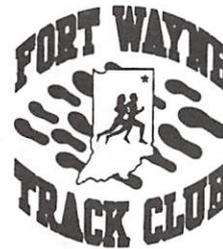
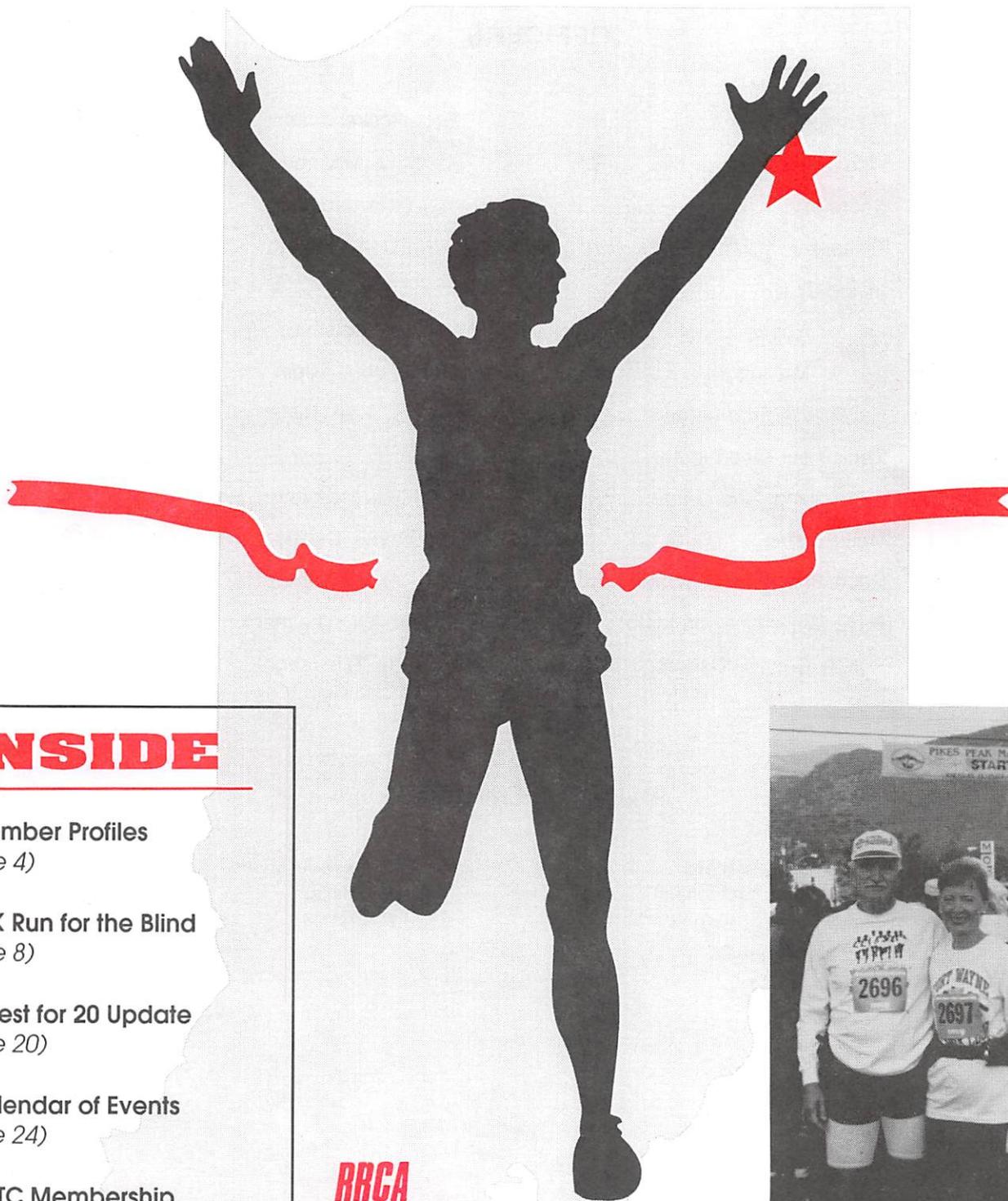


# the inside track

October 1994 - November 1994

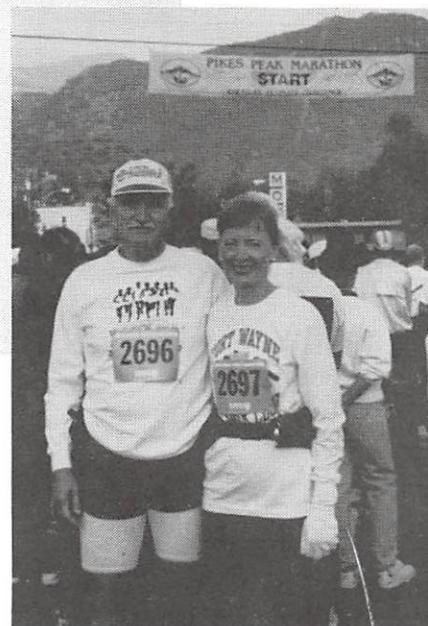


NEWSLETTER OF THE FORT WAYNE TRACK CLUB



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The "Quest for 50" is still running strong.



1994

**FORT WAYNE TRACK CLUB**  
Officers and Board Members



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Jack Hilker  
J.P. Jones

PRESIDENT'S COLUMN - - Bob Hockensmith

G'day mates!! I guess that's supposed to be the normal greeting, although neither Joyce nor I heard that term during our recent visit to the "land down under".

Perhaps the most difficult and tiring part of the trip was the long flight to and from Australia and New Zealand. We left Fort Wayne on Wednesday morning July 13, flew to Los Angeles, where we departed at 10:30 that night on a non-stop flight to Sydney, arriving at 6:00 A.M. Friday, after a 14 1/2 hour ordeal and the loss of a day from crossing the International Dateline.

On Friday, we resisted a strong desire to go to bed about noon, but managed to spend most of the day sightseeing so that we would be on a regular sleep schedule. The following day, we flew to the Gold Coast, landing at an airport called Coolangotta, about 75 miles South of Brisbane. After locating the office to pick up our bib numbers and learning about the transportation before and after the race, we spent the rest of the day roaming around one of Australia's major vacation areas called Surfer's Paradise.

Sunday, July 17, was race day! Well before dawn we joined many others in front of our hotel to catch a bus to the start. The weather was clear, but chilly, since it was in the middle of winter down there. After a 20 minute ride we were at the starting area where perhaps 4000 runners and walkers were assembling. An estimate was given that 1500 had entered the marathon and the rest were participating in the half marathon and 10K walk.

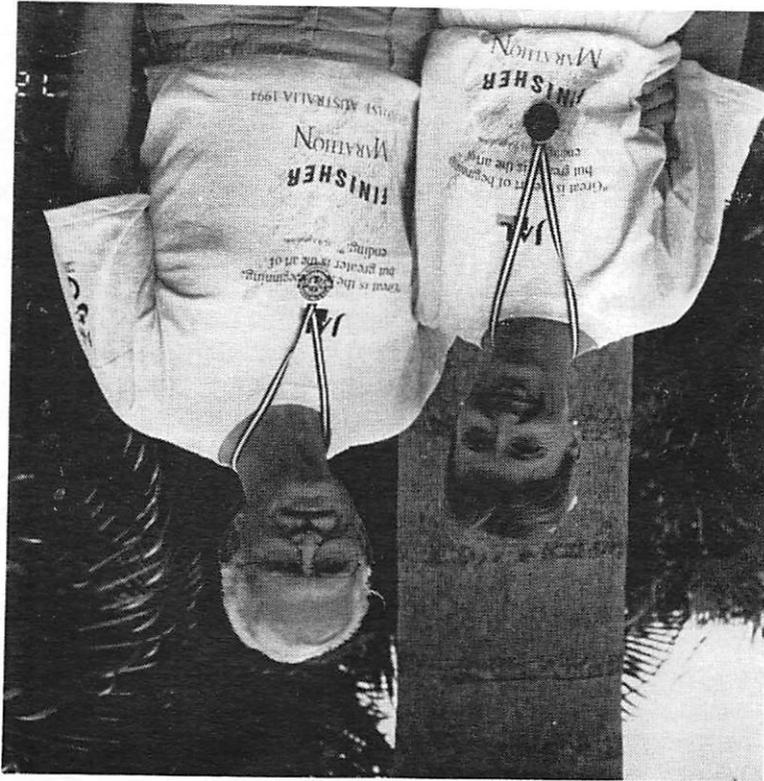
Shortly after sunrise, the marathoners gathered on the highway for the wait on the 7:00 A.M. starting gun. The course was very well maintained, but no markings were painted on the roadway. Until very late in the run, there were plenty of volunteers for water, Gatorade and directions. The course generally followed the coastline heading North for about six miles then turned South for nearly seven miles past the starting area before returning to the finish, offering many spectacular views of the Pacific Ocean. Many of the housing areas along the route were apparently occupied by retired people based on a sign posted near a path to the beach which read: "Drive Slowly, Elderly People Crossing".

Both Joyce and I completed the marathon in acceptable times considering the long flights to get to Australia and the 15 hour time difference from Fort Wayne. The marathon was held on Sunday morning, by local standards, but in Fort Wayne it would have been Saturday afternoon. I'm not sure what date we should use to record the event in our Runners' Log.

After the race, on Sunday, we returned to Sydney about 9:00 P.M. and joined the tour group the following day. The group left Sydney on Tuesday, flew to Cairns in northern Australia for a three night stay to view the great barrier reef, then to Auckland and Rotorua, New Zealand where it rained for the four nights that we were there. After that, the group flew to the Fiji islands for two nights before returning to the U.S. on Thursday (our calendar), July 28. There were many memorable sights during the trip,

The Fort Wayne Track Club will host this years RCA state meeting. The meeting will be held following the awards for the Fort Wayne Bicentennial Run. This is an opportunity for everyone to get to meet members of other clubs through out the state and exchange ideas. The meeting will be largely informal and will welcome any topic that anyone feels needs to be addressed. There is no registration fee and the meeting is not expected to last more than an hour or two.

NEWS RELEASE



including the famous Opera House at Sydney, the city view from Sydney Tower, and a great number of other pleasant experiences, the best of which was the opportunity to meet many of the considerate and friendly people that live in Australia. I'm sure that Joyce will always remember the day we spent at a wildlife park where she was allowed to pet a Koala, a Wombat and several kangaroos. All in all, the trip was a delight and worth the discomfort of a long flight to and from the land down under. We recommend that you include a trip there in your future travel plans.

