

# the inside track

October 1995 - November 1995

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



1995

**FORT WAYNE TRACK CLUB**

**Officers and Board Members**

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	Fax (work)	436-9419
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15 Years Ago in the Fort Wayne Track Club  
October-November 1980

President--Gary Dexheimer  
Editor--Rick Reitzug

Out of the 37 pages in this issue, over half of them are letters and articles written by FWTC members (not just the officers and board members) relating their running experiences and viewpoints. These contributors include: Mike Hill, Dave Fairchild, Russ Heritier, Mike Michael, David Milner (age 14), Myron Meyer, Dick Sive, Karen Cavanaugh and Steve Tielker. For those of you who believe the club is run by only a small group of people.....take a look at these names and the names of the current group of officers. Obviously new people are always getting involved. With the upcoming elections, it would be nice to see even more new names!!!!

Results of the Jamboree Jog 10K  
Montpelier, IN 9-6-80  
FWTC finishers only

Place	Name	Age	Time
2	Phil Lockwood	30	33:19
3	Tom Loucks	21	33:25
13	Jerry Williams	20	36:18
18	Vince Quinones	19	37:17
22	Jack Morris	43	37:42
24	Don Lindley	36 ????????	38:06
29	Myron Meyer	53	38:34
31	Mike Kast	52	39:47
43	John Barbler	40	42:14
47	Larry O'Herron	45	42:42
49	Tim Bickel	12	42:45
52	Michelle Bickel	15	43:17
72	Doug Curtis	46	46:19
105	Betty Jackson	19	49:53
106	Mike Pressler	28	49:55
110	C. Fleetwood	61	50:27
140	Susan Bickel	10	55:29

MINUTES OF FORT WAYNE TRACK CLUB  
BOARD MEETING, WEDNESDAY, AUGUST 9, 1995  
7:00 PM at Taylor University  
Fort Wayne Campus

Meeting was led by Mike McAvoy. In attendance: K Disler, L Gorman, D Lindley  
JP Jones

K Disler reported that two more orders needed to proceed. Discussion of polo shirts and RRCA Logo. Club to split cost of special shirts for Joe Ziegler - " BEWARE - BLIND RUNNER ".

Harvest Food Bank Race set for April 27, 1996 probably at Wizard's Stadium - mid morning start - 10 K - Harvest Food Picnic - Handicap Start.

No RRCA Report.

Treasurer, D Lindley reported \$10,567.10 in bank and 386 members.

Race Schedule:

Toledo Blade 10K cancelled for September 23rd.

Clear Lake 10K low in attendance due to other races the same day.

Callithumpian Race in Decatur on Sunday, October 29th.

NutriRun tentatively set for March 23, 1996. Race directors - Mike McAvoy, Karen Lewis, Jim Miller

Discussion of payback to NEIDA of \$200 for loss to 1994 race. Action tabled for September meeting.

M AcAvoy announced new daughter born July 26th - Kelley Correne - 8# 4oz and 20½" high.

Meeting adjourned at 8:06 PM.

Respectfully submitted,

JP Jones  
Temporary Secretary -appointed

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**MAZOCK'S 19th ANNUAL THANKSGIVING MORNING  
6 MILE FUN RUN**

**8:00 AM**

No awards, no splits, a somewhat accurate safe course, old doughnuts, stale coffee, and  
**LOTS of FUN**

**2828 Emerald Lake Drive**

Emerald Lake Subdivision on South side of Covington Rd. 1.6 miles west of I-69 overpass.  
Mazock's home is the 2nd house on the right insdie Emerald Lake.

**Any questions? Call Jerry Mazock at 432-4755.**

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

### Living High--Training Low

So you're stuck in northeast Indiana, training your heart out but dreaming of all the benefits of living and training at altitude. Well, unpack your bags...with a little science and a lot of money you can achieve those goals in the comfort of your current home.

Over the years, research has shown that living at altitude is great for the endurance athlete. There is increased red blood cell concentrations as well as increased levels of 2,3-DPG, an important chemical which helps "release" oxygen from red blood cells to the muscles during exercise. The problem occurs when training at altitude. The lower atmospheric oxygen lowers the average workout quality and that hardly leads to improved performances. That's why some high-level athletes(including the Chinese female world-record setters) have utilized the strategy of living at high altitude and training at low altitude.

What?...you say you can't do that....well, a Finnish researcher may have solved your problem. Heikki Rusko has put together a high-altitude house. With special pumps he is able to mix nitrogen with the incoming air. This can keep the air pressure at normal levels but drops oxygen concentration inside the house to 15.3% which is the equivalent to an altitude of 8200 ft.

After just 2 weeks of living 16-18 hours per day inside the house and completing their normal workouts outside, a group of athletes had significant increases (84%) in several key chemicals that are needed in the production of red blood cells. Also 2,3-DPG increased by 15% and by 4 weeks the red blood cell volume had increased by 7% with many of the athletes experiencing dramatic improvements in performances. Meanwhile, other athletes doing the same type of workouts but not living in the house experienced no increases in 2,3-DPG, other chemicals, red cell volume and failed to achieve performance breakthroughs.

Now it's up to you to set up this high-altitude house. You can probably offset the cost by charging runners to vacation there. A bed and breakfast with oxygen optional.....

# HARLAN DAYS 10K

August 5, 1995 - Sat

Harlan, IN

				Age	OV	Time					Age	OV	Time				
					PL												
<b>MALES</b>								<b>MALES</b>									
<b>16 &amp; Under</b>								<b>50 - 59</b>									
Luke Forbing				15	10	42:48	Don Lindley				51	22	47:48				
Brandon France				14	11	43:11	Bob Gensheimer				59	23	47:50				
Wes Fowler-Finn				15	14	44:55	Ken Miller				53	24	48:24				
Shavn Faulk				16	20	47:27	Wesley Sabins				50	26	48:40				
Ryan Swing				14	33	53:21	Don Ashton				54	30	50:33				
							Max Tinkel				52	40	58:01				
<b>17 - 22</b>								<b>60 &amp; Over</b>									
Jeremy Schmidt				20	1	38:23	James Jones				67	43	62:20				
Eric Baker				23	6	40:12											
Bill Taylor				17	28	50:08											
<b>23 - 30</b>								<b>FEMALES</b>									
Michael Fruchey				26	2	38:56	<b>16 &amp; Under</b>										
Mark Walter				30	3	39:17	Katie OShaughnessey				14	44	63:03				
Brian Loucks				25	17	46:39	Heather Gilford				16	47	84:32				
Todd Bussen				30	19	47:17	<b>17 - 22</b>										
Frank Aerts				29	42	60:30	Nikki Suever				21	15	45:29				
<b>31 - 39</b>								Molly Sloffer				19	18	47:01			
Rob Wyatt				36	4	39:27	<b>23 - 30</b>										
Rick Gilbert				38	8	40:52	Karen Louis				26	35	54:20				
David Fry				34	9	41:18	Mary Newell				26	36	54:25				
Brian Gilford				37	12	43:28	Tonya Black				23	41	60:28				
Pat Beuchel				36	13	44:37	<b>31 - 39</b>										
Gary Kuhn				38	25	48:27	Linda Gorman				31	16	45:32				
Dean Russ				34	34	54:07	Sally Ruga				33	37	56:13				
Bill Ruga				33	38	56:54	Linda Malinowski				37	45	63:36				
Tom Maupin				31	39	57:23	Cheryl Stromski				39	46	64:15				
<b>40 - 49</b>								<b>40 - 49</b>									
Roger Wilson				41	5	39:50	Ruth Ann Sellers				42	21	47:48				
David Lallow				40	7	40:20											
Russell Suever				47	27	48:45											
Jeff Kline				42	29	50:11											
Steve Hilker				39	31	52:42											
Reg Johnson				46	32	53:14											



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# 1995 run,jane,run 5K/10K RUN RESULTS

