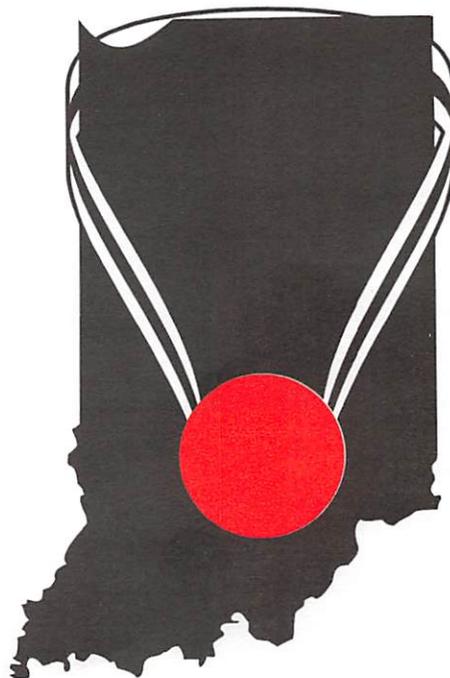


the inside track

August 1996 - September 1996



A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Scott Colford Wins Hoosier Marathon

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1995
FORT WAYNE TRACK CLUB
Officers and Board Members

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Over the last several years, I have taken the opportunity to schedule several family camping trips to coincide with particular races I wanted to run. This allows me to be with the family without outside distractions (yard work, etc.) so I feel less guilty when I go off to follow my selfish pursuit. As with any activity, you find there are definite do's and don'ts. Unfortunately, I always seem to discover these a bit too late. Actually, the lessons I've learned are not really all that different from getting ready for any race; they just seem to be more important. That is, the mistakes I make in race preparation while camping seem to affect my race performance more significantly.

My best illustration of this is the very first race I did while camping. A nice, short 3 mile that by the first half mile I knew I was in trouble...dehydration. Obviously I didn't hydrate in a half mile; I was already bone dry when I started. I believe the following factors were involved:

- 1) Constant exposure to outdoors--we tent camp, therefore at about 5:30-6:00AM our day begins and we are already outside, so to speak. Throughout the entire day we are in the elements. I imagine getting ready for a race on Sunday but spending the entire day in the yard or open garage. It's not necessarily fatiguing but it can definitely dry you out. And it doesn't necessarily have to be sunny. This past Memorial Day weekend I was camping before the Great Race in Elkhart. There was no direct sun and it was only in the 50's but windy, and as I mentioned before, I was outdoors all day, about 18 hours total.
- 2) Not enough water--I know this is an old topic, but I have found that when camping, eight 8 ounce glasses of water won't do it. Again, a small mistake of taking in only half the recommended liquid will not hurt me as much, unless I've started "in the hole."
- 3) Too much water leaking fluids--colas, beer, etc. Since I am on vacation or at least getting away for the weekend, I like to treat myself. But if it is a race weekend, unfortunately I have to cut back.

Well, I don't think I'll ever get the perfect race but as with anything else, this activity we love is never predictable but always interesting!

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, June 12, 1996, 7:00 p.m., IPFW

13 Present: Ken Disler & Marge, Linda Gorman, Jack Hilker, Bob & Joyce Hockensmith, Vicki Jacobs, Don Lindley & 3 Marathoners from Germany, Mike McAvoy, Judy Tillapaugh.

1. President Mike McAvoy called the meeting to order.
2. Treasurer Don Lindley reviewed the Treasurer's Report, Membership Report, Equipment Report:
 - a. April '96 month end balance \$10,857.07
May '96 month end balance \$10,536.36 (compared with May '95 month end balance \$8,738.88)
 - b. 400 members as of May '96 (compared with 373 members as of May '95)
 - c. Future rentals: TRF Waiter/Waitress Race; Runners on Parade; Harlan Days; Clear Lake 10K/5K; Zoo Run.
3. Bob Hockensmith reviewed the Hoosier Marathon.
 - a. This year definitely did not go as smoothly as last year!
 - 1) The t-shirts had the wrong date, and the information that should have been on the front of the t-shirt got lumped along with the sponsors' logos on the back of the shirts.
 - 2) The walkie-talkies were not the right kind, did not work, which meant the water stops did not have contact with Bob, with the result that one of the stops was without water for 20 minutes.
 - 3) The Pontiac Youth Center did not show up to cover their assigned water stop, which meant a last-minute scramble to find volunteers to man the stop.
 - 4) The person assigned to call splits at the north turn-around did not show up, which meant a last-minute scramble to find a volunteer for that job.
 - 5) The Downtown Hilton was less than cooperative, so a different host hotel will definitely be secured for next year. If Bob is not able to negotiate an arrangement with another hotel, then we will not have a host hotel. The Visitors Center has brochures listing hotels/motels in Fort Wayne which Bob & Joyce will mail to out-of-towners who register for next year's marathon.
 - 6) There was more, but these were some of the key problems.
 - b. The good news is that there were more participants this year: 225 registrants (compared with 210 in '95) and 190 finishers (compared with 186 in '96)
 - c. Next year the marathon will be held 6 days later. The date will be Saturday, June 14, 1997, which is the concluding weekend of Germanfest. That way, there will be plenty of Germanfest atmosphere & activities, as well as the beer tent, for marathoners to enjoy after the marathon on both Saturday and Sunday (if they want to stay over on Saturday night). Also, there were a number of people unable to volunteer because of church commitments, so having the race on Saturday morning should provide more volunteer help.
4. Mike McAvoy said that plans are moving along for the 7/13/96 TRF 5K Runners on Parade.
5. Judy Tillapaugh and Don Lindley gave a report on the recent RRCA Convention.
 - a. Judy distributed information she picked up at a workshop on developing club volunteers. She asked everyone to read it over and be thinking about which things listed we might be able to do in our club.
 - b. Judy said her term as RRCA Central Region Director expired, so another individual is now in that position.
 - c. Judy said that our newsletter received honorable mention in the category "Central Region, Medium Size Club Newsletter." Congratulations, Joyce!!
6. Don Lindley briefly reviewed the new postal regulations for bulk mail that take effect July 1, 1996. These include using 9 digit zip codes, and Don is working with the Post Office to make the necessary changes to our mailing labels.

