

the inside track

December 1995 - January 1996



A PUBLICATION OF THE FORT WAYNE TRACK CLUB



See inside
of front cover
for details

WIN ONE YEAR'S WORTH OF FREE RUNNING SHOES!

All you have to do is register as a
Fort Wayne Track Club member
by January 31, 1996 and you will be eligible
for the drawing to be held at the Annual Banquet
on February 17, 1996.

This event is sponsored by:

**Northside Podiatry
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*Prizes include four pairs of shoes at \$75.00 each
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*A \$200 cash prize will be awarded with Gerber's offering
\$25.00 off four pairs of shoes.*

I recently took the opportunity to participate in a race...somewhat of a rarity for me. My last race was a 5K in July of 1994 and before that-maybe something in the late 1980's or early 1990's. It's not that I don't enjoy races-on the contrary-I'd like to race two or three times per month. Unfortunately, there is not a race scheduled in Bluffton every Saturday starting at 6:00am and my current schedule does not permit much else. I don't race for the same reason I don't golf but one or two rounds per summer--my family. I typically spend 60-65 hours per week away from home so I can't see waking up on Saturday and telling my wife and kids I'll be back in 4-5 hours while I race or play golf. By the way, this makes an excellent excuse for when I do race or golf.....

Anyway, I woke up the morning of the Parlor City Trot, right there in Bluffton, and my lovely wife agreed to let me go. Before she could change her mind or have me change the diaper of the youngest, I was out the door. Before the race I had a chance to talk with friends from town and with club members who came down for the race. I warmed up for about two minutes and before I knew it, we were off!

So, has racing changed much for me in the last 15 years--an emphatic no! Talking with old friends and meeting new ones before and after the race as well as challenging your body and spirit during the race made the morning quite enjoyable. I also left with the same satisfied sense of accomplishment and feeling of community with other runners that I have felt before and currently miss.

Has my racing changed much over the years-an emphatic yes! But I really don't think my body experienced any less sense of effort with the slower pace primarily because it added an additional 13 minutes of running. My next race? Maybe J.P.'s 10k in December..... imagine two races in four months...look out Don Ford. If I'm there, please introduce yourself and tell me what you think about YOUR club.

ATTENTION
1996 BOSTON QUALIFIERS

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. Club members who have contacted me include:

David DeVaughn	Judy Tillapaugh	Terry Diller
John Trealeven	Dave Reimschisel	Gary Rickner
Mike McManus	Linda Gorman	Jerry Perkins
Mary McManus	Joan Gary	Joyce Hockensmith
Brad Cooper	Tom Yoder	Keith Horton
Rob Wyatt		

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

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

President Mike McAvoy called the meeting to order.

Ken Disler said that the apparel order should be in within the next few days.

Don Lindley reviewed the Treasurer's Report & reported YTD expenses \$6,274.52; YTD income \$11,660.81; YTD balance \$11,180.58. Don reported RRCA insurance premiums will increase 10%. After discussion, motion passed that club give year-end gifts of \$300 to IPFW Athletic Dept. & \$200 to TUFW Athletic Dept. Don said club looking into possibility of purchasing a couple two-way radios for our use & to also rent out to other races. Also still looking at project of doing permanent markers along marathon course.

In discussing ways to attract more members & spread word about FWTC, Mike McAvoy would like to do membership promotion: Join FWTC by 1/31/96 & your name automatically entered in drawing for year's worth of running shoes (up to certain amount). Mike working on \$300 in donations to cover cost -- no donations = no promotion. Mike also wants to do publicity (newspaper articles, local news features) on club members who qualified for Boston.

Elections for 1996 FWTC officers to be held at Wed 12/13/95 meeting. 1995 officers agreed to be nominated for 1996: Mike McAvoy, president; J.P. Jones, vp; Don Lindley, treasurer; Vicki Jacobs, secretary. Anyone else interested in running should contact Don Ford.

1996 FWTC banquet scheduled for Sat, Feb 17, 1996 at Southwest Conservation Club.

- **Agreed that Hal Higdon our first choice for speaker, if he's available.**
- **Brian Shepherd agreed to get awards together & he was given \$200 for this.**
- **Mike McAvoy will be contacting MC Sports, Sports & Rec, etc. to get supply of small things for raffle prizes & door prizes.**
 - **A major prize Mike is putting together is FWTC membership package (year's membership, FWTC t-shirt, entry in Hoosier Marathon, etc.)**
- **Fanny Freezer held Sat afternoon Feb 17 at Foster Park.**
- **Vicki Jacobs will arrange to have showers at TUFW AC available following race for out-of-town runners.**

Mike McAvoy talked with Brian Shepherd about 1996 points races & sent Brian tentative list of races to be included (Hoosier Marathon is on list). List has wider spread of location & distance. Mike would contact directors of the races, advise them their race is FWTC points races & give them return envelope to send results. Brian agreed to provide Joyce Hockensmith with list of points race standings for each newsletter.

Mike exploring possibility of doing cross country race at Oubache State Park, but would mean a work weekend for FWTC to clear trails (cutbacks in Parks Dept personnel = no one to maintain trails).

Meeting then adjourned with 2 reminders: Nov mtg Wed, Nov 8, 7pm, TUFW AC; Dec mtg is annual small gift exchange, potluck, election of officers & abbreviated bus mtg -- Wed, Dec 13, 7pm Don Lindley's home.

Respectfully submitted,

Vicki Jacobs, recording secretary

MINUTES

FWTC Monthly Meeting, Wed, Nov 8, 1995, 7:00 p.m., TUFW AC

11 present: D Anderson, K Disler, D Ford, L Gorman, J Hockensmith, P&V Jacobs, JP Jones, M McAvoy, B Scrogam, J Tillapaugh.

1. Pres. Mike McAvoy called mtg to order.
2. VP J.P. Jones gave treasurer's & membership reports for Treasurer Don Lindley. Oct income \$327.42, expenses \$343.25, YTD balance \$11,164.75. Liability cost increasing from \$965 to \$10,199. YTD membership 391. No equipment rentals between now & end of 1995.
 - a. Question raised concerning request that FWTC pay half cost of special order t-shirts for blind FWTC runner Joe Zigler. After discussion matter referred to J.P. Jones & Don Lindley to sort out.
 - b. Mike McAvoy has potential sponsor for membership promotion. If firms up, Mike may do special mailing to former members of recent years encouraging them to re-join & be eligible for drawing.
3. Don Ford reviewed race schedule:
 - a. Just Plain 10K, Sat 12/9, 2 p.m., Foster Park, organized by J.P. Jones. Will be held in any weather except sleet. Gift wrapped t-shirts go to Crossroads, YFC's urban ministry outreach, Children's Services.
 - b. Tom Bohrer Memorial 5K Run, Sat 12/16, 11 a.m., Foster Park, organized by Don Lindley.
 - c. Mike working with NDEITA rep on March, 1996 Nutra Runs.
 - d. Suggestion & discussion re 1996 race calendar: Meeting of local race directors to plan 1996 race calendar not practical since race directors usually stick to their dates of choice regardless. Suggested instead that Mike M. & Judy T contact race directors & get dates & then put together 1996 race calendar.
 - e. Joyce H said Elkhart has resurrected their marathon - same weekend as Hoosier Marathon; theirs Sat 6/8, ours Sun 6/9.
4. Judy Tillapaugh gave RRCA report:
 - a. Central Region newsletter contest underway, 11 newsletters entered in our category - medium size clubs.
 - b. Judy has new RRCA Club Directory -- helpful when traveling, to find out about local races.
 - c. RRCA now on worldwide web -- it was agreed to include information & e-mail address in FWTC newsletter.
 - d. IN clubs doing 1996 races can apply for event to be RRCA state or regional events. If selected, race gets free Gatorade.
5. Fanny Freezer & Annual Potluck, Saturday, February 17, 1996
 - a. Don L organizing Fanny Freezer, Foster Park, 3 p.m.
 - b. Vicki J reserved TUFW AC shower rooms for runners, 4-5 p.m.
 - c. Don L reserving Southwest Conservation Club for potluck; cost is \$446.25.
 - d. Approval given for Mike McAvoy to have up to \$100 plus expenses for speaker, if needed. Hal Higdon can't come, Mike now checking with Owen Anderson.
 - e. Mike still working on rounding up good supply of door prizes.
 - f. Mike will try to get names of points race winners & specifically invite them to potluck.
 - g. Enthusiastic approval given to great idea by Mike McAvoy to give special recognition at potluck to Stan Lipp for his consistent, long-standing support of FWTC by always having a full-page ad in newsletter.
6. Ken Disler reported all apparel orders are filled.
7. Mike McAvoy working on funding for quality, tri-fold, table-top display for FWTC. Would be used at races, at events where we have display (IPFW health fair), etc. Would include nice plaque recognizing donor.
8. Mike has talked with personnel at Oubache State Park expressing our interest in helping clean up trails in preparation for FWTC cross country event. They indicated to Mike they would like to invite other groups to also hold cross country events there & these groups could also assist with clean up. 1997 probably the earliest this will take shape.
9. Exec Director of IN US Track & Field coming to Fort Wayne to meet with Judy T. Wants to improve IN long distance running community & would like input, so please pass along ideas to Judy.
10. On behalf of IPFW, Judy T expressed appreciation for FWTC donation of \$300 to IPFW cross country program. Judy reminded everyone of T/Th 6 p.m. training runs at IPFW - all runners welcome. Judy said IPFW interested in possibility of doing cross country events in conjunction with FWTC.
11. Next month's meeting Wed, Dec 13, 7 p.m., Don Lindley's home (1820 Briar Fence Lane, FW 46804, PH 432-5998). Bring inexpensive gift for exchange, some food to share & your own table service.

