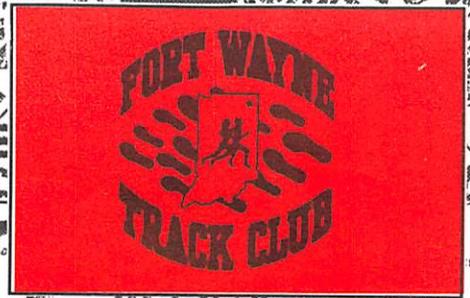


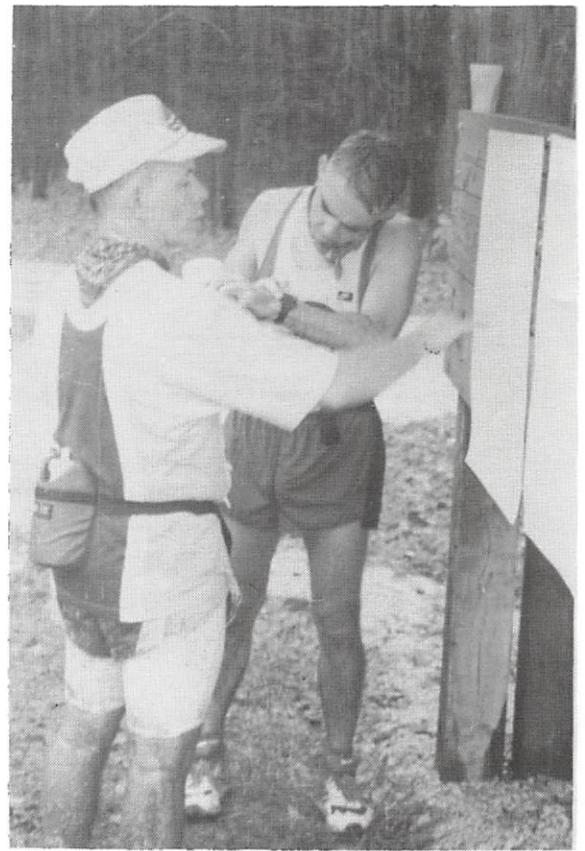
# the inside track

February 1995 - March 1995

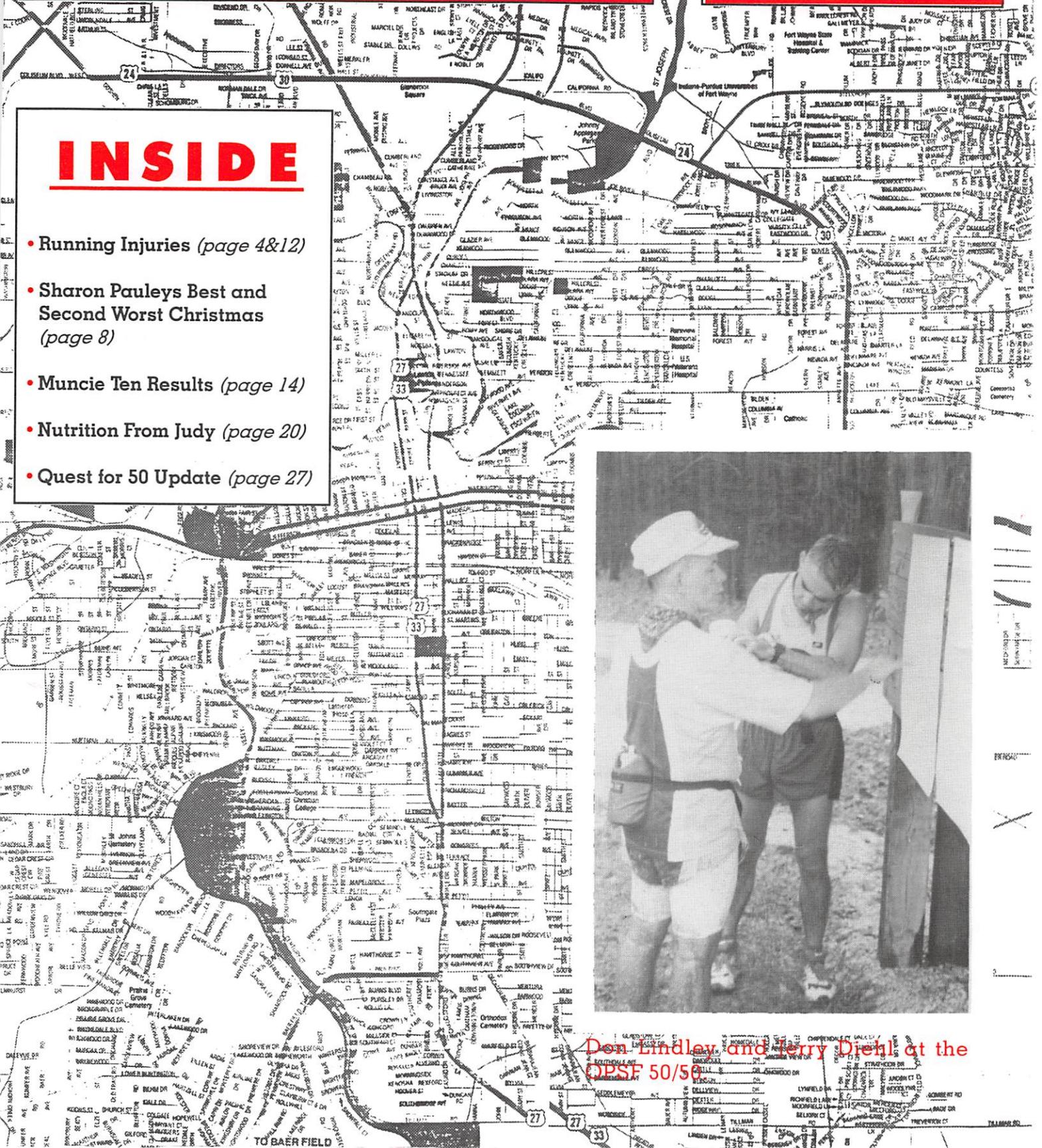


## INSIDE

- Running Injuries (page 4&12)
- Sharon Pauleys Best and Second Worst Christmas (page 8)
- Muncie Ten Results (page 14)
- Nutrition From Judy (page 20)
- Quest for 50 Update (page 27)



Don Lindley and Terry Diehl at the QPSF 50/50





1995  
**FORT WAYNE TRACK CLUB**  
Officers and Board Members



**OFFICERS**

President.....	Mike McAvoy	436-9710
Vice President.....	James P. Jones	745-9724
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.....		
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	Dave & Sue Myers
Barb Scrogam	Jack Hilker
John Jedinak	Bob Hockensmith
Stan Lipp	

## President's Column

I suppose that with the changing of the guard that took place in our latest national election, one would assume that my landslide victory in the track club's election was due to promises of pork and sweeping changes. A "Contract With Runners", so to speak. Well hardly. I just couldn't think of as many excuses as quickly as the others did, not to be president.

As with any volunteer organization, there is a group of individuals who take care of the day to day details of the Track Club. The president of the club just keeps the meetings moving along. A friend once mentioned to me that he was a little reluctant to volunteer more in the club because he always read the same names involved in the club's activities and felt it was too cliquish. Of course, I disagreed. The reason you see the same names is because they are the ones able and willing to make that type of commitment to the club. I have been a member of the Fort Wayne Track Club since 1986 but only in the last two years have I worked with the "inner circle" of volunteers. I was certainly accepted with open arms, in fact, I left my first meeting as advertising coordinator. I encourage all who are renewing their memberships to look closely at the volunteer activities list. Mark those you can do and are willing to do - and expect a call! Also if you have ideas for activities, races or any other aspect of the club, please make yourself known.

Back to my "Contract With Runners." Now that I'm president I will work toward my campaign goals including:

- 1) Automatic entry to Boston 1996,
- 2) Free health care for all running related injuries,
- 3) Development of running shoe that will last 2,000 miles . . . and cost less than \$100 . . . and won't cause blisters . . . and washes your car . . .
- 4) Construction of 50 miles of wood chip trails throughout Ft. Wayne,
- 5) Arrangements with all employers to allow training runs during work hours. You won't have to work extra either because we know just how efficient runners are.