At this point in the meeting, the secretary had to leave, so if there was anything of great importance shared after this point, it is not reflected in these minutes!

Respectfully submitted,

Vicki Jacobs
Secretary



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A RUNNER'S BOSTON JOURNAL

PART IV - THE BIG EVENT

By Tom Yoder

Dog Days Redux

By the first week in April, the Buddies' training at long last ends. Mother Nature does her best to inhibit further fitness by dumping a few late winter storms on Northern Indiana. Accordingly, the last long runs require trudging through more snow and ice, including showers from a freak blizzard, while being pulverized by unforgiving Arctic winds. Happily, I write the following in my log during late March: "hopefully, the last 20-miler ever ..." After three months of averaging 220 miles, I am as ready as I will ever be; time to run and be done with it.

For better or worse, I am out of town almost every weekend during the last few weeks. At first, I fear missing some critical Buddy training breakthrough. However, they go nowhere fast (the Nutra Run 20K is a group bust due to the weather), and absence does have certain advantages. Most importantly, I avoid the onslaught of pre-Marathon testosterone attacks.

Beyond question, after 18 months of badgering one another, the Buddies' collective nerves are rubbed raw. In fact, we pretty much hate the sight of each other (some more than others) by early April. Only the affable Perkins avoids (just barely) the group's collective wrath. Vorick completely disappears (no tears are shed) into the mire of 80-mile weeks, and we are merciless with the defenseless Diller. He decides to both start a new business and finish constructing a new residence (which just will not be built) during marathon training. His unhappiness provides comic relief from our rapidly souring dispositions. Consistent with Buddy-bonding, we immensely enjoy his frustrations.

On the Road

Sitting in the airport departure lounge, I am struck by how gaunt we look; we are either a bunch of runners or very ill. The group consists of Rickner, Diller, Vorick (out of hibernation), Kurt Mattox and Lynn Smith in addition to myself; we will meet Perkins and Reagan Rick (a friend of Kurt's) in Chicago. We are mentally and physically ready, and, instinctively, I know everyone will survive the ordeal. Nonetheless, from past experience, I also know some will have better experiences than others.

The fastest run of the weekend comes early, trying to catch the flight to Boston at O'Hare. We make it, but of course our bags do not. Cynics that they are, Rickner and Diller are relaxed--they carry on singlet, shorts, socks, and racing flats in small duffle bags. While applauding their ingenuity, I know they are nuts. Our bags appear at the Cambridge Marriott early Sunday morning.

Number pick-up and the Runner's Expo are truly remarkable. The crowd is matched only by how well the event is organized. Literally thousands of participants, family, and friends jam the Convention Center to welcome the 40,000 registered runners and purchase officially licensed 100th Boston products. I load up and leave with three bags of windbreakers, t-shirts, sweatshirts, and hats.

On Sunday, like Saturday, the weather is terrible -- overcast, drizzle, cold, and a stiff breeze. The Buddies trot through the traditional 2.5 mile warmup along the Charles River, noting the deluge of runners along the way. After venturing back to the Expo to buy whatever we missed the first time, the group heads to Fenway Park to watch the Red Sox. This is usually the highlight of my trip, but the weather delays the game's start by almost three hours. The tunnels underneath Fenway are bleak and damp, the rain comes in horizontal sheets, and the temperature plummets. We are sullen (as well as freezing) and leave before the start of the second inning.

Typically, psyches begin to go haywire late Sunday afternoon. Vorick and Rickner (who then infect Kurt and Reagan) will not leave their room for dinner, preferring take-out pizza. The rest head for a nearby Italian restaurant to relieve pre-race jitters. Comforted by knowing that Diller, Rickner (although his commitment is suspect) and I still intend to run together, I sleep fairly well.

The Race

Miraculously, Monday dawns sunny and the forecast is perfect -- a few clouds and temperatures in the 50's. It is the only decent day in weeks. A stiff headwind is predicted, but the Buddies decide this only means the Kenyans will have to run without us. After the mandatory café latté and muffin, the group hops the "T" (Boston's subway) and heads for the Boston Commons staging area. We exit and encounter thousands of runners waiting to catch the buses to Hopkinton. It is 7:00 a.m., and the sun is just beginning to climb the walls of the city's skyline; the air is chilly enough for light gloves, but the mood is almost festive. Even now, I realize this will be "the" marathon and not just "another" one.

