

# the inside track

December 1994 - January 1995



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



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**MERRY  
CHRISTMAS**



1994

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



**OFFICERS**

President.....	Bob Hockensmith	749-1237
Vice President.....	Mike McAvoy	436-9710
Secretary.....	Vicki Jacobs	747-1434
Treasurer.....	Don Lindley	432-5998
Inside Track		
Editor.....	Joyce Hockensmith	749-1237
Mailing.....	Jeanette & John Klein	238-4313
Publicity Coordinator.....	Ken Disler	422-9984
Equipment Coordinator.....		
Advertising Coordinator.....	Mike McAvoy	436-9710
Membership.....	Wayne Davies	426-2917
Race Schedule Chairman.....	Don Ford	484-6321
Race Walking Coordinator.....	Bob Gensheimer	489-8397
RRCA Central Director.....	Judy Tillapaugh	456-3277

**BOARD MEMBERS**

Polly Jacobs  
Barb Scrogam  
John Jedinak  
Stan Lipp

Dave & Sue Myers  
Jack Hilker  
J.P. Jones

PRESIDENT'S COLUMN - - Bob Hockensmith

Unless you have been skipping the columns and stories in the Inside Track to get to the calendar of races, you know that Joyce and I have been running a considerable number of marathons. Last year we completed 12, in 1994 we will have completed 22 or 23, and in 1995 plan to run approximately 26. Often I am asked whether that kind of schedule is too punishing to my body to be healthy in the long run, especially since most elite runners (Doug Kurtis being an exception) limit their long races to two or three in a year. Now is perhaps a good time to make a confession and let you in on what I consider a well-kept secret of distance running.

A few years ago, when discussing race pacing with Joyce, she made a distinction between "running" a marathon and "racing" one. In my view, therein lies the difference between completing two or three marathons a year and twenty or so. In the first place, everyone certainly knows that I am not blessed with the ability to choose whether to "run" or "race"; I have only one pace - slow. My pace is far too slow to consider it a "race" pace, rather it is more like a training pace. That appears to be the method employed by those who run 20 to 40 marathons a year; run them slowly enough for the effect to be similar to a long training run. Since most trainers and fast runners include many long runs in the range of 20 to 30 miles up to a week or two of race day, a slow marathon is more like a training run. That is what I consider to be a secret. Joyce and I often are not running a marathon, only running a training run of 26.2 miles which crosses a finish line at the end. To me, this eliminates one of the more difficult parts of marathon training, running long distances on a week-end, without companionship or support stations or traffic control.

Keeping these thoughts in mind, perhaps you may wish to join a growing group of great people who have a goal to complete a marathon in each of 50 states plus D.C., our "Quest for 50". It is a great way to meet many interesting people and see all parts of our United States.

In this last column as President, I want to express my sincere appreciation to all of the members of the Fort Wayne Track Club, with a special emphasis to the Officers and Board of Directors, for the advice and assistance given to me during my tenure these past three plus years. I have certainly learned that the club could not function without the tireless dedication of the members who contribute on a daily basis for the benefit of all.

I know that you will all support our new President, Michael McAvoy, and the other officers and board members. They will need your assistance and I urge each of you to make a commitment to them and the track club as the new year begins. I strongly encourage each of you to lend a hand with renewed commitment to the track club. The club needs your thoughts and ideas.

In a final note, congratulations to Don Lindley, Mike Kast and many other club members for a fantastic job of conducting the bicentennial races on Saturday, October 8. From start to finish, it was an event that would have made any track club proud. Even the weather cooperated (how did they do that?). Perhaps the success of this event could encourage an all-out effort by the members to once again have an outstanding annual event. Thanks to all who worked so hard to make the club look great!!

MINUTES

FWTC Monthly Meeting, Wed, Oct 12, 1994, 7:00pm

10 Pres: Ken Disler, Don Ford, Bob & Joyce Hockensmith, Vicki Jacobs, J.P. Jones, Don Lindley, Mike McAvoy, Judy Tillapaugh, Jack Hilker.

President Bob Hockensmith called meeting to order. On behalf of entire club, Bob extended deep appreciation & thanks to Don Lindley & his committee for OUTSTANDING WORK with bicentennial races. CONGRATULATIONS! Don & committee still very busy with post-race work & will have work night at Don's home Wednesday, 10/19, 7:00pm. 579 registrants; 500 actual finishers; budget ended in black; silk screening on t-shirts was donation; approx. 500 t-shirts left; will sell t-shirts \$10/each (this'll also include medallion); approx. 200 volunteers assisted with events; lots of interest expressed in doing this next year; if so, the shorter distance would be lengthened to 5K.

Don Lindley gave Treasurer's Report:	Income	Expenses	Balance	
	August	\$455.75	\$540.19	\$7,058.04
	September	\$673.05	\$496.17	\$7,234.92

Equipment rental income is \$400 over 1995 budgeted income for rentals.

Ken Disler said best way to get FWTC items in papers is to drop them off at newspaper offices Mondays a.m. He's found another source for club apparel -- competitive prices & minimum ordering requirement is only 6-10 items; possibility they'll do polo shirts. Don Lindley talked with Mary Connelly & she understands our switch to new supplier.

Judy Tillapaugh reported: 1) Indiana RRCA State Rep, Mark Docktor, participated in bicentennial races & state business mtg was held following events; 2) there'll be RRCA booths at Chicago & Columbus marathon expos; 3) she talked with Henley Gibble about doing RRCA Safety Summit in this area in '95; 4) RRCA award nominations due 11/1; D. Lindley & M. Kast submitted for volunteer awards; 5) since RRCA Board driven by local clubs, they're always seeking input from local clubs; Judy will happily receive & pass on anything anyone submits.

Mike McAvoy still pursuing potential newsletter advertisers; recently talked with local orthopedic group about advertising & they're also interested in possibly putting on a race. Mike said FWTC could serve as paid consultants if they'd like our help.

Mike McAvoy gave brief overview of Fall Planning Retreat (held 9/10/94; 4 members present: Mike, J. Tillapaugh, D. Lindley, V. Jacobs; 1) have series of low key, \$2-\$3 races, maybe titled "Run the City Parks"; 2) hold monthly mtgs at Heart Center; this would mean change of mtg date since no Heart Center mtg rooms free on 2nd Wed of month; 3) change mtg format so more informational (topics, guest speakers, etc.) than business; 4) officers (& possibly Bd members) meet monthly for business matters & give report & present any action items at informational mtg; 5) keep up wkly training runs that Judy & Mike headed up this summer; 6) have some Bd members responsible to plan club social activities.

Judy Tillapaugh & Mike McAvoy reported 8-15 people attended wkly training series & many of these folks interested in continuing. Several also interested in joining club & some prospects for future Bd & officer positions, bringing fresh ideas, enthusiasm & commitment.

Slate of officers for 1995 being prepared & will be presented for vote at December mtg. Next month's mtg Wed, 11/9/94, 7:00pm, TUFW Act. Ctr.

Respectfully submitted,

*Vicki Jacobs*

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

8 Present: K Disler, D Ford, B&J Hockensmith, V Jacobs, D Lindley, M McAvoy, J Hilker

Meeting called to order by Pres. Bob Hockensmith.

Don Ford reviewed upcoming races. B&J's Almost 8k same day as Turkey Trot; only 2 registered for B&J's so far. Arthritis Foundation in Ft Wayne not continuing Jingle Bell 5k. Winter race like this good possibility for organizations interested in putting on a race.

Joyce Hockensmith said Nov. 15 is deadline for material for next newsletter. Don Lindley received quote from another printer in Ft Wayne with competitive prices & services. Don & Joyce said serious consideration will be given to trying him out. Don has submitted newsletter to RRCA for their annual newsletter awards.

Don Lindley reviewed membership & budget.

'94 members - 381; '95 - 108		Income	Expenses	Balance
'96 - 28; '97 - 1; '98 - 1.	OCT	9.12	117.95	
	YTD	\$3,262.00	\$1,756.06	\$7,126.09

Discussion about fact we're looking very solvent with \$7,000+ balance. Discussed things like getting stock of club singlets to offer at discounted price when join or renew club membership. Other suggestion was new club sign to use at club sponsored events.

Concerning 1995 slate of officers, Mike McAvoy will be in touch with J.P. Jones about running as VP. Elections at Dec. mtg, Wed. Dec. 14, 7:00 p.m., TUFW AC. Business portion of mtg abbreviated so can fellowship over potluck meal & share small gift exchange. Bring own table service, 1-2 food items to share & small, wrapped gift (marked if specifically for male or female). No caroling run beforehand.

Fanny Freezer & annual awards banquet will be Sat. Feb. 11 '95. Don Lindley will reserve Conservation Club; Vicki Jacobs will reserve TUFW AC shower rms. Race in afternoon, potluck in evening (showers available in between). Mike McAvoy has lined up local speaker Andy Vogel who worked with athletes at Pan American Games.

Agreed we need special mtg between now & first of yr to develop '95 events calendar. Mtg will include club officers, bd members, Brian Shepherd & anyone else interested. Tentatively Wed. Dec 28, 7 p.m., Don Lindley's house.

Bob Hockensmith reported on mtg with Larry Lea & Cheryl Scott. Scott's VERY interested in sponsoring race that FWTC would put on. Not sure when/where it'd be, but everyone enthusiastically asked Bob to continue pursuing with Cheryl. Mike McAvoy would help co-direct; perhaps Larry Lea might be interested in co-directing with Mike. Don Lindley said City of Ft Wayne VERY SOON starting massive 12 mo. work on W Jefferson St bridge - means no races using that section of River Greenway and/or West Jefferson (traffic will be re-routed to Taylor & Main Sts).

Meeting then adjourned.

Respectfully submitted,

Vicki Jacobs, Secretary

# Track Club Member Profiles

*Editor's Note: Since I have received no new profiles, I have added these just for fun !*

## Santa Claus

Santa Claus has been running for longer than he cares to remember. Santa's favorite race in 1993 was the North Pole 10K, which is held each year in January and consists of 24 laps around the workshop. Unfortunately Santa did not set a PR due to the extra cookies and milk consumed during the Christmas deliveries. In the wintertime Santa most often trains on his treadmill due to all the ice and snow outside. Santa gets his custom-made running shoes from a little old elfin shoemaker who has a shop in the neighborhood. Santa's job does not permit him much time for reading running and fitness publications since all his time is devoted to reading the millions of letters he receives from boys and girls all over the world. Santa is not really into health food, but Mrs. Claus has a new recipe for a fat-free fruitcake which he considers mighty tasty. What Santa enjoys the most is the stop he makes at McDonalds on Christmas Eve for a Big Mac and fries. Santa, usually a meticulous record keeper, does not record his training miles. He claims it's not necessary since he can keep track of his yearly mileage using his fingers and toes. Santa does not care to exchange bodies with another athlete since he has an image to uphold. He likewise has no desire to travel anywhere else in the world for a race since he gets in all the traveling he wants on Christmas Eve. He did read with interest about the Antarctic Marathon, but he doesn't have the time to train. The best racing tip he has to offer is one he learned from Bob Hockensmith: start slow, maintain that pace until you feel the need to walk, and if possible, try not to finish last. He would also like to add, "MERRY CHRISTMAS AND A HAPPY 1995!"