We hope to have more activities available to Track Club members. This will include more races and social events. We know that in the past activities such as a club picnic were not well attended, so we hope to experiment with other activities such as chartering a bus for a trip to out of town races or activities such as baseball (?) games. Again, become more involved if you can, even for one race, and you can make the Track Club that much better. Enjoy 1995!

Mike "Mac" McAvoy

## MINUTES

Fort Wayne Track Club Monthly Meeting  
Wednesday, December 14, 1994, 7:00 p.m., TUFW AC Classroom

14 Present: Ken Disler, Don Ford, Phil & Char Found, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, J.P. Jones, Don & Roseann & Mike Lindley, Mike McAvoy, Judy Tillapaugh

After a wonderful time of good food & great fellowship, outgoing President Bob Hockensmith called the meeting to order.

- Don Lindley said he's ordered 2 cables for the print timers at \$12.50 each.
- 1995 membership is around 148.
- A meeting to plan the 1995 race schedule is planned for Wednesday, December 28, 7:00, Don Lindley's home.
- Phil Found shared information on Concordia Seminary's Run Rev Run race and said they're considering holding it in August rather than November in '95. He'll keep the Track Club posted.
- Judy Tillapaugh has received a RRCA club survey to be completed by the club officers.
- Judy announced that our newsletter has won, for the second time, the RRCA award for newsletter in the medium club division in our region. CONGRATULATIONS, JOYCE!
- Judy said that March 25 is the date for the '95 Nutra Runs & Walk.
- Joyce Hockensmith said the deadline for material for the next newsletter is Jan 15th.
- Vicki Jacobs recommended that the Track Club make a donation of \$200 to TUFW as an expression of appreciation for using the AC facilities for the monthly meetings (& the shower rooms for those who run beforehand & also between the Fanny Freezer & banquet each year). We've been doing this for 3 1/2 years & Vicki said the facilities are reserved for us through 1997 (at no cost). A motion was made, seconded & passed in support of this & Vicki will write a letter on behalf of the club to send with the check. It was agreed that we will ask that Taylor put half of the amount toward upkeep of the AC and the other half toward the college's athletic program.
- The next meeting is scheduled for Wednesday, January 11, 7:00 p.m., TUFW AC classroom.

Respectfully submitted,

Vicki Jacobs,  
Secretary

# **WARNING !**

**Renew Your FWTC Membership  
By February 10th  
to ensure uninterrupted delivery of  
Inside Track**

## MINUTES

Fort Wayne Track Club Monthly Meeting  
Wednesday, January 11, 1995, 7:00 p.m., TUFW AC Classroom

8 Present: Ken Disler, Don Ford, Polly & Vicki Jacobs, J.P. Jones, Don Lindley, Mike McAvoy, Sharon Pauley.

President Mike McAvoy called the meeting to order promptly at 7:00.

Treasurer Don Lindley reviewed the budget:

1994 projected income	\$12,000.00	projected expenses	\$12,000.00
actual income	\$10,470.45	actual expenses	\$ 8,631.64
1995 projected income	\$11,000.00	projected expenses	\$12,500.00

1995 membership currently 163, with 245 not yet renewed. About 30 days after next newsletter mailed, Don will send reminder notices to anyone not yet renewed.

Some groups have already reserved club equipment for their 1995 races. Discussion held about refurbishing our place board & constructing new base for it; Mike McAvoy & Don Lindley will take a look at it & determine what needs to be done.

Don Lindley said he's received two pre-registrations so far for Feb 11 Fanny Freezer. The t-shirt will be the bicentennial race t-shirt. \$2 pre-registration; \$3 & \$4 day-of registration.

Southwest Conservation Club reserved for the banquet. Mike McAvoy will follow up & begin work on details of program, awards, etc. Because the speaker may have to be on his way fairly early, may re-arrange schedule to let him speak first.

Ken Disler said new place where we're getting our FWTC apparel prefers our orders be a minimum of ten.

Don Ford reviewed race schedule: Syracuse Winterfest coming up January 14; Think Spring in Ligonier on February 4; Governor's Cup series lost their sponsor (again) & it doesn't look hopeful that this will be revived again.

IPFW's health fair Wednesday, March 29, 10:30am-2:30pm & this year off-campus organizations must pay \$25. It was agreed that we have a display again this year & Judy Tillapaugh will be asked to see if she could man the display.

Don Lindley distributed copies of final bicentennial races financial statement showing itemized listing of all income & expenses. He said this is a good model to show prospective sponsors when discussing finances of an event.

Discussion held about putting on a race during 3 Rivers Festival. Possibly holding it the morning of the parade & using part/all of the parade route for the race. It was agreed to spend the \$25 to register this event with the Festival Committee; next step is to form committee of those interested in organizing the event to see if we can actually do it! (We agreed that if it doesn't come together, we were willing to sacrifice the \$25 registration fee!)

The next meeting is scheduled for Wednesday, February 8, 1995, 7:00 p.m., TUFW AC classroom (with a 5:30 training run for anyone interested).

Respectfully submitted,

Vicki Jacobs  
Secretary

**CLEVELAND WEST ROAD RUNNERS CLUB**  
**MOHICAN TRAIL WINTER 35K**

Loudonville, Ohio  
December 10, 1994

Results of Of Wayne Track Club Members:

Jerald Diehl	3:07:22
Donald Ford	3:24:31
Don Lindley	4:29:36
Judy Tillapaugh	4:29:37

**Changes? or How To Join!**

---

Are you Moving? Not Getting Your Newsletter?  
Receiving Too Many Newsletters?  
Your Name Spelled Wrong?

CONTACT: Don Lindley  
(219) 432-5998

Remember: Post Office does not forward  
INSIDE TRACK if you have moved

**RUNNING INJURIES**

The most common injuries suffered by runners are plantar fasciitis (instep pain), heel spurs, Achilles tendinitis (tightness along the back of the ankle and runners knee (pain in the front of the knee).

The most common causes for injuries are training too much, too fast, running on hard surfaces (such as cement or asphalt) and hilly terrains, poor running shoes, weak, inflexible muscles and faulty foot biomechanics.

Most of these injuries follow a progression of worsening symptoms. At first, there may be a vague soreness a few hours after running. Next, the soreness may begin to bother you during and immediately after a workout. The third phase may include pain increasing during a run and specific sore spots which are sensitive to the touch may develop. Finally, the pain may force you to stop, and you may lose flexibility and use of the injured area.

If discomfort turns to pain, stop running. Apply ice to the area for 10 to 15 minutes, three to four times a day. If the pain continues after taking a few days off, see a physician.

Source: Sports Care Letter: The Toledo Hospital

**LOOKING FOR A LONG TRAINING RUN ?**

Join Runners at the Central YMCA every Saturday -7 AM  
For More Details: Contact Jack Hilker, 432-2933



# Proud To Be Serving The Fort Wayne Business And Residential Community For Over 63 Years!

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Fort Wayne, IN 46825  
(219) 489-4584**

FORT WAYNE TRACK CLUB  
 JUST PLAIN 10K & 3.3K WALK  
 FOSTER PARK - 2:00 PM  
 SATURDAY - DECEMBER 3, 1994

MALE			
OV	19 & UNDER	AGE	TIME
8	ABRAM GREGORY	16	41:46
	20 - 29		
25	FRANK AERTS	28	45:47
	30 - 34		
1	MIKE MCMANUS	31	33:29
2	PAUL J. GEARNS	30	35:52
17	ED WALTERS	34	44:12
22	MARK ALTSTEATTER	32	44:56
28	TONY LEHMAN	32	46:16
40	BRUCE DAFFORN	34	50:56
44	ED KELLEY	34	52:14
	35 - 39		
4	CARL RISCH	37	37:24
7	MARK BRATTOLI	39	39:33
10	JON SCHLATTER	38	41:51
14	RICK EDDIE	38	43:10
33	JOHN POWELL	37	49:02
	40 - 44		
3	PHIL SUELZER	42	37:16
6	JED PEARSON	43	39:26
9	PAUL AUSDERDAN	40	41:47
11	TOM REHRER	43	42:40
13	KEVIN GIANT	41	42:59
24	HARRY QUANDT	41	45:19
32	BRUCE HOPEN	42	48:17
42	ED REINEMEYER	43	51:33
47	BILL OSTERHOLT	43	54:38
50	LARRY WARD	41	58:46
	45 - 49		
5	PHIL FOUND	49	38:49
18	JACK SEIGEL	49	44:28
20	GARY DEXHEIMER	45	44:33
27	PHIL WISNIEWSKI	46	45:52
29	GREG PURCELL	46	47:20
37	DAVE ECKERT	47	49:59
38	WAYNE UNSELL	46	50:14
46	KEN SILKWORTH	47	53:32
	50 - 54		
15	DAVE BOYLAN	52	43:12
23	DON LINDLEY	50	45:13
34	BARRIE PETERSON	52	49:04
36	MEL HOCHSTETLER	54	49:54
	55 - 59		
21	JACK MORRIS	57	44:40
35	KEN CLARK	56	49:07
	60 - 69		
16	DON ANDERSON	67	43:26
51	VERN CHOVAN	67	59:20
	70 & OVER		
48	KEN DISLER	72	57:28

