur	60
Larry Averbek	110	9th John Klein	50
4th Jerome Tome	100	Jack Seigel	50
Don Lindley	100	Terry Dean	50
Tom Yoder	100	10th Dick Harnley	40
5th Joel Schlarzen	90	Neil Anderson	40
Paul Ausderan	90	11th Bud Stiffler	30
6th J.P. Jones	80	Tom Felger	30
Gary Dexheimer	80	Jerry Perkins	30
Phil Found	80	12th Dick Joslin	20
Gary Rickner	80	Tom Laird	20
7th Lynn Armstrong	70	Don Johnson	20
Lynn Smith	70	13th Richard Bustos	10

MALE - GRAND MASTER

1st Don Anderson	200	4th J.P. Jones	130
2nd Ken Disler	240	5th John Sturtevant	90
3rd Bob Loomis	190	6th Phil Wahls	80
		7th Eugene Striggle	70

NEW POINTS SYSTEM

Top 10 Score

100 - 1st	50 - 6th	OPEN - 29-under
90 - 2nd	40 - 7th	MASTER - 40-59
80 - 3rd	30 - 8th	GRAND MASTER - 60-over
70 - 4th	20 - 9th	
60 - 5th	10 - 10th	

MUST RUN AT LEAST HALF OF THE POINTS RACES TO QUALIFY FOR AWARD

Standings After 5 Races

FEMALE - OPEN

1st	Angie Smith	100	4th	Angie Heingartner	70
	Teresa Furniss	100		Jill Ash	70
	Molly Sloffer	100	5th	Cathy Ferguson	60
	Amy Yoder	100		Tammy Johnson	60
2nd	Carma McPherson	90	6th	Jody Henline	50
	Mary Yaggy	90	7th	Ellen Schuerdeman	40
	Rhonda Scarberry	90	8th	Mary Krouse	30
3rd	Cynthia Sabrach	80			
	Karen Louis	80			

FEMALE - MASTERS

1st	Deb Byers	200
2nd	Pat Lehman	180
3rd	Bobbie Clark	100
	Barb Scrogam	100
4th	Liz Rickner	90
5th	Joanna Fleuer	80
	Sharon Yadon	80
6th	Sara Smith	70

FEMALE - GRAND MASTERS

1st	Jeanette Klein	100
	Sharon Pauley	100
	Bev Christensen	100
	Joan Gary	100
	Joyce Fuzy	100
2nd	Sue Myers	90
3rd	Duronda Campbell	80
4th	Sharon Bruner	70

Please refer any questions concerning the Points System to Brian Shepherd.

1994 FWTC REMAINING POINTS RACES

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

ROCKY MOUNTAIN 50 MILE RUN & WYOMING MARATHON MAY 29, 1994

This story begins as Bob and I are enjoying the Florida sunshine with Chuck and Marilyn Mills, our friends from Jackson, Tennessee. It is January, and we have traveled to Florida to run the inaugural Walt Disney World Marathon. While still licking our marathon wounds, we immediately start discussing future marathons.

Somehow a decision is made to run in Wyoming in May, since there is only one run in that state which will certify the marathon distance. While reading the application form, Chuck brings it to our attention that there is no mention of anything being awarded for completing the marathon, but, completion of the 50 mile distance earns you a brass belt buckle.

"That's it," says Chuck, "we've got to run the 50 miles."

Bob counters with, "I'm not going to run any 50 miles, I'll buy you a #*@ belt buckle."

Well, as for me, not ever having run further than 27 miles, and not having the time to train for a 50 miler, my decision is to go for the marathon.

But Chuck is determined. In February, in Columbia, South Carolina, Chuck gets Bob to agree to run the 50 miles, IF, he loses 25 pounds by May 29. Feeling fairly secure, the lawyer in Bob puts it in writing, and gets Chuck's signature.

My thoughts on the subject are: If we want to try a 50 miler, why choose Wyoming? There will be no aid provided on the course, and a fact that can't be ignored, the run is at altitude.

In preparation for the marathon, Bob and I buy special belts that hold two water bottles, and have sufficient pockets to carry Vaseline, suntan lotion, Advil, power bars, bagels, cookies, jacket, handi-wipes, bandaids, and the kitchen sink. The only problem is that when I put it on, I get the urge to whinny.

For the now remaining 4-6 weeks prior to May 29, I make it a point to get in one 20-26 mile run a week. Unfortunately, sometimes due to everything else going on in my life, this is the only run I get in during the week.

Before I know it, we are flying to Denver, where we meet Chuck, get our rental car, and head for Cheyenne. It is our plan to buy gallon water containers and oranges in Cheyenne, and then drive the course in reverse placing a gallon of water and three oranges every seven miles. Even though Chuck has not lost any weight, we still cover the entire 50 mile distance.