Respectfully submitted,
Vicki Jacobs, Secretary

Past History of the Fort Wayne Track Club

On December 31, 1979 at 10:45pm, 111 runners gathered to ring in the New Year in the Third Annual Auld Lang Syne 5 miler. Age group winners:

	Men		Women	
Open-29	Dexter Lehman	26:21	Cindy Gollen	33:14
14 and under	Davied Milner	34:24	Alma Ojeda	33:18
High school	Glenn Moore	26:59		
30 - 34	Walt Green	28:53	Vicki Mather	47:21
35 - 39	Jere Kunkle	30:08		
40 - 44	Jack Morris	29:35	Adelma Wattenberg	41:31
45 - 49	Bill Schmidt	29:44		
50 - 60	Mike Kast	31:26		

The January 1981 issue of *The Inside Track* presented a written debate regarding the fledging practice of offering cash prizes to road runners. Mike Hill took up the stand of not endorsing this trend and Rick Reitzug championed the cause of the professional runner. With the benefit of almost 15 years of hindsight, I believe that Mike's fears of professionalism ruining running have not come to fruition.

I believe that running has remained a "peoples" sport where runners can compete at their own level and for their own reasons. Their goals can be achieved with a tremendous amount of pride and satisfaction, even without making a dime from the sport. Now I'm not naive enough to think that increasing the winner's take from bragging rights for a year to \$100,000 has not changed the sport at all but this does not produce that profound of an effect on anyone but the top runners. I realize that we in the middle of the pack do pay for this, literally, with our \$80 shoes but again, the overall effect of the professionalism in running on most runners is not significant.

I read recently in *Track and Field News* that a top runner skipped a particular race because not enough prize money was being offered. That doesn't sound all that shocking to me. I imagine that 20 years ago some runners were offered under-the-table money to run in a particular race and not in another. Now, it is just more obvious. None of that means anything as I'm struggling to finish a workout or a race so go out there and enjoy your sport runners! Your sport that has changed quite a bit in the last twenty years and yet has not changed at all.



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A RUNNER'S BOSTON JOURNAL

PART 1: THE COCOON AND SELF-DIAGNOSIS

By Tom Yoder

The idea for this series of articles came from an innocuous enough source - a simple request in The Inside Track for information concerning Fort Wayne Track Club members planning to run the 100th Boston Marathon. I responded with the names and qualifying times of my training partners (a/k/a The Buddies), wondering (more to myself than anyone else) whether newsletter readers would be interested in following The Buddies' preparations for the Big Event, then some seven (7) months away. Surprisingly, my musings were not only heard, they were encouraged.

In an effort to wiggle off the hook, I told one of my "encouragers", Mac McAvoy, the first installment might prove somewhat less than scintillating. Due to a strained left achilles, prompted by a very foolish decision last April (listening to The Buddies, again) to run a bunch of meaningless (yet painful) 5Ks last Summer, I have been relegated to the Central YMCA's stairclimbers, exercycles and, abjectly humiliating, rowing machines for almost a month. Proudly, I draw the line at swimming and tolerate being wet only with a bar of soap in my hand.

Frankly, my recent training experiences consist of devouring Baseball Digests while pedaling madly to nowhere for no particular reason other than habitual exercise. Hence, "the cocoon", as I am tightly wrapped in the ambivalent no-man's land between injury, rest, and boredom; comfortable, but certainly ready for something else (even intervals). I could not fathom anyone would ever want to read about this degradation.

Mac advised I should use the first article to "introduce" myself - write about racing triumphs and tragedies, training philosophy, specific workouts, and how I intend to approach the Big Event. In short, from a running perspective, tell the people who I am.

I admit this suggestion caught me by surprise, because I had never given the matter much thought beyond the obvious - I am, for better or worse, just a runner. There are those who have run longer (I am but a pup of 43) and those (lots) who have run faster, but I have kept at it for 18 years through all the injuries, PR's and PW's, miserable weather, and fruit bombardments launched by moronic motorists from the side windows of their Dodge Darts. At first blush, the most impressive thing about it all is that I have endured and, for whatever reason, just kept running.

However, I thought Mac deserved a more definitive answer. Therefore, I retreated into my 15-odd years worth of training diaries, painstakingly prepared by some fanatical fool who thought (still does) every mile has to be timed and every course measured to the nearest tenth. What I discovered is that two distinct answers exist to the posed inquiry - one objective and, far more significant, one subjective. I do not know if either response adequately explains why I run; I do know they define who I have become.

Objectively, it appears I started running right out of law school in 1977 (after a childhood comprised of twinkies, baby fat, and as little physical exertion as possible) to combat the typical

stress associated with starting a new career. From the beginning, running central was the downtown Y and, after trotting 2-4 miles 2-3 times per week, I mustered the courage in 1979 to enter the Lincoln 10,000, the Summit City 10K's twice-removed predecessor. Although my time (42:20) would improve with both experience and age to the 36:00 range, I was from that day forward hooked on the competition and, now 100 or so events later, have raced consistently ever since.

Long on thigh and short on speed, I quickly realized what talent I possess is limited to distances of 15K and up. Therefore, after the early 1980's, I concentrated almost exclusively on longer training and races. Eventually, attempting a marathon seemed the next logical step. While a 3:26 debut in the heat of July, 1981 (the addlepatet will recall the swelter of Fort Wayne's old Marathon) was not particularly auspicious, it was a moment I will never forget - predilection had met avocation, and I was a distance runner. After 17 more, I learned that 2:57-3:05 (depending upon whether it was a good day or just another day) marathons could regularly be done on a base of 40-50 miles per week (increased to 50-55 miles a few months before the race), 2,000 or so miles a year, a flexible but organized 16-week training plan, and a conservative racing strategy (I seem incapable of awakening from some deep slumber until the 14-mile mark).

However, it is the subjective response to Mac's suggestion that defines my running. While the activity itself may be lonely, my approach to it has been one of unfettered community. I have always run with others and, for the last 12-15 years, with The Buddies. I cannot separate my running from their running or, much as I would like to from time to time, my life from their lives.