FEMALE			
OV	19 & UNDER	AGE	TIME
19	MEGAN DEXHEIMER	15	44:32
	20 - 29		
30	MARY MCGUIRE	29	47:25
31	BEV LEMASTER	28	47:25
41	TONYA BLACK	22	51:31
43	JAYNE CROSS	24	51:59
45	SARA UNSELL	27	52:30
49	MONICA MADDALONE	29	58:03
	30 - 39		
12	DENISE DILLON	30	42:58
26	LINDA GORMAN	31	45:49
	50 & OVER		
39	JOAN GARY	58	50:48

WALKERS

1	VICKIE JACOBS	29:49
2	POLLY JACOBS	29:50
3	SHARON PAULEY	36:48
4	BETTY GRIMM	36:54
5	SUZANNE GAINT	36:55
6	DONNA NOLD	38:36
7	LAURA NOLD	38:37
8	ALYSSA NOLD	38:38
9	KIM NOLD	38:39

Again, we had great weather, temperature 55 & partly cloudy. Thanks for the soup and honey at the finish, JP and Sharon.

Volunteers:

JP JONES, RD  
 TOM DEAL  
 JOHN GARY  
 JUDY TILLAPAUGH  
 ROSANN LINDLEY  
 SHARON PAULEY  
 & ALL OF THOSE THAT HELP SET UP  
 AND TEAR DOWN.



# WOMEN RUNNING SMART

## The Road Runners Club of America's TIPS FOR RUNNING SAFETY

- 1 — **Carry identification** or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. *Don't* wear jewelry.
- 2 — **Carry a quarter for a phone call.**
- 3 — **Run with a partner.**
- 4 — **Write down or leave word** of the direction of your run. Tell friends and family of your favorite running routes.
- 5 — **Run in familiar areas.** In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
- 6 — **Always stay alert.** The more aware you are, the less vulnerable you are.
- 7 — **Avoid unpopulated areas,** deserted streets and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or bushes.
- 8 — **Don't wear headsets.** Use your ears to be aware of your surroundings.
- 9 — **Ignore verbal harassment.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- 10 — **Run against traffic** so you can observe approaching automobiles.
- 11 — **Wear reflective material** if you must run before dawn or after dark.
- 12 — **Use your intuition** about a person or an area. React on your intuitions and avoid if you're unsure.
- 13 — **Carry a whistle or other noisemaker.**
- 14 — **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary.

**FOR MORE INFORMATION CALL YOUR LOCAL RRCA CHAPTER.**



The Road Runners Club of America is a national organization of over 450 clubs in 46 states. For more information write RRCA, 629 S. Washington Street, Alexandria, VA 22314. Phone: (703) 836-0558.



Since my cousin's husband was killed in a car accident on Christmas Eve 1964 leaving her to raise six young children alone, the worst Christmas I'll ever see, hopefully, happened over 30 years ago.

I also hope my second worst Christmas is behind me. Perhaps you remember how warm it was on Dec. 23, 1994. Because it was so nice out, I took my dog for an extra walk on the River Greenway a little after 4 PM. We'd nearly finished our walk to Sherman and back route when I heard someone running up behind me. I turned around to face whatever or whoever was coming and discovered the worst. An African American dressed totally in black held a knife in one hand and a 2x2 in the other. The good news is that he didn't use the knife on me or rape me. He did hit me in the head several times with the 2x2. He asked for my watch and money. I gave him the watch and told him that since I only live a block away I hadn't brought any money with me. That angered and/or alarmed him enough that he hit me in the mouth hard enough to knock all my front teeth loose, fracture the bone above them and cut all the way through my bottom lip; then he took off running west.

Now that you know the worst about Christmas '94 for me, let me also tell about the best. I didn't lose consciousness, so I was able to stagger toward my mother's house. Two strangers stopped to offer assistance. They actually spent more time trying to help me than the other stranger spent trying to hurt me. They just weren't as effective. The dog that killed 9 destructive ground hogs last summer ran from the attacker just as fast as she could go; but her arriving home in such a panic without me alerted my mother that something was wrong. Mom picked me up almost a block from her house and took me to the hospital. The chaplain did a wonderful job of facilitating my care and ministering to my mother's needs until my brother-in-law could take Mom home. A police officer arrived promptly before I was too groggy to remember anything. He was considerate and very thorough. X-rays and a CAT scan showed that the worst damage was to my mouth which can tolerate swelling much more easily than the brain can. My oral surgeon's partner was in the hospital. Dr. Michael Iczkowitz did a marvelous, meticulous job of sewing and wiring me back together in spite of its being Christmas Eve. Rev. Jerry Zehr stopped at the hospital to see me while I was still in the Emergency Room.

I didn't open any presents until two days after Christmas; but, surely, the most precious gifts were mine all through this. I've experienced enough of God's love that I know I can trust myself to His/Her care. After 54 years my mother not only still loves me but is willing to have me under foot until I'm well enough to drive back to my house in W.Va. My beloved "Little" sister has grown up to be someone I respect and can

My Best and Second Worst Christmas  
By Sharon Pauley

1. Don't wear headphones and stay alert. Frequently scan your total environment so that you know what's going on around you. This may be the only thing I did right. Facing my attacker undoubtedly foiled his plan to come up behind me and grab me around the throat.
2. Stay off the River Greenway unless you're with several others.
3. Don't presume that a dog will deter a criminal unless the dog is very protective or trained to attack on command.
4. I've had good luck using sprays on dogs, but the one I have doesn't work below 50°. If the wind is coming from behind the attacker, it can bother oneself more than anyone else. If you carry a spray, be sure its very handy and check it periodically to be sure its still working properly.
5. Running or walking with others is not only more enjoyable; its also far safer than being alone. If I could ever find someone I could keep up with, I'd love to follow this safety rule.
6. You could move to West Virginia which has the lowest crime rate in the nation. But you'd miss some of the finest people anywhere if you never returned to Fort Wayne. I've been enriched many times more by my family, church family and FWTC family than I could ever be harmed by one malicious sicko.

#### Thoughts on Personal Safety:

Feb. 11.

the Fanny Freezer and eat genuine food at the FWTC banquet by willing and the creek don't rise, I should be able to complete out of my mouth and today (1-13) I walked a mile! Good Lord continue to heal. But on Jan. 26 I'm going to get the wires is still wavering, my teeth may need more work and I need to are off. My teeth are stabilizing where they belong. My balance I am recovering nicely. The stitches are out. The scabs married and are raising families of their own

me. We had a wonderful time sharing childhood memories and news of how beautifully her six children have grown up, On New Years Day my widowed cousin stopped in to visit

I have been most blessed!

prayed for me, too. For a lady with a nearly bashed in head, Lindley and Judy Tillapaugh brought me some special gifts and take me to the doctor, start my car and make us laugh. Don

J. P. Jones came to Mom's house several times to pray for me, my FWTC friends who have sympathized with me and wished me well. in Fort Wayne as far as I'm concerned. I've lost count of all course, my biological and church families aren't my only "family" of my injuries, my church family started praying for me. Of rely on. She's also a wondrous home nurse. Within two hours

## 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



Don Lindley & Jerry Diehl at the OPSF 50/50

On November 5, 1994 three members of the Fort Wayne Track Club slid through the mud at the OPSF Trail Run in Spencer, Indiana. They successfully completed the 50K course as follows:

Jerald Diehl	6:56:41
Don Lindley	6:57:15
Judy Tillapaugh	6:57:20

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# IPFW 6th ANNUAL HEALTH AFFAIR

Wednesday, March 29, 1995  
Walb Union, Ballroom  
10:30-2:20 p.m.