850 school buses all headed toward the Hopkinton High School "Athlete's Village" create a massive traffic jam. The Buddies chew their nails, as the ride takes over 2½ hours. I am pleased, as my comfortable seat beats wallowing in the slop of the no doubt overcrowded and anxiety-ridden Village. Thankfully, the driver keeps the doors open as we inch along, allowing everyone access to nature's restroom facilities (e.g., any available front yard, bush or tree). As we creep along, runners jump off and on like locusts; Vorick sets the bus record by going twice (maybe three times).

The scene at the High School is organized pandemonium. Bodies of every shape, sex and nationality stand together in a single long line aimed toward the starting corrals. There is no time to sit or relax, and both stretching and warm-up stripping are done on the fly, jostling through the crowd snaking its way toward the center of town. Vorick finally cracks, shrieking "they've lost control! they've lost control!". He hops an orange hurricane fence and disappears in a desperate rush to go nowhere to do nothing in particular. I have not seen him since (although heard he had arthroscopic knee surgery two weeks after race). So much for mental stability created by 300-mile training months.

Rickner and Diller, and I irrevocably resolve to run together. We decide to crash the slowest qualifier's corral, thinking no one will object to those desiring to start further back in the field. We are correct, as corral officials have ceased worrying about anything other than personal safety by the time we approach the starting area. After a few moments discussing the task ahead

with some guy wearing a 5-foot paper mache replica of Boston's Old North Church on his shoulders (I still do not know why, exactly), the cannon explodes. It is finally time to run.

Even with the normal field of 9,000-10,000, Boston is a very unforgiving course for citizen runners due to its useless early downhill (quadricep killers) and vicious late hills. With 40,000 headed toward Copley Square, the road home is paved with constantly swerving bodies moving (each at a maddening different pace) as much side to side as straight ahead. Clearly, this will not be a lonely adventure, necessitating 3-man centipede tactics to stay together as we weave through traffic.

Even considering these obstacles, the run eventually starts to feel like any other marathon (painful). Surprisingly, we cross the start line only 2½ minutes behind the Kenyans, run the first mile in a respectable 8:15, and soon settle into a 7:15 per mile pace. While there will be no sub-3 hour marathon this day, everyone looks comfortable.

We quickly realize running together is harder than it looks. Logistics aside, we must run to one another's weaknesses to avoid separation. Being a notoriously slow starter, I am pushed to the front during the early miles. Rickner (no mountain goat) is assigned the hills, and Diller (sprinter that he is) draws the last 10K. After cruising through the initial series of little towns, each seemingly a carbon copy of the last, and experiencing the euphoria of the Wellesley coeds (other than the finish, the most welcomed sight of the race), we pass through halfway at 1:35 without incident.

At about 15 miles, the course becomes ugly as the four major Newton Hills approach. They are not particularly steep, but are relentlessly long and come at the wrong time. After the first hill, reality advises Rickner will struggle going up, but Diller and I will suffer going down. The last 10 miles will be a true test of Buddyism.

Cresting Heartbreak Hill (so disguised, I always have to ask someone in the crowd if this is "it"), we are somehow still together, although not much printable is being uttered. Approaching Cleveland Circle and observing the infamous Citco sign (so close, yet so far) some miles ahead, comments range from "hey, where you goin'?" to "I didn't run all this way to get left now". All those months of bickering in the fury of winter finally start paying dividends, as mere insults cannot crack our common resolve to see who looks worse at the finish. Buddies to the end, we draw strength from each other's discomfort (they look much worse than I feel).

By 22 miles, our race is done. We will complete the challenge, but Rickner and I are weary, and Diller discovers running in the "crucible of mediocrity" (7:30 per mile and slowing) is no picnic. The crowds, enormous and constant from the beginning, grow larger every mile; the sound builds through Kenmore Square and past Fenway Park. Only a mile to go.

The feeling upon reaching the cursed Citco sign, turning right onto Haverford and, two blocks later, onto Boylston is indescribable. We tell ourselves, just don't fall down. The bright maize and blue colors of the Boston Athletic Association mark the finish line dead ahead. With Rickner firmly in tow, Diller and I push to the finish. Just before crossing the line, Diller grabs both

our hands and we finish together, precisely as planned (the official results reveal 13 of us finish at the same second, and Diller somehow nudges us by 5 places).

It is both a bittersweet and emotional moment, as the most important reasons why I run have been distilled into a 3:12:30 experience. After so many races, we have very likely taken this journey for the last time. As I stand (sort of) in the warm sunshine with my friends, knowing we have once more survived the challenge, I can think of no finer way to cap a running career. Marathon retirement will be peaceful.

Afterward, the finish area is absolute chaos. The sight of so many aluminum blankets is blinding, and we walk a half mile to the baggage buses. In the only disorganized part of the race, it takes over an hour to retrieve our gear. In a showing of courage (and stupidity), Vorick (3:09), Kurt (3:30), and Reagan (3:24) leave for the airport (Kurt directly from the medical tent) and immediately fly home. Jerry (3:31), Lynn (4:08 in a knee brace) and the rest hold an impromptu victory banquet (lots of beer and Shirley Temples for Diller and Jerry) and catch the early morning flight home.