## MINUTES

Fort Wayne Track Club Monthly Meeting  
Wednesday, July 13, 1994, 7:00 p.m., Sears Pavilion

Present: Bob Gensheimer, Ken Disler, Vicki Jacobs, J.P. Jones, Mike Kast, Don Lindley, Mike McAvoy, July Tillapaugh, and several of the participants in the Wednesday Evening Training Series.

Meeting opened by Vice President Mike McAvoy (due to the fact that President Bob Hockensmith & his lovely wife Joyce left Wednesday morning for tour & marathon in Australia).

Ken Disler reported he now has enough apparel orders to place an order. He did check with another local supplier to compare costs, but they weren't able to do any better than our current arrangement.

In discussing the race schedule, J.P. Jones said the Just Plain 10K will most likely be on December 3rd. Vicki Jacobs will contact Arthritis Foundation to find out if they'll be doing a Jingle Bell 5K & if so, what Saturday in December.

Judy Tillapaugh & Mike McAvoy have 13 participants in Wednesday Evening Training Series. On July 27, an exercise physiologist from the Heart Center Fitness Club will speak to the group (Mike invited anyone else who's interested).

Judy Tillapaugh has received a complete set of minutes from the RRCA convention (including business meetings & also minutes from all workshops). Anyone welcome to borrow them. RRCA folks were in Indianapolis recently to check it out as one of the eight possible locations nation wide to hold a Safety Summit. Judy said they're hoping to have an RRCA Indiana State meeting this fall (date & location to be determined).

Don Lindley said there wasn't much financial action in June; YTD balance \$6,812.75; YTD membership 366; equipment rentals are up.

Bicentennial Committee said things are moving along for the race. They'll be getting t-shirts soon; they'll be starting the advertising in newspapers, etc., soon; medals are coming along; three entry forms & accompanying checks have been received; next committee meeting Monday, August 22; everyone encouraged to take flyers to races (but pick up any leftovers, since the flyers costs \$1.11 each).

J.P. Jones reported that he did send off information to the person compiling the book on places to run throughout the U.S. (to be a resource for runners who travel).

Don Lindley reported that he experienced another hemorrhage in his left eye, had emergency surgery, has now lost almost all vision in that eye, which puts significantly more strain on his right eye.

Meeting then adjourned with reminder that August meeting is a potluck at Sears Pavilion, Wednesday, August 10. Anyone is welcome to join Judy & Mike & the 13 participants in Wednesday Evening Training Run series. Otherwise, be at the pavilion by 7:30 p.m. Please bring some food to share & your own table service.

Respectfully submitted,

Vicki Jacobs  
Secretary

# *Track Club Member Profiles*

## *Carmen Lowe*

Carmen Lowe has been running for eleven years and her favorite race is the James Dean in Fairmount. Carmen likes running in the winter and usually trains at the Gas City Park. Carmen most often buys her Nike Air Huaraches at the Foot Locker. The running publications she reads most often are the FWTC and the Knight Strider's newsletters. Carmen likes pasta dishes, but is also tempted by rich cakes, ice cream, and fudge. Carmen feels keeping a running log keeps her motivated, but she doesn't feel she ran enough miles last year. A treadmill is on Carmen's wish list. If Carmen could exchange bodies, she would choose either Jackie O. or Jane Fonda. Carmen would like to go to Alaska to race. Carmen says, "Seeing how fit runners look as compared to the general population does keep one motivated." She also advises runners to be persistent.

## *David Reimschisel*

David Reimschisel has been running for fifteen years, and his favorite race is the Great Race in Elkhart. David did set a PR at the 13.1 mile distance of 1:35:47. In the winter, David trains about 30 miles a week regardless of rain, sleet, or snow. David usually buys his running shoes at Spiece, and reads "Indiana Runner" and "The Inside Track". David enjoys eating pasta, but also like peanut butter. David keeps a training log and recorded 1,560 miles last year. for cross-training, David rides his bike. If he could travel anywhere for a race, David would choose Alaska. David's advice is, "Listen to your body. Don't try to overtrain when your body's not up to it because of illness or fatigue."

## *Brenda Liechty*

Brenda Liechty has been running for six years and her favorite race is the Intercollegiate 3K. Because she runs three school seasons, she doesn't have much opportunity to run road races. Brenda set a Pr in '93 at the 3K distance of 10:53. In the winter Brenda runs about 35 miles a week, unless she is injured, and then she churns out the equivalent in aqua running. Brenda usually buys her running shoes at Spiece or the Athletic Annex, and like to read "Runner's World". When Brenda is eating good, healthful food, she likes raisin cinnamon bagels, bananas, and brussel sprouts, but when she gets a yen for some junk food, she goes for peanut butter anything or ice cream. Brenda does not keep a training log, but thinks she went about 1,500 miles last year. To cross-train Brenda uses a bike, pool, stairmaster, free weights, roller blades, water skis, and crutches (but only in extreme situations). If Brenda could have another body, she'd like to exchange with Lynn Jennings. Brenda would choose Australia if she could go anywhere for a race. Brenda offers, "No matter what injury or obstacle that might bear down on you, keep in mind that the ability to run and the talent to run fast is a precious gift. It is your responsibility and honor to develop it, no matter how difficult to glorify the Lord."

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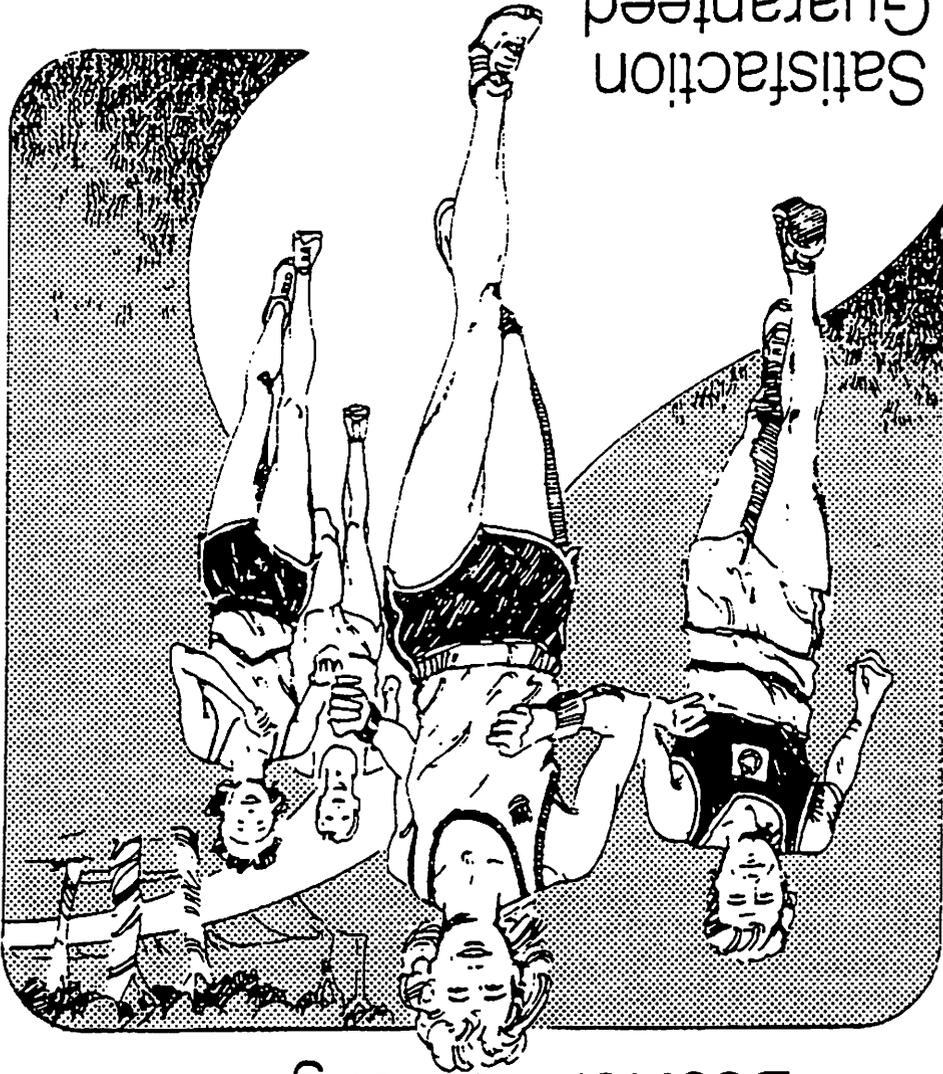
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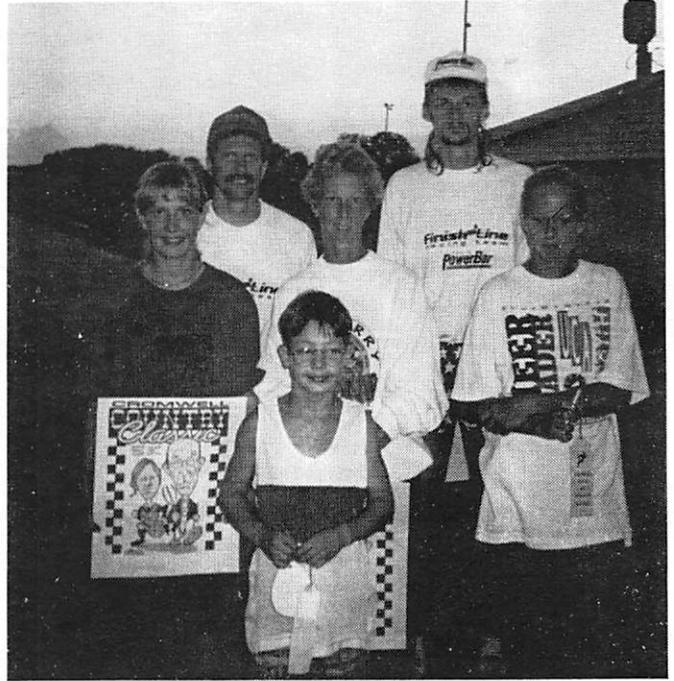
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OLD SETTLERS DAY 4-MILE ROAD RACE  
JULY 15, 1994

Overall Male

1st	Brian Shepherd	20:10
2nd	Pete Bowman	20:43
3rd	Chuck Schlemmer	21:04
Masters Champ	Steve Caswell	22:13
12-under	David Siegrist	27:36
13-15	Rusty Niccum	22:35
16-19	Bob Waterson	21:19
20-24	Rod Obregon	22:22
25-29	John Wall	24:43
30-34	Steve Leffers	21:26
35-39	Rick Gilbert	23:48
40-44	Jed Pearson	22:37
45-49	Bruce Bordner	27:10
50-54	Dave Boylan	26:28
55-59	Tom Laird	28:48
60-69	Don Anderson	27:12
70-over	Ken Disler	32:38



Overall Female

1st	Luci Bowman	24:44
2nd	Stephanie Klein	26:10
3rd	Molly McKennedy	26:16
Masters Champ	Julie Manger	28:37
19-under	Julie Goodspeed	26:19
20-29	Teresa Furniss	27:16
30-39	Robin Walker	27:03
40-49	Deb Byers	29:12
50-over	Sharon Pauly	1:08:32

Cromwell 5K & 1 Mile

Ryan	Lucci	Julie	Angie
Brown	Bowman	Manger	Sprange
Mile Winner	Overall Winner	Master's Winner	Mile Winner
	Steve Caswell	Brian Shepherd	
	Master's Winner	Overall Winner	



FWTC Members at Hamilton Lakes 5K

Mike	Brian	Teresa	Deb
Florea	Shepherd	Furniss	Byers
	Overall	2nd	Master's
	Winner	Overall	Champion
	6	Female	

## PRO MUSICA EVENT

On September 10, 1994, Karen Lewis joined about 250 other runners at the Pro Musica Event 5 mile run at Tipton Lake in Columbus, Indiana. Although it was a very hot, sunny day, Karen enjoyed the beautiful run through a suburb with big homes. She found herself looking at all the homes instead of the road in front of her. Another nice touch was a band playing at the start of the race, and several ensembles throughout the course. Karen reports that just as one ensemble would get out of hearing distance, another would be around the next corner. She found this very motivational. Running with Karen was her brother-in-law, Steve Mohnsson, a veteran of 8 marathons. She claims she not only got to know him a little better, but also picked up some running tips. Both Karen and Steve placed 2nd in their age divisions, and felt it was well worth the drive to this great race!