**5K OVERALL WINNER: Bev LeMaster 20:27**

**10K OVERALL WINNER: Shannon Lea 41:20**

## 5K

## 10K

### 19 & UNDER

### 20-29

1	Holly Smith	21:54
2	Kelly McDonald	26:56
3	Jordan Gerke	29:02

1	Andrea Dooley-Bresser	41:55
2	Anita Lehman	51:21
3	Mary Newell	52:39

### 20-29

### 30-39

1	Rhonda Breischafft	22:19
2	Teresa Furniss	22:52
3	Dina Stovall	24:27

1	Kris McCain	42:45
2	Denise Conrad	47:18
3	Mindy Kinder	48:05

### 30-39

### 40-49

1	Kim Larsen	21:15
2	Katie Kingsbury	22:11
3	Amy Hollenberg	22:57

1	Sue Ross	47:19
2	Marsha Schmidt	49:54
3	Susan Peterson	52:11

### 40-49

### 50 & UP

1	Harriet Heathaus	24:46
2	Patty Gerke	28:50
3	Jan Schaltenbrand	29:00

1	Joan Gary	51:57
2	Jane Lewandowski	56:46

### 50 & UP

1	Susan Rosetter	22:33
2	Susie Johnson	29:01
3	Barbara Stedje	29:41

## OVERALL RESULTS

1	Bev LeMaster	20:27
2	Lim Larsen	21:15
3	Holly Smith	21:54
4	Katie Kingsbury	22:11
5	Rhonda Breischafft	22:19
6	Susan Rosetter	22:33
7	Teresa Furniss	22:52
8	Amy Hollenburg	22:57
9	Beth Berry	23:15
10	Dina Stovall	24:27
11	Natalie Corcimiglia	24:42

12	Cheryl Keim	24:44
13	Harriet Heithaus	24:46
14	Jennifer Wyss	24:55
15	Monica Maddalone	25:29
16	Sher Dermond	25:34
17	Truly Hamlin	25:53
18	Angela Myer	26:11
19	Sue Hook	26:21
20	Kelly McDonald	26:56
21	Dena Klopfenstein	28:06
22	Michelle Strom	28:21

run,jane,run Overall Results Ciontinued.....

23	Renee Eschoff	28:28	40	Tammy Townsend	30:26
24	Julia Tipton	28:38	41	Renee Fenstermake	30:40
25	Patty Gerke	28:50	42	Jennifer White	31:56
26	Jan Schaltenbrand	29:00	43	Stormy Smith	32:11
27	Susie Johnson	29:01	44	Nancy Boyer	32:37
28	Betty Andrade	29:01	45	Brenda Miller	32:56
29	Jordan Gerke	29:02	46	Polly Jacobs	33:50
30	Linda Clevenger	29:03	47	Jeanne Corner	34:13
31	Cindy Scudder	29:07	48	Bev Corner	34:15
32	Kandy Gay	29:30	49	Nancy Lambright	34:24
33	Margaret Malcolm	29:31	50	Jana Lynch	34:42
34	Melody Coverstone	29:33	51	Marilyn Gruesback	34:47
35	Barbara Stedge	29:41	52	Gloria Myers	34:47
36	Lauren Murphy	29:46	53	Bonnie Beam	34:49
37	Susan Manifold	29:50	54	Elaine Peterson	34:50
38	Beth Anderson	29:54	55	Laura Issen	37:52
39	Linda Mackey	29:55	56	Kay Rekeweg	37:53

**10K RUNNERS**

1	Shannon Lea	41:20	13	Cathy Bux-Ferguson	52:18
2	Andrea Dooley-Bresser	41:55	14	Mary Newell	52:39
3	Kris McCain	42:45	15	Marsha Reeves	52:52
4	Denise Cinrad	47:18	16	Cheryl Claypool	53:14
5	Sue Ross	47:19	17	Marie Day	55:06
6	Mindy Kinder	48:05	18	Michelle Krohn	56:05
	Angel Frain	49:46	19	Sherry Venderley	56:127
8	Marsha Schmidt	49:54	20	Jean Lester	56:31
9	Anita Lehman	51:21	21	Jane Lewandowski	56:46
10	Joan Gary	51:57	22	Diane Lewis	58:30
11	Diane Kaplanis	52:06	23	Carolyn Austin	59:59
12	Susan Peterson	52:11	24	Jacque Linder	1:03:32

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**ATTENTION**  
**1996 BOSTON QUALIFIERS**

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Please contact Mac McAvoy if you have qualified for the 100th running in Beantown, regardless if you are planning to run it. I am arranging for some print media coverage and, hopefully, some TV exposure as well. Known qualifiers are:

Judy Tillapaugh  
Dave Reimschisel  
Linda Gorman  
Joan Gary

**XI WAVA WORLD VETERANS ATHLETICS CHAMPIONSHIPS  
Buffalo, New York  
July 13-23, 1995**

Joan Gary was among 5529 athletes from 74 nations. She stayed in the university complex with 1300 rooms filled with athletes from around the world. Joan comments that it was a truly incredible experience.

The opening ceremonies theme was "Still Rockin After All These Years", and featured Chubby Checker. There were 48 age division records broken. 965 runners ran the marathon in pouring rain on July 23. The run started in Buffalo, ran over the Peace Bridge, then followed the Niagara River to Niagara Falls, Ontario.

The top three in age divisions were chosen for your country team. Joan was fortunate to make TEAM USA, along with Patty Lee Parmelee and Wen-Shi-Yu. The final results were Finland - Gold, USA - Silver, and Venezuela - Bronze. The medals ceremonies were late because of so many rain delays, not the least of which was the track being flooded. Joan was the only one from the USA to show up for the ceremony. Joan will remember the thrill of walking into the stadium to receive the beautiful silver medal.

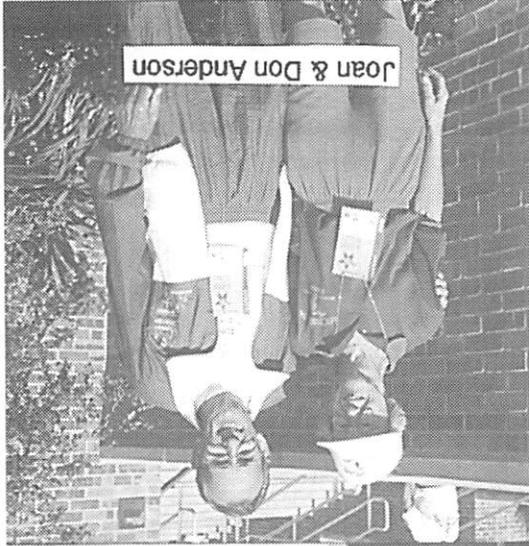
The closing, "All That Jazz" was performed by the Buffalo Philharmonic and Maureen McGovern. It had to be moved inside because of rain, but the rain did let up so they could end in style with a spectacular fireworks display and "It's a Small World".

The 1997 Championships will take place in Durban, South Africa.



**1995 US NATIONAL SENIOR SPORTS  
CLASSIC V  
Trinity University, San Antonio, Texas  
May 17-24, 1995**

More than 8000 athletes, ages 55-102, took part in the various events. The races were held at Fort Sam Houston. Joan Gary placed 4th in the 10K with a time of 51:28, and 5th in the 5K with a time of 24:40.