Epilogue

Mercifully, the battle is finally over and the enemy (ourselves, of course) has been vanquished. While no PR's were set and the Kenyans just edged us for the big money (the three of us placed in the mid-4,800's), the Buddies lived the 100th Boston dream, fought Mother Nature to a draw, and, amid more than a few distractions, accomplished what we set out to do. Most importantly, on a bright and sunny mid-April Boston day, I was privileged to celebrate the experience with my best friends in the world as an ambassador for runners everywhere. While the race provided a moment of glory, the 18-month process of struggling together one last time became the ultimate reward. As in the past, that achievement once more validated who I am and why I run. See you on the roads.

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HOOSIER MARATHON VOLUNTEERS

On Sunday, June 9, 1996, the second Scott's Hoosier Marathon was held in Foster and Tillman Parks for approximately two hundred runners from over twenty states across the country and from three foreign countries.

Due to the official length of a marathon of 26 miles 385 yards, a considerable number of volunteers are needed to provide support services, such as water, sports drinks and medical assistance, during the time of six hours that the course is open to runners. In addition to many fine sponsors who supply products and financial assistance, it is essential to have the support of nearly eighty volunteers willing to devote an entire day, starting at 5:00 AM, to ensure that the runners are able to safely and successfully complete the grueling event. Without the help of the volunteers, an event such as this simply could not be held. Many comments were received from the runners at the end of the race lauding the excellent park facilities, the attractive course along the St. Mary's river and especially the friendly and helpful citizens of Fort Wayne. The exposure of the many marathoners to this community certainly demonstrates the quality of life in this city. It is a great opportunity to showcase Fort Wayne in its best possible light.

Although the success of the marathon is the result of the great sponsors of the event, namely, Scott's Food Stores, the Fort Wayne Track Club, Fort Wayne Parks and Recreation, Subway sandwiches, Germanfest, Pepsi-Cola Bottlers, D&L Communications, Waterworks Pure Drinking Water, Rowlett Construction, Three Rivers Ambulance Authority, the Fort Wayne Fire Department, the Fort Wayne Police Department Reserves, Wood Art Limited, and Dr. Robert Wyatt, the efforts of the many fine volunteers cannot be overemphasized. I have called on, and received commitments from, so many members of the Fort Wayne Track Club that it is personally reassuring to have the support that I have received these past two years. Rarely has a club member declined to assist with the running of the event. With the exception of the water stations, nearly all of the other volunteers were track club members. Although I have tried to thank each volunteer individually, please again accept my thanks for a job well done.

Again, I wish to thank the sponsors, the runners, and, most of all, the volunteers for making the second Scott's Hoosier Marathon a great success. You can all be extremely proud of your contribution to the City of Fort Wayne.

Bob Hockensmith
Race Director

SCOTT'S HOOSIER MARATHON

Fort Wayne, Indiana

June 9, 1996

OVERALL WINNERS - MALE

| Pl. | Name | City | O.Pl. | Time |
|-----|---------------|----------------|-------|---------|
| 1 | Scott Colford | Logansport, IN | 1 | 2:38:37 |
| 2 | Terry Marcott | Brownstown, IN | 2 | 2:42:01 |
| 3 | C. Schlemmer | Ligonier, IN | 3 | 2:47:01 |

WHEELCHAIR

Andrew Barnhart Reading, MI 3:02:40

UNDER 19 - MALE

| | | | | |
|---|----------------|----------------|-----|---------|
| 1 | Matt Schwartz | Monroe, IN | 12 | 3:11:51 |
| 2 | Louie Esquivel | Fort Wayne, IN | 116 | 4:19:32 |

UNDER 19 - FEMALE

| | | | | |
|---|--------------|----------------|-----|---------|
| 1 | Kathy Weikel | Fort Wayne, IN | 83 | 3:53:23 |
| 2 | Vera Neumann | Gera, Germany | 133 | 4:30:12 |

19-24 - MALE

| | | | | |
|---|-----------------|----------------|-----|---------|
| 1 | Seth Wineland | Ney, OH | 8 | 3:07:30 |
| 2 | Scott Armstrong | Fort Wayne, IN | 34 | 3:27:32 |
| 3 | Michael Casiano | New Haven, IN | 175 | 5:22:13 |

19-24 - FEMALE

| | | | | |
|---|-----------------|----------------|-----|---------|
| 1 | Laura Weikel | Fort Wayne, IN | 115 | 4:19:15 |
| 2 | Kimberly Sutton | Fort Wayne, IN | 121 | 4:22:22 |

25-29 - MALE

| | | | | |
|---|---------------|------------------|-----|---------|
| 1 | Alex Walters | Ontario, Canada | 57 | 3:38:09 |
| 2 | Michael McCoy | Indianapolis, IN | 59 | 3:39:11 |
| 3 | Greg Adams | Fort Wayne, IN | 89 | 3:58:09 |
| 4 | C. Marks | Churubusco, IN | 92 | 3:59:40 |
| 5 | Paul Griner | Ossian, IN | 160 | 4:56:00 |

25-29 - FEMALE

| | | | | |
|---|-------------|-----------------|-----|---------|
| 1 | Heidi Owens | New Orleans, LA | 84 | 3:55:38 |
| 2 | Karen Louis | Fort Wayne, IN | 144 | 4:39:42 |