## THE GREAT RACE

On May 30, 1994, David Reimschisel attended The Great Race Half Marathon in Elkhart, Indiana. On a sunny day in the mid 70's, along with about 200 other runners, David set a PR of 1:33:36. David says the race was very well organized, and felt they really go out of their way to accommodate the runner/walker. It is the first race he runs each year, usually, so he always looks forward to participating in it. David says, "It's a great way to start off the summer."

## PARLOR CITY TROT

On September 24, Carmen Lowe joined about 80 other runners to run 13.1 miles In Bluffton, Indiana. Carmen likes this race because it helps build her endurance, since her training runs are limited to 5 miles. Running has been good for Carmen because it is the only exercise she has stayed with. Since she is the only one in her family who runs, it's sometimes hard, but she is also proud to be able to run, although she says, "I could be better."

### MAZOCK'S 18th ANNUAL THANKSGIVING MORNING FUN RUN

8:00 AM - Arrive after 7:00AM for Old Doughnuts, stale coffee, & Good Friends

There are no awards, but somewhat accurate splits, and if someone brings "Goodies", there will be "Goodies" and Old doughnuts after the 6 mile run.

Emerald Lake Subdivision on South side of Covington Rd. 1.6 miles west of I-69 overpass. Mazock's home is the 2nd house on the right insdie Emerald Lake.

2828 Emerald Lake Drive

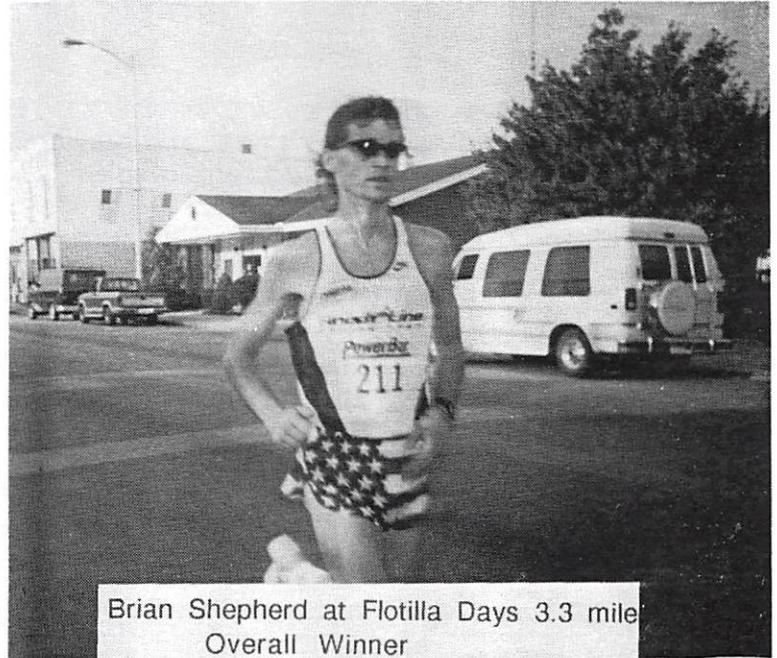
Any questions? Call Jerry Mazock at 432-4755. Come join the other 25-30 runners who annually make this a part of their holiday.

CLEAR LAKE 10K RUN FOR THE BLIND  
 SATURDAY, JULY 30, 1994 - FREMONT, IN

OV	TIME	OV	TIME
FEMALE 18 & UNDER		MALE 30 - 34	
70 KALI CRAWFORD	14 51:10	1 BART RAINEY	30 34:29
77 SANDY CALFO	16 53:08	2 JEFF URBANSKI	31 35:20
FEMALE 19 - 29		6 MARVIN RETCHER	32 37:27
37 SARAH WIEHE	22 45:10	8 JIM FERRIER	33 38:55
47 MADELINE ROSER	26 46:53	32 DAVID ARNOLD	34 44:45
83 KAREN LOUIS	24 54:23	51 PATRICK O'BEIRNE	30 48:15
85 MARY YAGGY	25 54:24	MALE 35 - 39	
103 TRACY RUDISILL	26 66:53	4 PAUL BECKWITH	38 36:18
107 LORRIE O'BEIRNE	29 71:26	14 GARY BREYMAIER	37 41:11
FEMALE 30 - 39		17 KIM HERLAN	37 41:44
98 JEANETTE TONNE	31 62:09	22 ROBERT AMPHOR	37 43:21
FEMALE 40 - 49		31 JOE KOBIELA	36 44:38
34 NITA EICHSTAEDT	49 44:51	36 STEVE KACZOR	38 45:07
43 JULIE MANGER	40 46:22	39 KEVIN EICHER	38 45:47
52 JOLYNN MILLER	44 48:18	41 TODD HERZOG	38 46:04
73 ELISABETH RICKNER	41 51:41	59 GREG HUFF	39 49:06
81 SUSAN GALLMEYER	42 54:11	64 STEVE DICKMAN	38 49:47
FEMALE 50 & OVER		MALE 40 - 44	
62 JOAN GARY	57 49:29	5 TERRY COONAN	43 37:15
75 ANN JAMISON	50 52:26	7 DON BASHOR	44 38:42
84 JANE LEWANDOWSKI	50 54:23	12 TODD SEIMAN	40 40:49
MALE 18 & UNDER		18 PAUL AUSDERAN	40 42:15
9 ANDREW GAIER	14 39:47	24 JOHN CRAMER	42 43:33
10 MATT THOMAS	18 40:20	26 JOHN GAIER	44 43:39
19 DAVID EICHE	15 42:33	28 CHARLES WINKLE	40 44:12
20 SEAN SMITH	18 42:53	35 JOHN STAFFORD	44 44:52
23 KEVIN GFELL	15 43:31	53 DAVID MONTGOMERY	44 48:30
49 KEITH LEININGER	16 47:09	58 BRUCE BEVERAGE	43 48:52
54 PAUL PANNING	12 48:38	61 DON SHERMAN	43 49:21
60 MICHAEL CASIANO	17 49:14	76 DOUG JOHNSON	41 52:31
65 ROSS LEININGER	14 50:17	82 MARK SPENCER	40 54:22
66 DAVID VETTER	16 50:56	99 EDWARD SMITH	42 62:12
78 PAUL SCHOREY	15 53:42	MALE 45 - 49	
80 JASON KACZOR	9 54:07	29 NORM GECOWETS	47 44:24
94 CHRIS GRAY	13 60:47	30 LYNN ARMSTRONG	47 44:25
MALE 19 - 29		38 PHIL LUTTMAN	46 45:16
3 JASON DOUGLAS	23 35:51	44 MIKE LEWIS	46 46:23
15 BRIAN ZUERCHER	29 41:34	45 RICHARD PANNING	45 46:46
16 ABEL ROSADO	29 41:37	46 DAVE SCHNIEDERS	45 46:50
21 BILL ROONEY	28 43:06	57 JEFF BERTRAM	46 48:51
25 STEVEN STAMPER	20 43:35	67 JERRY BRANSTRATOR	46 51:02
50 STEVE NEWELL	26 48:00	68 JIM HANNA	49 51:04
63 MIKE HAWK	20 49:32	71 DICK WATERFIELD	49 51:28
92 AAROY SCHAVEY	25 59:11	79 LARRY LEE	49 53:46
101 BRIAN NEHRIG	29 63:21	86 RICK SADOWSKI	47 55:02
		87 ROBERT WALDA	48 56:41
		90 DAVE HAWK	46 57:11
		91 ALAN PETERSON	47 57:33
		104 TOM GALLMEYER	47 68:15

MALE 50 - 59		
11	FRANK EICHSTAEDT	51 40:36
13	R.W. SCHMIDT	59 40:57
27	DAVE BOYLAN	51 44:10
40	VICTOR LEWANDOSKI	50 45:49
42	DON LINDLEY	50 46:06
48	RAY CASIANO	51 46:56
55	DON ASHTON	53 48:40
56	ERIK CHICKEDANTZ	53 48:47
69	WALTER PASCAL	51 51:07
72	GENE LINK	53 51:32
74	DON STEININGER	51 51:43
89	DICK WIEHE	54 57:01
93	FRANK BROOKE	51 59:38
100	CRAIG KEOUM	54 62:49

MALE 60 & OVER		
33	DON ANDERSON	67 44:50
88	JIM LOWRY	63 56:52
97	JP JONES	66 61:10
102	RAY SPENCER	63 63:50



Brian Shepherd at Flotilla Days 3.3 mile  
Overall Winner

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## PIKE'S PEAK MARATHON

After nearly a year of occasional comments, by Joyce, indicating clearly that she wanted to run the Pike's Peak Marathon, I put my better judgment aside and agreed to enter the run.

Since Joyce's fourth grade class started the day after the marathon it was essential that we return to Fort Wayne on Sunday, August 21, after the race. The lack of late night flights into Fort Wayne required us to drive to Chicago, fly to Colorado, then return to Chicago on a 9:00 PM flight out of Denver and drive home with a predicted arrival about 5:00 AM Monday morning. All this seemed to make the marathon less than ideal, but we decided to make the effort.