Individuals have drifted in and out of the group over the years, but The Buddies' core has remained resolute. Calvin King (like all thoroughbreds, prone to injury), Gary Rickner (we will, no doubt, expire together in some tragic intersection accident and end up a novelty news item discussed at length on "Bob & Tom"), and I have flailed away at each other every Noon, up and down Calhoun Street, for what seems like eternity. The past 7-8 years, we have watched Terry Diller pull steadily away (but up a few pounds and looking really bad in the process), and 4-5 years ago, Jerry Perkins (like all grandfathers, too nice to believe) joined the crowd. Coupled with relative newcomers Rick Vorick (weekends only, thank goodness) and Kurt Mattox (always in need of fluids and serious therapy), the 6 of us sans Cal represent The Buddies' 1996 Boston contingent.

To be sure, a motley crew of repressed anxieties and inflated egos, vicious tongues (I admit it, guilty as charged) and collective stupidity (a little blizzard training never hurt anyone). Nonetheless, as much as they drive me nuts, they are The Buddies. As you will learn in the months ahead, my story is their story.

As we have trained for two prior Bostons and innumerable other races, so will we train for this Boston. Through rain and snow, at Noon during the week and in the hours before daybreak on weekends, on good days and on lots of bad, we will train together. On the day of the Big Event, I will look down the line and, once more, there they will be - as they always have been and as I suppose they always will be. And that, for Mac's benefit, is why I run; just to see them there is all I have ever asked of my sport.

Next Time: The Build-Up and The Dog Days.

PARLOR CITY RESULTS CONTINUED

MALE 40-44 Cont.		
21	Thomas Johnson	1:42:27
22	Mark Heimann	1:43:04
23	S.D. Stahlman	1:43:43
24	Jim Robideau	1:44:55
25	Michael Spurgeon	1:48:52
26	Dana Grove	1:49:27
27	Gary Aupperle	1:52:04
28	Barry Close	1:52:05
29	Gary King	1:52:10
30	Lon Braun	1:52:11
31	Rom Schumacher	1:53:36
32	Stephen Hilker	1:55:08
33	M.G. Yann	1:55:44
34	John Chronister	1:58:56
35	Jeff Braman	2:01:15
36	Larry Marshall	2:06:33
37	Bill Harvey	2:06:38

MALE 45-49		
1	Giz Youngman	1:26:30
2	Don Ford	1:32:57
3	James Miler	1:33:37
4	Bruce Pressler	1:34:58
5	Pete Anzeno	1:37:07
6	Monte Hitchcock	1:37:15
7	Dennis Strayer	1:37:38
8	Dave Winters	1:39:02
9	Robert Maley	1:39:22
10	Gregg Glass	1:41:00
11	Paul Wisblowski	1:41:07
12	Ivan Painter	1:44:21
13	Jack Reinking	1:44:38
14	Jerry Riehi	1:46:32
15	Dave Reichwage	1:47:20
16	Steve Wand	1:48:55
17	Chuck Lewton	1:55:08
18	Gary Oden	1:55:16
19	Tony Garton	1:57:03
20	Les Pearson	1:58:56
21	Steven Bennett	2:07:49
22	Max Irick	2:11:59
23	Carlos Watkins	2:38:04

MALE 50-54		
1	Brad Yoder	1:27:08
2	Michael Taylor	1:33:25
3	Bernie Bergette	1:35:11
4	Victor Lewandowski	1:36:58
5	Charlie Backofen	1:38:16
6	Steve Adkinson	1:38:48

MALE 50-55 Cont.		
7	Don Lindley	1:41:57
8	Wesley Sabins	1:41:57
9	Larry Lee	1:45:46
10	William Bennett	1:47:11
11	Richard Crispen	1:49:54
12	Gerald Kirsher	1:51:30
13	Don Ashton	1:53:46
14	Ed Beckner	1:55:16
15	Jon Klein	2:01:37
16	Carl Fields	2:07:50
17	Peter Metcalf	2:24:10

MALE 55-59		
1	Ray Sibrel	1:27:27
2	Bob Crawford	1:31:18
3	Jon Norris	1:31:30
4	Jack Morris	1:38:58
5	Larry Averbeck	1:41:08
6	Luther Dore	1:41:18
7	Floyd Lobsiger	1:49:14
8	Duane Heidecker	1:54:20
9	Gary Miller	1:54:25
10	David Dale	1:57:11
11	James Babcock	2:00:02
12	David Butler	2:23:52

MALE 60-64		
1	Bernard Huesing	1:49:31
2	Bob Loomis	1:53:38
3	Harley Pugh	1:55:32
4	Ian Rolland	1:58:35
5	Joe Willman	2:04:43
6	Phil Wahls	2:17:36
7	Don Rhodes	2:18:00

MALE 65 +		
1	Jack Hilker	1:58:35
2	Jack O'Neil	2:05:43

FEMALE 20-24		
1	Kendra Mathews	1:45:05
2	Tonya Black	2:12:50
3	Kriati Schwartz	2:18:00

FEMALE 25-29		
*	Robin Burkholder	1:35:01
1	Julie Sheridan	1:45:45
2	Krista Stafford	1:52:31
3	Jayne Cross	1:52:31
4	Anita Lehman	1:57:22
5	Sharon Carr	2:02:44

FEMALE 30-34		
*	Linda Gorman	1:36:53
*	Diane Schwartz	1:44:56
1	Jill Bobay	1:51:33
2	Jody Henline	1:58:34
3	Julie Tobias	2:06:59
4	Michelle Krohn	2:08:57
5	Betty DeWells	2:17:19

FEMALE 35-39		
*	Tina Root-McLane	1:28:58
*	Mary McManus	1:36:05
*	Laura Gay	1:43:19
1	Linda Clay	1:55:27
2	Linda Powell	1:57:41
3	Barbara Gray	2:01:39

FEMALE 40-44		
*	Ruth Ann Sellers	1:40:50
*	Beth Battell	1:41:26
1	Patty Schwartz	1:58:56
2	Ann Harvey	2:02:50
3	Nancy Langwith	2:16:03

FEMALE 45-49		
*	Lien Koztecki	1:39:47
1	Shirley Wilson	1:47:17
2	Barb Scrogam	1:53:06
3	Ann Mize	2:03:18
4	Teresa Feala	2:17:37

FEMALE 50-54		
*	Marilyn Grissom	1:42:23
1	Jeanette Klein	2:01:38

FEMALE 55-59		
1	Joan Gary	1:53:52

10K RESULTS

MALE 25-29		
*	Rusty Ramseyer	42:57
*	Bart Dudley	43:09
1	Steve Holloway	44:57
2	Joe Thompson	51:35
3	Jim Szostak	53:02
4	Vince Constantine	1:01:40

MALE 35-39		
*	Conrad Peterson	40:56
*	Carl Hanson	41:18
1	Brett Reichwage	45:24
2	Joe Kobiela	45:41

10K RESULTS CONTINUED

MALE 35-39		
3	Mike McAvoy	47:31
4	Michael Variell	48:17
5	Rick Poorman	49:13
6	Phil Saucedo	50:11

MALE 40-44		
1	Ron Covington	47:20
2	Don Kramer	47:43
3	Charles Mosure	57:02
4	Rich Sealscott	58:47

MALE 45-49		
1	Ken Silkworth	54:21
2	George Babcock	1:11:22

MALE 50-54		
1	John Peterson	46:37
2	Dave Wolfe	46:48

MALE 55-59		
1	Dick Harnley	46:29

MALE 60-64		
1	Delmer Adams	50:53
2	Dick Sive	52:33
3	Curtis Nold	1:04:34

MALE 65+		
1	Jim Rice	52:10

FEMALE 20-24		
*	Shannon Leas	41:22
1	Sherry Colwell	1:03:28
2	Deb Barcus	1:03:29

FEMALE 25-29		
*	Christine Gilbert	52:12
*	Lisa Baldwin	53:02
1	Regina Butler	1:02 :29

FEMALE 35-39		
1	Deb Sealscott	58:47
2	Sandy Ferris	1:03:32

FEMALE 45-49		
1	Liz Rickner	54:57

FEMALE 50-54		
1	Marsha Schmidt	49:15

PARLOR CITY RESULTS CONTINUED.....

