

the inside track

June 1996 - July 1996



A PUBLICATION OF THE FORT WAYNE TRACK CLUB



INSIDE

- Polite Notice: Give Way... or Else (page 8)
- Child Nutrition & Health (page 20)
- June & July Events (page 22)
- Interview of a Boston Marathon Participant (page 26)

1995

FORT WAYNE TRACK CLUB

Officers and Board Members

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Dear Casio,

I am writing to your company today for two different reasons, the first of which is to congratulate you on making an excellent product. I have had the pleasure of owning several different models of Casio watches over the years and have found each of them to be reliable and durable. I am currently wearing the Twin-Graph model which offers 10 different functions including a chronograph, several alarms, day/date, is water resistant to 50 meters, and has a sporty exterior.

The second reason I am writing to you is to offer a suggestion regarding your marketing strategy. While I'm sure the active, sports-minded individual is your main targeted consumer, I believe you might be selling the product short and missing another large group: children. As the father of 3 kids (9 months to 7 years), I have had first-hand exposure to how the Casio watch can be used to sedate the crying infant, as a toy for the inquisitive 3 year old, and as an educational tool for the pre-school child.

Selling points for the Casio watch for the:

- | | |
|--------------|---|
| Infant | <ol style="list-style-type: none"> 1) No small parts that can be swallowed. 2) The water-resistance claim of 50 meters can also include copious quantities of baby slobber. 3) Beeping sounds are not startling to the baby, but do channel his/her attention (albeit only for 5-6 seconds, but show me a toy that works better.) |
| Toddler | <ol style="list-style-type: none"> 1) Water resistance claims could also include surviving getting thrown into toilet and bath water (which are often one and the same.) 2) Small buttons are great exercise to develop fine motor skills. 3) Also the accompanying beeps with pushing of the buttons educates child in the abstract idea of cause and effect. |
| Pre-schooler | <ol style="list-style-type: none"> 1) Aid in education of being able to tell time and counting. This includes counting up using the chronograph and counting down using the timer. 2) Durability important as pre-schooler experiments with various objects. Example: putting watch on batting tee and striking with bat. |

Now I'm not proposing that you change your watch at all. Brightening the colors or marketing it with an action hero might not be the best idea. I have thrown away plenty of broken Barbie and Barney watches that have collectively cost much more than my trusty ol' Casio. Thank you for your time and consideration and please send all royalties to my home address.

MINUTES
Fort Wayne Track Club Monthly Meeting
Wednesday, April 10, 1996, 7:00 p.m., TUFW AC

12 Present: K Disler & Marge, L Gorman, B&J Hockensmith, P&V Jacobs, JP Jones, D Lindley, M McAvoy, J Schlatter, J Tillapaugh.

- 1. Pres. Mike McAvoy called meeting to order.**
- 2. Nutra Runs had smaller than expected turnout with resulting loss of \$700-\$800.**
 - a. Discussion about the loss included motion on whether FWTC should carry entire loss on the books for 1 year until after next year's Nutra Runs. Motion defeated with vote of 2 yes, 8 no, 1 abstention (only 11 present when vote taken). Alternative suggestion, which everyone agreed on, was to split loss with NEIDA.**
 - b. M. McAvoy has talked with Scouts, who are interested in having as part of next year's patch & pin program the completion of activities/workshops that we would hold as part of Nutra Runs activities, possibly 1-2pm followed by Nutra Runs children's run on track (for Scouts & any other children), and possibly also some relays as option to individual run. Workshops could be led by NEIDA staff.**
 - c. M. McAvoy said GTE & PHP have expressed interest in sponsoring a race next year & maybe one or both could sponsor Nutra Runs.**
 - d. Good Friday (3/28/97) & Easter Weekend (3/29-30/97) start FWCS '97 Spring Break; thus, Nutra Runs probably held earlier -- Saturday, March 22 '97 would be possibility.**
- 3. Treasurer Don Lindley gave Treasurer's Report: March income \$2,368.54; March expenses \$3,413.71; YTD balance of \$9,934.71. Membership at 370 for '96; 85 for '97; 48 for '98.**
- 4. J. Tillapaugh thanked everyone who helped with Mastedon Stomp. 191 runners/walkers. IPFW thinking about a Fri eve cross country event for college runners, Oct 11 '96. Wonder if FWTC interested in organizing open race same evening.**
- 5. JP Jones & K Disler manned FWTC booth at IPFW Health Fair 4/3/96. Biggest attraction at booth were samples of JP's homemade "power cookies."**
- 6. J Tillapaugh said preparations are underway for RRCA convention in May in Knoxville.**
- 7. K Disler has 4 apparel orders.**
- 8. J Schlatter gave Mark Doctor list of local races to include with his information on the Internet.**
- 9. M McAvoy said name of 3RF run will be "Runners on Parade." Still awaiting official sanction from 3RF committee.**
- 10 B Hockensmith reported on Marathon:**
 - a. Downtown Hilton, this year's host hotel, can't provide marathon shuttle service for runners. Bob's looking for organization to loan us 20 passenger bus & driver.**
 - b. High Schools unable to provide live music along route since marathon is during break between school and summer band camps.**
- 11 J Tillapaugh reported that we have go-ahead from IPFW to use meeting room in athletic center free of charge for FWTC monthly meetings. Agreed to try this beginning in June & see if location change encourages more people to attend.**

Meeting was then adjourned. Next month's meeting Wednesday, May 8, 7 p.m., TUFW AC.

Respectfully submitted,

Vicki Jacobs
recording secretary

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, May 8, 1996, 7:00 p.m., TUFW AC

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

President Mike McAvoy called the meeting to order.

1. In the absence of Treasurer Don Lindley, Mike McAvoy briefly reviewed the Treasurer's Report. As of April 30, 1996 YTD income \$8,174.64; YTD expenses \$6,330.18; YTD balance \$10,857.07.
2. Joyce Hockensmith needs newsletter items by this weekend if at all possible.
3. Ken Disler still has just 4 apparel orders. Ken said that the *Journal Gazette* has been inconsistent with putting in items that he submits. He's going to try to talk with someone there to see if this problem can be resolved.
4. Mike McAvoy reported that there were approximately 36 runners in the One Mile Championships.
5. Concerning the 5K Runners on Parade race prior to the 3RF parade, Mike McAvoy said that official permission & sanction of the event is still not definite, but the unofficial word is still "go".
6. Concerning the Hoosier Marathon:
 - a. Bob Hockensmith said he has 64 pre-registrations for the marathon and is still getting many requests for entry forms.
 - b. The verbal agreement with 3 Rivers Ambulance Authority is that they will provide 2 fully-outfitted medics on bicycles, a mobile field hospital unit (for which they want to do a trial run at the marathon), and an ambulance.
 - c. Volunteers are still needed for such things as course marshals, checkers at the north & south turn-arounds, to call split times, to get the Subway sandwiches, etc.
7. President Mike McAvoy and Secretary Vicki Jacobs announced that they will not be seeking re-election when their 1996 terms expire.
8. Mike McAvoy asked people to continue giving thought to what we the club can do next year to celebrate our 20th anniversary.

The meeting was then adjourned. Next month's meeting will be held in one of the meeting rooms in the Hilliard Gates Athletic Center on the IPFW campus, Wednesday, June 12, 1996, 7:00 p.m. (the Wednesday following the Hoosier Marathon).

Respectfully submitted,

Vicki Jacobs
recording secretary

**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.**





1996 IPFW MASTODON STOMP

Runners and walkers all gathered together Saturday morning April 6th for the 1996 IPFW Mastodon Stomp which was presented by The Fort Wayne Track Club and IPFW's Athletic Department. Under partly sunny, snowy skies over 150 participants, volunteers, family members, and other fitness friends enjoyed the festivities.

Congratulations all 5 Km runners and walkers. Thanks for coming.

The Mastodon Stomp was a chance celebrate healthy living with other fitness enthusiasts plus help raise funds for IPFW's cross country teams. As an NCAA division II school in the Great Lakes Valley Conference the men's and women's cross country teams compete at sites like Manchester College Invitational, Big State/Little State Competition, and the Great Lakes Valley Conference Meet. All runners work together for team and personal improvements.

An event is impossible without the hours of help from event volunteers. Water stations, mile splits, refreshments, race registration, finish line management, award ceremony, event course set up and tear down, facility set up and tear down..... all are possible because of the time and energy of volunteers. Thanks for all your helping hands and hearts.