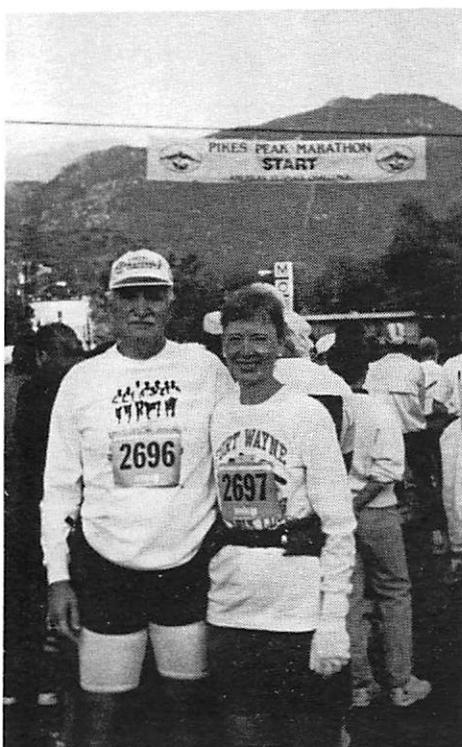
After arriving in Denver on Saturday at 2:00 PM, we headed south in the rental car on a very busy I-25 toward Colorado Springs. The rest of Saturday was spent at a very small expo and a nicely prepared, but somewhat tasteless, pasta dinner. However, we did have a chance to meet several new people and renew acquaintances with other runners that we had met before. All of the conversation about hypoxia, trail running, dehydration, dizzying heights, and falls on the downhill portion did much to bolster my confidence for the next day. After a restless night and much discussion about the proper equipment to take, we headed toward the starting line for the 7:00 AM start. Almost immediately at the start, I was into oxygen debt due to the 6200 feet of altitude. Joyce took off like a rabbit, not seeming to mind the fact that her body is used to 700 feet. That was the last that I saw of her for several hours.

The course follows city streets (all uphill) to the cog railway station, then a dirt road for a short distance to the trailhead of Barr Trail. From there it goes uphill for about 12 miles, climbing nearly 8000 feet in the process, to the summit at 14,110 feet. The trail seems to get steeper as it ascends the mountain and certainly rougher and narrower. There were two cut-off times during the ascent, at 10,200 feet and at 11,500 feet, as well as a maximum time allowed to reach the summit.

I quickly learned that what seemed to be ample time to complete the course when reading the instructions, didn't explain the effects of reduced oxygen intake. The farther I went up the mountain, the slower I could travel. To say that one ran the event would be a euphemism, since only the few at the front could do more than walk. Finally at 11,200 feet, deciding that I would not make the summit within the time limit and experiencing a slight headache and dizziness, it was obvious that my trip up Pike's Peak was at an end. When I turned to go down the trail toward the finish line approximately 9.2 miles below, I expected a comfortable descent. I could not have been more shocked. As difficult as it was to climb up the mountain, it was easier than trying to keep gravity from pulling me down hill much faster than I could control. The effect of slamming my toes into the ends of my shoes and the shock on knees and quads took several days longer than normal to recover. My souvenir of Colorado was a black toe nail on my left big toe.

Even though I only covered about 19 miles, it took me 6 hours 58 minutes to do it; about 4 hours up and 3 hours to come down.

Joyce, other than an abrasion to her left knee from a fall and a bee sting, came home with a finisher's medal, having completed the round trip in 8 hours 46 minutes. She will readily tell you that the trip up the mountain was the easier part. She will be happy to share with you her experiences on the mountain, especially above the tree line. Now that she has recorded her 41st marathon overall, my lead has been cut down to two. Perhaps I will later decide to try again next year by going out at least a week earlier to acclimatize, but right now my mind rebels at the thought. If you are into pain or want a long, brutal run, the beautiful scenery might make the trip worthwhile. After all, Colorado and its mountains are a sight to behold. (Bob Hockensmith)



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# HARLAN DAYS 10K

August 6, 1994

1.	Jason Douglas	35:26	23.	Hans Ausderan	48:33
2.	Dan Moord	35:48	24.	Joan Gary	49:23
3.	Tom Brown	36:04	25.	Holli Yager	50:23
4.	Bill Taylor	38:33	26.	Ken Silkworth	51:51
5.	Tad Stemen	39:36	27.	Marsha Schmidt	51:18
6.	Rick Gilbert	39:39	28.	Tom Hayhurst	51:24
7.	Todd Seiman	40:00	29.	Jamie Henderson	53:10
8.	Paul Ausderan	41:19	30.	Heather Gilford	53:11
9.	Steven Lengacher	42:14	31.	Karen Louis	53:28
10.	Brian Gilford	42:25	32.	Mary Yaggy	53:28
11.	Alex Nehls	42:44	33.	Gary Kuhn	53:29
12.	Andy Finan	43:48	34.	Gregg Kurtz	56:35
13.	Don Anderson	44:08	35.	Gary Selking	56:36
14.	Fred Stoffel	44:17	36.	Carl Fields	56:50
15.	Ray Casiano	44:22	37.	Michael Callahan	56:51
16.	Bruce Young	44:54	38.	Don Rhoades	57:04
17.	Ryan Gater	44:57	39.	Becky Fishback	57:27
18.	Don Lindley	45:19	40.	Bob Gensheimer	59:27
19.	Jeff Berzowski	47:23	41.	Cheryl Stromski	1:00:49
20.	Jeff Walker	48:08	42.	Kirsty Baker	1:03:04
21.	Todd Bussen	48:13	43.	Amy Spieth	1:03:37
22.	Ken Clark	48:29			

## FWTC PREDICTION 5K RUN/WALK

WEDNESDAY – AUGUST 8, 1994

### FOSTER PARK

	NAME	PRED	ACTUAL	DIFFERS
1	MELISSA ADE	44:00	44:05	:05
2	CHRIS SHOOT	22:30	22:09	:21
3	JACK ADE	46:15	45:26	:49
4	AGNES BEDOSO	35:00	35:59	:59
5	RICH QUINTONO	26:01	27:58	1:03
6	BOB GENSHEIMER	32:14	31:10	1:04
7	MIKE MCAVOY	25:00	23:55	1:05
8	DOUG BOWMAN	32:00	33:06	1:06
9	MAURINE GENHEIMER	41:00	42:10	1:10
10	DEAN WHITMAN	21:30	20:14	1:16
11	CHARLES HORNADAY	33:00	31:33	1:27
12	TONY RENZI	29:00	30:36	1:36
13	SHARON BRUNER	39:30	37:42	1:48
14	CINDI HERNANDEZ	38:00	35:40	2:20
15	DON FORD	21:30	19:03	2:27
16	PAT LEHMAN	28:53	25:45	3:03
17	PAM AARON	28:00	23:45	4:15
18	DON LINDLEY	27:00	22:10	4:50
19	ALICA ADE KUHN	50:00	55:14	5:14

# Birthdays

October

November

01 MARJORIE HAINES  
01 RUSTY GROSE  
04 KATHY HARMON  
05 STEVEN HOEPPNER  
05 FRED WEHRWEIN  
06 JULIA WILSON  
08 DAVID RUETSCHILLING  
09 THOMAS LAIRD  
12 SUSAN PETERSON  
12 RANDY ROBERTS  
12 MARK FURKIS  
12 JAY BROWER  
13 DON BRANSTETTER  
14 MIKE YODER  
14 KELLY HENDERSON  
15 STEVE BEGHTEL  
15 CHERYL STROMSKI  
16 TOM FELGER  
16 DANA BRACKETT  
17 JIM SEILER  
18 MARK BRATTOLI  
20 RONALD HABEGGER  
21 HOWARD BASH  
22 LOU BRIONES  
22 STEPHEN SMITH  
23 JOYCE FUZY  
25 DAVID LALLOW  
25 WILLIAM CLARK  
25 GERALD TOWNE  
26 C. WAYNE UNSELL  
28 ANN JAMISON  
31 GARY KING



01 JACK HILKER  
01 KEVIN LOCHNER  
03 MIKE ROBBINS  
03 JEFF BRAMAN  
03 JOHN RASMUSSEN  
04 KING SULLIVAN  
04 DANIEL LEFFERS  
04 JOANNA FLENER  
04 BELINDA SLOFFER  
05 RICHARD HARNLY  
07 MARY MC MANUS  
08 MICHAEL HENDRICKS  
09 ALAN BRADLEY  
10 DOUG JOHNSON  
10 LINDA YODER  
12 TERRY DILLER  
13 GREG HENDERSON  
13 JENNY SANDERS  
14 CINDY FURKIS  
15 RICHARD WATERFIELD  
17 BERNIE HUESING  
18 TODD SEIMAN  
19 JOSEPH HILGER  
20 RICHARD QUINTANO  
20 DAN KAUFMAN  
23 DAVID WINTERS



# The Ultimate Cross-Training Experience

By Jeffrey Raff

I think that I have found the ultimate cross-training experience - hiking in Glacier National Park, Montana. For some reason it seems easier to justify a vacation when it has some training benefits - no matter how slight they may be.

The criteria for the vacation was simple - what would my sixteen year old son and I both enjoy. We narrowed it down to something outdoors, in the mountains and physical.

Timberline Bicycle Tours, Denver, Colorado, was offering a six-day, five-night package of hiking through Glacier National Park. They provided lodging, meals, transportation and professional guides. I figured that if a bicycle tour company could not organize a hike down to the most minute detail, nobody could. They did not disappoint me.

We flew into Spokane, Washington, on Friday, July 29, 1994. I anticipated a three hour drive to the Park. I forgot to consider the fact that I was driving through mountains. Six hours later we reached our destination. This was my first insight into the fact that in the Northwest nothing is close.

On Saturday, we took Going-To-The-Sun Road through the Park. Our expectations were high and we were not disappointed. It was spectacular.

On Sunday, we joined seventeen fellow hikers, most of us attired with new backpacks and water bottles, to begin five days of hiking in what is described as the back country. We hiked anywhere from eight to twelve miles a day. The trails typically began and ended on Going-To-The-Sun Road. We started off in the woods, hiked through the valleys and up into the mountains and glaciers. A glacier is ice that forms in the winter and melts in the summer forming lakes and streams. Winter returns before it melts away. Sitting on a floating iceberg in a lake surrounded by mountains overlooking a valley in the middle of summer in Montana is the ultimate cross-training experience.

There are three lodges in the Park. Lake MacDonald Lodge and Many Glacier Hotel are located on lakes surrounded by mountains. The food was good and the beds were soft and they were sufficiently rough to be in harmony with the natural setting.

My son's participation in the Snider High School summer football training program and my years of running, biking and swimming served us well. Blisters and bad knees took their toll on our fellow hikers. I learned about the use of duct tape in the prevention of blisters and that moleskin is not something from an animal.