There will be various screenings, assessments, and services, many free. There will also be a large variety of exhibitors, including the Fort Wayne Track Club. Come and learn about your health! This event is sponsored by the IPFW Wellness Council.

## PULLED MUSCLES

Many factors can contribute to muscle pulls. Always stretch and warm-up thoroughly before any exercise. Muscles are naturally stiff and tight until they are loosened through warm-ups. Muscle fatigue can cause pulls, so be in condition for an activity and allow time for recovery between workouts.

Poor flexibility is a major problem for many athletes. Tight, shortened muscles are much more susceptible to injury, so work hard to improve your flexibility. A lack of potassium or magnesium can contribute to pulls, as can physical problems such as unequal leg length, flat feet, or a curved back.

Finally, going at something too hard, too fast can overload muscles and lead to injuries. Too many athletes try to come back too fast, keep reinjuring themselves and end up with a chronic condition.

Take these injuries seriously. Get to an experienced sports medicine doctor.

Source: Sports Care Letter, The Toledo Hospital/Medical College Hospitals



## 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.*



**Indiana Runners invade Niles for the  
Niles Thanksgiving Day Run**  
They came away with four division champions  
and the overall male champion.



**Indiana Runners at Beaver creek, Ohio  
Resolution New Year's Eve 5K**

Brian Shepherd	1st Overall	
	(5th in row)	
Moses Trejo	1st	15-19
Mike Flora	2nd	15-19
Morey Riddle	3rd	15-19
Paul Furniss	1st	25-29
Teresa Furniss	3rd	25-29

MUNCIE TEN Dec. 11, 1994

Muncie Ten returned to its normal tradition of cold, windy and icy conditions of yesteryear. Temperature was in the mid twenties with single digit wind chill from the west. In spite of the weather conditions runners turned out in record numbers!

Jeremy Shankster was the mens overall winner, followed by teammate Kyle Baker. The two were part of a Ball State University Mens Cross Country contingent. Mike Hall led them thru nine miles but was over-taken in the final straight - a - way.

It was a tie for first place among womens competitors. Kathy and Shannon Dye, members of the womens team at Ball State, crossed the finish line together. Christy Woods and other teammates were close behind. Assistant Coach Sue Parks finished with a time of 72:12 while keeping an eye on things.

Tommy Goodson and Sue Leffler took the honors for Masters Runners. Tommy ran 61; min. for 6th over-all. Sue ran with friend Cheri Hitchcock. The two finished a very respectable 8 min. pace.

Race Directors John & Cathy Primmer were very pleased with the numbers. Several publications had the wrong date for the race but with the help of Mike Davis of the Indy News and several telephone calls, only four runners showed up Saturday. It seems that the tradition of 28 years running won out.

\$ .20 per mile is our motto! Down with windfall proceeds to the big organizers. Down with \$15. 5K's. This years sponsor list includes; Kirks Bike Shop, Kammer Water, Subway, Glancy's Car Wash, Lehmans, Inc., Hood Life, Play It Again Sports, Marsh, Athletic Annex, Little Debbie, Olive Garden and JP. Everybody received a shoe bag and a door prize. Nobody left the school without plenty of post race refreshment!

If you didn't run it this year - see you  
Dec. 10, 1995.



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

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

MUNCIE TEN  
OFFICIAL RESULTS

DEC. 11, 1994  
Cold, windy, ice, snow

1. Jeremy Shankster	M	19	60:10
2. Kyle Baker	M	18	60:11
3. Mike Hall	M	35	60:17
4. Dale Jacobson	M	33	60:43
5. Kraig Schmotlach	M	28	61:
6. Tommy Goodson	M	40	61:
7. Kevin Short	M	26	61:39
8. John Hamilton	M	44	63:04
9. Brian Charles	M	36	63:
10. Larry Kline	M	46	63:
11. Bill Baker	M	42	63:44
12. Jim Leffler	M	48	64:
13. Ryan Wilber	M	29	67:
14. Kathy Dye	F	18	67:
15. Shannon Dye	F	19	67:
16. John Wulf	M	41	67:22
17. Christy Woods	F	22	68:
18. Andy Elliott	M	19	69:
19. Tim Grant	M	38	69:
20. Glen Davis	M	56	70:35
21. Steve Reed	M	31	71:01
22. Paul Skatrud	M	43	71:22
23. Steve Minnich	M	18	71:52
24. Ryan VanAlst	M	17	72:08
25. Kelly Caudell	F	18	72:12
26. Sue Parks	F	38	72:12
27. Nick Stephenson	M	15	73:
28. Ron Rabenstein	M	34	73:38
29. Sheri Chatters	F	22	73:46
30. Andrew Slack	M	52	73:55
31. Bill Kurtz	M	43	74:30
32. Kristen Detweiller	F	22	76:
33. Heidi Jones	F	21	76:
34. Julie Focht	F	20	76:
35. Jim Kirkwood	M	59	77:
36. Pat Hellman	M	53	78:
37. Gary Cox	M	57	78:11
38. Buck Fuller	M	25	79:11
39. Susan Leffler	F	45	80:
40. Cheri Hitchcock	F	37	80:
41. John Sharp	M	52	80:49
42. Kevin Keller	M	37	81:
43. Gary West	M	41	81:04
44. David Bellinski	M	48	84:41
45. <u>Barnie Peterson</u>	M	52	85:17
46. Kira Kelsey	F	23	85:22
47. Craig Stolen	M	25	85:22
48. Gary Pavlechko	M	39	86:32
49. Tim Whaley	M	42	87:
50. Charles Hauck	M	62	88:
51. John Fitzgerald	M	56	88:
52. Randy Hyman	M	42	88:36
53. Joe Willman	M	60	89:
54. Bob Leckrow	M	40	89:33
55. Doug Naffziger	M	45	97:21

# Birthdays

February

March

02 CLEM GETTY  
02 DICK SHENFELD  
03 BILL SOHASKI  
04 NEIL ANDERSON  
04 HAL ATKINSON  
08 MIKE BLUM  
09 BILL MACK  
11 DAVID DALE  
11 ROD MILLER  
12 LUTHER DORE  
13 JILL ASH  
13 ROBIN THOMAS  
15 DAVID BUTLER  
15 J. BERNARD MOTYCKA  
16 DEWEY CULBERTSON  
16 DEAN WHITMAN  
17 GENE SCHEUMANN  
18 STEVE DICKMAN  
18 CHARLES FITCH  
19 CURTIS NOLD  
20 WIN MOSES  
21 RICK GILBERT  
21 STACEY CLAPP  
24 MARK HERNDON  
24 CATHERINE MENZE  
24 MICHAEL SCHOUEDEL  
27 PHYLLIS SUELZER  
27 DAVID REIMSCHISEL  
28 DAVID FAIRCHILD  
28 CHARLES HORNADAY  
29 LARRY PALMER



01 TROY FRIEDERSOORF  
01 CHRIS SHOOT  
02 ELISABETH RICKNER  
03 JACK SEIGEL  
03 PEGGY JOHNSTON  
04 SUE SIPES  
04 EDDIE LEE  
08 RODGER PUCKETT  
08 PAMELA RIECKE  
08 DAVID THOMSON  
09 SARA WYSS  
10 TERRY COONAN  
10 TERRY DEAN  
11 SARA SMITH  
13 MICHEAL MELENDREZ  
13 DENNIS ZECH  
14 DAVE HAWK  
14 ED DAX  
16 JOYCE HOCKENSMITH  
19 ANGELA SMITH  
20 PAUL SABRACK  
20 DICK JOSLIN  
21 TAMARA JOHNSON  
23 JED PEARSON  
24 KARL BEHRENS  
25 ANGEL FRAIN  
27 JODY HENLINE  
27 STEVE WAGGONER  
27 RHONDA SCARBER  
30 NICK SLOFFER  
30 DONALD FORD  
30 GEORGE KIRBY  
31 MARVIN SAMBUR





