

# the inside track

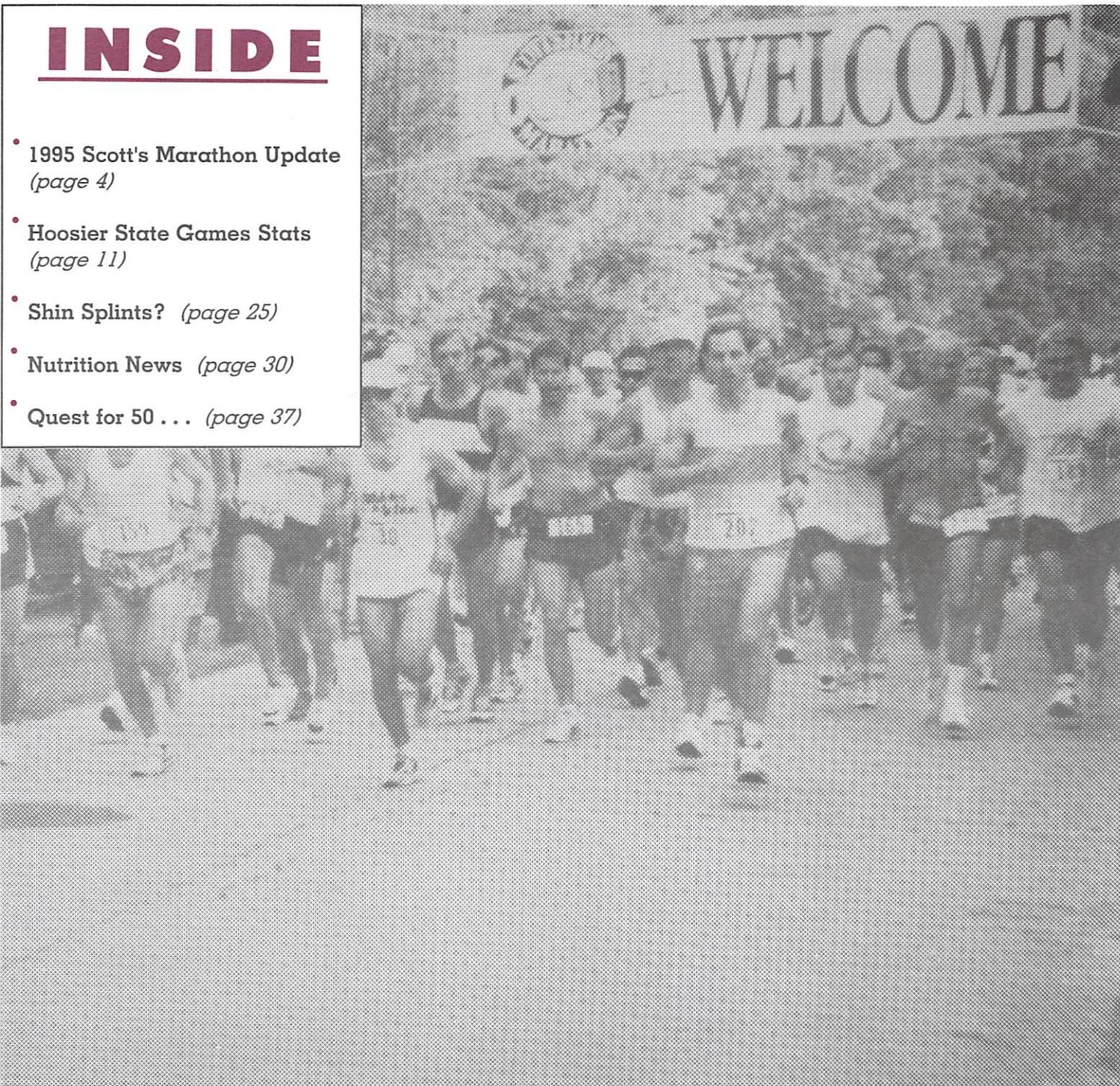
August 1995 - September 1995



A PUBLICATION OF THE FORT WAYNE TRACK CLUB

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**Only 26 More Miles To Go . . .** *see page 4 for details*

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

1) ALL F.W.T.C. members who qualify for the 100th Boston Marathon---please contact me. I will attempt to get some pre/post race publicity for you and the club. If you do not contact me and I hear about you from another member, not only will I be upset but I will arrange it so that you must carry Clarence DeMar on your back while ascending Heartbreak Hill.

2) Thanks to all F.W.T.C. who volunteered for the F.W. Women's Bureau Run, Walk and Roll prior to the Three Rivers Festival parade. These include: Joyce and Bob Hockensmith, Jerry Diehl, Don Lindley, Tom Deal and Paul Knott. I believe that we have the makings of a race that can be around for a good number of years (with a few changes, of course.)

3) The club has been contacted by several charitable organizations to help them put on fund raising races. These organizations include the Community Action Center and the Community Harvest Food Bank. Look for these races and support them if possible. The entry fee might be slightly high, but the money goes for a good cause.

4) I have had the opportunity to go back through the Track Club's archives and while reading I'm struck by several items:

- There are really no new ideas for activities and races that haven't been done before. Every few years they are just recycled.
- There have been a TREMENDOUS number of people that have devoted a lot of time and energy to this club. In 5-10 years there will probably be a completely new group of officers and board members with the exception of:
- DON LINDLEY. This guy puts the Energizer bunny to shame. I'm relatively certain that when the first settlers of Fort Wayne took some time off and had some fun (which probably included a running race), Don was there to record their time and place!                   **THANKS DON!**

**MINUTES**  
**Fort Wayne Track Club Monthly Meeting**  
**Wednesday, June 14, 1995, 7:00 p.m.**

**9 Present: Don Ford, Linda Gorman, Bob & Joyce Hockensmith, Vicki Jacobs, J.P. Jones, Don Lindley, Mike McAvoy, Judy Tillapaugh**

**President Mike McAvoy called the meeting to order.**

- **Judy Tillapaugh said volunteers still needed for Hoosier Games; Mike McAvoy said more FWTC volunteers needed at TRF 5K to assist with finish, doing results, setting up course. FWTC will receive \$150 for up to 150 registrants and \$1 per person for everyone over 150.**
- **Don Ford reviewed race schedule and had entry forms for several of the events.**
- **Don Lindly reviewed budget, membership, equipment: 4/1/95 balance \$9,486.46; 5/31/95 balance \$8,738.88; YTD membership 373; equipment commitments: zoo run, TRF 5K, Clear Lake 10K, Hoosier Games, Hamilton Lake.**

**Bob Hockensmith reviewed Hoosier Marathon.**

- **A committee will definitely be needed for next year to help shoulder the work involved.**
- **Runners have given very good feedback.**
- **Cheryl Scott was very pleased with the event.**
- **The 35-40 members of the 50 & D.C. Club said "Do it again! Don't change a thing! This was a blacktop run with the effect of a trail run."**
- **Mike Kast volunteered to be in charge of the Hanna Street barricades next year.**
- **It was suggested to have several massage therapists next year.**
- **Another suggestion was to have bands at various points along the course.**
- **204 started the race; 186 finished; 38 ran Boston qualifying times.**
- **Rough estimate is that we made approximately \$850 on the event.**
- **Deep appreciation extended to all volunteers & especially FWTC volunteers who gave so willingly of their time, especially those who were out there Saturday night taking care of the flooding problem; also J.P. Jones who was responsible for making the calls to make sure the graffiti along the course route was removed; also Jerry Diehl and Don Lindley for the time involved in measuring and certifying the course.**
- **Great appreciation expressed to Bob for his & Joyce's diligent work; everyone agreed that the success of the event was due to Bob's tremendous work!**

**Judy Tillapaugh gave RRCA update:**

- **Convention was very good, one of the best ever.**
- **Big topic was insurance & 10%-15% increase next year due to increase in lawsuits against RRCA. Still haven't decided how to fairly spread increase among member clubs. Policy has been changed to drop exclusions so this does open door on type of events groups could put on. Events still expected to discourage baby joggers, headsets, etc. Needs assessment survey published in next Footnotes & Judy encouraged everyone to fill it out. New booklet, Why Run, available from RRCA for adults new to running.**

**Mike McAvoy reported:**

- **He will man FWTC display at Sports & Rec on Illinois Rd 6/17 11am-1pm.**
- **He has talked with Woodside Middle School personnel about possibility of having a sports expo be a part of next year's Nutra Runs.**

**After discussing a few miscellaneous matters, meeting adjourned. Next month's meeting Wednesday, July 12, 7 p.m., TUFW AC (after 6/24 Hoosier Games & 7/8 TRF 5K).**

**Respectfully submitted,  
Vicki Jacobs, secretary**

## **MINUTES**

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

**12 Present: Ken Disler, Don Ford, Linda Gorman, Jack Hilker, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, J.P. Jones, Don Lindley, Mike McAvoy, Barb Scrogam.**

**President Mike McAvoy called meeting to order. Discussion/review of various races:**

- **Hoosier Games: 40-50 participants, mostly younger (high school age).**
- **Three Rivers Festival: 313 participants; lots of good things about it but also lots of things that should be changed for next year. Will know in a few months if festival committee will allow the race right before the parade next year.**
- **Hoosier Marathon: Bob Hockensmith reported that FWTC will get \$901; Scott's will get \$3,607.74; total income for race was \$6,493; one key volunteer he'll need next year is someone to coordinate water station volunteers: Cooper Teen Center, Pontiac Street Youth Center, Miner Street Boys & Girls Clubs, Joyce's school.**
- **Zoo Run: Mike read letter thanking Track Club members who volunteered at the race.**
- **Nutra Runs: Judy Tillapaugh has indicated that she really does want someone else to head up this event. Due to an overwhelming lack of anyone volunteering to take this over, Mike McAvoy agreed to do it next year BUT he'll need someone to head up the fitness expo we want to have as part of the event.**

**Treasurer Don Lindley reported June 1 balance \$8,738.88; June 30 balance \$9,354.10; June income \$789.35, expenses \$174.13; took in 5 new members in June; YTD membership 378 (compared to 371 this time last year); Harlan Days & Clear Lake next two equipment rentals.**

**Ken Disler reminded everyone to get publicity information to him at least 2 weeks ahead of time so he can get it to newspapers in plenty of time. Discussion about the fact that people order apparel & give him checks which are held until order is placed; decision to put statement on apparel order form to effect that checks will be cashed right away but they'll have to wait until enough orders are collected before we place an apparel order with the supplier.**

**Don Ford distributed list of area races in July & August.**

**Mike McAvoy presented to Joyce Hockensmith a plaque from RRCA for best medium size club newsletter in Central Region. Congratulations, Joyce!!! Joyce reminded everyone that she needs newsletter items to her by July 17.**

**Club has been approached by Harvest Food Bank asking if we'd have interest in helping them sponsor a fundraising race. Mike McAvoy will follow up & get more information & report back at our August meeting.**

**Community Action Center is putting on 5k/10k in area around Southtown Mall on August 26. Race organizer Clark Woods has been in contact with Mike McAvoy. Mike needs to get more information as to what, if anything, our involvement will be, and will report back at our August meeting.**

**Don Lindley & Bob Hockensmith have had conversations with Parks Dept. people about some type of permanent mileage markers. Bob agreed to follow up on this & report back.**

**The meeting was then adjourned with reminder that next meeting will be Wednesday, August 9, 1995, 7:00 p.m., TUFW AC.**

**Respectfully submitted,  
Vicki Jacobs, secretary**

## 1995 SCOTT'S MARATHON UPDATE

After an absence of eight years from the local running scene, the Marathon came back to Fort Wayne.

With the able assistance of the Fort Wayne Track Club and the great sponsorship of Scott's Food Stores, June 11 saw the start of different type of marathon at Foster and Tillman Parks on the city's southwest side. For those active in track club events in the past, it will be recalled that the previous marathon course began at Johnny Appleseed Park, proceeded south to Calhoun Street at the Courthouse, continued to Tillman Road, then through Foster Park, out into the Old Mill Road area, turned back and travelled the same route north to the Courthouse, then north on Parnell and ended in the Coliseum parking lot. For thirteen years, from 1975 to 1987, the marathon dominated the local scene, with entrants varying from a high of 902 to a final year's low of 387. Finally, the cost in dollars and volunteers in addition to the difficulty of interrupting the normal traffic flow across the city, forced a halt to that glorious era. For most, it seemed that a marathon in Fort Wayne was to remain a part of the distant history.