Hiking in Glacier National Park in the summer of 1994 is an experience that neither my son nor I will ever forget. I am currently exploring the cross-training benefits of mountain climbing in Colorado next summer.

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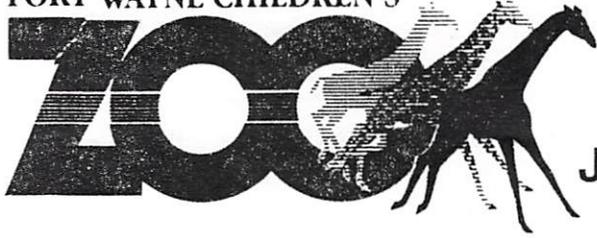
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# RUN WILD

## July 4, 1994

1.	Steve Hoepfner	23:13	45.	Don Anderson	29:03
2.	Terry Diller	23:27	46.	Bruce Pressler	29:04
3.	Michael Stieglitz	23:54	47.	Jim Bridges	29:07
4.	Justin Eubler	24:06	48.	Anne Duff	29:16
5.	Jed Pearson	24:08	49.	Matt Dexheimer	29:17
6.	Terry Coonan	24:25	50.	Jackie Trgovich	29:32
7.	Brad Thomas	24:32	51.	Bob Trgovich	29:33
8.	John Treleaven	24:41	52.	Jon Anderon	29:36
9.	Ryan Zickler	24:48	53.	Michael Casiano	29:51
10.	Bill Taylor	24:48	54.	Daryl Springer	29:51
11.	Paul Shaffer	25:00	55.	David Grimes	29:57
12.	Dave James	25:32	56.	Larry Uelk	30:00
13.	Tom Brygider	25:36	57.	Victor Lewandowski	30:01
14.	Dave Arens	25:44	58.	Rick Geninger	30:01
15.	Mike Nagel	25:53	59.	Tom Felger	30:09
16.	Rick Gilbert	26:02	60.	Kurt Heinrich	30:10
17.	Karl Behrens	26:24	61.	Brent Clark	30:19
18.	W. G. Funk	26:25	62.	Don Lindley	30:20
19.	Jarrid Spicer	26:33	63.	Larry Jackson	30:21
20.	Josh Wilson	26:44	64.	Gregg Kurtz	30:30
21.	Terry Goodspeed	26:48	65.	Barrie Peterson	30:35
22.	Dan Brier	26:59	66.	Bud Stiffler	30:39
23.	Jasen Alexander	27:19	67.	Sam Hadley	30:42
24.	Mark Brattoli	27:26	68.	Jim Anderson	30:49
25.	T. D. Rolf	27:26	69.	Richard Bustos	30:57
26.	Rick Eddie	27:35	70.	Joe Hilger	31:07
27.	Kevin Gfell	27:36	71.	Tammy Behrens	31:15
28.	Doug Lovett	27:37	72.	Chuck Damman	31:16
29.	Eric Ade	27:38	73.	Steve Newell	31:17
30.	Bret Brewer	27:39	74.	Dale Stanwitz	31:39
31.	Jonathon Schlatter	27:41	75.	Jeff Walker	31:52
32.	Matt Brier	27:47	76.	Keith Caudill	32:04
33.	Roger Tullis	27:48	77.	James Thompson	32:10
34.	Lynn Armstrong	27:50	78.	Gary Dexheimer	32:13
35.	Todd Swing	27:56	79.	Don Ashton	32:14
36.	Dave Boylan	27:58	80.	Megan Dexheimer	32:15
37.	Fred Ross	28:13	81.	Wayne Unsell	32:17
38.	Kim Larsen	28:23	82.	Sara Unsell	32:24
39.	Julie Goodspeed	28:23	83.	Anthony Lehman	32:31
40.	Gary Oden	28:28	84.	Mike Diss	32:49
41.	Paul Miller	28:50	85.	Jeff Cordill	32:51
42.	Evelyn Corona	28:54	86.	Steve Sherburns	32:58
43.	Dean Whitman	28:56	87.	Doug Johnson	33:00
44.	Harold DeVaux	29:00	88.	Steve McMahon	33:04

89.	Jim Seiler	33:15	116.	Dean Sharp	36:49
90.	Tim Bayer	33:17	117.	Jason Combs	37:02
91.	Hunfer	33:18	118.	Vicki Jacobs	37:19
92.	Robert Gerhard	33:28	119.	Dean Russ	37:22
93.	Kurt Paris	33:35	120.	Justen Paris	37:42
94.	John Brier	34:21	121.	Don Keller	37:45
95.	Dan Brehn	34:26	122.	A. R. Marcinek	37:47
96.	Ken Silkworth	34:30	123.	Jeane Redmon	37:55
97.	Karen Louis	34:37	124.	Larry Piano	38:10
98.	Mary Yaggy	34:38	125.	Sharon Cory	38:19
99.	Larry Palmer	34:40	126.	Betty DeWells	38:44
100.	Marsha Schmidt	34:41	127.	Belinda Sharp	39:15
101.	Lynn Heinrich	34:50	128.	Joanna Flener	40:26
102.	Ted Rolf	35:05	129.	Tom Maupin	41:05
103.	Stephen Hilkes	35:05	130.	C. Saraeck	42:01
104.	Jeremy Boyle	35:24	131.	Rich Clark	42:03
105.	Jane Lewandowski	35:31	132.	Dan Rimstidt	42:04
106.	Jack Hilker	35:45	133.	Robert Colburn	42:54
107.	Deb Gibson	35:50	134.	Tiffany Bosley	44:20
108.		36:02	135.	Bettie Downie	44:55
109.	Sarah Becker	36:09	136.	Nathan Cory	45:21
110.	Howard Bash	36:11	137.	Marjorie Crag	45:26
111.	Deirdre Pollman	36:12	138.	Julia Wilson	46:35
112.	Bill Gerke	36:18	139.	Polly Jacobs	47:35
113.	Robin Smith	36:19	140.	Ruth Bronagh	48:50
114.	Charley Knepple	36:34			
115.	Patty Gerke	36:48			

### 1994 FWTC POINTS RACES

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

**WANTED: Jogging Stroller, Single or Twin  
Call Tom: 485-1032**

# BIPPUS COUNTRY BLOCK BOP

September 3, 1994

FEMALE					
14 and under	AGE	TIME			
Brittany Sell	13	35:55	35 - 39	Rick Gilbert	37 24:18
Kelly Kamp	14	38:51		Phil Rozzi	35 25:12
Megan Sell	12	43:26		Rick Eddie	37 25:49
				Lee Smith	36 26:22
20 - 24				Mark Lamport	38 26:45
Tammy Behrens	23	27:47		Scot Hamilton	38 27:16
Angie Smith	24	28:45		Kevin Lochner	38 27:41
Tracie Lynn Burton	21	31:43		Thomas Selig	35 27:51
				Joe Hohe	39 30:55
25-29				Ken Brumbaugh	37 32:44
Karlene Herrell	29	23:10		Patrick Smith	39 35:13
Anne Duff	29	27:13		Joseph Chitwood	37 36:24
				Timothy Moon	36 36:41
30 - 34			40 - 44		
Roxanne Osborn	34	25:52		Rod Gay	41 24:09
Beth Kennedy	34	31:23		Todd Seiman	40 24:43
Ellen Schwendeman	32	32:26		Don Ford	44 24:45
Robbin Mauger	34	34:36		Bruce Pressler	44 26:04
Ann Marlin	32	35:08		Brian Dawson	40 26:17
Jody Henline	32			Randy Auker	41 26:39
				Fred Stoffel	43 26:47
35 - 39				Stan Frantz	43 27:00
Laura Gay	35	28:50		Dennis Conner	42 27:11
				Dave Winters	44 27:21
40 - 44				Paul Smith	44 29:32
Kathy Pleus	44	33:20		Max Murchland	42 31:30
Mary Jo McClelland	41	34:33		Rick Beemer	44 33:35
Barb Lochner	43	35:48		Michael Hendricks	44 36:19
Angela Seiman	40	38:51		Alex Ramsey	43 41:45
Jackie Ramsey	40	40:34			
Jane Strobel	41	43:27	50 - 54		
				Dewain Cobbs	52 27:37
45 - 49				Jack Whitlow	50 27:42
Betty Ann Oliphant	47	30:27		Tom Felger	54 27:43
Marsha Reeves	47	32:21		Don Lindley	50 28:16
				Paul Hiser	50 29:32
50 - 54				Harry Shepard	51 33:06
Sharon Pauley	54	67:00		Dan Emrick	50 34:05
			45 - 49		
MALE				Gordon Pleus	47 22:46
14 and under				John Buhler	47 24:22
Nathaniel Hill	13	31:18		Rande Smith	47 26:05
Tracy Stout	13	31:27		Ed Oliphant	48 26:10
Thad Stout	14	33:14		Bill Bennett	49 26:33
				Dave Vanliere	45 27:50
15 - 19				Jack Burton	47 29:54
Adam Sell	15			George Parrett, Jr	49 31:28
				Dan Guenin	46 32:22
20 - 24				Daniel Crane	47 34:14
Wes Smith	23	23:07		Ed Beckner	49 35:14
Karl Behrens	24	25:37		Carl Fields	49 37:04
Tyler Oden	20	27:04			
Mike Shepherd	22	27:38	55 - 59		
				Luther Dore	55 27:59
25 - 29				Tom Laird	57 29:12
Lenny Duff	29	25:25		Keith Pettifor	58 31:32
Brian Pattison	28	28:05		James Robertson	56 32:04
Steve Hays	26	31:42		Dick Sive	59 33:22
Ernest Stephan	27	36:11		Edward Gebhart	56 36:25
				Ron Hite	56 37:18
30 - 34			60 - 64		
Michael Herrell	30	21:05		Don Rhoades	60 35:19
Rowland Perez	34	22:44		Howard Bash	60
Greg Weisser	31	23:46	65 and older		
David Geiger	33	26:35		Donald Anderson	67 27:12
Bruce Evans	31	27:16		Ken Disler	71 34:32
Curt Anderson	34	28:20		Dan Daniel	65 35:36
Tim Smith	34	32:24		James P Jones	66 35:43
Mike Sell	33	39:19		John Weed	71 36:31
				Norm Gordon	65 37:05

RUN FOR THE KIDS 5K & 1 MILE  
 JUNE 19, 1994  
 (Raised \$150 to take West Noble 4th &  
 5th grade summer school classes to  
 watch the South Bend Silver Hawks)

Overall Males

1. Brian Shepherd 15:17
2. Mark Furkis 15:19
3. Jim Histan 16:42

Age Groups

12-under:

- |               |       |
|---------------|-------|
| Andrew Histan | 25:43 |
| Jacob Naftzer | 27:30 |

