

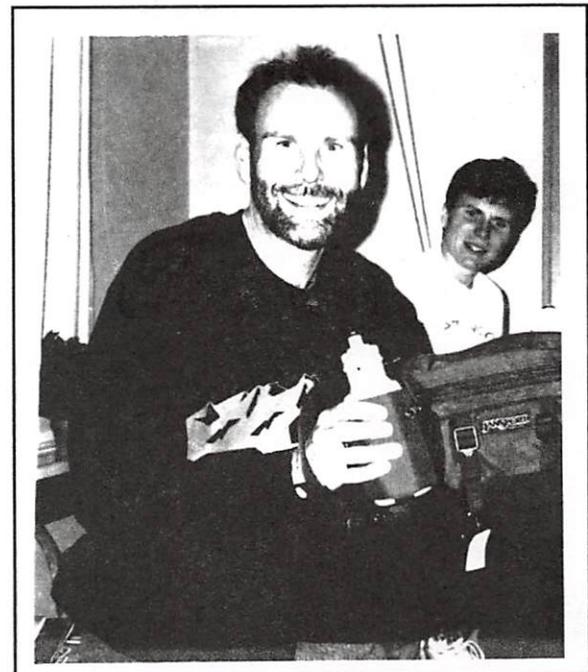
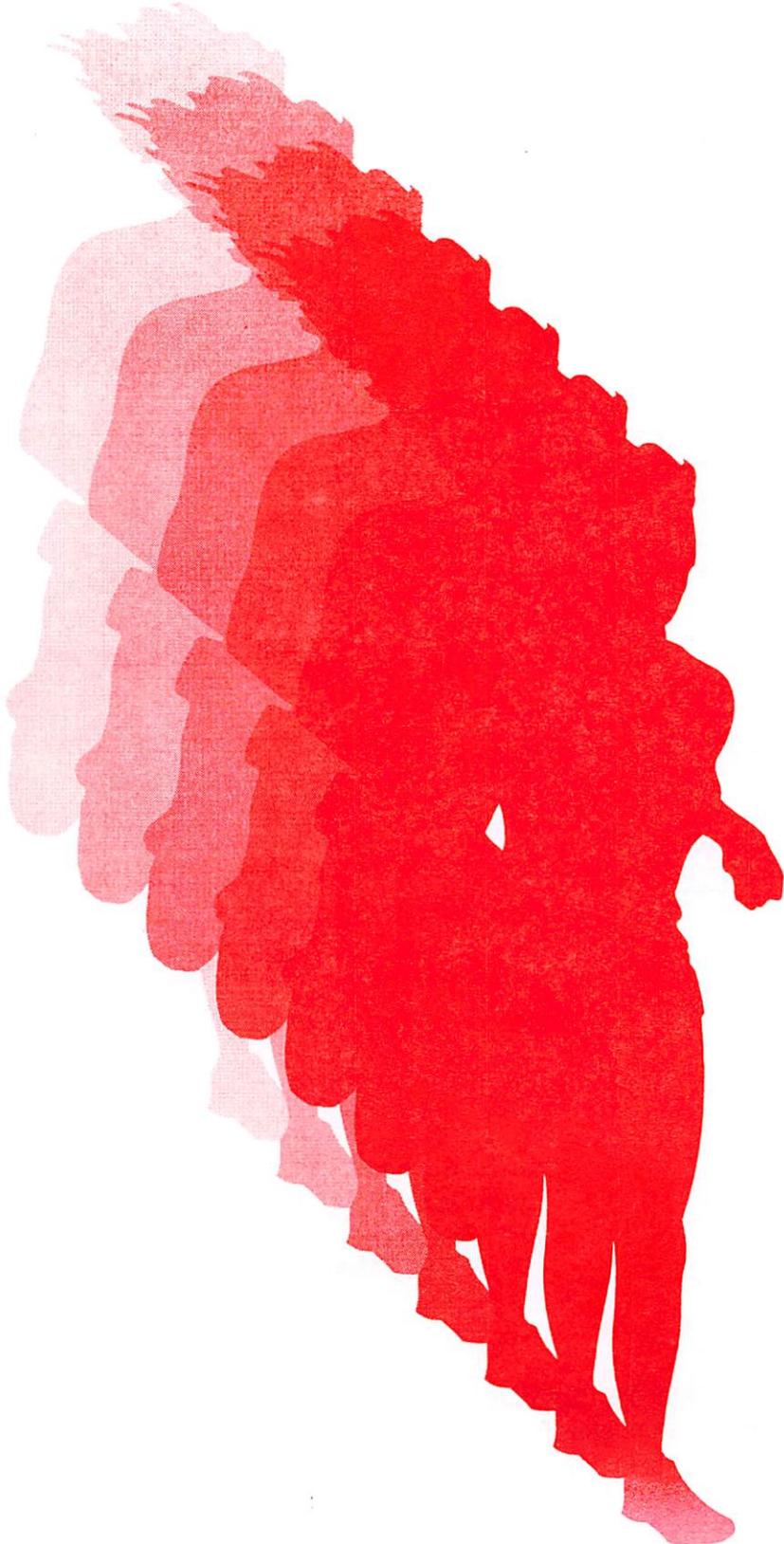
# the inside track

April 1996 - May 1996

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



## Preparing for the Hoosier Marathon yet?



Fairwell to Don Ford . . . page 8

**1995**  
**FORT WAYNE TRACK CLUB**  
**Officers and Board Members**

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**NEWSLETTER DEADLINE DATES:**

January 15, 1996	March 15, 1996
May 15, 1996	July 15, 1996
September 15, 1996	November 15, 1996



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- 10K Roller Blades
- 5K Fun Walk
- 1 Mile Swim
- 50K Bike Races (citizens)
- 13 Mile Canoe Race
- 3K Dog Walk
- 3 on 3 Basketball
- Jim Ryan 1 Mile Race
- Power Walk
- U.S.C.F. 50K Race

## OTHER EVENTS:

# 10K RUN & 1/2 MARATHON THE MAIN EVENTS

on Memorial Day Monday, May 27

16TH ANNUAL  
 GREAT RACE  
 MAY 27, 1996  
 ELKHART



"SWEET SIXTEEN"  
 NBD/TRUTH  
 MEMORIAL DAY  
 GOSHEN

If a tree falls.....

A runner treads lightly over the paths in an empty Qubache State Park in the middle of January. He is enjoying the quiet solitude of his workout. As fatigue sets in, he is less careful in his foot placement on the snow-dusted trail. He steps on a patch of ice, slips and crashes down without grace...but with a yell. Has he, in fact, made any noise?

While many might consider this a philosophical or a metaphysical question, my shoulder and hip consider it to be more of a deductible question. As in, have I met mine?

---

Thanks to all members that helped out at the Annual Awards Banquet. Owen Anderson, technical editor and columnist from Runner's World was the speaker. His topic was about Kenyan runners and their environmental training routine. He has made five trips to Kenya and also organizes trips for groups. To get more information about these excursions and to get a free copy of Running Research News, write to Owen at:

R.R.N.  
PO ox 27041  
Lansing, MI 48909

---

The Impossible Dream.....

Since I am a little short in the self-motivation category, I have dedided to publicly announce a long-range goal of mine. My first marathon was Cleveland-Revco in 1980 and I was able to squeak in under 3 hours. I have not run a marathon (or a half) since 1980. The year 2000 will mark not only that 20th anniversary but will also be the fortieth year I have been on the planet. The goal: match my initial marathon effort at Cleveland. Considering my recent 48 minute 10 km and 23 5 km races, I will need all 4 years.

---

The spring race season is upon us. A look at the calendar shows there are plenty of races available in this area for those of you who need T-shirts. There have been some changes in the F.W.T.C. points series as noted in this issue of the newsletter.