Our event supporters:
 The Fort Wayne Track Club
 IPFW Athletic Department
 Mark Fore Sales
 Coca Cola
 Waterworks

Our dedicated volunteers:

Don Lindley
 Paul Knott
 Jerry Diehl
 Jim Wilkinson
 Mike Kast
 Butch Perchan
 Jim Fritzenger
 Bill Foley
 Jason Douglas
 Wayne Unsell
 Ron Clark
 Mike Gehl
 Gary Kuhn
 Jon Schlatter
 J.P. Jones
 Matt Delong
 Eric Kissinger
 Mike Wartell
 Dan Gebhart

Kim Sutton
 Nancy Virtue
 Kim Hudson
 Kelly Kochert
 Dawn Valle
 Deb Glasper
 Rose Fritzenger
 Elaine Foley
 Sue Sipes
 Sara Unsell
 Naomi Fruchey
 Nedra Curry
 Dorothy Milton
 Ruth Wartell

Best, Judy Tillapaugh, IPFW Cross Country

THE MASTODON STOMP 5K WALK AND RUN
APRIL 6, 1996

RUNNERS - FEMALE

0 - 14

1. ALLISON SMITH	23.48
2. SUSIE VANDEVER	25.15
3. JENNIFER CHRISTIEB	28.50
4. JENNIFER DAHL	34.41
5. ERIN GEBHART	34.55

15 - 19

1. KATHY WEIKEL	20.38
2. SARA ANN FOOTE	24.52
3. CHRISTY GEIMER	25.16
4. KIM CRAWFORD	27.16
5. MINDY SPIECE	28.55
6. JAIME BECKER	29.42

20 - 24

1. SHANNON LEAS	19.56
2. KIM SUTTON	22.34
3. KAY PULVER	22.42
4. DARLENE SCHOUEDEL	23.43
5. TONYA BLACK	24.36
6. LAURA WEIKEL	25.21
7. HOLLI YAGER	25.38
8. COLLEEN GARCIA	25.39
9. TRICIA KISSINGER	27.40
10. COLLEEN KEARNEY	
11. AMY CHALK	

25 - 29

1. RHONDA BREISCHAFT	20.36
2. KRISTA STRAFFORD	22.19
3. JENNIFER WYSS	24.45
4. AMY SIVLEY	26.03
5. JANET FANGMANN	27.50
6. CHERI STEIGMEYER	29.08
7. MADELINE ROSER	

30 - 34

1. KIM LARSEN	22.31
2. RENEE ESHCOFF	25.25
3. MONICA MADDALONE	26.52
4. LORRIE L. O'BEIRNE	29.14
5. TERESA HOOD	

35 -39

1. FLO SMITH	27.26
2. BETTY DE WELLS	28.43
3. SARAH MILLER	30.56
4. SUSANNAH DOUGHERTY	31.06
5. LINDA BROOKS	31.36
6. BRENDA MILLER	33.24
7. MELINDA KINDER	

40 - 44

1. MARY C. MC MANUS	21.00
2. MARGARET DREW	21.51
3. SUE FOWLER-FINN	23.13
4. DEBBIE DEMERITT	24.35
5. DIANA KUEBLER	25.16
6. VICKI DAHL	31.47

45 - 49

1. VICKI JACOBS	26.57
2. BOBBIE CLARK	27.04
3. SHARON YADON	27.27
4. NANCY HUESING	33.36
5. SUE DANNENFELSER	

50 - 54

1. MARSHA SCHMIDT	24.51
2. NANCY LAMBRIGHT	

55 - 59

1. POLLY JACOBS	34.19
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WALKERS

KATHLEEN BENSON-CHANEY
CAROL BERNARD
SHARON BRUNER
VERN CEDER
PAT COLLINS
SUE DANNENFELSER
BILL FOTTE
JULIE FOTTE
DANIEL GEBHART
SARA GEBHART
HOPE GENTILE
MICHELLE GOFF
KELLY HAGERMAN
ROBERT KRACH
JEAN KRACH
CARL KUEBLER
LORNA LUEGRING
CHERYL LUEGRING
DOROTHY MILTON
SHARON PAULEY
BUTCH PERCHAN
LEROY SCOLES
CHERYL SMITH
MICHAEL WARTELL
RICHARD WARTELL
RUTH WARTELL
ROBERT WEIKEL
BOB ZELLERS
JUSTIN ZELLERS

RUNNERS - MALE

0 - 14

1. NICK BUSTOS	21.57
2. ADAM SAMS	22.37
3. JUSTIN WARTELL	24.32
4. ANDY GEBHART	32.18
5. JASON RUSS	
6. BENJAMIN PIDGEON	
7. ADAM RUSS	

15 -19

1. CHAD CLEVINGER	18.16
2. TOD ESQUIVEL	18.35
3. JASON MASSEY	19.17
4. BRETT REICHWAGE	19.29
5. AARON DEMERITT	20.00
6. ADAM BARTON	23.44
7. WESLEY COOPER	24.35
8. MATT MAUPIN	25.34
9. TAD CHRISTLIEB	27.17
10. STEVEN MINNICH	
11. MATT TAYLOR	
12. JOE GRIM	

20 - 24

1. DAVID FOOTE	19.25
2. PAUL RICHARDSON	19.35
3. JOHN MCLAUGHLIN	20.07
4. ERIC BAKER	20.21
5. DANIEL LALLOW	24.17
6. ERIC KISSINGER	26.23
7. TONY LAUX	28.34
8. NATHAN COOK	

25 - 29

1. TROY FRIEDERSDORF	16.38
2. MICHAEL FRUCHEY	17.22
3. KEITH WALTER	17.40
4. TOM SMITH	17.41
5. ELMER DIVOLI JR.	21.52
6. ERIC MC CLEES	24.41
7. BILL PROXMIRE	30.12
8. RODERICK DESILVA	
9. DAN MARTIN	
10. TIM FANGMANN	

30 - 34

1. MARK DOCTOR	17.10
2. MARK ERWIN	17.37
3. JOHN SCHNIEDERS	17.48
4. DANNY JOSEPH	17.51
5. SCOTT BEASLEY	17.57
6. JON BEASLEY	18.09
7. KEN NELSON	18.28
8. TERRY FONNER	18.53
9. MARK WALTER	19.07

10. WARD MOYA	19.35
11. PATRICK O'BEIRNE	20.28
12. BRET LUTZ	21.20
13. TIM ROONEY	22.29
14. JIM MADDALONE	23.40
15. FRANK AERTS	24.37
16. TOM MAUPIN	26.28
17. SCOTT JOHNSTON	28.07
18. KEVIN HUNTER	29.05
19. JIM STRAFFORD	

35 - 39

1. CHUCK SCHLEMMER	16.14
2. JERRY WILLIAMS JR.	16.21
3. MIKE SLAUBAUGH	18.13
4. JIM FERRIER	18.57
5. RICK GILBERT	19.34
6. JEFF MILLEMAN	21.36
7. BOB BERGER	22.15
8. RICH TEIXEIRA	22.20
9. CHET SIVLEY	22.43
10. MARK LULLING	23.18
11. MICHAEL VARIELL	23.32
12. DEAN RUSS	24.46
13. PAUL COCHRAN	29.31
14. EDWARD WOOD	29.31
15. GARY SELKING	30.07
16. LUKE NEUKAM	
17. BEN PIDGEON	
18. VERNON CEDER	

40 - 44

1. HAL PEARSON	17.47
2. TIM ZUMBAUGH	18.39
3. MARK BRATTOLI	20.18
4. JEFF T. PLUMMER	21.26
5. DAVID WEIKEL	21.30
6. DONALD KRAMER	23.02
7. KEITH DEMERITT	23.59
8. BOB FREGO	26.26

45 - 49

1. KEN LONG	19.00
2. DAVID REICHWAGE	20.11
3. LYNN ARMSTRONG	20.57
4. TOM FOWLER-FINN	22.12
5. JIM CLARKE	24.30
6. GEORGE KIRBY	25.34
7. RICHARD BUSTOS	27.18
8. MICHAEL WISE	29.36
9. RODNEY MILLER	30.09
10. ORLEY (OK) HOLZWARTH	

RUNNERS - MALE CONT.

50 - 54

1. WILLIAM CRANE	20.02
2. CALVIN WERLING	23.21
3. DAN HOLLOWAY	37.19
4. BILL FOLEY	

55 - 59

1. MEL HOCHSTETLER	24.07
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60 - 64

1. JOHN STURTEVANT	24.43
2. BERNARD HUESING	25.20
3. STAN WILLIAMS	27.31
4. MELVIN D. DAY	29.28

65 - 69

1. DON ANDERSON	22.11
2. JAMES JONES	30.44

FORT WAYNE TRACK CLUB
13.1 PREDICTION RUN
MAY 24, 1996
FOSTER PARK

PLACE	NAME	PREDICTION	ACTUAL	DIFFERS
1	ANTHONY L LEHMAN	1:57:54	1:57:14	:40
2	JUDY TILLAPPAUGH	1:55:00	1:54:19	:41
3	JP JONES	2:35:35	2:36:22	:47
4	GREG ADAMS	1:50:00	1:51:19	1:19
5	SEAN ROBINSON	1:50:00	1:51:20	1:20
6	GREG PURCELL	1:38:00	1:39:57	1:57
7	LINDA GORMAN	1:46:00	1:43:24	2:36
8	KIM SUTTON	1:57:00	1:54:22	2:38
9	BOB BERGER	1:57:00	1:54:05	2:55
10	LARRY AVERBECK	1:40:00	1:35:42	4:18
11	RAY CASIANO	1:59:00	1:54:07	4:53
12	ROBERT NICKELSON	1:45:00	1:51:20	6:20
13	ROBERT MINNICK	1:25:00	1:31:28	6:28
14	WILLIAM CRANE	1:45:00	1:33:10	11:50
15	ANITA LEHMAN	2:15:00	1:57:14	17:46

POLITE NOTICE: GIVE WAY...OR ELSE

by Doug Sundling

[The first of March, Mike McAvoy told me he had been browsing through some old issues of *THE INSIDE TRACK*, noted some articles I had written, and got the silly idea I could write...so he asked me to consider submitting something before the March 15th deadline. After I told him I was flying to England in another week, he said while I was flying back to scribble out an article on running in England. As requested, a glimpse of jogging in England.]

A March flight to England (\$396 round trip!) swept me away from the blustery wintry residue of Indiana's February for twelve days to visit my brother's family and do business in London. My brother lived in Painswick, near the border of Wales. A village with some age, Painswick was known as "Wicke" (OE, "dairy farm") until 1237. A stroll into the post office / general store puts you under exposed timber framing dating from 1428. Painswick, a cluster of narrow streets and gray silver stone buildings, sits upon a ridge folded between two valleys among green pastureland in the Cotswolds region. The Cotswolds are composed of oolitic rock (limestone composed of minute rounded concretions resembling fish roe) on top of layers of sands and clays. Somewhere long before 1237, the earth tilted the area, and the layers of clays and sands continually slither down and cause the overlaying limestone to crumble and create "hummocky pastures." In short, hills...lots of hills. Descents (or ascents, relative to your direction of motion) in grade over a 1/2 to 1 mile could be 50 to 100 meters (150 to 300 feet). Like southern Indiana only more compact.

