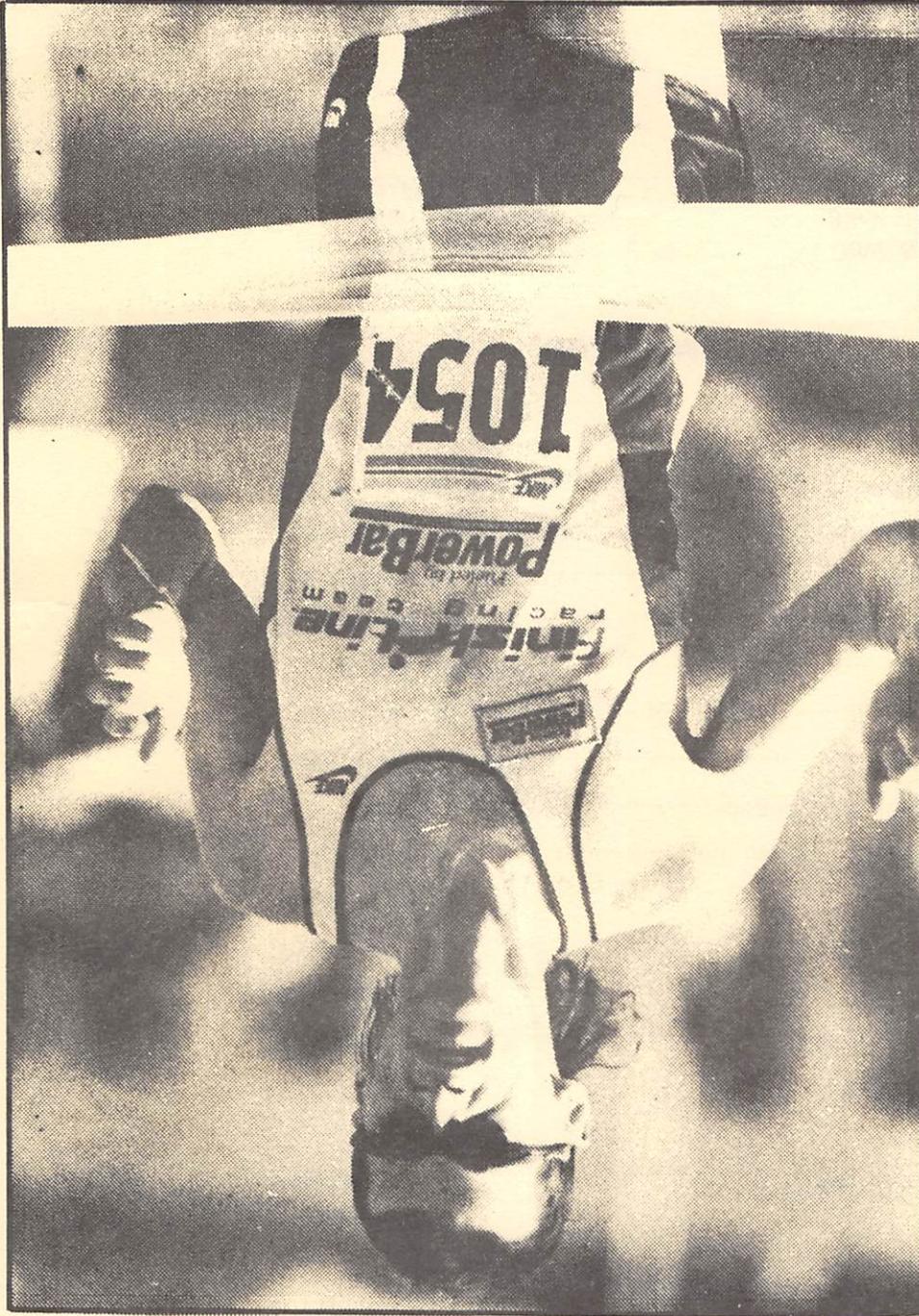




1994 Fort Wayne Track Club Points Champion (open division).

Brian Shepherd



Look What's Coming To Foster Park - Sunday, June 11 - Details on page 7

- The Zen of Sheehan? (page 2)
- Famous People . . . (page 8 & 9)
- Don Lindley at the Knight Trail 50K (page 15)
- 2-Month Marathon Program (page 19)
- Quest for 50 Update (page 26)

INSIDE

A PUBLICATION OF THE FORT WAYNE TRACK CLUB

April 1995 - May 1995

the inside track





1995

FORT WAYNE TRACK CLUB
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The Elkhart Truth

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FEATURING THE \$2,000 McDONALD'S RECORD BREAKING CHALLENGE
AND BILL RODGERS 7TH 10K MASTERS

- 10K Masters Race
- Jim Rynun 1 mi. Race
- 10K Wheel Chair
- Power Walk
- 50K Bike Races
- U.S.C.F. 50K Race
- 1/2 mi. Swim
- 13 mi. Canoe Race
- 5K Fun Walk
- 3K Dog Walk

10K RUN AND 1/2 MARATHON

EVENTS INCLUDE:

Memorial Day, May 29, 1995 • Elkhart, IN

We've been going together for fourteen years and still
"pamper" all runners with Indiana Hoosier Hospitality!

GREAT



JUST

The Zen of Sheehan?

I just finished yet another article about the importance of throwing away your log book and leaving your watch at home when you run. Apparently, by surrendering these tools of torture, we can enjoy the experience of running without all the self-imposed stress related to goals, time, mileage etc.. The Zen of Sheehan, so to speak. As you can probably tell, I'm not a full-fledged, dyed-in-the-wool, card-carrying Sheehanite. I mean does every run have to be accompanied by a rising/setting sun casting a brilliant pallet of colors across the sky as I run by a pasture and am joined by a chest-nut colored horse who matches by pace while we form an unspoken bond?

Now before all of you obsessive-compulsives out there jump up and shout for joy that someone is finally sticking up for you, I'm not in your camp either. My idea of a good month of running does not include having every day planned in advance with regards to mileage, time, and course run as well as what I will eat that month depending on the status of my bowels.

Although the literature only seems to address the two extremes of runner's psychological profiles, I've got to believe that most runners fall somewhere in between. Speaking for myself, I know I enjoy many of the non-competitive aspects of running but I also enjoy competing and challenging my abilities. It would seem ridiculous to try to eliminate all goals from our running. Taken to a somewhat warped conclusion--even running for the "experience" is a self-imposed goal and therefore should not be looked on as healthy by the sports psychologist. I assume runners are searching for positive experience when they run and that might put too much pressure on them. Anything short of a good experience might undermine one's self esteem and confidence.

Back to you obsessives. We all know just how damaging this extreme behaviour can be. I guess all I can add to what's already been printed in the professional literature is---you are great for business, keep it up!!!!

This information is taken, with permission, from Running Research News. RRN is a publication put out by Owen Anderson, PhD that summarizes many of the research articles that are written around the world about running and endurance sports. Dr. Anderson also writes a monthly column for Runner's World. To become a subscriber, write to RRN, P.O. Box 27041, Lansing, MI 48909. I recommend it highly!

"Runner's Spine"

Well, we've all heard of tennis elbow and swimmer's shoulder but now there's one more malady for us to worry about--runner's spine (my own designation). Recent research has shown that runners averaging more than 40 miles per week have a significant decrease in spine bone density compared to the average sedentary individual. This does not necessarily correlate into pain with running so who cares, right? Well, remember that one out of every 10 Americans already suffers from osteoporosis, one in three women over 50 will experience a spinal fracture relate to osteoporosis and one-third of all men over the age of 75 will suffer from spinal fractures. So we are entering middle age (or have entered it), already with a backbone that is not as strong as your average couch potato(e)'s.

There are several theories regarding why this occurs but let's stick with what we can do to fortify our spinal columns. Swimming and cycling are two other form of exercise that do NOT help. Generally, weight-bearing activities put greater stress on the skeleton and lead to better bone building. Weight lifting would probably be the activity most accessible to the average runner that does aid in thickening the spine (squash is another great activity as shown in research) however, the link between weight lifting and dense spines is not automatic. It seems that you should use free weights instead of weight machines and that it is most beneficial to use the heaviest weight that you can manage safely. It also appears from the research that three times per week over long periods of time (nine months) are needed to refurbish your spine.

