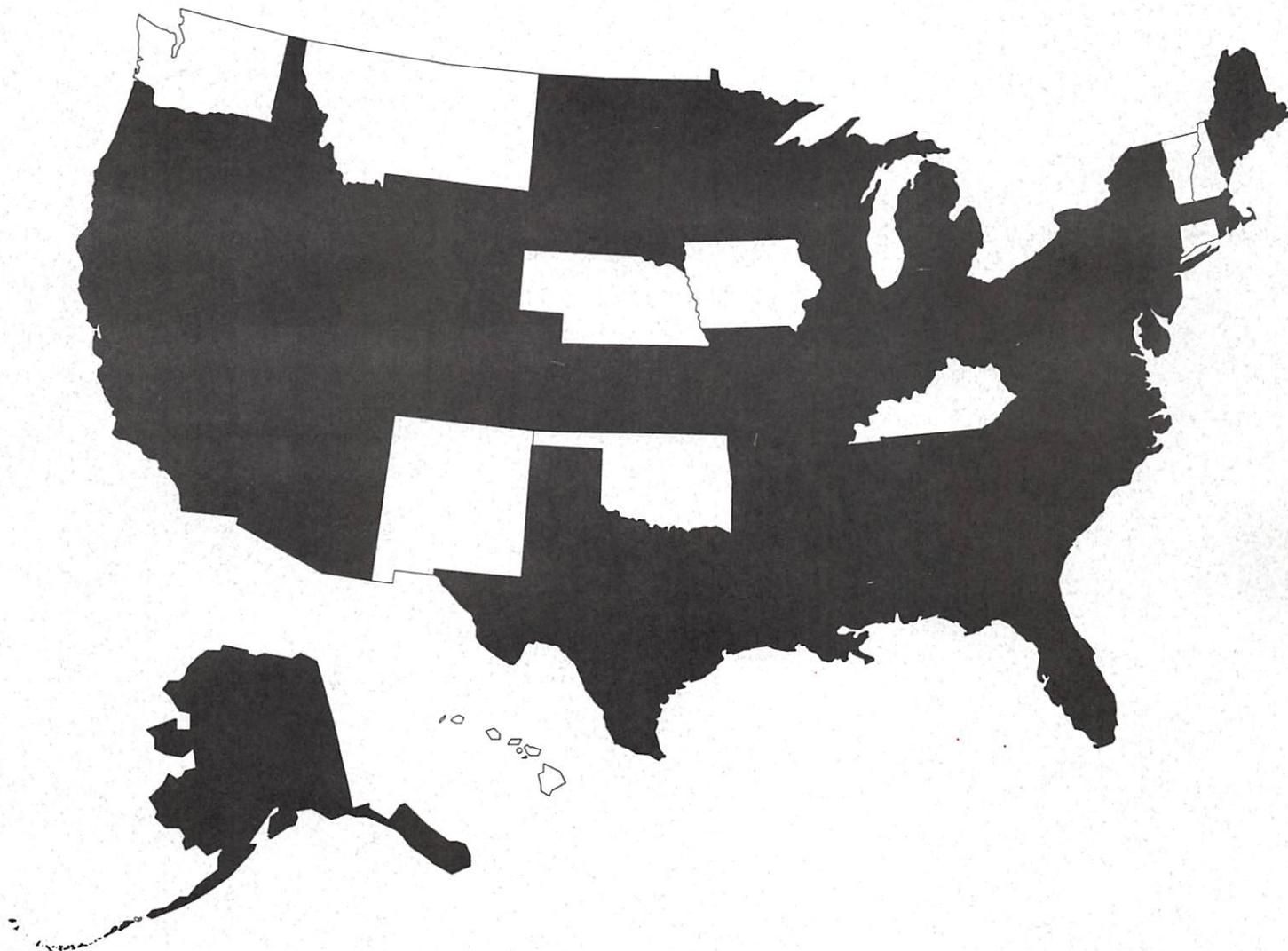


the inside track

June 1995 - July 1995



A PUBLICATION OF THE FORT WAYNE TRACK CLUB



**Miles to go
before they sleep . . .**



See Page 31

1995

FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

President.....	Mike McAvoy	436-9710
	Home	824-5158
	Fax (work)	436-9419
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
Barb Scrogam
Bob Hockensmith
Stan Lipp

Dave & Sue Myers
Jack Hilker
Jim Bridges

The information below is taken, with permission, from Running Research News. RRN is a collection of endurance-related research compiled by Dr. Owen Anderson. You can order a subscription by writing to RRN, P.O. Box 27041, Lansing, MI 48909.

I Think I Can, I Think I Can

Imagine adding one bicycle workout per week to your routine and improving your 10k time by 8%....from 47 to 43 minutes, in only six weeks! In addition to the increased speed and endurance it may also aid the leg muscles in recovery from running-related damage. Now add several sessions of psychological-strategy coaching (mental exercise) and you can trim an additional 3% off your time (this would be in the range of two minutes depending on your starting time). Well, Tom Miller, Ph.D. from University of Utah was able to do that with two experimental groups (no mention was made of a control group).

The bike only group apparently continued their normal running with the addition of one interval bike workout per week. To more effectively mimic the muscular patterns involved in running, the intervals were completed only in the standing position and the cadence was high...75-90 revolutions per minute. The resistance was heavy to make the overall effort comparable to running up a steep hill at a rapid rate. A pyramid interval was used as follows, with instructions:

hard interval -- standing position, 90 rpm, hard resistance
spin interval -- seated, 90 rpm, moderate resistance
recovery ----- seated, 60 rpm, easy resistance

Pedal resistance was increased whenever the individuals found it fairly easy to complete the workout and lessened if the pedaling rate dropped too far below 75 rpm during the hard intervals.

HARD	SPIN	RECOVERY
30 seconds	15 seconds	60 seconds
30	15	60
45	30	60
45	30	60
60	30	60
60	30	60
45	30	60
45	30	60
30	15	60
30	15	60

MINUTES
Fort Wayne Track Club Monthly Meeting
Wednesday, April 12, 1995, 7:00 p.m.

13 Present: Don Anderson, Ken Disler, Don Ford, Linda Gorman, Bob & Joyce Hockensmith, Vicki & Polly Jacobs, J.P. Jones, Don Lindley, Mike McAvoy, Barb Scrogam, Judy Tillapaugh

Meeting called to order by President Mike McAvoy. Don Ford reviewed race schedule & highlighted: 1 mile championship run 5/6, 6pm, Foster Pk; American Cancer Society 24 hr run 7/2-3, North Side H.S. track.

Newsletter: Everyone agreed with Joyce Hockensmith that addition of calendar in newsletter is good! Apparel: Ken Disler has order ready to send in. Publicity: Ken continues to keep after the newspapers to include FWTC news & information.

Nutra Runs were reviewed. 345 total participants; 150 in longer run; 105 in 5 mi; net profit \$1,379.92. Discussion held on where in budget to put money (general fund? reserve acc't for next yr's Nutra Runs?). Motion made that entire amount be put in FWTC general fund; after discussion, this motion passed by show-of-hands vote 13 yes, 2 no, 1 abstention. Noted that if Northeast IN Dietetics Assoc. would like this to be money maker for them next year, we'd want to explore with them responsibilities, risk factors, etc.

**Treasurer's Reports: \$4,423.26 Mar income \$1,870.40 Mar exp \$9,486.75
\$7,613.92 YTD income \$3,921.75 YTD exp YTD balance**

Membership: 362 YTD (compares with approx. 350 this time last yr).

Equipment: New stop watches purchased; first use was Nutra Runs.

RRCA Report: RRCA has mastercard available for members; they've started new personal incentive program & Joyce will put info in next newsletter; they've developed new guidelines re postponing/cancelling races due to weather; D. Lindley will be FWTC rep at convention; agenda item at convention will be proposed changes in RRCA constitution that'll bring some allied & health organizations into assoc/affil status with RRCA.

3/29/95 IPFW Health Fair: J.P. Jones said it went very well; Ken Disler assisted him; no one watched the videotapes; the stop clocks ran, but were hidden from view by a sign placed in front of them; distributed 15-20 FWTC membership app's; Power Bar samples drew lots of people! J.P. said we definitely need to continue having a display at this annual event. Appreciation expressed to J.P. for his good work!

3RF race will be a Women's Bureau event with FWTC helping; course still not definite due to construction; Hoosier Games race will be eve. run at Foster Pk.

Hoosier Marathon: entry forms being printed; Runner's World supplied 300 race numbers; \$25 pre-registration; \$30 late registration; t shirts, finishers certificates have been designed; Scott's paying the \$750 for finish line banner; Ft Wayne Ortho Sport mtg 4/20 with M. McAvoy re providing medical support; B. Hockensmith will be contacting Subway re donating sandwiches.

Meeting then adjourned.

Respectfully submitted,

**Vicki Jacobs
recording secretary**

MINUTES

**Fort Wayne Track Club Monthly Meeting
Wednesday, May 10, 1995, 7:00 p.m., TUFW AC**

12 Present: Linda Brooks, Ken Disler, Don Ford, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, J.P. Jones, Mike McAvoy, Sahron Pauley, Barb Scrogam, Russ Sorgen.

The meeting was called to order by President Mike McAvoy who welcomed two club members attending a meeting for the first time: Linda Brooks and Russ Sorgen. Linda is organizing a race in Fort Wayne on June 3, and she distributed flyers and shared information about it.

- Joyce Hockensmith said that May 19 is the deadline for newsletter material.**
- Don Ford reviewed the race schedule & highlighted: Mermaid Festival race 6/17; Hoosier Marathon 6/11; Flotilla Days race 7/1; Zoo Run 7/4; Old Settlers Race 7/15; Clear Lake race 7/29; Marshmallow Days race 9/2; Roanoke race 9/9; River Greenway 5 & 10 this weekend (5/13) & Cheryl Smith still needs volunteers for it.**
- Ken Disler modeled the polo shirt available with the club logo & also showed the singlet with the club logo.**

Concerning the 6/11 Hoosier Marathon:

- Approximately 300 entry forms mailed out; forms also at all Scott's Food Stores.**
- 49 pre-registrations to date; expect 150-200 by race day.**
- 3 Rivers Ambulance Authority will have ambulance at pavilion if needed.**
- Route will be monitored via golf cart which can also transport anyone if they have problems & have to drop out of the race.**
- 7 people will be equipped with walkie talkies.**
- Subway definitely providing sandwiches for finishers and volunteers.**
- Course will be measured & certified.**
- Volunteers still needed as course marshalls.**
- Volunteers also needed to assist Bob in doing thorough cleaning of course route in the days immediately preceding the race.**

Due to absence of Treasurer Don Lindley & RRCA Rep July Tillapaugh, there were no treasurer's or RRCA reports.

Meeting was then adjourned with reminder that next meeting, Wednesday, June 14, will be after Hoosier Marathon.