There are few, if any, straight roads or ninety-degree intersections. Rural roads resemble spaghetti laid out to get around the landscape. The saucy details of knowing when to stop, where to turn, when to slow down, and so on are part of one's local driving knowledge. And I, as a tourist, would have been *local* to try driving a car with the steering wheel on the right hand side down the left hand side of the road. But jog? Sure -- I could have a spicy adventure of tasting the countryside without a car and also the

challenge of finding a route I had memorized from local maps. A personal jog-tour of the English countryside.

The British have an "Ordnance Survey" series of maps, similar to our detailed USGS survey maps. In the legend "Roads and Paths" appear familiar road types, such as Motorway (like our Interstate), Trunk or Main road (like our U.S. highways or well-used state highways), or Secondary road (a well-used paved road). There also appear these two types: "Road generally more than 4m wide" and "Road generally less than 4m wide." Now, 4 meters is around 12 feet; a typical American road is 20 feet wide. And I would find out that "Road generally less than 4m wide" was usually 6 to 8 feet wide. That is just enough room for a car and a person...if both are alert, which I had to be when I shuffled with early morning traffic scooting along on such roadways. But that occasional Rolls Royce sedan winding through the hills sometimes posed a problem... My motto for jogging these roads became identical to the English yield sign which was similar in shape and color as ours, but stated, "GIVE WAY."

And memorizing a route was just as challenging. Though a road appeared to be the "same" road to us Americans, roads changed names, usually after intersecting another road. A road could have three or four different names in three to four miles.

Nonetheless, after my plane had arrived on Friday morning and I had slept soundly later that night, I woke up Saturday around 8:00 AM England time (3:00 AM Indiana time) and headed out for an easy jog. The weather was overcast, cool (38oF-42oF), and damp.

Typical British Isle weather. I jogged an easy 6 miles or so on back roads, one which gently rolled along the ridge above a natural bowl in the land and gave me great views into the low overcast and damp gray countryside. The fences for the farmland had settled with the weight of ages, their stacked gray silver oolitic rock crumbling or firmly pressed on top of one another. Fence lines were intertwined with hedges, shrubs, and trees cropped and clipped to form a wall to or an arch over the roadway. Snowdrops, small white blossoms that formed clusters, graced the damp, late wintry dull green landscape with the unmistakable sign of spring's imminent arrival.

On Sunday -- sun! High 40^oFs. Birds chirping. After all the overcast skies of February in Indiana and the typical overcast weather of Britain, today's sunshine was a reminder of one reason why people worshipped the sun. I wanted to do a long jog-tour today, an hour and a half or so, and I had a route planned out in my head. Now all I had to do was "find" it.

I jogged south out of Painswick on Stamages Lane which wound past a house that was literally "the corner" where Stamages Lane intersected Kingsmill Lane. Then Stamages Lane turned into Stepping Stone Lane, all the while descending quickly toward Painswick Stream before ascending sharply between meadows as a 8-foot wide pavement before the road changed into Wick Street after the intersection with Yokehouse Lane. But Wick Lane soon became Old Painswick Road as I jogged toward the Hammond Farm (as labeled on the maps; names of houses stay with the house -- there are no house numbers). At Hammond Farm I needed to turn east. I climbed the hillside on a 6-foot wide pavement which soon became a graded pathway to Brown's Gate. I went through the gate, closed and secured the gate, and jogged a half mile or so on the north edge of a cow pasture till I arrived at another gate. Milling about was a herd of young cows (no signs of mad cow disease) who skirted away so I could make my exit.

I headed north on an 8-foot wide asphalt roadway known as Folly Lane, and soon I was running through Worgans Farm (most of it on west side of road) with Worgans Wood on the east. A "Wood" is the English term for a patch of forest. The asphalt quickly became a wet graded road for a half mile or so before ending in the apex of a U-shaped road. I circled to the east and then north through a "wood" before emptying onto road B4070. I jogged into the small village of Sheepscombe, passing through Longridge, Cockshoot, and Jack's Green -- quiet little patches of homes on the ridge overlooking Painswick Valley from the east. Pedestrian traffic was active, mostly people with gray hair. Some were walking in pairs or just by themselves with their dogs; others stood together and talked. Many carried Sunday papers. Everyone said "hello."

I coasted down the winding stretch of road to Painswick Stream and then up to Painswick. A white car, smaller than a Geo or Escort or VW Bug, greeted me on this road down to Painswick Stream -- I stopped and let it squeeze by and then continued on. The shoulder of this narrow road was maybe 12 feet above me on both sides.

The morning jog was so British: quite a lovely run, thank you.

The next two mornings I took jog-tours along other interesting routes. The weather was overcast, windy, and cool one day; and the other day a moist snow dribbled out of the gray skies, dusting everything with a soggy, dull slush...just like back in Indiana.

On one route, after turning off at the Stoneridge Farm and heading toward Randwick, I detoured on Robbers Road, a graded two-track pathway through Standish Wood. With just a little imagination, it wasn't difficult to understand why this pathway was called Robbers Road. The route eventually dropped into the nearby village of Townsend, where a car and I negotiated a hairpin curve in the road that bent around the walls of a building.

Further along, on the north edge of Whiteshill village, I noted the sign:

"Traffic Calming Ahead."

Running on the right side of road was not unusual, but we are creatures of habits. I was constantly reacting to the sound of a vehicle approaching from my rear, expecting it to be right on my left shoulder, but that's the wrong way since they drive on the left side not the right side and I'm right to be running on the right shoulder because it's right to drive on the left side. Makes sense, doesn't it? Just remember, GIVE WAY.

After SEVERAL mornings of jogging, the Cotswolds had left a gentle, homogeneous impression of a landscape of oolitic gray silver stone buildings, steep and rolling green pastures, and persistent gray overcast.

A married couple, friends with my brother's family, lived in one of those old, weathered gray silver stone homes. As Mark gave me a tour of their home, he explained the house had been built in the 1600s with additions during Victorian times. He showed me a couple of items he had found when renovating one of the rooms: a King James Bible printed during King James times and bound copies of the original first issues of PUNCH, an very old political satire magazine. Further on, Mark pointed out a large wood beam that was falling down and told me he had also shown this beam to his great aunt, who had lived with them until she died and then willed this house to them. She told him: "My dear boy, this old house has been falling down for 300 years and I dare say it will continue to fall down for another 300 years."

Then I was in London. An eccentric aberration, yet quintessential British, as one tour guide book stated. Plus the grit and grime of a large urban area. That's why black is the overwhelming choice of color for apparel. London began as a hodgepodge of villages sprawling around the original city, and eventually each district, though still a self-contained unit, became a part of London.

A typical European city: dense, compact urban area where foot traffic is as much vertical as it is horizontal

(in buildings and with the Underground, the Tube or subway as we call it) and where streets are usually short and abrupt; streets that extend more than several "blocks" have one name as far as the district in which it lays, and then when the street changes districts, it changes names and usually direction.

Parking. Yes...there appeared to be rules and residential permits to regulate the parking, but not to the immediate impression of an American eye viewing the bumper-to-bumper parking scheme (which included parking on the curve of intersections). And the driving was just as concentrated. The vehicles seemed to move in waves: a mass of vehicles weaved and bobbed down narrow and winding roadways tightened more so by parked vehicles, bus stops, crowds of pedestrians, parked delivery vehicles, and the occasional construction job on the stuff under the road or on a building literally fronting a street.

Main rule for American pedestrians in London: *LOOK RIGHT! LOOK RIGHT!* Unless it was a one-way street, traffic came from the right.

I jogged past vans no bigger than an oversized backpack I could carry away and past cars small enough to put in my back pocket as souvenirs. As one American friend said, "They so cute." The names of the vehicles were diverse: Audi, BMW, Fiat, Ford (European models), Honda, Jaguar, Mazda, Mercedes Benz, Nissan, Peugeot, Porsche, Renault, Rolls Royce, Rover, Saab, Vauxhall (European GM), Volvo, VW, and the ever popular pint-sized Austin Mini and Metro cars.

Since my hotel room was about a mile from Hyde Park, the large open green space was my usual destination as a jogger, as it was for many joggers. Nothing spectacular, Hyde Park is a huge oasis of green space absent of traffic and herds of pedestrians.

"SPACE" in London is your personal spot among the herd.

London is relatively flat, and after a few days, jogging in the grit of the city and on the asphalt became routine and rather drab. The only real

challenge was to avoid being hit by the unrelenting, barreling drivers I would inevitably encounter on morning jogs. When you drive in London, you drive with one foot on the accelerator, the other on the brake, and you use both with equal intent and ferocity. No Fear and Take No Prisoners. Yet somehow vehicles and pedestrians work it all out in a hectic way...usually.

I prefer horizons, yearn for the outdoors, and thrive on being active; hence after a few days in London I was tired of the bleakness and herding rhythm of the Tube, tired of the unrelenting presence of hustling humans, tired of being chilled under the incessant overcast of London. I was becoming dull, evident in the morning I almost did become a hood ornament on some car of a London driver whipping through an intersection whose view was blocked by parked traffic.

Though I clearly understood the driver's opinion as the car screeched and then accelerated away, decorum is the dictate for traffic signs:

Polite Notice
No Parking
Emergency Exit.