**RUN FOR THE BORDER**  
**Saturday, August 12, 1995**  
**5 Miles**  
**(Run in Three states, Michigan, Ohio, and Indiana)**

**Women**

**Overall Winner: Missy Williams 33:25**  
**Age 23, Bloomington, IN**

**14 & Under**

Laura Doerr 47:00

**15-19**

Carrie Sheffield 34:50

Stephanie Klein 35:00

Stephanie Cayot 41:26

Courtney Sheffield 47:00

Sara Blake 49:10

April Wisunghausen 51:34

Teresa Furness 40:49

Rebecca Brissette 44:52

**30-39**

Deanne J Oswald-DeBottis 44:52

**40-49**

Kathy Hastings 45:32

Becky Harwood 50:56

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**Host Club: Pokagon Runners**

**Sponsors: Reebok, Scott's Foods, Farmboy Foods, Angola Sports Center, Bob's Sport Shop, Tri-State Track, Tri-State Football, Hoosier Basketball Camp, Pizza Hut, Pizza King, Ponderosa, K Mart, Taco Bell, Dairy Queen, Ream-Steckbeck**

**Conditions: Hot, humid, Hills, & lots of gravel road**

**Race Delayed: Motorcycle rear ended a car of a participant turning into the race site. No serious injuries, but it made for a stressful pre-race period.**

**50 & Over**

Don Anderson 37:53

Rudy Kleinknight 42:40

Bob Loomis 43:34

Bill Patterson 45:55

**Men**

**Overall Winner: Leon Lambert 20:10**  
**Age 17, Jackson, Michigan**

**14 & Under**

Brad Scott 43:27

Mitch McLachlin 45:28

**15-19**

Marty Klein 30:44

Josh Snyder 31:15

King Oberlin 32:50

Sean Smith 33:15

Curt Foust 33:30

Adam Hanna 43:27

**20-29**

Alex McNaughton 29:44

Vincent Corbin 29:56

Paul Furness 29:58

Jacob Snyder 30:05

Buff Duff 30:58

Brian Teed 31:35

Will Sherwood 31:45

Michael Fruchey 32:12

Tim Davidson 32:32

Mark Good 32:55

Craig Sherwood 33:21

Jeff Kolan 38:26

**30-39**

Jim Ferrier 32:25

Abel Lagares Rosado 34:48

Joe Kobiela 38:11

Rick Collins 39:20

**40-49**

Jim Scott 35:53

Dave Thurston 38:29

Kim Bryan 38:41

George Aichele 40:31

Bob Wiersma 54:15

## 30TH ANNUAL MT BALDY RUN TO-THE-TOP Labor Day

As told to the Editor by Barb Scroggum

On a recent visit to California, I had asked my sister Sally to check out the area races. The one that intrigued me the most was an eight mile run up Mt. Baldy with a mere 4,000 foot elevation gain. Beginning at an elevation of 6,000 feet, mile 1 is paved, followed by 5 miles of steep, narrow dirt roadway, a mile of narrow "catwalk" trail hugging the mountain side, and the final and steepest mile above the timberline. The finish line is atop beautiful Mt. San Antonio (Mt. Baldy) at 10,064 feet.

On Labor Day morning, Sally and I, equipped with instructions and map, set off to find Mt. Baldy. The hour and a half drive up the mountain was no picnic! Finding runners everywhere, Sally dropped me off to pick up my race packet while she hunted a parking space. They wouldn't relinquish my packet until I showed I.D., so off I went, racing to find Sally and the car, which left me little time before the start. I saw many runners carrying water bottles and wearing fanny packs and wondered why they wanted the extra weight. After all, the entry form promised fruit and water every 2 miles. (First mistake)

Six hundred fifty runners began the race. Sally, armed with camera, snapped pictures of the start. I was sure I would see her again at the top. (Second mistake) The first 1/2 mile and I was feeling great, and then the effects of the altitude hit me and I walked. I soon got into the jog walk routine, and while conversing with two high school runners, discovered that they were only going as far as the "notch", which was about 4 miles up. "I wonder why anyone would want to stop there?"



When reaching the "notch", Sally was there, camera in hand, screaming and cheering me on. "Why wasn't she at the top?" I wondered. Oh well, I was too tired to think about it. There was no fruit at the aid stations when I got there, only water. The mountain was taking its toll on me, and while resting against a rock, I must have looked really great because this guy stopped to hold my arm. Okay, so he was taking my pulse. "How much farther to the top?" I repeated the question to various runners. One answered that at my pace it would be about an hour. Runners coming down off the mountain would yell words of encouragement like, "One foot in front of the other", "You can do it", and "Don't look up".

The congratulations and view at the top were tremendous! The orange slices I received there were especially delicious. While sitting there, wishing I had my camera, I found out why Sally had been at the "notch". It seems that that is as far as the ski lifts go, and the only way back down to the "notch" was on the feet that had brought me here. Since I had been one of the final few to reach the summit, and I knew Sally would be concerned, I dragged my weary, sore, dehydrated carcass up and started down. Gravity made it easier, and I adopted a sliding, stumbling gait. A hiker, concerned for my safety, stayed behind me, and gave me advice as to the best way to negotiate the down slopes. He also advised me to fall left if I felt like falling because falling right would result in more falling than I'd care to do in a lifetime. Luck was with me

because after two miles I came upon an aid station stocked with oranges and bananas. They also offered to give me a lift in a jeep to the "notch".

Meanwhile, Sally, camera still in hand, had been visually searching the mountain for any sign of me, or my remains. She was informed by one runner that I was indeed making my way back down. An official assured her that she need not panic until she saw the yellow truck. This was the official end of the race. The only problem this presented was that the yellow truck left the aid station about 10 minutes before the jeep in which I was riding. Upon seeing the truck, Sally knew it was now time to panic.

It all worked out, and I was met by a greatly relieved Sally, and she documented the moment with a photo. I felt good when the jeep driver said, "Everyone's a winner who reaches the top! Someday I'm going to try it!" I'll never forget my Labor Day Run on Mt. Baldy, and neither will sister!

(Editor's note: Since Barb has had a little taste, she should really consider Pike's Peak!)

## **RUNNERS - "YES"      ROLLERBLADERS - "NO"**

Should roller bladers be involved in running races?? I don't think so.

Last weekend I ran the CANI race at Southtown. There were rollerbladers there too. They had their own race and they didn't go at the same time as the runners did. Which was OK. But I was talking to some of the runners and they said that in some races the rollerbladers are right in with the runners. That got me to thinking about this idea of integrating wheels with legs.

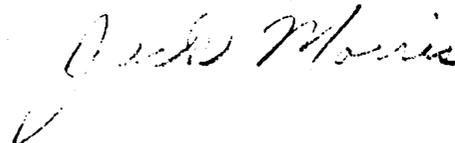
I came to the conclusion that races for runners are just that, for runners. The race last weekend only had two rollerbladers, but what about a year from now. Will we have 10-20 of them?? I like to ski in the winter and 10 years ago there were very few snow boarders on the ski slopes and they weren't a problem. But you should see them now. There are hundreds of them. And they are dangerous to the skiers. Are rollerbladers going to be dangerous to runners?? I think so. If they start a race with the runners they will be right in our midst. What happens if, for some reason they wipe out! This could be easy to do because at the mass start of a race you can't see the ground ahead of you very well. A crack or a foreign object could cause them to fall. Then what? How many runners are going to be wiped out also??

Let's keep running races for runners.

Let the rollerbladers have their OWN races. Let them get race directors, helpers, volunteers, etc. on their own. Why take advantage of the road race directors and their volunteers when you're not a runner?

I am not opposed to roller blading. It seems to be an excellent way to exercise. But let's let them organize their own events. I feel it would be safer in the long run.