Respectfully submitted,

**Vicki Jacobs
secretary**

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

15TH ANNUAL NUTRI-RUNS AND WALK

Long distance runners, short distance runners, youth runners, and walkers all gathered together to celebrate National Nutrition Month during the 15th Annual Nutri-Runs and Walk which included kids "Just Have Fun" Runs, 2 Mile Walk, 5 Mile Run, and 20 Km Run. All happened March 25, 1995 at the Woodside Middle School in Fort Wayne, Indiana. Under near perfect sunny spring weather over 350 participants, volunteers, family members, and other fitness friends enjoyed the festivities.

Congratulations all runners and walkers!!

Our "Discover Nutrition Anytime, Anywhere" event was a chance to celebrate healthy living with other fitness enthusiasts plus help the hungry with non perishable food for St. Mary's Soup Kitchen. Fitness and nutritious food can help everyone get and stay fit today, tomorrow, and for a lifetime.

An event is impossible without the hours of help from event supporters and volunteers. Water at mile 8, mile splits, event t-shirts, goodie bags, same day race results.....all are possible because of the time and energy of volunteers. Thanks much for all your helping hands and hearts!!

Our Major Supporters:

Fort Wayne Track Club
Northeast Indiana Dietetic Association
Fort Wayne Cardiology
Aboite Physical Therapy
Scott's Foods
Road Runners Club Of America
Waterworks Pure Drinking Water, Inc.
Hilger's Farm Market
Runner's World
Allen County React
Woodside Middle School

Our Dedicated Volunteers:

Don Lindley
J.P. Jones
Jerry Diehl
Mike Kast
Cheryl Kast
Michael McAvoy
Chris Welling
Bob Hockensmith
Joyce Hockensmith
Ann Reidenbach
Jim Bridges

Don Ford
Mark Brattoli
Jack Hilker
Tom Deal
Scott Beasley
Tom Felger
Bonnie Felger
Kyla Zehr
Jack Williams
Margaret Williams
Jack Ade

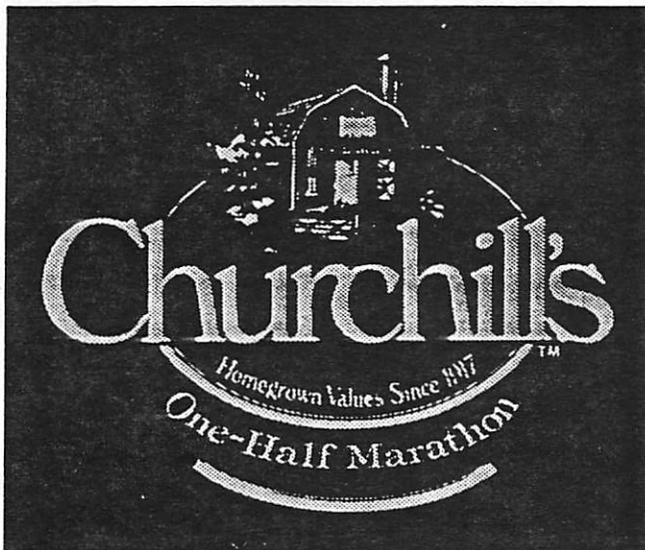
Lisa Taylor
 Barb Kruse
 Scott Hebbeler
 Skip Balkenbusch
 Jennifer Balkenbusch
 Lisa Larson
 Tim Staufer
 Yee Yee Kuhn
 Sharon Pauley
 Kathy Hart
 Julia Just
 Kandi Dawson
 Ruth Roth

Ashley Williams
 David Rensch
 Karyn Sloan
 Michael Callahan
 Linda Brooks
 Beth Biggs
 Ken Nelson
 Jerry Alexander
 Patty Butz
 Stephanie Robbins
 Janice Smucker
 Rhonda Eitsert
 Howard Klinger

Thanks Much!! Your Great!!

Be You Be Fit,

Judy Tillapaugh, R.D.



Churchill's Half-Marathon Results March 5, 1995

Jerry Diehl	1:25:15
Michael Schoudel	1:25:16
Donald Ford	1:33:28
Heidi Schubert	1:36:54
Greg Hartman	1:36:59
Paul Ausderan	1:41:31
Judy Tillapaugh	1:42:33

15th ANNUAL NUTRI-RUNS 5 MILE
March 25, 1995

PL	NAME	AGE	OV	TIME	PL	NAME	AGE	OV	TIME
FEMALE 19 & UNDER					MALE 19 & UNDER				
1	MOLLY MCKENNEDY	19	13	32:12	1	DAVID CASWELL	15	7	30:50
2	EVEYLYN CORONA	16	28	34:54	2	JOHN MILLIS	14	12	32:04
3	MEGAN DEXHEIMER	15	30	35:10	3	JUSTIN SMITH	14	15	32:16
FEMALE 20 - 24					4	MATT GUEBARD	14		35:56
1	DARLENE SCHOUDEL	20	46	37:17	5	D DEXHEIMER	13	34	36:05
2	HEIDI SCHUBERT	23	52	38:45	6	RYAN WILSON	14	37	36:25
3	CAROLINE SEIGEL	20	67	42:04	7	IAN WILSON	13	38	36:26
4	JAYNE CROSS	24	74	42:24	8	DOUG KNOWLES	13	45	37:16
5	JOANNE TARANGO	20	80	43:24	9	DAN KENSINGER	12	66	42:01
FEMALE 25 - 29					10	ANDY BORGMANN	12	69	42:07
1	MARY MCGUIRE	29	36	36:20	11	CHARLES GREENE	12	78	43:05
2	KAREN LOUIS	26	71	42:13	12	ANDY HARRINGTON	13	87	44:55
3	MARY NEWELL	25	72	42:14	13	ADAM REECE	19	88	44:56
4	PAM AARON	27	76	42:53	14	GREG FOLKER	13	95	46:15
5	LIZ ELLIOTT	27	85	44:07	MALE 20 - 24				
6	ANITA LEHMAN	28	90	45:22	1	KEVIN SWAN	21	20	33:53
7	MONICA MADDALONE	29	97	46:43	2	PETER STAFFORD	23	23	34:03
FEMALE 30 - 34					3	ROD OBREGON	21	24	34:22
1	KIM LARSON	33	32	35:42	MALE 25 - 29				
2	MARILYN MADDOX	32	33	35:56	1	BRIAN SHEPHERD	29	1	27:01
3	CONNIE MATTIX	30	40	36:36	2	JOHN WALL	29	14	32:13
4	CAROL HERNDON	30	57	40:27	3	RICK VESCH	28	26	34:25
5	LORRAINE FOX	34	63	41:02	4	BILL ROONEY	28	27	34:42
6	ALLYSON INGLIS	33	82	43:35	5	LARRY CRONE	29	48	37:29
7	ANGEL FRAIN	32	98	47:09	6	TIM REESE	25	58	40:34
8	JULIE TREESH	30	103	48:50	7	GREG ODLE	25	60	40:50
9	SHARON LARSEN	32	104	48:50	8	JEFF DAVIS	27	61	40:51
FEMALE 35 - 39					9	WILL LUZAR	25	65	41:59
1	THERESA ROBERTS	39	51	38:37	10	ANDREW WOOD	25	73	42:23
2	PAM TAYLOR	37	92	45:50	11	JOHN WILLIAMS	27	84	44:03
3	CHERYL CLAYPOOL	38	101	48:40	12	BRIAN NEHRIG	28	93	46:07
4	CATHY BUX-FERGUSON	39	102	48:42	MALE 30 - 34				
5	CHERYL SCHOREY	39	115	1:26:53	1	MARK SANDERSON	33	2	27:05
FEMALE 40 - 44					2	SCOTT MADDOX	31	4	29:17
1	DEBBIE BYERS	42	35	36:16	3	D CUMMISKEY	34	56	40:09
2	PHYLLIS SUELZER	42	55	40:02	4	TIMOTHY LAKE	32	81	43:25
3	CAROLYN AUSTIN	41	106	51:41	MALE 35 - 39				
4	NANCY GRIMES	42	108	52:08	1	JERRY WILLIAMS	35	3	27:10
FEMALE 45 - 49					2	CARL RISCH	37	6	29:55
1	MARSHA SCHMIDT	49	79	43:10	3	PAUL SHAFFER	37	8	31:02
2	GAYLE BLOOM	47	105	50:27	4	CALVIN KING	38	10	31:33
FEMALE 50 - 54					5	GREG KUHN	36	19	33:51
1	JANE LEWANDOWSKI	50	86	44:33	6	JONATHON SCHLATTER	38	25	34:27
2	ANN MACARTHUR	52	107	52:02	7	MARK LAMPORT	39	44	37:06
3	SARAH KLEINKNIGHT	51	110	55:26	8	JOHN MORGAN	37	53	39:11
					9	JAY LYNN	35	64	41:55
					10	DEAN RUSS	38	70	42:12
					11	DEAN WHITMAN	37	77	42:54

15TH ANNUAL NULTRI-RUNS 5 MILE
MARCH 25, 1995

PL	NAME	AGE	OV TIME	PL	NAME	AGE	OV TIME
MALE 40 - 44				MALE 50 - 54			
1	STEVE CASWELL	41	5 29:41	1	JACK SEIGEL	50	68 42:05
2	JOHN TRELEAVEN	43	9 31:17	MALE 55 - 59			
3	TOM YODER	42	11 31:37	1	JOE ZIEGLER	59	29 34:58
4	MICHAEL GRIMES	44	18 33:46	2	JIM KLINE	58	49 38:02
5	STEVE SUMMERS	40	39 36:32	3	BOB GENSHEIMER	58	59 40:43
6	TIM ZUMBAUGH	42	42 36:47	MALE 60 - 64			
7	CHRIS SHOOT	42	54 39:30	1	R.W. SCHMIDT	60	22 33:59
8	DAVID WALKER	42	62 40:59	2	BILL PATTERSON	63	75 42:26
9	MARVIN SMITH	44	94 46:12	3	STANLEY WILLIAMS	63	89 44:57
10	TOM FUELLING	44	96 46:24	4	MELVIN DAY	63	99 48:11
MALE 45 - 49				MALE 65 - 70			
1	GARY DEXHEIMER	45	16 32:23	1	DON ANDERSON	67	43 37:02
2	MARK GOTSCH	45	17 33:42	2	HUNTER GOIN	65	114 1:12:17
3	JOHN GAIER	45	31 35:14	MALE 70 & OVER			
4	MICHAEL CAMP	46	41 36:37	1	KEN DISLER	72	100 48:16
5	ART OBREGON	47	47 37:27				
6	JIM BERGHOFF	46	50 38:12				
7	CHARLEY KNEPPLE	46	83 43:47				
8	JOHN BLOOM	48	91 45:45				
9	MIKE ARATA	45	109 52:30				
10	TONY RENZI	45	111 58:46				
11	JIM ISAACS	49	112 1:03:49				
12	TONY GREENE	49	113 1:11:20				