Business and pleasure completed, I flew back to Fort Wayne in time for the spring equinox and a slushy snowstorm. Quite a lovely polite notice, thank you: Welcome home.

TRACK CLUB MEMBER PROFILE

Leukemia Team in Training Member who will be attempting the Alaska Marathon on June 22.

Name: **Mike Fowler**

Occupation: **Manager**

Birthdate: **October 2, 1958**

Birthplace: **Jackson, Michigan**

Family: **Wife, Deb Daughter, Jessica**

Hobbies or interests: **Running & Auto Racing**

Favorite family activities: **Watching Movies**

Running Shoe Brand: **Nike** Years running: **1**

Favorite Spectator Sport/s: **Basketball**

Favorite Area Restaurant: **Pizza Hut**

Favorite Distance to Run: **10K/Half Marathon**

Favorite After Race Food: **Lots of water**

Favorite place to Train: **N.E. Fort Wayne**

Favorite item of Clothing: **Running Shoes**

Favorite Movie or TV program: **Tool Time/**

Home Improvement

Favorite music: **Rock**

Collections: **Hats, T-shirts**

Favorite vacation destination: **Florida**

Most prized possession: **My Family**

Has There Been An Inspiration To Your Running?

Too many to mention

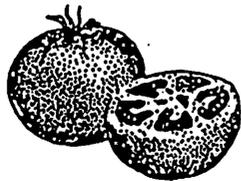
Do You Have a Dream? **To run the Boston**

Marathon



FORT WAYNE TRACK CLUB - 16TH ANNUAL NUTRI-RUNS 5 MILE
MARCH 30, 1996

PL	NAME	OV	TIME	PL	NAME	OV	TIME
				MALE 50 - 54			
1	BRETT	12	34:14	1	DEWAIN COBBS	15	34:50
				2	ED BECKNER	34	40:39
				3	RICHARD WATERFIELD	37	41:19
				MALE 55 - 59			
1	JOSH	17	36:05	1	DICK HARNLY	36	41:13
2	BRAD	26	38:40				
3	MATT	29	39:11				
				MALE 60 - 64			
1	ELMER	27	38:55	1	JOE ZIEGLER	23	37:11
2	TIMOTHY	39	41:48	2	BOB LOOMIS	43	42:47
				3	BILL PATTERSON	50	45:48
				MALE 30 - 34			
1	KEN	2	31:14				
2	TIM	30	39:13				
3	JIM	47	44:30				
				FEMALE 19 & UNDER			
				1	KELLY KOCHERT	22	37:06
				2	RACHEL SMITH	38	41:32
				3	JESSAH MARLIN	41	42:07
				MALE 35 - 39			
1	CARL	1	30:53				
2	MIKE	3	31:24				
3	PAUL	5	31:55	1	LEES SHANNON	11	34:10
4	RICK	7	32:59	2	TONYA BLACK	35	41:09
5	KEVIN	16	34:57				
6	EDDIE	24	37:40				
7	JAY	28	39:10	1	RHONDA BREISCHOFF	20	36:55
8	MICHAEL	32	39:43				
9	STEVE	33	40:26				
10	DEAN	40	41:55				
11	JAY	44	43:05	1	ROBIN BURKHOLDER	13	34:25
12	MICHAEL MCCLASKEY	45	43:37	2	MONICA MADDALONE	46	44:29
				3	RENEE ESCHOFF	52	46:39
				FEMALE 20 - 24			
				FEMALE 25 - 29			
				FEMALE 30 - 34			
				FEMALE 35 - 39			
1	PHIL	4	31:39	1	LINDA CLAY	48	44:49
2	GEORGE	10	33:57	2	BETTY DEWELLS	54	49:10
3	DENNIS	19	36:51				
4	RICK	49	44:52				
5	JERRY	53	46:40				
				FEMALE 40 - 44			
				FEMALE 45 - 49			
1	DONALD	6	32:28	1	MARY MCMANUS	14	34:44
2	KEN	8	33:01	2	DEB BYERS	25	37:58
3	MARK	9	33:54				
4	BRUCE	18	36:43				
5	MICHAEL	21	36:58				
6	ROGER	31	39:25				
7	REG	55	53:17				
				FEMALE 50 - 54			
				1	MARSHA SCHMIDT	42	42:34
				2	SUSAN JOHNSON	56	53:53
				3	NANCY REICHWAGE	57	58:59



FORT WAYNE TRACK CLUB - 16TH ANNUAL NUTRI-RUNS 20KM
MARCH 30, 1996

PL	NAME	OV	TIME	PL	NAME	OV	TIME
	MALE 19 & UNDER				MALE 45 - 49 CONTD		
1	DAVID CASWELL	23	1:30:38	9	TIM BOLIN	53	1:44:03
2	JOEL CRUM	27	1:32:20	10	MICHAEL DISS	56	1:45:31
	MALE 25 - 29			11	PHIL WISNIEWSKI	62	1:51:17
1	KEITH WALTER	7	1:19:06	12	LEE PEARSON	77	2:00:10
2	KIRK EISERT	19	1:28:33	13	GEORGE KIRBY	80	2:02:53
3	CHRIS MARKS	30	1:34:16	14	KEN SILKWORTH	83	2:09:38
	MALE 30 - 34			15	MARLIN SHORT	84	2:10:43
1	BRIAN SHEPHERD	1	1:09:44	16	TIM TWISS	88	2:12:51
2	RON SHARP	2	1:10:16		MALE 50 - 54		
3	MARK HERNDON	13	1:23:13	1	BERNIE BURGETTE	34	1:35:36
4	MARK WALTER	14	1:24:30	2	STEVE ADKISON	45	1:40:51
5	KENNETH STEINER	17	1:27:34	3	LYNN SMITH	50	1:42:01
6	TERRY TEEGARDEN	24	1:30:39		MALE 55 - 59		
7	MARK ALTSTAETTER	38	1:36:36	1	LARRY AVERBECK	25	1:30:50
	MALE 35 - 39			2	JACK MORRIS	36	1:36:13
1	CHUCK SCHLEMMER	3	1:10:59	3	MELVIN HOCHSTETTER	57	1:46:02
2	TERRY DILLER	4	1:16:21	4	DON ASHTON	65	1:54:25
3	JAY PRICHARD	6	1:17:48	5	JOHN RASMUSSEN	74	1:58:11
4	MICHAEL CLAY	8	1:20:25		MALE 60 - 64		
5	BRYAN KEISTER	20	1:28:41	1	JAMES PEPPLER	73	1:57:50
6	TED WATSON	22	1:30:00	2	JOHN STURTEVANT	75	1:59:07
7	RICK KNUTH	26	1:31:08	3	DON RHOADES	89	2:20:19
8	JON SCHLATTER	29	1:33:17		MALE 65 - 69		
9	SCOTT WAGNER	33	1:35:32	1	JAMES JONES	90	2:28:14
10	KIM HERLAN	37	1:36:30		MALE 70 & OVER		
11	ROBERT NICHOLSON	39	1:37:19	1	KEN DISLER	81	2:03:00
12	MARK O'SHAUGHNESSY	41	1:39:12				
13	VERN CEDAR	44	1:40:30		FEMALE 20 - 24		
14	DAN CUMMISKEY	47	1:41:21	1	KIM SUTTON	51	1:42:24
15	ROBERT BERGER	52	1:43:13		FEMALE 25 - 29		
16	STEPHEN BROWN	58	1:46:32	1	KAREN LOUIS	67	1:54:52
17	MIKE FOWLER	66	1:54:33	2	MARY NEWELL	68	1:55:02
18	CHUCK ZUMBRUN	78	2:01:18		FEMALE 30 - 34		
	MALE 40 - 44			1	LINDA GORMAN	40	1:37:27
1	STEVE CASWELL	5	1:17:07	2	LINDA IANUCILLI	49	1:41:55
2	TIM ZUMBAUGH	10	1:21:56	3	KIM LARSEN	54	1:44:11
3	HAL PEARSON	11	1:22:45	4	ANGEL FRAIN	59	1:47:18
4	JOHN TRELEAVEN	16	1:26:50	5	LAURIE WHISLER	69	1:55:31
5	RICHARD MORANDO	21	1:29:08		FEMALE 35 - 39		
6	MARK BRATTOLI	28	1:32:41	1	ROBIN MAUGER	70	1:56:13
7	JERRY STEINHOFF	31	1:34:44	2	JILL BOBAY	72	1:56:35
8	STEVEN SUMMERS	35	1:35:47	3	KAREN DERICKSON	76	1:59:41
9	PAUL AUSDERAN	48	1:41:37		FEMALE 40 - 44		
10	THOMAS JOHNSON	55	1:44:45	1	SUSAN PETERSON	60	1:47:38
11	BILL MOORD	61	1:49:16	2	TERRI GROSS	71	1:56:34
12	MICHAEL YANN	63	1:51:31		FEMALE 45 - 49		
13	PAUL DOWNIE	64	1:51:59	1	SHARON YADON	85	2:11:23
14	FRANK LILE	82	2:05:52		FEMALE 50 - 54		
	MALE 45 - 49			1	ANN MIZE	86	2:11:38
1	GARY RICKNER	9	1:20:52		FEMALE 55 - 59		
2	STEVE KEARNEY	12	1:23:01	1	JOAN GARY	79	2:01:59
3	JED PEARSON	15	1:24:41	2	JOYCE FUZY	87	2:12:34
4	DAVE REICHWAGE	18	1:27:50				
5	VERTON TROYER	32	1:35:28				
6	GREG PURCELL	42	1:39:34				
7	DENNIS STRAYER	43	1:39:40				
8	DAVE WINTERS	46	1:41:08				