In January of this year, however, it was learned that South Bend had canceled their marathon after many years. The reasons were similar to ours. Fortunately, Joyce and I were running a short course marathon in New Jersey when we learned that Indiana no longer had a marathon. The New Jersey course was not favorably anticipated, requiring five laps, plus, over a 2 1/2 mile course in a city park. The reality was much more enjoyable, allowing the runners to meet each other, avoiding the traffic problems of a street race and substantially reducing the number of volunteers needed. The result was that at the following month's track club meeting, the Board agreed to try a marathon again. We were off and running.

In order to capitalize on South Bend's misfortune, we felt it necessary to stage ours on the same weekend, which gave only four months to put it together. Luckily, Cheryl Scott, Executive Vice President of the food store chain, was as enthusiastic as I was about another try at a marathon. They soon agreed to be our major sponsor. Without their assistance and financing, the project could not have been completed successfully. Time and money were major obstacles to overcome in the short time to race day.

The pieces began to fall into place as hoped. Other sponsors readily agreed to provide medical assistance, post-race refreshments, communications equipment, and other needed supplies. Volunteers were willing to help, a matter that normally gives race directors nightmares. Four youth groups eagerly agreed to operate the water stations. As the weeks went by, an early hope for 50 runners was revised upwards several times, until the night before the race, we predicted 200. Then our attention shifted to a concern about potential crowding of the course. The course started at the rear of Foster Park, made one loop around the golf course for the first two miles, then three trips through Tillman Park onto Hanna Street and return for eight mile loops, then past the start to the finish line on the Rivergreenway.

On Sunday, June 11, after earlier concerns about flooding on the Rivergreenway that required last minute draining the night before, the day broke cloudy and cool, an ideal running day. Of the 210 runners that were registered, 208 started the race. As the hours ticked by, some dropped out, but 186 travelled the entire distance, an impressive percentage of finishers for a race with over 40 first time marathoners. 76 runners came from Indiana and the remainder from 20 different states and one Canadian Province.

The general reaction to the new course was quite favorable. Many liked the opportunity to see the other runners, some liked the fact that there was no vehicular traffic to contend with and others like the scenic aspects of the parks. It was the consensus of opinion that the course should not be changed. For those runners who favor street races, the asphalt surface of the entire course appealed to them, while the trail runners liked the Rivergreenway with its curves and many trees. Should the attendance increase substantially, it may someday be necessary to limit the entrants, but a course change is not in Fort Wayne's future.

As a financial note, the race earned a net profit of \$901.27 for the Fort Wayne Track Club. Scott's Food Stores investment was \$1348.17 plus innumerable hours from their staff for design and ordering the many items needed for a successful race. A major portion of Scott's investment was the \$250.00 donation to each of the four youth groups that operated the water stations. The final result was so well received by Scott's that plans are being made for marathons beyond next year.

So, mark your calendars for the 2nd Scott's Hoosier Marathon, which will be held on Sunday, June 9, 1996. If you have suggestions or ideas or simply want to volunteer, let one of the track club officers know. (Bob Hockensmith)



# SCOTT'S HOOSIER MARATHON

Fort Wayne, Indiana

June 11, 1995

## OVERALL WINNERS - MALE

1	Buff Dormeier	Ft. Wayne, IN	2:58:27
2	Rick Sica	Indianapolis, IN	3:01:15
3	Seth Wineland	Ney, OH	3:01:19

## OVERALL WINNERS - FEMALE

1	Cathy Dwyer	Greer, SC	3:28:10
2	Sue Carnes	Ft. Wayne, IN	3:32:09
3	Linda Gorman	Ft. Wayne, IN	3:35:25

## Under 19 - Male

1	Valentin Ledezma	Lafayette, IN	3:03:00
2	Damon Dexter	Lafayette, IN	3:03:56
3	Curt Foust	Mark Center, OH	3:19:44
4	Cord Ehrhart	Antwerp, OH	4:02:24
5	Jeremy Kahrig	Garrett, IN	4:16:07
6	Michael Casiano	New Haven, IN	4:18:36
7	Sean Dockery	Edgerton, OH	4:48:09

## Under 19 - Female

1	Amy Linsley	Newaygo, MI	4:25:02
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## 19-24 - Male

1	Jody Williford	Ionia, MI	3:07:37
2	Doug Rappoport	Cincinnati, OH	3:17:21
3	Brian Lafave	Indianapolis, IN	3:31:54
4	Ray McDonnell	Ft. Wayne, IN	5:14:42

## 19-24 - Female

1	Tess Harden	Columbus, IN	3:36:45
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## 25-29 - Male

1	Dal Townsend	Orleans, MI	3:07:36
2	Christopher Marks	Ft. Wayne, IN	3:57:49
3	Greg Adams	Ft. Wayne, IN	4:02:54

## 25-29 - Female

1	Barbara Wansbrough	Evanston, IN	3:52:39
2	Caryn Martenis	Lake Orion, MI	4:13:23
3	Nancy Burr	Ft. Wayne, IN	4:26:43
4	Monica Maddalone	Ft. Wayne, IN	4:51:52
5	Amy Stock	Ft. Wayne, IN	5:07:04
6	Jane Piwoni	Tinley Park, IL	5:17:06

## 30-34 - Male

1	Troy Rondot	Brownsburg, IN	3:05:49
2	Mark Walter	Garrett, IN	3:07:50
3	Joel Sauer	Ft. Wayne, IN	3:08:15
4	David Fry	Ft. Wayne, IN	3:08:45
5	Pat Creighton	LaPorte, IN	3:21:47
6	Michael Lobdell	Wixom, MI	3:38:01
7	Peter Maier	LaMotte, IA	3:38:52
8	David Shattuck	Radcliff, KY	3:40:56

## 30-34 - Male (Continued)

9	Mark Altstaetter	Van Wert, OH	3:53:24
10	John Pea	Ft. Wayne, IN	4:03:31
11	Martin Miller	Defiance, OH	4:30:20
12	Joseph Ryan	Ft. Wayne, IN	5:23:13
13	Aziz Uras	Chicago, IL	5:36:02

## 30-34 - Female

1	Jennifer Underwood	Highland Pk, IL	3:35:47
2	Lynn Bacon	Louisville, KY	3:44:51
3	Linda Ianucilli	Ft. Wayne, IN	3:47:52
4	Michelle Meyer	Ft. Wayne, IN	4:19:16
5	Jill Bobay	Ft. Wayne, IN	4:23:59
6	Kendel Melin	Clarkston, GA	4:42:14

## 35-39 - Male

1	Todd Logan	Lexington, KY	3:05:16
2	Matt Sherwood	Battle Ck, MI	3:06:56
3	Randy Jordan	Nevada, MO	3:08:07
4	Harold Geller	Marquoketa, IA	3:08:31
5	David Reimschisel	Ft. Wayne, IN	3:15:20
6	Bob Schendel	Auburn, IN	3:16:55
7	Marc Laudeman	Bremen, IN	3:18:55
8	Charles Evans	Indianapolis, IN	3:23:25
9	Brinton Farrand	Martinsville, IN	3:23:42
10	Jim Skolas	Harrison Twsp, MI	3:26:27
11	Richard Eddie	Huntington, IN	3:29:29
12	Kim Herlan	Ft. Wayne, IN	3:33:12
13	Pat Gerring	Lexington, KY	3:35:22
14	Bruce Purdy	Milan, MI	3:39:01
15	Marty Chalfin	Palisades, Pk, NJ	3:39:43
16	Kevin Warren	Ft. Wayne, IN	3:41:52
17	Dwayne Adrian	Muncie, IN	3:47:26
18	Rick Phillips	Ft. Wayne, IN	3:50:05
19	Gary Kuhn	Ft. Wayne, IN	4:02:55
20	Fred Daly	New York, NY	4:04:07
21	Randy Kord	Noblesville, IN	4:05:20
22	Brent Barta	Indianapolis, IN	4:23:09
23	Bryan Keister	Ft. Wayne, IN	4:24:01
24	Jay Gilbert	Ft. Wayne, IN	4:28:56
25	Michael Miller	Flora, IN	4:43:38
26	Daniel Hackl	Franklin, WI	5:07:08
27	Don Bohling	Crestwood, IL	5:12:09
28	Carl Johnson	Ft. Wayne, IN	6:46:13

**35-39 - Female**

1	Boonsom Hartman	Oak Forrest, IL	4:34:53
2	Junko Matsushima	Chicago, IL	5:36:01

**40-44 - Male**

1	John Treleven	Ft. Wayne, IN	3:07:13
2	Frank Book	Delaware, OH	3:08:31
3	Patrick Laymon	Columbus, IN	3:10:13
4	Donald Fozo	Mishawaka, IN	3:10:37
5	Jed Pearson	Columbia City, IN	3:16:45
6	Bill Blosser	Ft. Wayne, IN	3:18:59
7	John McPherson	Ft. Wayne, IN	3:26:05
8	Phillip West	Trenton, MI	3:26:16
9	John Struck	Valparaiso, IN	3:26:32
10	Greg Hartman	Ft. Wayne, IN	3:26:44
11	Jim Page	Indianapolis, IN	3:33:19
12	Dennis Conner	Huntington, IN	3:36:05
13	Mark Wilson	DeSoto, MO	3:36:58
14	Kurt Kralovansky	Plymouth, IN	3:42:11
15	Jerry Steinhoff	Auburn, IN	3:44:16
16	Thomas Rehrer	Ft. Wayne, IN	3:50:16
17	Stephen Heitz	Buffalo Grove, IL	3:53:55
18	Charles Burge	Mayfield Hts, OH	3:54:21
19	Mike Desmier	Cincinnati, OH	3:55:23
20	Doug Ulmer	Leo, IN	4:04:22
21	Paul Ausderan	Ft. Wayne, IN	4:05:49
22	Steven Brooks	Clarkston, GA	4:10:47
23	Michael Heimann	Cromwell, IN	4:11:55
24	Joseph Kuhn	Payne, OH	4:13:18
25	Bill Law	Pittsburgh, PA	4:27:41
26	Stephen Stahlman	Marion, IN	4:35:56

**40-44 - Female**

1	Louise Mason	Chicago, IL	4:05:37
2	Sharon Mordorski	Buffalo Grove, IL	4:19:56

**45-49 - Male**

1	Stephen Smith	Fairmount, IN	3:03:43
2	Edson Sanches	New York, NY	3:17:56
3	Steve Boone	Houston, TX	3:25:16
4	Brent Weigner	Cheyenne, WY	3:36:36
5	Michael Jones	Valparaiso, IN	3:29:43
6	David Winters	Huntington, IN	3:31:52
7	Curtis Lintvedt	LaMesa, CA	3:33:46
8	Richard Schemmer	Perrysburg, OH	3:38:52
9	Verton Troyer	Elkhart, IN	3:42:03
10	Robert Breckler	Defiance, OH	3:42:03
11	Alan Kralovansky	Elkhart, IN	3:42:10
12	Phillip Wisniewski	Ft. Wayne, IN	3:48:20
13	Alan Eberhart	Lafayette, IN	4:02:31
14	Victor Bhatt	Houston, TX	4:14:40
15	Greg Purcell	Ft. Wayne, IN	4:15:59

16	James Grisamer	Provo, UT	4:16:39
17	Chuck Betzold	Chicago, IL	4:19:34
18	Wayne Cook	Fountain Val, CA	4:20:25
19	Barry Lintner	Bethel, Pk PA	4:23:02
20	Wendell Harless	Birmingham, AL	4:29:23
21	Thomas Wilson	Fountain Val, CA	4:29:25
22	William Martin	Indianapolis, IN	5:04:00
23	Henry Rueden	DePere, WI	5:05:58