13-15:

- |                 |       |
|-----------------|-------|
| Elieser Jasso   | 18:56 |
| Matt Kozar      | 19:36 |
| Kevin Jane      | 20:17 |
| Khelli Leitch   | 20:28 |
| Travis Brimhall | 23:53 |

16-19:

- |                |       |
|----------------|-------|
| Jim Furkis     | 16:43 |
| Tim Lawrence   | 18:31 |
| Moises Trejo   | 18:32 |
| Sam Vargas     | 19:52 |
| Chris Champion | 19:54 |
| Cort Eyer      | 20:58 |
| Adam Frick     | 21:16 |
| Zane Donaldson | 22:17 |
| David Lawrence | 22:20 |

40-44:

- |                                  |       |
|----------------------------------|-------|
| Steve Caswell (masters champion) | 17:31 |
| Dave Brockett                    | 22:04 |
| Dan Frick                        | 22:42 |

50-54:

- |              |       |
|--------------|-------|
| Keenis Owens | 25:22 |
|--------------|-------|

70-over:

- |            |       |
|------------|-------|
| Ken Disler | 26:53 |
|------------|-------|

Overall Females

- |                 |       |
|-----------------|-------|
| 1. Jenny Furkis | 22:32 |
| 2. Deb Byers    | 23:06 |
| 3. Cindy Furkis | 25:27 |

Female 35-39:

- |              |       |
|--------------|-------|
| Linda Histan | 28:28 |
|--------------|-------|

One Mile:

- |                     |      |
|---------------------|------|
| 1. Gretchen Custar  | 5:48 |
| 2. Benji Fugate     | 6:06 |
| 3. Jacob Naftzer    | 7:26 |
| 4. Lucas Anglin     | 7:32 |
| 5. Melissa Hewitt   | 8:47 |
| 6. Racheal Bradner  | 8:57 |
| 7. Christina Histan | 9:40 |
| 8. Melanie Histan   | 9:41 |

**1994 OLANDER PARK 24-HOUR USA NATIONAL CHAMPIONSHIP**  
*9-17-1994* **Sylvania, Ohio**

Fort Wayne Track took 2nd place with 235 miles. Team members and their contributing mileage:

- |             |          |
|-------------|----------|
| Don Ford    | 85 miles |
| Jerry Diehl | 78 miles |
| Don Lindley | 72 miles |
| Pat Lehman  | 63 miles |
| Mike Kast   | 53 miles |

## QUEST FOR 50 UPDATE

By Joyce Hockensmith

Since Bob's and my plans to go to Iceland in August didn't pan out, I finally succeeded in convincing Bob that we ought to give Pike's Peak a try. Although it is the most difficult feat I have ever attempted, I can now add Colorado to my growing list of states. The trek up the mountain was beautiful, but difficult, but in no way was I prepared for the pain of coming down on a pair of unreliable legs. If you ever decide to give Pike's Peak a try, keep in mind, there is only one hill.

On September 4, Bob, Chuck Mills, and I joined other runners in the 50 and DC Club in Tupelo, Mississippi to cheer on Dean Rademaker, a retired Illinois school superintendant, as he completed number 51. Otherwise I can't think of any plausible reason to go to Mississippi in early September to run a marathon. The race director did attempt to get the jump on the day's heat by beginning the race at 5:00 AM in the dark. Even at that hour, it was nearly 80 with 97% humidity. Running down an unfamiliar, unlit road is not an activity I normally enjoy, so I pushed my pace to keep other runners in view.

All members of our group successfully completed the marathon, although a group of runners, including Dean, Bob, and Chuck took a wrong turn on the unmarked course. Awaiting runners at the end were plenty of cool refreshments and burgers on the grill. I got lucky again and placed third in my age division.

September 10 found us in Bismarck, North Dakota. Of course, just our luck, North Dakota was in the midst of a heat wave. When we arrived at the hotel (at which we had confirmed reservations made well in advance), we were informed that they did not have a room for us. This could have been a really ugly scene, but luckily they had reserved a room for us at the Holiday Inn. Arriving at the Holiday Inn, we did indeed have a room, however, as we unlocked the door and turned on the light, we noticed there was only 1 double bed, and Bob and Chuck seemed to think that was a problem. After another wait, we were given a room with 2 double beds. Everything was great, especially since because of all our trouble, we were given the first night free.

No further problems were encountered until race morning when we arrived at the race start to pick up our packets. Bob's packet was not there. (So many things had been going wrong, I was not surprised to find my race number was 13.) The race director was very nice, and Bob was soon accommodated. Another plus was the pizza and pop provided at the YMCA following the race where the award ceremony took place. Guess what? I got lucky yet again, third place. It was no surprise, however, that as they handed out finisher's certificates, Bob's was not there. One observation about North Dakota, they may make a lot of mistakes, but they willingly correct them.

On September 17, Bob and I gassed up the van and drove to Erie, Pennsylvania to run the Eriesistable Marathon. The day was somewhat cooler, and the course was nice, running out through the Presque Isle State Park along Lake Erie. The course was fairly flat with only one major hill, which you had to ascend at about 21 miles. The awards took place much later than stated, but it proved to be worth the wait, since, you guessed it, I again placed third. The really neat part was that they had taken the plaques to a local engraver to have winners' names and times engraved on them.

That brings my total to 26 states and D.C., but coming up are Utah, Michigan, Kansas, and Rhode Island in October, and Georgia and Maryland in November. Believe it or not, Bob has it figured out how we can complete all 51 by the end of '95.

## RUNNING INJURIES: PREVENTION AND TREATMENT

Injury: Stress that is greater than the tissues ability to cope with it. There are 60-65% of all runners injured during an average year. Runners miss 5-10% of workouts due to injury, race walkers slightly over 1% and step-aerobic participants less than 1%.

### Predictors of Injuries:

If injured before, you are 50% more likely to be injured again.  
Number of consecutive training days  
Number of miles run last month

### Other studies show:

One injury per 150-200 hours of running.  
Significant increase in injury risk above 40 miles a week.  
Less than 3 year's running experience is greater risk of injury.

### Training Tips:

Shoes-500 mile limit.  
Rotate between several shoes  
Change running surface. If running on the street, change directions or sides of street.  
Sleep  
Strength training/ stretching  
Nutrition  
Cross Training  
Hard/Easy Days

### Treatment:

Pain after activities  
Pain during and after activities  
Pain all the time

Ice 15-20 minutes  
Anti-Inflammatories/pain medication.

Source: Michael McAVoy P.T.A.T.C.

## ORTHOTICS

For many people with sore feet, orthotics have proven to be the solution they've prayed for. Orthotics are shoe inserts that are used to help treat and prevent injuries to hips, legs, knees, feet and backs. These devices can be purchased relatively cheaply at pharmacies and sporting goods stores. They may be effective enough to make the difference for you.

For tougher cases, you may want to visit a sports medicine facility or a podiatrist for professional guidance and to have custom units made from casts of your feet.

Orthotics may alleviate your pain, but if you have continued difficulty walking in the morning or your feet and joints ache after you've been active, you may need a thorough examination by an experienced sports medicine professional. Your problems could be caused by poor footwear, poor running or walking form, or simply overworking.

**LOOKING FOR A LONG TRAINING RUN ?**  
Join Runners at the Central YMCA every Saturday -7 AM  
For More Details: Contact Jack Hilker, 432-2933

## ZEST UP MEALS WITH HERBS AND SPICES

Last week I was invited to be on WBCL radio FM 90.3 with Lynn Ford during her "Mid Morning" show. Our topic- Using Herbs And Spices To Add Zest To Your Meals. For 55 minutes we talked about over 20 flavorful recipes for meals and snacks. Cookbooks, recipe cards, spice containers surrounded us as we went from one recipe idea to the next. Caller questions were addressed as the minutes ticked away.

What a great time! Spices, herbs can add endless flavor possibilities to meals and snacks. Out of routine, most of us reach for salt, pepper, margarine, or butter to zip up food flavor. They're a common part of our table tops. Few of us are satisfied with plain food. We naturally shake on salt and pepper and/or dab on a fat spread.

There are numerous other options to excite the taste buds. Many of which can help save fat calories. One (or more) herb or spice can be used on a cooked vegetable, potato dish, baked chicken, grilled chop, or steamed fish.

I'd recommend starting out slowly as you introduce new flavors to your foods. Go to the herb, spice rack at your local market. Stand there a couple minutes and scan over all the choices. Pick out a couple shaker bottles. Think ahead! How might you want to use them? They are made to be used in cooking or to be sprinkled at the table. Here's a table with suggestions! Take any food and mix and match it with a flavor of your choice.

### FLAVOR TABLE

FOOD.....MIX AND MATCH WITH ....HERB AND/OR SPICE.....

Potato	Garlic, Onion
Rice	Tarragon, Parsley
Pasta	Basil, Oregano
Broccoli	Pepper, Lemon
Green Beans	Dill, Margoram
Carrots	Sage, Bay
Tomato	Rosemary, Thyme
Peas	Curry Powder
Fish	Paprika, Chives
Chicken or Turkey	Ginger, Nutmeg
Lean Beef or Pork	Cinnamon, All Spice

Take a plain food or unflavored recipe and zest up the flavor! Mark down successful combinations so you can more easily prepare it again and again. Enjoy!

Prepared By,

Judy Tillapaugh, R.D.  
Nutrition Specialist

MERMAID FESTIVAL 5K & 1 MILE  
June 18, 1994

Overall Male

Brian Shepherd	15:24
Jason Douglas	16:05
Steve Caswell	16:34

Age Group Winners

13-15:

Matt Kozar	18:39
Matt Engelberth	19:23
Jeff Moerchen	19:28
Adam Frick	20:23
Ryan Wheat	21:14
Ryan Yamm	26:09

16-19:

Rusty Emmert	16:54
Brad Stidemis	17:04
Brian Shieve	17:11
Kevin Bestul	17:30
Brian Carmichael	17:48
Brent Farrell	17:53
Andrew Bartlett	18:13
Jay Morel	19:22
Moises Trejo	19:50
Sam Vargas	19:59
Chris Champion	20:16
Justin Daugherty	20:41
Zane Donaldson	24:41

20-24:

Jeff Hunter	20:09
Mike Hunter	22:29

25-29:

Mark Crettol	20:30
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30-34:

Jeff Pfeifer	17:02
Tim Miller	17:39
Greg Weisser	17:54
Eric Zolman	21:06

35-39:

Mark Bowser	21:10
Greg Laurence	22:46
Joe Collier	23:18

40-44:

Barry Baumbaugh	20:21
Brent Clark	20:22
Stan Frantz	21:18
Bruce Daugherty	21:25
Dan Frick	22:13
Michael Yamm	23:19

Age Group Winners, Cont.