Birthdays

June

July

MICHAEL C. MCMANUS
DAVID DEVAUGHN
IAN ROLLAND
JAY LYNN
SUE MYERS
PAM AARON
ROBERT HOCKENSMITH
STAN LIPP
JACK ADE
ANTHONY L. LEHMAN
CHARLIE BACKOFEN
BARBARA STEDGE
WAYNE M. DAVIES
ROBERT E. WYATT
MIKE DISS
JAMES W. THOMPSON
CHET FLEETWOOD
JACK O'NEIL
DONALD A. ANDERSON
CYNTHIA SABRACK
DONALD E. BASHOR
CHRIS PERRIN
JAMES P. JONES
STEVE ADKISON
DAVE WOLFF
DOUG SUNDLING



CAROL HERNDON
STUART SMITH
LYNN E. ARMSTRONG
ALFRED GUMBERT
JIM FURKIS
BILL HENRY
BRYAN KEISTER
TOM HAYHURST
SARAH KLEINKNIGHT
DAN DANIEL
GENE A. WRIGHT
DICK SIVE
LARRY AVERBECK
MICHAEL GRIMES
NANCY LAMBRIGHT
DEWAIN COBBS
FRED GEAN
AMBER CRANE
SARA UNSELL
JOHN JEDINAK
MIKE SLAUBAUGH
ELLEN K. SCHWARTZ
JOHN CARR
SHARON BRUNER
BEATRICE LAIRD
GARY GOSCH
DAVID V. MYERS
GREG R. ADAMS
ROBERT GENSHEIMER
KELLY D. CLEVINGER
CARL A. RISCH
BOBBI WIDMAN FOUST
JOE KUHN
MICHAEL L. MCAVOY
DAN FRICK
MARCIA YODER
MICHAEL YANN
VERN CEDAR





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OVERALL	TIME	NAME	NUMBER	AGE
1	17:31	SHEPARD, BRAIN	#421	29
2	17:44	FLORA, MIKE	#420	19
3	19:48	DORMEIER, BUFF	#426	25
4	19:52	FRUCHEY, MIKE	#425	26
5	23:34	ROSS, SUE	#418	45
6	24:25	ALVEY, DAWN	#416	33
7	27:42	DISLER, KEN	#424	72
8	29:03	JONES, WILLIE III	#427	35
9	29:49	RULLEDGE, JOYCE	#193	27
10	30:02	MOSES, WIN	#419	52
11	30:44	WOODS, CARL	#428	31
12	30:50	JOHNSON, CARL	#299	37
13	30:51	MULLINAX, RICHARD	#430	20
14	31:28	WOODS, FREDRICK	#429	23
15	42:52	SCOTT, SONJI	#180	29
16	42:54	LEE, BARB	#179	51
17	48:00	REDMOND, JAMES	#188	60
18	48:02	CABELL, GARY	#192	34
19	48:24	GOSS, LARUE	#194	28
20	48:53	DURHAM, JAEIA	#196	28
21	48:54	COOK, MARY ANN	#191	35
22	49:07	FALKNER, SUSAN	#195	37
23	55:10	FULKER, CHENITA	#190	22
24	55:16	FULKER, JAGUELINE	#189	32

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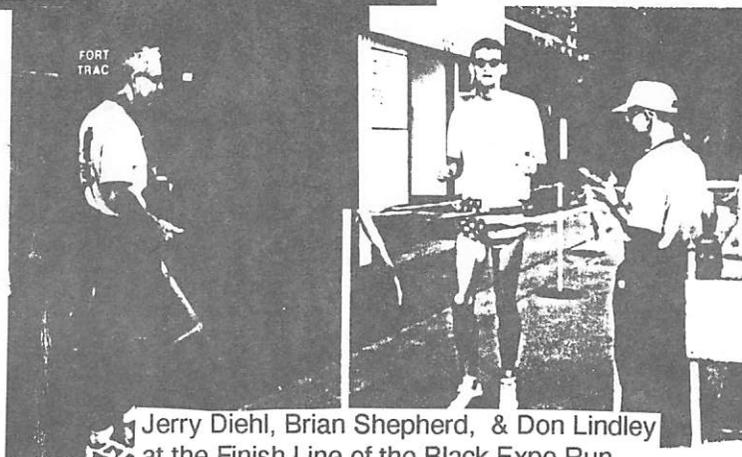
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Jerry Diehl, Brian Shepherd, & Don Lindley
at the Finish Line of the Black Expo Run

FWTC ONE MILE

May 4, 1996

Overall Winners

	1st Brian Shepherd	4:24
	2nd Troy Freidersdorf	4:30
	3rd Chuck Schlemmer	4:37
Masters	Steve Caswell	5:04

Male 14-under

1st	Joe Suelzer	6:07
2nd	Sean Leffers	7:16

Male 15-19

1st	Sam Vargas	5:14
-----	------------	------

Male 20-24

1st	Kirk Eisert	5:09
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Male 25-29

1st	Mike Schoudel	4:53
2nd	Mike Fruchey	4:43

Male 30-34

1st	Ward Moya	5:29
2nd	Jay Louison	6:22

Male 35-39

1st	Steve Leffers	4:40
2nd	Carl Risch	4:51
3rd	Bryan Kuster	5:26
4th	Steve Eysers	6:14
5th	Gary Selking	7:52
6th	Mike McAvoy	12:21

Male 40-44

1st	Phil Suelzer	5:21
2nd	Paul Ausderan	5:38

Male 45-49

1st	Jed Pearson	5:43
2nd	Jerry Warner	5:37

Male 50-54

1st	Ray Caseamo	5:52
2nd	Dave Boylan	6:01
3rd	Don Lindley	6:21

Male 55-59

1st	Larry Averlock	5:39
2nd	Jack Morris	5:45

Male 60-69

1st	Don Anderson	6:32
2nd	Joe Zeigler	6:06

Male 70-over

1st	Ken Disler	8:23
-----	------------	------

Female Overall

1st	Naomi Fruckey	5:33
2nd	Rhonda Brieschaft	5:43
3rd	Jill Bobay	7:03
Masters	Deb Byers	6:10

Female 20-29

1st	Shannon Leas	12:20
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Female 50-over

1st	Joan Gary	3:10
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HIGHLAND TERRACE TROPHY RUN

1 Mile 5K PeeWee

May 25, 1996

1 MILE				5K			
Place	Name	Age	Time	Place	Name	Age	Time
1	Andrew Gibson	8	8:05	1	Scott Pederson	34	18:03
2	Eric Louden	6	9:14	2	David Hoffert	16	18:29
3	Lisa Gibson	9	9:23	3	Kevin Gfell	16	18:59
4	Andy Torrez	9	9:41	4	Bret Brewer	36	19:38
5	Joey Gorman	7	10:18	5	Kyle Plummer	14	20:40
6	Amy Hevel	10	10:54	6	Robert McElwain	13	21:19
7	Nicole Kreis	8	10:56	7	Jeff Plummer	42	21:37
8	Jessica Hevel	8	10:56	8	Robert Jenkins	14	21:43
9	Matthew Mills	6	11:47	9	Don Lindley	52	21:54
10	Chris Gorman	5	12:06	10	Don Anderson	68	22:04
11	Jamie Gorman	5	13:18	11	Mike Simon	32	25:04
				12	Marsha Schmidt	50	25:08
				13	Bill Patterson	64	25:25
				14	Vicki Jacobs	46	28:21
				15	Ken Disler	73	28:45
				16	Polly Jacobs	70	33:00
				17	Chet Fleetwood	76	33:02
				18	Brent Burns	9	38:05
				19	Ashley Burns	7	42:20
				20	James Hunt		32 ? (Walker)

PeeWee		
1	Matthew Gorman	3

Wheelchair		
1	Sue Dannenfelser	47 34:51



Pictured left to right at the FWTC One Mile

Steve Caswell Deb Byers Brian Shepherd Naomi Fruckey Chuck Schlemmer Troy Freidersdorf

Child Nutrition and Health Campaign

MORNING EX AND EATS

Many children have a hard time getting going in the morning. Younger children especially have no sense of time and aren't interested in getting ready for school. The Child Nutrition and Health Campaign's Morning Ex and Eats is a way to structure the morning, and it's fun. Start by doing Morning Eats every weekday, and Morning Ex twice a week. Parents, set an example, be available to children and give lots of praise and support.

Done repeatedly, simple exercises and eating breakfast can become as routine as taking a shower! And these few minutes can influence a child's health, school performance and family relationships both now and in the future.

Tips for getting started:

- * Get everyone involved. Shop for breakfast foods and plan time to practice the morning routine.
- * Plan to finish homework and pack school bags at night.
- * Everyone should decide what they're going to wear to work and school before going to bed.
- * Get up 20 minutes earlier.
- * Give up morning television and computer or video games.

MORNING EX

If a child is old enough to go to school, he is old enough to practice fitness. Morning Ex is a fitness routine that helps everyone feel good. This fitness routine takes commitment and practice, but it's fun.

These exercises are best done with a partner to keep time and records. Keep a family record sheet. Check exercises completed and number of curls and push-ups. Anyone who betters his or her previous week's participation and performance gets an award. Repeat the exercises after school, or as a break from homework. Do each of the following for one minute:

- * **Warm-up:** March in place or do a slow jog.
- * **Stretches:** Stand straight, reach to the ceiling then dip to the floor.

