

the inside track

February 1996 - March 1996



A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Fort Wayne Track Club Banquet

February 17, 1996

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Awards & Door Prizes

•
Guest Speaker
Owen Anderson,
Editor for Runner's World magazine

Details of banquet on inside of back cover.



Inside . . . Mac talks with Amy Yoder. See Page 8

1995

FORT WAYNE TRACK CLUB

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I AM THE GREATEST RUNNER IN THE WHOLE WORLD!!!!

That's right--the Kenyans, Ethiopians et al, might as well put away their shoes and not even make reservations for Atlanta for I am the fastest man in the whole, wide world. At least this is what I've been told. In fact, I'm also the greatest bowler in the whole world, the greatest soccer player, kite flyer, checker player and a host of other activities that involve either physical coordination, mental acuity or both.

You see, I am the father of a seven and a five year old. To them I am the greatest--fill in the blank--in the world. I also have a three month old but since I can't breastfeed her, she merely tolerates me. She is somewhat amused by the variety of sounds I can make that match her own and she will occasionally challenge me to a spit-bubble competition but, alas, her interest in me is typically short-lived.

I never knew that kids could be such a boost to your ego. Being one of six offspring I was well aware the pride that a parent could feel in the accomplishments of a child. I also was painfully aware of the problems a child could get into and consequently the frustrations that a parent might feel. But nobody clued me into how your kids could serve as your personal public relations firm. I can only imagine what glowing reports that my kids give about me to the other kids in the neighborhood. And my kids actually believe what they are saying...this isn't just a clever ploy to get me to purchase the latest action figure with kung-fu grip. I am convinced that they could pass every lie detector test including sodium pentothal as they make these proclamations about their dear old dad.

I must admit that I haven't taken the time to talk to my kids and let them know their dad is merely mortal. I'm quite sure that this will happen soon enough. In fact, the five year old was sitting in my lap the other day and told me without hesitation that I was the funniest dad in the whole world. "And the smartest dad," he added. "Well...the second smartest dad....after Andy Vogel." (current neighbor--and ex-friend) Soon after this crushing blow the seven year old turned on me as well. When I announced it was bath time one night, she screamed (in a voice so loud that even Andy Vogel...ex-friend--see above...was startled) that she wished she was in another family. Or at least, had a step-dad. I have a bad feeling that any bribery I need to keep up my Dad of the Year status will be more than just a Pocahontas Barbie or the Blue Ranger with all accessories.

**RENEW YOUR
MEMBERSHIP TO THE
FORT WAYNE TRACK CLUB
TODAY ! ! !**

MINUTES OF THE FORT WAYNE TRACK CLUB

Board Meeting, Wednesday, December 13, 1995
7 PM at Home of Don Lindley - 1820 Briar Fence Lane

Attending: Mike McAvoy, Don Lindley, Linda Gorman, JP Jones.

After partaking in a pot luck chili supper, the small group (caused by rather inclimate weather) took on the business of the club led by President Mike. With no other nominations, the following officers were elected for 1996:

President ----- Mike McAvoy
Vice President - JP Jones
Secretary ----- Vicki Jacobs
Treasurer ----- Don Lindley

Treasurer, Don reported an end of November treasury balance of \$10,226.73 but with two outstanding bills, \$1,259 for insurance and about \$500 for the newsletter. The cost of repairing the clock is \$400 and will be done in about two weeks.

Discussion of races for 1996:

Turkey Trot - November 23rd - A 5K Trail Run at Fox Island.
Just Plain 10K - December 7th - at Foster Park.
Prediction Run - May 25th - Half Marathon at Foster Park

Discussion of possible FWTC members traveling to races as a group:

Wild Wild Wilderness - Danville, Illinois - September after Parlor City
Sam Costin Runs in Indianapolis
Festival 500 Half Marathon in May in Indianapolis
Columbus Marathon in November

Mike McAvoy has arranged for Owen Anderson, PHD from Michigan and writer for Runners World, to speak at the February Banquet.

President Mike led a discussion concerning building up of Club membership. Since food will bring people together, it was suggested that the monthly meetings be preceeded by a Board Meeting of an hour before a general meeting with pot luck and special speaker or program. Each time a member attends his or her name goes into a drawing. At the end of the year there would be a drawing for a big prize, say a running suit, paid race fees, etc. We would need a place to have these meetings to accomodate all the activities.

It was suggested for a FWTC Family event we consider a trip to Beef & Board in Indianapolis.

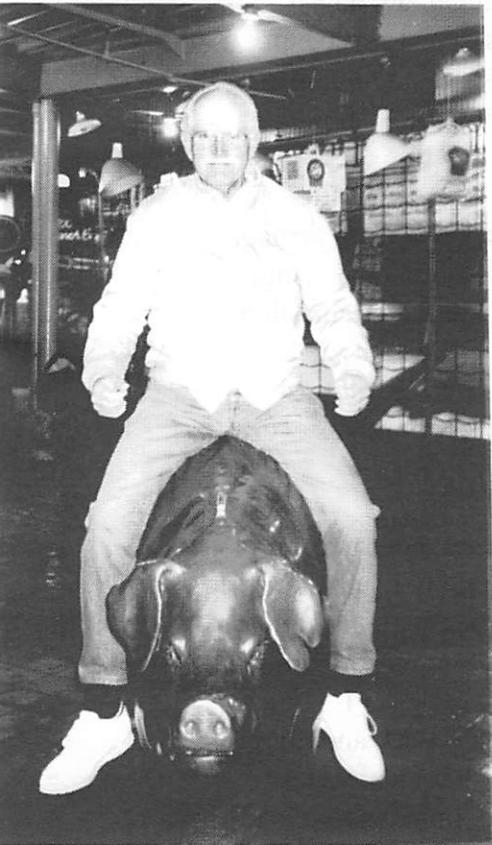
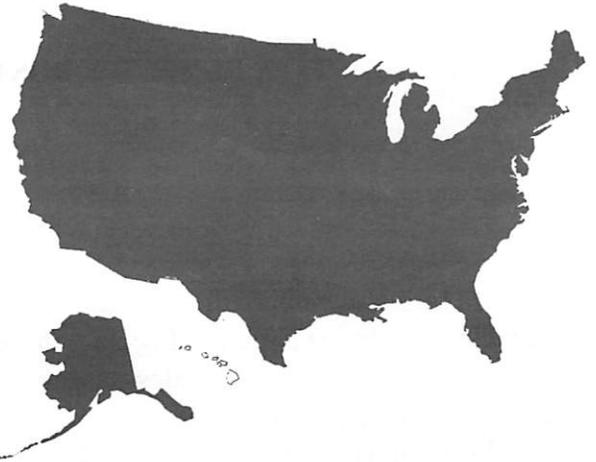
All attending shared a letter from Don Ford now in Colorado.

Respectfully submitted,
JP Jones
Acting as secretary

QUEST FOR 50 COMPLETE !

By Joyce Hockensmith

We did it! What seemed like an almost insurmountable task, and totally insane idea to Bob at first, is now history. On November 25, Bob and I traveled to Seattle to complete my penultimate, and Bob's final state. Friends from the 50 & DC Marathon Group had expressed feeling a certain paranoia when faced with the final state, and Bob and I both found ourselves thinking of all that could go wrong to thwart our effort. Bob had been plagued with hamstring and foot problems, so his concerns weren't far off base. I recall the weather in Seattle as being cool and rainy, and at times windy. If you ask Bob, however, he'll tell you the weather was great. The photo of Bob was taken after the marathon in front of the fish market.



The following weekend we drove to Louisville, Kentucky so that I could be the first woman from Indiana, and the fourth woman in the country (as far as I know) to complete a marathon in every state, plus the District of Columbia. The weather was as good as it gets in Kentucky on December 2. It was quite chilly at the 7 AM start, but was warm and sunny by the time we finished. Many of our friends from all over the country were present, and we had a great celebration that evening.

We figure this little endeavor to run a marathon in each state cost somewhere in the neighborhood of \$40,000, but it would be very difficult to put a price tag on the friends you make and the experiences you have. What next? Who knows? We do know we've decided that, although we are going to cut back on the number of marathons, we can't give them up completely or we'll never see our 50 & DC friends.

On December 16, Bob completed his first 50K in Huntsville, Texas. I'm not sure it is an experience he wants to repeat, but it is a run we would highly recommend, if you are considering a trail 50K or 50 miler. There is no other run where the runners are treated to so many goodies.

I completed the 50 mile distance in 11 hours 21 minutes, which is now my PR for that distance. Following the pre-event feast, we chatted with Wendell Harless from Birmingham, Alabama. As usually happens, the topic turned to future marathons. We discovered that we were both planning to run New Orleans in January. Wendell, however, reminded us that the Houston marathon was the following day, and thus would be a good opportunity to run a double marathon. Wendell had done a couple of these before, and assured us that it wasn't as bad as it might seem. Well, I was sold, but Bob remained skeptical. We did go home and send in applications for both marathons.

January 20 was quite cool in New Orleans, but at least it wasn't raining, as it had been on our previous trip there. We both made it through the marathon, but Bob decided immediately afterwards to not do Houston the following day. He was bothered by a rather large blister, and a cramping hamstring. I didn't feel too bad, but I was not at all convinced that I would feel like doing another marathon the following day. January 21 in Houston was foggy and cool. The forecast was for the temperature to

Continued.....page s 26 & 27

A RUNNER'S BOSTON JOURNAL (PART II)

By Tom Yoder

I. The Build-Up

In mid-November, after pounding the Central Y's stairclimbers and pumping its exercycles for almost a month, I declare myself fit to run. Of course, this is an illusory self-diagnosis spawned more by restlessness than objective fact. However, I have achieved the well-recognized "runner's cure"; that is, the mind and body are both ready to go at the same time. I deem this close enough to being healed and head for the roads.

My goals through the holidays are relatively modest. I intend to chase the Buddies long and hard enough to regain my pre-injury training base (40 miles per week), avoid any new injuries and, more importantly, develop the motivation and composure necessary to survive the "Dog Days" of January and February. Additionally, I further intend to eat like something related directly to the porcine family (i.e., pigs), reveling in the knowledge that I will more than purge my body of all such victual excesses during the long, cold months ahead.

I cruise through the end of November, averaging about 35 miles a week and even manage a sustained (loosely defined as real slow) run of 1:42:00 while speaking at a professional seminar in California. I pay for this enthusiasm, becoming lost and encountering several mountains along the way located between me and the resort's hot tub. I survive, although at the finish my left achilles is screaming and the right knee sounds a little like my old 1971 V-8 Gremlin did just before being towed away to oblivion in 1977. Nonetheless, focused (obsessively blind) as ever, I am encouraged and vow to persevere.

Actually, running with the Buddies in December is, all things considered, not too bad. They are full of both the holiday spirit and Little Debbie cakes, severally crippling their desire and ability to turn me into runner waste by-product. I increase my average weekly mileage to 41, maintaining a steady 7:00-7:15 pace per mile, and struggle through three longer runs between 12-14 miles. By month's end, 181 miles have been traversed, and I am relatively healthy. I celebrate New Year's Eve by falling asleep (no doubt with mouth open) at 10:00 P.M. and miss all festivities welcoming 1996; it is an appropriate end to a tumultuous 1995. I am nonplussed, because I am once again a runner and ready to become a marathoner one more time.