Jack Morris



# 1995 CANI CLASSIC

## WALKERS

Tom Kurtz  
James Hendrix  
Tina Miller  
Carla Alspaugh  
Lisa Rorick  
Deb Martin  
Pat Welch

## BLADERS

Anthony Maurico  
Christopher Marks  
Reggie Cretsinger  
Tom Moss - 1st male  
Rianne Parry - 1st female  
William Stoner

<u>5k</u>		<u>AGE GROUP</u>		<u>10k</u>		<u>AGE GROUP</u>	
Renee Peck	F	1/20-29	18:01	Keith Horton	M	1/30-39	34:03
Ken Long	M	1/40-49	19:16	Paul Cearns	M	2/30-39	37:52
Bryan Keister	M	1/30-39	19:44	Mary McManus	F	1/30-39	42:05
Jerry Warner	M	2/40-49	20:03	Adam Wade	M	1/0-19	42:11
Bill Haxamer	M	2/30-39	20:31	Paul Ausderan	M	1/40-49	44:02
Jon Schlatter	M	3/30-39	20:54	Jack Morris	M	1/50-59	44:13
Deb Byers	F	1/40-49	21:43	Greg Purcell	M	2/40-49	44:29
Ron Ingram	M	1/20-29	22:39	Mark Altstraetter	M	3/30-39	45:05
Dick Konzer	M	4/30-39	22:39	Don Kramer	M	3/40-49	45:31
Jessah Martin	F	1/0-19	22:56	Michael Diss	M	4/40-49	48:00
Tom Corsimiglia	M	2/20-29	23:44	Anita Lehman	F	1/20-29	51:13
Rick Sealscott	M	3/40-49	24:21	G. Camp	M	1/20-29	51:48
N. Juhan	M	4/40-49	24:35	Marsha Schmidt	F	1/40-49	52:30
John Morgan	M	5/30-39	25:14	Alex Overhiser	M	2/0-19	53:46
Natalie Corsimiglia	F	2/20-29	25:48	Bill Patterson	M	1/60 & >	53:47
Brenda Patterson	F	3/20-29	27:34	Jeff Walsh	M	4/30-39	53:51
Deb Sealscott	F	1/30-39	28:22	Cheryl Stutzman	F	2/20-29	53:52
Gary Selking	M	6/30-39	28:56	Ken Silkworth	M	5/40-49	54:06
Polly Jacobs	F	1/50 & >	30:04	Donald Green	M	2/20-29	58:35
Susie Vandever	F	2/0-19	30:09	Alison Camp	F	3/20-29	64:15
Kevin Hunter	M	7/30-39	30:10				
Brenda Miller	F	2/30-39	33:39				
W.A. Kern	M	1/60 & >	35:22				

Special thanks to Vicki Jacobs for heading up the rookie finish line crew of Katie Peters and Joseph Gozun. Also thanks to lead biker Troy Smith.



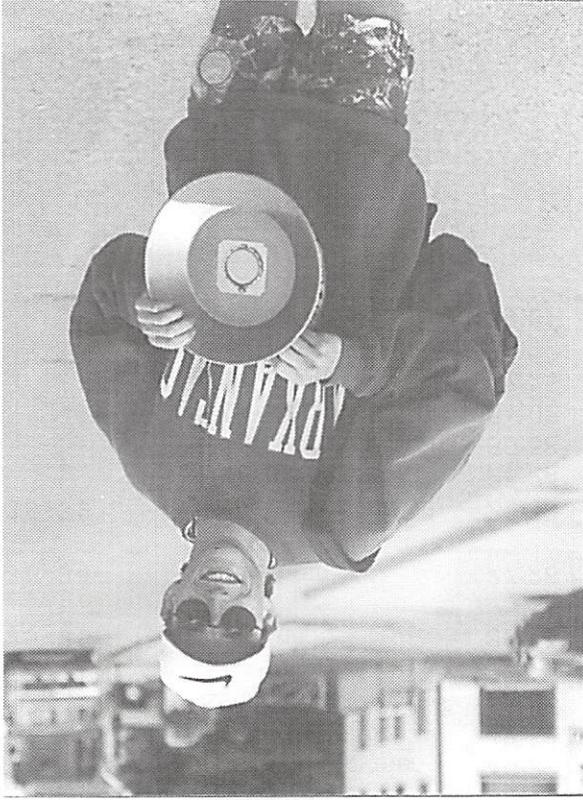
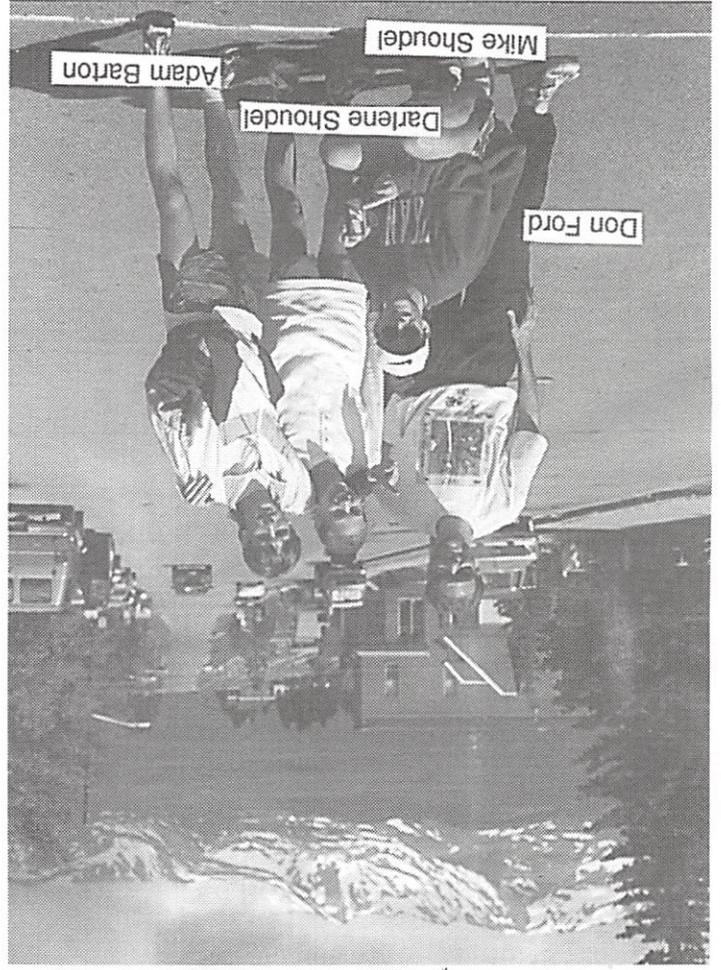
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**Dances With Dirt Trail Run**  
**Waterloo Recreation Area**  
**Chelsea, Michigan**  
**September 9, 1995**

Jerry Diehl	100K	12:44:50	5th Overall
Don Ford	50K	5:54:15	13th Overall
Linda Gorman	50K	6:20:25	3rd Woman Overall
Don Lindley	50K	6:52:30	22nd Overall

**Leadville 10K**  
**Leadville, Colorado**  
**August 13, 1995**  
**Elevation 10,430 feet**



Mike Shoudel  
 Overall Winner

## ROANOKE FALL FESTIVAL FIVE September 9, 1995

	<u>FEMALE</u>			<u>MALE</u>	
<b>Overall</b>	Kim Larsen	37:48	<b>40-44</b>	Doug Sundling	28:55
<b>20-29</b>	Tracy Rudisell	47:24		Dan Leffers	29:40
<b>30-39</b>	Lynette Imes	42:31		Dave Dorais	30:27
<b>40-49</b>	Joyce Hockensmith	39:47		Roger Wilson	30:29
	Marsha Reeves	41:14		Neil Tate	32:14
	Barb Scrogam	41:32		Charles Hornaday	33:21
	Ann Mize	43:58		Dennis Conner	33:49
	Agnes Budoso	47:21		Paul Hayes	35:27
	Barb Lochner	55:37		Jeff Plummer	35:57
			<b>45-49</b>	Erick Thorn	36:42
				Joe Hohe	42:21
				Michael Grimes	33:08
				Bruce Pressler	34:21
				Lynn Armstrong	34:43
				Ed Oliphant	34:58
<b>Overall</b>	Mark Sanderson	26:40		Dave Van Liere	36:16
<b>19 &amp; Under</b>	Thomas Baumgartner	41:27		Gary Oden	39:48
	Brian Krause	42:18		Richard Beemer	45:48
	Tony Baumgartner	43:33	<b>50-54</b>	Ed Beckner	39:49
	Shaun Hendryx	47:50		Larry Averbeck	38:28
	Sean Leffers	48:24	<b>55-59</b>	Bernie Huesing	37:07
<b>25-29</b>	Clair Knapp	39:15	<b>60-69</b>	Delmer Adams	40:00
<b>30-34</b>	Steve Leffers	27:26		J.P.Jones	47:58
<b>35-39</b>	Jerry Williams, Jr.	26:59		Bob Hockensmith	53:00
	Rowland Perez	28:24	<b>70 +</b>	Ken Disler	46:08
	Kevin Lochner	30:58			
	Rick Gilbert	31:02			
	Greg Kuhn	32:25			
	Bret Brewer	33:12			
	Mike Variell	38:31			