The following list includes exercises to increase your spinal bone density:

- 1) One and two-leg squats
- 2) Bench step-ups
- 3) Dead lifts
- 4) Power cleans
- 5) Power jerks
- 6) Standing military presses
- 7) Bounding drills on single leg
- 8) Hopping on single and double leg
- 9) Downhill running

Remember that these activities are helpful in increasing the density of the spinal bone. If done incorrectly they can injure your back or cause an impingement problem with the shoulders such as with the military press.

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, February 8, 1995, 7:00 p.m., TUFW AC Classroom

13 Present: J. Bridges, K. Disler, D. Ford, J. Hilker, B&J Hockensmith, P&V Jacobs, JP Jones, D. Lindley, M. McAvoy, S. Pauley, J. Tillapaugh.

Meeting called to order by Pres. Mike McAvoy who welcomed new member Jim Bridges. Treasurer Don Lindley reported:

- Jan. income \$1,323.05; expenses \$280.80; YTD balance \$6,842.54. Feb/Mar newsletter \$409.50 - 450 issues (compared to approx. \$650 we've been paying).
- YTD membership 202 (compared to 150 this time last yr); 210 not renewed; 2/19, 6 p.m., Don Lindley's house, come & help address renewal notices & eat pizza. Thought for next yr: Drawing for all who renew membership by a certain date.
- Equipment rentals: St. Jude's 4/29 5 mi/1 mi runs; Bryan, OH, event; Whitley County Hospital 5/6.

Judy Tillapaugh reported on RRCA activities:

- Convention May 4-7 in PA, hosted by Runner's World & Lehigh Valley Run Club. After brief discussion, motion passed that FWTC will cover the \$90 registration for officers wishing to attend & represent club at convention.
- At recent RRCA board meeting major discussion was insurance -- \$.5 million in claims in last 2 yrs -- likely result in increased RRCA insurance costs.
- RRCA instituting special award in memory of Fred Lebow for people instrumental in developing women's running.
- RRCA information kits, available to clubs at minimal cost, give helpful information on newsletters, races, etc.
- Jeff Hollister, Oregon RRCA State Rep, appointed RRCA sec/treas filling vacancy created when former sec/treas relieved of duties. Extensive discussion/evaluation by RRCA of how their acctng/bkpng should be handled.

Ken Disler reported no apparel orders. Concerning publicity, he continues to personally deliver to the newspapers information he's given on local races.

Joyce Hockensmith said 3/15 is newsletter deadline. She's compiling list of club members books & resources to create "members resource list" so members can borrow materials from one another, so please write down what you have & give it to her.

Don Ford reviewed schedule: 2/11 Fanny Freezer; 3/25 Nutra Runs; 5/13 River Greenway 5K walk/10K run; 5/5 Indy Mini; Huntington Lime City 5 cancelled; White River Games, now called Hoosier Games, asked FWTC take responsibility for 6/24 5 mi run/3 mi walk Foster Park. Joyce Hockensmith interested in co-directing along with other members; RJR event & Women's Bureau event also need directors.

IPFW health fair Wed 3/29, 10:30-2:30, J.P. Jones manning our display including clock, print timer, video & RRCA videos, club apparel, newsletters, RRCA brochures, membership forms, possible supply of Power Bars from Brian Shepherd.

Bob Hockensmith led discussion to have Foster Pk marathon, round trip-main pavilion area-MacMillen tennis courts-4 times or so-marathon distance, replace cancelled South Bend marathon 6/10. Bob & Joyce ran similarly laid-out marathon so know what to do. Motion passed that club endorses & supports Bob as event chairman. Specific planning to be addressed at 2/19 gathering at Don Lindley's.

Meeting then formally adjourned & discussion then held concerning organization of 3RF race (for which sec. did not stay since it was close to her bed time!).

Respectfully submitted,
Vicki Jacobs, secretary

MINUTES

Fort Wayne Track Club Monthly Meeting, Wednesday, March 8, 1995, 7:00 p.m.

13 Present: J. Bridges, K. Disler, D. Ford, L. Gorman, B&J Hockensmith, P&V Jacobs, J.P. Jones, D. Lindley, M. McAvoy, B. Scrogam, J. Tillapaugh.

President Mike McAvoy called meeting to order & welcomed new member Linda Gorman.

Treasurer Don Lindley: Feb expenses \$1,770.53 (YTD expenses \$2051.33); income \$1,861.61 (YTD income \$3,190.66); YTD balance \$6,933.62. YTD membership 320. Need more volunteers to run equipment at races (more races renting equipment = more club income, but equipment rental includes FWTC volunteer to run it!); thanks to Jim Bridges, Mike McAvoy, Don Lindley for willingness to do this, but we still need more volunteers.

Judy Tillapaugh had no new RRCA news this month. Concerning Nutra Runs, over 70 pre-registered. Need more volunteers, especially to run equipment. News releases sent to local TV stations; Ken Disler will call them day or so before race reminding them.

Don Ford reviewed race schedule: Gary Dexheimer doing 4 mi at Homestead 5/13, same route as Hilly 4, same date as Parks & Rec. 5K/10K, both aware of each other, neither can change; 7/1 Hamilton Lake 5K/2 mi walk; 4/22 Shoe Sucker 7.

Banquet review: Should we try for bigger name speaker? Mike's talked with Jim Spivey in Chicago; speaks for \$350 + expenses (30 min. speak; Q/A; assist in handing out awards); would this attract more people?

3RF race 7/8: Mike McAvoy doing certificate of insurance & app. as official 3RF event; waiting to hear from Holiday Inn re sponsorship; Women's Bureau, who'd planned their 3rd 3RF race 7/15, probably will cancel theirs & do 7/8 race as joint venture with FWTC.

Bob Hockensmith reported on 6/11, 6:30 a.m., first Hoosier Marathon:

- begin with 1 loop around Foster Pk golf course then out & back several times Foster - McMillen tennis courts parking lot; Parks & Rec try to complete resurfacing that part of Greenway well beforehand;
- water stations manned by Joyce's Highland Terrace running club, Cooper Teen Ctr, Pontiac St Youth Assoc, Boys & Girls Clubs;
- need about 40 volunteers for other responsibilities;
- host hotel Downtown Holiday Inn & they'll do pre-race pasta buffet \$8/person;
- Vicki's confirmed TUFW AC showers available (Vicki & Polly man building & let runners in probably 10:30-3:30); people can also park at TUFW.
- 2-3 med techs on bikes provide medical support for runners;
- so far over 16 people from all over have said they definitely plan to run;
- since route is out & back loops in Foster Park, decision made to let anyone enter who wishes (since can easily drop out if need to).

Other matters covered/discussed:

- J.P. Jones manning FWTC booth at 4/29 IPFW health fair 10:30am-2:30pm but would appreciate any other FWTC volunteers who could assist.
- Mike McAvoy looking into FWTC rent bus & do Beef & Boards afternoon matinee 9/95.
- Joyce Hockensmith needs newsletter material by 3/17.
- Discussion about FWTC points races & expanding list to have more variety; maybe 2 longer races & 8 of other distances.
- New member Linda Gorman has cottage industry making quilts from race t-shirts & showed one she's made. Get in touch to hire her to make quilt from your t-shirts.
- Next month's meeting Wednesday, 4/12, 7:00pm, TUFW AC.