II. The Dog Days

Whoever coined the phrase "frozen tundra" (remember the 1967 NFL Ice Bowl between Dallas and Green Bay?) must have been visiting balmy Fort Wayne in January or February when struck by the urge to wax poetic. Other than the polar ice caps, can there be other places as bleak during Winter? Who cares? I have a marathon to run and know what must be done.

Spring marathons are won and lost during these "Dog Days", as the conditions test the most resolute in spirit. In the lexicon of the Buddies, these are "character-building" times when "heart" is born (or, at least, temporarily resurrected), and "champions" (or as close as we will ever get) are made. I have been there before and know that if I train commensurate with my abilities (coupled with realistic expectations) and do not let the Buddies' communal foolishness finish me off prematurely, I will be physically ready on race day. However, training in the face of Mother Nature's fury will make me tough. If I survive this two-month period by successfully waging war against the elements (give no quarter, ask for none in return), my mind will also be ready.

I recall from the somewhat painful past that I can probably survive Boston on physical conditioning alone. However, in a race this challenging (the course is always your primary competition), I might as well stay off the bus to Hopkington if not psychologically primed. Therefore, bring on the sub-zero temperatures, -20° wind chill, howling West wind, icy surfaces and, above all, darkness. I am ready, and the Buddies view themselves as jock gladiators preparing to face an unbeatable foe. In fact, references to The Myth of Sisyphus would be in order, excepting most of the Buddies think Albert Camus is a brand of chewing tobacco. Ergo, we will be content to run together as best we can.

Over the years, I have stumbled upon four personal secrets to successful Winter marathon training. In point of fact, these are not secrets; rather, they are things that seem to work, unlike many other of my training theories. First, I need to develop the endurance to run 26 comfortable miles (forget the pace) per weekend from now through mid-March. Critical in this process are Rickner and my "easy 8 at 8" sedate jaunts from Homestead High School every Sunday morning.

Secondly, while their peer pressure will take care of most other mileage needs, I have to ignore the Buddies during Saturday's long runs. If left unchecked, they will build to a deafening crescendo of unnecessary 20-mile/ sub-7:00 per mile death marches. I will be toast (definitely burned to a crisp) come mid-April. Accordingly, I will run my own pace (probably from far behind), limiting myself to no more than four 18-20 mile runs. Although tough to fight off "Buddy paranoia", not to mention the daily hysteria commencing around the end of February, I know I do not need more long efforts. Instead, the object will be to run 6-8 miles 4 days during the week and 20-26 miles on weekends, totaling approximately 210-225 miles each of the next three months. Without knowing how my body will react to the passing of yet another year, this should be enough.

Each and every day (including rest days), I will take 400mg of ibuprofen to calm the calves, quadriceps and hamstrings. Just as important, I will continue my ritual of daily stretching/crunches and three moderate weight workouts per week, concentrating on the upper body and legs. In tandem, these practices usually allow me to run injury-free through the marathon training process. They combine to form my personal fountain of youth.

Lastly, I offer the "Boston Mantra" for those depressing survival runs or when the body protests against yet another 50-mile week. The Mantra commences by uttering "you don't get to Boston _____" and is completed by the chanter's predicate of choice. The following have

always worked well for me: " by running downhill, in sunshine, watching cumulus clouds, with a tailwind, comforted by dry shoes, blessed with anti-fog glasses, floating along plowed streets, avoiding icicles on your ears (although, trust me, there are worse locations), through nudist colonies, working on your tan in singlet and shorts, enjoying stable bodily functions, unburdened by frozen appendages (fingers, toes and otherwise, if you catch my drift), drinking cappucino, eating jelly-filled, and celebrating the prolonged silence occasioned by the Buddies' mass laryngitis attack." Rather, suffer through enough of the opposite with a modicum of grace and good humor, and the race should be a cinch.

Next month: The Dog Days (Again) and Hope Springs Eternal.

MOUNDS STATE PARK 5 MILE TRAIL RUN
Anderson, Indiana
November 5, 1995

Bob Loomis attended this event along with about 350 other runners. The race conditions, at the time, were 34 chilly degrees and cloudy. Bob describes the course as tough with lots of hills. Good post race refreshments added to the enjoyment of runners. Other FWTC members attending were Dave and Sue Myers, who were celebrating their 37th wedding anniversary, and Ken Disler. Bob, Ken, Dave, and Sue all won age division trophies.

In the picture, taken at Bob Evans restaurant, from left to right are: Dave Myers, Bob Loomis, Sue Myers, and Sara and Steve Smith (Friends of Dave & Sue)





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Stan Lipp



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Most track club members probably don't realize it but we have a fellow member that is a national class competitor. Amy Yoder recently competed, and finished second, in the Foot Locker prep cross country finals in San Diego. I had the pleasure to talk to this East Noble senior and find out a little bit more about her.

Mac: Let's start at the beginning...How did you get started in running?

Amy: My parents wanted me to play basketball and softball when I was little. I saw people running and it looked like what I wanted to do. But they said don't don't run yet. When I was 10 yrs old, my father said, I could run so they put me in this 5 mile race. I got this big red ribbon and I decided it was a pretty cool thing to do.

Mac: Now, how about the Foot Locker meet?

Amy: Well we drove up to Chicago because the organizers bring the kids together from the midwest, east and south to Chicago and fly out to California on the same plane. We get to meet a lot of people that way and then we spent 4 wonderful days in southern California.

Mac: Why don't you take me through the race a little bit. How was the weather at race time?

Amy: It was really hot that day, and the California girls should have been used to it. Since it was my 3rd time I thought 'All right, I'm not going to get nervous, I know what I want to do.' I went in there with the goal to be top 5, but I really wanted second; but I didn't know if I could do that or not. I went out, and I was in the top six most of the way. I was never less than sixth, and I went back and forth between third and sixth, and then the leader (she's from California) she dropped out...

Mac: That was Stamps?

Amy: Yeah Julia dropped out at about the 2 1/2 mile mark.

Mac: So you were definitely in sight of the leaders. She was only about 5 or 10 seconds ahead when she went down?

Amy: Well, probably more like 15. The girl that was second stayed on her from the very beginning and didn't let go, and Julia had already been passed when she went down.

Mac: So when she went down, you had someone, Mortenson, ahead of you. At that point in time (I know you finished 2nd), but at that point in time, where were you?

Amy: I was 3rd at that time. There was me and Katy Renquich, from Ohio, and I've been running with her for a couple of years and we're really good

friends and we're right even--we go back and forth on beating each other. I know we can run together, and so it was her and I and this other girl from Ohio, Nicole LaSalle, we were battling for 2nd, 3rd, and 4th. And I guess a couple other girls slipped in and Nicole fell back, but when I took 2nd was on the downhill, towards the end. I just made my move, and from then on, it's like, I'm not letting this go, this is what I want.

Mac: That's great. You ran 17:29 for FootLocker and when you look at the NCAA women's times, you've got to be feeling pretty good about your prospects for next year.

Amy: I have a couple freshman friends this year, and their goal was top 10 in the NCAAs and they did it. Let's see, Mary was second or third last year at Footlocker, and Carrie was 10th last year. They ran a really good race.

I have improved every year. I'm hoping that in college I improve even more and make a bigger step. I'll be with people that will be pushing me and will be ahead of me. I'll be playing chase alot and I'll have a full-time coach.

Mac: Who is it?

Amy: Lance Harter. He is a really democratic college coach. He coached a junior college in California and he has been at Arkansas for five years.

Mac: What does Arkansas have next year? I know their top runner graduates.

Amy: I think they will be pretty good next year. They have three freshman this year and we are hoping to get another recruit this year.

Mac: What made you chose Arkansas.

Amy: I took my visits to Michigan, Wisconsin, Villanova, Purdue and Arkansas and Arkansas just fit me better. They had a small town atmosphere. Four blocks from the dorm there is the square where they sell fruit 3 days a week. I don't like big cities. I don't like to run in them. I don't want to live in them. I am a midwest person, and I don't want to go too far west or east.

Mac: So what do you have planned in the near future?

Amy: Right now there is a race of Feb 10 in Cincinnati that I am going to run. It is the junior nationals. The top six runners go to Africa. They run in March for the world team. Last year I was 14th and I didn't get to go. I'm hoping this year I get to go.

Mac: So you have barely slowed down your training?

Amy: I took two weeks off and then started back up. Right now I'm running 30-40 miles and I'm doing two days of intervals. I go to Goshen college and run on the

indoor track. Right now I'm lifting weights and trying to get ready for that race and that will take me right into track.

Mac: Are you interested in doubling the 1600 and 3200?

Amy: That's what Courtney (Adams from Indianapolis Brebeuf) is doing. Everyone's been egging me on to just run the 16 and to make it a really good race. But I don't know if I can give up the 3200 and just let her run it without me in it. That's hard to do. I don't know when I will make that decision. I have been fighting that one back and forth the whole time since cross country ended.

Mac: Of course you don't have to make that determination until regionals.

Amy: 30 minutes after the race, that's what everyone says.

Mac: I asked you earlier about college. My concern is runners get to their freshman year and they are suddenly doing 80 miles a week. What kind of impression did you get from Lance?

Amy: He doesn't believe in 2 a days until you get to the level you want to train for. He doesn't believe in a lot of junk mileage or extra stuff to tear you down. He doesn't believe in that many miles unless you know you can do it. He really likes to listen to the runners. Talking with the girls at Arkansas, they say he never pushes too hard but it is never too easy. You always feel like you are part of your program. He is really good about it.

Mac: You were recruited for both cross country and track. What about indoor?

Amy: He is really lenient about that, you can pick and choose the races or you can just run and qualify and run for the NCAA if you want to. He really doesn't care for indoor, either. Like Megan Flowers (top Arkansas runner) is going to sit out indoors this year because she didn't like it. If you don't want to, you don't really have to. Only thing you have to do is cross country and track. That's what I really like. I probably won't run any indoor races next year. I'm looking forward to warmer weather and no snow.

Mac: How about long, long-range? You don't have to open up all your dreams to us but long-range, what kind of times do you think you can ask from your body for a 5000 on the track?

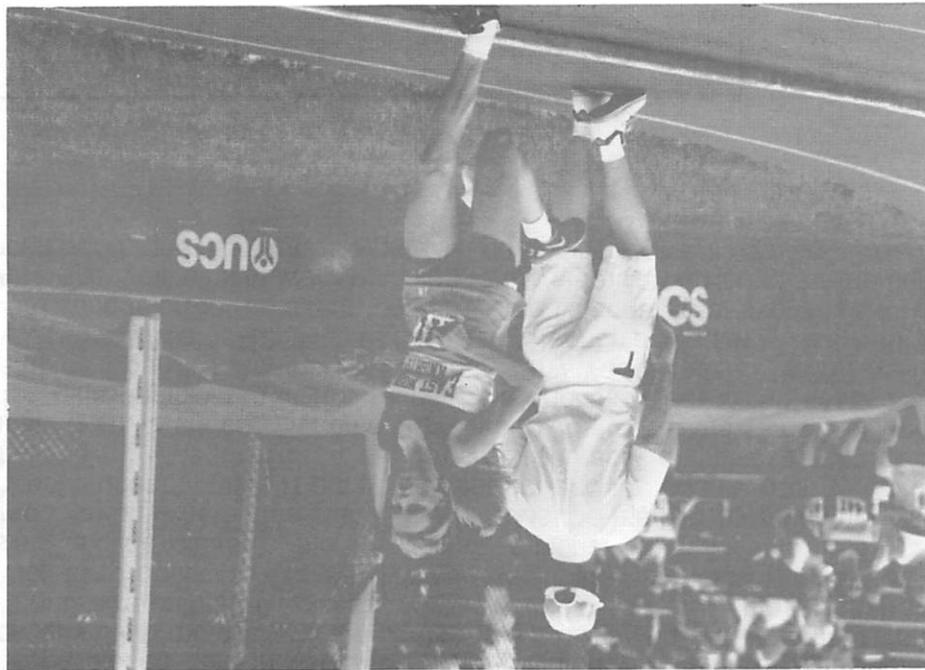
Amy: Whew! That I don't know. I haven't looked into doing that. Most colleges recruited me because they thought I could be a miler but I think I am probably more of a distance runner in the long run. I'll probably be a 5 or 10K on the track. I'm hoping that my college coach will help me find the distance that is my best.