**45-49 - Female**

1	Barb Scroggham	Ft. Wayne, IN	4:13:01
2	Jolynn Miller	Ft. Wayne, IN	4:14:35
3	Debbie DeLong	Fountain Val, CA	4:25:53
4	Lois Brown	Sebring, FL	5:18:37
5	Monica Holzemer	Toledo, OH	5:27:04
6	Nadja Boyd	Lakeside, CA	5:31:50
7	Vicki Jacobs	Ft. Wayne, IN	6:33:59

**50-54 - Male**

1	John Wallace	Dallas, TX	3:16:25
2	Larry Averbeck	Ft. Wayne, IN	3:18:51
3	Lance Daugherty	Indianapolis, IN	3:25:52
4	Larry Uelk	Ft. Wayne, IN	3:28:48
5	Jim Boyd	Lakeside, CA	3:35:26
6	Darrel Crouter	Indianapolis, IN	3:49:03
7	Wesley Sabins	Ft. Wayne, IN	3:55:11
8	Steve Adkinson	Ft. Wayne, IN	4:08:31
9	Joseph Johnson	Decatur, IN	4:13:13
10	John Primmer	Muncie, IN	4:17:53
11	Paul Hiser	Ft. Recovery, OH	4:18:21
12	Richard Brown	Sebring, FL	4:24:03
13	Patrick McMahon	Northville, MI	4:24:46
14	John Dyar	Indianapolis, IN	4:27:12
15	Jim Dill	Indianapolis, IN	4:32:55
16	Rex Wilson	Eatontown, NJ	4:34:38
17	Richard Levy	Dearborn, Hts, MI	4:43:36
18	Dennis Lambert	Valparaiso, IN	4:44:16
19	Jim Reeve	Farmington, MI	4:56:33

**50-54 - Female**

1	Sharron Kerson	Culver City, CA	5:35:00
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**55-59 - Male**

1	Bill Macy	Lincoln, NE	3:38:19
2	Bud Stiffler	Anderson, IN	4:00:26
3	Gordon Hartshorn	Grand Prairie, TX	4:06:53
4	LeRoy Kessler	Ceres, CA	4:19:35
5	Jerry Herndon	Cabin Ck, WV	4:37:33
6	Bill Rex	Bensenville, IL	4:43:50
7	Dan Archanbeau	Rock, MI	5:09:36
8	Alan Steggles	Ravenna, MI	6:08:24

**55-59 - Female**

1	Joan Gary	Fremont, IN	4:09:16
2	Virginia Farneman	Powell, MI	4:42:49
3	Carolyn DeFonso	Overland Pk, KS	4:50:48

**60-64 - Male**

1	Carl Pegels	Buffalo, NY	3:27:16
2	Kent Mitchell	Fairway, KS	3:33:24
3	Eugene Barker	Louisville, KY	3:48:15
4	Larry Gerzema	Valparaiso, IN	4:13:35
5	Wesley Love	Harvey, IL	4:29:39
6	Charles Sabatine	Victor, NY	4:36:49
7	Ken Calvin	Culver City ,CA	4:39:14
8	Ray Scharenbrock	S.Milwaukee, WI	4:43:30
9	Doug Mack	Grand Rapids, MI	5:09:35

**60-64 - Female**

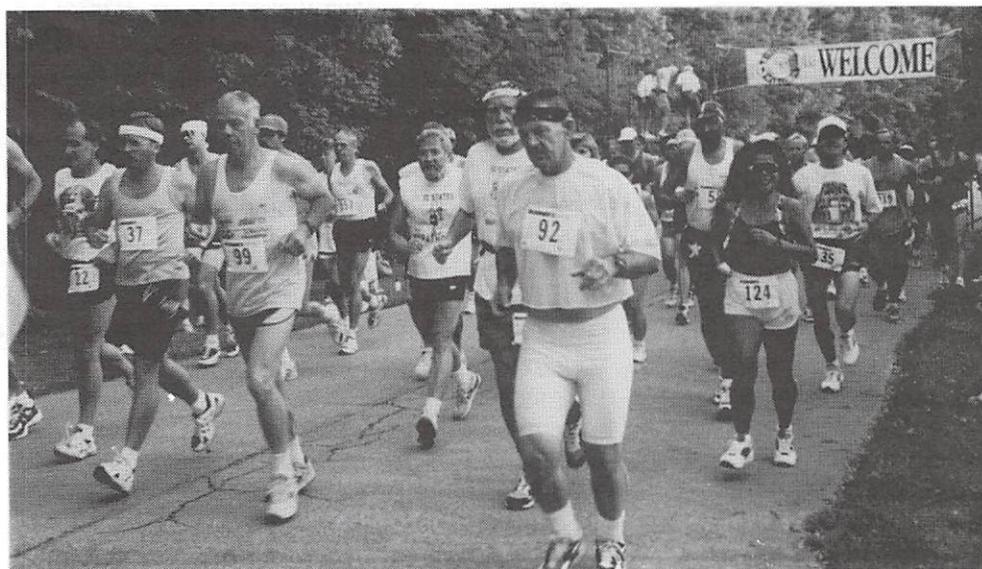
1	Amy Goldstein	Huntington Bch, CA	4:54:46
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**65-59 - Male**

1	Myron Meyer	Ft. Meyers,FL	3:33:02
2	George Varns	Freelandville, IN	3:39:02
3	Randolph Smith	Atlanta, GA	4:43:24
4	Hu Goldstein	Huntington Bch,CA	4:54:46
5	James P. Jones	Ft. Wayne, IN	5:25:12
6	Dean Rademaker	Springfield, IL	5:35:01
7	Bill Briggs	Paris, IL	6:08:07
8	Robert Shimmel	Riverview, MI	6:55:24

**70 + - Male**

1	Don McNelly	Riochester, NY	5:27:03
2	Ed Burnham	Kansas City, MO	5:42:15



## SCOTT'S HOOSIER MARATHON SPONSORS

Scott's Food Stores	Fort Wayne Track Club
Waterworks Pure Drinking Water	Bob Rowlett Construction
Subway Sandwiches	D & L Communications
Pepsi-Cola Bottlers	Fort Wayne Parks and Recreation
Fort Wayne Fire Department	Dr. Robert E. Wyatt

## SCOTT'S HOOSIER MARATHON VOLUNTEERS

Joyce Hockensmith	Jeff Leffers	Sharon Pauley
Mary Newell	Karen Louis	Polly Jacobs
Vicki Jacobs	Harry Quandt	Bill Schmidt
Marsha Schmidt	John Klein	Jeanette Klein
Larry Thompson	Joan Thompson	Darren Warren
Jon Rae	Kent Hormann	Jim Seely
Russ Sorgen	Kent Ober	Jeff Raff
Keith Waddelow	Bill Sohaski	John Gary
Jack Morris	Ray Sibrel	Don Ford
Jerry Diehl	Don Lindley	Judy Tillapaugh
Mike Kast	Sandy Wyatt	Barb Scrogam
Highland Terrace Running Club	Boys & Girls Club	Cooper Teen Center



# Scott's Food Stores

GENERAL OFFICE • 4118 N. Clinton • Fort Wayne, IN 46805

219-483-9537 • FAX 219-484-5034

## Scott's Summit City 10K Against Crime

Freimann Square, Fort Wayne

Sunday, September 3, 1995

- 7:30 - 9:00 Registration for all participants  
8:45 Opening Ceremonies  
9:00 5K Events (walk & run)  
9:30 10K Events (walk & run)  
10:15 5K Awards  
10:45 Pee Wee Run (no entry fee, ages 2-10, ribbons & prizes for all.)  
11:15 10K Awards  
11:30 Raffle Drawings & Closing Ceremonies  
\* Lunch at conclusion of events

### Events

- 10K Run
- 10K In-line Skate
- 5K Run
- 5K In-line Skate
- 5K Walk
- Pee Wee Run

### Entry fees

- Early - \$15.00
  - Race Day - \$18.00
- Includes 1 Scott's Summit City 10K Against Crime T-shirt & lunch.

Participants are encouraged to wear T-shirts signifying their group.

Registration forms available at all Scott's Stores starting August 1, or at the event.

Pledges in addition to entry fee are encouraged. All proceeds benefit Crime Stoppers.

### Awards

Overall awards to the top 3 male & top 3 female finishers in all competitive events.

Award for the largest participating pre-registered team.

Age group awards to the top male & top female finishers in the 5K & 10K.

For every \$25.00 raised in donations, you will receive 1 raffle ticket. Each raffle ticket gives you an opportunity to win exciting prizes.

All participants will be eligible for door prizes.



HOOSIER STATE GAMES  
 JUNE 24, 1995  
 FOSTER PARK

MALE 12 & UNDER	OV	TIME
JONATHAN HUBARTT	52	46:54
MALE 13 - 15		
MATTHEW GUBARD	16	31:36
VINCENT GARCIA	19	31:53
JUSTIN SMITH	23	32:52
WES FOWLER-FINN	24	32:58
AARON HOOVER	27	33:24
DANIEL WALTER	32	35:35
DAN SHULLER	36	36:28
MALE 16 - 18		
JAMES FURKIS	1	26:59
STEPHEN TEUSCH	2	28:38
DAVE WILLMERT	3	29:33
ERIC ADE	6	30:05
JOHN HURST	7	30:15
KEVIN GFELL	8	30:16
JOEL HUBARTT	9	30:38
TOD ESQUIVEL	11	30:43
KYLE PETERSON	12	30:55
TAD STEMEN	14	31:15
BEN FINGERLE	17	31:39
ROBERT SWICK II	18	31:46
MICHAEL CASIANO	38	36:58
BENJAMINE BOBAY	40	37:11
MALE 19 - 24		
ERIC BAKER	5	29:46
NATHAN HUBARTT	51	46:50
MALE 25 - 29		
CHAD SHEARER	15	31:27
DENNIS YODER	26	33:23
MALE 35 - 39		
RICK GILBERT	13	31:06
WILLIAM FUNK	22	32:41
JONATHON SCHLATTER	30	35:01
MALE 40 - 44		
TIM ZUMBAUGH	10	30:43
ROBERT TRGOVICH	28	34:30
MARVIN SMITH	50	46:10
MALE 45 - 49		
GARY RICKNER	4	29:36
TOM FOWLER-FINN	37	36:52
JIM DEITTE	53	49:33
MALE 50 - 54		
ED BECKER	49	41:14
MALE 55 - 59		
JEROLD PERKINS	41	38:37

MALE 60 AND OVER		
BILL SCHMIDT	21	32:37
DON ANDERSON	33	35:45
FEMALE 12 AND UNDER		
AMY KLENKE	47	40:38
FEMALE 13 - 15		
STACY CLAPP	25	33:10
JACKIE TRGOVICH	31	35:28
MARY COCKBURN	39	37:07
DONNA SARRAZIN	43	39:10
KALI CRAWFORD	44	39:42
LISA PESCI	45	39:52
FEMALE 16 - 18		
MONICA HOSTETLER	20	32:33
EVELYN CORONA	29	34:48
ADRIENNE PUTTEET	34	35:55
MARY ANN WILSON	42	38:56
MELISSA SCHEUMANN	46	39:52
FEMALE 30 - 34		
KATIE KINGSBURY	35	36:18
FEMALE 45 - 49		
MARSHA SCHMIDT	48	41:00
THANKS VOLUNTEERS		
JERRY DIEHL		
J.P. JONES		
PAUL KNOTT		
MIKE SHOUEL		
HOWARD KLINGER		
MIKE MCAVOY		
DON LINDLEY		
PAUL AUSDERAN		
BOB HOCKENSMITH		
JOYCE HOCKENSMITH		
DAVE MYERS		
SUE MYERS		
JUDY TILLAPAUGH		
LINDA GORMAN		
MIKE CALLAHAN		
SANDY HUFFMAN AND FAMILY		
BARB SCROGHAM		
KEN CLARK		
JOHN BUETER		
ALAN BRADLEY		
JIM DEITTE		
LIZ RICKNER		