## Rudolph

Rudolph has been running since he was a young buck, training to pull Santa's sleigh. His favorite athletic event is the Annual Reindeer Games held at the North Pole. In 1993, Rudolph finished first in the sleigh sprint, the reindeerathon, an endurance event, and the run-leap-fly. In the wintertime Rudolph stays in shape training all the new recruits. Santa has promised the reindeer a new treadmill since theirs gets much more use than his. Rudolph always admired Zola Budd, and shares her preference to run barefoot. Not spending money on running shoes leaves more in the budget for those little reindeer niblets he much enjoys for snacking. The healthful food Rudolph recommends are fresh, tender young sapling leaves. When asked if he keeps a training log, Rudolph's only reply was, "The only logs I keep are the ones I drag to Santa's for his fireplace." Besides the treadmill, the other piece of fitness equipment that keeps Rudolph in shape is his trampoline. If Rudolph could exchange bodies with another athlete, he would choose Dasher, since he is the one he has to work so hard to keep ahead of. Rudolph prefers not to travel far from home for races since the best reindeer from all over the world come to the North Pole to compete. Rudolph's advice is to keep your nose clean and shiny.



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***Stan Lipp - Owner***



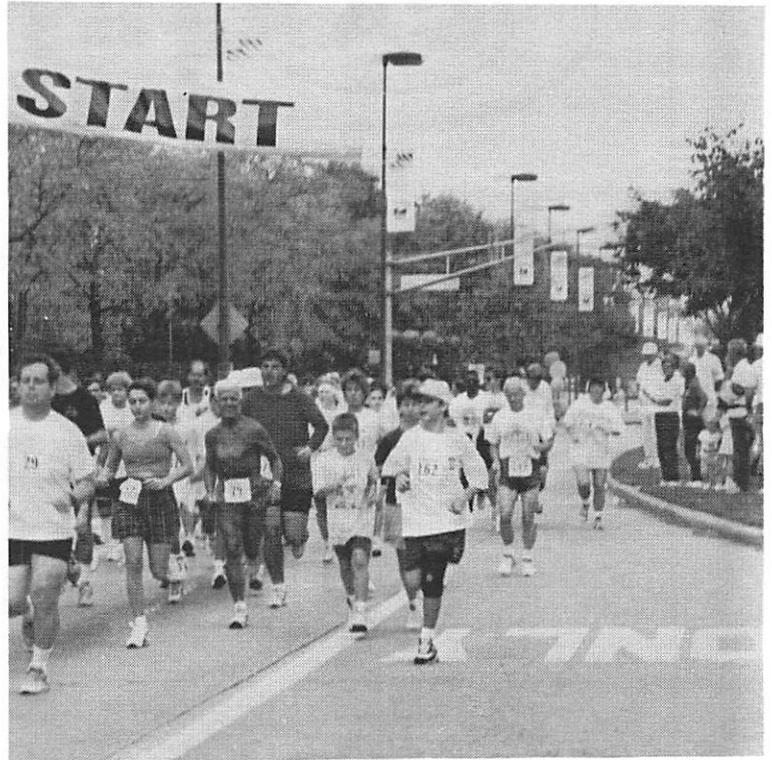
**1111 W. Washington Ctr. Rd.  
Fort Wayne, IN 46825  
(219) 489-4584**

# FORT WAYNE BICENTENNIAL RACE RESULTS

## Saturday, October 8, 1994

PEE WEE RUN 1,994 FEET

PL	NAME	G	AGE	TIME
1	DEVAUX, NATHAN	M	8	2:17
2	SPENCER, BATT	M	8	2:26
3	SMITH, EVE	F	8	2:52
4	SMITH, ZANE	M	7	2:55
5	SHEETS, PHILLIP	M	6	2:59
6	LEFFERS, SAMUEL	M	6	3:09
7	BUCHMEIER, TIMOTHY	M	7	3:10
8	TYLER, MASON	M	7	3:11
9	TRUAX, LINSAY	F	7	3:22
10	BAUGHAN, JESSICA	F	6	3:23
11	MAAG, SHANNON	F	6	3:42
12	SIMS, ANDREW	M	3	3:48
13	MINNEFIELD, ALEXANDRA	F	6	3:52
14	PENROD, MATTHEW	M	5	3:56
15	CLOSE, MICHELLE	F	5	3:57
16	DALES, AMANDA	F	6	4:04
17	QUINTANO, RICHIE	M	4	4:11
18	WARE, ERIC	M	5	4:35
19	WARE, JACOB	M	3	4:40
20	SMITH, CORBIN	M	5	4:42
21	SEALSCOTT, ADAMS	M	5	5:24



Off and Running the 9.4

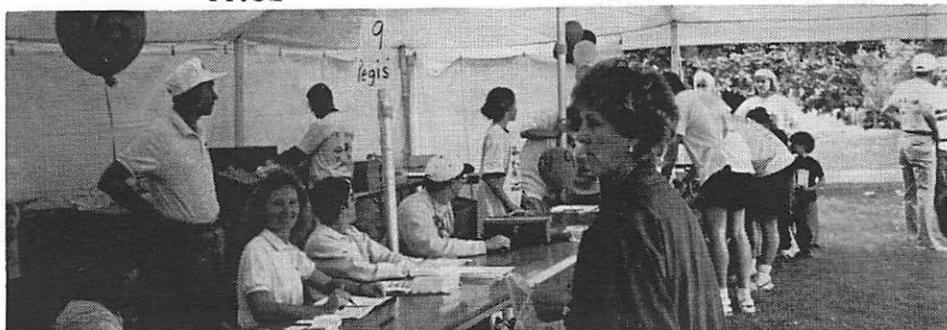


The Pee Wee's Take Their Mark

## Bicentennial Race Results Continued...

### 2.26 MILE RUN/WALK

NAME	TIME	NAME	TIME
<b>MALE 10 &amp; UNDER</b>		<b>MALE 40 - 44</b>	
1 MILLER, ADAM	20:12	1 ANDERSON, NEIL	15:01
2 HENLINE, JORDAN	21:49	2 CLOSE, BARRY	15:35
3 MASON, JARED	22:01	3 KRAMER, DON	15:38
4 WAGNER, TJ	22:57	4 GERKE, BILL	16:57
5 HENLINE, JOEL	29:58	5 KEELING, JEFF	17:14
6 COLLINS, CHANDLER	44:51	6 COLTRAIN, TOM	20:39
		7 MYERS, HAROLD	36:05
<b>MALE 11 - 14</b>		<b>MALE 45 - 49</b>	
1 MILLIS, JOHN	12:47	1 OBREGON, ART	16:11
2 LINKERMAN, ERIC	13:02	2 DOMINQUEZ, DANIEL	19:22
3 CONFER, SAM	15:18	3 MILLER, DAVE	23:40
4 LEFFERS, BENJAMIN	16:22	4 BIDDLE, ALBERT	33:40
5 OSTERHOLT, BJ	16:38		
6 KLENKE, RYAN	17:57	<b>MALE 50 - 54</b>	
7 BOKHART, BRIAN	19:20	1 KLEIN, JOHN	14:42
8 LEWIS, JUSTIN	22:47	2 DITMAR, HAROLD	17:37
9 RUST, NICK	26:03	3 PATTERSON, JERRY	19:59
		4 HEINGARTNER, DAN	26:41
<b>MALE 20 - 24</b>		5 HOBBS, JOE	36:06
1 STEDGE, JEFFREY	18:20		
		<b>MALE 55 - 59</b>	
<b>MALE 25 - 29</b>		1 STAHLY, CLARK	18:55
1 WEST, BRIAN	15:28	2 GENSHEIMER, BOB	20:33
2 AERTS, FRANK	16:42	3 COLEMAN, LEE	27:41
		4 COOK, GEORGE	33:47
<b>MALE 30 - 34</b>			
1 LINZ, CHRIS	18:40	<b>MALE 60 - 64</b>	
2 SCHILLING, D SCOTT	18:41	1 HAZEN, LEONARD	18:16
3 HENLINE, JERRY	29:59	2 MYERS, DAVE	21:21
		3 BIDDLE, ELDON L	22:59
<b>MALE 35 - 39</b>			
1 DEVAUX, HAROLD	14:32	<b>MALE 65 - 69</b>	
2 MAAG, BILL	15:30	1 SNYDER, PAUL	19:42
3 HAYES, PAUL	15:44		
4 HENDRIX, JAMES	19:26	<b>MALE 70 &amp; OVER</b>	
5 GREENWELL, KEVIN	20:30	1 DISLER, KEN	19:01
6 RICHTER, TOM	20:37	2 FLEETWOOD, CHET	23:36
7 PHILLIPS, JOHN	25:48		
8 COLLINS, KEN	44:52		



2.26 MILE RUN/WALK

NAME	TIME
FEMALE 14 & UNDER	
1 WOEHNKER, LINDSAY	16:37
2 SANDERS, MOLLY	16:55
3 KLENKE, AMY	17:35
4 NOLD, LAURA	18:39
5 MILLER, SONIA	20:06
6 ROSS, GWYN	21:15
7 WAGNER, ANGELA	22:30
8 MILLER, AMANDA	23:39
9 COLTRAIN, ANDREA	36:38
10 RUST, RACHEL	38:12
11 GOEDE, JENNIFER	41:27
12 COLLINS, WHITNEY	43:35
13 WARD, STEPHANIE	44:52

FEMALE 20 - 24	
1 BLACK, TONYA	16:42
2 CROSS, JAYNE	19:09

FEMALE 25 - 29	
2 DAY, MARIE	18:45
3 CANTIN, STACIE	20:34
4 PATTERSON, BRENDA	21:30
5 HERNANDEZ, CINDI	24:32
6 ADE, MELISSA	28:11
7 RAE, CARMEN	30:06
8 COOPER, ALEXANDRA	32:10
9 KLEIN, SHARON	33:05
10 DREYFRUS, AMY	39:23
11 ADE-KUHN, ALICIA	42:17