Mac: After your state track season this year are you

Looking to do the traditional big track races like Golden West?

Amy: I haven't decided because there is this race not too far away from it called the Junior National. The top two plus you have to make a time will get to make the world team to go to Australia. That is my ultimate goal for this summer. I went to Australia my sophomore year on the world exchange program. That was a favorite and I would like to go back and run there again. I may give up some of those track meets to concentrate on that one.

Mac: That would be great. Thank you again for talking with me and good luck to you. I look forward to reading more about your accomplishments.



CONGRATULATIONS AMY YODER
Foot Locker-Adidas High School Cross-Country Championship
National Qualifier & Ranked 4th of 8 top women in the Midwest
According to Running Times Magazine in the March 1996 issue.

The Running Exploits of Megan Dexheimer

Gary Dexheimer shared the following information about Megan's after season running activities. It seems his running priorities have lately given way to his daughter's interests. Megan was a member of the Homestead Cross country team which placed 15th in the state meet. The team had not been at the state meet since 1989, and the majority of the team will be returning for the next two years. Megan not only led the team for the majority of the season, but also marched in the Homestead Spartan Alliance Marching Band which managed to repeat as State Class A champions. Unfortunately, the dual responsibilities took their toll on her health and she struggled to compete in the Regional and Semi-State championships. She returned to reasonably good health at state and has continued to run well in post season meets.

On November 11 th Gary traveled with Megan to Chesterton, IN for the USATF Junior Olympics State Championships, along with son, Matt, and friends Jackie Trgovich and Nick Rorick, members of the Homestead girls and boys teams, respectively. In thirty years of running, Gary doesn't believe he has ever gone to a race that was canceled, but the knee-high snowdrifts would have made for a challenging cross country race. All was not lost since they did manage to get in a long run. On November 18th, only Gary and Megan traveled to Lisle, IL for the Junior Olympic Regional. Megan placed 16th in her division (79-80 birth year) and qualified for the nationals. The distance was 5000 meters, and the course was challenging with a combination of mud, snow, a large hill, and bike paths (no spikes). Megan's time was 21:51. On the 25th they traveled to Kenosha for the Footlocker/Kinney Midwest Regional championships held at the University of Wisconsin Parkside course. More collegiate national championship races have been held on this course than anywhere else in the U.S. This is the premier prep championship series open to high school students only. The day was perfect and the course was "to die for", although extremely challenging. Megan ran in the Frosh-Soph race and placed 19th out of approximately 160 runners from 15 states. Her time improved to 20:46 over the same 5000 meter distance. A total of 455 girls participated in two races. The Indiana team in the seeded race consisted of state champion Courtney Adams (3rd -17:53), Amy Yoder (4th - 17:55), Melissa Griffey (20th - 18:53), Jolene Williams (25th - 19:05), and Stephanie Magley (51st - 19:35). Courtney and Amy were scheduled to represent Indiana at the National Championships in San Diego on December 9th. The Dexheimers were planning to travel to Baton Rouge for the Junior Championships on December 9, and have future sights set on the indoor track season.

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FORT WAYNE TRACK CLUB
TOM BOHRER MEMORIAL 5KM RUN
DECEMBER 16, 1995
FOSTER PARK
TEMP 38, CLEAR SKIES

Male 19 & UNDER OV TIME
1 JIM FURKIS 3 14:48

Male 20 - 24 OV TIME
1 MIKE COLE 1 14:12

Male 25 - 29 OV TIME
1 MARK SHAFER 6 17:14

Male 35 - 39 OV TIME
1 JAY PRICHARD 4 15:59
2 CARL RISCH 5 16:03
3 RICK KNUTH 7 17:40
4 JON SCHLATTER 9 18:48
5 DEAN WHITMAN 12 19:10

Male 40 - 44 OV TIME
1 MARK FURKIS 2 14:39
2 MARK BRATTOLI 8 18:18

Male 45 - 49 OV TIME
1 JOEL SCHARTZER 10 18:58

Male 50 - 54 OV TIME
1 DAVE BOYLAN 11 19:08

Male 55 - 59 OV TIME
1 TOM LAIRD 15 20:54

Male 60 - 64 OV TIME
1 BOB LOOMIS 16 23:24

Male 65 & over OV TIME
1 DON ANDERSON 13 19:19
2 J.P.JONES 18 26:27

Female 30 - 34 OV TIME
1 LINDA GORMAN 14 20:28

Female 35 - 39 OV TIME
1 CINDY FURKIS 17 23:34

Volunteers

Tom Deal
Jerry Diehl
Mike Lindley
Debbie Bohrer's Family
and Friends
and all of those that help
set up and breakdown.

PS: Sorry about the course
being 2,555 clicks short on
the Jones measuring device.
(887.86 ft)

Don Lindley



**RENEW YOUR FWTC
MEMBERSHIP
TODAY !!**

FORT WAYNE TRACK CLUB

JP 10KM

DECEMBER 9, 1995

FOSTER PARK

TEMP 5 WC -39

4" SNOW

Male 30 - 34

1 SCOTT BEASLEY	5	47:21
2 MARK ALTSTAETTER	7	48:35

Male 35 -39

	OV	TIME
1 KURT MATTOX	1	41:22
2 RICK KNUTH	4	46:02
3 JON SCHLATTER	10	50:59

Male 40 - 44

1 JED PEARSON	3	43:08
2 PAUL AUSDERAN	8	48:39

Male 45 - 49

1 RICK VORICK	1	41:22
2 GREG PURCELL	11	51:31

Male 50 - 54

1 DAVE BOYLAN	9	48:52
2 DON LINDLEY	13	57:47

Female 20 - 29

1 ALISON EVANGELISTA	6	47:56
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Female 30 - 39

1 NANCY VIRTUE	12	56:56
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JUST PLAIN 10K

December 9, 1995

Foster Park

It is difficult to determine just who faced the greater challenge - the runners with 4 degree temperature, wind chill of negative 39 degrees and 4 inches of snow or the volunteers who faced the same elements in an attempt to keep warm!

A slim total of 13 runners plus 5 volunteers survived as 31 wrapped T-shirts were collected. These were supplemented with 60 Bicentennial shirts and distributed to Crossroads, Youth Services Center and Youth For Christ.

Thanks to the dedicated volunteers, Sharon Pauley (soup), Jerry Diehl (course timing), Linda Gorman (finish), Judy Tillapaugh (finish) and Don Lindley (setup). The next Just Plain 10K challenge is set for December 7, 1996.

The race results:

JP Jones, Race Director

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: _____

COME RUN WITH US



Don't Keep Us In The Dark!
send us your ideas, comments, or anything that will help us give you more of the magazine you want!



1996 BOSTON QUALIFIERS

This is the list of Boston qualifiers I have to this point. I hesitate to say this is a complete list because I may have written down someone's name on a scrap paper & it didn't get into the folder. If that is the case, please call me again. By the way, this list includes non-FWTC members as well. (Mike)

David DeVaughn
John Trealeven
Mike McManus
Mary McManus
Brad Cooper
Rob Wyatt
Mark Herndon
Lou Briones
Buff Dormeier
David Lallow

Judy Tillapaugh
Dave Reimschisel
Linda Gorman
Joan Gary
Tom Yoder
Jed Pearson
Stephen Smith
Rick Vorick
Kurt Mattox

Terry Diller
Gary Rickner
Jerry Perkins
Joyce Hockensmith
Keith Horton
Larry Averbeek
Larry Uelk
Bill Blosser
David Fry

FORT WAYNE TRACK CLUB

Thanks for a great going away party, and for all the gifts. It has been great running with all of you over the years. If anyone plans to come out to Boulder, give me a call and I will take you on a trail run in the mountains!

Don Ford
7411 Spy Glass Ct. #N202
Boulder, CO 80301
(303) 516-1189

RUNNING ON THE INTERNET

Mike Grimes, a FWTC member, who lives in Defiance, Ohio, has a home page on the internet where he is posting running related information. He will have a race calendar, race results, etc. The address for his home page is:
<http://www.bright.net/~gmike/>.

Member's Page

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

Ken Sohaski
Registered Representative

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Fort Wayne, Indiana 46802
(219) 423-3411

FAX 219-420-1442

1-800-487-6639

YMCA
OF GREATER FORT WAYNE



CENTRAL BRANCH YMCA
1020 Barr Street
Fort Wayne, Indiana 46802
(219) 422-6486, Ext. 209
FAX: 422-6486, Ext. 227

Jack Hiiker



East
423-2477
Fax 426-6814

North
484-9131
Fax 482-1897

O'NEIL'S
GLASS SERVICE
Jack O'Neil

3927 New Haven Ave.
"On Coraugh South"

1-800-274-5277

3820 Coldwater Rd.
"Near Glenbrook"

Michael C. McManus, D.P.M.

2018 N. Clinton Street
Fort Wayne, IN 46805
219-422-7218

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NORTHSIDE PODIATRY

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Angola, IN 46703
(219) 665-2664

2018 North Clinton Street
Ft. Wayne, IN 46805
(219) 420-0370

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THERAPY, INC.**

Michael McAvoy, P.T., A.T., C.
Physical Therapist - Athletic Trainer

Jefferson Medical Clinic
7230 Engle Rd., Suite 210 • Fort Wayne, IN 46804
(219) 436-9710

Member's Page



**Judy Tillapaugh, R.D.
Nutrition Specialist**

4635 Indiana Avenue
Fort Wayne, Indiana 46807 Phone Number: (219) 456-3277

HAL ATKINSON, D.D.S.