	FEMALE 55-59			FEMALE 60+	
1	Joyce Fuzy	56:25	1	Gloria Nold	1:04:34

PARLOR CITY TROT TOP TEN

HALF MARATHON

	MALE			FEMALE	
1	Keith Harden		1	Tina Root-McLane	
2	Mark Sanderson		2	Robin Burkholder	
3	Leo Turchyn		3	Mary McManus	
4	Jerry Williams, Jr.		4	Linda Gorman	
5	Doug Sundling		5	Lien Koztecki	
6	Buff Dormeier		6	Ruth Ann Sellers	
7	Richard Vorick		7	Beth Battell	
8	John Schneiders		8	Marilyn Grissom	
9	Hal Pearson		9	Laura Gay	
10	Kurt Mattox		10	Diane Schwartz	

10K - TOP 5

	MALE			FEMALE	
1	Conrad Peterson		1	Shannon Leas	
2	Carl Hanson		2	Marsha Schmidt	
3	Arnie Elton		3	Hannah Elton	
4	Rusty Ramseyer		4	Christine Gilbert	
5	Bart Dudley		5	Lisa Baldwin	

OLDEST FINISHER - HALF MARATHON - Jack O'Neil - Age 70

OLDEST FINISHER - 10K - Jim Rice - Age 67

WELLS COUNTY TROTTERS - HALF MARATHON - Doug Sundling & Julie Tobias

HALF MARATHON MASTERS - Doug Sundling & Lein Koztecki



**ATTENTION
1996 BOSTON QUALIFIERS**

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. Club members who have contacted me include:

David DeVaughn
John Trealeven
Mike McManus
Mary McManus
Brad Cooper

Judy Tillapaugh
Dave Reimschisel
Linda Gorman
Joan Gary
Tom Yoder

Terry Diller
Gary Rickner
Jerry Perkins
Joyce Hockensmith

Thank you !!

A special year-end thanks to all 1995 advertisers. Whether you have contributed money or services/merchandise the club is grateful. We are aware of several midwest running clubs that are experiencing significant financial troubles, but thanks to these sponsors the Fort Wayne Track Club is on good footing! Listed below are the advertisers for the Inside Track with the associated club member where appropriate:

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Indiana Dietic Assoc.--Judy Tillapaugh
Northside Podiatry--Rob Wyatt
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Noble Press

OWEN-PUTNAM STATE FOREST 50KM/50M

The Owen-Putnam State Forest 50KM/50M run was held Saturday, November 4th. The course is near Spencer, IN and consists of mostly horse trails, some gravel roads. This year's course had 7 miles of new trails with loops through two campgrounds. Race director Jeff Tincher and family did an excellent job putting on this small but delightful event. Jeff's wife Lisa (an RN) serve as race medic. The aid station at the start/finish had hot soup and drinks, all of the other aid stations did an excellent job including heating our water, since the temperatures were below freezing.

It was a delight to see Jan Kruez, FWTC 1992 Ultramarathoner of the Year at the race. FWTC Linda Gorman was first female finisher and sixth overall. Congratulations!

1995

Overall	50KM		
6	Linda Gorman	5:53:00	
10	Jan Kruez	6:33:00	
14	Judy Tillapaugh	6:47:00	
15	Don Lindley	6:47:00	

COLE PORTER 5K/15K



David Caswell 5th-5K	Chuck Schlemmer 5th-15K Overall	Adam Frick 1st-15K 15-19	Brian Shepherd 4th-15K Overall	Steve Caswell 7th-15K Overall
	Deb Byers 1st-5K	Teresa Furniss 1st-5K 25-29		

HIGHLAND TERRACE TROPHY RUN
NOVEMBER 11
Weather Conditions: THE PITS

5 K

- 1 Doug Sundling
- 2 Rick Knuth
- 3 Mark Forman
- 4 Jerry Warner
- 5 Paul Ausderan
- 6 Wes Fowler-Finn
- 7 Jack Shiflett
- 8 Don Anderson
- 9 Sue Fowler-Finn
- 10 Amy Klenke
- 11 Bob Loomis
- 12 George Kirby
- 13 Joan Gary

1 MILE

- 1 Adam Klopfenstein
- 2 Josh Sirk
- 3 Paul Mathieu
- 4 Andrew Gibson
- 5 Amy Hevel
- 6 Colinda Fisher
- 7 Eric Louden
- 8 Brent Burns
- 9 Ian Ausderan
- 10 Scott Kelley
- 11 Michael Kelley
- 12 Ashley Burns
- 13 Jan Harber





JIM MARTIN	03
EUGENE STRIGLE	04
DENNIS K STRAYER	05
BRAD ALTEVOGT	05
JUDY TILLAPUGH	08
JOHN L PEA	11
LAURA GROTHERS	11
ROSEANN SIMMONS	14
KAREN LOUIS	14
R WILLIAM SCHMIDT	15
PHIL SUELZER	15
KENNETH E DISLER	16
PAUL AUSDERAN	17
BOBBIE CLARK	18
ROBERT C ANDERSON	18
ROBERT TRGOVICH	18
STAN FRANTZ	18
MOLLY MCKENNEDY	18
CHERYL KAST	19
LORRAINE FOX	19
WESTLEY SABINS	22
LEWIE SLONE	22
RICK PLUNKETT	23
LINDA BROOKS	23
JOE ZIEGLER	24
DEB BYERS	24
STEVEN WYSS	26
ADAM FRICK	27
RAMON E BROWN	28
BRAD COOPER	28
JOHN KLEIN	28
GARY RICKNER	30
DONALD FORD	30
KEN SILKWORTH	31
JAY M GILBERT	31

SUE STEINEN	01
DALE STAMWITZ	01
RODNEY OBREGON	01
PAUL SHAFFER	03
STEVEN SUMMERS	04
DENNIS WALTENBERGER	05
MICHAEL CALLAHAN	08
KEVIN WALTER	09
AMY YODER	11
FRANK AERTS	14
STEVE EYERS	14
DONALD LINDLEY	15
MICHAEL LINDLEY	15
JEFF KLINE	17
ROGER W TRACY	18
BILL OSTERHOLT	20
ANN MIZE	20
DON ASHTON	22
RON WEIMER	24
GARY SELKING	24
ROY B ULCH	24
RUTH ANN SELLERS	25
QUINN D CURRY	25
JAMES BOND	27
CARL FIELDS	28
JOHN LANTZ	29
ROBERT C LOOMIS	30
FRED ROSS JR	31



Member's Page

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

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OF GREATER FORT WAYNE



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FAX: 422-6486, Ext. 227

Jack Hiiker



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Fax 426 6814

North
484-9131
Fax 482 1897

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Member's Page



Judy Tillapaugh, R.D.
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HOME: 244-6545

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Noble Press

Kevin L. Heller

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

Everyone Can Be a Writer

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

Joyce Hockensmith

3732 Thyme Court

New Haven, IN 46774

E-Mail: MarathonJoy@eworld.com

ATTENTION RACE DIRECTORS:

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

NEWSLETTER DEADLINE DATES:

January 15, 1996

March 15, 1996

May 15, 1996

July 15, 1996

September 15, 1996

November 15, 1996

December 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	29	30 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	1	2 Training Run 7AM YMCA-Downtown Kentucky 26.2 M & 50 M Joyce's Last !
3 Memphis Marathon	4	5 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	6	7 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	8	9 Rocket City Marath. Delaware Marathon YM Training Run -7 Just Plain 10K
10 Muncie 10 Dallas White Rock Marathon	11	12 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	13 Run 6 PM / Showers FWTC Mtg. 7PM Taylor U. Act. Cen. Casa's after Mtg.	14 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	15	16 Jacksonville Mara. Sunmart 50K & 50M YM Training Run-7 Tom Bohrer 5K
17	18	19 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	20	21 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	22	23 Training Run 7AM YMCA-Downtown
24	25 Merry Christmas!	26 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	27	28 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	29	30 Training Run 7AM YMCA-Downtown
31 Run in the New Years 4M Resolution Run 5K	1 Happy New Year !	2 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	3	4 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	5	6 Training Run 7AM YMCA-Downtown Siberian Express 7-6-Danville