FEMALE 30 - 34	
1 WIRSING, KELLY	17:33
2 ANDERSON, STEPHANIE	18:58
3 HENLINE, JODY	21:50
4 MILLER, BRENDA	27:52
5 ANDERSON, LINDA	31:04
6 RUST, NORA	38:31

FEMALE 35 - 39	
1 GERKE, PATTY	18:30
2 SANDERS, JENNY	19:18
3 KROUSE, MARY	22:02
4 KELLER, SUE	29:47
5 WIES, CHERYL	30:02
6 ALEXANDER, AGATHA	32:06
7 BRUBAKER, MARYLYNN	36:05
8 BOLTON, CHRIS	39:43
9 KIRSCH, CAROL	39:43

NAME	TIME
FEMALE 40 - 44	
1 KUEBLER, DIANA	17:51
2 ROMINES, BARBARA	19:05
3 PETERSEN, ELAINE	20:09
4 GLASPER, DEB	20:47
5 MILLER, BARB YOUNG	23:41
6 LEFFERS, PAMELA	24:35
7 WELCH, PATRICIA	28:20
8 HASTY, ANNE	28:21
9 MORRIS, JOELLEN	28:22
10 MARTIN, ELAINE	32:30
11 SCHEIBER, LINDA	32:31
12 DAUGHERTY, KATHY	33:12
13 CONWAY, MARSHA	38:12
14 MCDOWELL, BECKY	39:25
15 STUMP, SUSAN	41:28

FEMALE 45 - 49	
1 SMITH, SARA	23:16
2 PETERSON, CHERRY	25:38
3 DAVIS, EVELYN	28:55
4 SCHARTZER, SUSAN	29:27
5 DITMER, BEV	30:22
6 YUROSKO, JO ANNE	32:30
7 HARNLY, YVONNE	33:04
8 BIDDLE, KAY	33:40
9 ANDERSON, LINDA	38:13

FEMALE 50 - 54	
1 PATTERSON, JEAN	20:29
2 STEDGE, BARBARA	21:53
3 REICHWAGE, NANCY	22:44
4 MYERS, SUE	23:16
5 BRUNER, SHARON	26:56
6 TAYLOR, MELAINE	27:34
7 HEINGARTNER, JANE	30:05
8 ISCH, SUE	39:25
9 PAULEY, SHARON	44:54

FEMALE 55 - 59	
1 MYSLINKI, JANET	22:12
2 GENSHEIMER, MAURINE	29:46
3 EUBANK, AGATHA	29:46
4 WOLF, PATRICIA	31:14
5 HALABY, GEORGIA	33:46
6 DANIEL, BARBARA	33:46

FEMALE 60 - 69	
1 LEFFERS, JEAN	24:35
2 SNYDER, DORIS	31:20

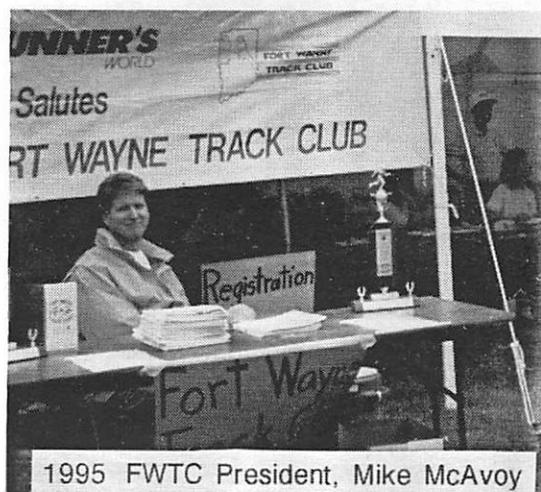
FEMALE 70 - 79	
1 DAUGHERTY, MARGY	33:12
2 FRITZE, ELEANOR	36:39

FEMALE 80 & OVER	
1 FIRESTONE, DONNA	36:00

**RENEW YOUR FWTC  
MEMBERSHIP  
TODAY !!**

9.4 MILE RUN

NAME	TIME	NAME	TIME
MALE 14 & UNDER		MALE 40 - 44	
1 SUELZER, JERRY	1:09:41	1 PEARSON, HAL	55:36
MALE 15 - 19		2 SUELZER, PHIL	59:17
1 HAMSTRA, DARREN	1:01:12	3 COONAN, TERRY	59:21
MALE 20 - 24		4 GAY, ROD	1:02:30
1 UTTERBACK, MATT	56:58	5 BASHOR, DONALD	1:02:32
2 STAUFFER, MARK	57:21	6 PEARSON, JED	1:03:32
3 OBREGON, ROD	1:02:44	7 DENNY, GORDON	1:04:54
4 RICHARDSON, PAUL	1:04:28	8 DEMERITT, KEITH	1:08:05
5 DORMIEIER, BUFF	1:05:31	9 KLINGER, HOWARD	1:08:36
6 MARKS, CHRISTOPHER	1:07:12	10 MILLER, PAUL	1:08:43
7 WARD, GREG	1:07:22	11 REHRER, TOM	1:09:11
8 WHITTAKER, JR., ROGER	1:13:21	12 STEINHOFF, JERRY	1:09:35
9 GARRINGER, JODON	1:17:02	13 JOHNSON, THOMAS M	1:09:42
10 HARRIS, DAN	1:17:21	14 WINTERS, DAVE	1:10:10
11 BRACKETT, DANA	1:20:40	15 MCMAHAN, DAVE	1:11:06
12 HOLLINGER, GREG	1:23:32	16 CONNER, DENNIS	1:12:03
13 SPRUNGER, JASON	1:23:33	17 SHOOT, CHRIS A	1:13:21
14 LARDYDELL, ANTHONY	2:01:33	18 PETERSEN, GEORGE	1:13:24
MALE 25 - 29		19 RIZZO, PHIL	1:13:25
1 MINNICH, ROBERT	1:00:17	20 MCDONALD, DAVID	1:13:40
2 BEATY, ROB	1:05:19	21 JORDAN, DENVER	1:14:35
3 KLEE, DAN	1:07:00	22 STRAYER, DENNIS	1:15:37
4 MILLHOUSE, DAVE	1:09:08	23 EVANS, TOMMY	1:15:58
5 SHARP, BRIAN	1:09:56	24 DIBBLE, BILL	1:16:33
6 BERG, JOHN	1:11:24	25 WAGNER, LARRY	1:16:48
7 DEMAREST, SHAWN	1:16:00	26 HOPEN, BRUCE	1:18:11
8 WALKER, JEFFREY A	1:17:30	27 GABET, GREG	1:18:17
9 ROCHA, JORGE	1:17:58	28 JOHNSON, DOUG	1:18:25
10 ANDERSON, ERIK	1:18:05	29 AUKER, RANDY	1:19:35
11 RUCKMAN, CHRIS	1:19:04	30 SABRACK, PAUL	1:20:20
12 BERZOWSHI, JEFFREY	1:19:28	31 DIERKS, DAVE	1:20:27
13 WARE, CHADWICK	1:20:02	32 WEIKEL, DAVID	1:21:24
14 HOUGH, TOM	1:20:30	33 BRADLEY, ALAN	1:21:37
15 DAVIS, JEFFREY C	1:27:23	34 LEHMAN, DOUG	1:22:20
16 HENKALINE, CHRIS	1:28:47	35 KENNERK, PHILIP G	1:28:06
		36 SEALSCOTT, RICK	1:28:48
		37 KING, GARY	1:29:22
		38 BRAUN, LON	1:29:44
		39 OSTERHOLT, BILL	1:32:03
		40 HORNADAY, CHARLES	1:42:46



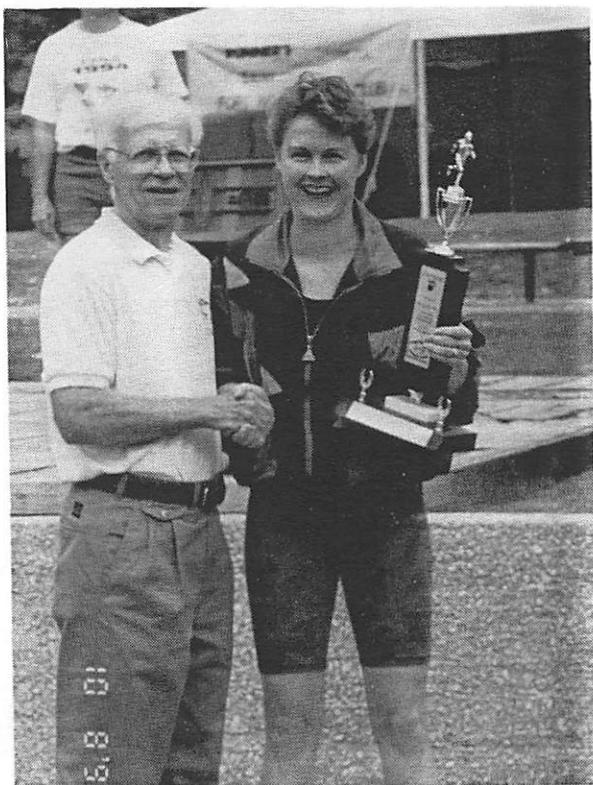
1995 FWTC President, Mike McAvoy

MALE 30 - 34

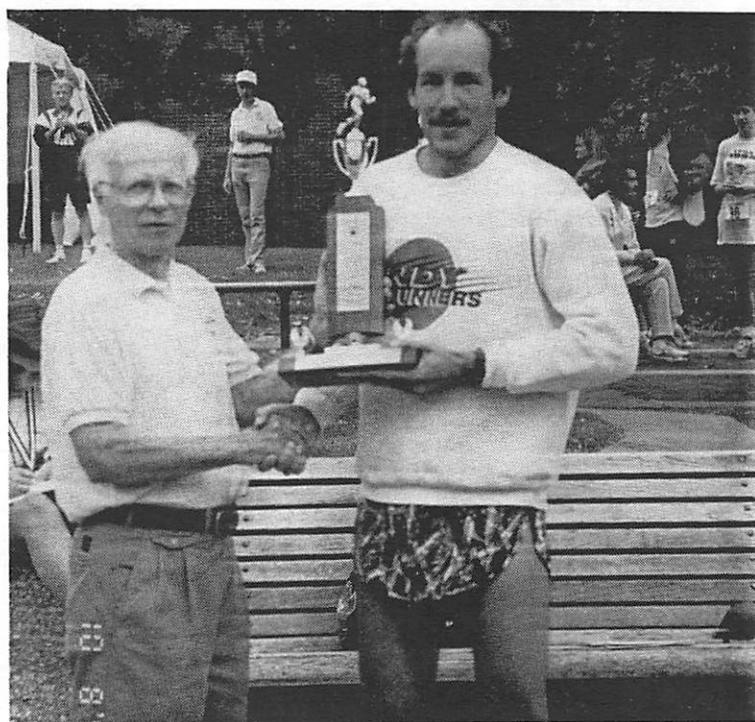
1	DOCTOR, MARK **	53:53
2	SCHNIEDERS, JOHN	59:03
3	BRANSTETTER, DON	59:29
4	MASTA, ED	59:53
5	KNOTT, PAUL	1:02:22
6	CUNEY, DON	1:04:34
7	BREWER, BRET	1:09:25
8	RUST, STEPHEN	1:13:00
9	VORE, STEVEN A	1:14:21
10	BIDDLE, SAMUEL	1:15:36
11	NICELY III, ROB	1:15:53
12	HATTERY, TIM	1:15:55
13	ROHR, DAN	1:17:56
14	LEHMAN, ANTHONY	1:19:40
15	PENROD, RODNEY	1:19:44
16	PEGGINS, QUINCY	1:21:59
17	HADLEY, JERRY	1:25:35
18	MANOR, STEVE	1:29:40
19	FUELLING, TOM	1:29:56
20	RYAN, JOSEPH	1:31:04
21	QUINTANO, RICHARD	1:32:02
22	MANSKE, JOHN	1:38:28