FORT WAYNE TRACK CLUB  
FANNY FREEZER 5KM

FEBRUARY 17, 1996  
FOSTER PARK

TEMP 29 WC 4

MALE 14 & UNDER	OV	TIME
DOUG KREISCHER	31	21:51
JUSTEN PARIS	41	22:22
TIM BAYER	57	25:00
MATT SCHRIEFER	67	26:54
RYAN HEATH	74	28:18
SKYLER MATTOX	76	30:13

MALE 15-19	OV	TIME
MATT KOZAR	6	18:13
ADAM FRICK	8	18:24
KHELLI LEITH	9	18:25
DANNY BUTLER	10	18:25
JASON RAUDENBUSH	13	18:39
ELKSER JASSO	16	19:49
TRAVIS KELLER	18	20:03
SAMUEL VARGAS	19	20:15
DAVID HOFFEGT	20	20:21
ANDY SPRAGUE	21	20:22
MATT BLAUGHER	36	22:06
RON GUBITZ	37	22:07

MALE 25-29	OV	TIME
GEORGE JOACHIM	23	20:46

MALE 30-34	OV	TIME
BRIAN SHEPHERD	1	15:34
ANTHONY LEHMAN	55	24:50

MALE 35-39	OV	TIME
CHUCK SCHLEMMER	3	16:47
KURT MATTOX	5	18:07
CARL RISCH	11	18:28
BRYAN KEISTER	24	20:52
BOB BERGER	32	21:51
JON SCHLATTER	34	21:57
MIKE MCAVOY	44	22:54
MICHAEL VARIELL	49	23:32
DEAN WHITMAN	54	24:45
KEITH CAUDILL	60	25:19
FRED GEAN	73	28:14

MALE 40-44	OV	TIME
MARK FURKIS	2	16:31
HAL PEARSON	4	17:51
JED PEARSON	12	18:35
ROGER WILSON	14	18:45
KEVIN LOCHNER	15	19:29
CHARLES HORNADAY	22	20:32
PAUL AUSDERAN	25	20:54
DAN FRICK	30	21:45
DON KRAMER	45	22:55
MARK BRATTOLI	51	23:50
CHRIS SHOOT	64	25:57
KURT PARIS	65	26:19
JERALD DIEHL	72	28:01

MALE 45-49	OV	TIME
RICK VORICK	7	18:21
KEN LONG	17	19:59
LYNN ARMSTRONG	29	21:24
JOEL SCHATZNER	39	22:14
DAVE WINTERS	42	22:44
GREG PURCELL	43	22:49
STEVE WILDEBOER	46	22:56
TOM FUELLING	61	25:37

MALE 50-54	OV	TIME
WILLIAM CRANE	27	21:02
JACK SEIGEL	40	22:18

MALE 55-59	OV	TIME
LARRY AVERBECK	26	20:57
JACK MORRIS	28	21:11
TOM LAIRD	38	22:11
BOB GENSHEIMER	53	24:30
JOHNI RASMUSSEN	56	24:57

MALE 60-64	OV	TIME
JOE ZIEGLER	35	22:04
BOB LOOMIS	62	25:51

MALE 65-69	OV	TIME
DON ANDERSON	50	23:40
EUGENE STRIGGLE	78	33:21

MALE 70-74	OV	TIME
KEN DISLER	75	28:49

FEMALE 14 & UNDER	OV	TIME
LINDSAY HILLMAN	68	27:19

FEMALE 20-24	OV	TIME
KIM SUTTON	48	23:24

FEMALE 25-29	OV	TIME
TERESA FURNISS	47	22:56
KAREN LOUIS	58	25:02
MARY NEWELL	59	25:04
PAM AARON	70	27:40

FEMALE 30-34	OV	TIME
KIM LARSEN	52	24:15
RENEE ESHOFF	71	28:00

FEMALE 35-39	OV	TIME
CINDY FURKIS	66	26:40
MELISSA HILLMAN	77	31:28

FEMALE 40-44	OV	TIME
DEB BYERS	33	21:57
TERRI GROSS	63	25:55

FEMALE 55-59	OV	TIME
JOAN GARY	69	27:30
SHARON PAULEY	79	65:27

VOLUNTEERS  
JUDY TILLAPPAUGH  
JON SCHLATTER  
MIKE MCAVOY  
MIKE SCHOUDEL  
MIKE BLAUGHER  
DON LINDLEY -RD

## MINUTES OF THE FORT WAYNE TRACK CLUB

Board Meeting, Wednesday, February 14, 1996  
7 PM Taylor University Fort Wayne - AC Building

Attending: Mike McAvoy, Jon Schlatter, Don Lindley, Linda Gorman, Bob and Joyce Hockensmith, Ken Disler and Marge, JP Jones, Jim Sack.

Meeting directed by President Mike McAvoy.

Don Lindley: Treasurers Report - \$1,340.18 income, \$626.05 expenses, balance \$9,726.73  
Membership - 71 members added in January. Total now 227. Expect 350 to 375 by end of February.

Equipment - contracts for Canal Days and Whitley Co. Hospital.

Fanny Freezer - Alspert for the run.

Banquet - help needed for slide projector, screen and table decorating.

Jim Sack: Introduced by Bob Hockensmith. From June 8th to 17th, 85 Germans from Fort Wayne's Sister City, Geraer, East Germany to Fort Wayne for the Germanfest. Includes musical groups, soccer teams, bike riders and 7 runners. Jim asked that FWTC host the 7 runners including the Scotts Hoosier Marathon plus numerous activities during the week. Call Jim Sack at 744-1285 if you are interested.

Judy Tillapaugh: RRCA Convention at Knoxville, TN May 9th to 12th. FWTC members encouraged to attend for various runs, workshops and meeting new friends. It was suggested that FWTC pay registration for four members at \$100 each.

Ken Disler: Apparel - Has only two orders, needs more. It was suggested that we get a good polo shirt for Stan Lipp, our consistent sponsor in the Newsletter. (This is not to be one of the bicentennial shirts!)

Jon Schlatter: Race Schedule - Points races to be computed by FWTC to take burden off Brian Shepherd. Nutri-Runs applications are out - March 30th. Mastodon Stomp set for April 6th. FWTC members asked to help at the IPFW Cross Country Invitational on September 14th.

Bob Hockensmith: Scotts Hoosier Marathon - now has 79 requests for applications. Forms be ready in about a week. FWTC members encouraged to donate items for the Awards Banquet. Scotts wants to sponsor a new 10K race/walk in downtown Fort Wayne in October (similar time as the old Home Loan 10K). Need a race director from FWTC to have control of the event. Scotts is a race directors "dream" kind of sponsor.

The 3RF 5K Race to be Saturday, July 13th. FWTC on a March 1st deadline to get on schedule.

Old Business: 20th anniversary of FWTC, 1997 - develop a commemorative T-shirt.

The meeting adjourned at about 9:30 with Valentine cards from Joyce Hockensmith along with COOKIES!

Respectfully submitted,

JP Jones

Acting like secretary

**VOLUNTEERS NEEDED FOR THE HOOSIER MARATHON**  
Contact: Bob Hockensmith 3732 Thyme Ct. New Haven 46774 219-749-1237

**MINUTES**  
**Fort Wayne Track Club Monthly Meeting**  
**Wednesday, March 13, 1996, 7:00 p.m., TUFW AC**

13 Present: K Disler & Marge, L Gorman, B&J Hockensmith, P&V Jacobs, D Lindley, M McAvoy, J Schlatter, G Selking

1. President Mike McAvoy called meeting to order followed by singing "Happy 49th Birthday" to Joyce Hockensmith, enjoying delicious DQ birthday cake (compliments of Joyce -- thanks!), and folding fliers for Huntington's Spring Fever 5 on 6/1/96.
2. Mike McAvoy reported banquet & program went well & many good comments received re having Owen Anderson as speaker. Mike has asked Vicki Jacobs to check around on rental costs of other facilities to see if we can find less expensive location so more money can be put toward awards.
3. Judy Tillapaugh said Mark Doctor, RRCA rep for IN, has started listing IN races on Internet -- all we have to do is get information to him. Regional RRCA meeting in Iowa very informative. May 9-12, 1996 RRCA national convention in Knoxville -- Judy & Don Lindley will be going.
4. Joyce Hockensmith putting next newsletter together this weekend (due to her tight schedule of marathons & co-directing FAME production of "Peter Pan").
5. Jon Schlatter received information on approximately 60 races in Greater Chicago area from umbrella organization to which most of the running clubs there belong.
6. Mike McAvoy still needs volunteers for 3/30/96 Nutra Runs. Has approximately 60 pre-registrations so far.
7. Judy Tillapaugh still needs volunteers for 4/6/96 IPFW 5K Mastodon Stomp Run/Walk. Approximately 60 pre-registrations so far.
8. J.P. Jones arranging for FWTC booth at IPFW Health Fair, 4/3/96, 10:30am-2pm. Ken Disler will assist J.P. in manning the booth. Cost is \$25. J.P. plans to make small power cookies to pass out to people who stop by the booth (last year they cut up & gave away samples of Power Bars donated by Brian Shepherd). Thanks to J.P. for his faithfulness in continuing to head this up!
9. Bob Hockensmith gave Hoosier Marathon update:
  - a. Approximately 1600 entry forms mailed out last weekend, including one to man in Sweden who's in 50 & DC Club who plans to participate.
  - b. Directors of South Bend marathon have been advertising it as "IN's only marathon". Bob left message on their hot line indicating that is incorrect information & to change it immediately. Bob has also written letters, with request they be published, to IN, OH & MI state running associations' newsletters in which he outlines great lack of sportsmanship and gentlemanly behavior by directors of South Bend marathon toward Bob, the FWTC & the Hoosier Marathon. Very disappointed in those directors!
  - c. J.P. Jones & Joe Gorman (Linda's husband) volunteered to give Bob H. assistance, for which he is very grateful.
10. Mike McAvoy reported that 3 Rivers Festival 5K race preceding parade will be called "Runners on Parade". FWTC will receive \$1 per runner plus \$125 for equipment rental from Fort Wayne Women's Bureau. HOWEVER, still awaiting official word from 3RF Committee giving okay for event.
11. Mike McAvoy reported that Scott's is sponsoring Crime Stoppers 5K/10K run/walk in June. Scott's will not be sponsoring Cancer race this fall (they'll still have Cancer awareness day, but no race).
12. Treasurer Don Lindley reported:
  - a. \$3,004.22 February '96 cash receipts; \$267 income from Fanny Freezer; \$1,093.83 banquet expenses; \$10,969.83 balance (compared to \$6,933.62 last year at this time).
  - b. Equipment rental activity about same pace as last year (usually same events each year rent our equipment).
  - c. Membership 348 to date; at end of February it was 318 (compared to 271 at end of February last year).
13. Ken Disler has taken information to newspapers on upcoming events. Still has just two apparel orders.
14. Discussed possibility of having meetings at IPFW instead of TUFW. Might draw more people since many of our members live at that end of town & also might attract IPFW fac/staff/student runners. Judy Tillapaugh checking on this. If decide to make the change, it wouldn't happen until summer.
15. Meeting then adjourned. Next meeting Wednesday, April 10, 7pm, TUFW AC.