Respectfully submitted,
Vicki Jacobs, secretary

FORT WAYNE TRACK CLUB
 FANNY FREEZER 5KM
 FEBRUARY 11, 1995
 FOSTER PARK
 TEMP 15 WC -18

MALE 14 & UNDER	OV	TIME	MALE 50-54	OV	TIME
ANDY GAIER	9	19:01	JIM MARTIN	34	25:27
			JEFFREY McCANN	38	26:57
MALE 25 - 29			MALE 55-59		
BRIAN SHEPHERD	1	15:58	JOE ZIEGLER	24	22:40
KEVIN RIGG	4	16:55			
MALE 20 - 34			MALE 60-64		
BRAD COOPER	2	16:20	JOHN STURTEVANT	32	25:04
MIKE McMANUS	3	16:35	EUGENE STRIGGLE	42	29:26
CHUCK SCHLEMMER	5	17:21			
MARK HERNDON	7	18:50	MALE 65-69		
EDWARD FOLEY	28	24:04	JACK O'NEIL	40	28:19
ANTHONY LEHMAN	30	24:38	J. P. JONES	44	30:55
MALE 35-39			MALE 70-74		
CARL RISCH	8	18:52	KEN DISLER	43	29:38
NICK HODGMAN	10	19:02			
JAY PRICHARD	11	19:23	MALE 75 & OVER		
RICK GILBERT	13	20:17	CHET FLEETWOOD	46	36:11
MARK BRATTOLI	16	21:18			
JONATHON SCHLATTER	20	22:02	FEMALE 15 & UNDER		
JOHN MORGAN	23	22:38	JENNY FURKIS	17	21:27
DEAN RUSS	33	25:23			
STEVE DICKMAN	35	26:03	FEMALE 16-19		
STEVE McKNIGHT	45	36:11	EVELYN CORONA	18	21:31
MALE 40-44			FEMALE 35-39		
JED PEARSON	6	18:31	CINDY FURKIS	36	26:18
JOE PATTERSON	14	20:27			
TED TIERNON	15	21:06	FEMALE 40-44		
KEVIN GIANT	19	21:55	DEB BYERS	27	23:42
DON KRAMER	22	22:23			
BILL OSTERHOLT	37	26:32	FEMALE 50-54		
MALE 45-49			SHARON PAULEY	47	64:31
PHIL FOUND	12	19:35			
JOHN GAIER	21	22:12	FEMALE 55-59		
JACK SEIGEL	25	22:53	JOAN GARY	39	28:18
JIM CRON	26	23:25			
ART OBREGON	29	24:07			
GREG PURCELL	31	24:51			
BARRY LININER	41	28:21			

VOLUNTEERS :

JERRY DIEHL
 DON FORD
 MIKE SCHOUDEL
 JUDY TILLPAUGH
 PAUL AUSDERAN
 DON LINDLEY - RD





SUNDAY, JUNE 11, 1995

6:30 AM

Foster Park, Fort Wayne

Application forms available at all Scott's Foods stores or by sending a self-addressed, stamped envelope to Bob Hockensmith, 3732 Thyme Court, New Haven, Indiana 46774

VOLUNTEERS NEEDED

Yes, I would like to help make Scott's Foods Hoosier Marathon a success:

_____ I will be a course marshall

_____ I will work at the registration table on race day

_____ I will work at the refreshment table

_____ I will work at the registration table & packet pick-up
June 10 from 1 to 4 PM

_____ I will record runner's numbers
at check points

_____ I will work at the registration table & packet pick-up
June 10 from 4 to 8 PM

Name: _____ Phone: _____

FAMOUS PEOPLE ATTENDING THE FWTC BANQUET



Guest Speaker Andy Vogel



Mike McAvooy & Bob Hockensmith



Sharon Pauley



Deb Byers



Cindy Furkis



Jenny Furkis



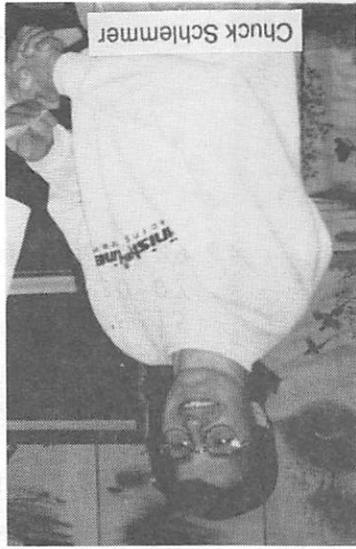
Mark Furkis



Paul Ausderan



Carl Risch



Chuck Schlemmer



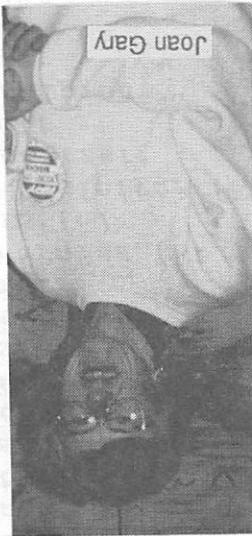
Brian & Laurie Shepherd



Ken Distler



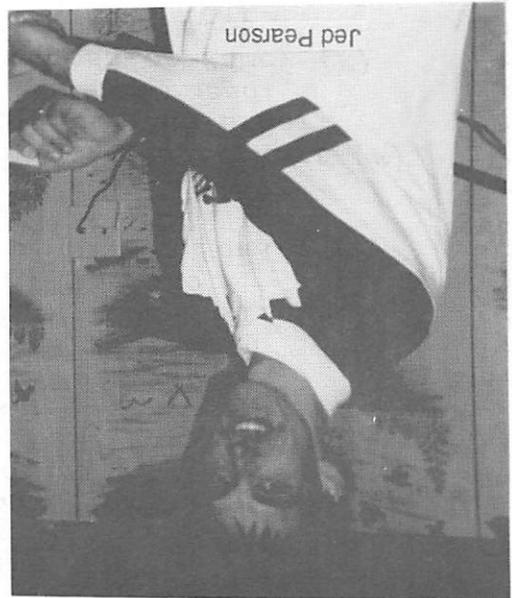
Don Lindley



Joan Gary



Dave Boylan



Jed Pearson



J.P. Jones

Brian Shepherd

1995
Think Spring
5k & 1m
Windy, Cold, and Slick
Ligonier, Indiana

5k		1m			
1	Brian Shepherd	15:34	1	Jeff Mault	6:12
2	Pete Casoletto	:51	2	Tyler Smith	:14
3	Frank Pizana	16:07	3	Weldon Bontrager	:27
4	Morry Riddle	:34	4	Chad Scott	:28
5	Chuck Schlemmer	:46	5	Melissa Howard (F)	:32
6	Jerry Williams	:57	6	Matt Williams	:40
7	Hal Pearson	17:45	7	Andy Janes	:51
8	Jed Pearson	:56	8	Talitha Deckert (F)	:52
9	Jay Prichard	18:30	9	Zack Schlemmer	:56
10	Colby Lash	:41	10	Derek Smead	:57
11	Richard Thomas	:46	11	Jessica Ramey (F)	:59
12	Adam Frick	:58	12	Adam Staton	7:15
13	Sam Vargas	19:16	13	Kyle Jane	:18
14	Bryan Woods	:20	14	Jeremy Short	:19
15	Doug DeGraff	20:09	15	Sierra Austrup (F)	:37
16	Tim Branam	:36	16	Jay Woods	:40
17	Joe Heltzel	:39	17	Stephanie Fish (F)	:44
18	Tommy Casaletto (F)	:52	18	Amanda Shepherd (F)	8:05
19	Jason Schwarty	:58	19	Andy Kauffman	:06
20	Kris McCain (F)	21:11	20	Brian Rich	:07
21	Mark Alstetter	:12	21	Justin Hope	:14
22	David McDonald	:16	22	Wayne Smead	:22
23	Don Kramer	:45	23	Damaris Pena (F)	:23
24	Teresa Furniss (F)	22:14	24	Jason Koontz	:44
25	Deb Byers (F)	:29	25	Aron Secunda	:45
26	Christy Schleigel (F)	:34	26	Matt Ware	:51
27	Joel Schartzner	:46	27	Sarah Lane (F)	:57
28	Jeff Mault	23:01	28	Emily Skinner (F)	:59
29	Chris Champion	23:02	29	Corey Hunt	9:40
30	Matt Kozar	:03	30	Juanita Rodriguez (F)	:31
31	Cort Eyer	:04	31	Jamie Callahan (F)	:53
32	Kevin Jane	:05	32	Bridgette Pruitt (F)	11:10
33	Steph Cayot (F)	:47	33	Joshua Lambie	12:39
34	Alison Bryan (F)	:48	34	Joe Glaser	DNF
35	Brian Zuercher	:49			
36	Nikki Bradner (F)	25:12	RAN AFTER THE CIRCUS IN FORT WAYNE		
37	Cindy Furkis (F)	:53	35	Ryan Brown	
38	Joan Gary (F)	26:30	36	Travis Howard	
39	Susie Zuercher	:32	37	Shane Deck	
40	Ken Disler	:55			
41	Don Rhoades	28:15			
42	J. P. Jones	30:07			
43	Sharon Pauley (F)	1:02:29			