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

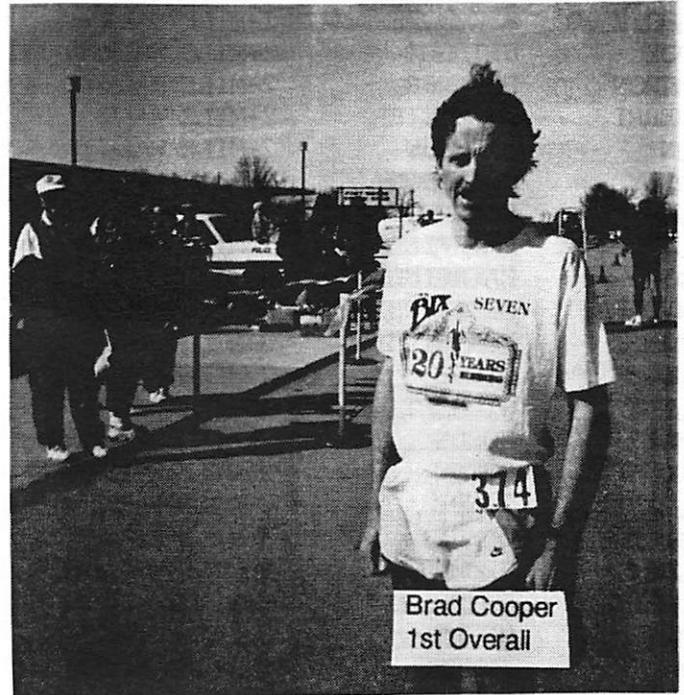
15th ANNUAL NUTRI-RUNS 20K

March 25, 1995

PL	NAME	AGE	OV	TIME	PL	NAME	AGE	OV	TIME
FEMALE 25 - 29					MALE 35 - 39				
1	KARLENE	29	13	1:21:30	1	TERRY	37	4	1:15:01
2	BEV	29	35	1:30:41	2	KURT	35	6	1:16:33
3	ROBIN	29	38	1:31:09	3	JAY	37	7	1:17:47
4	KAREN	29	66	1:40:54	4	RICK	38	17	1:25:05
5	SARA	26	81	1:47:25	5	DEAN	36	18	1:25:20
6	AMY	29	105	2:13:19	6	NICK	36	20	1:26:12
FEMALE 30 - 34					7	KIM	38	21	1:27:43
1	LINDA	31	59	1:38:42	8	JIM	38	22	1:27:49
2	LINDA	32	64	1:39:48	9	MARK	39	24	1:28:18
3	MEG	31	77	1:45:40	10	KEVIN	37	25	1:28:23
FEMALE 35 - 39					11	TED	38	29	1:29:31
1	SUE	36	45	1:33:33	12	GARY	36	34	1:30:30
2	KATHLEEN	38	83	1:48:17	13	JOE	38	36	1:30:51
3	JEAN	38	108	2:17:58	14	KEVIN	36	46	1:33:51
FEMALE 40 - 44					15	ROY	35	54	1:37:00
1	SUSAN	40	80	1:36:35	16	JAY	36	67	1:41:53
FEMALE 45 - 49					17	GARY	38	71	1:43:03
1	ELISABETH	47	86	1:49:29	18	D	35	76	1:45:31
2	BARB	48	87	1:50:03	19	STEPHEN	37	79	1:46:20
3	ANN	49	100	2:00:09	20	ROBERT	37	101	2:04:01
FEMALE 50 - 54					21	JOHN	39	106	2:14:05
1	JOAN	58	90	1:52:57	MALE 40 - 44				
2	JOYCE	57	97	1:58:21	1	HAL	40	3	1:14:36
MALE 19 & UNDER					2	PHIL	43	10	1:19:01
1	ANDREW	15	15	1:23:20	3	JED	44	11	1:20:11
2	RONALD	19	19	1:25:27	4	JOHAN	43	14	1:22:12
MALE 20 - 24					5	GREG	42	28	1:29:25
1	CHAD	24	33	1:30:11	6	GALE	42	30	1:29:36
2	BRIAN	21	43	1:32:59	7	GARY	42	32	1:30:02
3	JOEL	21	44	1:33:29	8	TOM	43	39	1:31:50
4	MITCH	23	102	2:04:02	9	MIKE	41	42	1:32:51
MALE 25 - 29					10	FRED	44	48	1:33:55
1	ROB	26	5	1:15:47	11	THOMAS	40	53	1:36:51
2	SAM	26	94	1:54:24	12	TOM	44	57	1:38:12
3	DANA	25	99	1:59:33	13	STEVE	44	68	1:42:04
MALE 30 - 34					14	JOE	40	69	1:42:12
1	BRAD	33	1	1:09:06	15	TIM	44	70	1:42:44
2	CHUCK	34	2	1:14:17	16	MICHAEL	42	78	1:46:15
3	WILLIAM	32	9	1:18:25	17	BILL	44	96	1:58:11
4	RICK	33	16	1:24:03	MALE 45 - 49				
5	KEN	33	26	1:28:34	1	GARY	46	8	1:17:53
6	TERRY	30	27	1:29:16	2	PHIL	49	12	1:21:25
7	SCOTT	34	40	1:32:01	3	DAVID	45	31	1:29:55
8	BRET	34	47	1:33:54	4	CHARLIE	49	50	1:35:47
9	MARK	32	60	1:38:46	5	DAVE	45	51	1:36:31
10	ANTHONY	32	61	1:38:52	6	LYNN	47	55	1:37:10
11	TERRY	32	72	1:43:30	7	JAMES	49	56	1:37:53
12	KEN	33	73	1:43:31	8	VIRGIL	46	58	1:38:38
13	MARK	34	85	1:48:52	9	JOHN	48	65	1:40:20
14	TIM	33	92	1:53:14	10	DONALD	48	74	1:44:09
15	TOM	31	98	1:58:56	11	GREG	46	75	1:44:54
					12	WAYNE	46	82	1:47:26
					13	BARRY	45	89	1:52:49
					14	LEE	46	93	1:53:56
					15	FRED	49	107	2:15:10

15TH ANNUAL NUTRI-RUNS 20K
MARCH 25, 1995

PL	NAME	AGE	OV	TIME
MALE 50 - 54				
1	LYNN SMITH	53	23	1:27:57
2	VICTOR LEWANDOWSKI	51	37	1:31:02
3	LARRY AVERBECK	54	41	1:32:24
4	BERNIE BURGETTE	51	49	1:35:39
5	WESLEY SABINS	50	62	1:39:15
6	JIM SEILER	50	63	1:39:34
7	RANNY MAC ARTHUR	52	84	1:48:18
MALE 55 - 59				
1	LELAND SIBREL	57	52	1:36:45
MALE 60 - 64				
1	JOHN STURTEVANT	61	88	1:51:08
2	ROBERT LOOMIS	62	91	1:52:58
3	DON RHOADES	61	104	2:11:40
MALE 65 - 69				
1	JACK O'NEIL	69	95	1:57:28
2	DICK YOUNG	66	103	2:09:02
3	J.P. JONES	66	109	2:22:57

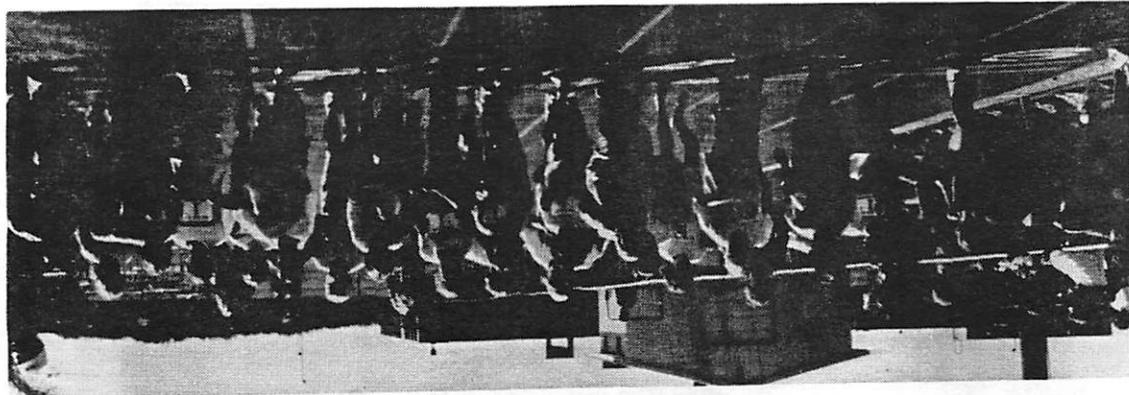
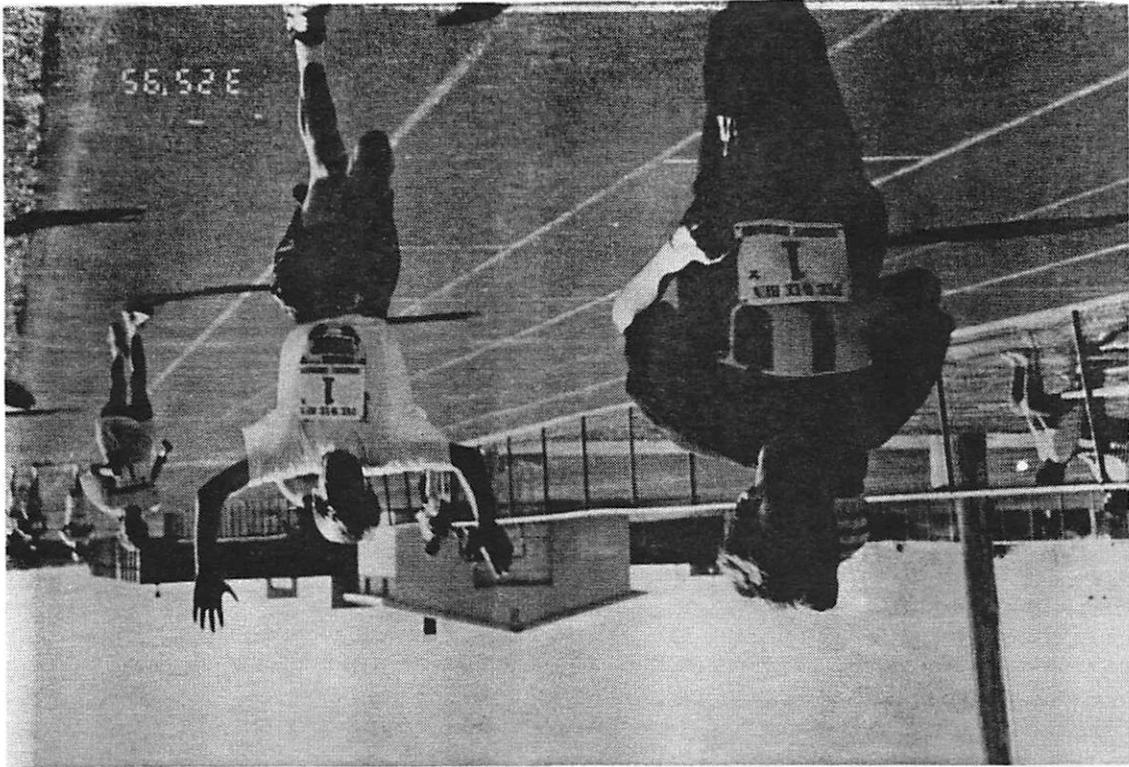


AND THEY'RE OFF ! ! ! !