Respectfully submitted,

Vicki Jacobs  
Secretary

**VOLUNTEERS NEEDED FOR THE HOOSIER MARATHON**  
Contact: Bob Hockensmith 3732 Thyme Ct. New Haven 46774 219-749-1237

# THINK SPRING 5K

## February 10, 1996

### Ligonier, Indiana

1	Brian Shepherd	15:27
2	Mark Furkis	16:07
3	Chuck Schlemmer	16:12
4	Danny Butler	16:50
5	Jim Histan	16:54
6	Khelli Leitch	17:02
7	Steve Caswell	17:19
8	David Caswell	17:28
9	Joe Heltzel	17:48
10	Adam Frick	18:04
11	Jed Pearson	18:09
12	Hal Pearson	18:11
13	Bryon Woods	18:21
14	Mark Hopkins	19:03
15	Sam Vargas	19:08
16	Dave Hoffert	19:22
17	Tim Branam	19:28
18	Colby Lash	19:35
19	Bob Waterson	19:36
20	Mark Landis	19:50
21	Mike Kitson	20:11
22	Verton Troyer	20:27
23	Unknown	20:47
24	Joel Schartzner	21:17
25	Larry Christensen	21:18
26	Dewain Cobbs	21:20
27	Deb Byers (F)	21:59
28	David McDonald	22:09
29	Gene Wright	22:33
30	Freeman Hershberger	22:43
31	Teresa Furniss (F)	23:20
32	Gene Lightner	23:52
33	Cindy Furkis (F)	26:30
34	Joan Gary (F)	26:59
35	Ken Disler	28:43
36	Bev Christenson (F)	30:58
37	Sylvia Koester (F)	36:49
38	Edward Graham	39:40

**TEAM CHAMPION**  
 Powerbar Racing Team  
 Shepherd, Schlemmer, Leitch

**DIVISION WINNERS**

**MALE - TOP 3**

- Brian Shepherd
- Mark Furkis
- Chuck Schlemmer
- 15-19 Danny Butler
- 16-19 Joe Heltzel
- 30-34 Mark Landis
- 35-39 Mike Kitson
- 40-44 Jim Histan
- 45-49 Verton Troyer
- 50-54 Dewain Cobbs
- 55-59 Larry Christenson
- 60-Over Ken Disler

**FEMALE - TOP 3**

- Deb Byers
- Teresa Furniss
- Cindy Furkis
- 40-49 Sylvia Kester
- 50-Over Joan Gary



Back	Teresa Furniss 2nd	Deb Byers 1st	Chuck Schlemmer 3rd	Brian Shepherd 1st
Front		Brittany Atz 1st	Ryan Brown 1st	
One Mile				

## THINK SPRING 1MILE

1	Ryan Brown	5:36	21	Aurora Pena (F)
2	John Ratter		22	Caleb Bernard
3	Scott Schemerhorn		23	Gary Wiles
4	Tyler Smith		24	Taimara Short (F)
5	Weldon Bantrager		25	Amy Kinney (F)
6	Tom Klatt		26	Austin Pettif
7	Karl Bantrager		27	Mitchell Maynard
8	Chris Fought		28	Devora Yates (F)
9	Kyle Jane		29	Courtney Fish (F)
10	Travis Howard		30	Andrea Fisher (F)
11	Austin Cassidy		31	Kyle Owen
12	Noe Campos		32	Chris Lamble
13	Josh Tiedeman		33	Eric Estep
14	Mitchell Sprague		34	Brittany Slabach (F)
15	C.J. Lehman		35	Benito Landos
16	Brittany Atz (F)	7:32	36	Elizabeth Bradley (F)
17	Ryan Mehl		37	Emily Sheley (F)
18	Jeremy Cassidy		38	Josh Maynard
19	Michael Cassidy		39	Desirre Jacobs (F)
20	Oscar Pena		40	Rachel Burtz (F)

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## VOLUNTEERS NEEDED FOR THE HOOSIER MARATHON

Contact: Bob Hockensmith 3732 Thyme Ct. New Haven 46774 219-749-1237

## FAREWELL TO DON FORD PARTY AT JUDY'S HOUSE



### 19th ANNUAL ROCKET CITY MARATHON December 10, 1995

Indiana had 68 finishers in this marathon, 6 of whom were award winners, and 2 of whom received prize money.

Karlene & Mike Herrell from Peru, Indiana won the Husband & Wife Team Competition with a combined time of 5:46:54.

FWTC members among the finishers were:

Chuck Schlemmer	34th	2:37:36 (PR)
Don Branstetter	110th	3:04:20
Hal Pearson	220th	3:17:12
Kenneth Nelson	281st	3:22:38

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



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# A RUNNER'S BOSTON JOURNAL

By Tom Yoder

## I. THE DOG DAYS (PART II)

Despite frigid 25 mph headwinds (creating  $-40^{\circ}$  wind chills) and the gloom of Indiana winter, the Buddies pound through January, February, and early March. While I detest the rain, snow, cold, ice, and wind, the worst feature of The Dog Days is the lack of sunshine; every day, sky and ground are the same putrid gray (like the color of the inside of somebody's socks) and the horizon completely disappears. From past experience, I know the secret is simply to endure. Rather than from a carefully constructed training regime (an impossibility due to ever changing weather and busy schedules), Mother Nature may be relied upon to make us fit as a reward for surviving her utter lack of sensitivity during these bleak days; it is the least she can do. Knowing this is a question of faith, my mantra becomes "put your head down, shut up and keep running".

Of course, the Buddies are tired, both physically and, more importantly, mentally. Jerry Perkins finally begins to look as old as his amazing 56 years, Kurt Mattox moves to Peru and must train alone and Rick Vorick deserts the group to run 75-80 miles a week in solitude (he is nuts). Long miles in conditions only natives of the planet Pluto would enjoy begin to take their toll. Nonetheless, the group seems to draw strength from each other despite the never-ending barrage of insults, criticism, lousy jokes and piques of personality. As always, I am struck by what a bizarre collection of psyches make up this ragtag bunch of pseudo-Arctic explorers, off on a quest in their mid-forties (late-thirties for some) that even Don Quixote would find silly. At times, I do not even particularly like some of these people, but I know my running is defined and nurtured by their presence. We become one another's motivation (usually through humiliation) to continue the journey toward a common goal - we will toe the line together one last time to honor Boston and what it symbolizes for "citizen runners".

After mid-January, the Buddies trudge ten (10) runs of 15 or more miles, including three in the neighborhood of 18 and two 20-milers. None of these are at supersonic speed (7:05-7:15 per mile average), but they are steady runs. I log 193 miles in January, 222 in February and should crest 230 in March, although business travel demands call for some creativity. Accordingly, I devise "Yoder intervals" on the Central YMCA indoor track, jogging half-miles in between 6-7 halves at 3:00-3:15 each. This allows me to stress my body without, hopefully, doing any serious damage. Also, at 14 laps per mile, indoor intervals cause time to pass much more quickly when outdoor runs prove climatically impossible.

I have one more really long effort to survive and then will be finished, having learned the hard way that a very fine line exists between overtraining and being ready on race day. Attempting to listen to my body, and after consulting almost 20 years worth of diaries (revealing some strategies that worked and many that did not), I try to do what is necessary but not cross the line into inevitable physical breakdown. Having made this mistake before, I know to err on the side of caution and rest 8 days in January, 4 in February and likely 6 in March.

At first, my training efforts generate mixed results. After gradually raising my average weekly mileage from 44 to 54, I hit the "Crucible of Mediocrity" in mid-February. All marathoners experience this plateau's agonizing limbo where every run is a struggle no matter how far or how fast and progress toward fitness seems irrevocably stalled. The symptoms are clear: (1) everything hurts, and I constantly seem to be fighting a cold or mild flu bug; (2) my weight inexplicably skyrockets (illusory, but discomfoting); and (3) based upon lack of tangible improvement, I can think of no earthly justification for continuing to torture myself. It does not help to hear Rickner's continual lament of "why do we do this to ourselves?" I have no answers for him, but am heartened that he looks and feels as bad as I do.