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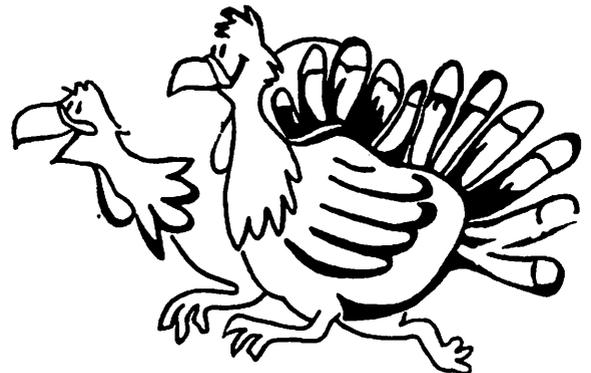


1994 TURKEY TROT

4 Mile Run/Walk Franke Park

Saturday, Noverr

<u>AGE DIVISION</u>	<u>NAME</u>	<u>AGE</u>	<u>TIME</u>	<u>AGE DIVISION</u>	<u>NAME</u>	<u>AGE</u>	<u>TIME</u>	
MALE 14 & Under	Danny Butler	14	22:53	FEMALE 30-39	Kris McCain	36	26:19	
	Matt Guebard	13	23:27		Linda Gorman	31	26:37	
	Vincent Garcia	14	25:47		Katie Creighton	36	26:39	
	Brian Lapp	12	26:27		Nancy Virtue	31	26:45	
	Matt Dexheimer	13	27:02		Kim Larsen	33	26:49	
	Stephen Lord	14	27:46		Carma McPherson	32	28:16	
	Jerry White	12	29:24		Rhonda Scarberry	39	30:47	
FEMALE 14 & Under	Sarah Weide	14	27:34		Jill Bobay	34	31:45	
	Laura Nold	8	33:15		Flo Smith	34	32:03	
MALE 15-19	Brad Thomas	19	21:40		Teresa Linz	30	34:12	
	David Foote	18	22:06		Lornie Oberine	30	34:30	
	Ronald Baars	19	23:28		Cathy Bux-Ferguson	38	34:37	
	Jarrod Witzke	16	23:42		Cheryl Claypool	38	34:38	
	Kevin Gfell	15	24:23		Chris Linz	34	34:52	
	Dan Nelson	16	24:53		Sue Sipes	38	34:54	
	Hans Ausdran	17	25:28		Shelley Lundberg	31	35:03	
	Samuel Vargas	18	26:05		Kim Longstreth	36	35:27	
	Simon Claeson	17	26:08	Sharon Larsen	32	42:20		
	Keith Graf	15	29:44	Brenda Miller	33	48:42		
	FEMALE 15-19	Molly McKennedy	18	24:24	MALE 40-49	Hal Pearson	40	21:10
Megan Dexheimer		15	27:08	Steve Caswell		41	21:15	
Kelly Henderson		15	28:15	Donald Bashor		44	21:56	
Michelle Hicks		17	28:25	Terry Coonan		43	22:52	
Sylvia Kamp		18	30:15	Paul Audreran		40	24:44	
Enka Kamp		15	30:25	Neil Anderson		43	25:51	
Emily Swiss		16	30:26	Tom Rehrrer		43	25:54	
MALE 25-29	Brian Shepherd	29	19:57	Jim Weide		42	26:18	
	Paul Furniss	27	21:32	Roger DeLay		46	26:24	
	John Wall	29	24:36	Keith Demeritt		43	26:28	
	Chadwick Ware	27	25:57	Jack Seigel		49	26:34	
	Chris Ruckman	29	28:21	Gary Dexheimer		45	27:09	
	Eric Kleinrichert	27	31:39	Kevin Giant		41	27:23	
FEMALE 25-29	Madeline Roser	27	24:40	Donald Kramer		40	27:31	
	Bev Lemaster	28	26:41	Bruce Hopen		42	28:13	
	Teresa Furniss	27	26:48	Chris Shoot		41	28:26	
	Julie McNulty	29	29:43	Greg Purcell		46	28:35	
	Tammy Robinson	28	30:20	Doug Johnson	42	28:38		
	Monica Maddalone	29	33:09	Kent Ober	49	29:16		
	Dawn Hill	25	33:16	David Weikel	42	29:35		
MALE 30-39	Chuck Schlemmer	33	20:52	Jim Clarke	43	29:55		
	Ritchie Hamlin	31	23:41	George Kirby	45	29:58		
	Mark Brattoli	39	23:54	Greg Henderson	41	30:10		
	Rick Gilbert	37	24:03	Andy Force	40	30:14		
	Ted Walton	37	25:41	Terry Witt	42	30:45		
	Mark Lamport	38	26:01	Kurt Paris	40	31:20		
	Jim Bridges	36	26:26	Bruce Cattell	44	31:31		
	Jerry Witzke	38	26:56	Larry Ward	41	34:42		
	Raymond Lundberg	30	27:22	Larry Plano	46	34:48		
	Richard Konzem	38	27:41	FEMALE 40-49	Julie Manger	40	27:28	
	Brian Keister	35	28:14		Debbie Byers	41	27:37	
	Patrick Obelme	30	28:23		Madelyn Tyson	40	29:41	
	Gene Koch	37	28:50		Diana Kuebler	40	31:10	
	Roy Ulrich	34	28:15		Susan Peterson	40	31:27	
	Michael Variel	38	29:16		Pat Lehman	48	32:50	
	Phil Saucedo	39	29:26		Vickie Jacobs	46	33:12	
	Dean Whitman	36	30:05		Jean Panning	49	33:14	
	Brian Miller	38	30:21		Jane Clark	41	40:30	
	Steve McMahon	31	30:23		Carolyn Austin	41	42:22	
	Randy Wood	35	30:37					
	Clint Voris	32	30:44					
	Mitch Bryan	34	31:16					
	Dean Russ	37	31:38					
	Patrick Leffers	31	34:03					
	Scott Johnston	31	38:41					
	Scott Miller	38	39:19					



TURKEY TROT RESULTS Continued.....

AGE DIVISION	NAME	AGE	TIME	AGE DIVISION	NAME	AGE	TIME
MALE 50-59	Bernie Motycka	52	24:37	Walkers	Carol Weide	39	39:50
	David Boylan	52	25:59		Diana Speck	47	40:56
	Victor Lewandowski	50	26:31		Sue Keller	35	41:50
	Dewain Cobbs	52	26:44		Jim Isaacs	49	45:23
	Joe Ziegler	58	26:54		Shelley Brunner	23	45:24
	John Brier	50	30:13		Daniel Spurgeon	21	47:03
	Larry Palmer	54	30:17		E. Sharon Brunner	53	47:04
	Mike Creighton	50	30:24		Cherry Peterson	46	47:16
	Duane Voirol	53	30:28		Sam Clements	49	48:43
	Don Jantz	58	31:36		Regina Manes	33	54:35
	Harold Dittmer	51	31:43		William Manes	41	54:37
	Lanny Fisher	50	32:04		Sherry Gajewski	27	56:01
	Jay Brower	57	33:13		Susie Leblanc	27	56:02
FEMALE 50-59	Joan Gary	58	30:50	Carol Kirsch	36	56:42	
	Majorie Crago	54	39:41	Patty Keister	41	56:57	
MALE 60 & Over	Don Anderson	67	26:17	Deborah Guebard	43	56:58	
	Eugene Striggle	63	30:33	Patricia Welch	41	57:43	
	Bob Loomis	61	31:30	Mary Jo Kimmel	35	1:01:04	
	Phil Wahls	60	34:36	Wanda Myers	43	1:01:05	
	Melvin Day	63	34:49	Judy Beckwith	48	1:01:36	
	Stanley Williams	63	34:50	Jon Scott	51	1:01:51	
	Sam Schwartz	60	35:26	Linda Scott	52	1:01:52	
	James Jones	66	36:53	Christine Force	34	1:02:54	
	Vern Chovan	67	37:08	Jerry Beckwith	47	1:04:58	
	Duane Wake	71	40:26	Pat Collins	53	1:06:10	
				Tammy Southern	34	1:06:11	
	FEMALE 60 & Over	Polly Jacobs	68	39:46			

LAS VEGAS MARATHON February 4, 1995

It was a cool 43 degrees at the start, but quickly heated up to 70 degrees at the finish. The course is about as flat and straight as they come, with a slight upgrade in the first half and a downgrade in the second half. The dry air and lack of water at several of the water stations caused problems for many of the 3200 runners, but probably not for those as fast as Terry Diller, 2:54:56, Gary Rickner, 3:01:00, and Kurt Mattox, 3:13:26. Other Fort Wayne Track Club members who completed the marathon were Joyce Hockensmith, 4:09:41, Bob Hockensmith, 5:27:13, and Don Ford, who became ill on the course, and whose time is not available for publication. Bob felt the best part of the event was the post-race refreshments, which included meatball sandwiches, (ask him how many he ate) and beer.