30-34 - MALE

| | | | | |
|---|------------------|----------------|----|---------|
| 1 | Mark Slow | Newburgh, IN | 4 | 2:50:04 |
| 2 | D. Rauschenbach | Cleveland, OH | 7 | 3:06:00 |
| 3 | Mark Walter | Garrett, IN | 9 | 3:10:08 |
| 4 | Jeff Orłowski | Fort Wayne, IN | 17 | 3:15:30 |
| 5 | Scott Johnson | Urbana, IL | 22 | 3:18:52 |
| 6 | Ward Moya | Fort Wayne, IN | 51 | 3:35:08 |
| 7 | Tom Yates | St. Louis, MO | 52 | 3:35:26 |
| 8 | Kenneth Nelson | Fort Wayne, IN | 68 | 3:44:05 |
| 9 | Mark Altstaetter | Van Wert, OH | 69 | 3:44:57 |

OVERALL WINNERS - FEMALE

| Pl. | Name | City | O.Pl. | Time |
|-----|---------------|----------------|-------|---------|
| 1 | Cathy Dwyer | Greer, SC | 24 | 3:21:41 |
| 2 | Roxane Osborn | Logansport, IN | 30 | 3:24:30 |
| 3 | Linda Gorman | Decatur, IN | 39 | 3:28:41 |

30-34 - MALE Continued.....

| | | | | |
|----|------------------|-------------------|-----|---------|
| 10 | Richard Abbott | Auburn, IN | 82 | 3:53:14 |
| 11 | T. Sean Robinson | Fort Wayne, IN | 90 | 3:58:11 |
| 12 | Ken Keller | Defiance, OH | 103 | 4:11:12 |
| 13 | Albert Bebout | Panama City, FL | 110 | 4:15:38 |
| 14 | Karl Boecker | Troy, MI | 125 | 4:25:29 |
| 15 | Mike Huff | Winston Salem, NC | 136 | 4:30:30 |
| 16 | Anthony Lehman | Decatur, IN | 147 | 4:42:19 |

30-34 - FEMALE

| | | | | |
|---|-----------------|----------------|-----|---------|
| 1 | Linda Ianucilli | Fort Wayne, IN | 85 | 3:55:46 |
| 2 | Laurie Whisler | Fort Wayne, IN | 118 | 4:19:53 |
| 3 | Angel Frain | Orland, IN | 123 | 4:23:52 |
| 4 | Shelley Davis | Denon, PA | 158 | 4:54:41 |
| 5 | Anita Lehman | Decatur, IN | 177 | 5:23:38 |

35-39 - MALE

| | | | | |
|----|-----------------|------------------|-----|---------|
| 1 | Brian Miller | Rockford, IL | 5 | 2:53:13 |
| 2 | Michael Clay | Convoy, OH | 6 | 2:58:37 |
| 3 | Michael Skipper | Grandville, MI | 10 | 3:10:30 |
| 4 | Matt Sherwood | Battle Creek, MI | 11 | 3:10:32 |
| 5 | Timm Wallis | Evansville, IN | 15 | 3:14:52 |
| 6 | Gary Jensen | Columbus, OH | 16 | 3:15:16 |
| 7 | Peter Cooper | Pontiac, MI | 21 | 3:18:09 |
| 8 | Ed Jacob | Van Wert, OH | 25 | 3:23:03 |
| 9 | D. Reimschisel | Leo, IN | 31 | 3:26:12 |
| 10 | Ron Zartman | Fort Wayne, IN | 32 | 3:26:21 |
| 11 | Chris Horan | New Castle, IN | 47 | 3:33:01 |
| 12 | Brinton Farrand | Martinsville, IN | 53 | 3:35:32 |
| 13 | Todd Hoskins | Indianapolis, IN | 60 | 3:39:11 |
| 14 | John Smith | Townville, PA | 66 | 3:41:47 |
| 15 | Thomas Roesch | Cincinnati, OH | 70 | 3:45:24 |
| 16 | Kim Herlan | Fort Wayne, IN | 71 | 3:45:36 |
| 17 | Mark Ornstein | New York, NY | 78 | 3:50:23 |
| 18 | Bruce Purdy | Milan, MI | 80 | 3:53:04 |
| 19 | Brent Barta | Zionsville, IN | 86 | 3:57:21 |
| 20 | Robert Berger | Fort Wayne, IN | 91 | 3:58:33 |
| 21 | Vernon Ceder | Fort Wayne, IN | 95 | 4:03:18 |
| 22 | Stephen Brown | Fort Wayne, IN | 105 | 4:14:13 |
| 23 | Richard Eddie | Huntington, IN | 119 | 4:20:24 |
| 24 | Bill Steadman | Indianapolis, IN | 124 | 4:24:25 |
| 25 | David Shattuck | Korea | 137 | 4:30:41 |
| 26 | Alexio Sherman | Bloomington, IN | 138 | 4:30:48 |
| 27 | Michael Miller | Flora, IN | 140 | 4:34:03 |

35-39 - MALE

| | | | | |
|----|-----------------|------------------|-----|---------|
| 28 | Jay Gilbert | Fort Wayne, IN | 163 | 5:06:16 |
| 29 | Aziz Uras | Chicago, IL | 164 | 5:06:40 |
| 30 | James O'Hara | Indianapolis, IN | 170 | 5:15:01 |
| 31 | Timothy Doss | Austin, TX | 172 | 5:18:17 |
| 32 | Carter Sherline | Ann Arbor, MI | 183 | 5:34:18 |