At 6:00 AM the following morning, we assemble for the start. It is cool, but the forecast is for temperatures to reach the 80's. (This is not good news.) The run begins on Grand Avenue in Laramie at 7,165 feet elevation, turns onto 3rd Street, and then onto Interstate 80. (Who has ever heard of running a race on an interstate highway?) Anyway, we continue on I 80, having to hang onto our hats every time a truck blows by going down hill. As we near mile 7, we experience a four mile climb up hill to the Summit Interchange where the elevation is 8,640 feet. (No running occurs in this four miles due to the steep grade and the elevation.) From here we turn onto Happy Jack Road (aka state road 210), which due to the lack of a berm, and the amount of traffic it carries, did not make me very happy, but it is a relief to get off Interstate 80.

Our gallons of water and oranges work out well. What doesn't work out so well for me is the fact there are hardly any trees or bushes in Wyoming. It becomes necessary to get real creative at this point, and the heck with modesty. The going is slow with all the ups and downs, and Chuck and I finish the marathon distance just behind Bob, who I think finally gets a runner's high and sprints to a 6:06:41 finish. Bob cajoles, and threatens, and begs, but Chuck is determined to keep going.

With a sigh, I join Chuck on the road to Cheyenne, while Bob waits for a ride back to Laramie. Chuck finds it disgusting the way I am continually eating and drinking. I try to encourage him but instead he gets sick. Soon, running on empty, Chuck is reduced to walking. It is about then that I get this wild idea that just maybe I could finish in under 12 hours. Chuck offers his encouragement, I think he's trying to get rid of me.

Time becomes an obsession with me. I can not allow myself to walk very far at a time, nor can I spend long at our water stops. (Bob shows up with the car, having showered, and is now able to act as a handler.) I am concerned I will miss my turn when I got into Cheyenne, so I make Bob promise he will be there for me.

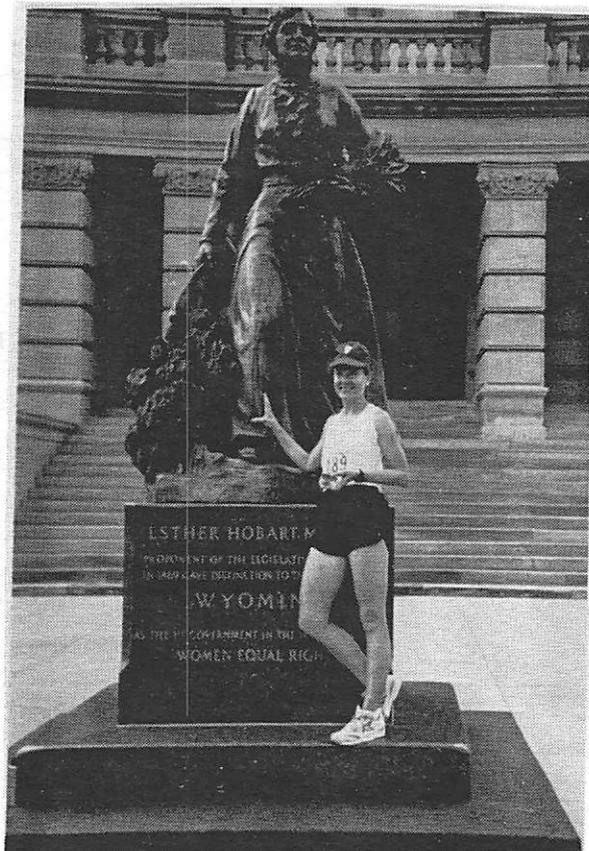
As I finally near Cheyenne, Bob is there to direct me to Missile Drive and then onto 19th Street. (I don't remember 19th Street being so long when we drove it the day before.) I am practically the only thing on the street. (I guess not much happens in Cheyenne on Saturday after 5 PM.) Then I see it up ahead, Capitol Avenue, the street leading to the Wyoming state capitol building and the statue at the finish line. I turn onto Capitol Avenue, glimpse the capitol at the end of the street, and immediately start crying. I can't believe I'm going to do it! I can't breathe I am crying so hard and trying to run. Block by block it comes closer. There is Bob, the race director and his wife, and actually one or two other people waiting to cheer me to the finish after 11 hours 47 minutes, and 35 seconds. I stand on the statue and cry even harder, and the race director hands me my belt buckle. I'm in heaven!

Chuck does finish in 13:03:36. The race director, not believing a guy weighing 250 pounds could go that distance, gives him the Clydesdale award.

The marathon and 50 mile run had runners from 24 different states, although there were 11 from Wyoming, and 10 from Colorado. There were 42 finishers in the marathon which was won by a woman, 23 year old Marlo Crosby, in 3:07:55, which also turned out to be a course record. The 50 mile had 16 finishers and was won by 39 year old John Ooley of Oklahoma City, in a time of 6:57:23.

Next year's race will be held at the same time and on the same weekend, if you're interested.