Editor's note: I feel it is inexcusable to run out of water on a course. The first water was provided at mile 3. Mile 7 was the next promised water, but the only thing volunteers had to offer were cups. Needless to say, runners can get a little ugly when they realize they are going to have to run at least 7 miles without water. Mutiny was avoided because at mile 10 there was water, as promised, but after that it was again sporadic. What recourse did runners have? They could complain, but that only wasted energy and got them no closer to water. Spectators did what they could at times, passing out a few bottles of water which were shared by runners. This lack of planning, however, provided for a very dangerous situation for those runners who spent 5 or more hours on the course. That experience taught me the value of carrying water, however much I hate it.

The other piece of advice I have for you is that if you ever decide to chance this marathon, and the headquarters hotel is still at Vacation Village, don't stay there. There are many beautiful hotels in Las Vegas, this just doesn't happen to be one of them.



JACK SHIFLETT	31
KEITH HORTON	29
RICHARD BEEMER	26
JEANETTE KLEIN	24
MIKE PESCI	23
POLLY JACOBS	20
HAL LEWIS	20
NICK HODGMAN	20
MICHAEL CASIANO	19
DICK BURDEK	17
CAROL WEIDE	17
JIM WEIDE	17
LIZ ELLIOT	15
TOM KURTZ	14
DENNIS SCOTT	13
ROBIN SMITH	12
THOMAS WAGNER	08
MICHAEL COLE	07
LARRY HAIFLICH	07
JOHN POWELL	05
VERN SENK	02
NANCY BOYER	01
DENE LEWIS	01
BRET BREWER	01



GARY SYLVESTER	30
BETTIE DOWINE	30
MARY NEWELL	29
ART OREGON	27
DAVID WILSON	25
BUD STIFLER	25
DIANA GETTY	25
THOMAS DEAL	21
LYNN SMITH	19
GLORIA NOLD	14
EUGENE HAINES	13
ED BECKNER	13
JOEL SCHARTZER	11
JERRY MAZOCK	09
TOMAS YODER	09
REG JOHNSON	08
JAMES BABCOCK	07
JERRY PERKINS	07
SHARON PAULEY	05
ELLEN SCHWENDEMAN	03
JERRY SUELZER	03
MATT LEWIS	01



KNIGHT TRAIL 50K
March 5, 1995
Sarsota, Florida



Overall	Grand Master		Time
15th	2nd	Don Lindley	4:58:25

The course was 9 loops with 2 aid stations plus a short out and back on a dirt road on the first loop. Temperatures ranged from 60 F at the start to 80 F at the finish. The biggest hill called the "Plateau" was at elevation 12,106 mm. There were signs along the course honoring each runner with a poem (I don't remember mind). It was hog heaven at the Knight Trail Park, or so the signs along the course reminded us, though the only signs I saw of the wild pigs were the holes they dug all over the flat, grassy trails. I saw my live oaks, palmetto scrubs, and pine trees and millions of pine cones.

The soup, brownies, cookies , etc, after the race were most excellent. I will not sue the chef, even if he was listed in the waiver. I was honored to have two teenagers of little ability to run one loop with me. The race was benefiting these young people from a near by school in which the local running club was supporting.

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\$25.00 for a year helps
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Member's Page



**INDIANA
DIETETIC
ASSOCIATION**

Judy Tillapaugh, R.D.
Media Representative

4635 Indiana Avenue
Fort Wayne, Indiana 46807

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Home: (219) 456-3277

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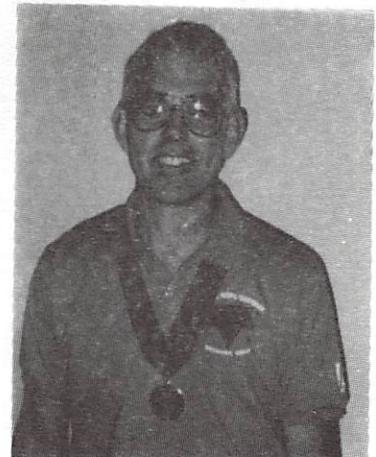
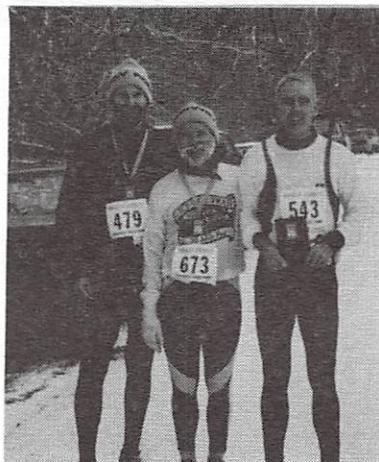
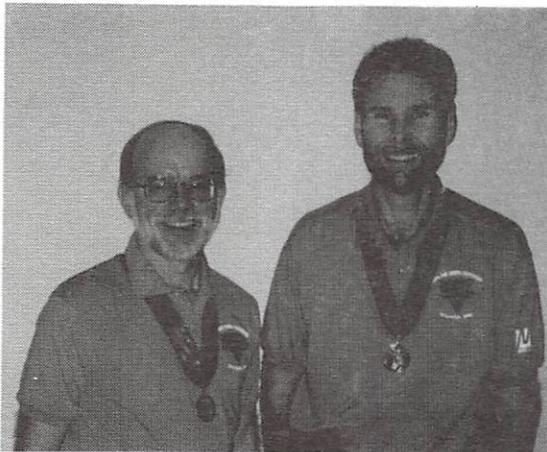
January 7, 1995

1st	Brian Shepherd	44:00
39th	Jerry Diehl	52:52
113th	Don Ford	59:15
220th	Don Lindley	66:10

24 Hour Run

UST&F National Champs

Don Lindley, Don Ford, Jerry Diehl



**FWTC Points Races
(Must participate in 7 Races)**

January	Todd Realty 5K	Syracuse
February	Think Spring 5K Fanny Freezer 5K	Ligonier Fort Wayne
March	Nutra Run 5 mile & 20K	Fort Wayne
April	IPFW Scholarship 5K	Fort Wayne
May	FWTC 1 mile	Fort Wayne
June	Run for the Kids 5K Mermaid Festival 5K Hoosier Marathon	Ligonier North Webster Fort Wayne
July	Flotilla Days 3.3 mile & 8 mile Zoo Run 4 mile Cancer Society 5K Old Settlers 4 mile	Syracuse Fort Wayne Syracuse Columbia City
August	Clear Lake 10K	Fremont
September	Marshmallow Days 5K Roanoke 5K South Whitley 5K	Ligonier Roanoke South Whitley
October		
November	CTA Scholarship 5K Calathumpian Canter 5K	Ligonier Decatur
December	J.P.Jones 10K	Fort Wayne

Awards to: Top Males (open)
 Top Females (open)
 Top Male Masters 40-59
 Top Female Masters 40-59
 Top Male Grandmasters 60-over
 Top Female Grandmasters 60-over

Awards depend on number of runners who meet requirements

Points Awarded	
1st 100	6th 30
2nd 75	7th 20
3rd 60	8th 15
4th 50	9th 10
5th 80	10th 5

**1994
FWTC POINTS CHAMPIONS**

- OPEN (MALE)**
- 1 BRIAN SHEPHERD
 - 2 CHUCK SCHLEMMER
 - 3 CARL RISCH
 - 4 MARK FURKIS
 - 5 JIM FURKIS
 - 6 JASON DOUGLAS
 - 7 RICK GILBERT