45-49:

Stephen Smith	18:55
Lynn Armstrong	19:16
Joel Schartzter	20:22

50-54:

Dave Boylan	20:02
Dewain Cobbs	20:24
Kennis Owens	24:48

55-59:

Tom Laird	21:49
Dick Burdek	24:30

60-69:

Phil Eherenman	20:57
Eugene Striggle	24:00
Dave Myers	26:47
Don Rhoades	27:30

Overall Female

Teresa Furniss	20:33
Jamie Emmert	20:43
Mary Corbett	21:09

Age Group Winners

16-19:

Valerie Wester	21:24
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20-29:

Tonya Black	24:52
Kerri Whitney	25:31
Paige Price	34:32

30-39:

Jody Henline	23:29
Ellen Schwendeman	24:40

40-49:

Deb Byers	21:38
Sally Gradle	25:38
Nanette Cox	26:31
Julie Collins	27:04
Sara Smith	27:14
Susan Schartzter	38:38

50-over:

Sue Myers	35:59
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One Mile:

Adam Reasoner	6:02
Matt Johnson	
Gretchen Custer	
Justin Brimhall	
Liz Corbett	
Andy Popenfoose	

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

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 \*  
 \* I M P O R T A N T N O T I C E \*  
 \* QUALIFYING FOR THE 100TH BOSTON MARATHON BEGINS \*  
 \* OCTOBER 1, 1994. ALSO FOR THIS RACE ONLY, \*  
 \* RUNNERS NOT MEETING THE QUALIFYING STANDARDS CAN \*  
 \* STILL RUN IF THEY ARE CHOSEN THROUGH A LOTTERY \*  
 \* SYSTEM. TO APPLY FOR THE LOTTERY, WRITE TO: \*  
 \* B.A.A., BOX 1996, HOPKINTON, MASS 01748 \*  
 \* WRITE AFTER APRIL 17, 1995 \*  
 \*  
 \*\*\*\*\*

----- 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 \* SUMMIT CITY - STRIDES AGAINST CANCER FORT WAYNE, IND.  
10K/5K 2 P.M. AMERICAN CANCER SOCIETY (219) 422-3911  
SCOTT'S FOOD STORES, 4118 N. CLINTON ST, FT WAYNE 46805
- 02 SUN \* OKTOBERFEST CLASSIC 10K 9:30 A.M. MINSTER, OHIO  
(419) 628-3507 OKTOBERFEST, PO BOX 20, MINSTER OH 45865
- 02 SUN MOTOROLA HALF MARATHON 8 A.M. 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
- 06 THU INDIANA HIGH SCHOOL SAC CROSS COUNTRY MEET
- 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 \* AUTUMN SHORELINE CLASSIC 15K/5K 8 A.M. DECATUR, ILLINOIS  
(217)423-8042 A.S.C., 2740 BURGNER DR., DECATUR IL 62521

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

08 SAT PROPHET'S TOWN 5-MILE RUN 8 A.M. BATTLEGROUND, IND.  
 MEL HENRY (317)564-2070 BATTLEGROUND IS NEAR LAFAYETTE

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 \* DROP SEAT TROT 5 MILE RUN 10:45 A.M. PIQUA, OHIO  
 RON JOHNSON (513)773-8378

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

09 SUN \* SUPER SUNDAY 1/2 MARATHON AND 5K 9 A.M. WORTHINGTON, OHIO  
 WESTERVILLE ATHLETIC CLUB (614)882-7331

09 SUN \* US INTERNATIONAL PEACE RACE 10K 10:30 A.M. YOUNGSTOWN, OH  
 PEACE RACE, BOX 474, MERCER PA 16137 (216)583-2423

15 SAT INDIANA HIGH SCHOOL CROSS COUNTRY SECTIONAL MEET

15 SAT EMILY 5K RUN AND WALK 9 A.M. INDIANAPOLIS, IND.  
 ORCHARD COUNTRY DAY SCHOOL (317)251-9253

15 SAT \* ARCHBISHOP DANIELS'S WALK AND RUN 5K/10K INDIANAPOLIS, IND.  
 MARIAN COLLEGE CAMPUS 9 A.M. MARIANNE DOWNEY (317)236-1500

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 \* DOLLARS FOR SCHOLARS 4 MILE ROAD RUN 2 P.M. GOSHEN, IND.  
 FAIRFIELD HIGH SCHOOL (ALSO 800 METER TRAIL RUN)  
 DOLLARS FOR SCHOLARS RUN, 67530 U.S. 33, GOSHEN IN 46526

16 SUN PRINCESS CITY FAMILY CLASSIC 15K/5K MISHAWAKA, IND.  
 (219)674-5961 RACES, P.O. BOX 3434, ELKHART IN 46515

16 SUN \* TOE TO TOW MARATHON CUYAHOGA VALLEY NATIONAL REC AREA, OHIO  
 MICHELE ANGERMEIER (216) 663-2282

16 SUN 10TH ARMY TEN-MILER WASHINGTON, D.C.  
BOX 46594, WASHINGTON DC 20050 OR CALL (703)614-1551

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

22 SAT INDIANA HIGH SCHOOL CROSS COUNTRY REGIONAL MEET

22 SAT \* JOG FOR YOUR JOINTS 5K RUN FOR ARTHRITIS 9 AM KOKOMO, IND.  
JEFFIFER HIPPE (317)864-9675

22 SAT \* PUMPKIN PATCH RUNS CHILDREN(AGES 3-12) RACES FERRYSBURG, OH  
MARILYN ROSINSKI (419)874-0536 RUNNERS WORLD "I DID IT" RUNS

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

23 SUN \* RED RIBBON 5K RUN 2 P.M. (CROSS COUNTRY RUN) VAN WERT, OH  
SCOTT FINCHER (419)238-6939

23 SUN \* GREAT PUMPKIN RACE 10K 9 A.M. OREGON, OHIO  
KRISTIN SWARTZ (419)698-7203

23 SUN MARINE CORPS MARATHON WASHINGTON, D.C. 9 A.M.  
BOX 188, QUANTICO, VA 22134 (703)640-2225 OR 640-2720

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

\*\*\*\*\*  
\*29 SAT "RUN LIKE HELL" HALLOWEEN RUN 5K 7 P.M. FORT WAYNE \*  
\* CANTERBURY GREEN BENEFITS THE "MAKE A WISH" FOUNDATION\*  
\* (BRING FLASHLIGHT) FOR INFO CALL: SONYA SCHUTZ 420-9890 \*  
\*\*\*\*\*

29 SAT INDIANA HIGH SCHOOL CROSS COUNTRY SEMI-STATE MEET

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

29 SAT FORT DEFIANCE 4 MILE RUN DEFIANCE, OHIO  
DAVID KIMENEZ, 1667 WOODHURST DR., 43512 (419)782-8086

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 \* CALLITHUMPIAN CANTER DECATUR, IND. BELLMONT H.S.  
5K AT 2 PM/FUN RUN AT 1:30 CARL RISCH (219) 744-6983  
DECATUR CHAMBER OF COMMERCE 125 E MONROE ST DECATUR 46733

30 SUN PUMPKIN PATCH 5K NEW CASTLE, IND.  
DUANE DYE, 3006 S. 12TH ST., ZIP 47362 (317)529-8003

30 SUN RUN FOR THE ENDZONE 5K/10K IU MEMORIAL STADIUM BLOOMINGTON  
(812)855-2371 5K STARTS AT 1 PM/10K AT 1:45

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

05 SAT CONCORDIA THEOLOGICAL SEMINARY 5K RUN 3PM  
 6608 N. CLINTON, PHILIP FOUNDD 485-7512  
 SPECIAL AWARDS FOR TEAMS OF 5

05 SAT INDIANA HIGH SCHOOL CROSS COUNTRY STATE FINALS MEET

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 ZOI 10K RUN INDIANA DUNES STATE PARK CHESTERON, IND.  
 AL MUSSMAN (219)762-5680 9:30 A.M.

06 SUN BLOOMINGTON BREAK-AWAY 8K RUN AND 5K WALK BLOOMINGTON, IND.  
 HARMONY SCHOOL (812) 334-8349 RACES START AT 1 P.M.

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. INDIAN IN 46254

13 SUN \* FALL FROLIC 4 MILE RUN 9:30 A.M. HAMMOND, INDIANA  
 JIMMY'S ATHLETIC APPAREL (219)845-1977 OR (312)665-4555

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

19 SAT TURKEY TROT 4 MILES 11 A.M. FOSTER PARK, FORT WAYNE, IND.  
 PARKS & RECREATION DEPT. (219)483-0057

19 SAT B & J'S ANNIVERSARY RUN ALMOST 8K 8 A.M. FORT WAYNE, IND.  
 GOEGLERIN'S 7311 MAYSVILLE RD JOYCE HOCKENSMITH (219) 749-1237

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

24 THU MAZOCK'S 18TH ANNUAL THANKSGIVING FUN RUN FORT WAYNE IND  
 APPROX 6 MILES STARTING AT 8 AM - 2828 EMERALD LAKE DRIVE  
 NO AWARDS/NO SPLITS/OLD COFFEE AND STALE DONUTS  
 JERRY MAZOCK (219) 432-4755

24 THU \* 5K TURKEY TROT 9 A.M. OREGON OHIO  
 CHARLIE KOEHN (419)693-0053

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 -----

03 SAT JUST PLAIN 10K FORT WAYNE, IND. FOSTER PARK 2 P.M. J.P. JONES (219)745-7339 ENTRY FEE IS GIFT-WRAPPED T-SHIRT

04 SUN \* OTTAWA 10-MILE LONG DISTANCE CLASSIC 9 A.M. OTTAWA, ILL. LARRY DIXON (DAYS)815-795-5752/TIM SCOTT EVENINGS 434-4512

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 PRIMER (317) 289-8062

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

10 SAT ROCKET CITY MARATHON (205)881-9077 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

----- J A N U A R Y ----- 1 9 9 5 -----

07 SAT SIBERIAN EXPRESS 7.6 MILES 12 NOON DANVILLE, ILL. MARC REDDY (217)431-4243

07 SAT CHARLOTTE OBSERVER MARATHON 18TH ANNUAL CHARLOTTE, NC USA MEN'S 1995 MARATHON CHAMPIONSHIP MARATHON, BOX 30294, CHARLOTTE NC 28230 (704)358-5425