## CANAL DAYS 5K RUN RESULTS June 10, 1995

### Male 11 & Under

1	Sean Lefers	27:38
2	Michael Alexanders	28:00
3	Jonathon Hubart	29:21

### Female 11 & Under

1	Amy Klenke	23:05
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### Male 12-15

1	Luke Forbing	18:07
2	Nick Hardick	18:18
3	Josh Caupling	18:56
4	Carl Klopfenstein	19:17
5	Jon Fennig	19:43
6	Matt Dexheimer	20:27
7	Daniel Jenkins	22:05
8	Joel Goss	22:16
9	Tony Carnes	23:40
10	Arron ?	32:43

### Female 12-15

1	Steph Magley	19:40
2	Kay Crawford	23:56
3	Lisa Pesci	24:09
4	Rachael Simcox	25:02
5	Andrea Carter	28:30
6	April Beasley	28:36

### Male 16-19

1	Nicholas Rorick	17:12
2	Drew Kitchen	17:14
3	Joel Rickner	17:33
4	? Artherhutt	17:36
5	Rusty Grose	17:42
6	Chad Gerig	17:57
7	David McClellan	18:07
8	Sean Smith	18:25
9	Shane Trowbridge	20:32
10	Eric Coro.	20:35
11	Scott ?	21:09
12	John Cearbough	21:51

### Female 16-19

1	Andrea Puckett	20:28
2	Heather Liston	23:58
3	Christy Keefer	26:07
4	Amanda Stier	26:22
5	Kelly Robrich	28:46
6	Joan Kalb	28:46

### Male 20-24

1	Tom Brown	17:16
2	Eric Baker	17:18
3	Scott Armstrong	18:48
4	Chris Adams	20:25
5	Jeremy Hart	20:43
6	Dan Ingram	21:51

### Female 20-24

1	Chandra Dorsey	28:05
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### Male 25-29

1	Doug Hoffman	20:05
2	Brian Nebriz	22:13

### Female 25-29

1	Jenette Bowers	26:41
2	Brenda Patterson	27:46

### Male 30-34

1	Craig Schwartz	16:37
2	Lenny Duff	18:16
3	David Geiger	19:25
4	Steve McMahon	26"04

### Female 30-34

1	Anne Duff	19:57
2	Mindy Kinder	22:34
3	Sue Hook	28:35
4	Linda Clevenger	30:20
5	Jill Burns	30:20
6	Marilyn Koenaman	31:19

### Male 35-39

1	Tim O'Connell	17:16
2	Carl Risch	17:33
3	Calvin King	17:38
4	Paul Shaffer	17:38
5	Gary Ciprian	17:54
6	Gary Kuhn	18:55
7	Mark Lamport	21:19
8	Jay Lynn	22:57
9	Sam Cools	24:28
10	Lynn Stucky	24:40
11	Gary Amick	26:49

<u>Female 35-39</u>		
1	Mary McManus	21:04
2	Diane Kaplans	25:30
3	Deb Sealsuk	28:30
4	Carol Stucky	28:39
5	Phyllis Hockemeyer	29:48
6	Connie Oberley	30:20
7	Phylliss Stuerzenberger	31:19

<u>Male 40-44</u>		
1	Dan Kaufman	17:16
2	David Lallow	18:27
3	John Creamer	20:11
4	Bob Trgovich	20:13
5	Doan Kramer	21:00
6	Robin Patton	21:32
7	Chirs Shoot	21:47
8	Alan Bradley	23:40
9	Mike Pesci	26:40
10	Rick Sealscot	28:31

<u>Male 45-49</u>		
1	Gary Dexheimer	18:06
2	Bob Bruckner	19:22
3	Steve Corona	22:42
4	Tony Treat	22:45

<u>Female 45-49</u>		
1	Marsha Schmidt	24:24
2	Jan Schloterhand	27:19
3	Kerry Hubart	29:20

<u>Male 50-54</u>		
1	? Joslin	22:55

<u>Male 55-59</u>		
1	Bob Gensheimer	21:54

<u>Male 60-64</u>		
1	Bill Schmidt	19:29
2	Don Peaks	25:10

<u>Male 75</u>		
1	C. Fleetwood	30:58

## CANAL DAYS 10 K RUN RESULTS

<u>Male 16-19</u>		
1	Adam Barton	36:21
2	Eric Ade	38:14

<u>Male 25-29</u>		
1	Mark ?	36:28
2	Mike Schoudel	37:07
3	Chad Shearer	40:00
4	Dennis Yoder	42:23
5	? Scheele	54:14

<u>Female 25-29</u>		
1	Anita Lehman	50:01
2	Karen Lewis	51:52

<u>Male 30-34</u>		
1	Mike McManus	32:09
2	Steve Lefers	34:25
3	Unknown	47:54
4	Unknown	55:41

<u>Male 60-64</u>		
1	Bob Loomis	47:08
2	? Patterson	52:05
3	Eugene Striggle	54:31
4	Phil Wahls	50:03

<u>Male 35-39</u>		
1	Terry Diller	35:01
2	Jay Pricher	36:16
3	Rick Gilbert	38:55
4	W.G. Funk	39:46
5	Mark Bratton	39:50
6	James Thompson	51:30

<u>Male 40-44</u>		
1	Tom Yoder	36:28
2	Bob Waterson	41:02
3	Charles Hornaday	41:31
4	Steve summers	42:08

<u>Male 45-49</u>		
1	Gary Rickner	31:41
2	Dave Starnotz	47:23
3	George Kirby	54:18

<u>Male 55-59</u>		
1	? Stanley	43:50
2	Mel Hochstetler	44:20
3	Ken Clark	47:06

<u>Male 65-59</u>		
1	Don Anderson	43:31

**16TH ANNUAL MONUMENT CITY CLASSIC JULY 2, 1995**

Weather: Mid-60's, Partly cloudy

**5 K**

1	15:29	Brian Shepherd	46	25:41	Neal Hazen
2	16:18	Alex McNaughton	47	26:01	Amanda Wise
3	16:25	Andy Scheele	48	26:14	Scott Hack
4	17:19	Steve Caswell	49	26:16	Emily Leininger
5	17:31	Marty Klein	50	26:21	Christine Liby
6	17:42	Jeff Nidlinger	51	26:29	Spencer Kohleim
7	17:44	Charles Wills	52	26:29	Chris McDonald
8	17:55	Jim Ferrier	53	26:29	Robert Noll
9	18:02	Brian Zuercher	54	27:12	Sarah Humphrey
10	18:17	Jon Bontrager	55	27:31	Deb Stark
11	18:30	Steven Stomper	56	27:38	Patricia Ralhling
12	18:57	Jason Turner	57	27:40	Josh Torres
13	19:01	Bill Turner	58	27:44	Rick Ahaus
14	19:39	Carrie Sheffield	59	27:57	Jean Nelson
15	19:53	Jason Schwartz	60	27:57	Jack Stiefel
16	20:10	Stephanie Klein	61	28:04	Kim Vincent
17	20:23	Matt Barton	62	30:30	Jan Kirusby
18	20:24	Chad Ware63		34:35	Sean Gallagher
19	20:32	Michelle Klein			
20	20:40	Deb Byers			
21	20:54	James Mack			
22	20:55	Brent Moyer			
23	20:56	Jack Hill			
24	21:18	Rick Collins			
25	21:50	Paul Panning	Female:		Carrie Sheffield
26	21:57	Richard Panning	Male:		Brian Shepherd
27	22:15	Teresa Furniss			
28	22:25	Christine McNaughton	13 & Under:		Monica Goebel
29	22:28	Jim Stout			Paul Panning
30	22:40	Bob Gensheimer	14 - 17:		Stephanie Klein
31	22:48	Shaun Tilghman			Marty Klein
32	22:48	Keith Walker	18 - 24:		Carrie Sheffield
33	22:48	John Wagner			Alex McNaughton
34	23:23	Tracy Staggie	25 - 29:		Teresa Furniss
35	23:30	Toby Stark			Brian Shepherd
36	23:38	Monica Goebel	30 - 39:		Deb Stark
37	23:41	Brad Weeks			Jim Ferrier
38	23:45	Sue Ross	40 - 49:		Deb Byers
39	24:08	Laura Darnell			Steve Caswell
40	24:19	Michael Martin			
41	24:32	Brad Scott			
42	24:34	Jesse Folk			
43	24:40	Brian Miller			
44	24:45	Garry May			
45	24:46	Courtney Sheffield			

**OVERALL RESULTS**

## Monument City Classic Results Continued...

### 10K

1	33:22	Brad Cooper
2	33:57	Eddie Wroslewski
3	34:45	Keith Horton
4	35:37	Rowland Perez
5	35:37	David Caswell
6	38:42	Dick Hack
7	39:41	Rick Gilbert
8	40:26	Rob Wyatt
9	41:21	Chad Hoover
10	42:06	Abel Rosado
11	42:35	Joseph Hunter
12	42:38	Connie Mattox
13	42:52	Donald Martindale
14	42:58	Bill Joyce
15	43:24	Ron Carpenter
16	43:40	Joel Schwartz
17	43:57	Jerry Steinhoff
18	44:15	David McDonald
19	44:19	James Scott
20	44:48	Lynn Dygert
21	44:53	Bill Taylor
22	44:53	Joe Kabula
23	45:22	Stephanie Cayot
24	45:23	Julie Webster
25	45:41	Scott Soule
26	46:43	Susie Zuercher
27	46:49	Patrick O'Beirne
28	46:49	Ron O'Beirne
29	46:49	Steve O'Beirne
30	46:52	Michael Leichty
31	47:06	Daniel Padilla
32	49:15	Rick Quemby
33	50:06	Tom Goss
34	52:22	Joe Gaughan
35	52:35	Joan Gary
36	52:51	Mike McDermott
37	52:59	Fred Foland
38	53:10	Bill Patterson
39	53:52	Christine Anderson
40	53:56	Eugene Striggle
41	54:55	Ana Hunter
42	55:06	Kathleen Kirby
43	55:06	Jeffrey Fouse
44	55:09	Teri VanSickle
45	59:11	J. P. Jones

### OVERALL RESULTS

Female:	Connie Mattox
Male:	Brad Cooper
14 - 17:	Stephanie Cayot
	David Caswell
18 - 24:	Chad Hoover
25 - 29:	Susie Zuercher
	Daniel Padilla
30 - 39:	Connie Mattox
	Brad Cooper
40 - 49:	Kathleen Kirby
	Dick Hack
50 - 59:	Joan Gary
	Fred Foland
60 & Over:	Ron O'Beirne



**CO-ED NAKED 5K  
Turtle Lake Resort  
Union City, Michigan  
May 27, 1995**

(Details of this event reported by Gary Kuhn)

Here's an event for all you running buffs. If you feel like letting it all hang out, clothing is optional at this resort and at this race. About 65 runners, not all of whom were naked, took part in this event on an overcast to partly cloudy day. (All the better to prevent serious sunburn.) Runners were required to wear shoes, however. Gary saw this as an opportunity to broaden his horizons and to see how other people have fun. In his travels to other parts of the world he has encountered quite a few clothing optional beaches, but this is the first time he has been able to combine that activity with his love for running. He also comments that, surprisingly, people behaved. By the way, Gary ran the 5K in 21:50. (Sorry readers, Gary didn't send any pictures.)

**U.S. SPORTS CLASIC V  
San Antonio, Texas  
1995 Senior Olympics  
May 20-21, 1995**

Don Anderson attended this event and participated in both the 5K and 10K. About 8500 athletes, from all 50 states and Canada, competed in the different events. Don felt the opening ceremonies were very impressive and provided a lot of entertainment. On May 20, 800+ runners competed in the 10K. There were 36 runners in Don's age group, 65-69, in which he placed 5th with a time of 44:24. On May 21 850+ runners competed in the 5K. There were 48 runners in Don's age group in which he placed 6th with a time of 21:25.

Don also comments that San Antonio, a city with a lot of history, is a nice place to visit. The next U.S. SPORTS CLASSIC is in 1997 in Tucson, Arizona. Ages 55 & older qualify at state meets.