I am at low ebb and, in Yoder parlance, need to seriously buck up. Luckily, I recognize my malady as temporary and realize I just need to ride out the storm. I do so, as I always have, at the Buddies' expense, taking solace in asking Rickner daily how long has he been sick and reminding Diller that he seems up a few pounds from yesterday. Childish, yes, but this helps immensely-it is part of what we do for each other. The Buddies know I will be there for them during their similar periods of malaise, excepting perhaps Diller whose training methods are so obsessive as to be undeserving of comfort. I decide to periodically buy him lunch instead.

Finally, in early March, a breakthrough of sorts occurs during an otherwise sedate 18-miler in almost balmy conditions (40° and only light gray overcast). While the overall pace is moderate, I cruise the last 5 miles in 31:15 or so and feel like I have, at long last, been released from purgatory. Naturally, being a runner, I now have something new to worry about - am I peaking too soon? The idea strikes me as foolish and is supported by several subsequent less than spectacular long runs. Nonetheless, I am encouraged and sense, rather than know, that my level of conditioning is improving. For the first time, I begin to think I might actually look back on this almost two-year odyssey (Shamrock Marathon training started in November, 1994) as something more than lunacy.

## **II. HOPE SPRINGS ETERNAL**

Another significant event occurs in early March when Runner's World publishes its commemorative issue devoted entirely to the 100th Boston. Quite simply, in my opinion, it is the finest piece of sports journalism I have ever read, and I devour its contents (cover to cover) in a single sitting. More than just individual stories and isolated statistics, I am struck by how the issue as a whole captures the event's anticipated majesty. I realize, perhaps for the first time, that this will not be a race; rather, the Buddies and I will be privileged to participate in a true "happening", very likely the grandest running event of this century for the ordinary runner; in essence, a common man's Olympics.

As I contemplate the thought of 37,000 registered runners (who knows how many more bandits?) assaulting a course capable of accommodating 15,000 at most, my competitive fires are squelched in an instant. No way do I go to this Boston to "race." Such an attitude insults the event's magnitude and threatens to deprive me of a once in a lifetime experience. After years of competition (some good, some bad), I realize I have always run alone during prior marathons - just

# Birthdays

April

May

01 MATTHEW A LEWIS  
02 BRENDA MILLER  
03 JERRY SUELZER  
03 ELLEN SCHWENDEMAN  
05 SHARON PAULEY  
05 JULIE MANGER  
07 JAMES BABCOCK  
07 JERRY PERKINS  
08 REG JOHNSON  
08 JONATHAN E SCHLATTER  
08 THOMAS P YODER  
09 JERRY MAZOCK  
09 SANDY GAIER  
11 DENISE POTTS  
11 JOEL SCHATZER  
13 ED BECKNER  
13 EUGENE G HAINES  
14 GLORIA J NOLD  
15 JIM DIETLE  
19 LYNN B SMITH  
21 L. THOMAS DEAL  
22 KEN L HENDERICKS  
23 PHILLIP YODER  
24 JERRY DIEHL  
25 DAVID L WILSON  
25 BUD STIFFLER  
25 DIANE GETTY  
27 ART OBREGON  
29 MARY NEWELL  
30 BETTIE DOWNIE  
30 GARY L SYLVESTER



01 DENE LEWIS  
01 BRET BREWER  
01 NANCY BOYER  
02 VERN SENK  
04 TOM FOWLER-FINN  
05 JOHN B POWELL  
07 LARRY HAIFLICH  
07 MICHAEL D COLE  
08 THOMAS WAGNER  
12 ROBIN SMITH  
13 DENNIS C SCOTT  
14 TOM KURTZ  
15 LIZ ELLIOT  
17 JIM WEIDE  
17 DAVE MILLHOUSE  
17 CAROL WEIDE  
17 DICK BURDEK  
19 MICHAEL CASIANO  
20 HAL LEWIS  
20 KURT MATTOX  
20 NICK HODGMAN  
20 POLLY JACOBS  
21 ALISSA WERST  
23 MIKE PESCI  
24 JEANETTE KLEIN  
26 RICHARD G BEEMER  
29 KEITH HORTON  
30 NAOMI FRUCHEY  
30 KIMBERLY ASPACHER  
31 JACK SHIFLETT



# Member's Page

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

## ABOITE PHYSICAL 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

FOUNDED 1899

## WEARLY

MONUMENTS, INC.

306 S. MAIN ST.      COLUMBIA CITY, IN 46725

OFFICE: 248-2612      **DAN DANIEL**  
HOME: 244-6545      YOUR HOME TOWN REPRESENTATIVE

## Noble Press

Kevin L. Heller

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

Huntsville, AL

Saturday

December 30, 1995

	Paul Ausderan	Don Lindley
DISTANCE	PAUL'S TIME	DON'S TIME
1 MILE	7:35	7:35
4 MILE	34:11	34:11
7 MILE	1:02:43	1:02:43
10 MILE	1:31:45	1:31:45
13 MILE	2:00:39	2:04:40
16 MILE	2:33:45	2:40:00
19 MILE	3:07:11	3:25:05
22 MILE	3:39:00	3:54:19
25 MILE	4:09:50	4:23:55
28 MILE	4:46:00	5:01:16
31 MILE	5:21:27	5:36:21

11th Place    12th Place

The entry fee was believe it or not was not a dime! The course begin with a 1 mile loop followed by ten 3 mile loops. The 3 mile loop had one short, very steep hill, the tenth and final time was a whopper. There was a few rocks and roots;but overall the course was very well maintained.

The race director, Dinky, provided specially made t-shirts for the top 25 finishers. Paul and I was 21st and 22nd after 13 miles, we began to worry or not if we were going to make the top 25, but the course difficulty increased with the distance and many runners in front of us drop out.

## VOLUNTEERS NEEDED FOR THE HOOSIER MARATHON

Contact: Bob Hockensmith    3732 Thyme Ct.    New Haven    46774    219-749-1237

Yoder versus the course and/or weather. My achievements and failures have all been individual and internalized based upon a particular day's performance (will this be the day or just another day?).

I now understand those fortunate enough to start the long trek from Hopkington on April 15 have responsibilities far beyond personal ambitions of athletic glory. Rather, on this particular day, we will run for runners everywhere in celebration of our sport. Fast or slow, tall or short, heavy or slim, this Boston is for everyone who has ever slapped on a pair of soggy shoes and, in an early morning squall, staggered out the door for a run in conditions when mortal beings roll over and grab another jelly-filled doughnut. I believe you get to Boston by having the heart of a warrior, but this year the race will not go to the swiftest talent or the most disciplined. Boston's 1996 finishing medals have already been earned by millions of true champions, and the Buddies and I are mere representatives sent East to (hopefully) pick them up and bring them home for the real awards ceremony.

This revelation does not come easy to a group whose slogan is "when the going gets tough, bury the slow and then destroy the rest one by one". However, surprisingly, the Buddies (at least some of them) not only understand, but agree. The solution is clear: as this will be our last marathon, we will run and finish together as the team we have always been. I crave the picture (8 x 10, glossy, full color - maybe a poster?) of Diller, Rickner, Perkins, and I crossing the finish line together in triumph (even at 3:30, if need be). It will validate what my running has been about for the past 20 years and will become a treasured possession, assuming the highest position of honor on my wall of race mementoes. More than any words or race result stats, it will be a testament to running and why it is important to me.

The question is can we do it? Unfortunately, based upon years of broken "pacts" and negative-split death marches, chances are slim. Nonetheless, Diller, Perkins, and I are committed, and Rickner's mouthing the right words (no one has seen Kurt, and the fanatical Vorick is on his own). Certainly, there are no end of practical obstacles making this an almost impossible dream, but the potential rewards appear well worth the effort. To actually "enjoy" (a very relative term, but loosely defined as crossing the finish line and being able to remember the name of the race just run) a marathon, especially the spectacle of this one, has been unthinkable in the past; now, I can think of no finer tribute to those on whose behalf we will run. For all runners, I will hold the Buddies to their promise.

**NEXT: THE BIG EVENT**

### **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.

Joyce Hockensmith  
3732 Thyme Court  
New Haven, IN 46774

# 23rd Annual 10 Mile Shoe Run January 8, 1996 Delta, Ohio

157 finishers completed this race on a sunny, 42 degree day. FWTC finishers are as follows:

Judy Tillapaugh	51st Overall	4th in 30-39 Age Group
Don Lindley	90th Overall	
James Jones	151st Overall	

## Pictures from the Just Plain 10K December 9, 1995 Temperature (-39 degrees)

They're Off !



Hot soup sure hits the spot!

# Nutrition

## FACT SHEET

### Food Choices for Heart Health: Include Plenty of Fiber

Heart-healthy eating is easier than ever, thanks to the array of foods high in fiber and low in saturated fat. Eating plans high in soluble fiber and low in saturated fat and cholesterol, along with healthy lifestyle habits, may help you control your blood cholesterol level within a healthy range. Maintaining a blood cholesterol level at less than 200 milligrams per deciliter lowers the risk for heart disease.