January 1996

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Run in the New Years 4M Resolution Run 5K	1 Happy New Year !	2 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	3	4 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	5	6 Training Run 7AM YMCA-Downtown Siberian Express 7.6-Danville
7 Disney World Marathon	8	9 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	10 Run 6 PM Showers FWTC Mtg. 7PM Taylor U. Act. Gen. Casa's after Mtg.	11 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	12	13 Training Run 7AM YMCA-Downtown
14 Ten Mile Shoe Run	15	16 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	17	18 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	19	20 YM Training Run-7 Mardi Gras Marathon - New Orleans
21 San Diego Marathon Houston-Tenneco Marathon	22	23 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	24	25 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	26	27 Training Run 7AM YMCA-Downtown Ellerbe Springs Marathon, NC
28 Naples Half Marathon	29	30 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	31	1 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	2	3 Training Run 7AM YMCA-Downtown Tallahassee, FL Marathon

GOOD-BYE DON FORD

Don is moving to Boulder, Colorado. He is starting a new job there beginning December 11. We will miss Don, but our best wishes go with him!

WANTED: Track Club Member interested in area races, with computer access, willing to work on the race calendar for the inside track.

CONTACT: Mike McAvoy or Joyce Hockensmith



FEBRUARY 17

Fanny Freezer 5K

Foster Park 3:00 PM

Showers available at
Taylor University Activity Center

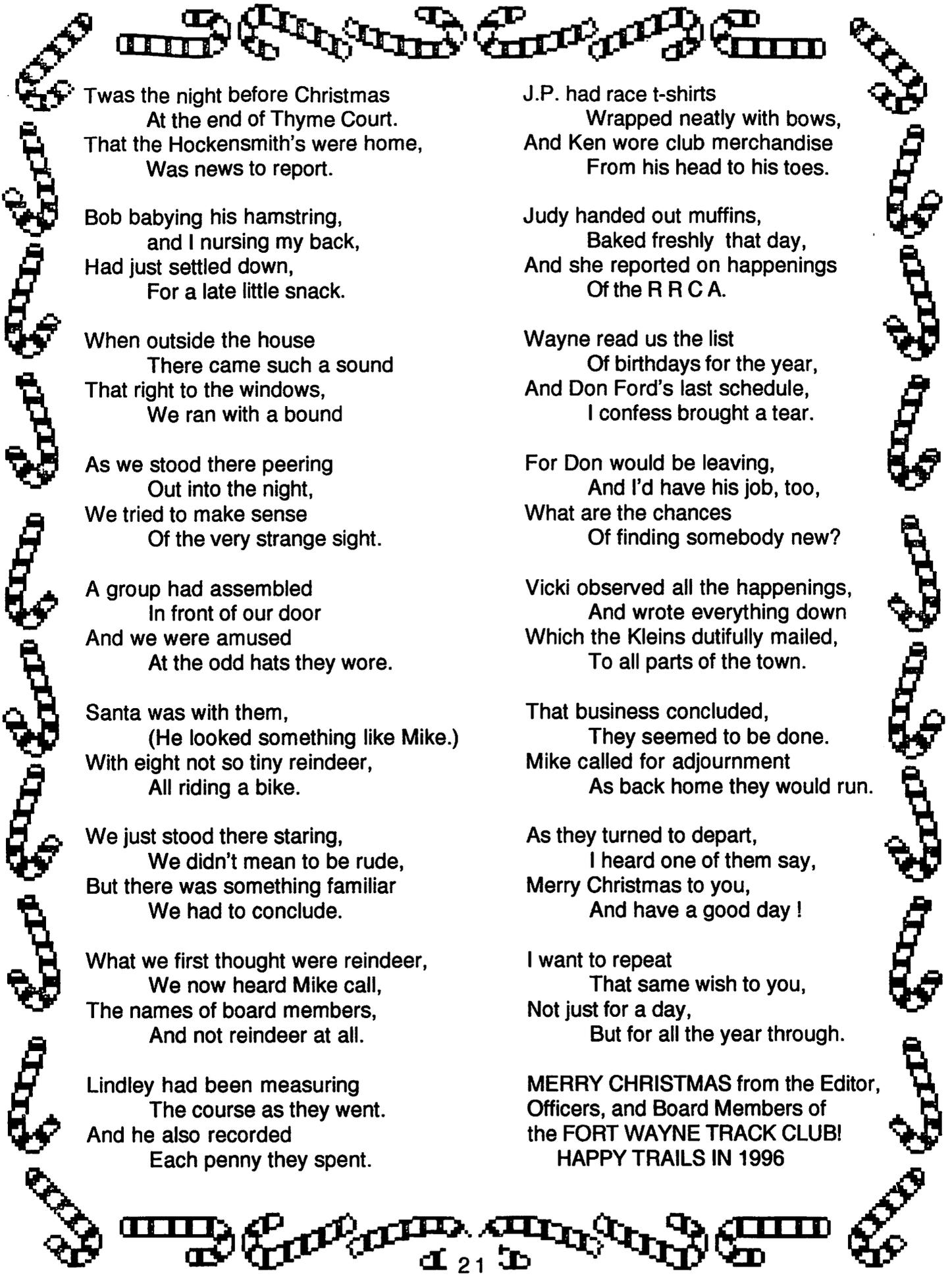
FWTC Banquet

SW Conservation Club - Bluffton Road

5:00 Social 5:30 Potluck

6:00 Speaker

**Mark the date on your calendar
and stay tuned for details!**



Twas the night before Christmas
At the end of Thyme Court.
That the Hockensmith's were home,
Was news to report.

Bob babying his hamstring,
and I nursing my back,
Had just settled down,
For a late little snack.

When outside the house
There came such a sound
That right to the windows,
We ran with a bound

As we stood there peering
Out into the night,
We tried to make sense
Of the very strange sight.

A group had assembled
In front of our door
And we were amused
At the odd hats they wore.

Santa was with them,
(He looked something like Mike.)
With eight not so tiny reindeer,
All riding a bike.

We just stood there staring,
We didn't mean to be rude,
But there was something familiar
We had to conclude.

What we first thought were reindeer,
We now heard Mike call,
The names of board members,
And not reindeer at all.

Lindley had been measuring
The course as they went.
And he also recorded
Each penny they spent.

J.P. had race t-shirts
Wrapped neatly with bows,
And Ken wore club merchandise
From his head to his toes.

Judy handed out muffins,
Baked freshly that day,
And she reported on happenings
Of the R R C A.

Wayne read us the list
Of birthdays for the year,
And Don Ford's last schedule,
I confess brought a tear.

For Don would be leaving,
And I'd have his job, too,
What are the chances
Of finding somebody new?

Vicki observed all the happenings,
And wrote everything down
Which the Kleins dutifully mailed,
To all parts of the town.

That business concluded,
They seemed to be done.
Mike called for adjournment
As back home they would run.

As they turned to depart,
I heard one of them say,
Merry Christmas to you,
And have a good day !

I want to repeat
That same wish to you,
Not just for a day,
But for all the year through.

MERRY CHRISTMAS from the Editor,
Officers, and Board Members of
the **FORT WAYNE TRACK CLUB!**
HAPPY TRAILS IN 1996

Friends,

'Tis the season to pass on cheers and wishes to special people in our lives. A time of celebration. A time to express appreciation and friendship. There is no perfect way to celebrate the season. Whatever we choose to do is personally right.