15th ANNUAL NUTRI-RUNS
March 25, 1995

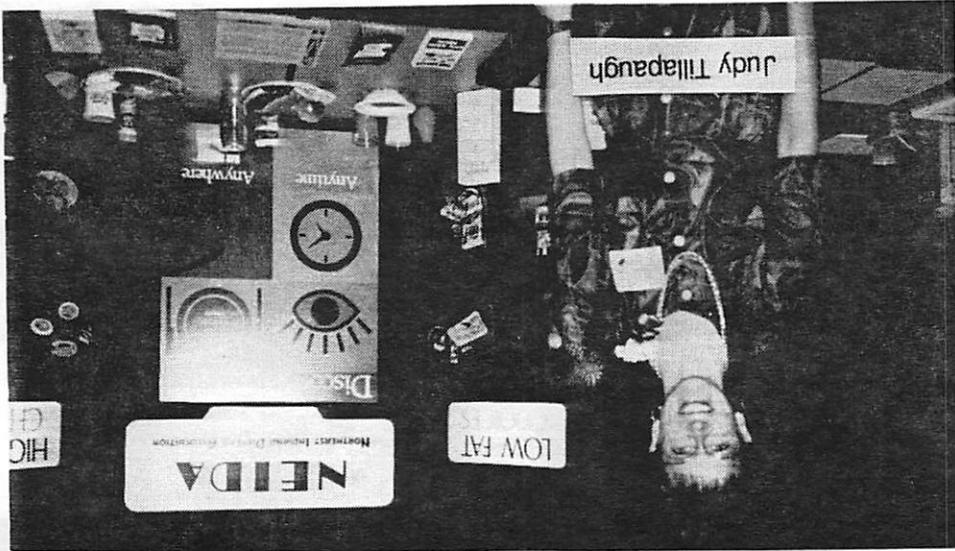
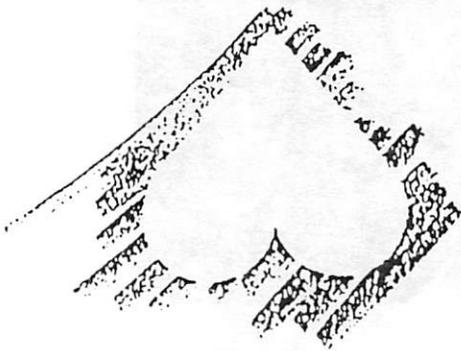
NAME	Event	NAME	Event	TIME
PAM	ALBERT	TIMOTHY	BUCHMEIER	8:41
GREG	BERGHOF	MINNICK	CARRIE	1-MILE
LAURIE JO	BERGHOF	MIKE	CASWELL	1-MILE
JUDY	BRIDGES	STEVE	CLARK	1-MILE
SHARON	BRUNNER	JILL	DAVIDSON	1-MILE
SHERRI	BUCHMEIER	TONY	DAVIDSON	1-MILE
ANN	CALHOUN	YVONNE	DE LA ROSA	1-MILE
MOLLY	DAVIDSON	LEAH	EIMER	1-MILE
LINDA	ELLENWOOD	SARAH	FELICICHA	1-MILE
LEN	FAIRFIELD	PAUL	GILBERT	1-MILE
SUE	FAIRFIELD	PHILLIP	GILBERT	1-MILE
BARBARA	FELICICHA	J. PRESTONHOLB	HOLB	1-MILE
JOAN	FELICICHA	EMILY	HOLB	1-MILE
ANDREA	GIESE	KERRY	INGLIS	1-MILE
KATHY	GILBERT	AMY	KNEPPL	1-MILE
PEGGY	GOEDE	MICHELLE	KRUSEN	1-MILE
JENNIFER	GOEDE	AARON	LAMPORT	1-MILE
KARL	GOEDE	AMY	LAMPORT	1-MILE
NICOLE	GOEDE	DUSTIN	LEWIS	1-MILE
SONJI	GREENE	NIKKI	LEWIS	1-MILE
SARAH	GRIFFIN	BECKY	MANNING	1-MILE
CAROLYN	HOYLE	JESSAH	MARTIN	1-MILE
JAYNE	JONES	CRYSTAL	MCCANN	1-MILE
MARILYN	KOENEMAN	BILLEE	MERRITT	1-MILE
MEAGAN	MEITZLER	SHAINA	MONK	1-MILE
DANIELLE	MEITZLER	BRIAN	MUHLER	1-MILE
PHYLLIS ANN	MERRIWEATHER	KATIE	NOLTING	1-MILE
KAREN	MILLIS	LAURA	PESCI	1-MILE
MARSHA	MYERS	KEVIN	POWELL	1-MILE
ROBIN	PARKS	LESLIE	RAINEAR	1-MILE
RACHEL	PARKS	JESSICA	RAINEAR	1-MILE
DIANE	SCHMIDTKE	JASON	RUSS	1-MILE
ELIZABETH	SCHMIDTKE	ADAM	RUSS	1-MILE
KATHY	SOMERS	JILL	TAYLOR	1-MILE
PHYLLIS	STUERZENBERGER	SHAYNA	TAYLOR	1-MILE
SUSAN	STUMP	JESSICA	THEME	1-MILE
TRUDY	SUMMERRIT	KARI	VAN HOUTON	1-MILE
KEITH	TAYLOR	ALISSA	WERST	1-MILE
KARI	VAN HOUTON	TARA	WILLIAMS	1-MILE
TIA	VOHRDRAN	AMIE	WHITE	1-MILE
TAWAYNA	WALKER	LAINICE	WHITE	1-MILE
ROSALIE	WERLING	LUCAS	BERGHOF	KIDDLF TROT
JEFF	WERLING	AMANDA	BIRD	KIDDLF TROT
RACHEL S	WILLIAMS	EIMER	CORY	KIDDLF TROT
JOEY	GORMAN	JAMIE	GORMAN	KIDDLF TROT
CORY	HOLB	CHRIS	GORMAN	KIDDLF TROT
ADAM	KUHN	MICHAEL	JENKINS	KIDDLF TROT
DENISE	LEHMAN	LAURA	KUHN	KIDDLF TROT
CASSIE	LEHMAN	EVIE	LEHMAN	KIDDLF TROT
LYNETTE	PINKERTON	ANDREW	LOCKHART	KIDDLF TROT
ERICA	WERST	SEAN	MCAVOY	KIDDLF TROT
		STEVEN	SANDERSON	KIDDLF TROT
		TYLER	TRICE	KIDDLF TROT
		VICTORIA	TURNER	KIDDLF TROT
		KAYLA	WERST	KIDDLF TROT



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REMEMBERING MR. LUCAS

By Paul Beckwith

My brother John called to tell me. I was not at home. When I got back my wife Elaine told me that Mr. Lucas had died.

Mr. Lucas taught English at Kent Roosevelt High School. He coached cross-country and track.

Some knew him by the name Luke, Chuck, Uncle Chuck, or Chuckles.

Mr. Lucas ran on a state championship team in high school in Pennsylvania. He got beat out by a freshman for the final spot on the squad and refused to have his photograph taken in uniform with the team.

He drove a Mercury with a inward slanting power rear window.

On Wednesday evenings during the summers we would all gather at some Metro Park in Summit County. We ran the trails at Goodyear, Sand Run, Virginia Kendall, and Hampton Hills. By the time that we had finished our run Mr. Lucas would have the grill fired up and the drinks chilled. Maybe if he found a feather he would have it sticking out of his cap.

Mr. Lucas took us to the Pocono Mountains for cross-country camp in the summer of 1971. We trained three times a day. We heard the stories from the other high school runners from the east coast about the legendary cross-country course at Van Cortland Park. We heard rumors of bears, but saw none. We soaked our feet in cool rushing streams.

We wore uniforms made by Dolphin. The shorts were solid red. The singlets had vertical red and white stripes. Mr. Lucas used to call them Candy Stripes.

Mr. Lucas had a saying for every situation. After a race he told us never to bend down from exhaustion. " We do not bow our heads to anyone. "

He put the essence of the sport in simple terms. " You can LOOK at that butt in front of you or you can BEAT it. "

He said that you should not sit and wish, but you should want and run. " The only place where dreams end up is a wet bed. "

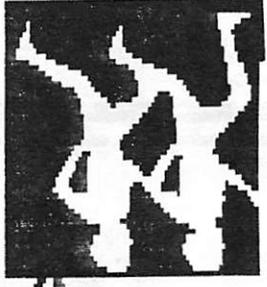
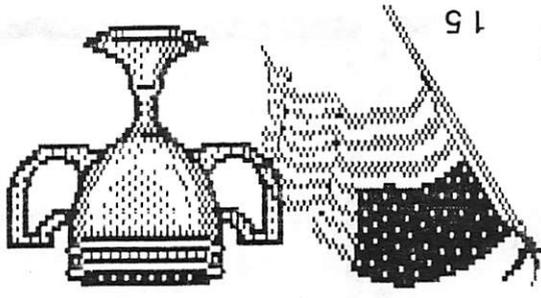
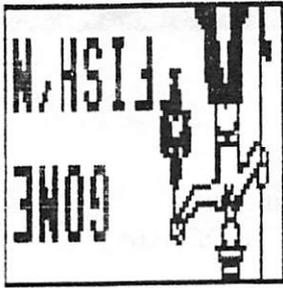
His most famous quote was the mantra " WORK, WANT, WIN. " That is what I asked the lady from the florist shop to put on the card with the red and white flower arrangement with the winged foot.

At the sectional meet one year he wrote on our hands with marker.

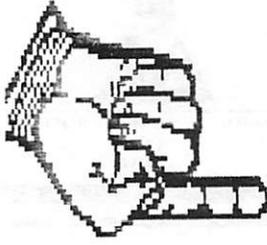
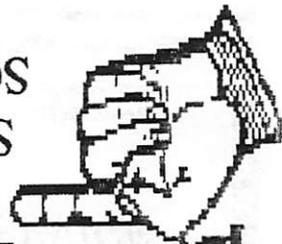
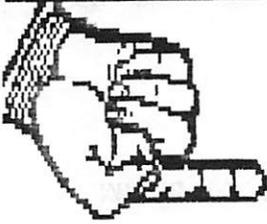
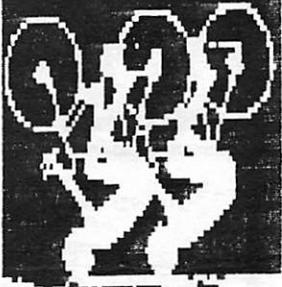
For our team picture we posed on the back of a Pepsi truck. Mr. Lucas held a mop.

Mr. Lucas coached state championship teams. Roosevelt cross-country alumni ended up at Mount Union, Allegheny, Kent State, Cedarville, Tri-State, Morehead, and Miami. One runner went on to become an NCCA division I All-American and ran 2:12 at the Rocket City Marathon in Huntsville, Alabama. Another has coached six state championship teams in Connecticut.