# Birthdays

October

November

01 RUSTY GROSE  
03 GARY L KING  
04 KATHY HARMON  
05 FRED WEHRWEIN  
06 JULIE WILSON  
08 DAVID RUETSCHILLING  
08 HAL PEARSON  
08 PAUL SERLETTI  
09 TOM LAIRD  
12 MARK FURKIS  
12 RANDY ROBERTS  
12 JAY BROWER  
12 ERICA WERST  
12 SUSAN PETERSON  
13 DONALD BRANSTETER  
14 LARRY UELK  
15 CHERYL STROMSKI  
15 LINDA K GORMAN  
15 STEVE BEGHTEL  
16 TOM FELGER  
16 DANA BRACKETT  
17 JIM SEILER  
18 MARK A BRATTOLI  
20 RONALD HABEGGER  
21 HOWARD BASH  
22 LOU BRIONES  
22 STEPHEN P SMITH  
23 JOYCE A FUZY  
24 MIKE YODER  
25 DAVID LALLOW  
25 WILLIAM R CLARK JR  
26 C WAYNE UNSELL  
28 ANN JAMISON  
31 JAMES L KLINE



01 JOHN E HILKER  
01 KEVIN LOCHNER  
03 MIKE ROBBINS  
03 JOHN RASMUSSEN  
03 JEFF BRAMAN  
03 GREG HENDERSON  
04 DANIEL LEFFERS  
04 KING SULLIVAN  
04 JOANA FLENAR  
05 DICK HARNLY  
06 NANCY VIRTUE  
06 SCOTT B JOHNSTON  
07 MARY MCMANUS  
08 MICHAEL HENDRICKS  
09 ALAN BRADLEY  
10 LINDA YODER  
10 DOUG JOHNSON  
12 TERRY R DILLER  
13 JENNY SANDERS  
13 DAVID L WINTERS  
13 JOHN MILLIS  
13 MONICA MADDALONE  
14 CINDY FURKIS  
15 DICK WATERFIELD  
15 PHIL FOUND  
17 BERNIE HUESING  
18 DAN POTTS  
18 RUSS SORGEN  
18 TODD SEIMAN  
19 CHUCK SCHLEMMER  
20 DAN KAUFMAN  
20 RICHARD QUINTANO  
23 PAUL E KNOTT  
25 ROBERT GEBFERT  
26 JEFFREY C DAVIS  
26 TROY BARRAND  
27 JOHN STURTEVANT  
28 JOE SUELZER  
29 LISA PESCI

July 27, 1995

Joe Zigler  
234 Lincoln Highway West  
Lot # 4  
New Haven, Indiana 46774

THIS IS AN OPEN LETTER TO THE MEMBERS OF THE FORT WAYNE TRACK CLUB;

After talking to Don Lindley, I was made aware that I have offended some people in the club. I have been thinking a lot about this and need to let you into my world.

I have been running for the past twenty years in the club and hiding my eye disease called retinitis pigmentosis (tunnel vision) because when I was in high school I was always made fun of. Other kids would trip me and did everything they could to use my handicap against me. As a result, I learned to hide it from everybody. When I started running with the club, I found that I could run by following other runners. I would always end up running into people that I couldn't see because I was not aware that they were there. And because I was concentrating so hard to stay with the runner I was following, I never stopped to say I was sorry when I hit someone or knocked them down. I was not honest with everyone. By hiding and wearing this mask, I know realize I have apparently hurt a lot of people. I am very sorry about this. I came to the track club to compete as a runner and should have asked for help from the beginning. But due to the fact that I am a very private and competitive person, I had a difficult time asking for it.

I am also very sorry that I did not help out with the functions and duties of the track club. I was involved with volunteering with other organizations and I had very little time to give back to the club.

This is a very difficult and painful letter for me to write, but with the help of God I know I will make it. I now know I may never be able to compete at the level I used to perform. But I would like to thank those special people that did help me over the years. God bless all of you.

Sincerely,

*Joe Ziegler*  
Joe Ziegler

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# October 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Making Strides 5K Foster Park, 12:45 Octoberfest 10K Minster, OH 9:30	<b>2</b>	<b>3</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>4</b>	<b>5</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>6</b>	<b>7</b> Training Run 7AM YMCA-Downtown Double Eagle 5 & 10 Mile - Indy
<b>8</b> Pueblo 26.2 M Twin Cities 26.2 M Fox Cities 26.2 M Lakefront 26.2 M	<b>9</b>	<b>10</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>11</b> Run 6 PM Showers FWTC Mtg. 7PM Taylor U. Act. Cen. Casa's after Mtg.	<b>12</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>13</b>	<b>14</b> Training Run 7AM YMCA-Downtown Fall Fest 5K - Union City Dayton 13.1 M
<b>15</b> C.P. 15K & 5K Atlantic City 26.2 Detroit 26.2 M St. Louis 26.2 M Chicago 26.2 M	<b>16</b>	<b>17</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>18</b>	<b>19</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>20</b>	<b>21</b> Training Run 7AM YMCA-Downtown Jog for Joints 5K Grace College 5K Monster Dash-Indy
<b>22</b> New Jersey 26.2 M Colorado 26.2 M Red Ribbon 5K Marine Corps 26.2	<b>23</b>	<b>24</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>25</b>	<b>26</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>27</b>	<b>28</b> Training Run 7AM YMCA-Downtown Charlie's AleHouse Backward Mile-Chi. Pleasant Run 5Mile
<b>29</b> Calithumpian Canter 5K-Decatur	<b>30</b>	<b>31</b> HAPPY HALLOWEEN Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>1</b>	<b>2</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>3</b>	<b>4</b> Training Run 7AM YMCA-Downtown OPSF 50K & 50 M Trail Run

# November 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>29</b> Calithumpian Canter 5K-Decatur	<b>30</b>	<b>31</b> HAPPY HALLOWEEN Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>1</b>	<b>2</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>3</b>	<b>4</b> Training Run 7AM YMCA-Downtown OPSF 50K & 50 M Trail Run
<b>5</b> Omaha 26.2 M Mounds 5 Mile Bloomington 5K Zoy Run 10K	<b>6</b>	<b>7</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>8</b> Run 6 PM Showers FWTC Mtg. 7PM Taylor U. Act. Cen. Casa's after Mtg.	<b>9</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>10</b>	<b>11</b> Training Run 7AM YMCA-Downtown HTRC 5K Trophy Run - New Haven
<b>12</b> Fall Frolic 4 M NYC 26.2 M Columbus 26.2 M	<b>13</b>	<b>14</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>15</b>	<b>16</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>17</b>	<b>18</b> Training Run 7AM YMCA-Downtown Tulsa OK 26.2 M Turkey Chase 7K
<b>19</b> Randy's 10 M	<b>20</b>	<b>21</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>22</b>	<b>23</b> HAPPY THANKSGIVING Mazock's 6 M.	<b>24</b>	<b>25</b> Training Run 7AM YMCA-Downtown Seattle 26.2 M - Bob's Last ! Turkey Tromp 5K
<b>26</b>	<b>27</b>	<b>28</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>29</b>	<b>30</b> Training Run IPFW Hilliard Gates Activity Center 6 PM Showers	<b>1</b>	<b>2</b> Training Run 7AM YMCA-Downtown Kentucky 26.2 M & 50 M Joyce's Last !