- OPEN (FEMALE)**
- 1 TERESA FURNISS
 - 2 JODY HENLINE
 - 3 CINDY FURKIS
 - 4 MARY YAGGY
 - 5 KAREN LOUIS
 - 6 JENNY FURKIS

- MASTER (MALE)**
- 1 JED PEARSON
 - 2 DAVE BOYLAN
 - 3 PAUL AUSDERAN
 - 4 STEVE SMITH
 - 5 LYNN ARMSTRONG
 - 6 DON LINDLEY
 - 7 LARRY AVERBECK

- MASTER (FEMALE)**
- 1 DEB BYERS
 - 2 JULIE MANGER
 - 3 SARA SMITH

- GRAND MASTER (MALE)**
- 1 KEN DISLER
 - 2 DON ANDERSON
 - 3 J.P. JONES
 - 4 BOB LOOMIS
 - 5 EUGENE STRIGGLE

- GRAND MASTER (FEMALE)**
- 1 JOAN GARY
 - 2 SHARON PAULEY
 - 3 SUE MYERS

**The Two-Month Marathon
Program**

	Weekly Mileage	Long Run
Week 1: A +	5	none
Week 2:	A + 10	10 miles
Week 3:	A + 15	none
Week 4:	A + 20	15 miles
Week 5:	A + 25	none
Week 6:	A + 30	15 miles
Week 7:	A + 10	none
Week 8:	A	marathon

A = Your average training mileage per week before beginning the program. It must be at least 15 miles a week, and you must have been doing it for no fewer than eight consecutive weeks. (This program is most appropriate for runners whose current A is between 15 and 30 miles per week. If you're averaging more than 30 miles per week, you should try a more ambitious training schedule.)

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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.

April 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	29	30 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	31	1 Training Run 7 AM YMCA Downtown
2 Athens, OH Marathon Hamilton, Ontario 30K & 5K	3	4 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	5	6 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	7	8 Training Run 7 AM Purdue 5 & 10K Milwaukee Half Marathon
9 Oxford, OH 5K INDY 10 M	10	11 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	12 Run at 6 PM Showers FWTC Meet. 7PM Taylor U. Act. Cen.	13 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	14	15 Training Run 7 AM YMCA Downtown
16	17 Boston Marathon	18 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	19	20 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	21	22 Training Run YMCA Downtown Shoesucker Seven Warsaw 5K
23 Toledo Marathon Columbus, OH 5 & 10K	24	25 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	26	27 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	28	29 Training Run 7 AM YMCA Downtown St. Jude's 5K Fort Wayne
30 Michigan Trail 5M Half & Full Marathon Lake County Races-Chicago	1	2 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	3	4 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	5 Indy 500 Mini-Marathon	6 Training Run 7 AM YMCA Downtown Columbia City 4M

May 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Michigan Trail 5M Half & Full Marathon Lake County Races-Chicago	1	2 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	3	4 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	5 Indy 500 Mini-Marathon	6 Training Run 7 AM YMCA Downtown Columbia City 4M
					RRCA Convention	
7 Toronto Marathon Pittsburgh Marathon	8	9 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	10 Run at 6 PM Showers FWTC Meeting Taylor U. Activity Center 7 PM	11 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	12	13 Training Run 7 AM YMCA Downtown Homestead Hilly 4 Foster Park 5 & 10
14 Kendallville 5M Cleveland Marathon	15	16 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	17	18 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	19	20 Training Run 7 Am YMCA Downtown Ice Age 50 Mile Indy 5 & 10K
21	22	23 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	24	25 Training Run IPFW Hilliard Gates Activ. Center 6 PM Showers	26	27 Training Run 7 AM YMCA Downtown Ann Arbor 5&10K
28	29 Great Race - Elkhart	30 Training Run IPFW Hilliard Gates Activ. Center 6PM Showers	31	1	2	3 INDY Zoo 4 M

WINNING AT LOSING- "PLAN FOR SUCCESS"

205 lbs., 5'3", high blood sugar, sedentary, poor stress control, irregular meals, compulsive overeater...A tough set of facts! All negative health deposits.

Six months ago Linda came to me like this. She was disgusted with herself and ready to stop the fat track. The timing was right for her to "let go" of the past and move forward towards positive plans for the future. So the nutrition and lifestyle consults started. She learned nutrition information, planned new meals, planned a walking schedule, planned new methods to deal with stress, and planned to stay positive.

Linda's plan worked! Now she's 25 lbs. lighter, has more energy, better self esteem, and feels great. She found her way to weight and health wellness. She proved to me that personalized, positive, and realistic planning works. Planning sets the stage for lasting, beneficial eating habit changes. As you think so you will eat. Thoughts fuel behaviors!

* If a balanced breakfast is a priority chances are it will happen.

* If you think a salad is not a salad without 2 ladles of salad dressing it won't be.

* If you think a party is not a party without several beers it won't be.

* If you know you will enjoy a juicy Granny Smith Apple for a snack you will.

* If you do not want to risk learning new food flavors that's ok.

* If your willing to welcome new meals, snacks into your day then food choices will change.

Mind management controls personal behaviors. No management plan only allows someone else to influence your actions. It's your choice!

Set the stage for success. Linda did! Not only did it effect her weight and diabetic control relationships with her husband, son, and friends improved.

Following an initial nutrition assessment, health and lifestyle history I gave a nutrition plan to Linda to match her likes, dislikes, and goals. It had about 500 less calories per day than her usual intake. By doing this she lost about 1 lb. of fat a week. (note- 1 lb. of fat has about 3500 calories) Here are a few ways Linda helped herself stay in a calorie deficit.

* Water or sugar free soda instead of regular soda, saves 150 calories per 12 ounces (1 1/2 cups)

* Baked potato with 2 tsp. of margarine or butter instead of 2 Tbsp., saves 132 calories, 17 gms. of fat

* Arby's regular roast beef sandwich instead of a Whopper, saves 260 calories, 21 gms. of fat

* Pretzels (110 calories, 1 gm fat per ounce) at 10 am instead of a candy bar (160 calories, 8 gms. fat per ounce)

Plan for success. You too can take charge of your weight and well being!! Discover nutrition anytime, anywhere.

Be You Be Fit,
Judy Tillapaugh, R.D.
Nutrition Specialist

INCREDIBLE RHUBARB CRISP

FILLING:

5 cups (about 1½ pounds) rhubarb cut into ½ inch pieces
1 teaspoon grated orange rind
1 egg white, lightly beaten
three-fourths cup sugar
½ cup flour

TOPPING:

½ cup quick-cooking oats
½ cup whole wheat flour
½ cup powdered nonfat milk
½ cup brown sugar
1½ teaspoons cinnamon
2 tablespoon cold margarine, cut into bits



Preheat oven to 375 degrees.

To make filling, in a large bowl, combine the rhubarb, grated rind, and egg white. Stir in sugar and flour. Pour the mixture into a 9-inch pie plate that has been sprayed with vegetable spray.

Prepare the topping in a medium bowl. Combine the oats, flour, powdered milk, brown sugar, and cinnamon, stirring the ingredients thoroughly. With a pastry blender, cut in margarine until the mixture looks like coarse meal.

Sprinkle mixture over surface of fruit.

Bake crisp for 35 to 40 minutes. Serve warm.

Serves 6 Per serving: 242 calories, 3.5 grams fat, 13% fat calories

NOTE - If desired, use berries, peaches, or another fruit instead of rhubarb

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)



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13th ANNUAL CANAL DAYS 5-K/10-K

Date: Sat., June 10, 1995
Check-In Time: 6:00 a.m.
Run starts at 7:00 a.m.