MALE 45 - 49

1	RICKNER, GARY	59:25
2	REICHWAGE, DAVE	1:04:57
3	SMITH, STEPHEN	1:05:13
4	DEAN, TERRY	1:06:47
5	SCHARTZER, JOEL	1:06:54
6	UELK, LARRY	1:09:28
7	REINKING, JACK	1:12:07
8	PETERSON, JOHN	1:12:42
9	SEILER, JIM	1:13:10
10	COWAN, PHILIP	1:13:11
11	TROYER, VERTON	1:13:26
12	RAFF, JEFFREY	1:14:55
13	PURCELL, GREG	1:16:32
14	DISS, MICHAEL	1:16:47
15	NOLL, JOHN	1:17:45
16	ECKERT, DAVE	1:19:37
17	GOLDTHWAITE, STEVE	1:22:19
18	PEART, MICHAEL	1:26:27
19	KIRBY, GEORGE	1:26:48
20	YUOSKO, ROBERT	1:29:39
21	MONTGOMERY, BRUCE	1:30:23
22	FITCH, CHARLES	1:32:24
23	MILLER, RODNEY	1:35:21
24	DOUGLAS, DARRELL	1:36:02
25	FIELDS, CARL	1:39:20
26	KNEPPER, ROLAND	1:53:48
27	ISAACS, JIM	1:57:28



Trina Chapman-Smith



Mark Doctor

MALE 35 - 39

1	DILLER, TERRY R	55:47
2	SUNDLING, DOUG	56:30
3	MOORD, DAN	56:40
4	SALON, JEFFREY	57:31
5	HODGMAN, NICK	1:00:30
6	HETRICK, LOY	1:01:27
7	MATTOX, KURT	1:02:08
8	PERRIN, CHRIS	1:03:43
9	KING, CALVIN	1:03:44
10	BRATTOLI, MARK	1:03:47
11	GILBERT, RICK	1:04:16
12	BUSHEY, JIM	1:04:40
13	EDDIE, RICK	1:04:47
14	KAPLE, DAVID	1:05:41
15	HERLAN, KIM	1:06:38
16	SCHLATTER, JONATHAN	1:08:04
17	WARREN, KEVIN	1:09:32
18	GRANEY, DAVE	1:13:34
19	KUHN, GARY	1:14:06
20	SCHUMACHER, JOHN	1:14:53
21	ANDERSON, JIM	1:15:11
22	LAMPORT, MARK	1:15:18
23	BEUCHEL, PAT	1:15:48
24	YOUNG, JACK	1:17:54
25	DAVIS, JEFFREY	1:18:07
26	PETERS, JOE	1:19:50
27	WHITTINGTON, ALLEN	1:20:08
28	THOMPSON, JAMES W	1:20:48
29	HUMBERT, DANNY	1:21:22
30	WHITMAN, DEAN	1:22:21
31	HOHE, JOE	1:25:26
32	COOPER, JERRY	1:26:39
33	POWELL, DENNIS	1:27:29
34	ATKINSON, HAL	1:29:35
35	SMITH, ROBIN	1:30:17
36	WEAVER, GREGORY	1:36:25
37	BAUMAN, PAUL	1:36:47

MALE 50 - 54

1	LEWANDOWSKI, VICTOR	1:08:09
2	DAUGHERTY, LANCE	1:08:31
3	BURGETTE, BERNIE	1:10:22
4	NAGEL, RON	1:12:18
5	BOYLAN, DAVE	1:12:59
6	TREBILCOCK, GARY L	1:15:27
7	LEE, LARRY	1:18:16
8	ROTH, RICHARD	1:21:35
9	JENSEN, DENNIS H	1:25:25
10	CONWAY, JAN	1:25:29
11	RASMUSSEN, JOHNI	1:33:32

MALE 55 - 59

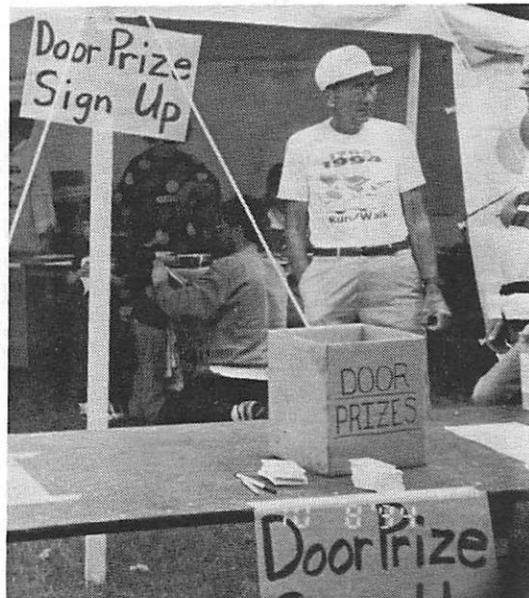
1	HARNLY, DICK	1:14:31
2	CLARK, KEN	1:15:37
3	LEWIS, MIKE	1:18:29
4	KLINE, JIM	1:19:33
5	SCHMIDT, BILL	1:22:07
6	SIVE, DICK	1:25:43
7	BROWER, JAY	1:31:47
8	GEBHART, EDWARD	1:35:53
9	HINDE, CHARLES	1:44:19

MALE 60 - 64

1	WILSON, DAVID L	1:27:26
2	PATTERSON, BILL	1:28:25
3	BASH, HOWARD	1:31:40
4	RHOADES, DON J	1:39:23

MALE 65 & OVER

1	ANDERSON, DON	1:09:14
2	HILKER, JACK	1:22:18
3	YOUNG, DICK	1:37:17



Gary Rickner

## 9.4 MILE RUN

NAME	TIME	NAME	TIME
FEMALE 14 & UNDER		FEMALE 35 - 39	
1 POWELL, JODI	1:24:33	1 GAY, LAURA	1:14:53
FEMALE 20 - 24		2 KONZEM, NANCY	1:20:07
1 SCHUBERT, HEIDI	1:10:32	3 SABRACK, CYNTHIA	1:21:54
2 BRUNER, SHELLEY	1:14:40	4 STEINEN, SUSAN	1:23:09
3 JINKS, SALLY	1:15:10	5 POHLMANN, DEIDRE	1:25:05
4 ECKERLY, JODI	1:26:41	6 NORTH, MARGARET	1:29:00
FEMALE 25 - 29		7 FREMION, ANNE	1:31:19
1 LEMASTER, BEV	1:05:35	8 MYERS, CATHY	1:34:14
2 BURKHOLDER, ROBIN	1:10:05	9 BUDOSO, AGNES	1:54:01
3 HUXHOLD, SUSAN	1:11:05	FEMALE 40 - 44	
4 ROBINSON, TAMMY	1:17:50	1 BATTELL, BETH	1:12:28
5 AARON, PAM	1:18:36	2 MANGER, JULIE	1:14:01
6 TROUT, EVA	1:21:20	3 SUELZER, PHYLLIS	1:16:22
7 NEWELL, MARY	1:26:26	4 MILLER, JOLYNN	1:17:42
8 LOUIS, KAREN	1:26:26	5 LEWI, ROSEMARIE	1:21:11
9 LINZ, TERESA	1:27:59	6 COLTRAIN, JEAN	1:24:40
10 HEINGARTNER, ANGELA	1:29:56	7 THOMAS, SALLY	1:34:22
FEMALE 30 - 34		8 BRADLEY, VELMA	1:50:46
1 CHAPMAN-SMITH, TRINA *	1:04:30	FEMALE 45 - 49	
2 LARSEN, KIM	1:06:52	1 SCHMIDT, MARSHA	1:22:06
3 EVERAGE, CONNIE	1:13:23	2 RICKNER, LIZ	1:22:45
4 GORMAN, LINDA	1:13:26	3 SCROGHAM, BARB	1:24:53
5 IANUCILLI, LINDA	1:16:43	4 LEHMAN, PAT	1:32:16
6 MEYER, MICHELLE	1:21:36	5 FLENER, JOANNA	1:34:02
7 SIMS, CONNIE	1:21:44	6 DOUGLAS, KATHLEEN	1:36:01
8 SMITH, FLO	1:24:42	FEMALE 50 & OVER	
9 PHILLIPS, GAIL	1:27:58	1 LEWANDOWSKI, JANE	1:23:51
10 MINNEFIELD, ANGELA	1:28:22	2 KLEIN, JEANETTE	1:24:51
11 MAUGER, ROBBIN	1:32:18	3 WILSON, JULIA	1:51:48
12 MARLIN, ANN	1:33:53		
13 REECER, SUZANNE	1:39:12		
14 MILLER, SARAH	1:46:43		

## BICENTENNIAL VOLUNTEERS

Don Lindley	Pat Lemam	John Powell
Michael Kast	Jack Hilker	James P. Jones
Judy Tillapaugh	Tammy Southern	Jim Bridges
Jerry Diehl	Cathi Tracy	Sara Unsell
Bonnie Felger	Megan Tracy	Don Ford
Tom Felger	Ann Jamison	Mike Shoudel
Polly Jacobs	Don Anderson	Lynn Armstrong - FWPD
Vicki Jacobs	Paul Ausderan	Kim Blowers - Alpha Tau Xi
Dene Lewis	Michael McAvoy	Capt. Brooks - MP Unit
Hal Lewis	Cheryl Kast	David Rogers - Rogers Mkt
Sharon Pauley	Sharon Bruner	Ray McCarthy - Van Dyne Crotty
Joyce Hockensmith	Ken Disler	Sherry Myers - Girl Scouts
Robert Hockensmith	Leland Sibrel	Limberlost Council
Charley Knepples	Charles Brandt	
Galay Mason	Phil Found	
Nicole Mason	Thomas Deal	
Rosann Lindley	Harry Miller	
Delbert Lindley	Ed Dax	
	Rob Wyatt	

*Thank-You!*

## 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

## SHEPHERD & FOX DUEL AT FAIRFIELD

On a beautiful day for running or any other physical activity, Brian Shepherd and Charlie Fox duelled it out for 4.2 miles in the annual Road-N-Trail 4 mile road race at Fairfield High School. The two ran together the entire way. With 100 meters to go, PowerBar fueled Brian Shepherd pulled away to win by two seconds. This was Shepherd's second win of the day. He took the 5K crown earlier that morning at the Princess City 5K/15K held in Mishawaka. Following Shepherd and Fox were Hal Pearson (3rd) and Steve Caswell (4th), both Master's runners.