#### Why is fiber important?

Dietary fiber consists of soluble and insoluble fiber. Some soluble fibers include pectin, found in apples, and gums, such as beta-glucans, found in oats and barley. Soluble fiber helps control blood cholesterol levels by binding some cholesterol in your digestive tract. This cholesterol is eliminated from your body naturally. Insoluble fiber creates the tough texture found in such foods as wheat bran, whole grains, and vegetables. Eating foods with insoluble fiber helps your body's natural elimination process.

#### What is a heart-healthy eating plan?

Build your heart-healthy diet using the base of the Food Guide Pyramid. Choose 6 to 11 servings of grain foods, such as breads, cereals, rice, and pasta. Try to include at least 3 servings of whole grains each day, such as brown rice, oatmeal, and whole-wheat bread. Add 2 to 4 servings of fruits and 3 to 5 servings of vegetables daily. Balance your eating pattern by making wise choices from other Pyramid food groups.

#### Why are grain foods important?

Whole grains provide soluble and insoluble fiber, protein,

B-vitamins, and minerals. Grain foods are a rich source of complex carbohydrates for energy. And when prepared without added fat, they are cholesterol free and low in fat and saturated fat.

#### What about fruits and vegetables?

Fruits and vegetables, such as oranges and green beans, can be low in fat and saturated fat and cholesterol free. And they contain soluble fiber, vitamins, and minerals. Enhance the flavor of vegetables by adding seasonings such as herbs and lemon juice.

#### Foods high in soluble fiber

Food	Serving Size	Soluble Fiber (grams)	Total Fiber (grams)
Apple, Unpeeled	1 medium	1/2	3
Barley	3/4 cup, cooked	2	5
Green Beans	3/4 cup, cooked	1/2	2
Kidney Beans	2/3 cup, cooked	1 1/2	5
Oatmeal	1 cup, cooked	2	4
Orange	1 medium	1	2

Strive to eat 20 to 35 grams of dietary fiber each day, with about 25 percent, or 5 to 9 grams, from soluble fiber. Check the Nutrition Facts panel on food labels for dietary fiber content.

## How do I increase soluble fiber and decrease saturated fat in my diet?

- Start your day with whole-grain foods, such as hot oatmeal or a low-fat apple bran muffin.
- Try baked apples with cinnamon for dessert.
- Add split peas, barley, and cooked or canned beans to soups, stews, pastas, salads, and vegetarian dishes.

■ Enjoy snacks such as pears, baby carrots, or whole-grain cereal bars.

## Summing it up

Eating foods containing soluble fiber every day as part of a low-fat, heart-healthy eating plan will help maintain desirable blood cholesterol levels. Controlling your blood cholesterol at a desirable level is one way to

reduce your risk of heart disease. Sensible eating and regular physical activity are good habits for a healthy heart — and that can mean a healthier you.

### For more information

#### ■ The American Dietetic Association/National Center for Nutrition and Dietetics

For answers to your nutrition questions or for a referral to a registered dietitian in your area, call the Consumer Nutrition Hot Line at 800/366-1655.

#### ■ The Quaker Oats Company

To order a free brochure with tips and healthy eating recipes, please send your name and address to: Keeping Score on Heart Health PO Box 487-Dept A Chicago, IL 60690-0487.

This fact sheet is supported by a grant from The Quaker Oats Company.



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### Chewy Oatmeal Raisin Bars

- 3/4 cup packed brown sugar
- 1/2 cup sugar
- 4 tablespoons margarine, softened
- 3/4 cup apple butter or applesauce
- 2 egg whites
- 2 tablespoons skim milk
- 2 teaspoons vanilla
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt (optional)
- 3 cups oats (quick or old fashioned, uncooked)
- 1 cup raisins

Heat oven to 350 degrees. Beat together sugars and margarine until well blended. Add apple butter, egg whites, milk, and vanilla; beat

well. Add combined flour, baking soda, cinnamon, and salt; mix well. Stir in oats and raisins; mix well. (Dough will be moist.) Spread dough in ungreased 13 x 9 inch baking pan. Bake 25 to 30 minutes or until light brown. Cool before cutting into bars. Makes approximately 32 bars.

#### One bar has:

- Calories 90
- Total Fat 2 grams
- Saturated Fat 0 grams
- Cholesterol 0 milligrams
- Dietary Fiber 1 gram
- Soluble Fiber 1/2 gram
- Protein 2 grams



**NATIONAL CENTER FOR NUTRITION AND DIETETICS**  
of The American Dietetic Association

216 West Jackson Boulevard • Chicago, Illinois 60606-6995

## WALT DISNEY WORLD MARATHON January 7, 1996

The weather for this marathon was great, 60's and overcast. Verton Troyer and just under 6,000 other runners took part in this event. Verton comments that he ran a 3:36:47, a PR for him! **CONGRATULATIONS !!!!!** He felt it was a very well run marathon with plenty of aid and water. He especially enjoyed running in the theme parks.

# April 1996

Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

<p><b>31</b> Cherry Blossom 10 Mile Wash.DC Athens, OH Mar.</p>	<p><b>1</b></p>	<p><b>2</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>3</b></p>	<p><b>4</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>5</b></p>	<p><b>6</b> Training Run 7AM YMCA-Downtown IPFW 5K-Ft. W. Indy Zoo 5 Mile</p>
<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>10</b> Run 6 PM Showers FWTC Mtg. 7PM Taylor U. Act. Cen. Casa's after Mtg.</p>	<p><b>11</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>12</b></p>	<p><b>13</b> Training Run 7AM YMCA-Downtown Governor's Cup Mounds 8K Homestead Hilly 4</p>
<p><b>14</b> Bricks to Bricks 10 Miler-Indy Dublin, OH Duathon</p>	<p><b>15</b> BOSTON MARATHON</p>	<p><b>16</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>17</b></p>	<p><b>18</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>19</b></p>	<p><b>20</b> Training Run 7AM YMCA-Downtown Shoesucker 7 Muncie Endurafest</p>
<p><b>21</b> Glass City Marathon</p>	<p><b>22</b></p>	<p><b>23</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>24</b></p>	<p><b>25</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>26</b></p>	<p><b>27</b> Training Run 7AM YMCA-Downtown St. Jude's School 5K-Ft. Wayne</p>
<p><b>28</b> Michigan Trail Marathon/Half Marathon Lake County Races-Chicago</p>	<p><b>29</b></p>	<p><b>30</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>1</b></p>	<p><b>2</b> FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers</p>	<p><b>3</b></p>	<p><b>4</b> Training Run 7AM YMCA-Downtown FWTC One Mile Championships Warsaw 10K-5K</p>

# May 1996

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Michigan Trail Marathon/Half Marathon Lake County Races-Chicago	29	30 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	1	2 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	3	4 Training Run 7AM YMCA-Downtown FWTC One Mile Championships Warsaw 10K-5K
5 Cleveland Marathon Pittsburg Marathon	6	7 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	8 Run 6 PM Showers FWTC Mtg. 7PM Taylor U. Act. Cen. Casa's after Mtg.	9 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	10	11 Training Run 7AM YMCA-Downtown Columbia City 4M Pokagon 8K
12 MOTHER'S DAY Kendallville 5 Mile	13	14 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	15	16 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	17	18 Training Run 7AM YMCA-Downtown Ice Age 50 Mile
19 Columbus, OH Duathon	20	21 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	22	23 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	24 Half Marathon Prediction Run 6PM	25 Training Run 7AM YMCA-Downtown Highland Terrace Trophy Run 5K/1M Jim Ryan 1 Mile Elkhart
26 Madison, WI Marathon	27 Great Race-Elkhart	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	31	1 Training Run 7AM YMCA-Downtown Spring Fever 5 Huntington

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

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

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

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

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

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

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

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

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

**VOLUNTEERS NEEDED FOR THE HOOSIER MARATHON**  
 Contact: Bob Hockensmith    3732 Thyme Ct.    New Haven    46774    219-749-1237

**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
- Monitor Maintenance of Equipment
- RACE SCHEDULE COORDINATOR
- RACE WALKING COORDINATOR
- MEMBERSHIP
- BOARD MEMBER
- FINISH LINE
- Results  Timer  Results
- COURSE TIMER
- WATER STATIONS
- MEASURE & SET UP COURSE
- Certified  Uncertified
- CO-ORDINATE CLUB TRIP TO RACE
- Carpool  Transportation for Handicapped Runners
- NEWSLETTER
- Editor
- Typing race results
- Advertising Coordinator
- Race Applications  Businesses
- Mailing
- Feature Writer
- FWTC BANQUET
- Decorations
- Program
- FWTC PICNICS
- ADVERTISING - Obtaining Potential Race Sponsors
- PUBLICITY COORDINATOR
- Send Weekly Schedules to Newspaper
- ANYWHERE NEEDED
- OTHER {Specify}