**FEBRUARY 11**  
**Fanny Freezer 5K**  
**Foster Park 3:00**

Showers available between 4 & 5  
at Taylor University Activity Center



**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**

# Members Page

**Michael C. McManus, D.P.M.**

2018 N. Clinton Street  
Fort Wayne, IN 46805  
219-422-7218

**HAL ATKINSON, D.D.S.**

Gentle Family Dentistry & Orthodontics



**North**  
9005 Lima Road  
Fort Wayne IN 46818  
489-4090

**South**  
4111 Diplomat Plaza  
Fort Wayne IN 46806  
447-5686

Voice Mail: 1-800-999-9551 ext. 524

## **ABOITE PHYSICAL THERAPY, INC.**

*Michael McAvoy, P.T., A.T., C.*  
Physical Therapist · Athletic Trainer

Jefferson Medical Clinic  
7230 Engle Rd., Suite 210 • Fort Wayne, IN 46804  
(219) 436-9710

East  
423-2477  
Fax: 426-6814

North  
484-9131  
Fax: 482-1897



3927 New Haven Ave  
\*On Coliseum South\*

1-800-274 5277

3820 Coldwater Rd.  
\*Near Glenbrook\*



**INDIANA  
DIETETIC  
ASSOCIATION**

Judy Tillapaugh, R.D.  
Media Representative

4635 Indiana Avenue  
Fort Wayne, Indiana 46807

Office: (219) 458-2345  
Home: (219) 456-3277

**Ken Sohaski**  
Registered Representative

**Roney & co.**  
Member New York Stock Exchange  
Investment Services

202 W. Berry, Suite 105  
Fort Wayne, Indiana 46802  
(219) 423-3411

FAX 219-420-1442

1-800-487-6639



**Wayne M. Davies**  
Certified Tax Professional

Tax Returns ♦ SPECIALIZING IN ♦ Small Businesses

1720 ALABAMA AVE ♦ FORT WAYNE, IN 46805 ♦ (219) 426-2917



**ROBERT E. WYATT, D.P.M.**  
NORTHSIDE PODIATRY

1 69 & CR 200 West  
Angola, IN 46703  
(219) 665-2664

2018 North Clinton Street  
Ft. Wayne, IN 46805  
(219) 420-0370

# Members Page

FOUNDED 1899

**WEARLY**  
MONUMENTS, INC.

306 S. MAIN ST.                      COLUMBIA CITY, IN 46725

---

OFFICE 248-2612                      **DAN DANIEL**  
HOME 244-6545                      YOUR HOME TOWN REPRESENTATIVE

YMCA  
OF GREATER FORT WAYNE



CENTRAL BRANCH YMCA  
1020 Barr Street  
Fort Wayne, Indiana 46802  
(219) 422-6486, Ext. 209  
FAX: 422-6486, Ext. 227

Jack Hiiker



## RUN REV RUN 5K Saturday, November 5

### AGE GROUP WINNERS

#### TEAMS

#### Male

Brad Cooper  
John Treleaven  
Keith Horton  
Mike McManus  
John Wiening

#### Female

Phyllis Suelzer  
Julie Manger  
Debbie Friedrich  
Jane Clark  
Evie Lorenzen

#### 0-18

1 Ty Artherhults	1 Sarah Weide
2 Joel Hubartt	2 Erika Kamp

#### 19-24

1 Brian Mowan	1 Jayne Cross
2 Paul Weber	

#### 25-29

1 Keith Walter	1 Tammy Robinson
2 Mark Walter	

#### 30-34

1 Mike McManus	1 Linda Goterman
2 Brad Cooper	2 Karen Kosberg
3 Keith Horton	

#### 35-39

1 Randy Hisner	1 Rhonda Scarberry
2 Tim O'Connell	2 Evie Lorenzen

#### 40-45

1 Richard Vorick	1 Julie Manger
2 Terry Coonan	2 Phyllis Suelzer

#### 46-49

1 Manfred Fremder	1 Jean Panning
2 Dean Wenthe	

#### 50-60

1 Jerry Perkins	1 Rose Ann Cox
2 Jim Cox	

#### 60 +

1 Don Anderson
2 Eugene Striggle

## NUTRITION FROM JUDY

### 1995 HEALTHFUL RESOLUTIONS

#### "JUST FOR TODAY ... CHANGE"

Yesterday is past; tomorrow is a dream away... today is important! Choices in the here and now can pave the way for a new and improved you.

In 1995 we can resolve to lose weight, eat less fried foods, get more exercise, stop smoking, manage stress better, and/or drink less alcohol. These are all great ideas. All can help anyone feel better and feel more fit. Yet, are they realistic?

Take a moment and write a 1995 wish list. Think about you, your habits, and goals. How would you like to improve yourself. Be specific! Be Creative! Make it tasty. No one goes back for seconds if it tastes bitter.

There's no right or wrong to do list. Just make a few resolutions on how you can "TAKE CARE" of yourself. Focus on what might be really possible in the next 24 hours, the 24 hours after ... the whole 1995. Choose changes that have a high chance of lasting a life time.

Eating and exercise are behaviors. All behaviors are learned from past experiences, thoughts, T.V., co-workers, family, friends... Numerous situations effect who we are. Some support healthful wishes, others do not. Yet, any behavior can be changed to something new and improved. With personal committment and motivation what was once a routine or tradition can disappear.

So... set your sights on new day by day thoughts and behaviors that can spark better energy, health, and well being. Here is a collection of "NEW YOU" behaviors. Pick one perfect for you or create your own. Enjoy!!

#### CHOOSE A CHANGE:

##### 1. Have a daily dose of chocolate

Chocolate as well as other foods high in starch and sugar might stabilize your mood, be calming, and control your weight. Better to allow one piece instead of indulging over a whole bag or box.

##### 2. Plan for snacks

Instead of relying on vending machines or gas stations pack your snacks!

What to buy? bagels, low fat crackers, baked not fried chips, pretzels, muffins, or fruit

3. Quench your thirst with mocktails instead of cocktails

What's a mocktail? flavored milk over ice, fruit spitzer (combine seltzer water, a little juice, ice, and lemon or lime wedges), virgin mary

4. Reach for a quickie breakfast for an energy

Breakfast is the most important meal and the most skipped. Give your body what it needs when it needs it! The body needs at least 300 to 400 brain and body calories each morning.

What's a quickie breakfast? milk and muffin, cereal and milk, sandwich and fruit, bagels and juice, and fruit smoothy (Blenderize-milk or yogurt, fruit of choice, a couple tablespoons of nonfat dry milk, and a pinch of sugar or honey-optional)

5. Simple recipe substitutions

Boost nutrient values, decrease fat, increase protein, increase fiber content by simple recipe changes. The taste will stay.

Ideas? Instead of oil use applesauce or baby prunes when baking  
Instead of sour cream use fat free sour cream for dips  
Instead of bacon use lean ham in main dishes

6. Satisfy the sweet tooth with lower fat alternatives

Ideas? Frozen yogurt, cake mixes made with applesauce not oil, ginger snaps, graham crackers, or fruit

7. Solve stress without food

Do not let stress control you, plan to manage stress. Food is just a quick fix while stress is on going. Think about other solutions to stress like talking with a friend, practicing new positive action plans, stopping worrying about things out of your control, trail running or walking for relaxation, and laughing more.

8. Call a dietitian for a personal nutrition plan

A dietitian can analyze current eating patterns and give you guidelines, skills for healthful meals and snacks to match your tastes and needs.

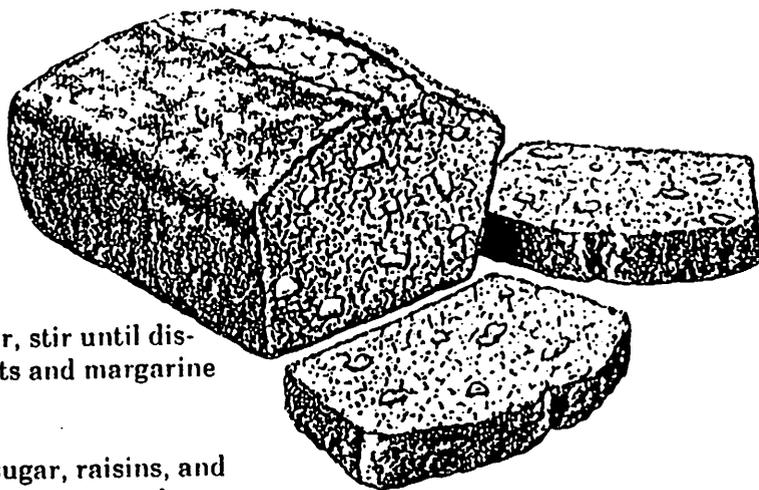
Be You Be Fit,

Judy Tillapaugh, R.D.  
Nutrition Specialist  
Phone Number: 219-456-3277

## ORANGE OATMEAL BREAD

### INGREDIENTS:

1 pkg.	Active Dry Yeast
2 Tbsp.	Warm Water
1 c.	Skim Milk
1 c.	Uncooked Oats, regular or quick-cooking
2 Tbsp.	Margarine
2 Tbsp.	Grated Orange Rind
1 c.	Orange Juice
1/4 c.	Honey
1/3 c.	Sugar
1 c.	Raisins
5 c.	Flour, sifted



### METHOD:

In a small cup, sprinkle yeast over warm water, stir until dissolved and set aside. Scald milk, pour over oats and margarine in large mixing bowl. Let stand 1 hour.