My brother John called to tell me. I was not at home. When I got back my wife Elaine told me Mr. Lucas had died. I was out on a ten mile training run in the rain on the trails at Pokagon State Park.

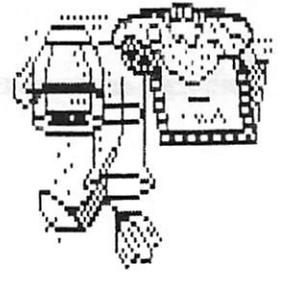
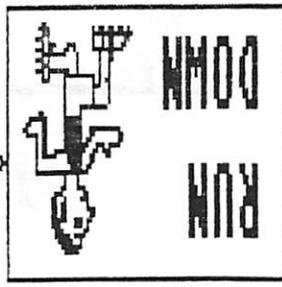
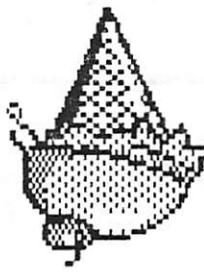
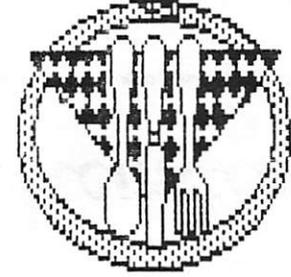
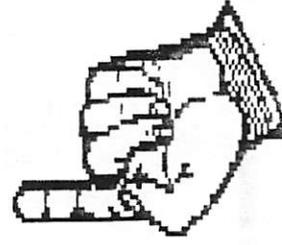
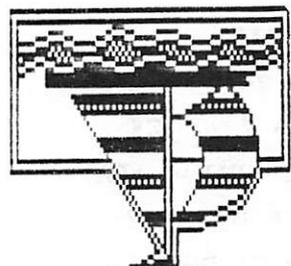


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HOMESTEAD HILLY FOUR RESULTS MAY 13, 1995

OVERALL

- 1 Jerry Williams Jr. 21:53
- 2 Mark Stauffer 22:44
- 3 Tom Yoder 23:33
- 4 Gary Rickner 23:44
- 5 Mark Herndon 23:49

- 14-Under**
- 1 Matt Dexheimer
 - 1 Jackie Trigovich
 - 2 Lisa Pesci

- 40-44**
- 1 Bill Blosser
 - 2 John Treleaven
 - 3 Richard Morando
 - 4 Michael Rost
 - 5 Don Kramer

MASTERS

- 1 Tom Yoder
- 2 Gary Rickner

- 15-19**
- 1 Todd Esquivel

- 45-49**
- 1 Art Obregon
 - 2 Mike Diss

WOMEN

- 1 Anne Duff
- 2 Connie Mattix
- 3 Jackie Trigovich
- 4 Karen Louis
- 5 Lisa Pesci

- 25-29**
- 1 Mike Engler

- 50-54**
- 1 Larry Averback
 - 2 George Davis

MASTERS

- 1 Joan Gary
- 2 Kathy Johnson

- 35-39**
- 1 Chris Farrell
 - 2 Paul Schaffer
 - 3 Calvin King
 - 4 Greg Kuhn
 - 5 Johnathon Schlatter

- 1 Jeanette Klein

- 60 & Over**
- 1 Bill Paterson
 - 2 Ken Disler

4 Mile Walk: Carol Weide

LAM X experience - 3/5/95

Got up at 5am. Slept fairly well. Ate a raisin nut roll from Trader Joe's with coffee. Drank 12oz of GatorLode. Took my vitamins and 800mg Ibuprofen.

It had rained all night and would continue throughout race day, a steady drizzle. Jennifer freaked when I asked her to meet me at places on the course she hadn't been to before. After calming her down I drove her Corolla down Jefferson when I meant to take Rodeo. Ended up inside the race loop and couldn't get out because the first cyclists were coming down Crenshaw to Rodeo. This is a new event this year where 11,000 cyclists tour the marathon course before the race. I began to freak because we were losing a lot of time in traffic. Ultimately I drove to the north side of USC, got dropped off and walked across campus, about a mile, through racers going the other way. Finally reached the Sports Arena and checked my bag at the first table I saw. I kept my yellow jacket on with the hood. No time to get water or stretch. There was no Tenner corral as we had been told. Managed to get close to the first barrier near the starting line.

Suddenly the starters pistol went off and the race was on. My 1st mile was 7:21. Perfect! Jen was at Mile 1 where I gave her my jacket. I ran in shorts and CoolMax singlet and was very comfortable despite the rain. Drank lots of water early on at Miles 1, 2 and 3.

When heading up towards City Hall, this man named Cliff, another Tenner, and I talked a bit. When I said I was hoping for a 3:10 he said, "You better pick it up then." Then he zoomed on ahead.

I held back until mile 7 and then started rolling faster but with easy effort. Caught Jose at about mile 9. I usually catch him between miles 15 and 18. He stayed with me until mile 12 and then dropped back. I was cooking! Soon after, I caught and passed Pat Devine. Yay!. He's an over 60 runner who usually wins his age group and beats me in the marathon.

Jen was at about 12.5 miles. She ran with me in her long red raincoat but I didn't need anything. (She could be a good runner but she doesn't like it enough.) Tim, Robin and Val were on Orange Drive (mile 13) telling me I looked strong.

Miles 15, 16, 17 were sub 7's. Another 10 yr runner named Herb ran with me for a mile or so. We chatted a bit and he looked strong but he dropped back by mile 19. A guy in triathlete outfit had run near me for 10 or 12 miles but now was 50 feet ahead of me. Another guy running without a shirt had remained another 50 feet ahead of him. I thought I might close on them thru the hills but I didn't. Just beyond Pico Blvd the course starts downhill. That's when I caught and passed first the triathlete and soon after, the shirtless man. In less than a mile they were history.

Jen was at mile 21 and again she ran with me for a short distance but I was doing fine. Around mile 22, two Gardena Valley runners came up on me. I matched their pace and we ran three abreast. One of them said to me, "You sure look fresh". I returned the compliment, "So do you". I felt great!

At about mile 24 I pulled to the side to get water. My right leg just above the knee, began to tighten all around. While I drank they got about 5 secs on me and began to extend it. I never caught them but a fast last mile brought me to within ten secs of them at the finish line and I'm content with that. I think I rested during mile 25 so I was able to push mile 26 in about 7:03. Near the finish line I managed a sprint of sorts and passed two guys. I felt still full of energy, far from drained. And I had a PR by 6 minutes! Jeri (a neighbor and volunteer) was under a table with her list of Tonnens trying to stay dry. Someone put a ten year finisher medal around my neck and another got me into position for two snapshots in front of the Coliseum. One shot with arms raised and one with hands on hips a la Superman.

There were no space blankets and I was starting to get cool. Food consisted only of pretzels, oranges, orange juice, Hansen's juice and Naya bottled water. In previous years, the eats were much better. As I walked along the chute I saw another photo shoot for the non-ten year runners so I had another shot taken. Jen was waiting for me along "the hall of silence". People on both sides, standing in the rain, looking but making no sound while exhausted runners scanned the faces. It was a little eery.

After changing to dry clothes, we trudged to the car through the continuing rain. We got soaked all over again on the way.

The next day, the L.A. Times printed the first 500 men. I was 446! Hooray! 3:10:34! Hooray! This was my first time in the paper. Herb did 3:13 and just missed getting his name in print. Cliff later told me that he saw me pass him at around mile 16. He finished in 3:20 although his PR is 3:09. Les, my training partner, was on track to do a 3:24 until severe pain in his right knee caused him to walk the last four miles and finish in 4:02. (Still a PR by about 1.5 hours. Not a bad improvement.) John did it in 5:30. What a guy! Why won't he train? John's girlfriend, Sheri, ran 3:39 in her first marathon on just 15 miles a week. Her crosstraining must've been very good but she may also have some natural talent.

I believe that my crosstraining helped me, too. I weight lifted from Thanksgiving to New Years and I dropped my weight to 175. Much of my training was done at marathon race pace and I used a heart rate monitor for control. One important thing was taking vitamins in dosages that are right for long distance runners. The rain also helped by keeping my body temperature down. However, I still prefer dry weather on race day. In the end, I guess it all helped me put together my fastest marathon ever in my tenth try on this course.

Here it is a week later and I'm still high on the endorphins. Before this race, I had begun to give up hope for any faster times in the marathon but now, ...next year, the year after, maybe I'll break 3 hours yet!

June 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3 Training Run 7AM YMCA Downtown Indy Zoo 4 Mile
4 Columbus Masonic 10K Oh	5	6 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	7	8 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	9	10 Training Run 7AM YMCA Downtown Canal Days 5K & 10K New Haven
11 HOOSIER MARATHON 6:30 AM FOSTER PARK	12	13 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	14 Run 6PM Showers FWTC Mtg. 7PM Taylor U. Act. Cen. Casa's after mtg.	15 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	16	17 Training Run 7AM YMCA Downtown Mermaid Festival 5K North Webster
18 Hard Rock Cafe 5K Chicago, IL Archie Griffin 5 Mile Columbus, OH	19	20 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	21	22 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	23	24 Training Run 7AM YMCA Downtown Hoosier State Games 5 Mile
25 Pictured Rocks 11 Mile Munising, MI	26	27 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	28	29 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	30	1

July 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 Pictured Rocks 11 Mile Munising, MI	26	27 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	28	29 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	30	1 Training Run YMCA Flotilla 8M/3.3M Syracuse Hamilton Lake 5K
2	3	4 Running Wild 4M Fort Wayne Zoo Country Run 4M Etna Green	5	6 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	7	8 FWTC 3 Rivers 5K run on parade route
9 Chicago Distance Classic 20K & 5K	10	11 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	12 Run 6 PM Showers FWTC Mtg. 7 PM Taylor U. Act. Cen. Casa's after Mtg.	13 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	14	15 Training Run at Y Warrior 4M - Ohio City Hoosier State Games-Indy
16	17	18 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	19	20 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	21	22 Training Run at Y Strides Against Cancer 5K & 1M-Syracuse Quad City Series-Laotto
23	24	25 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	26	27 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	28	29 Training Run at Y Cannonball 5M-Wabash Training Run at Y Clear Lake 10K
30	31	1	2	3	4	5 Harlan Days 10K Quad City Series - Rome City

Nutrition from Judy

Nutrition: A Road Worth Traveling

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

Steps to new healthful eating habits are sometimes short, sometime long. At times its a challenge to stay on track yet other times it's easy!! The tricks to achieving habits that can last a life time include: thinking of your whole eating style, not just individual foods; learning how foods fit together to create balanced meals; and combining nutrition and taste so you can maintain healthful choices anytime, anywhere.