Place: Downtown - New Haven, IN
Corner of Summit St. and Ann St.
next to Magilla's Lounge

REGISTRATION & ENTRY

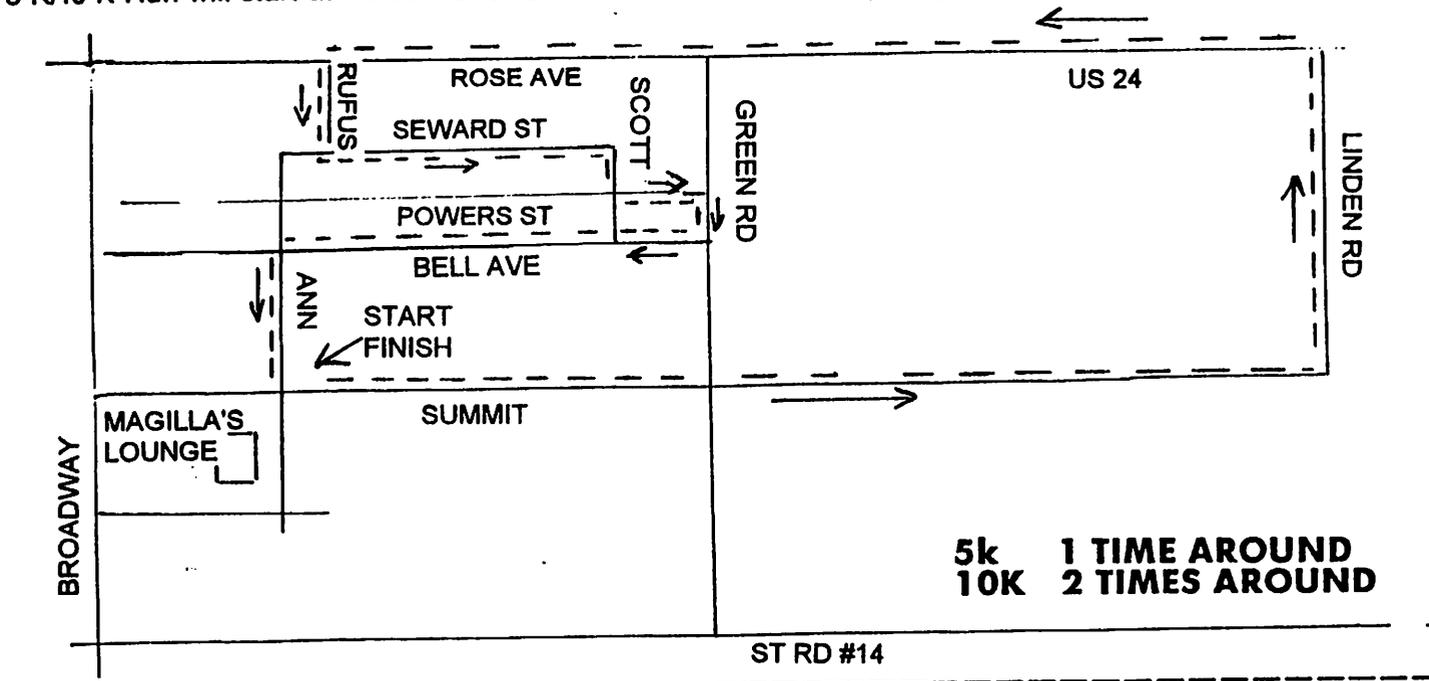
Before June 5, 1995: \$7.00 After June 5, 1995: \$9.00

Sponsored By: The Marine Corps League,



The proceeds of this race are used by the Marine Corps League to
 help fund 4 scholarships and bingo at the VA Hospital
 For more information Call: **TOM GRATZ** at 749-0982

5-K/10-K Run will start at the corner of Summit and Ann Streets by Magilla's Lounge in New Haven, Indiana.



ENTRY FORM AND WAIVER OF LIABILITY

I will be running in the (check one) 5-K 10-K

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Your estimated time to complete the race _____. Race Shirts available for \$5.00 M L XL
 So that your shirt size is available race day please preregister.

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assigns, waiver and releas all rights and claims for damages which I may have or which may hereafter accrue to me against the Marine Corps League. The Fo Miami Detachment, and The New Haven Canal Festival, its sponsors, agents, representative or assigns for any and all damages whic may be sustained, and suffered by me in connection with my association with or entry or participation in the Canal Days 5-K/10-k

Signature _____ Date _____
PARENT OR GUARDIAN IF UNDER 18

MAKE CHECKS PAYABLE TO: MARINE CORPS LEAGUE

SEND TO: **MARINE CORPS LEAGU**
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- 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>	Subtotal _____
<i>Make checks payable to FWTC</i>	Tax (5%) _____
	Total _____

Name: _____

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Return to: **Ken Disler, 409 Three Rivers Apt. East, Fort Wayne, IN 46802**
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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: _____

NEWSLETTER DEADLINE DATES

January 15, 1995

March 15, 1995

May 15, 1995

July 15, 1995

September 15, 1995

November 15, 1995

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

Name: _____ Date of Birth _____/_____/_____ Sex _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Occupation: _____ Business Affiliation: _____

Type of Membership: Single: _____ Family: _____ New Member: _____ Renewal: _____

Family Members:

Spouse: _____ Birthdate: _____ Sex _____

Children: _____ Birthdate: _____ Sex _____

_____ Birthdate: _____ Sex _____

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

ANNUAL MEMBERSHIP DUES: January 1 - December 31

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

New Members: First year only \$12.00

Members under 21: \$12.00 per year until 21

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

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

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

CLUB MEMBERSHIP APPLICATION WAIVER

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

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

Primary Member

Signature: _____ Date: _____

Parent Signature: _____ Date: _____
(if under 18)

THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

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



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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

GOOD NEWS!! INDIANA WILL HAVE A MARATHON AFTER ALL.
IT'S CALLED THE SCOTT'S HOOSIER MARATHON AT FORT WAYNE.
WILL BE HELD AT FOSTER PARK ON JUNE 11TH AT 6:30 A.M.

----- A P R I L 1 9 9 5 -----

- 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 GRAND PRIX DISTANCE CLASSIS 5K AND 10K 8 A.M. PURDUE UNIV.
(317) 494-2708 PO BOX 502, PMU, W. LAFAYETTE IN 47906
- 08 SAT BADGERLAND STRIDER HALF MARATHON 9:30 A.M. MILWAUKEE, WI
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., INDPLS IN 46204 (317)632-8812
- 09 SUN WEST BLOOMFIELD 1/2 MARATHON(ALSO 5K) WEST BLOOMFIELD, MI
(810)334-5660 PARKS & REC., 3325 MIDDLEBELT RD. ZIP 48323
- 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, IN 9 AM
KIL-SO-QUAH ROADRUNNERS RICHARD BEEMER 219-356-3035
- 22 SAT DOOR TO DOOR RUN 10K 10 A.M. LAPORTE, IND.
PAUL PAVOT, 3842 W JOLIET RD., LAPORTE IN 46350 (219)324-4888
- 22 SAT BOYS & GIRLS CLUB 5K 9 A.M. THOM YOUTH CTR. WARSAW, IN
CATHY SINCROFT, 800 N PARK AV., WARSAW IN 46580 (219)268-1155
- 22 SAT RACE FOR THE CURE 5K COED RUN&WALK MILITARY PARK, INDIANAPOLIS
DON CARR, 4314 MATREA MORE CT., ZIP 46254 (317)328-1632
- 22 SAT SYMPHONY 5K 9 AM HIGHLAND PARK KOKOMO, IND.
2601 S WEBSTER ST., BOX 6115, ZIP 46902 (317)455-1659
- 22 SAT KIWANIS SPRING RUN 9 A.M. NOBLESVILLE H.S. NOBLESVILLE, IND
FOR INFO CALL (317)921-KRUN OR (317)773-1900
- 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 RUN WITH THE SPIRIT 5K 9 AM ST JUDE SCHOOL FORT WAYNE, IND
ELIZABETH BROWN, 5701 REED RD. ZIP 46835 (219)485-1504
- 29 SAT * RUN FOR THE SON 8K ZIONSVILLE, IND.
BETSY HOWDEN (317)873-1840 1432 CRICKLEWOOD WAY, ZIP 46077
- 29 SAT BORGESS RUN FOR THE HEALTH OF IT KALAMAZOO, MICH
5K, 10K AND 15K 7:45 A.M. JOANNE GADBAW (616) 373-8067
1521 GULL RD., KALAMAZOO, MI 49001 YOU CAN RUN ALL 3!!
- 29 SAT DERBY FESTIVAL MINI-MARATHON LOUISVILLE, KY
JOHN REISERT, 137 W. MUHAMMAD ALI BLVD. LOUISVILLE KY 40202
OR CALL 1-800-928-3378
- 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) 266-7223
454 CENTRAL AVE., SUITE 201, HIGHLAND PARK, IL 60035