Tasty food and beverages are a normal part of all special occasions. The time is perfect for favorite flavors, yet we can easily over indulge, over drink, get stressed out, or under exercise. One or more of these may take the "HO-HO-HO" out of the season. Joyous eating can promote the dreaded 7 holiday pounds.

Treat yourself well by keeping healthy habits during the holiday season. Good tastes and health can go hand in hand. Think moderation, stay active, sing carols, and plan to enjoy all the moments at family gatherings, business socials, and events with friends.

Here are some strategies especially for you to use. Consider doing one or more of these the whole holiday season!!

* SUBSTITUTE FOR IT

Lower calorie and fat level can be done by modifying recipes. Instead of using a high fat food add a low fat alternative.

* USE LESS OF IT

Some recipes can be changed by reducing the amount of high fat and/or high calorie ingredients like oil, sausage, or cheese. Yet sometimes the nature of a recipe doesn't allow change! Then think less!! Example- instead of 4 brownies have 2

* ELIMINATE IT

With some foods, no matter how determined our efforts, we can't stop how much or how frequently we eat them. The solution? Skip them! Put yourself in control and reach out for other choices.

* LITTLE THINGS MEAN A LOT

Any small healthful change is worth celebrating. Just a few changes can help keep the weight stable and you feeling fit. Do not pressure yourself to be totally different. Plan to do what you feel comfortable doing.

Ring in the New Year feeling fit!

Happy Holidays,

Judy Tillapaugh, R.D.

MODIFYING RECIPES FOR HEALTHFUL EATING

INSTEAD OF USING:

SUBSTITUTE:

FOOD	FAT/CALS.	FOOD	FAT/CALS.
1 OZ. CHEESE	9/100-110	1 OZ. MOZZARELLA, SK	5/70
		2 TBSP. PARMESAN	3/46
1 CUP WHOLE MILK	9/160	1 CUP 2% MILK	5/140
		1 CUP SKIM MILK	0/90
1 CUP SOUR CREAM	40/416	1 CUP NONFAT YOGURT	1/127
1 CUP MAYONNAISE	179/1584	1 CUP REDUCED FAT MAYONNAISE	80/800
		1/2 CUP NONFAT YOGURT + 1/2 CUP LOW FAT MAYONNAISE	44/472
1 OZ. CREAM CHEESE	10/99	1 OZ. LITE CREAM CHEESE	5/60
		1 OZ. FAT FREE CREAM CHEESE	<1/30
1 TBSP. BUTTER, OIL, OR MARGARINE	12/100	1 TBSP. LITE MARGARINE	6/50
		VEGETABLE SPRAY	<1/2
		1 TBSP. APPLESAUCE	0/6.5
4-5 SLICES BACON	13/160	1 OZ. LEAN HAM	1.5/40
1 OZ. NUTS	15/170	2 TBSP. RAISINS	0/60

PREPARED BY,

JUDY TILLAPAUGH, R.D.

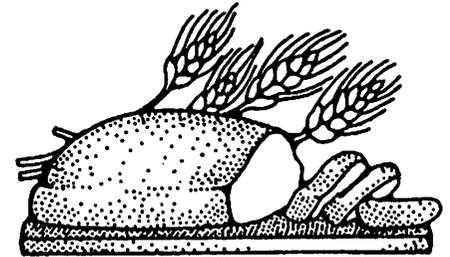
RRCA E-Mail Address: RRCAOffice@rrca.org
 World Wide Web: <http://www.rrca.org/~rrca/>

Quick Whole Wheat Holiday Bread

Increase your dietary fiber with this bread. For natural sweetness, serve it with date spread. (recipe next page)

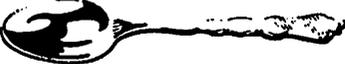
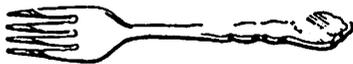
Mix together in large bowl:

- 1½ cups whole wheat flour
- 1 cup unbleached flour
- ½ cup rolled oats
- ½ cup brown sugar
- 1 tablespoon finely shredded orange peel
- 2 teaspoons baking powder
- ½ teaspoon baking soda



Add:

1¾ cups buttermilk and 1 slightly beaten egg, stirring just until ingredients are moistened. Pour into a greased 1½ quart casserole dish. Bake at 350° oven for 50-60 minutes, covering top with foil during last 15 minutes to prevent overbrowning. Cool 10 minutes. Brush top with margarine. Turn out onto wire rack. Cut loaf into 16 slices.

Nutritive Values		Diabetic Exchanges	
			
(1/16 of loaf)		(1/16 of loaf)	
Calories:	116	1 starch/bread	
Protein:	4 gm	1 fat	
Carbohydrates:	23 gm		
Fat:	1 gm		
Sodium:	101 mg		

SOURCE:: The Healthy Holiday Cookbook, American Heart Association
By Jeanette L. Miller, R.D., L.D. and Carol Van Waardhuizen



Lowfat Dipping

Substitute these dip bases in recipes calling for sour cream or cream cheese.

Mock Sour Cream—Blend until smooth 1 Cup cottage cheese, 1 Tablespoon skim milk and 2 Tablespoons lemon juice.

Yogurt Dip Base—Combine 1 Cup lowfat, plain yogurt with ¼ cup of lowfat mayonnaise and ½ teaspoon lemon juice.

Italian: Add 1 chopped sun-dried tomato, ½ teaspoon dried oregano.

Dill: Add ½ teaspoon dill weed, 1 teaspoon dried onion flakes.

Great Lowfat Dips

Corn Dip—Combine one 12-oz can drained whole kernel corn, 1 chopped tomato, ¼ cup chopped onion, 2 seeded and chopped jalapeno peppers and 2 tablespoons lowfat mayonnaise.

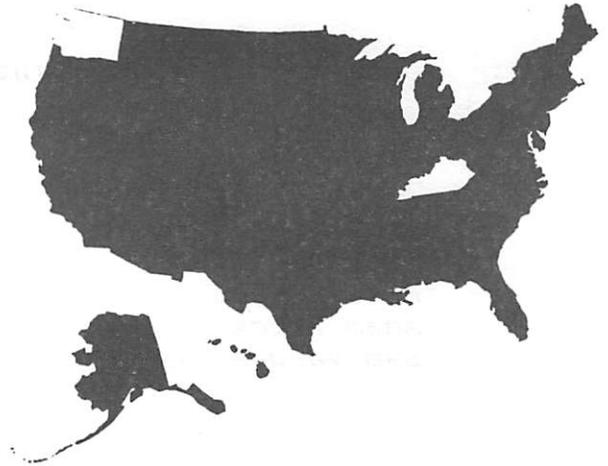
Spinach Dip—Combine one 10-oz package frozen chopped spinach, thawed and drained with 2 cups plain lowfat yogurt, ½ cup chopped green onions, ½ cup chopped fresh parsley, 1 teaspoon salt and ⅛ teaspoon pepper.

Fruit Dip—Combine 1 cup plain, lowfat yogurt, ¼ cup apricot preserves, ⅛ teaspoon ground cinnamon and a pinch of nutmeg.

SOURCE: American Dietetic Association's National Center for Nutrition and Dietetics

QUEST FOR 50 UPDATE By Joyce Hockensmith

Three more states down, for a state total of 49, and total number of marathons at 77. September 30 filled in the Northeast with the completion of the Bristol, New Hampshire marathon. Bob started early due to his injury, but as the photo testifies, we both received the coveted medallion. There was a large contingency of the 50 & D.C. group at this marathon, so it was great seeing so many of our friends. We stayed in a very nice bed and breakfast within walking distance of the start/finish line, and found a great restaurant. (That's where we are in photo)



The following weekend found us traveling different directions. Bob still needed Colorado, so he headed for Pueblo, while Barb Scrogam and I headed for the Lakefront Marathon in Milwaukee, Wisconsin to try to take advantage of the fast course with Boston in mind. It was my third marathon in three weekends, so I really didn't have much confidence in my ability to do so, but the force was with me, and I'm headed to the 100th running!