Tool to healthful eating:

1. USDA food guide pyramid - This is you road map and it can be used to plan healthful meals for the entire family. Look for healthful choices within each food group, including whole grade breads and cereals for fiber, dark leafy greens and citrus fruits for vitamin A and C, low fat and nonfat dairy products, lean meat poultry, fish, legumes and eggs for protein.

2. The new food label - this is one of your most important tools. The "Nutrition Facts" panel provides information you need to make food choices to match your needs. It helps you get nutrients you might need more of like calcium and fiber. But the label shouldn't be used to decide whether you can or can not eat a certain food. Instead, use it to determine how it can fit into a healthful eating plan.

3. Think "one step at a time" - Make changes gradually. We humans naturally resist handling a lot of changes at once. Circuit overload! We end up running the other way. Focus on realistic changes you feel ready to do. Maybe try satisfying your sweet tooth with fruit flavored frozen yogurt, fresh fruit, or reduced fat cookies.

Here's a quiz to test your nutrition knowledge plus help you make more nutritious choices. As you answer each one think "what new step will I do starting tomorrow?" Discover nutrition anytime, anywhere!!

How Much Do You Know About Nutrition

1. Fast food is off limits if you're following a low-fat diet.

True False

2. What is a nutritious, low-fat food?

- a) pretzels
- b) apples
- c) popcorn, air-popped
- d) all of the above

3. On the new food label, the percent Daily Value gives you a general idea of a food's nutrient contribution to a reference diet of:

- a) 2000 calories
- b) 1500 calories
- c) 2500 calories

4. Sticking to a healthful eating style is impossible when you eat out.

True False

5. Which of the following types of ethnic food offers healthful, low-fat choices.

- a) Chinese
- b) Italian
- c) Mexican
- d) all of the above

6. That is the key to a healthful eating style?

- a) variety
- b) balance
- c) moderation
- d) all of the above

7. What is the best way to cut back on fat in the food you eat at home?

- a) buy only foods that provide less than 30 percent of calories form fat
- b) eliminate all fat from your diet
- c) reduce the fat in your favorite recipes and add more fresh herbs and spices for flavor
- d) buy only foods that say "low fat" or "fat-free" on the label
- e) all of the above

8. According to the USDA Food Guide Pyramid, from which food group should you eat the most servings each day?

- a) grains - bread, pasta, rice
- b) vegetables
- c) fruit
- d) dairy - milk, yogurt, cheese
- e) meat, poultry, fish, beans, eggs, nuts

Nutrition from Judy

How Much Do You Know About Nutrition

9. All you need to do to lose weight is to limit the fat in your diet.

True False

11. Between meal snacking can help you get important nutrients you might have missed at meal time.

True False

12. The "sugars" category on the Nutrition Facts panel tells you how much.

- a) table sugar has been added
- b) natural sugars are in the food
- c) other sweeteners, like honey, have been added
- d) all of the above

13. Dairy products are the only foods that provide calcium.

True False

14. If the label says "fat-free" it means you can eat as much as you want.

True False

5. d. - All three popular ethnic cuisines offer healthful dishes, such as stir-fried vegetables, linguine in marinara sauce and rice and beans, that are rich in complex carbohydrates and fiber and low in fat.

6. d. - An eating style that promotes your overall health is based on:

Variety - enjoying many different foods from all the food groups.

Balance - including enough, but not too much, of any one kind of food.

Moderation - in use of fats, oils and added sugars.

7. c. - Cutting back the fat in your favorite dishes and adding more herbs and spices to fill the flavor gap is the best way to reduce the fat in your diet. A healthful low-fat diet can include moderate amounts of margarine, butter or vegetable oils.

8. a. - It is recommended that you eat six to eleven servings each day from the grain group; two to four servings from the fruit group; three to five servings from vegetables; two to three servings from meat, poultry, fish, beans, eggs and nuts, and two to three servings from the dairy group.

9. False. - Although a low-fat diet is important for weight loss, calories still count. Limiting calories, as well as fat, combined with regular physical activity are the lifestyle changes that will lead to maintaining a healthy weight.

11. True. - Nutrition authorities have found that small, healthful snacks, such as fruit, vegetables, whole grain crackers and low-fat cheese, provide nutrients you might miss at meal time.

12. d. - The sugars category on food labels includes naturally occurring sugars as well as added sugars. Milk contains lactose and fruits and juices contain fructose, both naturally occurring sugars. You will find "sugars" listed on the Nutrition Facts label for these products.

13. False. - Although milk, yogurt and cheese are the major sources of calcium in our diets, other foods, such as broccoli, and enriched breads and cereals, contribute some calcium. For those who cannot tolerate dairy products, calcium-fortified fruit juices and breads are other options.

14. False. - Fat-free does not necessarily mean that the food is also low in calories. Sometimes in modifying foods to lower the fat, the carbohydrate content is increased. Check the Nutrition facts panel for calories and serving size.

Answers

1. False. - Any favorite food can still have its place in a healthful diet, if eaten in moderation. And today, more fast food chains are offering a variety of low fat options, such as low fat shakes, grilled chicken sandwiches and salads with reduced-calorie dressing.

2. d. - All three are nutritious, low-fat snacks you can munch on anytime.

3. a. - The percent Daily Values on the new food labels are based on a 2000 calorie reference diet. You may need to make adjustments for your individual dietary needs.

4. False. - Whether it's carry-out, coffee shop or haute cuisine, look for these words on the menu as clues to healthful food choices: grilled, broiled, baked, roasted, and steamed. Choose lean meats, fish and poultry. Ask for sauces and salad dressings to be served on the side.

Salads can provide a simple, cool meal for busy summer days. These examples are from *One Year of Healthy, Hearty & Simple One-Dish Meals*, just off the presses from CHRONIMED Publishing.

SUMMER SALADS

BROCCOLI TUNA SALAD

- 1/3 cup vegetable oil
- 2 Tbsp. lemon juice
- 2 Tbsp. lime juice
- 1 Tbsp. minced garlic
- 1/8 tsp. pepper
- 1 6 1/8-oz. can tuna in spring water
- 1 bunch broccoli, cut into florets
- 8 oz. fresh spinach, cut
- 1 small head red leaf lettuce, torn into bite-size pieces
- 1 1/2 cups tomato, cut into chunks
- 1/4 cup alfalfa sprouts
- 1/3 cup freshly grated Parmesan cheese
- 1 Tbsp. bacon bits

In large bowl, whisk oil, lemon and lime juices, garlic, and pepper. Add remaining ingredients and toss to coat. Serves 4.

Per serving: 370 calories, 42 mg. cholesterol, 227 mg. sodium, 6 gm. saturated fat, 18 gm. fat

Exchanges per serving: 2 fats, 3 meats, 2 vegetables

TURKEY SALAD FOR TWO

- 1 1/2 cup shredded, cooked turkey
- 2 bananas, sliced
- 1/8 cup chopped celery
- 1/3 cup chopped carrots
- 1/8 cup green onions
- 1/3 cup raisins
- 1/3 cup light mayonnaise
- 1/4 tsp. cumin
- 1/4 tsp. dill
- 1/8 tsp. garlic powder
- Salad greens

Toss together turkey, bananas, celery, carrots, onions, and raisins. Combine the mayonnaise, cumin, dill, and garlic powder; blend well. Fold into turkey mixture. Refrigerate for one hour. Serve on top of salad greens. Serves 2.

Per serving: 370 calories, 95 mg. cholesterol, 171 mg. sodium, 2.9 gm. saturated fat, 9.2 gm. fat

Exchanges per serving: 1 fat, 1 fruit, 3 meats, 1 vegetable

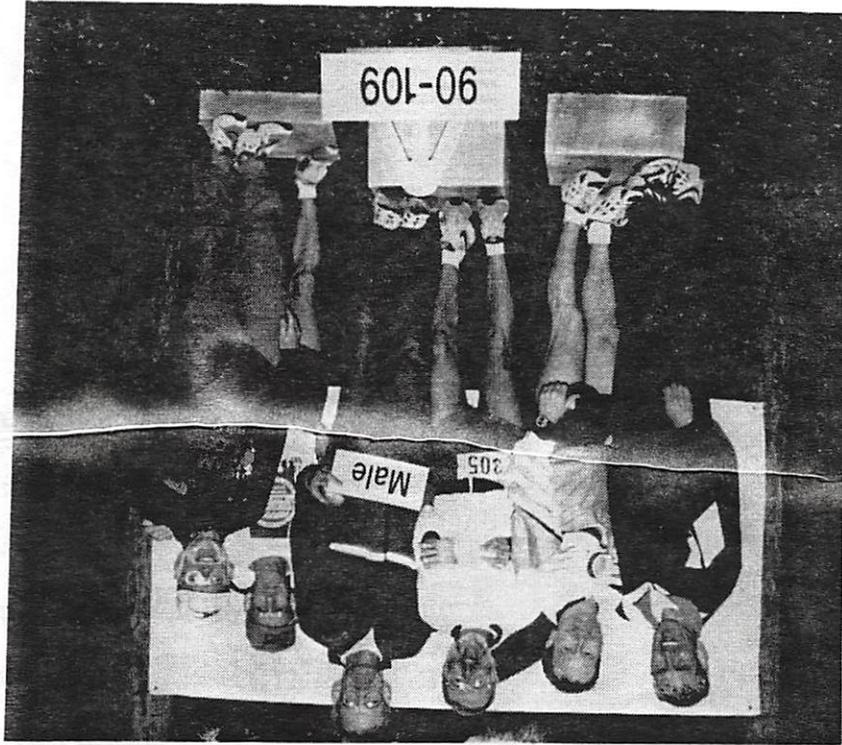
FRUIT SLAW

- 3 cups shredded cabbage
- 1 orange, peeled and sectioned, cut in half
- 1 tangerine, peeled and sectioned, cut in half
- 1/2 cup seedless red grapes, halved
- 1/2 cup seedless green grapes, halved
- 1/4 cup sliced celery
- 1 apple, cored and chopped
- 1 8-oz. carton low-fat orange yogurt
- 1/8 tsp. nutmeg
- 1/3 cup sunflower seeds

In a large salad bowl, combine cabbage, orange pieces, tangerine pieces, red grapes, green grapes, celery, and apple. Combine yogurt and nutmeg. Pour yogurt mixture over cabbage and fruit; toss. Sprinkle with sunflower seeds. Chill. Serves 8.