**VOLUNTEERS NEEDED FOR THE HOOSIER MARATHON**  
Contact: Bob Hockensmith 3732 Thyme Ct. New Haven 46774 219-749-1237

## F.W.T.C. Points Standings

<u>Men</u>		Race	Upcoming Point Races:
		#1	Nutri-Run 20km
30 to 39	Brian Shepherd	100	Homestead Hilly 4m
	Chuck Schlemmer	85	Shoesucker 7
	Kurt Mattox	75	Mile Championships
	Carl Risch	65	Canal Days 10km
	Jon Schlatter	55	Hoosier Marathon
	Mike McAvoy	45	Mermaid 5km
	Dean Whitman	35	Zoo Run
	Fred Gean	25	Parade Race
			Eligibility limited to FWTC members.
40 to 49	Mark Furkis	100	
	Hal Pearson	85	
	Jed Pearson	75	If you happen to change age divisions in the middle of the year, you will be scored in the younger age group for the entire year.
	Royce Wilson	65	
	Kevin Lochner	55	
	Charles Hornaday	45	
	Paul Ausderan	35	
	Lynn Armstrong	25	
	Joel Schartzner	15	
	Dave Winters	5	
			Awards for the top scorers will be given at the annual Awards Banquet in February 1997
50 to 59	Larry Averbeck	100	
	William Crane	85	
	Jack Morris	75	
	Tim Laird	65	Points awarded according to your finish position in the assigned races.
	Jack Seigel	55	
	Bob Gensheimer	45	
	John Rasmussen	35	
60 to 69	Joe Ziegler	100	The points earned for the Hoosier Marathon will be doubled.
	Don Anderson	85	
	Bob Loomis	75	
	Eugene Striggle	65	
70 and over	Ken Disler	100	Points awarded as follows:
			1st 100
			2nd 85
			3rd 75
			4th 65
			5th 55
			6th 45
			7th 35
			8th 25
			9th 15
			10th 5
<u>Women</u>			
20 to 29	Teresa Furniss	100	
	Karen Louis	85	
	Mary Newell	75	
	Pam Aaron	65	
30 to 39	Cindy Furkis	100	
40 to 49	Deb Byers	100	
	Terri Gross	85	
50 to 59	Joan Gary	100	
	Sharon Pauley	85	

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  
(P) FWTC 1996 POINTS RACE

\* 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) 458-3331 FOR ADDITIONAL RACE INFORMATION OR TO REPORT A RACE FOR INCLUSION IN THE RACE SCHEDULE - I ALSO HAVE ADDITIONAL INFORMATION ON RACES IN OHIO, MICHIGAN, AND THE GREATER CHICAGO AREA

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

- 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(LP) 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
- 13 SAT MAPLE GROVE ELEMENTARY RACE CHASE 96, 7:30 AM, 5K/10K, CENTER GROVE HIGH SCHOOL, GREENWOOD, IND., MARGIE STAMPER, 2911 S. MORGANTOWN RD., GREENWOOD, IND., 46143 (317) 881-0561
- 13 SAT (R) MIRACLE ACRES 5K, 8:30 AM, ELKHART BAPTIST CHRISTIAN SCHOOL, ELKHART, IND., PETER CASALETTO, 2626 PRAIRE AVE., ELKHART, IND., 46517 (219) 533-0754
- 13 SAT \*THE TIMES-MAIL/DUNN MEMORIAL HOSPITAL "FITNESS CHALLENGE" 5K ENGLEWOOD SCHOOL, BEDFORD, IND., WILLIAM DECKARD, R.R. #13, BOX 404, BEDFORD, IND., 47421 (812) 275-0403
- 13 SAT SPRING RUNNING FESTIVAL 5K/10K, MONROE COUNTY YMCA, PAUL STANZIONE, P.O. BOX 2598, BLOOMINGTON, IND., 47402 (812) 332-5555 EXT 216
- 13 SAT THE SWAMP STOMP 5 AND 1 MILE RUNS, 9:30 A.M., HAWTHORN PARK, TERRE HAUTE, IND., LARRY POOLE, 7826 E. ROSEHILL AVE., TERRE HAUTE, IND., 47805 (812) 466-9345
- 13 SAT (R) KOKOMO SYMPHONY 5K RUN/WALK, 9 A.M., HIGHLAND PARK, KOKOMO, IND., KOKOMO SYMPHONY ENDOWMENT, 2601 S. WEBSTER, P.O. BOX 6115, KOKOMO, IND., 46902, (219) 455-1659

- 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
- 17 WED DEWEESE PARK 5K, 7 PM., DAYTON, OHIO  
GREG BELL, (513) 866-1735
- 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 \*CHERRY FESTIVAL 5K RUN/WALK, EASTSIDE PARK, WASHINGTON, IND.,  
DALE WALLER, UNITED SOUTHWEST BANK, P.O. BOX 499, WASHINGTON,  
IND., 47501
- 20 SAT RACE FOR THE CURE, INDIANAPOLIS  
TUXEDO BROTHERS, 4314 MATRREA CT., INDIANAPOLIS, IN., 46254  
(317) 328-1632
- 20 SAT(LP)\*SHOESUCKER 7, 7.2 MILE RUN, KIL-SO-QUAH CAMPGROUND, HUNTINGTON,  
IND., RICHARD BEEMER, 4068 E. MAHON RD., ROANOKE, IND., 46783  
(219) 672-3049
- 20 SAT \*NOBLESVILLE SUNRISERS KIWANIS 15K, NOBLESVILLE, IND., JIM  
SHONKWEILER, ATHLETIC ANNEX, (317) 773-1900
- 20 SAT(R)\*MUNCIE ENDURAFEST INTERNATIONAL SERIES 5K/10K, MUNCIE, IND., STEVE  
TOM BONI, P.O. BOX 573, MUNCIE, IND., 57501 (317) 287-1799
- 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 MANSFELD MUSHROOM FESTIVAL 10K, 8:30 A.M., MANSFELD, IND.,  
ROCKVILLE-PARK LIONS CLUB, P.O. BOX 211, ROCKVILLE, IND., 47872  
(317) 597-2159

- 27 SAT KENTUCKY DERBY FESTIVAL MINI-MARATHON, 8 A.M., NEW CUT ROAD,  
LOUISVILLE, KY., GIL CLARK, METRO PARKS TRACK CLUB, PO BOX 36452,  
LOUISVILLE, KY., 40223 (502) 456-8180
- 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, LAKE COUNTY RACES, PO BOX 9,  
HIGHLAND PARK, ILL., 60035 (708) 266-RACE
- 28 SUN \*MICHIGAN TRAIL MARATHON AND HALF-MARATHON, 8 AM, 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 BLUE RIVER BIATHLON(2.5M RUN/1.5M BIKE/2.5M RUN), SHELBYVILLE, IND.,  
SHELBYVILLE PARKS DEPT., 945 S. TOMPKINS, SHELBYVILLE, IND., 46176  
(317) 392-5128
- 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(LP) 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 WICKER PARK RUN/WALK FOR LIFE, 4 MILE, 10:00 AM, HIGHLAND IND.,  
GAIL PEMENT (219) 756-5360 EXT. 613
- 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) 467-3828
- 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 M RUN, 8 AM, 4 M WALK, 9 AM, 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
- 11 SAT MADD DASH 5K, 9 A.M., DEMING PARK, TERRE HEUTE, IND., DAVE VOLTMER,  
115 WREN RD., TERRE HAUTE, IND., 47803 (812) 877-8289
- 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 RUN WITH THE FOXES MINI-MARATHON/5K, 9 A.M., CHERRY LAKE SHELTER,  
MORGAN-MONROE STATE FOREST, SUZANNE MITTENTHAL, (317) 349-0204
- 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
- 18 SAT(R) DOVE HARBOR RUN FOR SHELTER 5K/10K, 9 AM, REARDON AUDITORIUM,  
1015 E. 5TH. ST., ANDERSON, IND. (317) 642-1853
- 18 SAT HANOVER SPRING CLASSIC 5K RUN/WALK, 8:30 AM, HANOVER, IND., CAROL  
SCHRODER, 120 N. MADISON AVE, HANOVER, IND., 47243 (812) 866-5245
- 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 (L) HIGHLAND TERRACE 5K/1MILE TROPHY RUN, 10AM, HIGHLAND TERRACE  
ELEMENTARY SCHOOL, NEW HAVEN, JOYCE HOCKENSMITH (219) 749-1237

- 25 SAT (R) DASH BEFORE THE RACE 10K/5K, MUNCIE, IND., STEVE TOMBONI, P.O. BOX 573, MUNCIE, IND., 47308 (317) 287-1799
- 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
- 27 MON RIDGE HISTORIC RUN, 10K, 9:00 AM, CHICAGO, ILL., MARY-LYNN WILSON (312) 233-3100
- 27 MON CAMPBELL'S ANNUAL 5K MEMORIAL DAY RACE, 10 A.M., TPA PARK SHELTER #2, FRANKFORT, IND., RICHARD CAMPBELL, 203 ALHAMBRA AVE., FRANKFORT IND., 46041 (317) 654-9463