# Member's Page

*Introduce yourself and  
advertise your service on  
this special Member's Page.  
\$25.00 for a year helps  
support your FWJC  
Newsletter.*

Ken Sohaski  
Registered Representative

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# Member's Page



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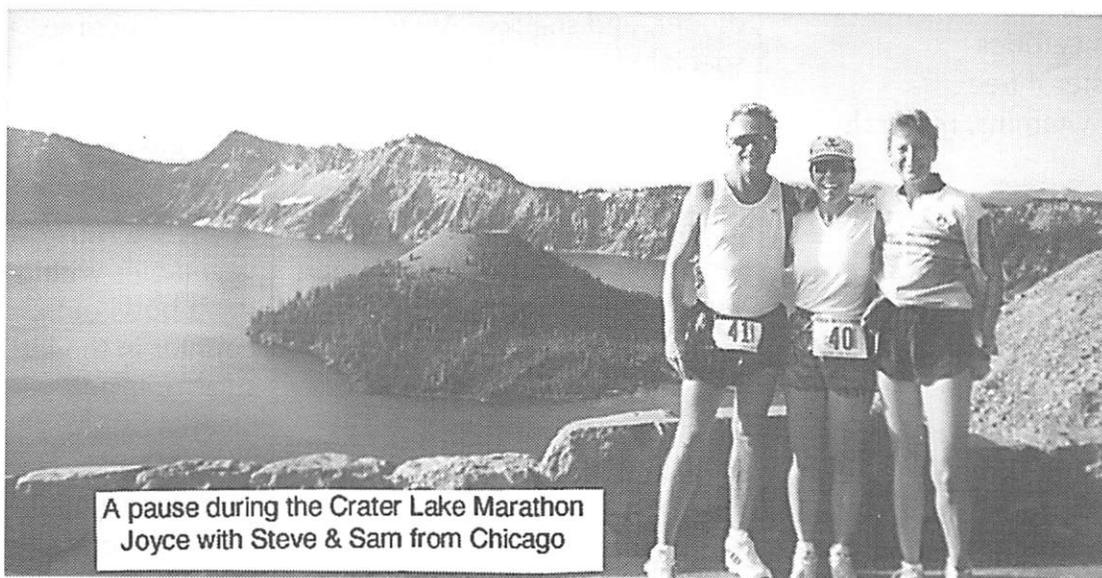
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A pause during the Crater Lake Marathon  
Joyce with Steve & Sam from Chicago

# Nutrition

## FACT • SHEET

### Fruits and Vegetables: It's Easy to Take the "5 A Day Challenge"

#### What is "5 A Day"?

More is better when it comes to fruits and vegetables. Eating 5 or more servings of fruits and vegetables is the simple "5 A Day" message, and a smart strategy for better health. Fruits and vegetables taste great, give you energy throughout the day, and, in general, are:

- colorful and crunchy
- easy to prepare
- low in fat
- low in calories
- cholesterol free
- full of vitamins, minerals, and fiber

#### Take the "5 A Day Challenge"

The "5 A Day Challenge" is a simple and easy way to help improve your health. By taking the challenge, you'll see how easy it is to add fruits and vegetables to your eating plan—first for a day, then for a week, and ultimately for a lifetime.

Invite a group of coworkers, family members, or friends to challenge you in eating more fruits and vegetables—and in sharing good health! Try some of these fun and creative ways to involve your group in the "5 A Day Challenge":

- Find out who has the largest selection of fruits and vegetables in his or her house or pantry.
- Count the number of fruit and vegetable servings each person has eaten at breakfast, lunch, dinner, and snacks. Award a special prize to those who have eaten at least 5 servings each day.
- Make snacking more interesting by competing with friends to see who can snack on the largest variety of fruits and veggies.
- See who can plan the most interesting "5 A Day" menu.

#### Easy "5 A Day" tips

Most people eat about three servings of fruits and vegetables a day. Use the following tips to

build your fruit and vegetable intake up to the minimum of 5 a day:

- **Start the day with fruits and vegetables.** A 6-ounce glass of 100 percent juice, such as orange or grapefruit, and a sliced banana or berries on your cereal can give you a delicious, low-fat, high-fiber head start.
- **Fruits and vegetables are portable** and can give you a quick boost of flavor and energy anytime. Pack an apple or a bag of carrot sticks, raisins, or dried apricots in your glove compartment, purse, or briefcase.
- **On the run?** Keep fruits and vegetables within easy reach. Put a bowl of fruit on the counter in the kitchen. Make sure fruits and vegetables are clearly visible when you open the refrigerator. Cut up your favorite vegetables to store in recloseable plastic bags. If you see it, you may be more likely to eat it.

■ **Stock up for the week.** Keep a variety of fruits and vegetables—fresh, frozen, canned, dried—in your refrigerator, cupboard, and freezer.

■ **Fixing a meal in a hurry?**

The microwave is a quick and easy way to prepare vegetables while preserving nutrients. Pop a potato in the microwave

at the end of a hectic day, and top it with salsa for a quick meal. Add microwaved broccoli and corn to your zesty spud and you've got a colorful, tasty, and nutritious meal. For dessert, have a scoop of low-fat frozen yogurt topped with fresh berries or sliced peaches.

## What's a serving?

Eating five or more servings a day is easy. And one serving is less than many people think. One serving is:

- ◆ One medium fruit, such as an apple, banana, or orange
- ◆ ½ cup cut-up fruit, such as fruit salad
- ◆ ¼ cup dried fruit, such as raisins, prunes, apricots, or dates
- ◆ ¾ cup or 6 ounces fruit or vegetable juice, such as grapefruit or tomato
- ◆ ½ cup raw or cooked vegetables, such as broccoli, cauliflower, or zucchini
- ◆ 1 cup raw, leafy vegetables, such as romaine or green leaf lettuce

## Meal Plan in a Can

### Breakfast

#### *Fruited Waffles*

Makes six servings: 1 waffle with 3½ ounces pears and sauce  
2 16-ounce cans pear halves, sliced  
⅔ cup orange juice  
⅓ cup honey  
2 teaspoons cornstarch  
1½ teaspoons orange peel  
6 whole-grain waffles (prepared)

Drain juice from pears into liquid measuring cup and add water to equal 1½ cups. In saucepan, combine pear juice and water with remaining ingredients and cook over medium heat until thick and clear (5 minutes). Put 2 pear halves and ½ cup sauce on each waffle.

Calories 250; total fat 4 grams; saturated fat 1 gram; fiber 4 grams; vitamin C 46 milligrams.

### Lunch

#### *Mediterranean Picnic Salad*

Makes six 4-ounce servings

1 can (13¾ ounces) vegetable broth  
1 cup dry instant couscous  
1 can (10 ounces) chickpeas, drained  
1 cup sliced green onions, including tops  
4 ounces feta cheese, crumbled (makes about 1 cup)

⅔ cup Italian fat-free dressing  
Six lettuce leaves, washed and patted dry

In a medium saucepan, bring vegetable broth to a boil. Stir in couscous, remove pan from heat, cover, and let stand 5 minutes. Turn couscous into a large mixing bowl and fluff with a fork. Let stand 5 more minutes and fluff again. Mix in chickpeas, green onions, and feta cheese. Pour dressing over mixture and lightly toss with a fork. Serve on lettuce leaves.

Calories 200; total fat 5 grams; saturated fat 3 grams; sodium 274 milligrams; fiber 3 grams.