Gentle Family Dentistry & Orthodontics



North
9005 Lima Road
Fort Wayne IN 46818
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South
4111 Diplomat Plaza
Fort Wayne IN 46806
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YOUR HOME TOWN REPRESENTATIVE

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

February 1996

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 WinterCarnival 5K - Syracuse, IN Training Run 7AM YMCA-Downtown
4 Think Spring 5K - Ligonier, IN Groundhog 7 - Carmel, IN	5	6 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	7	8 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	9	10 Training Run 7AM YMCA-Downtown Carolina Marathon Sweetheat 5K-Indy
11 Valentine Run 5K - Valpraiso, IN Las Vegas Marathon	12	13 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	14 Run 6 PM Showers FWTC Mtg. 7PM Taylor U. Act. Cen. Casa's after Mtg. Happy Valentine's Day! 	15 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	16	17 Training Run 7AM YMCA-Downtown Fanny Freezer 5K - Foster Park FWTC Annual Banquet
18 Chicago 5K Austin Marathon Columbus 3 & 15 Mile	19	20 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	21	22 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	23	24 Training Run 7AM YMCA-Downtown Cincinnati 8 mile Smoky Mt. M. Blue Angel M.
25 St. Louis Marathon Toledo 3 & 6 mile	26	27 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	28	29 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	1	2 Training Run 7AM YMCA-Downtown MS Trail 50 - Laurel

March 1996

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 St. Louis Marathon Toledo 3 & 6 mile	26	27 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	28	29 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	1	2 Training Run 7AM YMCA-Downtown MS Trail 50 - Laurel
3 Perrysburg, OH Half Marathon LA 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 Training Run 7AM YMCA-Downtown Amboy 5K Columbus Grove 4
10 Youngstown, OH 5K & Half Marathon Vandalia, OH Mar.	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 Indy 4 mile Run & Walk	16 Training Run 7AM YMCA-Downtown Music City Marathon-Nashville
17 HAPPY ST. PATRICK'S DAY! 	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 Danville, IL Mt. Goat Runs
24 Sam Costa - Half Marathon-Carmel Chicago 8K	25	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 Cooper Riv. Bridge Run 10K, SC Ann Arbor, MI 5K
31 Cherry Blossom 10 Mile Wash.DC Athens, OH Mar.	1	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 IPFW 5K-Ft. W. Indy Zoo 5 Mile

INDIANA DIETETIC ASSOCIATION

Breakfast is the most skipped meal and the most important. Give your body what it needs when it needs it! The body needs at least 300 to 400 calories each morning for brain and physical energy.

4. Reach for a quickie breakfast for am energy

What's a mocktail? orange pineapple juice, Cranapple punch with a lemon twist, fruit spitzer (1/2 juice, 1/2 club soda or diet soda), virgin mary

Reduce your alcohol use in 1996!! Save calories, help the liver, less chance of an auto accident... drinking less has many benefits!!

3. Quench you thirst with mocktails instead of cocktails

What to buy? reduced fat crackers, pretzels, graham crackers, cereal, fruited yogurt, fresh fruit, juice....

Instead of relying on vending machines or gas stations for snacks, pack your snacks!!

2. Plan for snacks

If you have a passion for sweets or chocolate then have a serving daily. There are no good or bad foods! All food can fit in a healthy eating plan. To prevent too many grams of fat and sugar use high fat and high sugar foods in moderation. Emphasize the very nutritious foods at meals. No one gets fat on one to two cookies. It's the extra servings that promotes more calories in than calories out.

1. Have a daily sweet

SIX EATING RESOLUTIONS FOR 1996:

If an eating habit changes so will health. Choose from the list here or maybe one of these will spark a new idea! Put ideas into action. Enjoy!!

* Focus on specific behavioral changes week by week.

* Pick changes your motivated to do.

What's two key factors for success?

Now is a great time to set "NEW YOU" resolutions. Treat yourself well! Aim to eat a new way to help your blood pressure, blood cholesterol, weight, race performances, and/or overall nutrition.

1996 EATING RESOLUTIONS



What's a quickie breakfast? milk and muffin, cereal and milk, milk and a couple fruit bars, bagel and juice, sandwich and fruit, fruit smoothie (blenderize 1 cup milk or yogurt, fruit of choice, and a pinch of sugar or honey)

5. Simple recipe substitutions

Boost nutrient values, decrease fat, decrease calories, increase fiber, and increase protein by making simple recipe changes. The tastes will stay.

- Ideas? Instead of sour cream use fat free sour cream
- Instead of whole milk use 1% or skim milk
- Instead of creamed soup use low fat cream soup
- Instead of bacon use lean ham
- Instead of no fruit, add fruit to muffins and quick breads

6. Order fries less often

One order of fries has about 220 calories and 12 grams of fat. Drop 2 orders of fries a week for a whole year and save 23,760 calories. This is worth 6.7 pounds of fat.

Be You Be Fit,

Judy Tillapaugh, R.D.
Nutrition Specialist
1/96



CHICKEN CORDON BLUE

INGREDIENTS:

- 4 slices Ham, Fat & Sodium-Reduced (1/2 oz. ea.)
- 4 slices Swiss Cheese, Reduced Fat (1/2 oz. ea.)
- 2 Boneless Chicken Breasts, split & pounded thin
- 1/4 tsp. Pepper
- 1/4 tsp. Tarragon
- 1/8 tsp. Garlic Powder
- 1/2 c. Bread Crumbs
- 1 Tbsp. Margarine

METHOD:

For each serving, place 1 slice ham and 1 slice cheese on chicken. Roll and secure with toothpicks.

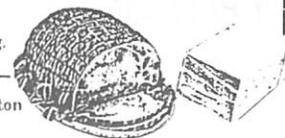
Combine bread crumbs and seasonings. Dip each chicken roll in crumb mixture; place in baking dish.

Drizzle margarine over the top. Bake at 350° F for 40 minutes or until done.

YIELD: 4 servings

Nutritive Values	Food Group Exchange
 (1 Roll)	 (1 Roll)
Calories: 241	4 1/2 Meat
Protein: 34.8 g.	1/2 Starch
Carbohydrate: 9.9 g.	
Fat: 6.9 g.	
Cholesterol: 81 mg.	
Sodium: 444 mg.	
%Fat Calories: 26%	

Source: Mrs. Paul (Edith) Deaton
Warsaw, IN

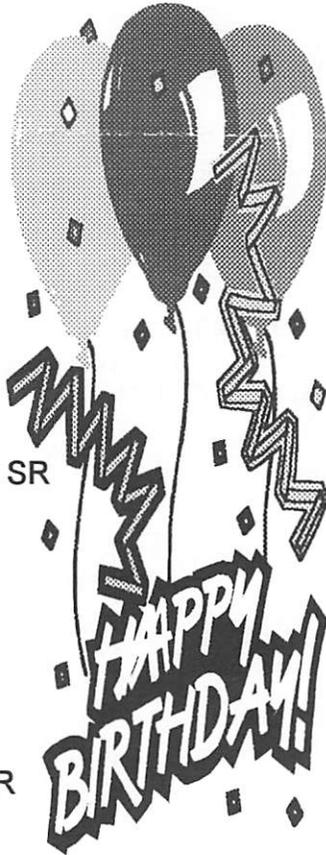


Birthdays

February

March

02 DICK SHENFIELD
03 BILL SOHASKI
04 NEIL ANDERSON
04 HAL ATKINSON
04 PHILIP WAHLS
06 JIN NOH
07 DEAN RUSS
07 CLEM GETTY
08 STEVE DICKMAN
08 MIKE BLUM
08 LAURA A PESCI
09 BILL MACK
09 VICTOR A LEWANDOWSKI SR
10 JEREMY SCHMIDT
11 DAVID C DALE
12 LUTHER H DORE
13 JILL ASH
14 STEVE MECKER
15 DIANE KAPLANIS
15 J BERNARD MOTYCKA
16 DEWEY V CULBERTSON JR
16 DEAN WHITMAN
18 CHUCK FITCH
19 CURTIS NOLD
20 WIN MOSES JR
21 RICK L GILBERT
24 MICHAEL SCHOUEDEL
24 MARK HERNDON
26 ANDY VOGEL
26 ANDREW GAIER
27 J.DAVID REIMSCHISEL, JR
27 PHYLLIS SUELZER
28 CHARLES HORNADAY
28 DAVID FAIRCHILD
29 LARRY PALMER



01 JACQUELYN TRGOVICH
02 JOHN WILLIAMS
02 ELISABETH A RICKNER
03 KEVIN HUNTER
03 JACK SEIGEL
04 EDDIE LEE
04 SUE SIPES
06 JEROME PFEIFFER
09 SARA WYSS
10 TERRY COONAN
10 MARK WALTER
11 SARA C SMITH
13 DENNY ZECH
14 ED DAX
16 JOYCE HOCKENSMITH
16 CHRISTOPHER A MARKS
19 ANGELA SMITH
20 JOHN TRELEAVEN
20 PAUL SABRACK
20 DICK JOSLIN
20 ANGIE GARDNER
21 BECKY DEXHEIMER
23 JED PEARSON
24 NANCY GRIMES
25 MICHAEL FRUCHEY
25 ANGELA FRAIN
26 LUKE E NEUKAM
27 RHONDA SCARBERRY
27 JUDY HENLINE
28 RICHARD L MORANDO
30 GEORGE KIRBY



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.

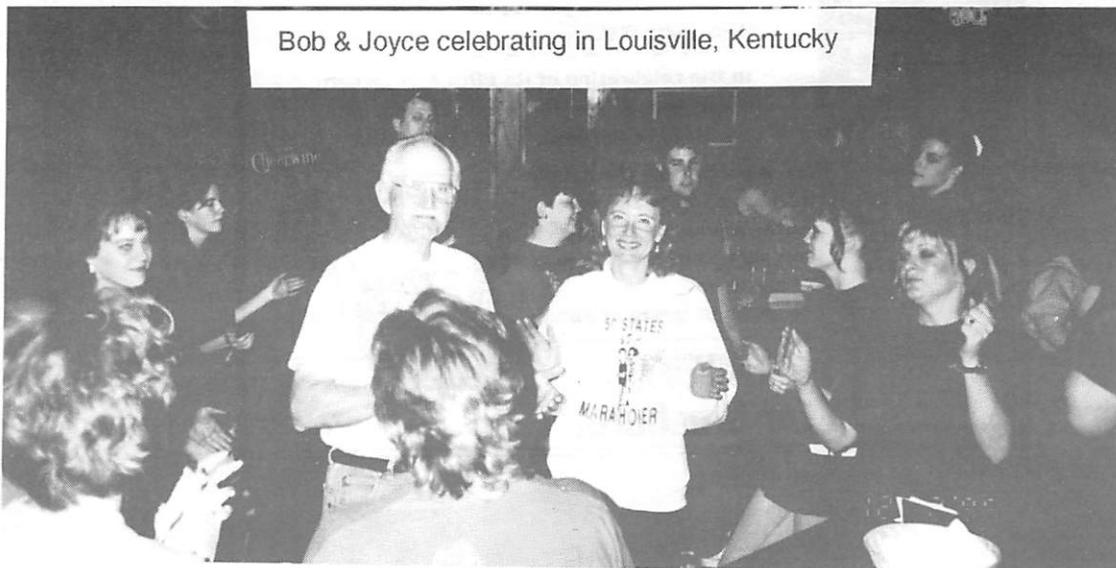
- OFFICER
- President
- Vice President
- Secretary
- Treasurer
- RACE DIRECTOR
- Major Race
- Fanny Freezer
- Fun Run
- Training Run
- ASSISTANT RACE DIRECTOR
- EQUIPMENT COORDINATOR
- Assist Transportation of Equipment to Races
- 1st Quarter
- 2nd Quarter
- 3rd Quarter
- 4th Quarter
- Monitor Maintenance of Equipment
- RACE SCHEDULE COORDINATOR
- RACE WALKING COORDINATOR
- MEMBERSHIP
- BOARD MEMBER
- FINISH LINE
- 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
- FWTC BANQUET
- Decorations
- Program
- FWTC PICNICS
- ADVERTISING - Obtaining Potential Race Sponsors
- PUBLICITY COORDINATOR
- Send Weekly Schedules to Newspaper
- ANYWHERE NEEDED
- OTHER {Specify}

Quest for 50 Continued.....

reach 63, so we dressed accordingly, but the day remained cool and damp. As I began running the early miles, I felt surprisingly good, but I was well aware that my condition could rapidly deteriorate. I was counting on Wendell to pull me through. There was a 5 hour cut off, so we could take it a little easy, but five hours doesn't leave a lot of time for dawdling. I guess I was really psyched, because as it turned out, I was the one coaxing Wendell through the last four miles. I think I actually felt better after the second 26.2 miles than I did after the first. It really isn't so bad, and look at it this way, you can get two marathons for almost the price of one.