----- 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
- 01 SAT(R)\*13TH SPRING-FEVER FIVE AND ONE-MILE FUN RUN, 8:30 AM, HUNTINGTON MEMORIAL HOSPITAL, 1215 ETNA AVE., HUNTINGTON, IND., 46750 1-800-533-2252 EXT. 289

- 01 SAT OLIVER WINERY 10K, 7:45 A.M., MORGAN-MONROE STATE FOREST, LIBBY COSGRAY, HARMONY SCHOOL, PO BOX 1787, BLOOMINGTON, IND., 47402 (812) 344-8349
- 02 SUN COLUMBUS 10K, COLUMBUS, OHIO, P.O. BOX 21264, COLUMBUS, OHIO, 43221 (614) 587-0376
- 07 FRI KETTLE MORAINNE 100 MILE TRAIL RUN, KETTLE MORAINNE 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(LP) 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 WHITE RIVER RUN 15K/5K, 8:30 A.M., ANDERSON IND. YMCA, STEVE HAGENSIEKER, (317) 641-7192
- 08 SAT (R) NORRIS INSURANCE GREENTOWN 5 MILE, GREENTOWN ELEMENTARY SCHOOL, JOHN NORRIS, P.O. BOX 157, AMBOY, IND., 46911 (317) 395-7761
- 09 SUN(LP)\*SCOTTS HOOSIER MARATHON AT FORT WAYNE 6:30 A.M. FOSTER PARK BOB HOCKENSMITH, 3732 THYME CT., NEW HAVEN, IND., 46774 (219) 749-1237
- 09 SUN \*CHECKFREE COLUMBUS 10K, 9 AM., CITY HALL, COLUMBUS, OHIO, MATT MCGOWAN, COLUMBUS 10K, P.O. BOX 21264, COLUMBUS, OHIO, 43221 (614) 587-0376 OR (614) 755-9575
- 09 SUN SHELBYVILLE TRIATHLON SERIES '96 I, (.5 MILE SWIM, 16.5 MILE BIKE, 3 MILE RUN), SHELBYVILLE PARKS AND RECREATION DEPT., 945 S TOMPKINS, SHELBYVILLE, IND., 46176 (317) 392-5128
- 11 SAT (R) RUN FOR THE KIDS 5K AND 1 MILE, 6:45 PM, LIGONNIER, IND., WEST NOBLE ELEMENTARY SCHOOL, BRIAN SHEPHERD (219) 894-4638
- 15 SAT MOHICAN TRAIL 100 MILE RUN, LOUDONVILLE, OHIO, JOE JURCZYK, 6644 WESRVEIW DRIVE, BRECKSVILLE, 44141 (216) 546-0115  
!!!!DON LINDLEY NEEDS VOLUNTEERS TO HELP STAFF THE FWTC 5 MILE AID STATION, PLEASE CALL DON AT (219) 432-5998!!!!
- 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 HEBRON KANKAKEE RIVER CLASSIC, 10K, 7:45 AM, HEBRON, IND., MICHAEL HAUGHEE (219) 924-0080
- 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
- 15 SAT COYOTE CHASE BIATHLON SERIES I, FRANKLIN, IND., JOHNSON COUNTY PARKS DEPT., P.O. BOX 246, FRANKLIN, IND., 46131 (812) 526-6809
- 21 FRI (L) CRIME STOPPERS 10K/5K RUN, MIKE DUCY  
THE END RESULT CO., INC., 1230 POLO RUN, FT. WAYNE, IND., 46825 489-7281
- 22 SAT GRANDMA'S MARATHON AND HALF-MARATHON 7:30 A.M.  
BOX 16234, DULYTH, MN., 55816 (218) 727-0947
- 22 SAT(RP)MERMAID FESTIVAL 5K AND 1 MILE, 8:00 AM, PILCHER'S SHOE BUILDING,  
NORTH WEBSTER, IND., BRIAN SHEPHERD (219) 894-4638
- 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
- 22 SAT BUZZARDS' ROOST 10K, 6 PM, HAMILTON HEIGHTS MIDDLE SCHOOL, EVAN  
ACHENBACH, 27435 CROOKED CREEK RD., ATLANTA, IND., 46131(812) 984-3019
- 28 FRI(RP) OLD SETTLER'S DAY 4 MILE, 6:30 PM, FIRST CHURCH OF GOD, COLUMBIA  
CITY, IND., BRIAN SHEPHERD (219) 894-4638
- 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(R) CITY OF LAKES BALLOONFEST TRIATHLON, 8 AM., (.25 MILE SWIM, 10 MILE  
BIKE, 3 MILE RUN) WINONA LAKE PARK, WARSAW, IND., PHIL EHEREMAN,  
8 FAIRLANE DR., WARSAW, IND., 46580 (219) 267-3992
- 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

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JULY 1996

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- 04 THUR(LP) 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(R) JULY 4TH RIVERFEST RUN, MUNCIE, IND., STEVE TOMBONI, P.O. BOX 573,  
MUNCIE, IND., 47308 (317) 287-1799
- 04 THUR GREENDALE 5K, 10 AM, GREENDALE/ LAWERNCEBURG, IND., JEFF SMITH,  
61 CATALPA AVE., LAWERNCEBURG, IND., 47025 (812) 537-5287

- 04 THUR PEACHTREE ROAD RACE 10K, ATLANTA, GA., ATLANTA TRACK CLUB,  
3097 E. SHADOWLAWN AVE. NE, ATLANTA, GA., 30305 (404) 231-9084
- 04 THUR COLDWATER 5K, 8:10 A.M., COLD WATER, MICH., WALTER PASCAL, 420  
GRAND ST., COLDWATER, MICH., 49036 (517) 279-7423
- 04 THUR BRICKYARD RUN, 5 MILE, 7:30 AM, HOBART, IND.,  
GAIL PEMENT (219) 756-5360 EXT. 613
- 06 SAT (R) FLOTILLA DAYS 8 MILE AND 3.3 MILE, 8 AM, LAKESIDE PARK, SYRACUSE, IND.,  
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 06 SAT (R) HAYNES APPERSON FESTIVAL 4 MILE RUN/WALK, 7:30 AM., KOKOMO HIGH  
SCHOOL, CLUB KOKOMO, 611 S. WEBSTER, KOKOMO, IND., 46901
- 07 SUN SHELBYVILLE TRIATHLON SERIES '96 II, (5 MILE SWIM, 16.5 MILE BIKE, 3 MILE  
RUN) SHELBYVILLE PARKS AND RECREATION DEPT., 945 S. TOMPKINS,  
SHELBYVILLE, IND., 46176 (317) 392-5128
- 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
- 13 SAT COYOTE CHASE BIATHLON SERIES II, FRANKLIN, IND., JOHNSON COUNTY  
PARKS DEPT., P.O. BOX 246, FRANKLIN, IND., 46131 (812) 526-6809
- 13 SAT(LP)RUNNERS ON PARADE 5K, 8:30 AM, DOWNTOWN FT. WAYNE, IND.,  
RUN THE TRF PARADE ROUTE, MIKE MCAVOY (219) 824-5158
- 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
- 20 SAT TACO TROT 5K, 6:30 P.M., DAVENPORT, IOWA  
RUNNING WILD, (319) 323-7025
- 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(RP) 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 (R) TOM KESSLER MEMORIAL CANNONBALL RACE, 5 MILE, 8 AM, HONEYWELL  
CENTER, WABASH, IND., BRAD PERROTT, 275 W. MARKET, PO BOX 262,  
WABASH, IND., 46992 (219) 1917 OR (219) 563-8803
- 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 LICKETY SPLIT, 5K, 9:00 AM, DYER, IND.,  
BILL MARVEL (219) 365-4740
- 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 (R) NORRIS INS. CONVERSE 5K, 8:00 A.M., FIRST FARMERS BANK, CONVERSE,  
IND., JOHN NORRIS, BOX 157, AMBOY, IND., 46911
- 03 SAT 13TH OAK PARK YMCA 5 MILE RUN, LANSING, MICH., RAY SCHNEIDER, YMCA,  
900 LONG BLVD., LANSING, MICH., 48911 (517) 694-3901
- 03 SAT(RP) HARLAN DAYS 10K, 7:00 A.M., HARLAN, IND.,  
T.A. BUNNER, BOX 255, HARLAN, IND., 46743, (219) 657-5167
- 04 SUN SHELBYVILLE TRIATHLON SERIES '96 III, (.5 MILE SWIM, 16.5 MILE BIKE, 3 MILE  
RUN) SHELBYVILLE PARKS AND RECREATION DEPT., 945 S. TOMPKINS,  
SHELBYVILLE, IND., 46176 (317) 392-5128
- 10 SAT ROTARY RAMBLE 5K, 8 AM, DEMOTTE, IND., CHAR GROET, 9731 W. 1200 N.,  
DEMOTTE, IND., 46310 (219) 987-2875
- 10 SAT HOWL AT THE MOON 8 HOUR RUNWALK 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
- 17 SAT (R) COMMISSIONERS CUP, 5K RUN/WALK, 8:00 AM. VALPARAISO, IND.,  
LARRY SHEETS (219) 464-4514
- 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
- 24 SAT RUN TO READ, 5K RUN/1.5 MILE WALK, 9:00 AM, HAMMOND, IND.,  
MARY CONOVER (219) 659-6759
- 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(RP) 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(R)\*MUNCIE ENDURAFEST 5K-10K, 8 AM, MINNETRISTA CULTURAL CENTER,  
MUNCIE, IND., MUNCIE ENDURATHON INC., P.O. BOX 573, MUNCIE, IND.,  
47308 (317) 287-1799 OR FAX (317) 282-6484
- 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
- 02 MON SCENIC EMMETT CHALLENGE, 10K, 5K, 2.5K, 8:00 A.M., BATTLE CREEK, MICH., PAUL MASON, BOX 98, BATTLE CREEK, MICH., 49016 (616) 964-1493
- 07 SAT(RP) 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
- 15 SUN COLUMBUS HALF-MARATHON, 8 AM, COLUMBUS OHIO, ULTRAFIT/USA, PO BOX 08358, COLUMBUS, OHIO, 43208 (614) 444-3832
- 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
- 21 SAT(RP)PARLOR CITY TROT, 1/2 MARATHON AND 10K, 8:30 AM, BLUFFTON, IND., MARJORIE HAINES, PO BOX 86, BLUFFTON, IND., 46714 (219) 824-3116
- 21 SAT CRIME STOPPERS RUN/WALK, 5 MILE RUN, INDIANAPOLIS MOTOR SPEEDWAY, KEN LONG AND ASSOC., (317) 632-8812
- 21 SAT 5TH ANNUAL Z-MAN 5K RUN/WALK, LAWTON, MICH., RON CORNISH, (616) 624-6434
- 22 SUN FALL FANTASY MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON, OHIO, 45414 (513) 898-7015
- 28 SUN BAXTER YMCA FAMILY FESTIVAL 5K, BAXTER YMCA, INDIANAPOLIS, IND., DANIELLE TIPPETT, 7900 S SHELBY ST, INDIANAPOLIS, IN, 46277(317) 881-9347
- 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) 228-1111