The women's race was won by Deb Byers (31:00). She also was doubling back from Princess City where she won the Master's Championship in the 5K. At Fairfield she was followed by Teresa Furniss of Angola.

### AGE GROUP WINNERS

#### WOMEN

11-Under	Betty McBride	30-34	Bonnie Jowsay
14-15	Betsy Yoder	40-44	Ruby Heiman
25-29	Teresa Furniss	55-59	Joan Gary

#### MEN

12-13	Aaron Hoover	35-39	Charlie Fox
14-15	Jason Estep	40-44	Hal Pearson
16-17	Kevin Bestul	45-49	Verton Troyer
18-19	Leon Stronsky	50-54	Vaughn Smith
20-24	Billy Grayton	55-59	Freeman Herschberger
30-34	Rod Cart	60-Over	Eugene Striggle



### Princess City 5K/15K

Pictured L to R

Steve Caswell Master's Champion 5K	Brian Shepherd 1st Overall 5K	Chuck Schlemmer 2nd Overall 15K	Deb Byers Master's Champion 5K
--	--	--	--

**MARSHMALLOW FESTIVAL**

**5K & 1Mile**

*9-3-1994*

1st Overall Brian Shepherd 14:26 (Course Record)  
 2nd Overall Jerry Williams, Jr. 15:11  
 3rd Overall Chuck Schlemmer 15:21

12-Under	Hunter Paris	21:23	40-44	Steve Caswell	16:02
	Justen Paris	21:27		Master's Champion	
	Andrew Bigelow	22:17		Dan Leffers	16:39
13-15	Jamie Ellis	17:56		Phil Suelzer	16:52
	Adam Reasoner	19:32	45-49	Phil Found	17:34
20-24	Bernie Fischer	17:57		Bill Smith	17:37
25-29	Mike Schoudel	17:04		Steve Smith	17:37
	Mark Liepe	18:01	50-54	Clair Hostetler	19:41
	Dennis Cooper	25:41		Gene Lightner	20:33
30-34	Steve Leffers	15:42		Don Lindley	21:17
	Jeff Pferfer	16:01	55-59	Bill Schmidt	18:31
	Tim Miller	17:30		Freeman Herschberger	20:14
35-39	Hal Pearson	16:15	60-69	Don Rhoades	26:03
	Carl Risch	16:28		James Jones	26:31
	Tim O'Connell	16:42		Dan Daniel	27:19

**FEMALE**

1st Overall Nicole Williams 21:16  
 20-29 Deb Byers 20:27  
 30-39 Teresa Furniss 20:53

19-Under	Jessica Martin	21:16	40-49	Julie Manger	21:06
20-29	Angela Heingartner	23:01		Master's Champion	
	Karen Louis	23:10		Sharon Yadm	22:57
30-39	Cindy Furkis	23:52		Brigitte Brockmueller	23:07
			50-Over	Joan Gary	23:23
				Jeanette Klein	23:33
				Sue Myers	30:35

**CHROMIUM PICOLINATE**

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- Chromium is a vital nutrient for optimum insulin function.
- Needed for proper stimulation of metabolism.
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For more info, or to purchase this supplement to enhance your running or weight loss, call or write: Joyce Hockensmith

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**MERCHANDISE ORDER**      **NEW SUPPLIER** (We only need 10 shirts to order so the wait should be considerably shorter)

- Cotton Singlets**    \$10.00 + tax
- T-shirts**    \$10.00 + tax
- Long sleeve T-shirts**    \$13.00 + tax
- Sweatshirts**    \$18.00 + tax
- Polo shirts**    \$16.50 + tax - **New Item**

State size: S, M, L, XL, or XXL at additional cost

**Profit from the sale of the shirts will go to the FWTC**

Quantity	Size	Item	Each	Total

*Payment due with order*  
*Make checks payable to FWTC*

**Subtotal** \_\_\_\_\_  
**Tax (5%)** \_\_\_\_\_  
**Total** \_\_\_\_\_

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

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

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

## QUEST FOR 50 UPDATE

By Joyce Hockensmith

The more marathons you run, the more opportunities arise for varied experiences. A first in my marathoning career, and one I would not recommend, is standing at the starting line knowing that you are ill, and should be in bed. But it is really impossible, having dragged yourself all the way to Georgia, knowing that Bob will be out there doing it, to remain in the motel room.

It was a nearly perfect sunny day with starting temperatures in the 50's. Maybe it would be a little warm later on, but this was November, and if you are from Indiana, you know it may be months before you see another one like this. The course was a scenic one through the wooded rolling terrain of the Civil War battlefields of Chickamauga, Georgia.

The sounds of Bob's hacking cough had haunted me for the past week-and-a-half, and the day prior to leaving, I felt my body succumbing to the virus. Although the virus was my main concern, I also had been limping for the previous two days due to dropping a clipboard strategically on the top of the right foot. Veteran marathoners often assemble their "excuses" ahead of time, so at least mine were legit. (Did I mention the splitting headache?)

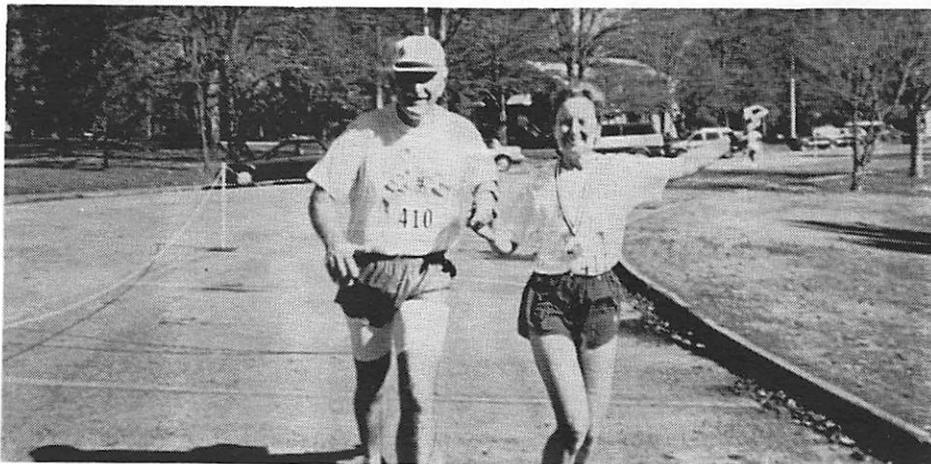
My plan was to start slow, and then walk if necessary. I began running with a mutual friend, Tom Wilson, from California, who was sporting a drippy nose and cough. Tom is also attempting to complete 50 states, and is more focused on the disposable camera he carries than he is his time per mile. When I asked, however, why he kept looking at his watch, he claimed it was habit.

The field was small, and so spread out, that my only hope for company would be to keep up with Tom. I was optimistic that this particular course would provide numerous "Kodak picture spots". Hills also provide good excuses for taking a walking break, so for the first time I can remember in a marathon, I prayed, "Please God, let there be a lot of hills."

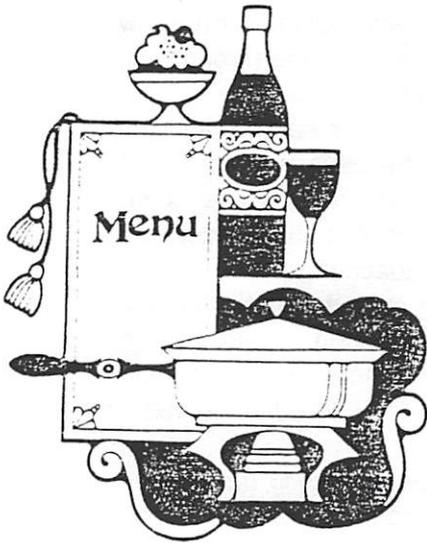
Whenever I felt Tom surging, I played to his compassion for human suffering, mine, and he slowed his pace. I guess he felt as long as I was *moving on my own two feet*, he wouldn't have to carry me. Slowly, but surely, despite feeling like I was running at 10,000 feet, I made my pitiful progress, and did finish before the volunteers packed up and went home. The fact that I spent the next three days in bed didn't diminish the accomplishment. Everything has its price!

Bob's and my medals from the Chickamauga Battlefield Marathon now grace both our display cabinets, along with the medals we have acquired from the St. George, Utah Marathon, the Detroit Free Press Marathon, the Wichita, Kansas Marathon, The Ocean State Marathon in Rhode Island, and hopefully by the time you read this newsletter, the Northern Central Trail Marathon in Maryland.

Stay tuned for the next update in February, when hopefully, I can report on the successful completion of the Kentucky 50 Miler (of which we plan to do just 26.2 miles), the Delaware Marathon, the Jacksonville Marathon in Florida, and the Tucson Marathon in Arizona.




  
**FEBRUARY 11**  
**Fanny Freezer**  
**5K**  
**Foster Park 3:00**  
**FWTC Banquet**  
 SW Conservation Club  
 Bluffton Road  
**5:00 Social**  
**5:30 Potluck**  
  
**Bring one dish and a salad or  
 dessert, & own table service.**  
**Awards, Raffle prizes, and Guest  
 Speaker: Andy Vogel**



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

**WILD WILD WILDERNESS 1994**

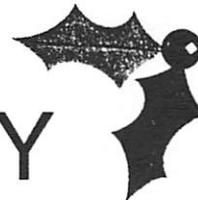
*9-25-1994*

The following members from the Fort Wayne Track participated in the Wild Wild Wilderness Run:

Judy Tillapaugh	53:35.3	
Richard Eddie	54:41.6	
Don Lindley	59:51.5	
Don Ford	59:51.9	
Rick Gilbert	1:01:26.6	



# CHRISTMAS PARTY



Please Join Us

Wednesday, December 14

7:00 PM

Taylor University Activity Center  
Good Friends, Food, Fun, Gift Exchange  
Bring a food item to share & a wrapped  
gift (\$5.00 or less)



MAY 4 - 7, 1995

**RUNNER'S WORLD**

## EXPERIENCE

a unique blend of history,  
folk culture and recreation,  
served up with Pennsylvania  
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## FOR MORE INFORMATION

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## ATTEND

the 1995 RRCA  
National Convention at the  
Allentown Hilton,  
Allentown, PA - and see  
the home of Rodale Press,  
headquarters of  
*Runner's World Magazine.*

## CALL

610-433-2221

to make your convention  
reservations.