- * **Wiggles:** Lie on your stomach, lift your arms and legs. Wave hands and kick legs.
- * **Curls:** Lie on your back with legs bent and your lower back flat against the floor, hook your feet under a piece of furniture. Fold arms across your chest. Lift head, then shoulders and back. Curl back down slowly. (Record how many).
- * **Bicycle:** Lying on back, roll back, lifting legs straight above head. Hold position with one arm on either side of hips. "Peddle" with your legs up.
- * **Push-ups:** Lie on stomach, knees together, hands by shoulders, fingers straight ahead. With knees on floor (lower legs may be raised off floor), straighten arms, keeping back straight. (Record how many). Note: Boys age 10 and older may try this with legs straight, forming a straight line from head to toe. It's harder for some girls, who may lack upper body strength.

MORNING EATS

One-third of school-aged kids fix their own breakfasts. Parents and children should stock a "Breakfast Bar" that includes several kinds of cereals, raisins, fruit, juice, milk and yogurt, breads, rice cakes, breakfast bars, hard-boiled eggs and peanut butter and jelly. Here are a few simple "daily specials" for children to try in the kitchen.

DAILY SPECIALS:

BLOBS

Ingredients:

- * 1/2 cup peanut butter, chunky or smooth
- * 1/4 cup non-fat dry milk
- * Honey to taste
- * 3 cups flake cereal

Directions:

Mix the peanut butter, dry milk and honey in a large bowl with a wooden spoon. Crush the cereal in a large plastic bag (or crush 1 cup at a time in a sandwich-size plastic bag). Add the cereal to the peanut butter mixture. Stir with the spoon until combined. With wet hands, form about 1/4 cup of the mixture into a patty or squeeze to make an oblong blob. Place on a dinner plate. Cover with plastic wrap and refrigerate until firm, about 30 minutes. Store, covered, in the refrigerator.

Number of servings: 10

June 1996

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 Madison, WI Marathon	27 FWTC Training Run at IPFW - 6 PM Great Race-Eikhart	28 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
2 Helena, Montana Marathon	3	4 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	5	6 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	7 Kettle Moraine 100 Mile Trail Run	8 Training Run 7AM YMCA-Downtown Canal Days 5K & 10K
9 Scott's Foods Hoosier Marathon	10	11 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	12 Run 6 PM Showers FWTC Mtg. 7PM IPFW- Gates. A.C. Casa's after Mtg.	13 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	14	15 Training Run 7AM YMCA-Downtown Flora IN 5K, 2Mi. Rochester 5K Potato Creek 8K
16 Yorktown, IN 10K/5K	17	18 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	19	20 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	21	22 Training Run 7AM YMCA-Downtown Portage, IN 5K Mermaid Festival 5K
23 Smmit City 10K	24	25 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	26	27 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	28 West Lafayette 4 Mi Old Settler's 4 Mile Columbia City	29 Training Run 7AM YMCA-Downtown Warsaw Triathlon Calumet Striders 5 Mile-Hobart, IN
30	1	2 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	3	4 Rinning Wild Zoo Run- 4 Mile Muncie Riverfest Run	5	6 Training Run 7AM YMCA-Downtown Syracuse 8 & 3.3M Muncie 5K/10K Kokomo 4 Mile

July 1996

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	3	4 Rinning Wild Zoo Run- 4 Mile Muncie Riverfest Run	5	6 Training Run 7AM YMCA-Downtown Syracuse 8 & 3.3M Muncie 5K/10K Kokomo 4 Mile
7 Shelbyville Triathlon	8	9 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	10 Run 6 PM Showers FWTC Mtg. 7PM FWTC Training Run at IPFW - 6 PM	11 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	12	13 Runners on Parade-Ft.Wayne 5K
14 Ohio/Michigan Marathon-Toledo	15	16 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	17	18 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	19	20 Training Run 7AM YMCA-Downtown Bedford, IN 5K
21 Chicago 20K	22	23 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	24	25 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	26 Cromwell Days 5K	27 Training Run 7AM YMCA-Downtown Ft. Wayne 24hr. Relay Wabash 5Mile Syracuse 5K
28 Eagle Creek Triathlon	29	30 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	31	1 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center - Showers	2	3 Training Run 7AM YMCA-Downtown Harlan Days 10K Converse, IN 5K

1996 FWTC Points Scores
Male

<u>19 and under</u>				<u>20-29</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>
No competitors				Chris Marks		100	100
<u>30-39</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>	<u>40-49</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>
Brian Shepherd	100	100	200	Hal Pearson	85	75	160
Chuck Schlemmer	85	85	170	Jed Pearson	75	65	130
Bryan Kerster	55	45	100	Mark Furkiss	100		100
Kurt Mattox	75		75	Gary Rickner		100	100
Terry Diller		75	75	Tim Zumbaugh		85	85
Carl Risch	65		65	Royce Wilson	65		65
Mark Herndon		65	65	Kevin Lochner	55		55
Jon Schlatter	45	15	60	John Treleaven		55	55
Mark Walter		55	55	Charles Hornaday	45		45
Mike McAvoy	35		35	Richard Morando		45	45
<u>50-59</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>	<u>60-69</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>
Larry Averbeck	100	100	200	Joe Ziegler	100		100
Jack Morris	75	85	160	John Sturtevant		100	100
William Crane	85		85	Dan Anderson	85		85
John Rasmussen	35	45	80	J.P. Jones		55	55
Steve Atkison		75	75	Bob Loomis	75		75
Tim Laird	65		65	Eugene Striggle		65	65
Lyan Smith		65	65				
Jack Seigel	55		55	<u>70-79</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>
Don Ashton		55	55	Ken Disler	100	100	100
Bob Gensheimer	45		45				

Female

<u>19 and under</u>				<u>20-29</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>
No competitors				Karen Louis	85	100	185
<u>30-39</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>	Mary Newell	75	85	160
Cindy Furniss	100		100	Teresa Furniss	100		100
Linda Gorman		100	100	Pam Aaron	65		65
Angel Frain		85	85	<u>40-49</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>
Jill Boray		75	75	Terri Gross	85	85	160
Karen Derickson		65	65	Deb Byers	100		100
<u>50-59</u>	<u>Race 1</u>	<u>2</u>	<u>Total</u>	Susan Peterson		100	100
Joan Gary	100	100	200	Sharon Yadon		75	75
Sharon Parkey	85		85	<u>60-69</u>			
Ann Mize		85	85	No competitors			
Joyce Fuzy		75	75				

HARLAN DAYS 10K RACE

DATE: SATURDAY AUGUST 3, 1996

TIME: 7:00 A.M.

PLACE: Harlan Community Center, Harlan, Indiana

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

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

AWARDS: T-shirts to all participants. Trophies: men and women in each age category over all in men's and women's will receive a special trophy and gift certificate to a local sport shop. Awards ceremony immediately following the race, just before the Harlan Days Parade.

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

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

REGISTRATION FEE MUST ACCOMPANY FORM

_____ \$10.00 BEFORE JULY 21, 1995 (pre-registration, includes t-shirt)

_____ \$12.00 DAY OF RACE, (\$8.00 no t-shirt)

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

SIGNATURE: _____ (IF under 18, Parent must sign)

NAME: _____ **TELEPHONE:** _____

ADDRESS: _____

AGE: _____ **SEX:** _____

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

Interview of a Boston Marathon Participant
By Jonathan Schlatter

This is an interview of John Sullivan, who along with several others from the Fort Wayne area, recently ran the 100th Boston Marathon. I met John three years ago while running in Foster Park. Since then, he has become a good friend, a source of running advice, and an occasional training partner.

Inside Track: How long have you been running marathons, and how many have you run?

John: I started running marathons back in 1975. My first one was the TV-33 Hooks Marathon that was always run in July during the Three Rivers Festival. I ran in a pair of high top, black Converse gym shoes, and not knowing anything about dehydration, I didn't drink any water for the first 13 miles. The course was closed by the time I finished, so I ran with traffic for the last part of the race. I believe my finishing time was 5 hours and 20 minutes. Since then, I have done 36 marathons, including Detroit and D.C.. I have also done 8 marathons as part of ironman triathlons.

Inside Track: What was the Boston qualifying standard for your age group?

John: For my age group, 45-49, I had to run the marathon under 3:25 to qualify for Boston.

Inside Track: When and where did you qualify for Boston?

John: Last year I qualified at the Pittsburgh marathon. As I like to tell people, I had a real good tail wind, and I was going downhill, so it kind of pushed me across the finish line in 3 hours, 19 minutes, and some odd seconds.

Inside Track: What were some of the more memorable things about running in the Pittsburgh Marathon?

John: The crowds were great, and being in the city of rivers, you run over many bridges as you pass through the many sections of Pittsburgh. You start out at the zoo, and finish at Three Rivers Stadium right at Park Point. The city itself is very picturesque and the many hills provide an excellent, excellent challenge.

Inside Track: Now I guess we come to the heart of the interview, why did you want to run Boston?

John: Well, I tell you what, for a number of years, Boston was there, and it always seemed to be the race to run, but I had never pushed myself hard enough to qualify. Yet with the 100th coming up, I started thinking about it, but I actually didn't really consider it until the halfway point of the Pittsburgh Marathon last year. I realized that if I ran the second half 10 minutes faster than the first that I would qualify for Boston. I decided to stay loose, have fun with it, and see what would happen. When I got to the last 10K, I figured that if I kept a certain pace, I would make it, and would qualify.

Inside Track: What was your training like leading up to Boston?

John: My training is kind of crazy because I do a lot of different types of training, and I keep it fun that way. I ride my bike a lot, cross-country every day in the winter. Beginning in January, I start hitting the roads. I think I never did run over 12 or 13 miles in my training. Five weeks before Boston, I caught a virus and was unable to get in a 16 or 18 mile run. In fact, 2 days before I was to get on the plane to Boston, I tried to run 3 or 4 miles in Foster Park, and I could barely make it. Yet when race day came, the sun was shining, I was feeling pretty good, and it all came together.