Per serving: 88 calories, 0 cholesterol, 10.8 mg. sodium, 0.3 gm. saturated fat, 2.9 gm. fat

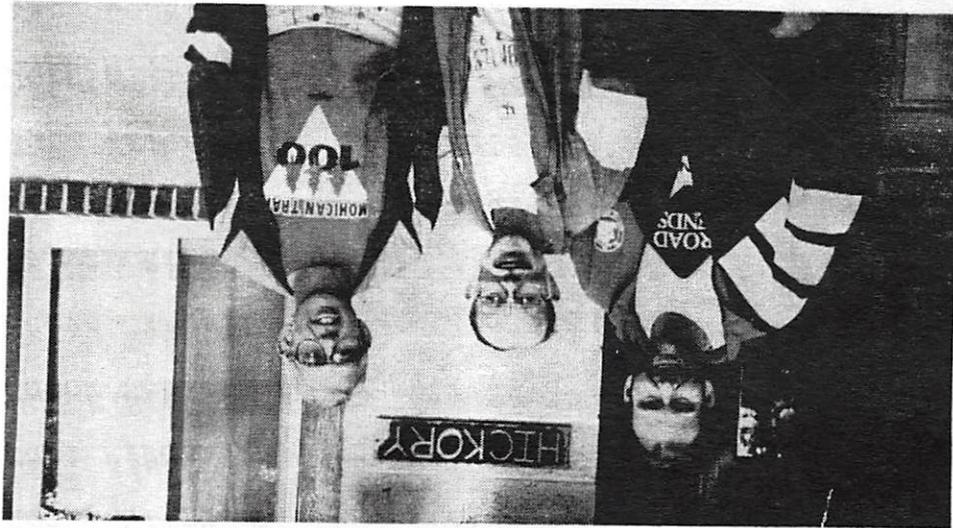
Exchanges per serving: 1 fruit, 1/2 skim milk



90-109 Years
 3 Don Lindley
 Jim Oaks
 32:05

70-89 Years
 6 Judy Tillapaugh
 Karen Jacobsen
 40:37

RUNNING TIMES TWOSOME RELAY RESULTS
 May 4, 1995
 Allentown, Pennsylvania
 4x1.2 miles

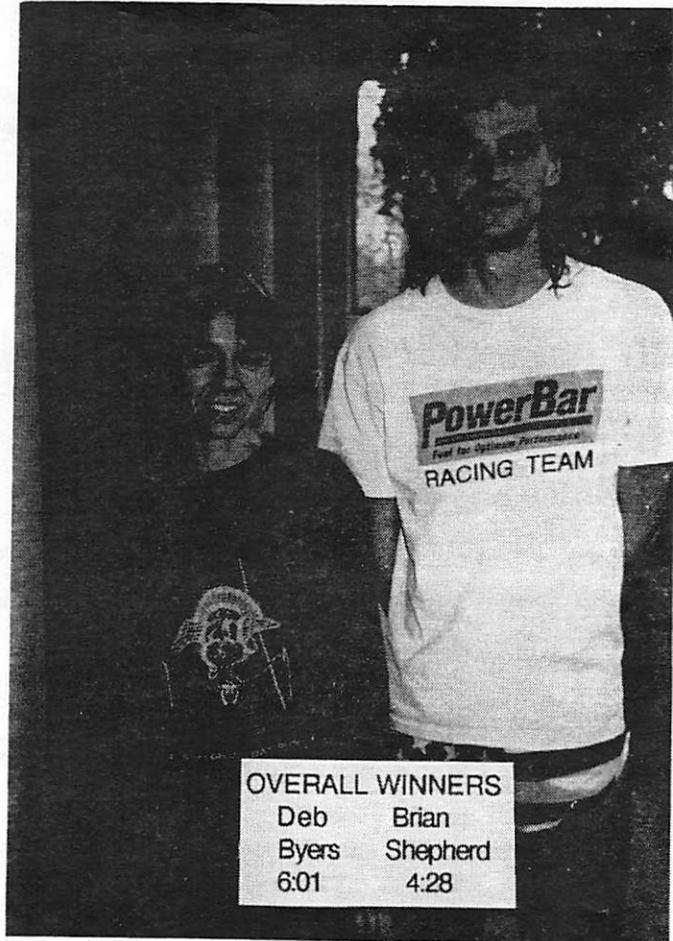


Jerald Diehl 9:10:11
 Don Lindley 11:29:36
 Don Ford

5-8-1995 50

FWTC One Mile Championships

- 1) Brian Shepherd 4:28
- 2) Jerry Williams 4:39
- 3) Carl Risch 4:42
- 4) Chuck Schlemmer 4:45
- 5) Steve Caswell 4:52
- 6) Calvin King 4:57
- 7) Gary Rickner 5:01
- 8) Adam Frick 5:05
- 9) John Millis 5:09
- 10) Zane Donaldson 5:20
- 11) Sam Vargas 5:21
- 12) Chad Ware 5:42
- 13) David Caswell 5:59
- 14) Deb Byers (F) 6:01
- 15) Don Anderson 6:13
- 16) Art Obregon 6:14
- 17) Jessica Thieme (F) 6:38
- 18) Barb Scrogham (F) 6:58
- 19) Ken Disler 8:02
- 20) J. P. Jones 8:38
- 21) Sharon Pauley (F) 10:42



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



DECATUR
Mon.-Fri. 9:30-8;
Sat. 9:30-6
728-2022

FOOTWEAR & FASHIONS

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} _____



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

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

ABOITE PHYSICAL THERAPY, INC.

MICHAEL L. (MAC) MCAVOY, P.T., A.T.C.
PHYSICAL THERAPIST, ATHLETIC TRAINER

JEFFERSON MEDICAL CLINIC
7232 ENGLE ROAD, SUITE 210
FORT WAYNE, IN 46804
(219) 436-9710

MAC HAS WORKED WITH AREA HIGH SCHOOL
ATHLETIC TEAMS THE PAST 7 YEARS. HIS
RUNNING BACKGROUND INCLUDES A 2:48:13
MARATHON PR AT DETROIT FREE PRESS.

QUEST FOR 50 UPDATE

By Joyce Hockensmith

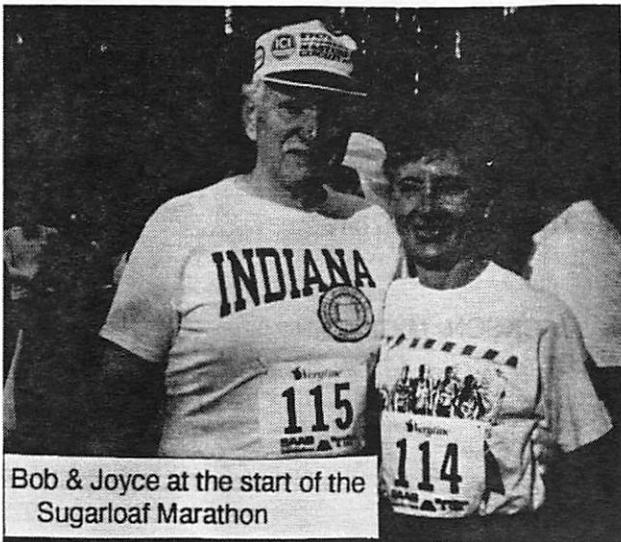
Bob's back! The hamstring's healed, and we're off and running. Bob tested it on the Toledo course, not completing the entire marathon, and allowing me to tie his total number of marathons. I ran most of Toledo with my good friend, Barb Scroggum, who has been away from marathoning for awhile, but is also back!

May 6 took us out to Boise (pronounced with the "s" sound and not with a "z"), Idaho for the Great Potato Marathon. The temperature was cool, in the 40's, which would have been great for a marathon, if it hadn't been for a constant downpour. The course is one of the worst I've run. It started out with great promise in a park area along a greenway paved path. Unfortunately that lasted only about 5 or 6 miles. At this point we were only three miles out of Boise, so the remainder of the marathon was spent running back and forth on nearly every street in Boise. Because of the horrible weather, volunteers were at a premium, and some arrows were buried in standing water. All in all, I was only lost once, and Bob twice. Standing at the finish line in my garbage bag I had worn the entire marathon, cold and wet, having received no medal, I could not fully appreciate the lukewarm baked potato I was handed to gnaw on on my walk back to the motel. The redeeming factor of this whole event was the post race party at a local restaurant. Whole pizzas (all you can eat) and garlic bread were brought to the tables. Many door prizes were given away, including quite a few stuffed potato guys which I wanted badly to win, and didn't. The next bright spot was the medal I received for placing 2nd in my age group. Idaho is history, and that's where that marathon is going to remain.

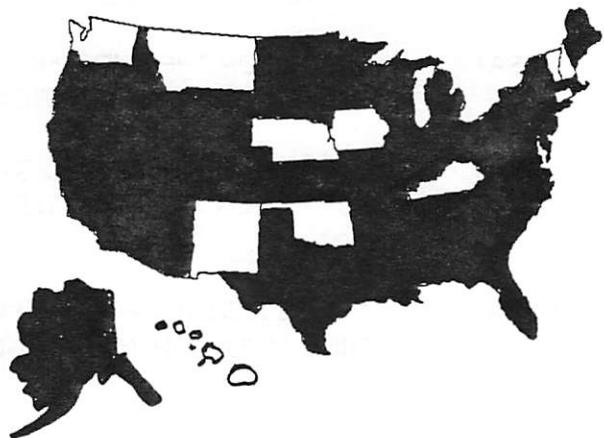
After having dinner with two of our 50 & DC group friends from California, and learning of the Revco Marathon in Cleveland, Ohio to be held the following weekend, Bob and I decided to take a drive, since we didn't have any major plans for the weekend. At 4:30 AM there were storms in the area and gusty winds, and we were wondering what we were doing there, but the skies cleared, and it ended up being way too hot (80). Mark Bratoli from Fort Wayne was also there, and I don't think he has many good words for that day either. Bob ended up having to run the last 5 miles without water since stations were closed to anyone who couldn't run a 5 hour marathon pace. In fact when Bob came in, there was nothing left at the finish line, except me. I was there with Bob's medal I had talked out of the last volunteer to leave.

The following weekend, May 21, we ran the Sugarloaf, Maine Marathon. It was a point to point race with some pretty scenery. The downside was that there was no traffic control on the road, and some of the cars didn't want to give much leeway. Bob and I had accommodations in Kingfield, near the finish line, since we had a 5:30 flight out of Bangor, a two hour drive away. It was the old Herbert hotel and it had class, good food, but no hot water.

Our marathon totals, as of this writing, are 40 states and 63 marathons.



Bob & Joyce at the start of the Sugarloaf Marathon



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

----- 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
- 03 SAT * MICHIGAN RUN 12K - 5K - 5K WALK 8 A.M. LANSING, MICHIGAN
STEVE WIDDER (517) 483-4208 BOX 27475, LANSING, MI 48912
- 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 WHITE RIVER RUN 5K AND 10K 8:30 A.M. ANDERSON, IND.
STEVE HAGENSIEKER (317) 641-7192
- 10 SAT * RACE FOR THE CURE 5K COLUMBUS, OHIO
5K MEN 8:30 A.M. 5K WOMEN 9:15 A.M. 614-224-1964
- 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 * HOOSIER MARATHON AT FORT WAYNE 6:30 A.M. FOSTER PARK
FOR INFO CALL BOB HOCKENSMITH (219) 749-1237

11 SUN KELLYS ISLAND 5K AND 10K 10:45 A.M. KELLYS ISLAND, OHIO
TOM ETCHILL, 5602 SCHENR, SANDUSKY, OH 44870 (419)625-9512

17 SAT MERMAID FESTIVAL 5K 8 A.M. NORTH WEBSTER, IND.
N. WEBSTER ELEM. CALL BRIAN SHEPHERD 894-4638

17 SAT * ROUND BARN 5K RUN 9 A.M. ROCHESTER, IND.
DAN MCCARTHY, 401 EAST 14TH ST., ROCHESTER IN 46975

17 SAT STEAMBOAT CLASSIC 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 HOG JOG 10K 8 A.M. FLORA, IND.
DALE OREN, BOX 131, FLORA IN 46929 (219)967-3096

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)
GOOD LUCK TO JERRY DIEHL ON HIS FIRST 100 MILE RUN!