# Birthdays

## December

## January

03 JIM MARTIN  
04 EUGENE STRIGGLE  
05 DENNIS STRAYER  
05 BRAD ALTEVCGT  
08 JUDY TILLAPPAUGH  
09 DOUG ULMER  
11 SCOTT MILLER  
11 JULIE CAMERON  
11 JOHN PEA  
12 DAVE HOAGLAND  
13 JACK REINKING  
14 ROSEANN SIMMONS  
14 KAREN LOUIS  
15 PHIL SUELZER  
15 R WILLIAM SCHMIDT  
16 KEN DISLER  
16 JOSEPH RYAN  
17 PAUL AUSDERAN  
18 BOBBIE CLARK  
18 BOB TRGOVICH  
19 CHERYL SMITH  
19 LORRAINE FOX  
22 VELMA BRADLEY  
22 LEWIE SLONE  
22 COLTON JOHNSON  
23 RICK PLUNKETT  
23 LINDA BROOKS  
24 DEB BYERS  
24 JOE ZIEGLER  
28 RAMON BROWN  
28 JOHN KLEIN  
30 GARY RICKNER  
31 KENNETH SILKWORTH  
31 JAY GILBERT



01 ROBERT YUROSKO  
01 DALE STAMWITZ  
03 ROBERT GARDNER  
03 DENNIS WANG  
03 PAUL SHAFFER  
04 STEVE SUMMERS  
06 JEFF SUELZER  
08 MICHAEL CALLAHAN  
10 DAVID RENCH  
11 AMY YODER  
14 STEVE EYERS  
15 MICHAEL LINDLEY  
15 DONALD LINDLEY  
17 JACK WILLIAMS  
17 JEFF KLINE  
18 CARMA MCPHERSON  
20 ANN MIZE  
20 BILL OSTERHOLT  
22 DON ASHTON  
24 BRANCH LEW  
24 GARY SELKING  
24 RON WEIMER  
24 ROY ULCH  
25 QUINN CURRY  
26 TAMMY BEHRENS  
27 JUSTIN CASIANO  
27 JOSEPH BOND  
28 CARL FIELDS  
29 JOHN LANTZ  
30 ROBERT LOOMIS  
31 FRED ROSS



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Media Representative

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YOUR HOME TOWN REPRESENTATIVE



## 1994 - 20th Parlor City Trot

### 1/2 Marathon Awards

#### Men - Top Ten

1st	Brad Cooper	1.09.23
2nd	Mike McManus	1.11.51.0
3rd	Bob Copeland	1.14.59.7
4th	Kevin Rigg	1.15.54.6
5th	Hal Pearson	1.16.41.3
6th	Anthony Ross	1.17.30.5
7th	Terry Diller	1.18.15.9
8th	Doug Sundling	1.21.11.2
9th	Richard Vorick	1.19.54.6
10th	Kurt Mattox	1.21.11.2

#### Women - Top Ten

1st	Tina Root	1.30.57.2
2nd	Carol Herndon	1.33.18.2
3rd	Robin Burkholder	1.38.31.1
4th	Heidi Schubert	1.42.47.6
5th	Shirley Wilson	1.44.45.2
6th	Marilyn Maddox	1.45.06.8
7th	Linda Gorman	1.45.51.9
8th	Connie Sims	1.52.43.7
9th	Laura Miller	1.53.09.8
10th	Beth Battell	1.55.38.2

#### Placed 11th - 50th

11th	Keith Walter	1.21.40.3
12th	Jim Ebbins	1.22.23.2
13th	Gary Rickner	1.22.31.8
14th	Jay Pritchard	1.22.58.7
15th	Jed Pearson	1.23.04.5
16th	John Hamilton	1.23.24.0
17th	John Schneiders	1.23.39.5
18th	Robert Minnich	1.24.43.7
19th	Don Branstetter	1.24.49.6
20th	Scott Wolf	1.24.59.1
21st	Ken Stiner	1.26.32.6
22nd	Mike Schoudel	1.26.59.4
23rd	Tim Zumbaugh	1.28.25.0
24th	Mark Brattoli	1.28.44.2
25th	Tom Yoder	1.29.27.1
26th	Rick Eddie	1.29.46.2
27th	Paul Knott	1.30.03.4
28th	Lynn Smith	1.30.36.5
29th	Jim Kinch	1.30.53.3
30th	Bob Crawford	1.31.17.5
31st	Rick Gilbert	1.31.46.5
32nd	Dave Reichwashe	1.31.49.5
33rd	Doug McGrath	1.32.14.5
34th	Brian Charles	1.32.33.0
35th	Jerry Diehl	1.32.52.4

36th	David Reimschisel	1.33.10.2
37th	Dean Ehrenheim	1.33.14.0
38th	Bruce Pressler	1.33.54.8
39th	Larry Varchetti	1.34.05.3
40th	Mike Barrell	1.34.28.4
41st	Peter Roberts	1.34.29.2
42nd	Ed Oliphant	1.34.37.5
43rd	Lennie Smith	1.34.59.0
44th	Bret Brewer	1.35.11.0
45th	Victor Lewandowski	1.35.32.7
46th	Keith Ingle	1.35.33.5
47th	Greg Fahl	1.36.07.0
48th	Calvin King	1.36.14.6
49th	Karl Waite	1.36.27.6
50th	George Peterson	1.36.33.2

#### Age Division Winners

##### Men 20-24

1st	Christopher Marks	1.39.07.8
2nd	Dana Brackett	1.56.40.4

##### Men 25-29

1st	John Berg	1.42.24.0
2nd	Shawn Demarest	1.49.41.6
3rd	Brian Pattison	1.52.36.6

##### Men 30-34

1st	Rick Collins	1.40.44.7
2nd	Scott Maddox	1.45.07.3
3rd	Mary Altstatter	1.45.43.2
4th	Tony Lehman	1.54.32.0

##### Men 35-39

1st	Ron McPherson	1.36.37.3
2nd	Kevin Warren	1.39.59.1
3rd	Doug Ulmer	1.41.44.6
4th	Gary Kuhn	1.42.44.0
5th	Daniel Salmons	1.44.29.7

##### Men 40-44

1st	John D. McPherson	1.36.39.1
2nd	Dave Winters	1.37.06.7
3rd	Fred Stoffel	1.37.07.0
4th	Bill Dibble	1.41.03.3
5th	Gregg Glass	1.42.04.9

##### Men 45-59

1st	Roger Delay	1.39.39.5
2nd	Charlie Backofen	1.37.30.9
3rd	Larry Uelk	1.37.32.5
4th	Jack Reinking	1.38.31.1
5th	Wesley Sabins	1.39.13.6

**Men 50-54**

1st	Bill Bennett	1:44:38.5
2nd	David Wolf	1:44:54.7
3rd	Floyd Lobsiger	1:45:12.9
4th	Steve Adkinson	1:47:55.7
5th	Richard Crispen	1:49:38.8

**Men 55-59**

1st	Rod McKensie	1:38:18.5
2nd	Luther Dore	1:42:29.9
3rd	Nelson Steele	1:52:31.0
4th	Duane Heidecker	1:53:28.2
5th	Gary Miller	1:54:28.4

**Men 60-64**

1st	Ian Rolland	1:57:30.0
2nd	Joe Willman	1:59:01.8
3rd	Phil Wahls	2:10:39.0

**Men 65-Over**

1st	Jack Hilker	1:57:31.0
2nd	James Jones	2:17:37.6

**Women 20-24**

1st	Tonya Black	2:00:15.5
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**Women 25-29**

1st	Pam Aaron	1:56:26.1
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**Women 35-39**

1st	Linda Clay	1:57:31.1
-----	------------	-----------

**Women 40-44**

1st	Sally Thomas	2:06:40.3
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**Women 50-54**

1st	Jane Lewandowski	2:01:52.7
2nd	Cynny Stiehl	2:02:41.4

\*\*\*\*\*

**1/2 Marathon Masters (1st finishers over the age of 40)**

<b>Men</b>	Richard Vorick	1:19:54.6
<b>Women</b>	Shirley Wilson	1:44:45.2

\*\*\*\*\*

**Oldest & Youngest To Finish Either Race**

James Jones	Age 65	(1/2 Marathon)	2:17:36.6
Kimberly Waite	Age 14	(10K)	49:17.0

\*\*\*\*\*

<b><u>ABOITE PHYSICAL THERAPY, INC.</u></b>
MICHAEL L. (MAC) MCAVOY, P.T., A.T.C. PHYSICAL THERAPIST, ATHLETIC TRAINER
JEFFERSON MEDICAL CLINIC 7232 ENGLE ROAD, SUITE 210 FORT WAYNE, IN 46804 (219) 436-9710
MAC HAS WORKED WITH AREA HIGH SCHOOL ATHLETIC TEAMS THE PAST 7 YEARS. HIS RUNNING BACKGROUND INCLUDES A 2:48:13 MARATHON PR AT DETROIT FREE PRESS.

## Shepherd and Franz defend 2-3 Titles at Raider 5k

Nearly a hundred runners took part in this year's Raider 5k held at Wayne Trace High School. The race started at 3:00p.m. and the runners headed into a very strong wind. At the half way turnaround six runners were bunched together at 8 minutes and 20 seconds. As the pack took the turn PowerBar athlete Brian Shepherd made his move. He took the lead and covered the second half of the race in 7 minutes and 33 seconds to finish in (15:33). He was followed closely by Mark Sanderson of Van Wert in (16:00), Jerry Williams, Jr. (16:06), Kenny Williams (16:23), and Randy Hisner (16:43). All are from the Fort Wayne area. The Master's Championship was taken by Steve Caswell of Albion, Indiana (17:22).

The women's race came down to three women. Kim Franz, defending champion, pulled away in the final mile to cruise in with an easy win in (21:28). She was followed by Cily Daeger and Deb Byers, Master's Winner from Indiana.