**GREAT JOB, DON!  
The FWTC is proud of your accomplishments.  
CONGRATULATIONS !**

**RUNNER SEEKING FEMALE COMPANION TO NYC MARATHON**

If you are a female and planning to run the New York City Marathon, Cheryl Stromski is interested in finding someone to go with and to share a room. You may contact her at:

7502 C.R. 192  
Antwerp, Ohio 46813  
419-258-2629



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FORT WAYNE WOMEN'S BUREAU RUN, WALK, & ROLL  
THREE RIVERS PARADE - 3 MILE RUN  
JULY 8, 1995, FORT WAYNE, IN

OVERALL - FEMALE  
RENEE PECK - 18:01  
BALTIMORE, OH

TIME	OV	NAME	TIME
15:39	3	BRIAN SHEPHERD	15:36
17:38	13	TOM BROWN	16:04
17:54	19	ERIC BAKER	16:16
17:57	22	BUFF DORMIER	16:58
19:58	55	DAVID YOUNG	20:01
20:19	62	BENJAMIN INNIGER	20:12
21:04	79	CHADWICK WARE	20:39
21:15	84	ANDY FERRIS	21:51
22:00	98	TOM HARDIN	22:00
22:15	101	KEITH BALTIMORE	22:19
22:37	108	TOM CARPENTER	22:55
22:38	109	CHUCK REDDINGER	23:43
23:12	119	TIMOTHY KEESE	23:53
23:52	129	SEAN DOWNEY	24:08
26:29	169	JEFF SKIVER	24:36
26:57	182	MIKE MUTER	24:46
27:57	199	BRIAN NEHRIG	24:58
32:43	250	RAJIV RADHAKRISHNAN	26:34
15:36	2	BRAD COOPER	26:42
16:04	4	MICHAEL MCMAHON	26:48
16:16	5	KEITH HORTON	27:57
16:58	6	STEVE LEFFERS	28:29
17:24	9	TERRY DILLER	28:52
17:30	11	JOHN SCHNIDERS	29:58
19:19	42	KEVIN LOCHNER	30:52
19:56	54	TED WALTON	31:11
20:00	56	ROBERT LOPEZ	
20:01	57	PATRICK O'BRIENE	
20:12	58	BRYAN KEISTER	
20:39	71	BRUCE VINCENT	
21:51	96	DICK KONZEM	
22:00	97	BOB BERGER	
22:19	102	TERRY TERGARDIN	
22:55	115	JEROME PERFFER	
23:22	123	LOUIS LEAVITT	
23:43	125	SCOTT SCHEMKEL	
23:53	130	ANTHONY LEHMAN	
24:08	135	JOE CEJAREK	
24:17	141	STEVE MCMAHON	
24:36	145	TIM MARTIN	
24:39	146	JAMES THOMPSON	
24:46	151	JOHN PONTECORNO	
24:48	152	DEAN RUSS	
26:34	171	DOUGLAS HINDS	
26:42	176	ART DRAGOO	
31:11	234	DAVE VICHIE	

OVERALL - MALE  
KYLE BAKER - 15:34  
ANDERSON, IN

TIME	OV	NAME	TIME
16:59	7	MATT SEEDS	15:39
17:14	8	STEVE TEUSCH	17:38
17:25	10	JASON OSBORN	17:54
17:39	14	DAVID PELIS	17:57
17:46	16	KENT MERRITT	19:58
17:49	17	ROBERT SWICK, II	20:19
17:56	21	ERIC ADE	21:04
17:58	23	TERRY GOODSPEED	21:15
18:00	24	NICHOLAS RORICK	22:00
18:10	27	JOHN MILLIS	22:15
18:11	28	JOEL RICKNER	22:37
18:13	29	ANDREW GAYER	22:38
18:18	30	JEREMY BRICKER	23:12
18:33	31	JASON SORG	23:52
18:43	32	ABRUM GREGORY	26:29
18:45	33	JORDAN BUTLER	26:57
18:46	34	JOSH WILSON	27:57
18:46	35	NICK HARDIEK	32:43
18:47	36	TOD ESQUIVEL	
18:59	37	KEVIN WOODS	
19:14	40	LUKE FORBING	
19:15	41	MATT GUEBARD	
19:21	43	TY ARTHURHULTS	
19:28	44	BRANDON WEISS	
19:33	46	MATT DIETZAK	
19:34	47	JOHN HOGG	
19:36	48	STEVEN SIMON	
19:41	49	ADAM FRICK	
19:42	50	SAMUEL VARGAS	
19:47	51	HANS AUSDERAN	
19:48	52	JOSH DILLER	
20:27	66	BEAU DOWDEN	
20:37	70	MICHAEL CASIANO	
20:51	76	DOUG LOVELL	
21:10	81	JARED LOOMIS	
21:12	82	COREY ECKELBARGER	
21:26	88	DANIEL SCHULLER	
21:34	90	ERIC HOWELL	
21:36	92	SHANE TROMBRIDGE	
21:50	95	GREG HILL	
24:11	139	CHARLIE SANDERS	
24:43	149	NORMAN HARDIEK	
26:43	177	MATHEON KINDER	
26:43	178	MATHEW KINDER	
32:22	246	DONNIE SHIVE	
32:41	249	MICHAEL ALEXANDER	
32:46	251	MATT JUSTICE	

NAME	TIME	NAME	TIME	NAME	TIME	NAME	TIME
DAVID MYERS	32:52	MARTHA STAMWITZ	254	DAVID MYERS	32:52	MARTHA STAMWITZ	254
MIN MOSES	248	JJ CARROLL	242	MIN MOSES	248	JJ CARROLL	242
CHEF FLEETWOOD	247	GRETCHEN ZEHR	237	CHEF FLEETWOOD	247	GRETCHEN ZEHR	237
WENDELL ADAMS	225	MELANIE SCHWEYER	233	WENDELL ADAMS	225	MELANIE SCHWEYER	233
JOHN SAUER	223	BRIDGET SCHOLL	231	JOHN SAUER	223	BRIDGET SCHOLL	231
DON HOOVER	221	JANELLE BOWSER	229	DON HOOVER	221	JANELLE BOWSER	229
PHIL WAHLS	219	KIM SMITHART	228	PHIL WAHLS	219	KIM SMITHART	228
BOB COCKBURN	195	JODY EGLEY	213	BOB COCKBURN	195	JODY EGLEY	213
KEN DISLER	192	SARAH CARTER	212	KEN DISLER	192	SARAH CARTER	212
HAROLD DITMER	190	AMY HETTER	207	HAROLD DITMER	190	AMY HETTER	207
CRAIG MILLER	186	MONICA MADDALONE	205	CRAIG MILLER	186	MONICA MADDALONE	205
DICK SIVE	164	ANGELA MYERS	204	DICK SIVE	164	ANGELA MYERS	204
JOHN BRIER	160	KATHLEEN JUSTICE	200	JOHN BRIER	160	KATHLEEN JUSTICE	200
DELMER ADAMS	159	LIZ PHINNEY	198	DELMER ADAMS	159	LIZ PHINNEY	198
ED BECKER	154	JANETTE BAUERS	194	ED BECKER	154	JANETTE BAUERS	194
DARIUS HILL	132	BRENDA PATTERSON	188	DARIUS HILL	132	BRENDA PATTERSON	188
ROBERT LOOMIS	131	ANGELA SCHELL	183	ROBERT LOOMIS	131	ANGELA SCHELL	183
BOB GENSHEIMER	120	SARAH GROTRIAN	174	BOB GENSHEIMER	120	SARAH GROTRIAN	174
DICK HARNLY	116	DANI BENTZ	172	DICK HARNLY	116	DANI BENTZ	172
RON O'BEIRNE	114	DINA STOVALL	166	RON O'BEIRNE	114	DINA STOVALL	166
JACK SELGER	100	CARI STARK	165	JACK SELGER	100	CARI STARK	165
BARIE PETERSON	80	KRISTINE MINICK	162	BARIE PETERSON	80	KRISTINE MINICK	162
<u>BERNIE BURGELTTE</u>	78	HOLLY YOUNG	147	<u>BERNIE BURGELTTE</u>	78	HOLLY YOUNG	147
OV TIME		KAREN LOUIS	143	OV TIME		KAREN LOUIS	143
MALE 50 & OVER		SARAH NEAL	128	MALE 50 & OVER		SARAH NEAL	128
BILL BLOSSER	244	JENNIFER SODDINGTON	127	BILL BLOSSER	244	JENNIFER SODDINGTON	127
RICK SEALSCOTT	216	MELISSA HABEGGER	126	RICK SEALSCOTT	216	MELISSA HABEGGER	126
KENT LOOMIS	202	TERESA FURNISS	105	KENT LOOMIS	202	TERESA FURNISS	105
KEN SILKWOORTH	201	DARLENE SCHOUDEL	86	KEN SILKWOORTH	201	DARLENE SCHOUDEL	86
RICHARD SWINETER	196	<u>BEV LEMASTER</u>	77	RICHARD SWINETER	196	<u>BEV LEMASTER</u>	77
RALPH EDWARDS	191	FEMALE 20 - 29		RALPH EDWARDS	191	FEMALE 20 - 29	
MIKE PESCI	187	KRISTA BLOSSER	243	MIKE PESCI	187	KRISTA BLOSSER	243
TERRY GOODSPEED	181	JOY WILLIG	238	TERRY GOODSPEED	181	JOY WILLIG	238
REG JOHNSON	170	JAMIE TROWBRIDGE	217	REG JOHNSON	170	JAMIE TROWBRIDGE	217
WARREN FERGUSON	163	LINDAY WOEHNKER	177	WARREN FERGUSON	163	LINDAY WOEHNKER	177
BRENT CLARK	139	BECKY FISHBACK	175	BRENT CLARK	139	BECKY FISHBACK	175
KEN STUMP	134	SHELLEY PANNING	173	KEN STUMP	134	SHELLEY PANNING	173
STEVE CORONA	110	AMY COCKBURN	168	STEVE CORONA	110	AMY COCKBURN	168
MIKE DISS	106	MANDY PETTIBONE	156	MIKE DISS	106	MANDY PETTIBONE	156
DALE STAMWITZ	104	BRIDGET SHALDNAGLE	155	DALE STAMWITZ	104	BRIDGET SHALDNAGLE	155
BARRY CLOSE	99	JAMIE HENDERSON	153	BARRY CLOSE	99	JAMIE HENDERSON	153
DAVID WEIKFL	91	LISA PESCI	142	DAVID WEIKFL	91	LISA PESCI	142
TOM REHRER	67	MOLLY SANDERS	137	TOM REHRER	67	MOLLY SANDERS	137
JOHN GAIER	65	CHRISTINE SCHOUDEL	124	JOHN GAIER	65	CHRISTINE SCHOUDEL	124
ALLEN WHITTINGTON	64	ALLISON SMITH	122	ALLEN WHITTINGTON	64	ALLISON SMITH	122
CHARLES HORNADAY	63	RACHEL COUCH	107	CHARLES HORNADAY	63	RACHEL COUCH	107
BRIAN DAWSON	61	MARY COCKBURN	103	BRIAN DAWSON	61	MARY COCKBURN	103
PAUL AUSDERAN	60	JULIE GOODSPEED	94	PAUL AUSDERAN	60	JULIE GOODSPEED	94
KEN LONG	53	ANGIE LITTLE	93	KEN LONG	53	ANGIE LITTLE	93
STEPHEN SMITH	45	MARY ANN WILSON	89	STEPHEN SMITH	45	MARY ANN WILSON	89
GARY DEKHEIMER	39	ADRIENNE PUTTEET	87	GARY DEKHEIMER	39	ADRIENNE PUTTEET	87
DANIEL GREEN	38	EVELYN CORONA	74	DANIEL GREEN	38	EVELYN CORONA	74
TOM TODER	26	MEGAN DEKHEIMER	73	TOM TODER	26	MEGAN DEKHEIMER	73
DAN LEFFERS	20	STEHANIE MAGLEY	68	DAN LEFFERS	20	STEHANIE MAGLEY	68
STEVE CASWELL	18	OV TIME		STEVE CASWELL	18	OV TIME	
GARY RICHNER	15	FEMALE 19 & UNDER		GARY RICHNER	15	FEMALE 19 & UNDER	
<u>DOUG SUNDLING</u>	12			<u>DOUG SUNDLING</u>	12		
OV TIME				OV TIME			

The F.W.T.C. is enrolled in the TEAMates program with McSports in Glenbrook Commons. Just keep your receipt from any purchase, send it to our mailing address and the club is eligible for \$1.00 of merchandise for every \$20.00 purchase. This will be redeemable after \$3000 worth of purchases. Although no decision has been made regarding its use, perhaps it can be a door prize at our annual banquet.