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)

31 TUE (R) MUNCIE ENDURAFEST INTERNATIONAL 5K/10K, MUNCIE, IND., STEVE  
TOMMONI, PO BOX 573, MUNCIE, IND., 47308 (317) 287-1799

----- OCTOBER 1996 -----

05 SAT (R) NORRIS INS. BUNKER HILL 4 MILE, 8:00 A.M., BUNKER HILL, IND.,  
JOHN NORRIS, P.O. BOX 157, AMBOY, IND., 46911 (317) 395-7761

05 SAT DOUBLE EAGLE, 5 MILE RUN AND WALK, 10 MILE RUN, EAGLE CREEK PARK,  
INDIANAPOLIS, IND., TUXEDO BROTHERS, 4314 MATREA MORE CT.,  
INDIANAPOLIS, IND., 46254 (317) 328-1632

05 SAT PROPHETSTOWN PANIC 5 MILE RUN, 8 AM, LIONS CLUB, BATTLEGROUND,  
IND., MEL HENERY, 8229 E. 950 N, DELPHI, IND., 46923 (317) 564-2070

06 SUN FOX CITIES MARATHON, NEENAH, WIS., FOX CITIES MARATHON, 835 VALLEY  
RD., MENASHA, WIS., 54952 (414) 954-6790

06 SUN TWIN CITIES MARATHON, ST. PAUL, MINN., TWIN CITIES MARATHON, 708 N.  
FIRST ST., STE. CR-33, MINNEAPOLIS, MINN., 55401 (612) 673-8736

06 SUN OKTOBERFEST CLASSIC 10K, 9:30 AM, MINSTER HIGH SCHOOL, MINSTER,  
OHIO, KEITH POHL, PO BOX 20, MINSTER, OHIO, 45865 (419) 628-1632

19 SAT MONSTER MASH DASH, 5K RUN AND WALK, EAGLE CREEK PARK,  
INDIANAPOLIS, IND., TUXEDO BROTHERS 4314 MATREA MORE CT.,  
INDIANAPOLIS, IND., 46254 (317) 328-1632

19 SAT (R) RUN/WALK FOR CHILDREN, 5 MILE X-COUNTRY, 1PM, SUNSET HILL COUNTY  
PARK, VALPARAISO, IND., CLARK GLOYESKE (219) 853-4124 or (219) 926-1179

19 SAT (R) GRACE COLLEGE 5K, 9 AM, LANCER GYMNASIUM, GRACE COLLEGE, WINONA  
LAKE, IND., ROGER THELEN (219) 372-5217 OR 1-800-54-GRACE

20 SUN THE GREAT CARP RUN 5K, 9:00 A.M., DAVENPORT, IOWA  
RUNNING WILD, (319) 323-7025

20 SUN DETROIT FREE PRESS MARATHON, 300 STROH RIVER PL., STE. 4000,  
DETROIT, MICH., 48207 (313) 393-7749

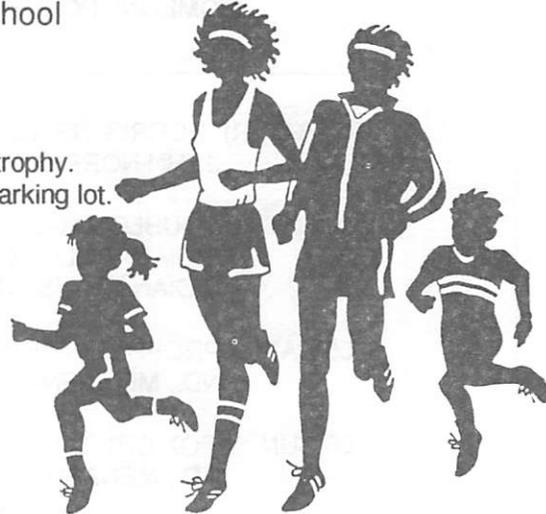
20 SUN THE LASALLE BANKS CHICAGO MARATHON AND 5K  
P.O. BOX 10597, CHICAGO, ILL., 60610-0567 (800) 527-2200

26 SAT ST. LOUIS MARATHON, SLTR, 2385 HAMPTON AVE., ST. LOUIS, MO., 63139  
(314) 781-3926

26 SAT PLEASANT RUN 5 MILE, INDIANAPOLIS, IND., GARRY AND TERI PETERSEN,  
179 S. HOME AVE., FRANKLIN, IND., 46131 (800) 572-8001

**HIGHLAND TERRACE RUNNING CLUB**  
**5K TROPHY RUN**  
**1 MILE TROPHY RUN (Under 12)**  
**PEE WEE RIBBON RUN 50 YDS.(Under 5)**  
**SATURDAY MAY 25, 1996**

Highland Terrace Elementary School  
 1445 Berwick Lane  
 New Haven, IN



Each participant completing the 5K or 1 mile runs will receive a finisher's trophy.  
 The 5K course will be an out and back, beginning and ending near the parking lot.  
 The 1 mile and Pee Wee runs will take place on school property.

Entry fees: **5K \$5.00** (Without shirt)  
                   With shirt (If registered by May 10) \$12.00  
**1 MILE \$3.50** (Without shirt)  
                   With shirt (If registered by May 10) \$10.00  
**PEE WEE RUN \$0.25**

**Post Event Refreshments:** Please bring a food for the snack table.  
 (Fruit, cookies, pretzels, etc.)

**THIS IS AN EVENT FOR THE WHOLE FAMILY !!!**

Mail entry to: Joyce Hockensmith  
 Highland Terrace Elementary 1445 Berwick Lane New Haven, IN 46774

**Make checks payable to: Joyce Hockensmith**

Name \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_

Phone \_\_\_\_\_ Circle Gender: M F Circle t-shirt size 10-12 14-16

Adult S M L XL

Circle Event: 5K 1 Mile Pee Wee Run

Total enclosed with entry: \_\_\_\_\_

Waiver: I know that running a road race is potentially hazardous. I should not enter and run 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 in this event, 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. I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, the Highland Terrace Running 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.

Signature: \_\_\_\_\_ Date \_\_\_\_\_  
 (Parent signature if under 18)

# Coming Events...

## HILLY 4

Saturday, February 13, 1996, 10 AM  
Homestead High School, Fort Wayne, IN  
\* \* \*Points Race\*\*\*

## SHOESUCKER 7

Saturday, April 20, 1996  
Kil-So-Quah Campground, Huntington, IN  
\* \* \*Points Race\*\*\*

## FWTC ONE MILE CHAMPIONSHIPS

Saturday, May 4, 1996, 6:30 PM  
Foster Park, Fort Wayne, IN  
\*\*\*Points Race\*\*\*

## FWTC MEETINGS

Wednesday, April 10, 7:00 PM, Run, 6:00  
Wednesday, May 8, 7:00 PM, Run 6:00  
Taylor University Activity Center

### ADVERTISING RATES

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

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

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

All race applications must be supplied for insertion.  
Inside Track publishes 450 issues bi-monthly.



**FWTC NEWSLETTER**  
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Fort Wayne, IN 46860

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