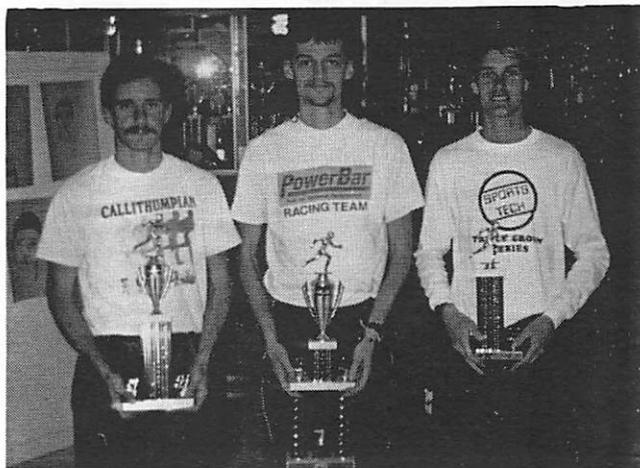
Division Winners are as follows:

### FEMALE

14 - under	Cily Daeger	21:40
15 - 20	Grace Jones	23:21
21 - 30	Traci Rudisin	29:13
31 - 40	Jill Ash	27:26
41- over	Deb Byers	22:10

### MALE

14 - under	John Mills	19:24
15 - 18	Nat Webster	16:34
30 - 34	G. Williams	17:30
35 - 39	C. Risch	17:44
40 - 44	Neil Anderson	20:45
45 - 49	Doug Hoeburger	19:55
55 - 59	Jerome Tone	20:58
60 - 69	Don Anderson	22:14
70 - over	Ken Disler	26:42



Pictured L to R  
Mark Sanderson 2nd  
Brian Shepherd 1st  
Jerry Williams 3rd

# Nutrition from Judy

## Celebrate The Season Nutritionally

By: *Judy Tillapaugh, R.D.*  
Nutrition Consultant

Holiday time is here! It is the best moments of the year. A time for much celebration. Family gatherings, neighborhood parties, and business socials are some of the special opportunities. Participation can bring great joy.

Eating is automatically a part of all celebrations. The time is right to make and enjoy special meals and snacks. But, often many healthy habits end and holiday pounds add up. This does not have to happen. People can keep their waist trim and still have tasty, satisfying holiday meals. The spirit of the season can be enjoyed nutritionally.

Think behavioral modification for healthy holiday eating. Eating is a behavior just like the way people shop and clean. Since behaviors are learned habits, traditional holiday habits that contribute to added pounds can be changed for pound prevention.

Many holiday foods are high in fat, cholesterol, sugar, salt, and alcohol. It is easy to eat extra calories without realizing

it. For example, one ounce of fudge everyday for one week adds up to about 800 calories. At the end of five weeks this adds up to 4000 extra calories. One pound of fat has 3500 calories. How many people stop at one piece of fudge? Extra calories can add up quickly!

The best holiday pound defense is to focus on portion control and limiting fat toppings. By making simple meal plan modifications excess calories intake can be avoided. One modification could be to limit use of butter, margarine, and mayonnaise. For every tablespoon of these not used 100 calories and 12 gms. of fat are saved. Try modifying an entree or side dish recipe to create more healthful meals. Cut down the fat amount. If the recipe calls for cheese use a cheese made with skim milk. Or if a recipe has 1/4 cup butter or margarine cut it down to 2 Tbsp.

Think positive! Making meal plan modification can be simple and tasty too!

Use the chart below as a guide to modifying meals and recipes. Switch from high fat, high calorie choices to low fat, nutritious choices.

Happy Holidays!

<u>Food</u>	<u>Calories</u>	<u>Food</u>	<u>Calories</u>	<u>Saved</u>
1 cup whole milk	150	1 cup Skim milk	80	70
1/2 cup (16% fat) Ice cream	175	1/2 cup Ice milk	110	65
2 oz. Beef bologna	178	2 oz. Lean roast beef	110	68
3 Strips bacon	109	1 oz. Extra lean ham	37	72
1 oz. Potato chips	170	1 oz. Pretzels	110	60
1/4 cup Peanuts	205	2 cups air popped Popcorn	46	159
1/8 pie - Apple pie slice	300	Med. Baked apple w/cinnamon	80	220
12 oz. Regular Beer	150	12 oz. Lite Beer	110	40
12 oz. Regular pop drink	150	Water with Lemon twist	1	149
1 Tbsp. Italian dressing	70	1 Tbsp. Oil free Italian	4	66
1 Tbsp. Margarine	100	1 tsp. Margarine	33	67
1 oz. Snicker Candy bar	138	5 Vanilla Wafers	70	68
1 oz. Fudge	112	10 Pieces jelly beans	66	46
1 oz. Peanut brittle	123	7 Pieces mints	52	71
1/2 cup Egnog	170	4 oz. White table wine	80	90

## Sweet Potatoes and Apples

Servings: 2

    *A nutrition all-star with all four symbols! This easy, colorful dish goes well with roasted turkey or a baked pork chop and gives you a daily supply of beta-carotene and vitamin A.*

1 sweet potato  
1 apple  
pinch of cinnamon  
1/8 tsp. lemon juice  
1 tsp. margarine  
1 tsp. brown sugar  
2 tbs. water

Cook sweet potato until nearly done. Peel and slice potato into 1/2" round slices. Cut apple into wedges, leaving skin on. In a small, greased 1-quart baking dish, layer alternately 1 potato slice with 1 apple wedge. Sprinkle mixture with remaining ingredients. Bake covered at 350° for 15 minutes or until apple is soft.

***Nutritional information per serving*** 130 calories, 2 g protein, 26 g carbohydrate, 2 g total fat, .3 g saturated fat, .6 g monounsaturated fat, 1.4 g polyunsaturated fat, 0 mg cholesterol, 2 g dietary fiber, 8 mg sodium

## Skinny Potatoes

Servings: 2

    *These potatoes are crisp, brown and much lower in fat than French fries. And there's no mess or grease to clean up. Potatoes are good source of vitamin C and fiber.*

1 medium unpeeled baking potato (5"), sliced  
1 tsp. vegetable oil  
1/4 tsp. paprika  
1/4 tsp. pepper  
1/4 tsp. garlic powder

Place potato slices on a cookie sheet. Baste with vegetable oil. Sprinkle with paprika, pepper and garlic powder. Broil for 5 minutes and turn. Broil until brown and crisp.

***Nutritional information per serving*** 125 calories, 1 g protein, 27 g carbohydrate, 2 g total fat, .4 g saturated fat, .9 g monounsaturated fat, .7 g polyunsaturated fat, 0 mg cholesterol, 3 g dietary fiber, 30 mg sodium

# RUN LIKE HELL RESULTS

Saturday, October 29, 1994

## RUNNERS

1	BRAD COOPER	32 M	16:13
2	MIKE MCMANUS	31 M	16:16
3	STANTON FLOREA	24 M	16:25
4	MARK STAUFFER	24 M	17:05
5	PAUL FURNISS	27 M	17:38
6	JAY PRICHARD	37 M	18:31
7	BUFF DORMEIER	24 M	19:10
8	PAUL KNOTT	31 M	19:11
9	MATT NEELEY	18 M	19:17
10	SCOTT HUTCHISON	29 M	19:32
11	SCOTT KINGSLEY	36 M	19:36
12	LENNY DUFF	29 M	19:44
13	KEVIN LOCHNER	38 M	19:50
14	DOUG HOENBERGER	45 M	19:55
15	JIM KINCH	33 M	19:59
16	STEVEN MINNICH	17 M	20:02
17	MADELINE ROSER	27 F	20:09
18	W.G. FUNK	36 M	20:15
19	DON FORD	44 M	20:17
20	GORDON PLEUS	48 M	20:30
21	CHRIS WALTERS	34 M	20:51
22	D. PROBST	36 M	21:07
23	JULIE ELLIOTT	23 F	21:13
24	DAN ROHERTY	37 M	21:18
25	BRIAN LOUCH	25 M	21:21
26	ANNE DUFF	29 F	21:21
27	KRIS MCCAIN	36 F	21:40
28	TODD EAGON	31 M	21:40
29	JEREMY BOYLE	16 M	21:43
30	MIKE SMYTH	19 M	21:44
31	ALAN BURNETTE	33 M	22:16
32	ROBIN BURKHOLDER	28 F	22:41
33	CURT ANDERSON	34 M	22:43
34	PHIL LUTIMAN	47 M	22:45
35	JULIE MANGER	40 F	22:51
36	DAN SABAN	21 M	23:03
37	JOE REINHART	31 M	23:06
38	KEVIN TRUELOVE	37 M	23:14
39	MICHAEL ARNOLD	30 M	23:16
40	TERESA FURNISS	27 F	23:35
41	MICHAEL DISS	47 M	23:36
42	MARY MCMANUS	38 F	24:31
43	TOM LAIRD	58 M	24:32
44	WAYNE UNSELL	46 M	25:16
45	SARA UNSELL	26 F	25:18
46	MICHELLE MEYER	30 F	25:32
47	STEVE MCMAHON	31 M	25:36
48	MARY NEWELL	25 F	25:39
49	ROBERT ABEL	22 M	27:18
50	BARB LOCHNER	43 F	28:10
51	EVIE LORENZEN	37 F	28:28
52	JACQUELINE KONKLE	33 F	28:34
53	CHERYL STRARISKI	39 F	28:39
54	TRACEY BROWM	25 M	29:09
55	KATHY KNOTT	30 F	29:18
56	STAN DARGA	41 M	33:06
57	KEVIN DARGA	30 M	33:07
58	AMY SADLOWSKI	31 F	34:20

## WALKERS

1	RICH LYSAGHT	25 M	30:40
2	JIM ISAACS	49 M	37:03
3	CHAD BAKER	23 M	41:11
4	AMY GETROST	26 F	41:12
5	BECKY ROHERTY	37 F	41:37
6	LAURA KINGSLEY	33 F	42:59
7	JUSTIN KROGMAN	10 M	43:09
8	TERRY KROGMAN	42 M	43:10
9	BECKY REINCKE	45 F	45:01
10	KAREN STETTLER	45 F	45:02
11	H. MYER	39 M	50:13
12	JOE HOBBS	45 M	50:14



## RUN LIKE HELL VOLUNTEERS

Jim Bridges  
 Jerry Diehl  
 Leland Sibrel  
 Tom Felger  
 Bonnie Felger  
 Don Lindley



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

To receive an informative brochure,  
 Please call 489-4090  
 Cross Country and Downhill Skiing.