Add orange juice, grated orange rind, honey, sugar, raisins, and dissolved yeast mixture to oats. Stir in enough flour to make a soft dough. Knead 10 minutes until dough is smooth. Place in greased bowl and let rise until double in bulk, about 1-1/2 hours.

Remove from bowl. Knead several minutes. Shape into 2 loaves and place in greased 9x5x3" loaf pans. Cover and let rise until double, about 2 hours.

Bake in 350° F. oven 1 hour or until loaves sound hollow when tapped on top. Cool.

**YIELD:** 2 loaves (16 slices per loaf)

Source: "Recipes For, Life" Cookbook from Lutheran Hospital and Scott's Food Stores

Nutritive Values	Food Group Exchange
 (1 Slice)	 (1 Slice)
Calories: 115	1 Starch
Protein: 2.7 g.	1/2 Fruit
Carbohydrate: 24 g.	
Fat: 1.2 g.	
Cholesterol: Trace	
Sodium: 11 mg.	
%Fat Calories: 9%	

Source: Kathy Hart, R.D.  
Scott's Food Stores

**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

<i>Payment due with order</i>	<i>Subtotal</i> _____
<i>Make checks payable to FWTC</i>	<i>Tax (5%)</i> _____
	<i>Total</i> _____

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

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

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

# 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

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**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}

## QUEST FOR 50 UPDATE

By Joyce Hockensmith

There is some good news and some bad news. The good news is that Bob completed a Kentucky marathon. The bad news is that I had a recurrence of bronchitis and was unable to run. The really bad news for Bob is that we have to return to Kentucky in December of '96. The really, really bad news for me is that Bob is most likely going to complete the 50 states & D.C. before me. Oh well, '95 is young and we still have many marathons ahead of us this year. A lot can happen.

On December 11, Bob and I ran the inaugural Schweitzer's Delaware Marathon. For a first time marathon, the race directors are to be commended. Other than having to fight a ferocious head wind at times, the course was well managed, and the post-race food was exceptional.

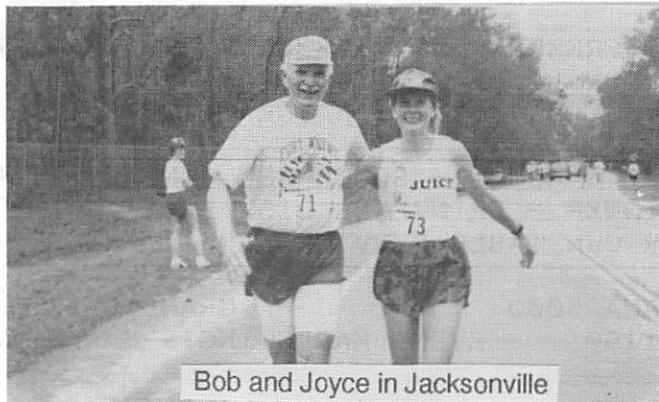
December 17 found us in Jacksonville, Florida. This marathon did not give us another state, but since we were driving my mother down to Florida that weekend, we decided to make a little detour. Fortunately for us, the day was cool and cloudy, and all went well, except that my warmup clothes got in the wrong truck and I thought I might never see them again, but the ending was a happy one.

On January 8, we traveled to Arizona for the Tucson marathon. A unique experience there was a complimentary visit to Biosphere II, where the race also began. The first 6 or 7 miles of this marathon are kind of tough due to the altitude and hills, but after that, the majority of the course is downhill. I am unable to comment about the post-race amenities because we had a very tight airline schedule. Our second race began after the marathon ended with a mad dash back to the hotel, shower, 45 minute drive to the airport, and on the plane for a 3:30 departure. We made it, but we don't like to call it that close.

On January 15, we flew to Texas for the Houston Tenneco Marathon. My body again rebelled after Tucson, and I missed nearly an entire week of school with the flu. I knew that running this marathon was not the thing to do, but you can probably guess the rest. I did run, but I paid dearly in the last 6 miles, as Bob can testify, since he passed me at mile 24. Although I did recover enough to run the following week, I wouldn't recommend it. I can only hope that the next time I have more sense.

On January 22, we journeyed to Piscataway, New Jersey for the Raritan Valley Marathon. Now if you want excitement, don't go there. In addition to the race beginning a half hour late due to a spectator down on the course, and a strong head wind and cold temperatures, the course was 2 1/2 miles long, so that meant going out and back 5 times, and then out another 1.2 miles to the finish. The one thing to be said about it is that you got to see everyone in the race, lots of times.

With New Jersey, Bob and I both now have 37 states completed, and our total marathons stand at 58 and 55 respectively. The upcoming marathons on our schedule include Las Vegas, Nevada, and the Smoky Mountain marathon in Townsend, Tennessee, in February, and the Trail's End marathon in Seaside, Oregon, and the Music City marathon in Nashville, Tennessee, both in March.



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

\*\*\*\*\*  
\*  
\* 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 \*  
\*  
\*\*\*\*\*

\*\*\*\*\*  
\*  
\* THE GOVERNOR'S CUP SERIES OF RACES THAT \*  
\* ARE HELD IN THE STATE PARKS HAS AGAIN BEEN \*  
\* CANCELLED DUE TO LACK OF SPONSORS. THE \*  
\* RACE DIRECTORS ARE TRYING TO FIND ANOTHER \*  
\* SPONSOR IN HOPES OF KEEPING THE RACES GOING. \*  
\*  
\*\*\*\*\*

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

- 04 SAT THINK SPRING 5K LIGONIER, INDIANA  
CALL BRIAN SHEPHERD (219) 894-4638
  
- 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
  
- 05 SUN GROUNDHOG 7 MILE RUN CARMEL, INDIANA  
MARK RENHOLZBERGER (317) 885-9701 CARMEL-CLAY JR. HIGH
  
- 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 SWEETHEART 5K INDIANAPOLIS, IND.  
STEPH DEMETRION, 1502 W. 16TH ST., ZIP 46202 (317) 327-7201
- 12 SUN RACE THRU HOOSIER HISTORY 5 MILE RUN 9 A.M. INDIANAPOLIS  
CROWN HILL CEMETERY CALL: 317-925-8231
- 12 SUN VALENTINES 5K RUN 2 P.M. VALPRAISO HIGH SCHOOL, IND.  
CALL JERRY DREVER (219) 464-1845 (CALL AFTER 5 P.M.)
- 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 POLAR BEAR 5 MILE RUN UNIVERSITY OF INDIANAPOLIS  
KLA, 451 N. NEW JERSEY ST., INDPLS IN 46204 (317) 632-8812
- 25 SAT GEORGE ROGERS CLARK 10-MILE VINCENNES, IND.  
OLD NORTHWEST, BOX 869, VINCENNES IN 47591 (812) 886-9643
- 25 SAT BLUE ANGEL MARATHON (ALSO 5K RUN) PENSACOLA, FLORIDA  
MARATHON, BLDG 632, NAS, PENSACOLA, FL 32508 (904) 452-2159
- 26 SUN \* OHIO RIVER ROAD RUNNERS MARATHON OXFORD, OHIO  
ALSO 1/2 MARATHON (513) 254-8746  
DAN THOMPSON, 4954A WESTMORELAND CT., DAYTON, OH 45431
- 26 SUN METRO-DADE MIAMI MARATHON 6 A.M. MIAMI, FLORIDA  
MIAMI RUNNERS CLUB, 7920 SW 40 ST., MIAMI, FL 33155  
1-800-940-4RUN ALSO HALF-MARATHON AND 4 MILER