Originally, we had planned to go to Atlantic City on October 15, but due to Bob's unfortunate circumstances in East Lyme, we went instead to Hartford, Connecticut. I thoroughly enjoyed this marathon, even though I had to run the last three miles in the rain. It is a scenic course with bagpipers, dancers, barbershop quartets, and bands along the way. There were also great chili cheese potatoes at the end. Another plus is the City of Hartford with many restaurants and night life around the hotel, which was a short walk from the start/finish line. This is a marathon I would consider doing again.

October 22 took us to Denver. Why Colorado? Bob was just there two weeks ago, but we had scheduled this as a back-up in the event Pueblo didn't work out. Bob decided to rest his leg, so I did this one solo. For a place as scenic as Denver, the course was uninteresting. The day started out sunny, but deteriorated quickly, giving way to cold rain, sleet, wind, and snow, which was predicted to accumulate up to six inches. Although I had dressed for the weather, getting wet didn't help, and I was a human popsicle by the end of the run. Adding to this "Weekend from Hell" was our flight on Mark Air, two days before they went bankrupt. It would take too much space to give you all the gory details, but suffice to say, I felt like kissing the ground when we finally landed in Chicago.

November 5 in Omaha, Nebraska bagged another state. The first part of the marathon is somewhat scenic, but the course loses a lot when it takes you for five or six miles around the airport. Strong headwinds didn't add to our enjoyment of this run. A plus was the inside finish with pizza and beer.

November 12, Bob, Barb, and I went to Columbus, Ohio. Bob once again elected not to run. The weather made this decision much easier. Race day temperatures were in the single digits with the wind chill. I wore my entire Gortex suit and never overheated.

On November 18 we traveled west to Tulsa, Oklahoma. The weather there was cool at the start, but the warm sun turned it into a very pleasant day. It was a double loop course along a river on a paved pathway, hence no traffic and no hills. At the end you could partake of all the charred hot dogs and beer that you wanted. I didn't make much of a dent in the refreshments. We again enjoyed spending time with friends from Los Angeles, Milwaukee, and Boston. More Later!



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 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**
- Sweatshirts \$18.00 + tax**
- Polo shirts \$16.50 + tax - New Item**

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

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

Quantity	Size	Item	Each	Total

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

Name: _____

Phone: _____

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

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

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

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Occupation: _____ Business Affiliation: _____

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

Family Members:

Spouse: _____ Birthdate: _____ Sex _____

Children: _____ Birthdate: _____ Sex _____

_____ Birthdate: _____ Sex _____

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

ANNUAL MEMBERSHIP DUES: January 1 - December 31

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

New Members: First year only \$12.00

Members under 21: \$12.00 per year until 21

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

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

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

CLUB MEMBERSHIP APPLICATION WAIVER

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

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

Primary Member

Signature: _____ Date: _____

Parent Signature: _____

Date: _____

(if under 18)

THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

- OFFICER
- President [] Vice President [] Secretary [] Treasurer
- RACE DIRECTOR
- Major Race [] Fanny Freezer [] Fun Run [] Training Run
- ASSISTANT RACE DIRECTOR
- EQUIPMENT COORDINATOR
- Assist Transportation of Equipment to Races
- 1st Quarter [] 2nd Quarter [] 3rd Quarter [] 4th Quarter
- Monitor Maintenance of Equipment
- RACE SCHEDULE COORDINATOR
- RACE WALKING COORDINATOR
- MEMBERSHIP
- BOARD MEMBER
- FINISH LINE
- Results [] Timer []
- 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
- FWTG BANQUET
- Decorations
- Program
- FWTG 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.

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

- - - - - 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 10 A.M. 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, IN
LARRY POOLE (812)466-9345

- 09 SAT ROCKET CITY MARATHON 8 A.M. HUNTSVILLE, AL
HAROLD TINSLEY, 8811 EDGEHILL DR., ZIP 35802 (205)881-9077

- 09 SAT BURGER KING CLASSIC 1/2 MAR & HOOTERS 5K ORLANDO, FL
1 CITRUS BOWL PL., ORLANDO FL 32805 (407)423-2476

- 10 SUN DALLAS WHITE ROCK MARATHON 8 A.M. DALLAS, TX
BOX 26117, PIANO TX 75025 (214)528-1290

- 10 SUN MUNCIE 10 1 P.M. MUNCIE, IND.
JOHN PRIMMER, 5301 MOORE RD. ZIP 47304 (317)289-8062

- 16 SAT TOM BOHRER MEMORIAL 5K RUN 2 P.M. FOSTER PARK,
FORT WAYNE DON LINDLEY (219)432-5998

- 16 SAT * JACKSONVILLE MARATHON 8 A.M. JACKSONVILLE FL
 1ST PLACE SPORTS, 3853 BAYMEADOWS RD.,
 JACKSONVILLE FL 32217
 ** LAST CHANCE TO QUALIFY FOR BOSTON! **
- 31 SUN RESOLUTION RUN 5K 11:45 P.M. BEAVERCREEK, OHIO
 JACK HOLLIDAY, 2940 DAYTON-XENIA RD., ZIP 45434 (513)429-7547
- 31 SUN RUN IN THE NEW YEARS 4 MILES MID-NIGHT LAFAYETTE, IN
 LU GREIG, 3132 SULLIVAN ST., W. LAFAYETTE IN 47906 317-497-1360

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- 06 SAT * SIBERIAN EXPRESS 7.6 MILES 12 NOON DANVILLE, IL
 MARC REDDY (217)431-4243 POST-RACE BUFFET AND PARTY
- 07 SUN * WALT DISNEY WORLD MARATHON ORLANDO, FLORIDA
 WALT DISNEY RESORT (407)827-7200
- 14 SUN 10 MILE SHOE RUN 2 P.M. DELTA, OHIO
 DAVES RUNNING SHOP, 203 MAIN ST., DELTA OH 43515 (419)822-3498
- 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
- 28 SUN NAPLES 1/2 MARATHON 7 A.M. NAPLES, FLORIDA
 PERRY SILVERMAN, 224 6TH AV. SO., ZIP 33940 (914)262-5653

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- 04 SUN FROZEN FRENZY 5K 2 P.M. VALPARAISO, IND.
 NANCY WILLARD (219)462-5144
- 10 SAT CAROLINA MARATHON 10:15 A.M. COLUMBIA, S. CAROLINA
 BOX 5092, COLUMBIA SC 29250 (803)929-1996
 US WOMEN'S OLYMPIC TRIALS MARATHON(9 A.M.)
- 11 SUN RACE THRU HOOSIER HISTORY 5 MILE RUN 9 A.M. INDIANAPOLIS CROWN HILL
 CEMETERY CALL: 317-925-8231

- 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, NV
AL BOKA, BOX 81262, LAS VEGAS NEVADA 89180
(702)876-3870
- 17 SAT CHARLOTTE OBSERVER MARATHON 9:45 A.M. CHARLOTTE, NC
MARATHON BOX 30294, CHARLOTTE NC 28230 (704)358-5425
US MEN'S OLYMPIC TRIALS MARATHON(9 A.M.)
- 17 SAT FWTC FANNY FREEZER 5K FOSTER PARK FORT WAYNE 3 P.M.
DIRECTOR: DON LINDLEY (219) 432-5998
FWTC P.O. BOX 11703, FT. WAYNE IN 46860
- 17 SAT FWTC ANNUAL BANQUET - SOUTHWEST CONSERVATION CLUB (BLUFFTON RD)
POTLUCK DINNER - BRING ONE DISH AND A SALAD OR DESSERT
BRING YOUR OWN TABLE SERVICE SOCIAL HOUR 5 PM,
DINNER 5:30
- 18 SUN * COLUMBUS ROADRUNNERS WINTER RUN 15MI & 3 MI COLUMBUS,OH
NICK WOLF 614-791-1478(H) 614-766-6163(W)
- 18 SUN AUSTIN MARATHON 7 A.M. AUSTIN. TEXAS
BOX 684587, AUSTIN TX 78768 (512)478-4608
- 18 SUN WACKY SNACKY 5K 9 A.M. CHICAGO, IL.
CHICAGO SPECIAL EVENTS MGT. (312)868-3010
- 18 SUN * OHIO RIVER ROAD RUNNERS MARATHON OXFORD, OHIO
ALSO 1/2 MARATHON (513) 438-5308
DAN THOMPSON, 1171 NUTMEG CT., CENTERVILLE OH 45459
- 24 SAT GASPARILLA DISTANCE CLASSIC 15K AND 5K TAMPA, FLORIDA
GASPARILLA 96, BOX 1881, TAMPA FL 33601 (813)229-7866