FWTC Points Races 1996

February 17th	Fanny Freezer 5K	Ft. Wayne
March 30th	Nutri-Run 20K	Ft. Wayne
April	Shoesucker 7 mi Homestead Hilly 4	Huntington Ft. Wayne
May	Mile Championship	Ft. Wayne
June	Canal Days 10K only Hoosier Marathon Mermaid 5K	New Haven Ft. Wayne N. Webster
July	Zoo Run 4 mi Parade Race 5K Old Settlers 4 mi Cancer Society 5K	Ft. Wayne Ft. Wayne Columbia City Syracuse
August	Harlan Days 10K	Harlan
September	Marshmallow 5K Roanoke 5 mi Parlor City 1/2 Mar.	Ligonier Roanoke Bluffton
October	Calathumpian Canter 5K	Decatur
November	CTA Scholarship 5K Possible FWTC event	Ligonier Ft. Wayne
December	JP Jones 10K	Ft. Wayne



Meet the Race Schedule Chairman

With the departure of Don Ford to take a job in Boulder Colo. I have agreed to take over as Race Schedule Chairman. If you are like me your life very full and busy. With both me and my wife working, taking care of three teenagers, and commitments to friends, family, and church my schedule is easily filled up. When I add in training and racing my schedule seems to be overwhelmed at times. Difficult decisions need to be made and compromises reached. Having a list of local races available that is complete and accurate as possible makes the decision process easier. It enables me to balance my racing and other obligations.

Life is funny the way it turns out at times. I joined the Track club a few years ago with the specific purpose in mind of having access to as much racing information as possible. Now I am the one in charge of gathering, organizing, and presenting race information.

As I embark upon this new task one word comes to mind, HELPIII! While I have access to several sources of information I know that they are not exhaustive. I need the help of the readership of this newsletter to help me complete the task. If you go to a race and find applications for future races please pick up an extra copy and send it to me. If you are aware of a race please let me know. If you are a race director or if you know of one I would appreciate hearing from you.

In the schedule I would like to include all races within a 150-200 mile circle of Ft. Wayne. I would also like to include marathons and speciality races that our members have run in the past. For each race I need the name, location (city, state, and address), distance, date, and entrance fee. Of equal importance is the name the race director and their address and telephone number. To include the information that you send me in the next available newsletter I need to have it by the middle the previous month for which the newsletter is for. That would mean for the next newsletter which is for April/May I would need the race information by the 13th of March to include it on the race schedule that I send to the editor. My address and phone number is mentioned below.

Jonathan Schlatter
535 Kinsmoor Ave.
Ft. Wayne Ind. 46807
Tel. 1-219-456-3331

**CELEBRATE GOOD TIMES,
COME ON!**
*Beat those wintertime blues
by joining the
"Fort Wayne Ski" Club*
In the celebration of its 60th Anniversary
on Friday, Jan. 12, 8 p.m. - 12 a.m. at
Summit Gardens, 4747 Lima Road.

Come party with the people
who have fun in the snow,
water, woods or wherever
the pursuit of happiness
takes them.
(Must be 21 years of age.)

**Call 485-9527
for brochure.**



FORT WAYNE TRACK CLUB CALENDAR OF RACES AND EVENTS

WE TRY TO PROVIDE THE MOST ACCURATE AND COMPLETE RACE INFORMATION THAT WE CAN, BUT WE URGE YOU TO CONTACT THE RACE DIRECTOR FOR CONFIRMATIONS, POSTPONMENTS, OR CANCELATIONS, ALWAYS SEND A SELF-ADDRESSED STAMPED ENVELOPE WHEN SENDING FOR A RACE APPLICATION.

FWTC HOTLINE AND ANSWERING SERVICE (219) 432-5998

(L) LOCAL RACE IN THE GREATER FT. WAYNE AREA
(R) REGIONAL RACE WITHIN 70 MILES(?) OF FT. WAYNE

* ENTRY FORMS AVAILABLE AT FORT WAYNE TRACK CLUB MEETINGS OR SEND S.A.S.E. TO JON SCHLATTER 535 KINSMOOR AVE., FORT WAYNE, IND., 46807
CALL JON AT (219) 456-3331 FOR ADDITIONAL RACE INFORMATION OR TO REPORT A RACE FOR INCLUSION IN THE RACE SCHEDULE

----- FEBRUARY 1996 -----

- 03 SAT (R) WINTERCARNIVAL 5K, LAKE SIDE PARK, SYRACUSE, IND.
BRIAN SHEPHERD (219) 894-4638
- 03 SAT (R) DUNELAND FLURRY SCURRY 5K RUN/WALK, CHESTERTON, IND.,
YMCA, 215 ROOSEVELT ST., CHESTERTON, IND., 46304 (219) 926-4204
- 03 SAT RCGC WINTER WONDERLAND RACE, 6 MILE, LOVELAND PATH, 8:30 A.M.
DON WAHLE, 7760 CAMPUS LANE, CINCINNATI, OHIO, 45242 (513) 791-6366
- 04 SUN RIVERSIDE WINTERFEST 5K, KANKAKEE, ILL. DAN GOULD, 212 JULIE DRIVE,
KANKAKEE, ILL., 60901 (815) 937-2926
- 04 SUN (R) FROZEN FRENCY 5K 2 P.M., VALPORIASO, IND.
NANCY WILLARD (219) 462-5144
- 04 SUN * THE 24TH GROUNDHOG 7, CARMEL-CLAY JUNIOR HIGH, CARMEL, IND., INDY
RUNNERS C/O 8468 SEATTLE SLEW LANE, INDIANAPOLIS, IND., 46217
MARK RENHOLZENBERGER, (317) 885-9701
- 10 SAT (R) THINK SPRING 5K, LIGONIER ELEMENTARY SCHOOL, LIGONIER, IND.
BRIAN SHEPHERD, (219) 894-4683
- 10 SAT BOP TO THE TOP, 37 FLOOR STAIR CLIMB, AMERICAN UNITED LIFE BUILDING,
INDIANAPOLIS, IND., DON CARR, 4314 MATREA MORE CT., INDIANAPOLIS, IND.,
(317) 328-1632
- 10 SAT HEART AND SOLE OF BUTTERWORTH 5K, GRAND RAPIDS MICH., 9 A.M.
JOE O'BRIEN, 2130 WEALTHY, GRAND RAPIDS, MICH., 49506
(616) 458-7888
- 10 SAT CAROLINA MARATHON 10:15 A.M. COLUMBIA, S. CAROLINA
BOX 5092, COLUMBIA SC, 29250 (803) 929-1996
US WOMEN'S OLIMPIC TRIALS MARATHON (9 A.M.)

- 10 SAT *COED VALENTINE FUN RUN, 5K, LORAIN COMMUNITY COLLEGE, GREG SFERRA, 1005 N. ABBE ROAD, ELYRIA, OHIO, 44035 (216) 366-4028
- 10 SAT SWEETHEART 5K, INDIANAPOLIS, IND., 9 A.M. DAN FRITZGERALD, 1502 W. 16TH ST., INDIANAPOLIS, IND., 46202 (317) 327-7201
- 10 SAT *BTC 50 MILE AND 50K RUN, OAK MOUNTIAN STATE PARK, ALABAMA. RICK 1235 PARLIAMENT LANE, BIRMINGHAM, ALA., 35216 (205) 979-1731
- 10-11 DORAL RYDER OPEN METRO DALE MIAMI MARATHON & HALF-MARATHON JORGE BLANCO, MIAMI RUNNERS CLUB, 7920 SW 40TH ST., MIAMI, FLA., 33155. (305) 227-1500
- 11 SUN RACE THRU HOOSIER HISTORY 5 MILE RUN 9 A.M. INDIANAPOLIS CROWN HILL CEMETERY CALL (317) 925-8231
- 11 SUN (R) VALENTINE RUN 5K, 2P.M., VALPARAISO, IND., VROOM RUNNING CLUB, P.O. BOX 1812, VALPARAISO, IND., 46384 (219) 531-3130 /MIKE PROW (219) 462-6799
- 11 SUN FROSTY 5 MILE ROAD RUN, CHANNAHON, ILL. (815) 467-7275
- 11 SUN 30TH LAS VEGAS MARATHON AND HALF MARATHON LAS VEGAS, NV. AL BOKA, BOX 81262, LAS VEGAS, NV. 89180 (702) 876-3870
- 17 SAT (L) *FWTC FANNY FREEZER FK FOSTER PARK, FT. WAYNE IND., 3 P.M. DON LINDLEY (219) 432-5998 FWTC P.O. BOX 11703, FT. WAYNE IND, 46860
- 17 SAT (L)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 P.M. DINNER 5:30 P.M.
- 17 SAT 19TH CHARLOTTE OBSERVER MARATHON AND 10K BOX 30294, CHARLOTTE, NC, 28230 (704) 358-5425
- 17 SAT *NIFS ALL-COMMERS MEET TRACK MEET 5 P.M. CONTACT THE NATIONAL INSTITUTE FOR FITNESS AND SPORT 250 UNIVERSITY BLVD., INIANAPOLIS IND, 46202 (317) 274-3432
- 17 SAT HARRISON MAYOR RUN, 5K, 9 A.M., BRIAN BESENFELDER, 2352 BANBERRY CT., LAWRENCEBURG, IND., 47025 (812) 637-9066
- 17 SAT CARIBBEAN CRUISE 5K, PARK FOREST, ILL., DAVE MACKNICK, 518 E. 166TH PL., SO. HOLLAND, ILL., 60473 (708) 339-6437
- 17 SAT MR. D'S POLAR BEAR 5 MILE RUN/WALK UNIVERSITY OF INDIANAPOLIS KEN LONG & ASSOCIATES (317) 632- 8812
- 18 SUN OHIO RIVER ROAD RUNNERS MARATHON AND HALF MARATHON 9 A.M. HUESTON WOODS STATE PARK CONTACT DAN THOMPSON, 1171 NUTMEG CT., CENTERVILLE OHIO, 45459-6216 (513) 438-5308

- 18 SUN COLUMBUS ROADRUNNERS WINTER RUN 15 MILE & 3 MILE
NICK WOLF (614) 791-1478(H) (614) 766-6163
- 18 SUN AUSTIN MARATHON, AUSTIN TEXAS
BOX 684587, AUSTIN TEXAS, 78768 (512) 478-4608
- 18 SUN WACKY SNACKY 5K 9 A.M. CHICAGO, ILL.
CHICAGO SPECIAL EVENTS MGT. (312) 868-3010
- 24 SAT GASPARILLA DISTANCE CLASSIC 15K & 5K TAMPA, FLORIDA
GASPARILLA 96, BOX 1881, TAMPA, FLA., 33601 (813) 229-7866
- 24 SAT BLUE ANGEL MARATHON, PENSACOLA, FLA.
MWR, CODE 22000, 190 RADFORD BLVD., NAS, PENSACOLA, FLA., 32508
(904) 452-4391
- 24 SAT RCGC WINTER WONDERLAND RACE, 8 MILE, LOVELAND PATH, DON WHALE,
7760 CAMPUS LANE, CINCINNATI, OHIO, 45242 (513) 791-6366
- 24 SAT SMOKY MOUNTIAN MARATHON AND 8K, LOUISVILLE, TENN.
SHERMAN AMES, 4560 GRAVELLY HILLS RD., LOUISVILLE, TENN., 37777
(423) 681-7467
- 25 SUN TOLEDO ROADRUNNERS CLUB BLIZZARD BREAKFAST RUN, 3 AND 6 MILE,
10 A.M., CHUCK WINKE, (419) 829-3560
- 25 SUN 3RD OLYMPIAD MEMORIAL MARATHON AND 10K, ST. LOUIS, MO.
GATEWAY ATHLETICS-ST. LOUIS, C/O MARATHON SPORTS, 13453
CHESTERFIELD PLAZZA, CHESTERFIELD, MO., 63017 (314) 434-9577