35-39 - FEMALE

| | | | | |
|---|---------------|------------------|-----|----------|
| 1 | E. Wladecki | Fort Wayne, IN | 76 | 3:49:00 |
| 2 | Lorraine Fox | Fort Wayne, IN | 87 | 3:57:24 |
| 3 | Ruta Mazelis | South Euclid, OH | 106 | 4:14:35 |
| 4 | Eileen Warner | Piqua, OH | 112 | 4:16:18 |
| 5 | J. Matsushima | Chicago, IL | 182 | 5:32:08 |
| 6 | Susan Daley | Chicago, IL | 189 | 6:38:38* |

40-44 - MALE

| | | | | |
|----|-------------------|-------------------|-----|---------|
| 1 | Rex Piercy | Logansport, IN | 18 | 3:16:31 |
| 2 | David Paugh | Seymour, IN | 19 | 3:17:09 |
| 3 | S. Zimmerman | Gera, Germany | 28 | 3:24:19 |
| 4 | Ronald Winger | Greenwood, IN | 35 | 3:27:48 |
| 5 | Wolfgang Loescher | Lausnitz, Germany | 37 | 3:28:19 |
| 6 | John McPherson | Fort Wayne, IN | 40 | 3:28:48 |
| 7 | John Lies | Cincinnati, OH | 41 | 3:28:51 |
| 8 | Jeff Barnett | Ann Arbor, MI | 42 | 3:29:29 |
| 9 | John Lent | Franklin, NJ | 45 | 3:31:57 |
| 10 | Grant Putnam | Logansport, IN | 46 | 3:32:38 |
| 11 | David Weikel | Fort Wayne, IN | 75 | 3:47:49 |
| 12 | Paul Hayes | Fort Wayne, IN | 77 | 3:50:09 |
| 13 | Jon Schlatter | Fort Wayne, IN | 81 | 3:53:10 |
| 14 | Gary Walker | Fort Wayne, IN | 93 | 4:00:25 |
| 15 | Marty Snortum | El Paso, TX | 100 | 4:09:46 |
| 16 | Stan Yanko sky | Metamora, OH | 101 | 4:10:45 |
| 17 | Stephen Heitz | Bufflao Grove, IL | 111 | 4:15:38 |
| 18 | George Corbin | Columbus, OH | 128 | 4:27:24 |
| 19 | Donald Clark | St. Paul, MN | 165 | 5:10:48 |
| 20 | Lee Schluge | Indianapolis, IN | 169 | 5:15:01 |

40-44 - FEMALE

| | | | | |
|---|------------------|-------------------|-----|---------|
| 1 | Janet Suttmiller | Centerville, OH | 44 | 3:31:22 |
| 2 | Cathy Tibbetts | Farmington, NM | 54 | 3:36:17 |
| 3 | Carolyn Smith | Cincinnati, OH | 61 | 3:39:31 |
| 4 | S. Mordorski | Buffalo Grove, IL | 114 | 4:17:06 |
| 5 | Susan Gallmeyer | Fort Wayne, IN | 157 | 4:54:25 |
| 6 | Deb Hood | Flora, IN | 186 | 5:59:10 |

45-49 - MALE

| | | | | |
|---|-------------------|-------------------|----|----------|
| 1 | Bob Byers | Kalamazoo, MI | 14 | 3:12:39 |
| 2 | Jed Pearson | Columbia City, IN | 23 | 3:19:09 |
| 3 | Larry Whitaker | Perrysburg, OH | 26 | 3:23:22 |
| 4 | Ralph Thompson | Akron, OH | 29 | 3:24:21 |
| 5 | Stephen Haley | Brownsburg, IN | 36 | 3:27:49 |
| 6 | Frederick Stoffel | Columbia City, IN | 43 | 3:29:36 |
| 7 | Verton Troyer | Elkhart, IN | 50 | 3:34:41 |
| 8 | Steve Boone | Houston, TX | 56 | 3:37:556 |
| 9 | Bill Sved | Marquette, MI | 58 | 3:38:18 |

45-49 - MALE Continued.....

| | | | | |
|----|------------------|-------------------|-----|----------|
| 10 | Dick Canterbury | Chesterton, IN | 62 | 3:39:32 |
| 11 | Jim Snyder | Graham, NC | 63 | 3:40:56 |
| 12 | Ronald Ascenzo | Sterling Hts., MI | 64 | 3:41:18 |
| 13 | Joe Maxson | Indianapolis, IN | 72 | 3:46:18 |
| 14 | Joe Petite | Dublin, OH | 79 | 3:52:54 |
| 15 | David Winters | Huntington, IN | 96 | 4:03:21 |
| 16 | Tim Searle | Fort Wayne, IN | 108 | 4:15:00 |
| 17 | M. Rahman | Fort Knox, KY | 127 | 4:24:25 |
| 18 | David DeVaughn | Fort Wayne, IN | 132 | 4:29:18 |
| 19 | Donald Stump | Battle Creek, MI | 139 | 4:33:21 |
| 20 | Mike Daugherty | Winnamac, IN | 141 | 4:34:32 |
| 21 | Mike Camp | Fort Wayne, IN | 149 | 4:46:04 |
| 22 | Dr. Paul Piplani | Sturgeon Bay, WI | 154 | 4:47:43* |
| 23 | Wendell Harless | Birmingham, AL | 162 | 5:03:58 |
| 24 | Ken Silkworth | Fort Wayne, IN | 168 | 5:14:18 |