**FORT WAYNE TRACK CLUB**  
**FANNY FREEZER - 5KM**  
 FEBRUARY 11, 1994  
 SATURDAY, 3:00 PM  
 FOSTER PARK  
  
 ENTRY FORM



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

**ENTRY FEES:**

<b>PREREGISTRATION</b>	<b>RACE DAY REGISTRATION</b>
<b>\$2.00 - FORT WAYNE TRACK MEMBERS</b>	<b>\$3.00 - FORT WAYNE TRACK MEMBERS</b>
<b>\$3.00 - NON-MEMBERS</b>	<b>\$4.00 - NON-MEMBERS</b>

**AWARDS:**

**FINISHERS AWARDS**  
**AGE DIVISION RESULTS**

**RACE DIRECTOR: DON LINDLEY (219) 432-5998**

**MAKE CHECKS PAYABLE TO FORT WAYNE TRACK CLUB**

**PLEASE COMPLETE FORM AND MAIL TO:**

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

**LIABILITY WAIVER:**

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT'S SIGNATURE IF UNDER 18 YRS \_\_\_\_\_ DATE \_\_\_\_\_

## 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, along with pictures, 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: \_\_\_\_\_

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

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### **NEWSLETTER DEADLINE DATES**

**January 15, 1995**

**March 15, 1995**

**May 15, 1995**

**July 15, 1995**

**September 15, 1995**

**November 15, 1995**

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

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

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

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

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

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

**Family Members:**

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

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

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

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

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

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

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

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

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

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

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

**CLUB MEMBERSHIP APPLICATION WAIVER**

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

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

**Primary Member**

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

**Parent Signature:**  
(if under 18)

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

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

Please indicate your areas of interest.

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

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 \*  
\*  
\* 100th BOSTON MARATHON - - 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 \*  
\*  
\*\*\*\*\*

- - - - - 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 (DAY) 815-795-5752-TIM SCOTT (EVE) 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 PRIMMER (317) 289-8062
- 10 SAT \* MOHICAN TRAIL 35-K, MOHICAN STATE PARK, OHIO  
DAN BELLINGER, 341 AKRON RD., WADSWORTH OH 44281  
(216)336-6314
- 10 SAT JINGLE BELL RUN/WALK 5K, DOWNTOWN INDIANAPOLIS, IND.  
TUXEDO BROS., 4314 MATREA MORE CT., INDPLS, 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

24 SAT REINDEER 5K, INDIANAPOLIS, IND., STEPH DEMETRION, 1502 W. 16TH ST., INDY 46202, (317)327-7201

31 SAT NEW YEAR 4-MILER, LAFAYETTE, IND., LU GREIG, 3132 SULLIVAN ST., WEST LAFAYETTE 47906, (317)497-1360

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

01 SUN HANGOVER CLASSIC 10 MILER, LOUISVILLE, KY, JAY BEST, 1318 MCHENRY ST., LOUISVILLE, KY 40217, (502)636-0531

07 SAT \* SIBERIAN EXPRESS 7.6 MILES, 12 NOON, DANVILLE, ILL. MARC REDDY (217)431-4243. POST-RACE BUFFET AND PARTY.

07 SAT SNOWMAN CHASE 4 MILE RUN, 11 A.M., BEDFORD, IND. FOR INFO CALL: 812-275-8322

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 10 MILE SHOE RUN, 2 P.M., DELTA, OHIO. DAVES RUNNING SHOP, 203 MAIN ST., DELTA OH 43515 (419)822-3498

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

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

15 SUN BERMUDA INTERNATIONAL MARATHON, ALSO 1/2 MAR AND 10K BOX DV 397, DEVONSHIRE DV BX, BERMUDA. (809)238-2333

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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

11 SAT FWTC FANNY FREEZER 5K, FOSTER PARK, FORT WAYNE, 3 P.M.

DIRECTOR: DON LINDLEY (219) 432-5998  
FWTC P.O. BOX 11703, FT. WAYNE IN 46860

11 SAT FWTC ANNUAL BANQUET - SOUTHWEST CONSERVATION CLUB (BLUFFTON RD) POTLUCK DINNER - BRING ONE DISH AND A SALAD OR DESSERT. BRING YOUR OWN TABLE SERVICE. SOCIAL HOUR 5 PM, DINNER 5:30.

11 SAT GRAND BAHAMA 5000, GRAND BAHAMA ISLAND, BAHAMAS  
(407)896-1160. EVENT MARKETING & MANAGEMENT INTERNATIONAL

12 SUN \* COLUMBUS ROADRUNNERS WINTER RUN, 15MI & 3 MI, COLUMBUS,  
OHIO. JUDITH ASMUS, 167 GLENKIRK, BLACKLICK OH 43004  
(614)575-1857

18 SAT GASPARILLA DISTANCE CLASSIC, 15K AND 5K, TAMPA, FLORIDA  
SUSAN HARMELING, BOX 1881, TAMPA FL 33601. (813)229-7866

20 MON GREAT ALOHA RUN/WALK, 8.25 MILES, HONOLULU, HAWAII  
808-735-6092. START TIME IS SUNRISE.

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

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05 SUN \* CITY OF LOS ANGELES MARATHON X, LOS ANGELES, CALIFORNIA  
(310)444-5544, 11110 WEST OHIO AVE. SUITE 100, ZIP 90025

18 SAT MOUNTAIN GOAT HILL RUNS, DANVILLE, IL, (KICKAPOO STATE  
PARK) MANY CHOICES FOR YOUR PLEASURE OR AGONY. PARTY TO  
FOLLOW. MARC 217-431-4243 (EVENINGS/WEEKENDS)-SUSAN  
217-733-2403 (DAYS).

19 SUN SHAMROCK SHUFFLE 8K, 9 A.M., CHICAGO, ILLINOIS,  
(312)666-9836

END OF 15TH ANNUAL NUTRA RUNS, 20K & 5M RUNS, FORT WAYNE, 2 PM  
MARCH YOUTH RUNNERS - RRCA/RUNNER'S WORLD KIDS "I DID IT" SERIES  
1 MILE, 1/4 MILE, AND TODDLERS KIDDY TROT.  
JUDY TILLAPPAUGH, 4635 INDIANA AVE., FORT WAYNE IN 46807

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02 SUN 28TH ATHENS MARATHON (ALSO 1/2 MAR.) 12 NOON, ATHENS,  
OHIO. TOM WOLF, 44 GROSVENOR ST., ATHENS OH 45701.  
(614)594-3042

09 SUN 15TH ANNUAL RED BRICK RUN 5K, 1:30 P.M., OXFORD, OHIO.  
RED BRICK RUN '95, P.O. BOX 453, OXFORD, OH 45056

18 MON BOSTON MARATHON (99TH), HOPKINTON/BOSTON, MA  
SEND S.A.S.E TO: BOX 1995, HOPKINTON, MA 01748.  
(508) 435-6905

23 SUN \* TOLEDO GLASS CITY MARATHON, TOLEDO OHIO, 8 A.M.  
PAT WAGNER, 130 YALE, TOLEDO OH 43614. 500-600 RUNNERS.  
TOM FALVEY (419)475-0731- PAT WAGNER (419)385-1072

30 SUN \* MICHIGAN TRAIL MARATHON AND 1/2 MAR., ANN ARBOR, MICHIGAN  
200 E. WASHINGTON ST., ANN ARBOR, MI 48104. (313) 769-5016  
NEW EVENT: 5 MILE TRAIL RACE ON SATURDAY AT 2 P.M.

30 SUN LAKE COUNTY RACES, 15TH ANNUAL, 8:15 A.M., CHICAGO, ILLINOIS. MARATHON/HALF MARATHON/10K/3.5M FUN RUN, (708) 266-RACE. 454 CENTRAL AVE., SUITE 201, HIGHLAND PARK, IL 60035.

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05 FRI 500 FESTIVAL MINI-MARATHON, 13.1 MILES, INDIANAPOLIS, IN ENTRY FORMS AVAILABLE JANUARY 27TH. SEND S.A.S.E KLA, 451 N. NEW JERSEY ST, INDIANAPOLIS IN 46217. (317) 632-8812.

07 SUN CITY OF PITTSBURGH MARATHON, 8:30 A.M. (412) 765-3773 1001 LAW & FINANCE BLDG., 429 FOURTH AV., PITTSBURGH, PA 15219.

4 - 7 RRCA NATIONAL CONVENTION, ALLENTOWN, PENN. LYNN JENNINGS (KEYNOTE SPEAKER) \* TOUR OF RUNNERS'S WORLD.

8K RACE ON SUNDAY PLUS DAILY GROUP RUNS  
CONTACT MARY JANE ROMEJKO AT (610)967-8159.

13 SAT OLD KENT RIVER BANK RUN, 25K, GRAND RAPIDS, MICHIGAN BOX 2194, GRAND RAPIDS, MI 49501. (616) 771-1127

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

27 SAT BIG BOY CLASSIC 20K, 8:30 A.M., WHEELING, WEST VIRGINIA HUGH STOBBS, BOX 1046, WHEELING, WV 26003. (614)633-5000

28 SUN \* MAD CITY MARATHON (ALSO 5 & 10K), 7 A.M., MADISON, WISCONSIN. 615 E. WASHINGTON AVE., MADISON, WI 53703. (608)255-2537.

29 MON THE GREAT RACE HALF MARATHON, ELKHART, IND. ALSO 10K RUN AND 5K/10K WALKS. RON SCHMANSKE, 421 S. 2ND ST., ELKHART IN 46516. (219)294-1661

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03 SAT SUNBURST MARATHON, ALSO 5K AND 10K, SOUTH BEND, INDIANA 225 W. COLFAX AVE., SOUTH BEND IN 46626. (219) 233-6161 X441.

03 SAT KICKAPOO TRIAL 5 MILE RUN & 5K WALK. DANVILLE, IL. KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834

04 SUN \* COLUMBUS MASONIC 10K, 9 A.M., COLUMBUS, OHIO P.O. BOX 21264, COLUMBUS, OH 43221. (614) 587-0376

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

# Coming Events...

## FWTC CHRISTMAS PARTY

Taylor University Activity Center  
Wednesday, December 14, 7:00 PM  
Bring a munchie to share  
and a wrapped gift

## FWTC FANNY FREEZER 5K

Foster Park, Fort Wayne  
Saturday, February 11, 3:00 PM

## FWTC ANNUAL BANQUET

Southwest Conservation Club  
Saturday, February 11, 1994, 5:00 PM  
Bring a dish, salad or dessert, & table service  
Speaker: Andy Vogel

## 1995 Planning Meeting

Wednesday, December 28, 7:00 PM  
Don Lindley's House, 1820 Briar Fence Lane

### 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  
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