----- M A Y 1 9 9 5 -----

- 05 FRI * 500 FESTIVAL MINI-MARATHON 13.1 MILES INDIANAPOLIS, IN
KLA, 451 N. NEW JERSEY ST, INDIANAPOLIS IN 46217 (317)632-8812
- 06 SAT HEARTBEAT FESTIVAL 4 MILE RUN 8:30 A.M. COLUMBIA CITY, IND.
FREE! NO REGISTRATION FEE PLUS FREE T-SHIRT!
LINVILL FITNESS CENTER (800)325-1338 EXT 2918
- 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 RIVERGREENWAY 5 & 10 11 A.M. FOSTER PARK, FORT WAYNE, IND.
5K WALK, 10K RUN PARKS AND RECREATION DEPT. (219)427-6000
- 13 SAT HOMESTEAD MUSIC BOOSTER HILLY 4 10 A.M. FORT WAYNE, IND.
CALL GARY AT (219)436-1954(HOME) OR (219)436-1970(WORK)
- 13 SAT * OLD KENT RIVER BANK RUN 25K(ALSO 5K) GRAND RAPIDS, MICHIGAN
BOX 2194, GRAND RAPIDS, MI 49501 (616) 771-1127
- 13 SAT ARTS FEST RIVER RUN 12K EVANSVILLE, IND.
PAT SHOULDERS, P.O. BOX 916, ZIP 47706 (812)424-7575
- 14 SUN MOTHERS'S DAY RUN 5 MILE X-COUNTRY 1 PM KENDALLVILLE IND.
RICK FREY, 211 IDDINGS ST., ZIP 46755 (219)347-1064
- 14 SUN * REVCO-CLEVELAND MARATHON & 10K 8 A.M. CLEVELAND, OHIO
P.O. BOX 550, TWINSBURG, OH 44087 CALL (216) 487-1402
- 20 SAT GIFT OF LIFE 5K & 10K FORT BENJAMIN HARRISON INDIANAPOLIS
TUXEDO BROS, 4314 MATREA MORE CT., ZIP 46254 (317)328-1632
- 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 MORaine 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

----- J U N E 1 9 9 5 -----

- 03 SAT KICKAPOO TRIAL TRAIL 5 MILE RUN & 5K WALK DANVILLE, IL.
 KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834
- 03 SAT WALK ON THE WILDSIDE 4 MILE RUN/WALK INDIANAPOLIS ZOO
 DON CARR, 4314 MATREA MORE CT., ZIP 46254 (317)328-1632
- 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 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

 11 SUN SCOTT'S HOOSIER MARATHON AT FORT WAYNE 6:30 A.M. FOSTER PARK
 FOR INFO CALL BOB HOCKENSMITH (219) 749-1237

- 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)
- 18 SUN HARD ROCK CAFE 5K 8:30 A.M. CHICAGO, ILLINOIS
MAJOR EVENTS (312)527-2200 YOU GET A GREAT SHIRT!
- 23 - 25 HOOSIER STATE GAMES - REGIONAL COMPETITION - FORT WAYNE
TRACK AND FIELD EVENTS PLUS RUN/WALK (317)237-5000
- 24 SAT DUCKLING DASH 5K BROAD RIPPLE AREA INDIANAPOLIS, IND.
TUXEDO BROS, 4314 MARTEA MORE CT. ZIP 46254 (317)328-1632
- 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

----- J U L Y 1 9 9 5 -----

- 01 SAT * HAMILTON LAKE ROAD CLASSIC 5K 8 A.M. HAMILTON, INDIANA
CALL CARL AKERS (219)488-3257 OR BRAD STEVENS (219)488-3153
- 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

08 SAT THREE RIVERS FESTIVAL 5K FWTC EVENT FORT WAYNE,INDIANA
 RUN THE PARADE ROUTE! DETAILS TO FOLLOW

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

14 - 16 HOOSIER STATE GAMES - FINALS INDIANAPOLIS, IND.
 TRACK AND FIELD EVENTS PLUS RUN/WALK (317)237-5000

15 SAT IRON HORSE 4 MILER LOGANSPORT, IND.
 PAUL VERSNIK, (219)753-5141

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

22 SAT CANNONBALL 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 INDIANAPOLIS
 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

----- A U G U S T 1 9 9 5 -----

- 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 RCA CHAMPIONSHIPS 5K AND 10K DOWNTOWN INDIANAPOLIS
DON CARR, 4314 MATRERA MORE CT., ZIP 46254 (317)328-1632
- 12 SAT RUN THRU HELL 10 MILE & 4.8 MILE PINCKNEY, MICHIGAN
HARRISON HENSLEY (313) 878-6640
- 19 SAT * RUN REV RUN CROSSCOUNTRY RACES CONCORDIA SEMINARY, FORT WAYNE
CALL MIKE AT (219)481-2121
- 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 LEADING LADIES 5K (WOMEN ONLY) INDIANAPOLIS, IND.
MARGARET DREW (317)283-4036
- 20 SUN PIKES PEAK MARATHON (719) 473-2625 MANITOU SPRINGS, COLORADO
NANCY HOBBS, BOX 38235, COLORADO SPRINGS, CO 80937
- 26 SAT BEARS OF BLUE RIVER 5K & 10K SHELBYVILLE, IND.
PARKS DEPT (317)392-5128
- 26 SAT YWCA FALL GAMES 5K MILITARY PARK, INDIANAPOLIS
DON CARR, 4314 MATREA MORE CT., ZIP 46254 (317)328-1632
- 26 SAT THE CRIM 10-MILE +OTHER DISTANCES FLINT, MICHIGAN
BOX 981, FLINT MI 48501 (810) 235-3398

----- S E P T E M B E R 1 9 9 5 -----

- 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
- 16 SAT RUN JANE RUN 5K AND 10K FOSTER PARK, FORT WAYNE, IND.
KRIS HINESLEY (219)424-7977(WORK) OR (219)456-1810(HOME)
- 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
- 23 SAT GOVERNORS CUP FINALE MILITARY PARK, INDIANAPOLIS
DON CARR, 4314 MATREA MORE CT., ZIP 46254 (317)328-1632
- 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

----- O C T O B E R 1 9 9 5 -----

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

01 SUN OKTOBERFEST CLASSIC 10K 9:30 A.M. MINSTER, OHIO
KEITH POHL, BOX 20, MINSTER OH 45685 (419)628-3507

07 SAT DOUBLE EAGLE 5 AND 10 MILES EAGLE CREEK PARK, INDIANAPOLIS
DON CARR, 4314 MATREA MORE CT., ZIP 46254 (317)328-1632

08 SUN INTERNATIONAL PEACE RACE 10 K YOUNGSTOWN, OHIO

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

14 SAT DAYTON RIVER CORRIDOR CLASSIC 1/2 MARATHON DAYTON, OHIO

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

----- NOVEMBER 1995 -----

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

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

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

----- DECEMBER 1995 -----

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

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

Everyone Can Be a Writer



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

Joyce Hockensmith
3732 Thyme Court
New Haven, IN 46774
E-Mail: MarathonJoy@eworld.com

ATTENTION RACE DIRECTORS:

Send your race results for publication in the Inside Track along with photos, if available, and a short race write-up to the Inside Track Editor.

NEWSLETTER DEADLINE DATES:

January 15, 1994	March 15, 1994
May 15, 1994	July 15, 1994
September 15, 1994	November 15, 1994

Coming Events...

RIVERGREENWAY 5 & 10
Foster Park, Fort Wayne
Saturday, May 13, 1995 11 AM

CANAL DAYS 5K & 10K
Saturday, June 10, 1995 7 AM
New Haven, Indiana

SCOTT'S HOOSIER MARATHON
AT FORT WAYNE
Sunday, June 11, 1995, 6:30 AM
Foster Park

FWTC MEETINGS
Wednesday, April 12, 7:00 PM, Run, 6:00
Wednesday, May 10, 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
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.

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Inside Track publishes 450 issues bi-monthly.



FWTC NEWSLETTER
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Fort Wayne, IN 46860

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