### Dinner

#### *Tortellini Salad with Shrimp*

Makes six 2-cup servings

1 9-ounce package of cheese-filled spinach tortellini  
2 small zucchinis, sliced  
2 small tomatoes, wedged  
1 can (7 ounces) drained artichoke hearts  
1 can (3½ ounces) sliced ripe olives, drained  
1 pound cooked shrimp  
½ cup chopped fresh basil leaves  
1 cup fat-free Italian dressing  
1 tablespoon Parmesan cheese

Cook tortellini and drain. In a large bowl, combine tortellini with remaining ingredients. Sprinkle with Parmesan cheese and toss lightly.

Calories 265; total fat 7 grams; saturated fat 2 grams; cholesterol 137 milligrams; sodium 984 milligrams.



**FWTC RUNNERS, WALKERS, and SPECTATORS**

The Inside Track would like to hear about the races you attend. Please take a few minutes and complete the following form, or write an article about the event and mail, along with pictures, to:  
Joyce Hockensmith  
3732 Thyme Court  
New Haven, Indiana 46774

Your name: \_\_\_\_\_

Race: \_\_\_\_\_

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

Your time (optional): \_\_\_\_\_

Weather conditions: \_\_\_\_\_

Approximately number of runners: \_\_\_\_\_

What you liked about the race: \_\_\_\_\_

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

Other FWTC members attending: \_\_\_\_\_

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

Other comments: \_\_\_\_\_

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

**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**  
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**Polo shirts    \$16.50 + tax - New Item**

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

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

Quantity	Size	Item	Each	Total

	<b>Subtotal</b> _____
<b>Payment due with order</b>	
<b>Make checks payable to FWTC</b>	<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)



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**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}



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

Two more states down, for a state total of 46, and total number of marathons at 71. The new states are small, so they didn't make a dramatic change on the map. On July 29, Bob and I ran the Kilauea Volcano Marathon. It is unique in that eleven miles of it are run over the lava fields. It involves a lot of climbing, treacherous footing, and some crevice jumping. Another section was run through a rain forest area on a fire trail, scattered with lava rocks.

This section included having to climb over a five foot gate. The marathon concluded on the rolling trails around the rim of the crater. For anyone desiring a challenge, this one's for you. Don't expect a PR on this course!



For those of you in the market for a scenic marathon, Crater Lake, Oregon should be on your list. This is truly one of this country's most beautiful spots. (See photo p.21) The marathon is run in part around the lake. This however is not an easy marathon due to the altitude and the steep hill climb in the first half of the course. Whoever laid out this course had sadistic tendencies because you are required to pass the finish line at mile 22, proceed 2 miles up a somewhat sandy rock-studded trail, and then back down. It was cruel and unusual punishment at the end of a grueling course.

Labor day gave us time to leave this country and travel to Newfoundland for the St. John's Marathon. Although the area, particularly along the ocean is quite beautiful, the marathon course was so-so. The people however were especially friendly and helpful. While there we visited Cape Spear, the farthest point east in North America, sailed in a ship through the harbor and along the coast, became honorary Newfoundlanders, visited Signal Hill where Marconi received the first transatlantic wireless message, visited the site of Fort Amherst, which was in use as late as WWII to defend the harbor, and visited Cabot's Tower, built in honor of the founder of Newfoundland.

September 23 was a quick trip to East Lyme Connecticut for the marathon. It did not turn out well for Bob as he reinjured a hamstring muscle and had to drop out of the marathon. It's now looking grim for his being able to complete all the states by the end of the year.

Coming up in October and November: New Hampshire, Nebraska, Oklahoma, and Washington.

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

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

- 01 SUN \* MAKING STRIDES AGAINST CANCER 5K FOSTER PARK, FORT WAYNE  
AMERICAN CANCER SOCIETY (219)471-3911 12:45 P.M.
- 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 CANTERBURY SCHOOL 5K 9 A.M. FORT WAYNE, IND  
ANNE KARR (219)436-7464
- 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
- 07 SAT SILVERTOWNE 5K 9 A.M. WINCHESTER, IND.  
RANDOLPH COUNTY YMCA (219)584-9622
- 07 SAT BAXTER YMCA FAMILY FITNESS 5K 7:30 A.M. INDIANAPOLIS, IND.  
DANIELLE TIPPETT (317)881-9347
- 07 SAT YMCA HARVEST RUN 5K 8:15 A.M. FRANKFORT, IND.  
NANCY MOORE, 950 S. MAISH RD., FRANKFORT IN 46041

07 SAT \* ROUTE 66 MARATHON CLASSIC GALLUP, NM  
 RANDY STOKES, 3405 W. HWY 66, ZIP 87301 (505-722-4301)

07 SAT \* PROPHETS TOWN 5 MILE RUN 8 A.M. BATTLE GROUND, IND.  
 MEL HENRY, 8229 E. 950 N, DELPHI IN 46923 317-564-2070

08 SUN \* WINDY CITY INTERNATIONAL MARATHON CHICAGO, ILLINOIS  
 \*\*\*\*\* C A N C E L L E D \*\*\*\*\*  
 LOYOLA UNIVERSITY BOB BRIGHT, CALL 800-WINDYCITY

08 SUN \* INTERNATIONAL PEACE RACE 10 K YOUNGSTOWN, OHIO  
 MARK COURTNEY, BOX 474, MERCER PA 16137 (412)458-4435

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 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 EMILY RUN/WALK 5K 9 A.M. INDIANAPOLIS, IND.  
 ORCHARD COUNTRY DAY SCHOOL (317)251-9253

14 SAT 95 FALL FEST 5K 9:30 A.M. UNION CITY, IND.  
 COMMUNITY HIGH SCHOOL

14 SAT ANDERSON ORCHARD PUMPKIN FESTIVAL 5 MILES MOORESVILLE, IND.  
 STEVE GREATHOUSE (317)834-9041

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 BLOOMINGTON, IND.  
 MEMORIAL STADIUM, INDIANA UNIVERSITY  
 STACEY HALL, DIVISION OF REC. SPORTS (812)855-2371

14 SAT AUTUMN SHORELINE CLASSIC 15K AND 5K 8 A.M. DECATUR, IL.  
 JOE CAPUTO (217)423-8042

14 SAT REBUILD THE FAMILY 5K 9 A.M. INDIANAPOLIS, IND.  
 SUE SANDEFUL (317)236-1514

- 15 SUN COLE PORTER CLASSIC 15K AND 5K 2 P.M. PERU, IND.  
JIM YATES (317)472-3476
- 15 SUN MAPLE CITY CLASSIC 5K 9 A.M. LAPORTE, IND  
VICKIE HASSELFELDT, BOX 250, LAPORTE IN 46352 219-326-2476
- 15 SUN \* CHICAGO MARATHON 8:30 A.M. CHICAGO, ILLINOIS  
(800) 527-3214 CHICAGO MARATHON, BOX 10597, CHICAGO, IL 60610
- 15 SUN YMCA FALL FOLIAGE 5K NOON MARTINSVILLE, IND.  
DOUG SANDERS, 2039 E. MORGAN ST., ZIP 46151 (317)342-6688
- 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 JOG FOR YOUR JOINTS HALLOWEEN 5K KOKOMO, IND.  
ERIC OR JENNIFER(8:30A - 4:30P, M-F) (317)864-9675
- 21 SAT KNOBSTONE TRAIL MINI-MARATHON/5K 9 A.M. MORGAN-MONROE S.F.  
HOOSIER HIKERS COUNCIL (317)349-0204
- 21 SAT MONSTER MASH DASH EAGLE CREEK PARK INDIANAPOLIS, IND.  
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254
- 21 SAT PUMPKIN CLASSIC 5 MILES 9 A.M. CIRCLEVILLE, OHIO  
JEAN MCGOWAN (614)474-8640
- 22 SUN \* RED RIBBON 5K 2 P.M. VAN WERT, OHIO  
SCOTT SINCHER (419)238-6939
- 22 SUN HAMMOND YWCA 5K RUN 10 A.M. HAMMOND, IND.  
IRENE KLOC (219)845-1507
- 22 SUN STRIDES AGAINST CANCER 4 MILES 10 A.M. HIGHLAND, IND  
DEBBIE WHITE (219)793-1030