- - - - - M A R C H 1 9 9 5 - - - - -

- 05 SUN \* CITY OF LOS ANGELES MARATHON X LOS ANGELES, CALIFORNIA  
(310) 444-5544 11110 WEST OHIO AVE. SUITE 100, ZIP 90025
- 11 SAT BEER BOTTLE OPEN 4 MILE RUN COLUMBUS GROVE, OHIO  
JERRY BUNN (419) 659-5702
- 17 FRI SHAMROCK 4 MILE RUN AND WALK INDIANAPOLIS, IND  
KLA, 451 N. NEW JERSEY ST., INDPLS IN 46204 (317) 632-8812
- 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. DOWNTOWN CHICAGO, ILLINOIS  
CARA, 59 E. VAN BUREN #1716, CHICAGO IL 60605 (312) 666-9836

- 25 SAT \* 15TH ANNUAL NUTRA RUNS 20K & 5M RUNS FORT WAYNE 2 PM  
 ALSO KIDS RUN: 1 MILE, 1/4 MILE, AND TODDLERS KIDDY TROT  
 JUDY TILLAPPAUGH, 4635 INDIANA AVE., FORT WAYNE IN 46807
- 26 SUN DISNEYLAND MARATHON AND 5K (800)524-9200 CALIFORNIA
- 26 SUN SAM COSTA HALF MARATHON CARMEL, INDIANA  
 SAM COSTA, 222 E. 71ST ST., INDLPS IN 46220 (317)290-RUNR
- 26 SUN \* HEART MINI-MARATHON 15K AND 5K CINCINNATI, OHIO  
 2936 VERNON PLACE, CINCINNATI OH 45219 (513) 281-4048  
 5K STARTS AT 9 A.M. 15K STARTS AT 10:30 ALSO 10K WALK

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- 02 SUN 28TH ATHEN MARATHON (ALSO 1/2 MAR. 12 NOON ATHENS, OHIO  
 TOM WOLF, 44 GROSVENOR ST., ATHENS OH 45701 (614)594-3042
- 02 SUN AROUND THE BAY ROAD RACE 30K ALSO 5K HAMILTON, ONTARIO  
 101TH ANNIVERSARY OLDEST RACE IN NORTH AMERICA  
 811 KING STREET WEST, HAMILTON, ONTARIO L8S 1K2  
 ED HICKEN (905) 522-3073
- 08 SAT BADGERLAND STRIDER HALF MARATHON 9:30 A.M. MILWAUKEE, WISC.  
 BOB BORTOLUZZI, 5372 ORCHARD LN., GREENDALE WI 53129
- 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
- 09 SUN "BRICKS TO BRICKS" 10 MILER FRANKLIN CENTRAL H.S. INDIANAPOLIS  
 KLA, 451 N. NEW JERSEY ST., INDLPS IN 46204 (317)632-8812
- 17 MON BOSTON MARATHON (99TH) HOPKINTON/BOSTON, MA  
 SEND S.A.S.E TO: BOX 1995, HOPKINTON, MA 01748 (508) 435-6905
- 22 SAT SHOESUCKER SEVEN 7.2 MILE (TRAILS) HUNTINGTON, IND. 9 AM  
 KIL-SO-QUAH ROADRUNNERS RICHARD BEEMER 219-356-3035
- 23 SUN \* THE SPRING THING 5K AND 10K 8 A.M. COLUMBUS, OHIO  
 WYANDOTTE ATHLETIC CLUB, 5198 RIDING CLUB LANE. ZIP 43213
- 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
- 29 SAT BORGESS RUN FOR THE HEALTH OF IT KALAMAZOO, MICH  
 5K - 15K 5KW - 5KRW 7:45 A.M. JOANNE GADBON (616) 373-8067  
 1521 GULL RD., KALAMAZOO, MI 49001
- 29 SAT DERBY FESTIVAL MINI-MARATHON LOUISVILLE, KY  
 GIL CLARK, BOX 36452, LOUISVILLE KY 40233 (502) 456-8163  
 OR CALL 1-800-928-FEST

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  
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

07 SUN TORONTO MARATHON (ALSO 10K RUN) TORONTO, CANADA  
1185 EGLINTON AVE. E., DON MILLS, ONTARIO, CANADA, M3C 3C6  
1-800-363-1990

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 RUNNER'S WORLD (610)967-8159

13 SAT OLD KENT RIVER BANK RUN 25K (ALSO 5K) GRAND RAPIDS, MICHIGAN  
BOX 2194, GRAND RAPIDS, MI 49501 (616) 771-5004

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

20 SAT TULIP CITY CLASSIC 20K/5K 8:30 A.M. HOLLAND, MICH  
STEVE WEBSTER, 268 E. 8TH ST., HOLLAND MI 49433 (616)396-7961

20 SAT ICE AGE TRAIL 50 MILES, WAUKESHA, WISCONSIN 6 A.M.  
SOUTHERN KETTLE MORAIN STATE FOREST (414) 547-6535

27 SAT DEXTER-ANN ARBOR HALF MARATHON ANN ARBOR, MICHIGAN  
ALSO 5K AND 10K (313) 663-9740  
FIRST OF AMERICA RUN, 101 S. MAIN ST, ANN ARBOR MI 48106

27 SAT BIG BOY CLASSIC 20K 8:30 A.M. WHEELING, WEST VIRGINIA  
HUGH STOBBS, BOX 1046, WHEELING, WV 26003 (304)242-7322

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 KICKAPOO TRIAL TRAIL 5 MILE RUN & 5K WALK DANVILLE, IL.  
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834
- 04 SUN LITTLE RED DOOR RUN & WALK INDIANAPOLIS, IND.  
KLA, 451 N. NEW JERSEY ST., INDPLS IN 46204 (317)632-8812
- 04 SUN \* COLUMBUS MASONIC 10K 9 A.M. COLUMBUS, OHIO  
P.O. BOX 21264, COLUMBUS, OH 43221 (614) 587-0376
- 10 SAT SUNBURST MARATHON ALSO 5K AND 10K SOUTH BEND, INDIANA  
615 N. MICHIGAN ST., SOUTH BEND IN 46601 (219) 284-6613
- 10 SAT CANAL DAYS 5K AND 10K NEW HAVEN, INDIANA 7 A.M.  
TOM GRAFT, 8088 SEILIER RD., FORT WAYNE IN 46806 749-0982
- 10 SAT NORRIS INSURANCE GREENTOWN 5 MILE 8 A.M. GREENTOWN, IND.  
JOHN NORRIS, P.O. BOX 157 AMBOY IN 46911 (317)395-7761
- 10 SAT CEREAL FESTIVAL CLASSIC 10K 8:30 A.M. BATTLE CREEK, MICH.  
BCRR, BOX 2235, BATTLE CREEK, MI 49016 (616)781-7849
- 10 SAT ROSE RUN 10K - 5K - 4MI WALK 8 A.M. JACKSON, MICHIGAN  
MIKE MCGLYNN (517) 787-0800 EXT. 49281
- 17 SAT MERMAID FESTIVAL 5K 8 A.M. NORTH WEBSTER, IND.  
N. WEBSTER ELEM. CALL BRIAN SHEPHERD 894-4638
- 17 SAT NORRIS INS. SWAYZEE 5MILE 8 A.M. SWAYZEE ELEM. SCHOOL, IND.  
JOHN NORRIS, BOX 157, AMBOY IN 46911 (317)395-7761
- 17 SAT STEAMBOAT CLASSIS 4 MILE RUN (ALSO 15K) PEORIA, ILLINOIS  
RUNNING CENTRAL, 700 W. MAIN ST., PEORIA IL 61606  
(309) 578-3524
- 17 SAT DICK LUGAR 10K AND 5K BUTLER UNIVERSITY INDIANAPOLIS  
KLA, 451 N. NEW JERSEY ST., INDPLS IN 46204 (317)632-8812
- 17 SAT LUDINGTON LAKESTRIDE HALF MARATHON LUDINGTON, MICH.  
BOX 160, LUDINGTON, MI 49431 (800) 542-4600
- 17 SAT GRANDMA'S MARATHON ALSO 1/2 MARATHON DULUTH, MINN.  
BOX 16234, DULUTH, MN 55816 (218)727-0947
- 17-18 MOHICAN TRAIL 100 MILE RUN MOHICAN STATE PARK LOUDONVILLE, OH  
TOM HORD (800)553-8981 EXT 0961 (CALL 8:30A- 5PEST)
- 24 SAT MICHIGAN RUN 12K - 5K - 5K WALK 8 A.M. LANSING, MICHIGAN  
STEVE WIDDER (517) 483-4208 BOX 27475, LANSING, MI 48912
- 24 SAT CHRONICLE-SEAWAY RUN 15K AND 5K 8:30 A.M. MUSKEGON, MICH  
J.D. WALLACE (800) 783-3161 EXT 308 (BOX 59 MUSKEGON MI 49443)

25 SUN 20TH ANNUAL PICTURED ROCKS 11 MILE ROAD RACE MUNISING, MICH  
EL HARGER, R#1, BOX 901, MUNISING MI 49862 (906)387-3387

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01 SAT FLOTILLA ROAD RACE 8 MILE RUN/3.3 MILE RUN & WALK SYRACUSE  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638  
LAKESIDE PARK 8:00 A.M.