ATTENTION!!!

TIME	NAME	TIME	NAME
OV	FEMALE 40 - 49	OV	FEMALE 30 - 39
83	DEB BYERS	59	CONNIE MATTIX
22:47	JULIE MANGER	69	KRIS MCCAIN
111	RUTH ANN SEILERS	72	ANNE DUFF
22:51	SUE ROSS	75	MARY MCMANUS
140	MARSHA SCHMIDT	85	LINDA GORMAN
24:42	BARBARA SCROGHAM	117	MARCIA SAVAGE
150	MARSHA SCHMIDT	118	KATIE KINGSBURY
24:44	MARSHA SCHMIDT	121	KATIE CREIGHTON
157	MARSHA SCHMIDT	138	NANCY KONZEM
25:10	MARSHA SCHMIDT	144	ROBIN MANGER
26:47	MARSHA SCHMIDT	158	FLO SMITH
180	MARSHA SCHMIDT	161	JILL BOBAY
27:11	MARSHA SCHMIDT	167	LINDA ANDERSON
27:32	MARSHA SCHMIDT	179	MINDY KINDER
189	MARSHA SCHMIDT	179	MINDY KINDER
27:32	MARSHA SCHMIDT	203	JILL BURNETT
193	MARSHA SCHMIDT	208	MICHELLE SHIVE
27:41	MARSHA SCHMIDT	209	BARBARA HAKE
193	MARSHA SCHMIDT	210	LINDA CLEVENGER
28:37	MARSHA SCHMIDT	211	CONNIE OBERLIN
206	MARSHA SCHMIDT	214	TAMMY MEYER
28:37	MARSHA SCHMIDT	215	DEB SEALSOTT
29:13	MARSHA SCHMIDT	222	RENEE ESHCOFF
29:50	MARSHA SCHMIDT	224	LORRIE O'BEIRNE
220	MARSHA SCHMIDT	227	RUBY SWINCHER
29:50	MARSHA SCHMIDT	230	ANN MARLIN
226	MARSHA SCHMIDT	232	BETH ANDERSON
30:20	MARSHA SCHMIDT	236	TAMMY JOHNSON
31:19	MARSHA SCHMIDT	240	DINA ZAHM
31:19	MARSHA SCHMIDT	241	R ZAHN-FERSTERMAKER
31:19	MARSHA SCHMIDT		
31:41	MARSHA SCHMIDT		
31:41	MARSHA SCHMIDT		
33:19	MARSHA SCHMIDT		
33:19	MARSHA SCHMIDT		
34:12	MARSHA SCHMIDT		
34:31	MARSHA SCHMIDT		
257	MARSHA SCHMIDT		
256	MARSHA SCHMIDT		
253	MARSHA SCHMIDT		
253	MARSHA SCHMIDT		
258	MARSHA SCHMIDT		
259	MARSHA SCHMIDT		
47:37	MARSHA SCHMIDT		
53:23	MARSHA SCHMIDT		

**HIGHLAND TERRACE RUNNING CLUB  
 5K TROPHY RUN/WALK  
 1 MILE TROPHY RUN (Under 12)  
 PEE WEE RIBBON RUN (Under 5)  
 SATURDAY NOVEMBER 11, 1995  
 9:00 AM**

**Highland Terrace Elementary School  
 1445 Berwick Lane  
 New Haven, Indiana**

**Each participant will receive a place or finisher's trophy at the completion of the race.**

**The 5K course will be an out and back, beginning and ending in the school parking lot.**

**The 1 Mile course will be run entirely on the school property.**

**Entry fee: 5K \$5.00  
 1 Mile \$2.00**

**Bring a contribution for the post race refreshment table. (Examples: cookies, fruit, non-alcoholic drink, pretzels, pop corn, etc.)**

**This is an event for the whole family !!!**

**Mail your registration to Joyce Hockensmith  
 Highland Terrace Elementary  
 1445 Berwick Lane, New Haven Indiana 46774**

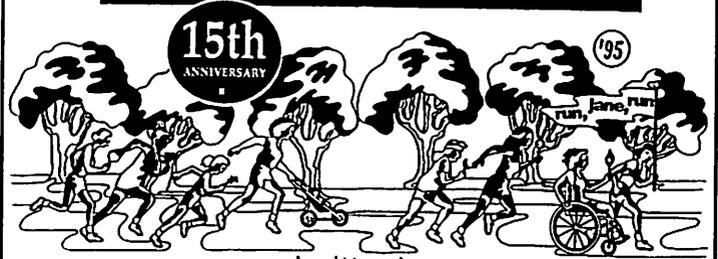
**Make checks payable to the Highland Terrace Running Club.  
Registration deadline: November 6, 1995**

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

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

**Event: \_\_\_\_\_ PeeWee \_\_\_\_\_ 1 Mile \_\_\_\_\_ 5K**

**run, jane, run 1995**



*brought to you by:*  
**Fort Wayne Women's Bureau  
 SEPTEMBER 6 - 17**

**DON'T MISS IT!!**

**5K/10K Run  
 Saturday, September 16**

**LOCATION**

Foster Park, Main Pavilion

**WHAT**

5K/10K Runs; women & girls only...Inline skaters welcome as non-competitive participants

**TIME**

8:00am: late registration  
 9:00 am: Runs begin

**ENTRY FEE**

\$6 pre-registration  
 \$7 late registration

**DEADLINE**

Friday, September 8, 1995

**AWARDS**

Overall winner and first 3 age group finishers: 19 & under, 20-29, 30-39, 40- 49, 50-over

**ENTRY FORMS**

424-7977 for information

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.**

# August 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	2	3 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	4	5 Training Run 7AM YMCA Downtown Harlan Days 10K Quad City Series
6	7	8 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	9 Run 6 PM Showers FWTC Mtg. 7PM Taylor U. Act. Cen. Casa's after Mtg.	10 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	11	12 Training Run YM Grape Stomp 10K RRCA Champ. Hot Air Affair Run for the Border
13	14	15 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	16	17 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	18	19 Training Run YMCA Downtwon 7AM Run Rev Run Parkersburg 1/2 M Pikes Peak Ascent
20 Leading Ladies 5K Pikes Peak Marathon	21	22 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	23	24 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	25	26 Training Run YM Harvest Run 5K Bears of Blue R.5K & 10K The Crim 10M
27 Silver State Marathon - Reno	28	29 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	30	31 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	1	2 Training Run 7AM YMCA-Downtow n Marshmallow Days Bippus Bop

# September 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Silver State Marathon - Reno	28	29 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	30	31 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	1	2 Training Run 7AM YMCA-Downtow n Marshmallow Days Bippus Bop
3	4 Blueberry Stomp Park Forrest 10M/5K Emmett Challenge Carmel Clay 5M	5 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	6	7 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	8	9 Training Run YM C.A.N.I. 5K/10K Roanoke 5M Dances with Dirt Cit. Gas Race 10K Mackinac Is. 8M
10 Co-Rec 8K	11	12 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	13 Run 6 PM Showers FWTC Mtg. 7PM Taylor U. Act. Cen. Casa's after Mtg.	14 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	15	16 Training Run YM Run Jane Run Olander Park 24 Hr Lakeshore 50
17 Philadelphia 1/2 Mar. Columbus 1/2Mar. & 5K	18	19 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	20	21 Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	22	23 Training Run YMCA Downtown 7AM Parlor City Trot Dick Lugar 5K/10K
24 Wild Wilderness 7.6 M Buckeye 1/2 Marathon The Blade 10K	25	26 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	27	28 Training Run IPFW Hilliard Gates Activity Center 6PM Showers	29	30 Training Run YMCA Downtown 7AM Bunker Hill 4M Bowling Green 10K

Each step brings you one step closer to a mile  
Each mile brings you one mile closer to your goal  
Each goal builds fitness

-----  
Whether your goal is to run 10 miles a week or 10 miles a day  
We can help with the **RRCA Personal Fitness Program**  
-----

Register your 6 month goal with us today and you will receive  
an inspirational running diary to chart your daily progress.

At the end of six months,  
send us a record of your progress  
and we will send you  
an embroidered patch and a certificate that acknowledges the miles you ran.

**Send in the form today and build fitness!**  
-----

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

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

Running Club Name \_\_\_\_\_

**6 Month Mileage Goal:**

Under 250 miles. Specify ( \_\_\_\_\_ )  
 250 miles (10 miles per week)  
 500 miles (19 miles per week)  
 750 miles (29 miles per week)  
 1000 miles (38 miles per week)  
 1500 miles (58 miles per week)  
 2000 miles (76 miles per week)

Please register me for the following 6 month period  
(you must register by the middle of the period)

January 1 through June 30

July 1 through December 31

Registration Fee: \$5 for RRCA Members, \$6 for non-members

Make checks payable to: RRCA Personal Fitness Program and mail to:

**Paul W. Hronjak, RRCA Personal Fitness Program**

104 Copperstone Lane ~ Cary, NC 27511

(919) 387-7160



**LOOKING FOR A LONG TRAINING RUN ?**

Join Runners at the Central YMCA every Saturday -7 AM

For More Details: Contact Jack Hilker, 432-2933

Don Ford wishes to express his thanks to the Fort Wayne Track Club  
for their kindness and thoughtfulness, following the death of his sister,  
Susan, June 26, in an automobile accident.

## SHIN SPLINTS

The term "shin splints" is actually a catch-all phrase encompassing four different injuries.

The most common is a sprain of the posterior muscles, starting in the back of the lower leg and going to the foot's arch. The second is an inflammation of the covering of the lower leg bone. The third involves an interruption of the blood flow to the three muscles of the front of the lower leg. The fourth is stress fractures to the lower leg.

If you're suffering pain in your lower legs, you could have shin splints, especially if you've been running, walking, or jumping a great deal recently.

Many factors can contribute to shin splints. The most common are the following:

- \* Poor conditioning-get in shape before pushing yourself.
- \* Poor warm-ups-take some time to stretch.
- \* Too much effort, too soon-go at things gradually
- \* Running on hard surfaces or on hilly terrain-don't beat yourself up on asphalt or cement.
- \* Weak arches or other foot imbalances.
- \* Running too soon from injury-work your way back slowly.
- \* Poor running form
- \* Your shoes-wearing either non-running shoes or worn-out quality running shoes can lead to injury.

The basic, surest treatment for shin splints is rest and ice. Ice the damaged area for 12-15 minutes, three times daily. Also, do gentle, progressive stretching of the calf muscles to prevent further problems.

If pain or discomfort continue, see a physician before resuming activity.