----- MARCH 1996 -----

- 02 SAT *MISSISSIPPI TRAIL 50, 50 MILE AND 50K, LAUREL, MISSISSIPPI, MISSISSIPPI
TRAIL 50, 1823 W. 10TH STREET, LAUREL, MS., 39440 (601) 649-3471
- 03 SUN *CITY OF LOS ANGELOS MARATHON XI LOS ANGELOS, CA.
11110 WEST OHIO AVE., SUITE 100, LOS ANGELOS CA., 90025
(310) 444-5544
- 03 SUN CHURCHILL HALF-MARATHON, FT. MEIGS ELEMENTARY SCHOOL, PERRYS-
BURG, OHIO, WALT CHURCHILL, 26625 N. DIXIE HWY., PERRYSBURG, OHIO,
43551 (419) 872-6900
- 09 SAT NORRIS INSURANCE AMBOY 5K, AMBOY PARK, AMBOY, IND., 9:00 A.M.
JOHN NORRIS, P.O. BOX 157, AMBOY, IND., 46911 (317) 395-7761
- 09 SAT BEER BOTTLE OPEN 4 MILES 2 P.M. MILLERS LUNCH, COLUMBUS
GROVE, OHIO JERRY BUNN, 206 HALL AVE., COLUMBUS GROVE,
OHIO, 45830 (419) 659-5702

- 09 SAT ST. MALACHI RUN, 2 AND 5 MILE, ST. MALACHI CHURCH, CLEVELAND, OHIO, HERMES RACE SYSTEM, 6178 FOREST RIDGE DR., NORTH OLMSTED, OHIO, 44070 (216) 979-0151
- 10 SUN MARCH MADNESS MARATHON, VANDALIA, OHIO. DENNY FRYMAN, 7581 GLENHURST DR., DAYTON, OHIO, 45414 (513) 898-7015
- 10 SUN *YOUNGSTOWN ROAD RUNNERS CLUB DISTANCE CLASSIC, HALF-MARATHON, 5K, JIM HENDERSON, P.O. BOX 2817, YOUNGSTOWN, OH, 44511 (216) 482-9230
- 15 FRI INDIANAPOLIS ATHLETIC CLUB SHAMROCK 4 MILE RUN AND WALK DOWNTOWN INDIANAPOLIS, KEN LONG AND ASSOCIATES (317) 632-8812
- 16 SAT MUSIC CITY MARATHON, NASHVILLE, TENN. GREATER NASHVILLE ATHLETIC CLUB, P.O. BOX 150867, NASHVILLE, TENN., 37215 (615) 298-3435
- 17 SUN *RUN FOR THE BLIND 10K AND 5K, REDONDO BEACH, CALF., VISTAS, P.O. BOX 7000-251, REDONDO BEACH, CALF., 90277 (714) 374-3200 (619) 450-6510
- 23 SAT *BSA HALF MARATHON RUN THROUGH HISTORY, WASHINGTON, DC 9190 WISCONSIN AVE., BETHESDA, MD., 20814-3897 (301) 530-9360
- 23 SAT CRIME STOPPERS 5 MILE RUN AND 5K WALK, INDIANAPOLIS MOTOR SPEEDWAY KEN LONG AND ASSOCIATES (317) 632- 8812
- 23 SAT MOUNTAIN GOAT HILL RUNSWALK MANY AGONIZING DISTANCES KENNEKUK ROAD RUNNERS P.O. BOX 1701, DANVILLE, ILL., 61834 (217) 431-4243 (MARC) (217) 733-2403 (SUSAN)
- 24 SUN *SAM COSTA HALF MARATHON, CARMEL, IND., SAM COSTA, 222 E. 71ST ST., INDIANAPOLIS, IND., 46220 (317) 290-RUNR
- 24 SUN SHAMROCK SHUFFLE 8K 9 A.M. DOWNTOWN CHICAGO, ILL. CARA, 59 E. VAN BUREN #1716, CHICAGO, ILL. 60605 (312) 666-9836
- 30 SAT (L) 16TH ANNUAL NUTRA RUNS 20K AND 5 MILE FT. WAYNE 2 P.M. MIKE MCAVOY (219) 436-9710
- 30 SAT GOVERNOR'S CUP SERIES-MCCORMICK'S CREEK, 8K RUN AND WALK, 5K WALK, SPENCER, IND., 10:00 A.M., TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 30 SAT SPRING GALLOP 5K, 9:30, ANN ARBOR, MICH., WALT ORTMANN, 7900 CRANE RD., YPSILANTI, MICH., 48197 (313) 572-1324
- 30 SAT *COOPER RIVER BRIDGE RUN 10K, CHARLESTON, SC, COOPER RIVER BRIDGE RUN, MUSIC HARPER CENTER, 45 COUTENAY DRIVE, CHARLESTON, SC, 29401-111 (803) 792-1345 (803) 792-2433
- 31 SUN *29TH ATHEN MARATHON AND HALF MARATHON 12 NOON ATHENS, OHIO TOM WOLF, 44 GROSVENOR ST., ATHENS, OH., 45701 (614) 594-3042
- 31 SUN *24 ANNUAL CHERRY BLOSSOM 10 MILE, WASHINGTON, DC NORTEL CHERRY BLOSSOM, P.O. BOX 884, MIDDLETOWN, MD., 21769 (301) 340-8699

31 SUN AROUND THE BAY ROAD RACE 30K, HAMILTON, ONTARIO
ED HICKEN, 811 KING ST. W., HAMILTON, ONTARIO L8S 1K2 CANADA
(905) 522-3073

----- APRIL 1996 -----

- 06 SAT INDIANAPOLIS ZOO PRIDE STRIDE
5 MILE RUN, 5K WALK, FITNESS FAIR, KID'S EVENTS
KEN LONG AND ASSOCIATES (317) 632-8812
- 06 SAT (L) IPFW/FWTC MASTODON STOMP 5K, HILLARD GATES SPORTS CENTER, IPFW
CAMPUS, FT WAYNE, IND., 9 A.M. (219) 481-6643
- 06 SAT 1996 RUN FOR HOUSING 5K, 9:00 A.M., ANN ARBOR, MICH., KIRK SCHELL,
434 VILLAGE GREEN BLVD., #103, ANN ARBOR, MICH., 48105 (313) 998-0566
- 13 SAT *RICHMOND D.A.R.E. FUND-RAISER 5K RUN AND WALK AND ONE MILE FUN
RUN, GLEN MILLER PARK, RICHMOND, IND.
RICHMOND DARE, P.O. BOX 1214, RICHMOND, IND., 47375
- 13 SAT (L) HOMESTEAD MUSIC BOOSTERS HILLY 4 MILE, 10 A.M., HOMESTEAD HIGH
SCHOOL, FT. WAYNE, IND. GARY DEXHEIMER, (219) 436-1954
- 13 SAT (R) GOVERNOR'S CUP SERIES-MOUNDS STATE PARK, 8K RUN AND WALK, 5K
WALK, 9:00 A.M., ANDERSON, IND., TUXEDO BROTHERS, 4314 MATREA MORE
CT., INDIANAPOLIS IND., 46254 (317) 328-1632
- 14 SUN DUBLIN DUATHLON, DUBLIN, OHIO. 2 MILE RUN/12 MILE BIKE/2 MILE RUN
HEALTH & FITNESS PROMOTIONS, 2029 RIVERSIDE DR., STE. 102,
COLUMBUS, OHIO, 43221. (614) 487-1916
- 14 SUN ST. FRANCIS HOSPITAL "BRICK TO BRICKS" 10 MILER
FRANKLIN CENTRAL HIGH SCHOOL, INDIANAPOLIS
KEN LONG AND ASSOCIATES (317) 632-8812
- 15 MON 100TH BOSTON MARATHON B.A.A.
BOX 1996 HOPKINTON, MA., 01748
- 20 SAT *4TH BATTLE OF THE BULL RUN RUN, 50 MILE, 6:15, HEMLOCK OVERLOOK
REGIONAL PARK, CLIFFTON, VIRGINIA, SCOTT MILLS, 613, TENNESSEE
AVE., ALEXANDRIA, VA., 22305-1229 (703) 548-9466
- 20 SAT RACE FOR THE CURE, INDIANAPOLIS
TUXEDO BROTHERS, 4314 MATREA CT., INDIANAPOLIS, IN., 46254
(317) 328-1632
- 20 SAT (L) SHOESUCKER 7, 7.2 MILE RUN, KIL-SO-QUAH CAMPGROUND, HUNTINGTON,
IND., RICHARD BEEMER, 4068 E. MAHON RD., ROANOKE, IND., 46783
(219) 672-3049

- 21 SUN *GLASS CITY MARATHON AND RELAYS (5 & 2 PERSON TEAMS)
8 A.M. DOWNTOWN TOLEDO, OHIO TOM FALVEY,
3743 WOODMONT, TOLEDO, OHIO, 43613 (419) 475-0731
- 21 SUN FLORA LONDON MARATHON
AVANTI DESTINATIONS (800) 422-5053 EXT. 485
- 27 SAT (R) DOOR TO DOOR RUN 10K RUN AND 5K RUN-WALK
9 A.M. LAPORTE IND., GOLD CUP SERIES RACE PAUL PAVOT
3842 W. JOLIET RD., LAPORTE, IND., 46350 (219) 324-4888
- 27 SAT BORGESS MEDICAL "RUN FOR THE HEALTH OF IT" 15K-10K-5K-5KRW,
KALAMAZOO, MICH., GARY WILSON, RACE OFFICE, 1521 GULL RD.,
KALAMAZOO, MICH., 49001 (616) 373-8067
- 27 SAT KENTUCKY DERBY FESTIVAL MINI-MARATHON, 8 A.M., NEW CUT ROAD,
LOUVILLE, KY., GIL CLARK, METRO PARKS TRACK CLUB, PO BOX 36452,
LOUVILLE, KY., 40233 (502) 456-8160
- 27 SAT (L) RUN WITH THE SPIRIT 5K, 9 A.M., ST. JUDE SCHOOL, 2110 PEMBERTON RD.,
ELIZABETH BROWN, 5701 REED RD. FT. WAYNE, IND., 46835 (219) 485-1504
- 28 SUN 16TH ANNUAL LAKE COUNTY RACES 8:15 A.M. CHICAGO, ILL
MARATHON/HALF-MARATHON/3.5 MILE FUN RUN
LAKE COUNTY RACES, PO BOX 9, HIGHLAND PARK, ILL., 60035
(708) 266-RACE
- 28 SUN MICHIGAN TRAIL MARATHON AND HALF-MARATHON 8 A.M. ANN ARBOR, MICH
123 E. LIBERTY ST., ANN ARBOR, MICH., 48104 (313) 769-5016
(ALSO 5 MILE RACE ON SATURDAY AT 2 P.M.)
- 28 SUN *BIG SUR MARATHON 7 A.M. CARMEL , CAL.
BOX 222620, CARMEL, CA., 93922 (408) 625-6226