04 TUE RUNNING WILD 4 MILE RUN FORT WAYNE ZOO 7:30 A.M.  
JENNY KLINE, 3411 SHERMAN BLVD., FT WAYNE IN 46808 482-4610

04 TUE NORRIS INS. "500" 5K TWELVE MILE UNITED METHODIST CHURCH, IND  
JOHN NORRIS (317)395-7761

04 TUE PEACHTREE ROAD RACE 10K ATLANTA, GA  
ATLANTA TRACK CLUB, 3097 E. SHADOWLAWN AV., ATLANTA GA 30305

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

09 SUN OHIO/MICHIGAN RUNS INCLUDING MARATHON TOLEDO, OHIO  
1 STRANAHAN SQ. STE. 518, TOLEDO, OH 43604 (419)241-4342

09 SUN \* SAN FRANCISCO MARATHON ALSO 5K SAN FRANCISCO, CALIF.  
P.O. BOX 77148, SAN FRANCISCO, CA 94107 (415) 391-2123

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

14 FRI OLD SETTLERS 4 MILE RUN 6:30 P.M. COLUMBIA CITY, INDIANA  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638

22 SAT STRIDES AGAINST CANCER 5K AND 1MILE 8 A.M. SYRACUSE, INDIAN.  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638

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

29 SAT WRTV-6 DO RUN RUN 10K & 5K I.U. TRACK STADIUM INDIANAPOLI  
KLA, 451 N. NEW JERSEY ST., INDPLS IN 46204 (317)632-8812

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

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

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

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

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

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

19 SAT CONCORDIA INVITATIONAL 5K CONCORDIA SEMINARY, FORT WAYNE

19 SAT PARKERSBURG HALF MARATHON PARKERSBURG, WEST VIRGINIA  
DORSEY CHEUVRONT, PO BOX 718, PARKERSBURG, WV 26102  
(304) 424-2786

19 SAT PIKES PEAK ASCENT (719) 473-2625 MANITOU SPRINGS, COLORADO  
NANCY HOBBS, BOX 38235, COLORADO SPRINGS, CO 80937

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

26 SAT THE CRIM 10-MILE +OTHER DISTANCES FLINT, MICHIGAN  
BOX 981, FLINT MI 48501 (810) 235-3398

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02 SAT BIPPUS BOP 4-MILE RUN BIPPUS, INDIANA  
ELDON BRUNNER, 8514 N - 300 W, HUNTINGTON, IN 46750  
(219) 344-1478 HOME (219) 356-9595 WORK

02 SAT MARSHMALLOW DAYS 5K 6:45 P.M. LIGONIER, IND.  
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IN 46767

02 SAT CHARLESTON DISTANCE RUN 15 MILES CHARLESTON, W. VIRGINIA  
BOX 2749, CHARLESTON, WV 25330 (304) 348-6464

04 MON BLUEBERRY STOMP 15K/5K 9:30 A.M. PLYMOUTH, INDIANA  
JIM CLEVINGER, 10139 QUINCE ROAD, PLYMOUTH IN 46563  
CALL (219) 936-4987

04 MON SCENIC EMMETT CHALLENGE 2.5K/5K/10K BATTLE CREEK, MICH.  
PAUL MASON, BOX 98, ZIP 49016 (616) 964-1493 RUN ALL 3!!

04 MON PARK FOREST SCENIC 10 MILE AND 5K 8 A.M. PARK FOREST, IL  
200 FOREST BLVD., PARK FOREST, IL 60466 (708) 748-2005

09 SAT ROANOKE FALL FEST 5 5 MILE RUN & 1 MILE FUN RUN ROANOKE, IN  
DAVE WINTERS, 3402 E. 716 NORTH, HUNTINGTON IN 46750  
(219) 672-8281 5 MILE 7:30 A.M. 1 MILE 8:30 A.M.

09 SAT CITIZENS GAS RACE FOR HEAT 10K INDIANAPOLIS  
KLA, 451 N. NEW JERSEY ST., INDPLS IN 46204 (317) 632-8812

09 SAT MACKINAC ISLAND EIGHT MILE RUN & WALK 10 A.M. MACKINAC ISLAND  
RIVERBEND STRIDERS, BOX 233, FLUSHING MI 48433 (313)659-6493

17 SUN PHILADELPHIA DISTANCE RUN HALF MARATHON PHILADELPHIA, PENN.  
BOX 43111, PHILADELPHIA PA 19129 (215)293-6786

23 SAT PARLOR CITY 1/2 MARATHON AND 10K BLUFFTON, IND. 8:30 A.M.  
MARJORIE HAINES, BOX 86, BLUFFTON, IN 46714 (219)824-3116

24 SUN WILD WILD WILDERNESS RUN 7.6 MILE ADVENTURE RUN DANVILLE, IL  
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834  
FOR MORE INFO CALL 217-431-4243 OR 217-733-2403

24 SUN THE BLADE 10K RUN 8:30 A.M. TOLEDO, OHIO  
ROY HILL, 541 N. SUPERIOR ST., TOLEDO OH 43660 (419)245-6285

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01 SUN WINDY CITY INTERNATIONAL MARATHON CHICAGO, ILLINOIS  
LOYOLA UNIVERSITY

01 SUN PORTLAND MARATHON PORTLAND, OREGON  
LES SMITH, BOX 4040, BEAVERTON OR 97076 (503)226-1111

08 SUN TWIN CITIES MARATHON MINNEAPOLIS, MINNESOTA  
708 N. 1ST STREET, STE. CR 33, ZIP 55401 (612)673-0778

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

08 SUN SPORTSMED 5K AND 10K CENTURY CENTER SOUTH BEND, IND.  
NANCY DRESSEN, 801 E. LASALLE, SOUTH BEND IN 46617

08 SUN MICHAEL'S RUN 10K (ALSO 4 MILE WOMENS ONLY RUN) INDIANAPOLIS  
KLA, 451 N. NEW JERSEY ST., INDPLS IN 46204 (317)632-8812

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

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

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

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

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



ABOITE PHYSICAL THERAPY, INC.  
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 RUNNING BACKGROUND INCLUDES A 2:48:13  
 MARATHON PR AT DETROIT FREE PRESS.



16 SAT TOM BOHRER MEMORIAL 5K RUN FOSTER PARK, FORT WAYNE

09 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

----- D E C E M B E R 1 9 9 5 -----

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

12 SUN NEW YORK CITY MARATHON NEW YORK, NEW YORK  
 NYRRC, 9 E. 89TH ST, NEW YORK, NY 10128 (212) 860-4455

05 SUN RUN THE MOUNDS 5 MILE CROSS COUNTRY RUN ANDERSON, IND.  
 TIM THOMAS, CALL (317) 640-1211 DAYS, 642-9502 EVES.

----- N O V E M B E R 1 9 9 5 -----

# Coming Events...

## 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

## NUTRI-RUNS & WALK

Kids Run, 20 KM Run, 5 M Run, 2 M Walk  
Saturday, March 25, 1995, 2:00 PM  
Woodside Middle School, Fort Wayne

## FWTC MEETINGS

Wednesday, February 8, 7:00 PM, Run, 6:00  
Wednesday, March 8, 7:00 PM, Run 6:00  
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
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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.

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