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- 03 SUN * CITY OF LOS ANGELES MARATHON XI LOS ANGELES, CA
(310)444-5544 11110 WEST OHIO AVE. SUITE 100, ZIP 90025
- 24 SUN SHAMROCK SHUFFLE 8K 9 A.M. DOWNTOWN CHICAGO, IL
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
- 31 SUN 29TH ATHEN MARATHON(ALSO 1/2 MAR. 12 NOON ATHENS, OH
TOM WOLF,44 GROSVENOR ST.,ATHENS OH 45701 (614)594-3042

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- 15 MON 100TH BOSTON MARATHON B.A.A.,
BOX 1996 HOPKINTON, MA 01748
- 21 SUN WEST BLOOMFIELD 1/2 MARATHON(ALSO 5K)
WEST BLOOMFIELD, MI(810)334-5660 PARKS & REC.,
3325 MIDDLEBELT RD. ZIP 48323
- 21 SUN TOLEDO GLASS CITY MARATHON TOLEDO OHIO 8 A.M.
T.R.R., 3743 WOODMONT,TOLEDO OH 43613 500-600 RUNNERS
TOM FALVEY (419)475-0731
- 27 SAT DERBY FESTIVAL MINI-MARATHON 8 A.M. LOUISVILLE, KY
MPTC, BOX 36452, LOUISVILLE KY 40233 (502) 456-8160
OR CALL 1-800-928-FEST
- 27 SAT DOOR TO DOOR 10K/5K 9:30 A.M. LAPORTE, IND.
PAUL PAVOT, 3842 W. JOLIET RD. ZIP 46350 (219)324-4888
- 28 SUN * MICHIGAN TRAIL MARATHON AND 1/2 MAR. 8A.M. ANN ARBOR, MI
123 E. LIBERTY ST., ANN ARBOR, MI 48104 (313) 769-5016
5 MILE TRAIL RACE ON SATURDAY AT 2 P.M.
- 28 SUN LAKE COUNTY RACES 16TH ANNUAL 8:15 A.M. CHICAGO, IL
MARATHON/HALF MARATHON/10K/3.5M FUN RUN (708) 266-RACE
LAKE COUNTY RACES, P.O. BOX 9, HIGHLAND PARK, IL 60035
- 28 SUN BIG SUR MARATHON 7 A.M. CARMEL, CALIF.
BOX 222620, CARMEL CA 93922 408-625-6226

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- 03 FRI 500 FESTIVAL MINI-MARATHON 13.1 MILES 8:30 A.M. INDIANAPOLIS
500 FESTIVAL ASSC,201 S. CAPITOL, STE 201, 46225 (317)636-4556
- 05 SUN CITY OF PITTSBURGH MARATHON 8:30 A.M. PITTSBURGH, PA.
4601 BAUM BLVD. PITTSBURGH PA 15213 (412) 578-3320

- 05 SUN * REVCO-CLEVELAND MARATHON & 10K 8 A.M. CLEVELAND, OH
P.O. BOX 550, TWINSBURG, OH 44087 CALL (216) 487-1402
8-12 RRCA 39TH NATIONAL CONVENTION KNOXVILLE, TN
KNOXVILLE TRACK CLUB, 3530 TALAHY GARDENS, KNOXVILLE TN 37919
(615)673-8020
- 11 SAT ARTS FEST RIVER RUN 12K 9:05 A.M. EVANSVILLE, IND.
PATRICK SHOULDERS, 20 NW FIRST ST., ZIP 47708
(812)424-7575
- 11 SAT OLD KENT RIVER BANK RUN 25K(ALSO 5K) 8 A.M.
BOX 2194, GRAND RAPIDS, MI 49501 (616) 771-1907
- 25 SAT DEXTER-ANN ARBOR HALF MARATHON 8 A.M. ANN ARBOR, MI
ALSO 5K AND 10K (313) 761-1165
FIRST OF AMERICA RUN, BOX 8615, ANN ARBOR MI 48107
- 25 SAT * BIG BOY CLASSIC 20K 8:30 A.M. WHEELING, WEST VA
HUGH STOBBS, BOX 808, WHEELING, WV 26003 (614)633-5000
- 26 SUN MAD CITY MARATHON(ALSO 5 & 10K) 7:30 A.M. MADISON, WI
449 STATE ST., MADISON, WI 53703 (608)256-9922
- 27 MON THE GREAT RACE HALF MARATHON ELKHART, IND.
ALSO 10K RUN AND 5K/10K WALKS
RON SCHMANSKE, 421 S. 2ND ST., ELKHART IN 46516
(219)294-1661

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- 09 SUN SCOTTS HOOSIER MARATHON AT FORT WAYNE 6:30 A.M. FOSTER PARK
FOR INFO CALL BOB HOCKENSMITH (219) 749-1237
- 22 SAT * GRANDMA'S MARATHON 7:30 AM(ALSO 1/2 MARATHON)
BOX 16234, DULUTH, MN 55816 (218)727-0947



The Season's Approaching
Join the
Ft. Wayne Ski Club

To receive an informative brochure call 447-5686

INDIANA TRACK & FIELD ASSOCIATION
Schedule of Events

MASTERS

- February 17 National Institute For Fitness and Sports
All-Comers Meet
Contact: Vern Lemere, 317/274-3432
- March 29-31 USATF Indoor Masters Championships Greensboro, NC
Contact: USATF, 317/261-0500

YOUTH

INDOOR

- January 13 National Institute For Fitness and Sports
All-Comers Meet 4 PM
Contact: Vern Lemere, 317/274-3432
- January 21 DeDee Nathan Junior Olympic Youth Invitational 1 PM
Indiana University Field House
Ages: Born in 1978 or earlier
\$5.00 entry fee Contact: Vern Lemere, 317/274-3432
- February 3 National Institute For Fitness and Sports
All-Comers Meet 4 PM
Contact: Vern Lemere, 317/274-3432
- February 4 Randy Heisler Junior Olympic Youth Invitational 1 PM
Indiana University Field House \$5.00 entry fee
Contact: Greg Harger, 812/855-9467
- February 10 Indiana USA Track & Field Indoor Championships
(Y, O, & M) Kambert Fieldhouse, West Lafayette, Indiana
\$4.00 entry fee Contact: Michelle Nolley, 317/392-6175

LOOKING FOR A LONG TRAINING RUN ?

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

Coming Events...

TOM BOHRER MEMORIAL RUN
Saturday December 16, 1995, 2 PM
Foster Park, Fort Wayne, IN

FANNY FREEZER
Saturday, February 17, 1996, 3 PM
Foster Park, Fort Wayne, IN

FWTC BANQUET
Saturday, February 17, 1996
5:00 PM-Social 5:30-Potluck

FWTC MEETINGS
Wednesday, December 13, 7:00 PM, Run, 6:00
Don Lindley's House - 1820 Briar Fence Lane
Wednesday, January 10, 7:00 PM, Run 6:00
Taylor University Activity Center

ADVERTISING RATES

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

Insert Race Application (Includes printing results)
12 X Entry fee, minimum \$35.00 (10 X Entry fee paid in advance)

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