- 22 SUN \* MARINE CORPS MARATHON WASHINGTON, D.C. 9 A.M.  
BOX 188, QUANTICO, VA 22134 (703)784-2225 OR 800-RUN-USMC
- 22 SUN \* COLORADO MARATHON 8 A.M. ENGLEWOOD, COLORADO  
2126 S. KALAMATH, DENVER CO 80223
- 28 SAT PLEASANT RUN 5-MILE (317) 736-9500 INDIANAPOLIS, IND.  
GARRY PETERSEN, 179 S. HOME AVE., FRANKLIN, IN 46131
- 28 SAT PUMPKIN PRANCE 5K 10 A.M. SCHERERVILLE, IND.  
TERESA NIRTANT (219)865-6969
- 28 SAT CHARLIE'S ALE HOUSE BACKWARD MILE CHICAGO, IL.  
CHICAGO EVENTORS (312)944-6667
- 29 SUN CALLITHUMPIAN CANTER DECATUR, IND. BELLMONT H.S.  
5K AT 2 PM/FUN RUN AT 1:30 CARL RISCH (219) 744-6983  
DECATUR CHAMBER OF COMMERCE 125 E MONROE ST DECATUR 46733

- - - - - 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 A.M.  
HIGHLAND TERRACE ELEMENTARY SCHOOL, 1445 BERWICK LN.  
NEW HAVEN, IND. 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
- 11 SAT COMMODORE RUN 1/2 MARATHON & 5K 9 A.M. CRANE, IND.  
ROBERT LEE, UNIT 1, BOX 640, CRANE IN 47522 (812)854-6158
- 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  
 NYRRRC, 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

19 SUN \* RANDY'S 10 MILER 11 A.M. PERRYSBURG, OHIO  
 BRUCE BEVERAGE(EVENINGS) (419)865-4131

23 THU MAZOCK'S 19TH ANNUAL THANKSGIVING FUN RUN FORT WAYNE IND  
 APPROX 6 MILES STARTING AT 8 AM - 2828 EMERALD LAKE DRIVE  
 NO AWARDS/NO SPLITS/OLD COFFEE AND STALE DONUTS  
 JERRY MAZOCK (219) 432-4755

25 SAT TURKEY TROMP 5K DANVILLE, IND.  
 KENNEKUK ROAD RUNNERS (217)733-2403 OR (217)431-4243

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

03 SUN OTTAWA FALL CLASSIC 10 MILES 9 A.M. OTTAWA, ILLINOIS  
 RICH GAUL, BOX 945, OTTAWA IL 61350 (815)434-5701

03 SUN KRIS KRINGLE FOUR MILER 1:30 P.M. NEW CASTLE, IND.  
 TIM GRANT (317)529-7058 OR DENNY ADAMS (317)522-4287

03 SUN \* MEMPHIS MARATHON 8 A.M.(CST) MEMPHIS, TENN.  
 901-523-4726 OR 800-489-4040 EXT 4726

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

09 SAT JINGLE BELL RUN 5K INDIANAPOLIS, IND.  
 TUXEDO BROS., 4314 MATREA MORE CT., ZIP 46254 (317)328-1632

09 SAT SCROOGE'S JINGLE BELL RUN 5 MILES 9 A.M. TERRE HAUTE, IND.  
 LARRY POOLE (812)466-9345

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

16 SAT \* JACKSONVILLE MARATHON 8 A.M. JACKSONVILLE FL  
 1ST PLACE SPORTS, 3853 BAYMEADOWS RD., JACKSONVILLE FL 32217  
 \*\* LAST CHANCE TO QUALIFY FOR BOSTON! \*\*

----- 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  
WALT DISNEY RESORT (407)939-7810
- 21 SUN \* HOUSTON-TENNECO MARATHON 8 A.M. HOUSTON, TEXAS  
(713)864-9305 5900 MEMORIAL DR., STE 200 ZIP 77007
- 21 SUN SAN DIEGO MARATHON(ALSO 1/2 MAR) CARLSBAD, CALIF.  
511 S. CEDROS AV., STE B, SOLANNA BEACH CA 92075 619-792-2900

----- F E B R U A R Y 1 9 9 6 -----

- 04 SUN FROZEN FRENZY 5K 2 P.M. VALPARAISO, IND.  
NANCY WILLARD (219)462-5144
- 11 SUN VALENTINE RUN 5K 2 P.M. VALPARAISO, IND.  
MIKE PROW (219)462-6799
- 11 SUN 30TH LAS VEGAS MARATHON AND HALF MARATHON LAS VEGAS, NEVADA  
AL BOKA, BOX 81262, LAS VEGAS NEVADA 89180 (702)876-3870
- 17 SAT CHARLOTTE OBSERVER MARATHON 8:30 A.M. CHARLOTTE, NC  
MARATHON BOX 30294, CHARLOTTE NC 28230 (704)358-5425  
US MEN'S OLYMPIC TRIALS MARATHON
- 18 SAT MOTOROLA AUSTIN MARATHON AUSTIN, TEXAS  
MARATHON, BOX 684456, AUSTIN TX 78768 LYLE CLUGG 512-891-6000
- 18 SUN WACKY SNACKY 5K 9 A.M. CHICAGO, IL.  
CHICAGO SPECIAL EVENTS MGT. (312)868-3010
- 24 SAT GASPARILLA DISTANCE CLASSIC 15K AND 5K TAMPA, FLORIDA  
GASPARILLA 96, BOX 1881, TAMPA FL 33601 (813)229-7866

----- M A R C H 1 9 9 6 -----

- 03 SUN CITY OF LOS ANGELES MARATHON XI LOS ANGELES, CALIFORNIA  
(310)444-5544 11110 WEST OHIO AVE. SUITE 100, ZIP 90025
- 24 SUN SHAMROCK SHUFFLE 8K 9 A.M. DOWNTOWN CHICAGO, ILLINOIS  
CARA,59 E. VAN BUREN #1716,CHICAGO IL 60605 (312)666-9836

30 SAT 16TH ANNUAL NUTRA RUNS 20K & 5M RUNS FORT WAYNE 2 PM

----- A P R I L 1 9 9 6 -----

15 MON 100TH BOSTON MARATHON

----- J U N E 1 9 9 6 -----

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

### **LOOKING FOR A LONG TRAINING RUN ?**

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

### **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, 1995	March 15, 1995
May 15, 1995	July 15, 1995
September 15, 1995	November 15, 1995

# Coming Events...

## MAKING STRIDES AGAINST CANCER 5K

Sunday, October 1, 1995, 12:45 PM

Foster Park, Fort Wayne, IN

## HIGHLAND TERRACE RUNNING CLUB 5K TROPHY RUN

### KIDS 1 MILE & PEE WEE DASH

Saturday, November 11, 1995, 9 AM

Highland Terrace Elementary, New Haven, IN

## JUST PLAIN 10K

Saturday December 9, 1995, 2 PM

Foster Park, Fort Wayne, IN

## FWTC MEETINGS

Wednesday, October 11, 7:00 PM, Run, 6:00

Wednesday, November 8, 7:00 PM, Run 6:00

Taylor University Activity Center

## ADVERTISING RATES

	<u>1 Issue</u>	<u>3 Issues</u>	<u>6 Issue</u>
Full Page	\$75.00	\$200.00	\$325.00
Half Page	40.00	110.00	175.00
Quarter Page	25.00	65.00	100.00
Business Card	na	na	50.00
Cover (Inside front or back)	300.00	750.00	1200.00

Insert Race Application (Includes printing results)

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

Advertising must be supplied, camera ready art, or layout charges will be incurred.

All race applications must be supplied for insertion.

Inside Track publishes 450 issues bi-monthly.



FWTC NEWSLETTER  
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Fort Wayne, IN 46860

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