08 SUN \* WALT DISNEY WORLD MARATHON ORLANDO, FLORIDA (407)827-7200

15 SUN \* HOUSTON-TENNECO MARATHON HOUSTON, TEXAS (713)864-9305

----- F E B R U A R Y ----- 1 9 9 5 -----

04 SAT \* 29TH LAS VEGAS MARATHON AND HALF MARATHON LAS VEGAS, NEVADA AL BOKA, BOX 81262, LAS VEGAS NEVADA 89180

05 SUN FROZEN FRENZY 5K 2 P.M. VALPARAISO, IND. NANCY WILLARD (219)462-5144

25 SAT BLUE ANGEL MARATHON (ALSO 5K RUN) PENSACOLA, FLORIDA MARATHON, BLDG 632, NAS, PENSACOLA, FL 32508 (904)452-2159

## 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

**HOT AIR AFFAIR  
VAN WERT, OHIO  
AUGUST 13, 1994**

1	Tim Mylin	19:45	46.	Colby Lash	24:35
2	Tony Fraij	20:03	47.	Ben Martin	24:36
3	T.J. Lentz	20:14	48.	Quincey Shugart	24:48
4	Michael McManus	20:44	49.	Matthew Brown	24:49
5	Kevin Rigg	21:02	50.	Chris Martin	24:58
6	Mark Sanderson	21:12	51.	Charles Zepeda	25:04
7	Jerry Williams, Jr.	21:18	52.	Randy Curtiss	25:05
8	Kenny Williams	21:53.0	53.	Dewey Fuest	25:10
9	Steve Leffers	21:53.8	54.	Kyle Minnich	25:11
10	Jeff Dunson	22:02	55.	Andrew Hoshock	25:21
11	Keith Pohl	22:11	56.	Joe Heltzel	25:23
12	Drew Bayliff	22:14	57.	Bill Schmidt	25:25
13	Kick Heitkamp	22:15	58.	Nick Hodgman	25:26
14	Matt Miller	22:20	59.	Jason Edmonds	25:32
15	Ben Cowan	22:25	60.	Matt Heitkamp	25:35
16	Michael Hoblet	22:35	61.	Dan Dardio	25:36
17	Dan Kaufman	22:42	62.	Marvin Koehlinger	25:38
18	Dennis Anthony	22:44	63.	Jack Jeffery	25:45
19	Paul Ceams	22:47	64.	Brian Woods	25:52
20.	Lona Seas	22:56	65.	Jeff Davis	25:53
21.	Michael Remenar	22:58	66.	Karl Waite	25:55
22.	Dan Leffers	23:12	67.	Sean Smith	25:57
23.	Doug DeGroff	23:16	68.	Camron Whitacre	26:02
24.	John Contreras	23:23	69.	Steve Burns	26:09.3
25.	Arcadio Alvarez	23:28	70.	Scott Bodenbaugh	26:09.5
26.	Bob Waterson	23:31	71.	Wm Brian Wierwille	26:15
27.	John Treleaven	23:36	72.	Mary McManus	26:16
28.	Jay Prichard	23:38	73.	Martin Miller	26:22
29.	Kevin Kuhlman	23:39	74.	Jack Clark	26:26.4
30.	Gary Schmunk	23:46	75.	Greg Schneider	26:26.9
31.	Brian Bowers	23:55	76.	Mike Knueve	26:38
32.	Darrel Clayton	24:00	77.	Bernie Motycka	26:41
33.	Keith Walter	24:04	78.	Gary Rower	26:46
34.	Mike Meyers	24:06	79.	Allen Whittington	26:50
35.	Brad Gehring	24:12	80.	Chadwick Ware	26:52
36.	Danny Joseph	24:13	81.	Lash Long	26:55
37.	Nikki Suever	24:15	82.	Gregg Richards	27:05.3
38.	Cody Rucklos	24:15	83.	Danny Ricker	27:05.9
39.	Ryan Schneider	24:20	84.	Terry Krogman	27:06
40.	Tom Brygider	24:21	85.	Jariah Holsapple	27:10
41.	Steve Haubert	24:24	86.	John Gamble	27:13
42.	Josh Sealscott	24:25	87.	Dawn Fegley	27:16
43.	Kevin Chandler	24:25	88.	Travis Heitkamp	27:27
44.	Mark Walter	24:26	89.	Ryan Hartwig	27:31
45.	Toby Strayer	24:29	90.	Tom Markle	27:33

91.	Don Anderson	27:34	140.	Gabe Pollock	30:58
92.	Jason Boeke	27:35	141.	Ann Carter	31:00
93.	Bob Boeke	27:36	142.	Cory Ralston	31:04
94.	Ryan Grandstaff	27:44	143.	Chad Hoersten	31:05
95.	John Klein	27:45	144.	Shannon Schlenker	31:07
96.	Tim Dawson	27:47	145.	Drew Waltmire	31:09
97.	Jorge Rodarte	27:48	146.	Chris Henkaline	31:14
98.	Bob Trgovich	27:50	147.	Anthony Lindbo	31:23.3
99.	Paul Griffo	27:53	148.	Andrew Balyeat	31:23.7
100.	Dan Kline	27:57	149.	Delmer Adams	31:31
101.	Vicki Hughes	28:02	150.	Deanna Klesel	31:37
102.	Trevor Bebout	28:24	151.	Mark Hurless	31:39
103.	Tabatha Crawford	28:30	152.	Rick Sealscott	31:41
104.	Shawn Repogle	28:35	153.	Kinberly Waite	31:49
105.	Melissa Sinning	28:35	154.	Marsha Schmidt	31:49
106.	Lester Etzler	28:36	155.	Jeanette Klein	32:17
107.	Jeremy Rahrig	28:40	156.	Chuck Fowler	32:19
108.	Russell Suever	28:44	157.	Erika Dickinson	32:19
109.	Ken Miller	28:45	158.	Linda Clay	32:35
110.	Mike Altstaetter	28:47.0	159.	Carl Retcher	32:43
111.	Laura Henkaline	28:47.7	160.	Wayne McCoy	32:51
112.	Justin Leffman	28:56	161.	Dr. Tom Miller	32:57
113.	Kenneth Pond	28:59	162.	Steve Snyder	33:06
114.	Phillip Cowan	29:00	163.	Trish Fowler	33:10
115.	Steven Franz	29:04.0	164.	Megan Hurless	33:11.1
116.	Jim Price	29:04.8	165.	Jeremy Olson	33:11.8
117.	Mel Hochstetler	29:09	166.	Kylee Daeger	33:19
118.	Jim Robideau	29:13.7	167.	Dayna Fegley	33:22
119.	Kevin Wurm	29:13.9	168.	Bill Patterson	33:27
120.	Mike Graham	29:15	169.	Steve Diller	33:37
121.	Tom Lauck	29:26	170.	Alan Arnold	33:42
122.	Curtis Cramer	29:30	171.	Sonia Stripe	33:48.8
123.	Donald Kramer	29:31	172.	Julie Klosterman	33:48.8
124.	Kimberly Minich	29:32	173.	Matt Frey	33:53
125.	Patti Weaver	29:33	174.	Jeff Plank	34:01
126.	Phil Bird	29:35	175.	Mark Frey	34:02
127.	Garland Bowers	29:39	176.	Linda Benschneider	34:03
128.	Elliot Reynolds	29:42	177.	Sheila Balyeat	34:07
129.	Sarah Wells	29:45	178.	Tom Lammers	34:16
130.	Jackie Trgovich	29:50	179.	Matt Rhodes	34:25
131.	Ernest Stawarski	29:58	180.	Tricia Profit	34:37
132.	Kevin Bourk	29:59	181.	Karen Louis	34:47
133.	Ed Rehemeyer	30:13	182.	Michael Andrews	34:59
134.	Connie Hoverman	30:26	183.	Mackenzie Scarborough	35:15
135.	Andrew Zepeda	30:32	184.	Debbie Friedrich	35:18
136.	Tina Boldt	30:36	185.	Mary Yaggy	35:35
137.	Ryan Dillon	30:43	186.	David Jensvold	35:48
138.	Clint Coleman	30:45	187.	Robert Adams	36:01
139.	Kimberly Franz	30:55	188.	Jason Jensvold	36:36

189.	Mary Fowler	36:42	198.	Tracy Rudisill	38:55
190.	Frank Zenner	36:43	199.	Ken Dillon	40:19
191.	Gary Selking	37:07	200.	Stacee Brown	42:56
192.	Jennifer Jensvold	37:09	201.	Pam Arnold	44:40
193.	Jill Ash	37:27	202.	Lori Woodyard	49:10
194.	Chris Harvey	37:28	203.	Steve Pursley	56:00
195.	Ray Ridenour	37:30	204.	Russ Belt	56:03
196.	Nathan Clay	38:13.2	205.	Christina Saylor	57:19
197.	Cheryl Stronsks	38:13.8	206.	Shelby Rhoades	57:19



## *B & J's Almost 8K*

Run for Fun and to help Bob & Joyce Hockensmith  
Celebrate their 4th Anniversary  
Saturday, November 17, 1994  
Goeglein's Reserve  
7311 Maysville Road



Breakfast Party immediately following the Run  
Course: Winding through idyllic residential neighborhoods of  
Lake Forest Extended, Beginning and Ending at Goeglein's  
Meet inside upstairs.

No charge for the run or breakfast.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Deadline For Run & Breakfast Reservation: **NOVEMBER 10**

Reply: Bob & Joyce Hockensmith  
3732 Thyme Court  
New Haven, IN 46774  
219-749-1237

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

---

### **NEWSLETTER DEADLINE DATES:**

January 15, 1994

March 15, 1994

May 15, 1994

July 15, 1994

September 15, 1994

November 15, 1994

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

Name: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_ Business Affiliation: \_\_\_\_\_

Type of Membership: Single: \_\_\_\_\_ Family: \_\_\_\_\_ New Member: \_\_\_\_\_ Renewal: \_\_\_\_\_

**Family Members:**

Spouse: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_

Children: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_

\_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_

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

**ANNUAL MEMBERSHIP DUES: January 1 - December 31**

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

**New Members:** First year only \$12.00

**Members under 21:** \$12.00 per year until 21

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

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

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

**CLUB MEMBERSHIP APPLICATION WAIVER**

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

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

Primary Member

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

Parent Signature: \_\_\_\_\_

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

(if under 18)

**THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"**

Please indicate your areas of interest.

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

# **Coming Events...**

## **"RUN LIKE HELL" HALLOWEEN RUN 5K**

Canterbury Green, Fort Wayne  
Saturday, October 29, 7:00 PM

## **TURKEY TROT 4 MILE RUN**

Foster Park, Fort Wayne  
Saturday, November 19, 11:00 AM

## **JUST PLAIN 10K**

Foster Park, Fort Wayne  
Saturday, December 3, 1994, 2:00 PM

## **FWTC MEETINGS**

Wednesday, October 12, 7:00 PM, Run, 6:00  
Wednesday, November 9, 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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