Inside Track: What was your finishing time?

John: Well, let's see, they sent me a little card saying my finishing time was 4:01:40, and my net time computed by the computer chip that was tied to my shoe was 3:51:39

Inside Track: What were some of the best things that you remember about running in Boston?

John: The race was extremely well organized, and the volunteers were great. They had plenty of port-o-johns, jars of vaseline, and water. One of the neatest things was the cheering of the crowd. From the starting gate, all the way to the finish line, the people were constantly screaming and yelling. I normally run on the left side of the race course, but this time I ran on the right side and was high fiving kids, which was a lot of fun. The crowds were five and six deep for the entire way, and anytime you were feeling tired, they just seemed to pick you up. On a less serious note, I was able to take several other runners cameras and take their pictures for them during the race.

Inside Track: What was the worst part of running in Boston?

John: Because of the nature of the event, being the 100th running of Boston, it was so interesting that I didn't see too many negative things about the whole event.

Inside Track: Will you ever run Boston again?

John: Oh yeah, I plan to run it again. The nice thing about it is as you get older, the more time they give you to qualify for it.



Taken from Joyce Hockensmith's viewpoint at the 100th Boston Start.

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 FT. WAYNE TRACK CLUB MEETINGS OR SEND S.A.S.E. TO JON SCHLATTER, 535 KINSMOOR AVE., FORT WAYNE IND., 46907. CALL JON AT (219) 456-3331 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.

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

- 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
- 08 SAT (R) MUNSTER ROTARY 10K, 8 AM, CALUMET REGION STRIDERS, MUNSTER, IND., DOUG WELP, (219) 933-6200
- 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 BUTLER "RUN TO THE RIVER" 10K RUN, GENERAL BUTLER STATE RESORT STATE PARK, KY., CHET MITCHELL (502) 732-4384
- 15 SAT (R) HOG JOG, 10K, 2 MILE, AND RUNT JOG, 8 AM, FLORA, IND., DALE OREM, P.O. BOX 131, FLORA, IND., 46929 (219) 967-3096
- 15 SAT HEALTHY TICKER 10K, 8 AM, WESTSIDE-EVANSVILLE, IND., BARB DYKSTRA, 222 N.W. 6TH. ST., EVANSVILLE, IND., 47708 (812) 423-9622
- 15 SAT (R)*ROUND BARN 5K RUN AND 1 MILE FUN RUN, 8:30 AM, ROCHESTER, IND., RON ZIESEMER, 1020 JEFFERSON, ROCHESTER, IND., 46975
- 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
- 16 SUN (R)*BUCK CREEK FESTIVAL 10K/5K AND FUN RUN, 1 PM, YORKTOWN MIDDLE SCHOOL, YORKTOWN, IND., STEVE TOMBONI, P.O. BOX 573, MUNCIE, IND., 47309 (317) 287-1799
- 16 SUN *THE HARD ROCK CAFE 5K, 8:30 AM, CHICAGO, ILL., HARD ROCK CAFE 5K, C/O CEM, INC., P.O. BOX 10597, CHICAGO, ILL., 60610-0597 (312) 243-3274
- 23 SUN (L) CRIME STOPPERS 10K/5K RUN, 8 PM, MIKE DUCY, THE END RESULT CO. INC., 1230 POLO RUN, FT. WAYNE, IN , 46825, (219)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
- 22 SAT CAREFREE CROCODILE 5K AND 1 MILE FUN RUN, 8 AM, CAREFREE CLUB HOUSE, GREENWOOD, IND., JIM OR BECKY KAYLOR, 500 LAZY LANE, GREEN WOOD, IND., 46142 (317) 882-6180
- 22 SAT (R) PORTAGE 5K, 8:30 AM., CALUMET REGION STRIDERS, PORTAGE, IND., MARLENA LAGINA, (219) 947-6980
- 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 SAT 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
- 29 SAT (R)KOPPER KLOPPER 5 MILE, CALUMET REGION STRIDERS, HOBART, IND., CAROLYN METERS, (219) 947-2802
- 30 SUN 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(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) 231-9064

- 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
- 06 SAT *KOSSUTH STREET BAPTIST CHURCH 5K RUN/WALK, 8:30 AM, JUBILEE RUN,
2901 KOSSUTH ST., LAFAYETTE, IND., 47904 (317) 448-1620 OR (317) 567-2628
- 06 SAT(R)*RIVERFEST 1996, 10K AND 5K RUN, MINNETRISTA CULTURAL CENTER,
MUNCIE, IND., MUNCIE ENDURAFEST, P.O. BOX 573, MUNCIE, IND., 47308
(219) 287-1799
- 06 SAT MADISON COURIER 10K RUN/WALK, 8 AM (EST), MADISON CONSOLIDATED
HIGH SCHOOL. MADISON, IND., JANE JACOBS (812) 265-3620
- 06 SAT *SWAN CREEK CRAWL 50K, 7:30 AM, ALLEGAN STATE GAME AREA, MICH.,
SWAN CREEK CRAWL, 767 84TH STR., BYRON CENTER, MICH., 49315
PAUL GRESHAW (616) 878-3242 OR TOM TRUESDALE (616) 456-5448
- 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.,
KATHY CURTIS, FT. WAYNE WOMEN'S BUREAU, 303 E. WASHINGTON BLVD.,
FT. WAYNE, IND., 46802 (219) 424-9777
- 14 SUN HEART AND SOLE 10K, 7:35, CALUMET REGION STRIDERS, OLYMPIA FIELDS,
ILL., DR. M. MCKEIGUE (708) 747-4000, EXT. 5183
- 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
- 17 WED(R) FRIENDSHIP RUN 5K, CALUMET REGION STRIDERS, HAMONND, IND.,
JOE MIS (219) 931-6587
- 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
- 20 SAT RUN FOR YOUTH 8K WALK/5K WALK, 8 AM, EAGLE CREEK BEACH,
INDIANAPOLIS, IND., P. CUSHINGBERRY, 2451 N. KEYSTONE, IND., 46218
(317) 924-7490
- 20 SAT NIGHTFLIGHT 4 MILE AND 1 MILE, 8 PM, USI CAMPUS, EVANSVILLE, IND., BILL
STEGEMOLLER, USI, 8600 UNIVERSITY BLVD., EVANSVILLE, IND., 47712
(812) 243-2000
- 20 SAT LIMESTONE KLASSIC 5K RUN, 8 AM, 19TH & BRIAN WAY LANE WAY, BEDFORD
IND., WILLIAM DECKARD, R.R. 13, BOX 404, BEDFORD, IND 47421 (812)275-0403
- 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
- 27-28(L) SCOTT FOODS 24 HOUR RELAY FOR EASTER SEALS, 10:00 AM, SUMMIT
MIDDLE SCHOOL, FT. WAYNE, IND. (219) 744-6145
- 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(R) PORTAGE PACER, 4 MILES, 8 AM, CALUMET REGION STRIDERS, PORTAGE,
IND., BILL WILKE (219) 926-5713

- 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
- 03 SAT 5TH ANNUAL WALBASH VALLEY CLASSIC 5K RUN/WALK, TERRE HAUTE, IND.,
UNION HOSPITAL FITNESS CENTER, 1606 N. 7TH ST., TERRE HAUTE, IND.,
47808 (317) 392-5128
- 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 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 (R) PLEASANT LAKE LIONS CLUB 5K, 7:00 AM, PLEASANT LAKE, IND., WALT
SILBERG, 5205 S. 150 W, ANGOLA, IND., 46703 (219) 475-5249
- 10 SAT(R)*HOT AIR AFFAIR, 4 MILES, 9 AM (OHIO TIME), VAN WERT, OHIO, MICHEAL
CLAY, 6637 LINCOLN HIGHWAY, CONVOY, OHIO, 45832 (419) 749-4054
- 10 SAT RAQUET RUN FOR RILEY 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(R) CLEAR LAKE RUN FOR THE BLIND 10K AND 5K, 8:30 AM, CLEAR LAKE, IND.,
- 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
- 31 SAT LITTLE ITALY 5K, 9 AM, SOUTH VERMILLION HIGH SCHOOL, BRUCE SPETH, RR 3, BOX 164, CLINTON, IND., 47842 (317) 832-6179

----- 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 PARK FOREST SCENIC 10, 8 AM, 10 MILE, CALUMET REGION STRIDERS, PARK FOREST, ILL., BUD JAMES (708) 748-2005