----- MAY 1996 -----

- 03 FRI 500 FESTIVAL MINI-MARATHON MONUMENT CIRCLE, INIANAPOLIS, IND.
500 FESTIVAL ASSC., 201 S. CAPITAL, STE. 201, INDIANAPOLIS, IND., 46225
(317) 636-4556 OR KEN LONG AND ASSOCIATES (317) 632-8812
- 04 SAT (L) FWTC ONE MILE CHAMPIONSHIP, 6:30 P.M., FOSTER PARK, FT. WAYNE, IND.,
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 04 SAT *STROLLING JIM 40 MILE RUN, WARTRACE TENNESEE, GARY CANTRELL,
233 UNION RIDGE, WAR TRACE, TENN., 37183
- 04 SAT BANK ONE ROOKIE RUN, KID'S EVENT MONUMENT CIRCLE, INDIANAPOLIS
KEN LONG AND ASSOCIATES (317) 632-8812
- 04 SAT(R) RUN FOR MENTAL HEALTH 10 AND 5K RUN AND 2 MILE WALK WARSAW, IND.
KOSCIUSKO MENTAL HEALTH (219) 269-2102
BILL CRANE (219) 368-1100 OR DON REINHOLT (219) 267-5940

- 05 SUN CITY OF PITTSBURG MARATHON 8:30 A.M. PITTSBURG, PA.
4601 BAUM BLVD., PITTSBURG, PA., 15213 (412) 578-3320
- 05 SUN REVCO-CLEVELAND MARATHON AND 10K 8 A.M. DOWNTOWN CLEVELAND
LINDA BEVERIDGE, PO BOX 550, TWINSBURG, OHIO, 44087 1-(800) 467-3826
- 05 SUN TORONTO MARATHON, JOHN CRAIG, 1185 EGLINTON AVE. E, NORTH YORK,
ONTARIO, CANADA M3C 3C6, (416) 426-7219
- 05 SUN SPRING FLING MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581
GLENHURST DR., DAYTON, OHIO, 45414 (513) 898-7015
- 8-12 39TH RRCA NATIONAL CONVENTION KNOXVILLE, TN
KNOXVILLE TRACK CLUB, 3530 TALHI GARDENS, KNOXVILLE TN., 37919
(812) 673-8020
- 11 SAT (R) GOVERNOR'S CUP SERIES-POKAGON STATE PARK, 8K RUN AND WALK, 5K
WALK, ANGOLA, IND, 9:00 A.M., TUXEDO BROTHERS, 4314 MATREA MORE
CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 11 SAT ARTS FEST RIVER RUN 12K 9:05 A.M. EVANSVILLE, IND.
PATRICK SHOULDERS, 20 NW FIRST ST., EVANSVILLE, IND., 47708
(812) 424-7575
- 11 SAT (R) HEARTBEAT FESTIVAL 4 MILE RUN, 8:30 A.M., COLUMBIA CITY, IND.,
LINVILL FITNESS CENTER, 1-800-325-1338 EXT. 2918 OR EXT. 2800
- 11 SAT *KENT RIVER BANK RUN 25K AND 5K RUN/WALK 8 A.M. GRAND RAPIDS, MICH.
KRISTON AIDIF, PO BOX 2194, GRAND RAPIDS, MICH., 49501-2194
(616) 771-1907
- 12 SUN (R) MOTHER'S DAY RUN, 5 MILE X-COUNTRY, 1 P.M., KENDALLVILLE
IND., RICK FREY, 211 IDDINGS ST., KENDALLVILLE, IND., 46755 (219) 347-1064
- 18 SAT ICE AGE TRAIL 50 MILE RUN, SOUTHERN MORAIN STATE FOREST, WISCONSIN
KARL KING, 6500 W. PIERNER PLACE, BROWN DEER, WIS., 53223
(414) 355-9541
- 18 SAT GIFT OF LIFE RUN/WALK, 5K WALK AND RUN, 10K RUN, FORT HARRISON,
INDIANAPOLIS, IND., 8:00 A.M., TUXEDO BROTHERS, 4314 MATREA MORE CT.,
INDIANAPOLIS, IND., 46254 (317) 328-1632
- 19 SUN EXAMINER BAY TO BREAKERS 12K, SAN FRANCISCO, CALF., P.O. BOX 429200,
SAN FRANCISCO, CALF., 94142 (415) 512-5000, EXT. 2222
- 19 SUN SATURN COLUMBUS CLASSIC DUATHLON, 5K RUN/30K BIKE/5K RUN
HEALTH & FITNESS PROMOTIONS, 2029 RIVERSIDE DR., STE. 102
COLUMBUS, OHIO, 43221. (614) 487-1916
- 24 FRI (L) HALF-MARATHON PREDICTION RUN, 6:00 P.M., FOSTER PARK, FT WAYNE, IND.,
DON LINDLEY, (219) 432-5998

- 25 SAT (R) JIM RYUN MILE, RON SCHMANSKE, P.O. BOX 487, ELKHART, IND.,
46515 (800) 585-5416
- 25 SAT DEXTER-ANN ARBOR HALF-MARATHON AND 10K AND 5K ANN ARBOR, MICH.
FIRST OF AMERICA RUN, PO BOX 8615, ANN ARBOR, MICH., 48107
(313) 761-1165
- 25 SAT BAYSHORE MARATHON, TRAVERSE CITY, MICH. DEB SEYLER, 1019
PINE ST., TRAVERSE CITY, MICH., 49684 (616) 941-5743
- 25 SAT BIG BOY CLASSIC 20K 8:30 A.M. WHEELING, WEST VA.
HUGH STOBBS, BOX 808, WHEELING WEST VA., 26003 (614) 633-5000
- 26 SUN *MAD CITY MARATHON AND 10K AND 5K 7:30 MADISON, WI.
449 STATE ST., MADISON, WI., 53703 (608) 256-9922
- 27 MON (R) THE GREAT RACE HALF-MARATHON AND 10K RUN AND 5K RUN/WALK
RON SCHMANSKE, 421 S. 2ND ST., ELKHART, IND., 46516
(219) 294-1661
- 27 MON BIGFOOT 5 MILE CHALLENGE, 5 MILE RUN/WALK, 9:00 A.M., DANSVILLE, MICH.,
BARB BREVICK, DANSVILLE CO-OP PRE-SCHOOL, P.O. BOX 252, DANSVILLE,
MICH., 48819 (517) 623-6677

----- JUNE 1996 -----

- 01 SAT YMCA STRAWBERRY FESTIVAL 5K, LAFAYETTE, IND., WABASH RIVER
RUNNERS CLUB, (317) 497-1360
- 01 SAT BODY N' SOLE & PIZZA INN CROSS COUNTRY MILE, KICKAPOO STATE PARK
CROSS COUNTRY COURSE. KENNEKUK ROAD RUNNERS, P.O. BOX 1701,
DANVILLE, ILL., 61834. (217) 431-4243 (MARC) (217) 733-2403 (SUSAN)
- 01 SAT RIVERVIEW HOSPITAL DUALATHON, 2 MILE RUN, 14 MILE BIKE, 2 MILE RUN,
NOBLESVILLE JR. HIGH, 8:30 A.M., TUXEDO BROTHERS, 4314 MATREA MORE
CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 02 SUN COLUMBUS 10K, COLUMBUS, OHIO, P.O. BOX 21264, COLUMBUS, OHIO,
43221 (614) 587-0376
- 07 FRI KETTLE MORAIN 100 MILE TRAIL RUN, KETTLE MORAIN STATE FOREST,
WIS., KEVIN SETNES, W5297 YOUNG RD., EAGLE, WIS., 53119 (414) 495-3474
- 08 SAT (R) SUNBURST MARATHON, SOUTH BEND, IND., CARTER WOLF, 615 N. MICHIGAN
ST., SOUTH BEND, IND., 46601 (219) 674-0090
- 08 SAT (L) CANAL DAYS 10K AND 5K, 7 A.M., SUMMIT AND ANN ST., NEW HAVEN, IND.
TOM GRAFT, 8088 SEILIER RD., FT. WAYNE, IND., 46806 (219) 749-0982
- 08 SAT CEREAL FESTIVAL-COMERICA CLASSIC 10K AND 5K, BATTLE CREEK, MICH.,
BATTLE CREEK ROAD RUNNERS, PO BOX 2235, BATTLE CREEK, MICH.,
49016-2235 (616) 897-5148

- 08 SAT NORRIS INSURANCE GREENTOWN 5 MILE, GREENTOWN ELEMENTARY SCHOOL, JOHN NORRIS, P.O. BOX 157, AMBOY, IND., 46911 (317) 395-7761
- 09 SUN (L) SCOTTS HOOSIER MARATHON AT FORT WAYNE 6:30 A.M. FOSTER PARK BOB HOCKENSMITH (219) 749-1237
- 15 SAT (R) MERMAID FESTIVAL 5K, 8:00 A.M., NORTH WEBSTER, IND., BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 15 SAT MOHICAN TRAIL 100 MILE RUN, LOUDONVILLE, OHIO, JOE JURCZYK, 6644 WESRVEIW DRIVE, BRECKSVILLE, 44141 (216) 546-0115
- 15 SAT (R) GOVERNOR'S CUP SERIES-POTATO CREEK STATE PARK, 8K RUN AND WALK, 5K WALK, NORTH LIBERTY, IND., 9:00 A.M., TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 15 SAT STEAMBOAT CLASSIC 4 MILE RUN, PEORIA, ILL., PHILLIP LOCKWOOD, RUNNING CENTRAL, 700 W. MAIN ST., PEORIA, ILL., 61606 (309) 675-6096
- 15 SAT LUDINGTON LAKESIDE HALF-MARATHON, 5K, LUDINGTON CAMBER OF COMMERCE, 5827 W. US-10, LUDINGTON, MICH., 49431 (800) 542-4600
- 18 TUE (R) RUN FOR THE KIDS 5K, 7:00 P.M., LIGONIER, IND., BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 22 SAT GRANDMA'S MARATHON AND HALF-MARATHON 7:30 A.M. BOX 16234, DULYTH, MN., 55816 (218) 727-0947
- 22 SAT DUCKLING DASH, 5 MILE RUN, 5K WALK, PARK TUDOR SCHOOL, INDIANAPOLIS IND., TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 28 FRI (R) RUN IN THE MID YEAR '96, 7:00 P.M., 4 MILE RUN, WET LAFAYETTE, IND., MICHAEL J. WOODWORTH, (317) 449-1418
- 29 SAT POLISH FESTIVAL 5K RUN, BRONSON MICH., JULIE STEMPEIN, 455 CENTRAL RD., COLDWATER, MICH., 49036 (517) 369-1666
- 29 SUN INDIANAPOLIS SPRINT TRIATHLON, 1/4 MILE SWIM, 10 MILE BIKE, 3 MILE RUN, EAGLE CREEK PARK, INDIANAPOLIS, IND., TUXEDO BROTHER'S, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 30 MON PICTURED ROCKS ROAD RACE, 11 MILE RUN/WALK, MUNISING, MICH., NORMA HARGER, R#1, BOX 901, MUNISING, MICH., 46862 (906) 387-3387