Source: Sports Care Letter from the Toledo Hospital/Medical College Hospitals

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OF GREATER FORT WAYNE

Jack Hilker



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# Member's Page



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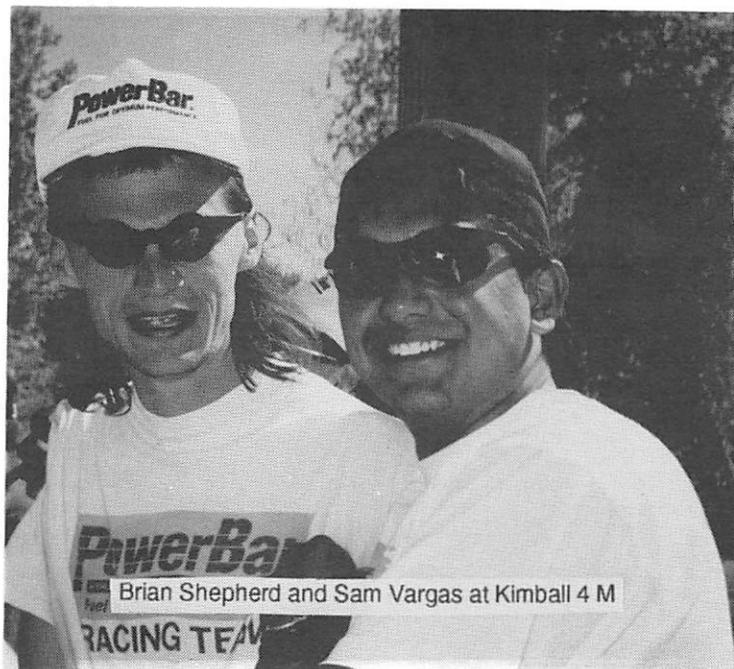
Kevin L. Heller

6928 N. - 400 E.  
Kendallville, IN 46755  
(219) 347-0407

## Kimball YMCA 4 Mile

The top 6 place in this Michigan  
went to Indiana runners.

1	Brian Shepherd	21:48
2	chuck Schlemmer	23:05
3	Steve Caswell	24:12
4	Adam Frick	24:59
5	Sam Vargas	25:42
6	Chris Weaver	26:08



Brian Shepherd and Sam Vargas at Kimball 4 M

# Related

## Birthdays

June

July

01 DAVID DEVAUGHN  
01 MICHAEL C MCMANUS  
03 IAN ROLLAND  
04 JAY LYNN  
05 PAM AARON  
07 ROBERT HOCKENSMITH  
08 ROSS H MOYER  
09 STAN LIPP  
10 KEVIN S GAIN  
11 JACK ADE  
11 ANTHONY L LEHMAN  
12 BARBARA STEDGE  
12 CHARLIE BACKOFEN  
13 WAYNE M DAVIES  
15 ROBERT E WYATT  
19 MIKE DISS  
19 CHET FLEETWOOD  
19 JAMES W THOMPSON  
20 DONALD A ANDERSON  
20 JACK O'NEIL  
24 CHRIS PERRIN  
24 DONALD E BASHOR  
26 JAMES P JONES  
27 DAVE WOLFF  
27 STEVE ADKISON  
27 HARRY QUANDT  
30 MICHAEL LOUGHERY



01 CAROL HERNDON  
01 MICHELLE HEINE  
03 ALFRED GUMBERT  
03 LYNN E ARMSTONG  
05 TOM HAYHURST  
07 DAN DANIEL  
10 DICK SIVE  
13 MICHAEL GRIMES  
13 LARRY AVERBECK  
15 NANCY LAMBRIGHT  
15 DEWAIN COBBS  
17 BRENDA LIECHTY  
19 JOHN JEDINAK  
21 JASON DOUGLAS  
21 JOHN CARR  
21 ELLEN K SCHWARTZ  
22 SHARON BRUNER  
24 GARY GOSCH  
24 ROBERT GENSHEIMER  
24 DAVID V MYERS  
25 KELLY D CLEVINGER  
26 CARL A RISCH  
26 BOBBI WIDMAN FOUST  
27 JOE KUHN  
30 MICHAEL L MCAVOY  
31 MICHAEL YANN



# Birthdays

August

September

01 MICHAEL B MCCLASKEY  
02 J PAUL DOWNIE  
03 CHARLES C BRANDT  
04 BARBARA O'NEIL  
04 MIKE GILLAND  
04 TOM FUELLING  
05 REX REED  
05 SCOTT WAGNER  
05 JENNY FURKIS  
05 CYNTHRA S PESCI  
05 SHARON K YADON  
06 KEVIN WARREN  
07 JEFFREY G RAFF  
09 KEN MILLER  
09 GARY DEXHEIMER  
09 LELAND R SIBREL  
11 BARRIE PETERSON  
13 JAMES ISAACS  
14 JOAN GARY  
16 STEPHEN M HILKER  
16 GARY KUHN  
18 ANTHONY J RENZI  
19 SAMUEL VARGAS  
19 TERRY TEEGARDIN  
19 KENT C OBER  
19 SUZANNE GAIN  
20 PAUL BECKWITH  
21 JAMES C CRON  
21 BILL PATTERSON  
23 MOLLY SANDERS  
27 ALAN GILBERT  
27 KEN NELSON  
27 BEV CHRISTENSEN  
27 CATHI TRACY  
29 STEVE GOLDTHWAITE  
29 JACK MORRIS  
30 RICHARD BUSTOS



01 JIM E BRIDGES  
02 LAWRENCE H LEE  
02 JOHN BRIER  
02 MICHAEL H KAST  
04 BRUCE PRESSLER  
06 BRUCE HOPEN  
07 KEN CLARK  
08 TERESA L FURNISS  
09 TERRI GROSS  
10 VICKI JACOBS  
10 GREGORY A FAHL  
12 BILL DIBBLE  
13 JOSEPH BARANOWSKI  
14 GUY RHOADES  
14 DAVID E BOYLAN  
15 JEFFREY E MCCANN  
16 HOWARD J KLINGER  
16 PHIL LUTTMAN  
16 TOM BLAUVELT  
17 MICHAEL L PEART  
20 RICK BOYS  
21 MARSHA SCHMIDT  
21 CHUCK MYNETT  
22 BARB SCROGHAM  
26 GREG PURCELL  
27 CHRIS PLUNKETT  
28 STEVE MCMAHON  
28 ROGER D DELAY  
29 ANGELA HEINGARTNER  
29 BELINDA C LEWIS  
29 TIM BOLIN  
30 JOHN GAIER  
30 BRIAN SHEPHERD  
30 JEFF WALKER  
30 CRAIG HARTMAN



This is not a positive meal experience. It will shape a long term negative food habit, not a healthy one. Young children and teens can learn to associate food with stress, love, being good, or being bad depending on food conversations and other habits of family and friends. Parents have the power to prevent eating problems. Parents can lead by example, use encouraging words, smile, stay clam, praise positive changes, and recognize negative habits less.

Ellen Satter, R.D. in her book "How To Get Your Kid To Eat But Not Too Much" recommends parent and child responsibilities for nutritious and delicious meal success.

For a minute put yourself in a child's chair. The dinner vegetable is carrots. There's a big spoonful on your plate and it's ugly. The vegetable rule - You can not leave the table or get dessert till the plate is clean. Dad's not eating any carrots. Mom keeps reminding you about the vegetable rule. How would the child feel? 20 years from now will the child be interested in eating vegetables?

And consider as we think so we will eat. We like being in our own drivers seat, riding in a comfort zone. It feels safe, satisfying. Too much seat advice and tailgating usually is not welcome. Children and adults are more likely to eat a new food when their calm, relaxed, and personally making the decision.

What's a parent to do? 1st consider that it's natural for children and teenagers (adults too) to resist any behavior change when pressure is present. No one likes being told what to do. We naturally resist anyone trying to control our choices.

These comments are common at family meals. Most parents struggle with how to help their children or teenagers eat a couple vegetable servings daily. (Note - 1 serving is 1/4 cup cooked vegetables for children 1 to 5 yrs. old and 1/2 cup cooked vegetable for children 6 yrs and older, plus adults.) Frustration levels can rise so high that vegetables become a battle tool instead of a tasty fun way to get carbohydrate, vitamins like A and C, and minerals like potassium and iron. Mom and/or Dad try to control their child's food intake. Kids try to get more attention and personal independence. Not a win, win situation.

"I can not get John to eat vegetables. I have to force him to take a 1/4 cup. He refuses broccoli, cabbage, green beans... most all vegetables except french fries. Sometimes a candy bar bribe works to get him to take a few bites."

PLEASE PASS THE VEGETABLES

Judy Tillapaugh, R.D.  
Nutrition Specialist

NUTRITION NEWS from Judy

#### PARENT RESPONSIBILITIES:

- \* Enjoy being a healthy role model
- \* Encourage input on meal and snack planning
- \* Select and buy a variety of foods
- \* Have regular times for meals and snacks
- \* Make and present balanced meals
- \* Make meal times pleasant, calm
- \* Help child or teen have a role in meal preparation

#### CHILDREN, TEENAGER RESPONSIBILITIES:

- \* Help with meal and snack planning
- \* Help with meal preparation and clean up
- \* How much food is eaten
- \* How little food is eaten
- \* Healthy meal manners

Once the parent has done their responsibilities, their job is done. The parent needs to let go from there, let themselves off the hook, and let nature take its course. Children and teens will appreciate the food freedom and parental trust. Kids like all individuals can learn their bodies hunger signals.

So for dinner tomorrow 1st ask your children which one of 3 vegetables to fix. Cook and serve the winning one. If one or all of the kids have no interest in taking a vegetable bite make no comment!! You're not responsible for how much they eat!! If your child takes some vegetables- great! Respond with a simple smile and a few words of praise. Ask about their activities, sports or talk about a special family project. Do personally ask "Please pass the vegetables." Make meal time a pleasant time.

Discover nutrition anytime, anywhere!!

---

## FRUIT SMOOTHIE

---

*A great drink for a child, full of calcium  
and vitamin C!*

#### INGREDIENTS:

- 1 cup low-fat milk
- 1 medium banana (frozen for extra creaminess)
- 8 frozen or fresh strawberries (unsweetened)
- 2 Tbsp frozen orange juice concentrate (unsweetened)

Source: Starting Out Well,  
by Helen Fish, Ronald Fish,  
Lawrence Golding

#### DIRECTIONS:

Mix all ingredients in a blender and blend until smooth.

Serves: 1

Per Serving: 299 Calories, 11 grams Protein, 56 grams Carbohydrate,  
6 grams Fat, 18 milligrams Cholesterol, 126 milligrams  
Sodium

**HARLAN DAYS 10K RACE**

**DATE:** Saturday August 5, 1995

**TIME:** 7:00 A.M.

**PLACE:** Harlan Community Center, Harlan, Indiana

**PURPOSE:** To promote health, fitness, and to benefit Harlan Children's park.

**COURSE:** The 10k Race will be throughout the scenic countryside of the Harlan and Grabill area.

**AWARDS:** T-shirts to all participants. Trophies: men and women in each age category: over-all in mens and womens will receive a special trophy and gift certificate to a local sport shop. Awards ceremony immediately following the race, just before the Harlan Days Parade.

**EVENTS:** Harlan Pancake Breakfast from 6:30 to 10:30 a.m. followed by the Harlan Days Parade. Men and women winners will be escorted through the parade.

**GROUPS:** Men and women: 16 and under; 17-22; 23-30; 31-39; 40-49; 50-59; 60 and older.

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**REGISTRATION FEE MUST ACCOMPANY FORM**

\_\_\_\_\_ \$8.00 BEFORE JULY 24, 1995 (pre-registration, includes t-shirt)

\_\_\_\_\_ \$10.00 DAY OF RACE, ( \$8.00 no t-shirt)

**WAIVER:** I UNDERSTAND THAT HARLAN COMMUNITY ASSOCIATION, SPONSORS, AND DIRECTORS ARE NOT RESPONSIBLE FOR INJURY, LOSS OF PROPERTY, OR DEATH AS A RESULT OF THE HARLAN DAYS 10K RACE.

**SIGNATURE:** \_\_\_\_\_ (if under 18, PARENT MUST SIGN)

**NAME:** \_\_\_\_\_ **TELEPHONE:** \_\_\_\_\_

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

**AGE:** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO HARLAN COMMUNITY ASSOCIATION**  
**MAIL TO: THOMAS A. BUNNER, D.D.S., BOX 255, HARLAN, IN 46743**  
**TELEPHONE: 219-657-5197**

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

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

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

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

<i>Quantity</i>	<i>Size</i>	<i>Item</i>	<i>Each</i>	<i>Total</i>

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

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

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

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

## BIG DISCOUNTS ON SHOES FOR FWTC MEMBERS !

The Fort Wayne Track Club would like to welcome Gerber's Footwear and Fashions as a new advertiser. As always, we encourage FWTC members to patronize those businesses that support us.