45-49 - FEMALE

| | | | | |
|---|-------------------|------------------|-----|---------|
| 1 | Sandy Padgett | Independence, KY | 67 | 3:43:24 |
| 2 | Linda Churchfield | Lake Charles, LA | 97 | 4:04:57 |
| 3 | Patricia Payette | Sylvania, OH | 145 | 4:39:58 |
| 4 | Sally Middleton | Mason, MI | 152 | 4:47:41 |
| 5 | Barb Scrogam | Fort Wayne, IN | 181 | 5:30:43 |

50-54 - MALE

| | | | | |
|----|----------------|-------------------|-----|---------|
| 1 | Bob Furnish | Bloomington, IN | 13 | 3:12:11 |
| 2 | John Champoux | Ontario, Canada | 73 | 3:46:36 |
| 3 | Norman Brokaw | Traverse City, MI | 74 | 3:46:50 |
| 4 | Robert Touhill | West Warwick, RI | 94 | 4:01:15 |
| 5 | Steve Herbold | Cincinnati, OH | 117 | 4:19:33 |
| 6 | Alan Fry | Cincinnati, OH | 120 | 4:21:17 |
| 7 | Ken Brook | Dublin, OH | 126 | 4:25:50 |
| 8 | Ed Buckalew | Grand Prairie, TX | 129 | 4:27:50 |
| 9 | Rex Wilson | Eatontown, NJ | 130 | 4:28:06 |
| 10 | Edward Moore | Martinsburg, WV | 148 | 4:43:34 |
| 11 | Joseph Johnson | Decatur, IN | 150 | 4:46:23 |
| 12 | Ron Berby | Mason, MI | 153 | 4:47:41 |
| 13 | Tom Adair | Atlanta, GA | 159 | 4:55:40 |
| 14 | Jim Reeve | Farmington, MI | 167 | 5:12:24 |
| 15 | Bill Whipp | Carlisle, OH | 174 | 5:18:22 |
| 16 | Robert Trigg | Louisville, KY | 185 | 5:35:41 |

50-54 - FEMALE

| | | | | |
|---|----------------|----------------|-----|---------|
| 1 | S. Kleinknight | Fort Wayne, IN | 180 | 5:28:37 |
| 2 | Lois Brown | Sebring, FL | 184 | 5:34:19 |

55-59 - MALE

| | | | | |
|---|-----------------|---------------------|-----|---------|
| 1 | Larry Averbeck | Fort Wayne, IN | 38 | 3:28:28 |
| 2 | Andrew Kotulski | Upper Montclair, NJ | 48 | 3:33:49 |
| 3 | Alfred Koehn | Ontario, Canada | 55 | 3:37:49 |
| 4 | Don Andree | Richland, MI | 88 | 3:58:03 |
| 5 | Bill Tushaus | St. Louis, MO | 98 | 4:05:31 |
| | Ken Thompson | Akron, OH | 99 | 4:07:00 |
| 7 | Fritz Patzelt | Gera, Germany | 104 | 4:11:41 |

55-59 - MALE Continued...

| | | | | |
|----|---------------|------------------|-----|---------|
| 8 | George Stump | Sharonville, OH | 109 | 4:15:08 |
| 9 | Leland Sibrel | Fort Wayne, IN | 122 | 4:23:43 |
| 10 | Rick Wilcox | Coldwater, MI | 131 | 4:29:01 |
| 11 | Richard Brown | Sebring, FL | 134 | 4:30:14 |
| 12 | Bill Mack | Defiance, OH | 135 | 4:30:14 |
| 13 | LeRoy Kessler | Ceres, CA | 151 | 4:47:21 |
| 14 | Jerry Herndon | Cabin Creek, WV | 171 | 5:16:06 |
| 15 | Hong Cook | Grosse Point, MI | 188 | 6:27:53 |

55-59 - FEMALE5

| | | | | |
|---|------------------|---------------|-----|---------|
| 1 | Joan Gary | Fremont, IN | 156 | 4:54:12 |
| 2 | Elaine Doll-Dunn | Spearfish, SD | 161 | 5:03:57 |

60-64 - MALE

| | | | | |
|---|------------------|-------------------|-----|---------|
| 1 | Dick Green | East Chatham, NY | 27 | 3:23:34 |
| 2 | Louis Joline | Lake Lotawana, MO | 33 | 3:26:27 |
| 3 | Alejandro Vargas | San Antonio, TX | 65 | 3:41:30 |
| 4 | Ken Nofziger | Archbold, OH | 102 | 4:11:04 |
| 5 | Peter Butler | St. Paul, MN | 143 | 4:37:25 |
| 6 | David Payette | Sylvania, OH | 146 | 4:40:02 |
| 7 | Norm Frank | Rochester, NY | 176 | 5:22:54 |
| 8 | Ray Scharenbrock | So. Milwaukee, WI | 178 | 5:25:25 |