18 SUN * HARD ROCK CAFE 5K 8:30 A.M. CHICAGO, ILLINOIS
MAJOR EVENTS (312)527-2200 YOU GET A GREAT SHIRT!

18 SUN ARCHIE GRIFFIN RUN 5 MILE 9 A.M. COLUMBUS, OHIO
CALL 513-853-7804

23 - 25 HOOSIER STATE GAMES - REGIONAL COMPETITION - FORT WAYNE
TRACK AND FIELD EVENTS PLUS RUN/WALK (317)237-5000

24 SAT * QUAD CITY SERIES 5K 8:30 AM AVILLA, IND.
MIKE YODER, 211 W. MITCHELL ST., KENDALLVILLE IN 46755
CALL (219) 347-3155

24 SAT DUCKLING DASH 5K BROAD RIPPLE AREA INDIANAPOLIS, IND.
TUXEDO BROS, 4314 MARTEA MORE CT. ZIP 46254 (317)328-1632

24 SAT SUMMERFEST 5K MISHAWAKA, IND.
STACI SWADENER (219) 258-1667

- 24 SAT BUZZARD'S ROOST 10K 6:30 P.M. ARCADIA, IND
EVAN ACHENBACH, (317) 984-3019 HAMILTON HEIGHTS MIDDLE SCHOOL
- 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 * GREEN RIVER ROAD RACK 5 MILE 8 A.M. MORGANTOWN, KENTUCKY
BUTLER CO. CHAMBER (502) 526-6827
- 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 * QUAD CITY SERIES 4 MILE RUN 8:30 AM KENDALLVILLE, IND.
MIKE YODER, 211 W. MITCHELL ST., KENDALLVILLE IN 46755
CALL (219) 347-3155
- 04 TUE COUNTRY RUN 4 MILE 8 A.M. ETNA GREEN, IND
BETH MINER (219) 858-9375 HERITAGE PARK
- 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
- 5-9 * USA NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS EAST LANSING, MICH
VARIOUS FIELDS EVENTS INCLUDING 5K AND 10K
RANDOLPH WILLIAMS (313)834-0378
- 08 SAT THREE RIVERS FESTIVAL 5K FWTC EVENT FORT WAYNE, INDIANA
RUN THE PARADE ROUTE! DETAILS TO FOLLOW
- 08 SAT GOT TO HAVE GUTS 5K EAGLE CREEK PARK INDIANAPOLIS, IND.
TUXEDO BROS., 4314 MATREA MORE CT., 46254 (317)328-1632

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 FRI * BASTILLE DAY 5K 7 P.M. CHICAGO, ILLINOIS
CALL (312)274-6792 VOTED CHICAGO'S BEST 5K

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

15 SAT RUN FOR YOUTH 8K RUN 8 A.M. EAGLE CREEK INDIANAPOLIS, IND.
PATTI CUSHINGBERRY (317)924-7490

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

15 SAT WARRIOR 4 MILE RUN 6:30 P.M. OHIO CITY, OHIO
CONTACT MARK SANDERSON (419) 238-5078

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 * QUAD CITY SERIES 5K 8:30 AM LAOTTO, IND.
MIKE YODER, 211 W. MITCHELL ST., KENDALLVILLE IN 46755
CALL (219) 347-3155

29 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 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.
LEANN YAGODINSKI, BOX 12925, ZIP 46866 (219) 434-8232

29 SAT STEVE'S RUN 10K AND 5K DOWAGIAC, MICHIGAN
RON GUNN, SW MICHIGAN COLLEGE (616) 782-5113

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 * QUAD CITY SERIES 5K 8:30 AM KELLY PARK ROME CITY, IND.
MIKE YODER, 211 W. MITCHELL ST., KENDALLVILLE IN 46755
CALL (219) 347-3155
- 05 SAT * NORRIS INS. CONVERSE 5K 8 A.M. FARMERS BANK CONVERSE, IND.
JOHN NORRIS, BOX 157, AMBOY IN 46911 (317)395-7761
- 12 SAT * HOT AIR AFFAIR 4 MILES 9 A.M.(OHIO TIME) VAN WERT, OHIO
10TH ANNUAL CASH AWARDS TO TOP 3 OVERALL AND 1ST IN AGE GROUP
MICHAEL CLAY (419) 749-4034, 6637 LINCOLN HWY, CONVOY OH 45832
- 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)481-2212 6600 N. CLINTON, FT WAYNE IN 46825
- 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
- 04 MON CARMEL CLAY 5 MILE RUN CARMEL, IND.
TUXEDO BROS., 4314 MATREA MORE CT., 46254 (317)328-1632
- 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 * DANCES WITH DIRT 75 MILE RELAY, 50K AND 100K
PINCKNEY AND WATERLOO RECREATION AREA, MICHIGAN
RUNNING FIT, 141 E. MAIN, NORTHVILLE MI 48167 (810)380-3338
- 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 COLUMBUS HALF MARATHON (ALSO 5K) 8:30 A.M. COLUMBUS, OHIO
ULTRAFIT/USA, BOX 06358 COLUMBUS OH 43206 (614)444-3832
- 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 BUCKEYE HALF MARATHON 8:30 A.M. CUYAHOGA FALLS, OHIO
LUANNE STOCKTON (218)929-6551
- 24 SUN THE BLADE 10K RUN 8:30 A.M. TOLEDO, OHIO
ROY HILL, 541 N. SUPERIOR ST., TOLEDO OH 43660 (419)245-6285
- 30 SAT * NORRIS INS. BUNKER HILL 4 MILES 8 A.M. BUNKER HILL, IND.
JOHN NORRIS, BOX 157, AMBOY IN 46911 (317)395-7761

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

- 01 SUN * MOTOROLA 1/2 MARATHON 7:30 A.M. CHICAGO, ILLINOIS
CALL (312)944-6667
- 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 WINDY CITY INTERNATIONAL MARATHON CHICAGO, ILLINOIS
LOYOLA UNIVERSITY BOB BRIGHT, CALL 800-WINDYCITY
THIS IS A FIRST TIME MARATHON
- 08 SUN INTERNATIONAL PEACE RACE 10 K YOUNGSTOWN, OHIO
- 08 SUN LAKEFRONT MARATHON 8 A.M. MILWAUKEE, WISC.
BADGERLAND STRIDERS, 9200 W. NORTH AVE., ZIP 53226
- 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 ARCHBISHOP DANIELS'S WALK AND RUN 5K/10K INDIANAPOLIS,IND.
MARIAN COLLEGE CAMPUS 9 A.M. MARIANNE DOWNEY (317)236-1500
- 14 SAT DAYTON RIVER CORRIDOR CLASSIC 1/2 MARATHON DAYTON, OHIO
TOM SCHOMMER, BOX 9154, DAYTON OH 45409 (513)233-1021
- 15 SUN CHICAGO MARATHON 8:30 A.M. CHICAGO, ILLINOIS
(800) 527-3214 CHICAGO MARATHON, BOX 10597, CHICAGO, IL 60610
- 15 SUN TOE TO TOW MARATHON 9 A.M. CUYAHOGA VALLEY, OHIO
MICHELE ANGERMEIER, 5525 WARRENSVILLE CTR. MAPLE HTS. OH 44137
- 15 SUN ST. LOUIS MARATHON ST. LOUIS, MISSOURI
ST. LOUIS TRACK CLUB, 2385 HAMPTON AV., ST. LOUIS MO 63139
- 15 SUN HOWL AT THE MOON 8 HOUR RUN/WALK 3-MILE LOOP DANVILLE, IL
9 A.M. TILL 5 P.M. MARC REDDY 217-431-4243
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834
- 15 SUN DETROIT FREE PRESS INTERNATIONAL MARATHON DETROIT, MICH.
BARBARA BENNAGE, 321 W. LAFAYETTE BLVD., DETROIT MI 48226
(313) 222-6676
- 21 SAT MONSTER MASH DASH EAGLE CREEK PARK INDIANAPOLIS, IND.
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254
- 22 SUN * MARINE CORPS MARATHON WASHINGTON, D.C. 9 A.M.
BOX 188, QUANTICO, VA 22134 (703)784-2225 OR 800-RUN-USMC
- 28 SAT PLEASANT RUN 5-MILE (317) 736-9500 INDIANAPOLIS, IND.
GARRY PETERSEN, 179 S. HOME AVE., FRANKLIN, IN 46131

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

- 05 SUN RUN THE MOUNDS 5 MILE CROSS COUNTRY RUN ANDERSON, IND.
TIM THOMAS, CALL (317)640-1211 DAYS, 642-9502 EVES.
- 11 SAT OUTBACK SCRAMBLE 5 MILE CROSS COUNTRY EAGLE CREEK PARK
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254
- 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

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

- 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

PRESIDENT'S COLUMN

The bike and psych group included the interval workout as well as one psychological training session per week. The six sessions included the following:

- I. Guided relaxation and logical reason why the combination of bike training and psychological preparations would improve race times.
- II. Learning to block negative judgments about themselves and to focus on running in a relaxed and efficient manner while monitoring their intensity of effort.
- III. Learning to control what, when, and how the runners think both before and during competition.
- IV. Studied the mental focusing strategies of Joan Benoit-Samuelson (narrow, inner-directed) and Ingrid Kristiansen (wide-open, broadly focused).
- V. Constructing a complete, positive race plan.
- VI. Management of the "inner critic." Learning to separate who they are and their unique value, from how they are doing during a race.

All of the participants were year-round runners who had been competing for at least three years. The nine runners in the bike-only group improved their 10k performances from an average of 47:09 to 43:07. The bike and psych group had significantly greater improvement from 50:18 to 44:24. So, let's see....the Olympics are a little over a year away....."I'm relaxed.....I can run in a relaxed and efficient manner.....I have a complete and positive race plan.....and doggonit, people like me!

Coming Events...

FWTC THREE RIVERS 5K

Run the Parade Route

Saturday, July 8

HAMILTON LAKE ROAD CLASSIC

Saturday, July 1, 1995

Hamilton, Indiana

CLEAR LAKE RUN FOR THE BLIND

Saturday, July 29, 1995, 9 AM

Fremont, Indiana

FWTC MEETINGS

Wednesday, June 14, 7:00 PM, Run, 6:00

Wednesday, July 12, 7:00 PM, Run 6:00

Taylor University Activity Center

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Insert Race Application (Includes printing results)

12 X Entry fee, minimum \$35.00 (10 X Entry fee paid in advance)

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All race applications must be supplied for insertion.

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