Gerber's is offering FWTC members a significant discount on running shoes, both those in stock, and any specially ordered shoes of the following brands: NIKE, New Balance, Reebok, Adidas, and Asics.

At each monthly meeting of the FWTC, Mike McAvoy will have shoe catalogues, with prices, for members to order from. Mike lives in Bluffton so he will place the order with Gerber's. Arrangements to pick up your shoes can then be made with Mike.

Take advantage of this offer and we'll see you at the monthly meetings!



Ft. Wayne Track Club members receive 20% off the typical retail price of any running shoe displayed in this ad ( see ordering details above)



**BLUFFTON**  
Mon.-Thurs. 9-6;  
Fri. 9-8; Sat. 9-5  
824-1934



**FOOTWEAR & FASHIONS**

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

**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:**

\_\_\_\_\_  
(If under 18)

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

# THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

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



**Cool off  
Your Summer!  
Join the  
Ft. Wayne Ski Club.**

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

**Van Dyne  
Crotty<sup>INC</sup>**  
UNIFORMS THAT WORK

## QUEST FOR 50 UPDATE By Joyce Hockensmith

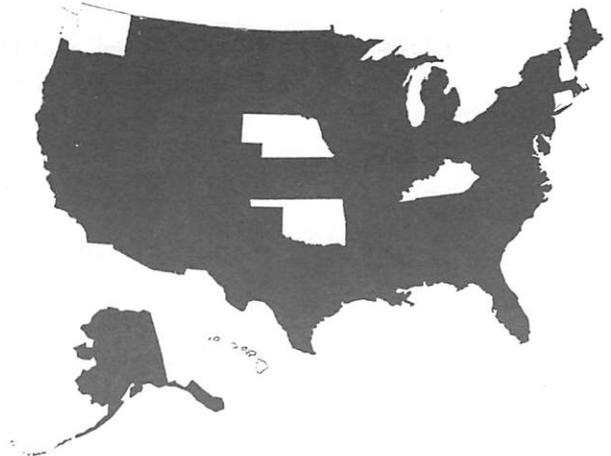
Four more states down, for a total of 44, and 7 to go! On May 28, Bob and I joined about 3,600 other marathoners to run the Vermont City Marathon in Burlington. The marathon progressed from the starting line at Battery Park, winding through the city, along Lake Champlain, utilizing jogging/bicycle paths for part of it, and ending at Waterfront Park, where there was music and refreshments amidst a festive atmosphere. It was at this marathon that Bob decided that if you can't come in first, you might as well be last. Having this distinction in Vermont resulted in having his picture (in color, no less) in the paper with a fairly lengthy article about him. The title given the article was "Here comes the judge, and he's in no hurry". Bob's big decision to make for next year is whether to back to Vermont to defend his title.

June 3 took us to the Ghost Town Marathon in Helena, Montana. The race began in Marysville, (the ghost town) and ended in Helena. It was quite cool at the start, and as I was sitting, huddled in my trash bag, a photographer snapped my picture for a special edition paper covering the events of the day. Although there were just 152 runners in the marathon, there were 5,082 in the 5K, 1,156 in the 10K, 241 in the 20K, and 200 runners comprising 50 teams in the marathon relay. An unusual feature at the start of this marathon were the port 'o johns that were left on a trailer, that required a giant step to get into and once there lacked stability, but then that really isn't the time to be too choosy. The highlight of the day was our trip back to Marysville after the marathon for dinner. Lit only by gas lamps, our table was a huge wire spool turned on its side. All cooking is done on the back porch and diners, while waiting for a table, may pitch horseshoes. Dinner entrees are limited, but huge, and all entrees come with ranch beans and corn-on-the-cob. We selected the steak, which was served in only one size, 20 ounces. After dinner, you were invited to participate in a toast on the back porch, a marshmallow toast, that is.

The Marathon de Taos in New Mexico was held June 18, 1995. A small field assembled at the cattle guard at predawn and began to run what turned out to be a very difficult course, due to the mountains and the altitude. Bob began over an hour early for these very reasons. Concerned about being out there alone with all the loose dogs we had seen while driving the course the day before, Bob carried dog biscuits to soothe the savage beasts. I've included a picture of our friend, Tom Wilson, with one of the fierce creatures.

On July 15 we went to run the only marathon in Iowa at Lake Okoboji. My suggestion to anyone thinking about this marathon is to think again. Rain on the morning of the marathon saved us from what would have been oppressive heat, but that was one of the few redeeming qualities of this run. I ended up trekking an extra mile and a half or so, which did not make me a happy marathoner. Non-existent water stations, no traffic control on a busy highway on which runners were to run with traffic, a broken uneven sidewalk to the finish, and no medals, were just a few of the things that diminished our enjoyment of this event.

July 27 we're off to Hawaii to conquer that state, and in August back to Oregon, September should find us in St. John's Newfoundland, Jackson, Wyoming (questionable), East Lyme, Connecticut, and Bristol New Hampshire.



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

----- 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 RRCA 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
- 12 SAT RUN FOR THE BORDER 5 MILES 7 A.M. ANGOLA, IND.  
PAUL BECKWITH (219)665-5587 (RUN IN 3 STATES)
- 12 SAT KERNEL KLASSIC 5K 8 A.M. VAN BUREN, IND  
TOM DODD OR STAN COUCH 317-934-2101
- 12 SAT \* MIDDLEBURY 10K 8 A.M. MIDDLEBURY, IND.  
BOX 334 MIDDLEBURY IN 46540 CALL (219) 825-7694

12 SAT            GRAPE STOMP 10K 8:30 A.M.            SOUTH BEND, IND.  
MADLINE BERTRAND COUNTY PARK    CALL (219) 288-5837

12 SAT            \* PAAVO NURMI MARATHON 7:30 A.M.            HURLEY, WISC.  
110 IRON STREET, HURLEY WI 54534  
5 & 10K ON AUG 13    BERNARD HIBBELN (715)561-2285

12 SAT            \* ROTARY RAMBLE 5K 8:30 A.M.            DEMOTTE, IND.  
CHARLENE GROET (219) 987-2875

12 SAT            WABASH VALLEY 5K CHAMPIONSHIP 8 A.M.    TERRE HAUTE, IND.  
CHRIS DAVIES (812)238-7311

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            HARVEST RUN 5K            KNOX, IND.  
BOB KEDELIS, 102 E CULVER RD., KNOX IN 46534

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

27 SUN            \* SILVER STATE MARATHON(ALSO 1/2 MAR & 10K)    RENO, NEVADA  
1460 PROSPECT AVENUE, SPARKS, NEVADA 89431 (702)849-0419

----- 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
- 03 SUN SCOTT'S SUMMIT CITY 10K AGAINST CRIME FREIMANN SQUARE  
FORT WAYNE, INDIANA, 5K RUN/WALK-9 AM, 10K RUN/WALK-9:30  
AM, PEEWEE RUN-10:45 AM (NO FEE), (219)483-9537
- 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 C.A.N.I. CLASSIC 5K/10K/RUN/WALK/BLADE SOUTHTOWN MALL  
CLARK WOODS (219)423-3546
- 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 840 PORTAGE ST., ST. IGNACE MI 49781 (810)238-5981
- 10 SUN CO-REC 8K 8 A.M. PURDUE UNIVERSITY  
PURDUE, 1089 RGYM, ROOM 105, WEST LAFAYETTE, IN 47907

- 16 SAT            RUN JANE RUN 5K AND 10K    FOSTER PARK, FORT WAYNE, IND.  
WOMAN'S BUREAU (219)424-7977
- 16 SAT            \* OLANDER PARK 24 HOUR RUN NOON            TOLEDO, OH  
DAVE PAYETTE (419)475-0731
- 16 SAT            LAKESHORE 50 50K AND 50 MILES 7:30 A.M.    HOLLAND, MICH.  
STEVE WEBSTER 616-399-2870
- 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            DICK LUGAR 5K AND 10K                            INDIANAPOLIS, IND.  
TUXEDO BROS. (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
- 30 SAT            BOWLING GREEN 10K CLASSIC                    BOWLING GREEN, KY  
RICK KELLEY (502)782-3600

- - - - - 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

07 SAT \* MANSFIELD COVERED BRIDGE 10K 9 A.M. MANSFIELD, IND.  
BOX 211, ROCKVILLE IN 47872 (317)597-2159

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

14 SAT RUN FOR THE ENDZONE 5K AND 10K IU/BLOOMINGTON, IND.  
STACEY HALL (317)855-2371

15 SUN COLE PORTER CLASSIC 15K AND 5K 2 P.M. PERU, IND.  
JIM YATES (317)472-3476

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        GRACE COLLEGE HOMECOMING 5K    9 A.M.    WINONA LAKE, IND.  
ROGER THELEN    (219)372-5217
  
- 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 - - - - -

- 04 SAT        OPSF 50/50 TRAIL RUN    7 A.M.    OWEN-PUTNAM COUNTY STATE FOREST  
50K AND 50 MILES    JEFF TINCHER (812)894-3394
  
- 05 SUN        RUN THE MOUNDS 5 MILE CROSS COUNTRY RUN    ANDERSON, IND.  
TIM THOMAS, CALL (317)640-1211 DAYS, 642-9502 EVES.
  
- 05 SUN        ZOY RUN 10K TRAIL AND DUNE RACE    9:30 A.M.    IND. DUNES S.P.  
AL MUSSMAN, 27 SHORE DR., BOX 917, OGDEN DUNES, IND 46368
  
- 05 SUN        BLOOMINGTON BREAK-AWAY 5K    1:30 P.M.    BLOOMINGTON, IND.  
LIBBY COSGRAY    (812)334-8349
  
- 11 SAT        HIGHLAND TERRACE RUNNING CLUB 5K & 1 MILE TROPHY RUN    9 AM  
HIGHLAND TERRACE ELEMENTARY SCHOOL, 1445 BERWICK LN.  
NEW HAVEN, IN, JOYCE HOCKENSMITH    (219)749-1237
  
- 11 SAT        OUTBACK SCRAMBLE 5 MILE CROSS COUNTRY    EAGLE CREEK PARK  
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT.  
INDPLS IN 46254
  
- 11 SAT        INDIANA FALL CLASSIC 10K    10 A.M.        TERRE HAUTE, IND.  
LARRY POOLE    (812)466-9345
  
- 12 SUN        FALL FROLIC 4 MILES    9:30 A.M.        HAMMOND, IND.  
JIMMY'S ATHLETIC APPAREL    (219)845-1977

- 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
- 18 SAT TURKEY CHASE 7K 1 P.M. CENTERVILLE, IND.  
PAT BOWERS, BOX 86, CENTERVILLE IN 47330 (317)855-2482

- - - - - 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

- - - - - J A N U A R Y 1 9 9 6 - - - - -

- 06 SAT SIBERIAN EXPRESS 7.6 MILES 12 NOON DANVILLE, ILL.  
MARC REDDY (217)431-4243 POST-RACE BUFFET AND PARTY
- 07 SUN WALT DISNEY WORLD MARATHON ORLANDO, FLORIDA  
(407)827-7200
- 21 SUN \* HOUSTON-TENNECO MARATHON HOUSTON, TEXAS  
(713)864-9305

### 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

### 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...

## HARLAN DAYS 10K

Saturday, August 5, 1995, 7 AM  
Harlan, Indiana

## MARSHMALLOW DAYS

Saturday, September 2, 1995, 6:45 PM  
Ligonier, Indiana

## SCOTT'S SUMMIT CITY 10K AGAINST CRIME

Sunday September 3, 1995  
5K 9AM - 10K 9:30 AM - 10:45 PeeWee Run  
Freimann Square, Fort Wayne, Indiana

## FWTC MEETINGS

Wednesday, August 9, 7:00 PM, Run, 6:00  
Wednesday, September 13, 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
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Insert Race Application (Includes printing results)  
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