----- JULY 1996 -----

- 04 THUR (L) RUNNING WILD 4 MILE RUN, FT. WAYNE ZOO, 7:30 A.M., KAREN LEMIRE 3411 SHERMAN BLVD., FT WAYNE, IND., 46808 (219) 427-6800

- 04 THUR PEACHTREE ROAD RACE 10K, ATLANTA, GA., ATLANTA TRACK CLUB,
3097 E. SHADOWLAWN AVE. NE, ATLANTA, GA., 30305 (404) 231-9064
- 04 THUR COLDWATER 5K, 8:10 A.M., COLD WATER, MICH., WALTER PASCAL, 420
GRAND ST., COLDWATER, MICH., 49036 (517) 279-7423
- 06 SAT (R) FLOTILLA DAYS 8 MILE AND 3.3 MILE, 7:00 P.M., SYRACUSE, IND.,
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 13 SAT YMCA BLOOD, SWEAT, AND GEARS DUATHLON 5K RUN-20 MILE BIKE-
5K RUN. KENNEKUK COVE COUNTY PARK. KENNEKUK ROAD RUNNERS,
P.O. BOX 1701, DANVILLE, ILL., 61834. (217) 431-4243 (217) 733-2403
- 13 SAT GOVERNOR'S CUP SERIES-SPRING MILL STATE PARK, 8K RUN AND WALK, 5K
WALK, MITCHELL, IND., 9:00 A.M., TUXEDO BROTHERS, 4314 MATREA MORE
CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 14 SUN MRS. T'S TRIATHLON, CHICAGO, ILL., 0.9 MILE SWIM/24.8 MILE BIKE/6.2 MILE
RUN. TAMARA BOUTCHER, CPR SPORTS, 4001 N RAVENSWOOD, STE. 205,
CHICAGO, ILL., 60613. (312) 404-2281
- 14 SUN OHIO/MICNIGAN MARATHON, TOLEDO, OHIO. TOM FALDEY, 3743 WOODMONT
RD., TOLEDO, OHIO, 43613 (419) 475-0731
- 14 SUN SAN FRANCISCO MARATHON, P.O. BOX 77148, SAN FRANCISCO, CALF.,
94107 (415) 391-2123
- 19 FRI (R) OLD SETTLERS 4 MILE, 6:30 P.M., COLUMBIA CITY, IND.,
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 20 SAT GOVERNOR'S CUP SERIES-INDIANAPOLIS FINALE, 8K RUN AND WALK, 5K
WALK, 9:00 A.M., TUXEDO BROTHERS, 4314 MATREA MORE CT.,
INDIANAPOLIS, IND., 46254 (317) 328-1632
- 21 SUN CHICAGO DISTANCE CLASSIC 20K, CHICAGO, ILL., COLLEEN LAWLER, LUNG
ASSOC., 1440 W. WASHINGTON BLVD., CHICAGO, ILL., 60607 (312) 243-2000
- 26 FRI (R) CROMWELL DAYS 5K, 7:00 P.M., CROMWELL, IND.,
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 27 SAT (R) CANCER SOCIETY 5K, 8:00 A.M., SYRACUSE, IND.,
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, 46767 (219) 894-4638
- 27 SAT MINNESOTA VOYAGUER TRAIL ULTRA , 50 MILE RUN, BARB CURNOW, 6841
TRIPLE LAKES RD., SAGINAW, MINN., 55779 (218) 729-5949
- 27 SAT BIX 7 MILE RUN, DAVENPORT, IOWA, ED FROELICH, 2685 E. KIMBERLY RD.,
BETTENDORF, IOWA, 52772 (319) 359-9197
- 27 SAT BATTLE CREEK FAMILY "Y" RIVERFRONT RUN, 10K AND 5K, BATTLE CREEK,
MICH., SUZI ADAMS, 182 CAPITAL AVE. NE, BATTLE CREEK, MICH., 49738
(616) 331-4179

27 SAT WRTV-6 DO RUN RUN 10K AND 5K WALK MILITARY PARK, INDIANAPOLIS, IND.
KEN LONG AND ASSOCIATES (317) 632-8812

28 SUN CAMERON SPRINGS TRIATHLON, 1K SWIM, 33K BIKE, 8K RUN, EAGLE CREEK
PARK, INIANAPOLIS, IND., TUXEDO BROTHERS, 4314 MATREA MORE CT.,
INDIANAPOLIS, IND., 46254 (317) 328-1632

----- AUGUST 1996 -----

03 SAT NORRIS INS. CONVERSE 5K, 8:00 A.M., FIRST FARMERS BANK, CONVERSE, IND
JOHN NORRIS, P.O.BOX 157, AMBOY, IND., 46911 (317) 395-7761

03 SAT 13TH OAK PARK YMCA 5 MILE RUN, LANSING, MICH., RAY SCHNEIDER, YMCA,
900 LONG BLVD., LANSING, MICH., 48911 (517) 694-3901

10 SAT HOWL AT THE MOON 8 HOUR RUN/WALK 3 MILE LOOP AT KENNEKUK COVE
COUNTY PARK. KENNEKUK ROAD RUNNERS, P.O. BOX 1701, DANVILLE, ILL.,
61834. (217) 431-4243 (MARC) (217) 733-2403 (SUSAN)

10 SAT RCA CHAMPIONSHIPS, 10K RUN AND 5K WALK, 8:00 A.M., MILITARY PARK,
INDIANAPOLIS, IND., TUXEDO BROTHERS, 4314 MATREA MORE CT.,
INDIANAPOLIS, IND., 46254 (317) 328-1632

10 SAT RUN THRU HELL, 4.8 MILE AND 10 MILE, HELL CREEK RANCH, MICH.,
HARRISON HENSLEY, P.O. BOX 830, PINCKNEY, MICH., 48169 (313) 878-6640

17 SAT (R) ONION DAYS 5K, 8:00 A.M., WOLF LAKE, IND.,
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638

17 SAT COLDWATER JAYCEES MINI-IRONMAN TRIATHLON, 300 YARD SWIM, 6 MILE
BIKE, 3 MILE RUN, 9:00 A.M., BARB MOSHER (517) 278-2601

18 SUN PIKES PEAK MARATHON, MANITOU SPRINGS, COLO., NANCY HOBBS, P.O. BOX
38235, COLORADO SPRINGS, COLO., 80937 (719) 473-2625

18 SUN GREAT TRAIN RACE, 10K AND 5K, YPSILANTI, MICH., RICHARD SALT,
241 SUNSET, ANN ARBOR, MICH., 48103 (313) 663-9740

18 SUN UNION TERMINAL MARATHON, CINCINATI, OHIO, DENNY FRYMAN, 7581
GLENHURST DR., DAYTON, OHIO, 45414 (513) 898-7015

24 SAT CRIM FESTIVAL OF RACES 10 MILE RUN, FLINT, MICH., LAURIE MCCANN, THE
CRIM FESTIVAL OF RACES, P.O. BOX 981, FLINT MICH., 48501 (810) 235-3398

25 SUN SUMMER BIATHLON, 5K RUN WITH 2 SHOOTING STOPS, EAGLE CREEK PISTOL
RANGE, INDIANAPOLIS, IND., TUXEDO BROTHERS, 4314 MATREA MORE CT.,
INDIANAPOLIS, IND., 46254 (317) 328-1632

31 SAT(R) MARSHMELLOW 5K, 6:45 P.M., LIGONIER, IND.,
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638

31 SAT(R) BIPPUS COUNTRY BLOCK BOP, 4 MILE RUN, 8:30 A.M., ELDON BRUNER,
8514 N. 300 WEST, HUNTINGTON, IND., 46750 (219) 344-1478

31 SAT ROCKWOOD RAMBLE RUN, 8K, ROCKWOOD, MICH., WALLY OGRODOWSKI,
22401 HURON RIVER DR., ROCKWOOD, MICH., 48173 (313) 379-3867

----- SEPTEMBER 1996 -----

01 SUN SCOTTY HANTON MARATHON, PORT HURON, MICH., DOUG SEVILLE, P.O. BOX,
611628, PORT HURON, MICH., 48061 (519) 542-2153

02 MON CARMEL CLAY COMMUNITY CHALLENGE, 5 MILE RUN AND 5K WALK, CARMEL,
IND., 8:00 A.M., TUXEDO BROTHERS, 4314 MATREA MOR CT., INDIANAPOLIS,
IND., 46254 (317) 328-1632

07 SAT ROANOKE FALL FEST 5 MILE RUN, 7:30 A.M., ROANOKE, IND., DAVE WINTER,
3402 E. 716N, HUNTINGTON, IND., 46750 (219) 672-8281

07 SAT CITIZENS GAS RACE FOR HEAT 10K RUN AND 5K WALK INDIANAPOLIS, IND.
KEN LONG AND ASSOCIATES (317) 632-8812

07 SAT MUNCIE EDURATHON & ITU LONG-DISTANCE TRIATHLON WORLD
CHAMPIONSHIPS, MUNCIE, IN., 1.2 MILE SWIM/ 56 MILE BIKE/ 13.1 MILE RUN
ANDREA ALLEN, BOX 573, MUNCIE, IN., 47308. (317) 282-6484

14 SAT LAKESHORE 50K AND 50 MILE RUNS, HOLLAND, MICH., STEVE WEBSTER,
16932 FOREST LAKE DRIVE, WEST OLIVE, MICH., 49460 (616) 399-2870

21 SAT (L)RUN JANE RUN 10K AND 5K RUN AND WALK, FOSTER PARK, FT. WAYNE, IND.
FT. WAYNE WOMEN'S BUREAU, 303 E. WASHINGTON BLVD., FT. WAYNE, IND.
46802 (219) 436-9710

21 SAT DICK LUGAR RUN AND WALK, BUTLER UNIVERSITY, INDIANAPOLIS, IND.,
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254
(317) 328-1632

22 SUN FALL FANTASY MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581
GLENHURST DR., DAYTON, OHIO, 45414 (513) 898-7015

29 SUN TUXEDO BROTHERS DUATHLON, 5K RUN, 33K BIKE, 5K RUN, EAGLE CREEK
PARK, INDIANAPOLIS, IND., TUXEDO BROTHERS, 4314 MATREA MORE CT.,
INDIANAPOLIS, IND., 46254 (317) 328-1632

29 SUN PORTLAND MARATHON, PORTLAND, OREGON, LES SMITH, P.O. BOX 4040,
BEAVERTON, OREGON, 97076 (219) 226-1111

29 SUN WILD, WILD WILDERNESS 7.6 MILE RUN, DANVILLE, ILL.
KENNEKUK ROAD RUNNERS, P.O. BOX 1701, DANVILLE, ILL., 61834
(217) 733-2403 (SUSAN) (217) 431-4243 (MARC)

Coming Events...

FANNY FREEZER

Saturday, February 17, 1996, 3 PM
Foster Park, Fort Wayne, IN
Showers at Taylor U. Activity Center

FWTC BANQUET

Saturday, February 17, 1996
5:00 PM-Social 5:30-Potluck
Bring one dish & a salad or dessert
& table service
SW Conservation Club-Bluffton Road

FWTC MEETINGS

Wednesday, February 14, 7:00 PM, Run, 6:00
Wednesday, March 13, 7:00 PM, Run 6:00
Taylor University Activity Center

ADVERTISING RATES

	<u>1 Issue</u>	<u>3 Issues</u>	<u>6 Issue</u>
Full Page	\$75.00	\$200.00	\$325.00
Half Page	40.00	110.00	175.00
Quarter Page	25.00	65.00	100.00
Business Card	na	na	50.00
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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.
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