Joyce Hockensmith



**FORT WAYNE TRACK CLUB PICNIC
WEDNESDAY AUGUST 10
SEARS PAVILION, FOSTER PARK
(Off Bluffton Road)
Run with the Bicentennial
Training Group at 6 PM
Picnic at 7:30 PM
Bring a dish to Share.**

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 CALL DON AT (219) 484-6321 FOR ADDITIONAL RACE INFORMATION

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

- 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 LEADING LADIES 5K RUN WOMEN ONLY 8 A.M. INDIANAPOLIS, IND.
MARGARET DREW (317) 327-4055 WORK OR 283-4036 HOME

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

27 SAT ARCHWAY DAYS 5K CENTERVILLE HIGH SCHOOL CENTERVILLE, IND.
ERIC OR LISA BURKHARDT, (317) 966-7036

27 SAT BEARS OF BLUE RIVER 5K/10K SHELBYVILLE, IND.
PARKS & REC DEPT, 945 TOMPKINS, ZIP 46176 (317) 392-5128

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/5K 9:30 A.M. PLYMOUTH, INDIANA
JIM CLEVENGER, 10139 QUINCE ROAD, PLYMOUTH IN 46563
CALL (219) 936-4987

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
- 19 MON RUN, JANE, RUN 5K/10K WOMEN ONLY FOSTER PARK, FORT WAYNE
CALL (219) 424-7977
- 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 46254
- 24 SAT * SUGAR RIVER TRAIL MARATHON AND 5K 8 A.M. BRODHEAD, WISC.
RUN ON THE SUGAR RIVER TRAIL, AN ABANDONED RAIL BED
CALL (608) 897-4655 OR 897-4516
- 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 MOTOROLA HALF MARATHON SCHAUMBURG, ILLINOIS
CALL (708) 576-2050
- 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 * SPORTSMED 5K AND 10K CENTURY CENTER SOUTH BEND, IND.
 NANCY DRESSEN, 801 E. LASALLE, SOUTH BEND IN 46617

09 SAT COLE PORTER CLASSIC 15K AND 5K 2 P.M. PERU, IND.
 JIM YATES (317) 472-3476

09 SUN HOWL AT THE MOON 8 HOUR RUN/WALK 3-MILE LOOP DANVILLE, IL
 9 A.M. TILL 5 P.M. MARC REDDY 217-431-4243
 KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834

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 INDIANA FALL CLASSIC 10K RUN 9:50 A.M. BURNETT, IND.
 LARRY POOLE (812) 466-9345

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

19 SAT TURKEY CHASE 7K RUN 12:30 P.M. CENTERVILLE, IND.
 PAT BOWERS (317) 855-2482

26 SAT TURKEY TROMP 5K RUN DANVILLE, ILLINOIS
 KENNEKUK ROAD RUNNERS (217) 733-2403

26 SAT TREE CITY 10K RUN GREENSBURG, IND.
 KAREN MARTIN (812) 663-9622

- - - - - 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 MUNCIE TEN MITCHELL SCHOOL 1 P.M. MUNCIE, IND.
 JOHN PRIMMER (317) 289-8062

10 SAT JINGLE BELL RUN/WALK 5K DOWNTOWN INDIANAPOLIS, IND.
 TUXEDO BROS., 4314 MATREA MORE CT., INDPLS, IN 48254

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

***** 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
- [] Results [] Timer []
- [] COURSE TIMER
- [] WATER STATIONS
- [] MEASURE & SET UP COURSE
- [] Certified [] Uncertified
- [] CO-ORDINATE CLUB TRIP TO RACE
- [] Carpool [] Transportation for Handicapped Runners
- [] NEWSLETTER
- [] Editor
- [] Typing race results
- [] Advertising Coordinator
- [] Race Applications [] Businesses
- [] Mailing
- [] Feature Writer
- [] FWTC BANQUET
- [] Decorations
- [] Program
- [] FWTC PICNICS
- [] ADVERTISING - Obtaining Potential Race Sponsors
- [] PUBLICITY COORDINATOR
- [] Send Weekly Schedules to Newspaper
- [] ANYWHERE NEEDED
- [] OTHER {Specify}

Coming Events...

HARLAN DAYS 10K

Saturday, August 6, 1994
7:00 AM, Downtown, Harlan, IN

BICENTENNIAL TRAINING PROGRAM

Wednesday Evenings, 6 PM-Sears Pavilion in Foster Park
Call Michael McAvoy 436-9710 (days) or 824-5158 (evenings)

MARSHMALLOW DAYS 5K

Ligonier, IN
Saturday, September 3, 1994, 6:45 PM

FWTC MEETINGS

Wednesday, August 10-Picnic, 7:30 PM, Run, 6:00
Sears Pavilion, Foster Park-Bring a dish to share.
Wednesday, September 14, 7:00 PM
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



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