- 02 MON(R)*BALL MEMORIAL HOSPITAL 10K AND 5K, 9:00 AM, MINNETRISTA CULTURAL CENTER, MUNCIE, IND., MUNCIE ENDURAFEST, P.O. BOX 573, MUNCIE, IND., 47308 (219) 287-1799
- 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
- 02 MON *THE U.S. 10K CLASSIC, 7:30 AM, ATLANTA, GA., THE U.S. 10K CLASSIC, P.O. BOX 724328, ATLANTA, GA., 31139 (770) 432-0100
- 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
- 07 SAT CLOVER 5K CLASSIC II, 8 AM, CLOVERDALE, IND., JAKE SIPE, PO BOX 620, CLOVERDALE, IND., 46120 (317) 795-3670
- 07 SAT 1996 WARRICKFEST 5K RUN/WALK, 8 AM, WARRICK HOSPITAL, BOONVILLE, IND., DEB MCCUISTON, PO BOX 629, BONVILLE, IND., 47601 (812) 897-4182
- 14 SAT LAKESHORE 50K AND 50 MILE RUNS, HOLLAND, MICH., STEVE WEBSTER, 16932 FOREST LAKE DRIVE, WEST OLIVE, MICH., 49460 (616) 399-2870
- 14 SAT CORPORATE CHALLENGE, DOWNTOWN INDIANAPOLIS, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 14 SAT DISCOVERY RUN 5K, 9 AM, CALUMET REGION STRIDERS, HAMMOND, IND., BARB SCHILLING (219) 845-1507
- 14 SAT 15TH ANNUAL KOUTS COUNTY CLASSIC, 8 AM, 4 MILES, KOUTS HIGH SCHOOL, KOUTS, IND., TERRY BROWNELL, PO BOX 699, 302 COLLEGE, KOUTS, IND., 46347 (219) 766-2231 OR (219) 766-2602
- 15 SUN COLUMBUS HALF-MARATHON, 8 AM, COLUMBUS OHIO, ULTRAFIT/USA, PO BOX 06358, COLUMBUS, OHIO, 43206 (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
- 21 SAT(R) DEEP RIVER RUN 5K, 8:30 AM, CALUMET REGION STRIDERS, HOBART, IND.,
DALE POLOMCHAK (219) 942-2183
- 21 SAT CELEBRATE DCH 5K RUN/WALK, 5 PM, WASHINGTON, IND.,
CONNIE GRAY, DAVIESS COUNTY HOSPITAL, (812) 254-8893
- 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
- 28 SAT HOSPITAL HUSTLE 5K, 9 AM, CALUMET REGION STRIDERS, MERRILLVILLE, IND
MARK SAVAGE (219) 738-3500
- 28 SAT LEADING LADIES 5K RUN/WALK (WOMEN ONLY), 8 AM, MAJOR TAYLOR
VELODROME, INDIANAPOLIS, IND., MARGRET DREW, 5241 BROADWAY,
INDIANAPOLIS, IND., 46220 (317) 283-4036
- 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)
- 31 TUE (R) MUNCIE ENDURAFEST INTERNATIONAL 5K/10K, MUNCIE, IND., STEVE
TOMBONI, 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) 954-0790
- 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
- 06 SUN CMPD MINI-MARATHON, 9 AM, CALUMET CITY, ILL., CMPD (708) 862-6440
- 08 TUE TWIN CITIES MARATHON, MINNEAPOLIS, MINN., SCOTT SCHNEIDER (612) 673-0778
- 13 SAT(R) MAKING STRIDES AGAINST CANCER, 4 MILES, HOBART, IND., DEBORAH WHITE (219) 793-1030
- 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
- 26 SAT(R) OMNI 41 PUMPKIN PRANCE 5K, 10:00 AM, SCHERERVILLE, IND., TERESA NIRTAUT (219) 865-6969
- 26 SAT KNOBSTONE TRAIL MINI-MARATHON/5K, 9 AM, MORGAN-MONROE STATE FOREST, HOOSIER HIKERS COUNCIL, SUZANNE MITTENTHAL (317) 349-0204
- 27 SUN MARINE CORPS MARATHON, WASHINGTON, DC, MARINE CORPS MARATHON, P.O. BOX 188, QUANTICO, VA., 22134 (703) 640-2225

27 SUN(LP) CALATHUMOIAN CANTER 5K X-COUNTRY RUN, 2:00 PM, AND 1 MILE RUN, 1:30 PM, BELLMOUNT HIGH SCHOOL, DECATUR, IND., CARL RISCH (219) 724-8588

----- NOVEMBER 1996 -----

- 02 SAT *OWEN-PUTNAM 50MILE/50K AND 14 MILE TRAIL RUN, 7 AM, OWEN-PUTNAM STATE FOREST, SPENCER, IND., JEFF TINCHER, 10525 E. DALLAS DR., TERRE HAUTE, IND., 47802 (812) 894-3394
- 03 SUN LEPRECHAUN MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON, OHIO, 45414 (513) 898-7015
- 03 SUN NEW YORK CITY MARATHON, NYRRC, 9 E 89TH ST., NEW YORK, NY., 10128 (212) 860-4455
- 03 SUN BLOOMINGTON BREAK-AWAY, 1 PM, 8K RUN/5K WALK, HARMONY SCHOOL, BLOOMINGTON, IND., LIBBY COSGRAY, HARMONY SCHOOL, PO BOX 1787, BLOOMINGTON, IND., 47402 (812) 334-8349
- 03 SUN(R) ZOY RUN, 9:30 AM, 7 MILES (?), CHESTERTON, IND., AL MUSSMAN (219) 762-5680
- 09 SAT OUTBACK SCRAMBLE, 5 MILE WACKY X-COUNTRY RUN, EAGLE'S CREST, INDIANAPOLIS, IND., TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 10 SUN(RP) CTA 5K, 2:00 P.M., LIGONIER, IND., BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 10 SUN COLUMBUS MARATHON, COLUMBUS, OHIO, COLUMBUS MARATHON, P.O. BOX 26806, COLUMBUS, OHIO, 43226 (614) 433-0395
- 10 SUN(R) THE FALL FROLIC, 4 MILES, 9:30 AM, HAMMOND, IND., JIM AGELOPOULOS (219) 845-1977
- 16 SAT EASTER SEAL TURKEY CHASE 7K, 12:30 PM, CENTERVILLE HIGH SCHOOL, CENTERVILLE, IND., PAT BOWERS, PO BOX 86, CENTERVILLE, IND., 47330 (317) 855-2482
- 24 SUN HOLIDAY MARATHON, CINCINNATI, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON, OHIO, 45414 (513) 898-7015
- 30 SAT TURKEY TROMP 5K HANDICAP AND POKER RUN/WALK, DANVILLE, ILL. KENNEKUK ROAD RUNNERS, P.O. BOX 1701, DANVILLE, ILL., 61834 (217) 733-2403 (SUSAN) (217) 431-4243 (MARC)

----- DECEMBER 1996 -----

- 07 SAT(LP) JUST PLAIN 10K, FOSTER PARK, FT. WAYNE, IND., 2 P.M., J.P. JONES, (219) 745-7339 ENTRY FEE IS A GIFT WRAPPED T-SHIRT



SUMMER TRACK MEETS 1996

New Haven High School will host six Tuesday nights of age group Track & Field meets. The meets will be June 11, 18 and 25 and July 2, 9, and 16. The cost per event is 50 cents. Tickets will be sold at the concession stand on the north side of the stadium. All contestants will receive a ribbon as an award. New Haven is also the site of the Hoosier State Regional meet on June 29.

Events are as follows;

1. Hurdles: age groups 10-14, 15-18, 19-24, 25-29, 30-39, 40-49, and 50 and older.

*100 and 110 meter hurdles will be run June 11, June 25 and July 9.
300 meter hurdles will be run on June 18, July 2 and 16.*

2. 60 Meter dash for pre-school and age 5-9.

3. 100 Meter Dash for age groups 10-14, 15-18, 19-24, 25-29, 30-39, 40-49, & 50 up.

4. 800 Meter Run for age groups as listed above.

5. 200 & 400 Meter Dash for the same age groups.

6. 1600 Meter Run on June 11, and June 25 and July 9.

7. 3200 Meter Run on June 18, July 2 and 16.

All Field Events will be held for all age groups each week.

New Haven High School is located at Green Road and US #30 in New Haven, IN

Practice for those interested will be by appointment.

Hoosier State Games Regional Meet

*New Haven is the site for the Hoosier State Games Regional Track Meet. The meet will start at 9:30 a.m. on June 29. Check in time is from 8-9:00 am. *The Pole Vault will begin at 8:30 am. Entry forms for the Games are available at the Ft. Wayne Dept. of Parks & Recreation. Or call, 1-800 -HI- Fives. Entries will be accepted on site with a late fee of six dollars. The entry cost is \$12.00, non refundable. Deadline for entries is June 10. Mail entry forms to: Hoosier State Games, P.O. Box 2730, Indianapolis, IN 46206-2730.*

Finals for the Hoosier State Games Track Meet will be held in Indianapolis, July 20 & 21 at IUPUI.

Questions, call Pat Monaghan, home, 749-0709, or New Haven High School, 493-3761.

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

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

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

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

Quantity	Size	Item	Each	Total

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

Name: _____

Phone: _____

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

FWTC 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: _____

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

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

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Occupation: _____ Business Affiliation: _____

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

Family Members:

Spouse: _____ Birthdate: _____ Sex _____

Children: _____ Birthdate: _____ Sex _____

_____ Birthdate: _____ Sex _____

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

ANNUAL MEMBERSHIP DUES: January 1 - December 31
 One Year: \$15.00 Two Years: \$28.00 Three Years: \$36.00
New Members: First year only \$12.00
Members under 21: \$12.00 per year until 21
Membership Fee After June 1: \$9.00 for remainder of year
Family Rate: \$6.00 for each additional family member (\$12.00 maximum)

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

CLUB MEMBERSHIP APPLICATION WAIVER

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

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

Primary Member

Signature: _____ Date: _____

Parent Signature:
 (if under 18)

_____ Date: _____

THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

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

Coming Events...

RUNNING WILD 4 MILE RUN

Thursday, July 4, 1996, 7:30 AM

Fort Wayne Children's Zoo

3411 Sherman Blvd., Fort Wayne, IN

FWTC Picnic following run-Bring an item for meal

***** Points Race *****

RUNNERS ON PARADE 5K

Saturday, July 13, 1996, 8:30 AM

Downtown, Fort Wayne

* * * * *Points Race*****

*****NEW MEETING PLACE *****

FWTC MEETINGS

Wednesday, June 12, 7:00 PM, Run, 6:00

Wednesday, July 10, 7:00 PM, Run 6:00

IPFW - Hilliard Gates Activity Center

Park in the far lot to avoid being ticketed

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
P.O. Box 11703
Fort Wayne, IN 46860

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