* Time includes 62:21 early start

65-69 - MALE

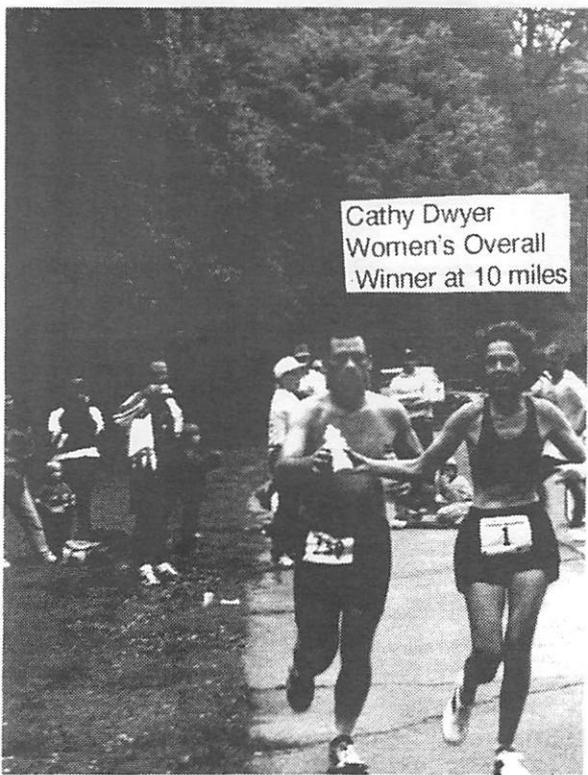
| | | | | |
|---|----------------|-----------------|-----|---------|
| 1 | Walter Blair | Hamilton, OH | 20 | 3:17:51 |
| 2 | Al Becken | San Antonio, TX | 49 | 3:34:01 |
| 3 | Omer Allard | San Antonio, TX | 107 | 4:14:43 |
| 4 | Brian Reynolds | Toronto, Canada | 113 | 4:16:41 |
| 5 | Bill Briggs | Paris, IL | 142 | 4:35:43 |
| 6 | Robert Shimmel | Grosse Ile, MI | 166 | 5:12:13 |
| 7 | James P. Jones | Fort Wayne, IN | 187 | 5:59:22 |

70 + - MALE

| | | | | |
|---|----------------|-----------------|-----|---------|
| 1 | Burt Carlson | Mound, MN | 155 | 4:52:20 |
| 2 | Dean Rademaker | Springfield, IL | 174 | 5:21:31 |
| 3 | Randolph Smith | Atlanta, GA | 179 | 5:25:25 |

70 + - FEMALE

| | | | | |
|---|-------------|------------|-----|---------|
| 1 | Lillie Doss | Austin, TX | 190 | 7:55:46 |
|---|-------------|------------|-----|---------|



Some Faces From Scott's Hoosier Marathon



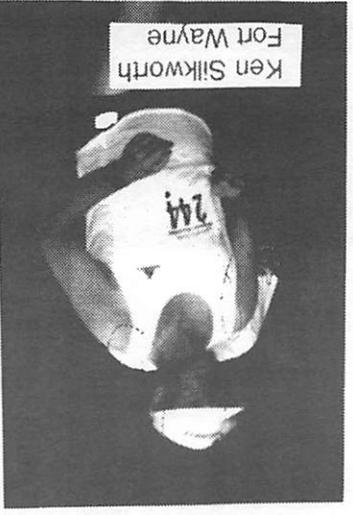
Andrew Barnhart
at Wheelchair Start



Bob Furnish
Bloomington



Chuck Schlemmer
Ligonier



Ken Silkworth
Fort Wayne



Terry Marcott
Brownstown



Mark Walter
Garrett



Angel Frain
Orland

Vernon Ceder
Fort Wayne

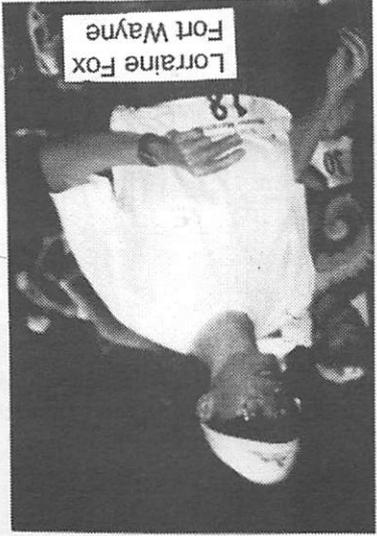


Verton Troyer
Elkhart

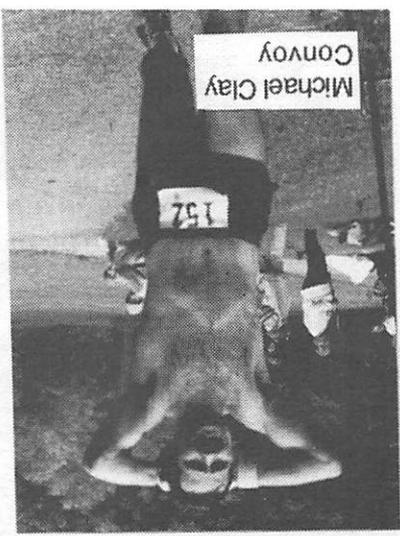
Linda Gorman
Decatur



Don Lindley
Official Timer



Lorraine Fox
Fort Wayne



Michael Clay
Convooy

QUEST FOR 100

By Joyce Hockensmith

In order to have a reason to train, other than for the pure enjoyment of running, it is good for runners to set goals. Last December I accomplished my goal to run a marathon in every state plus the District of Columbia. The goal which seemed so elusive several years ago, became a reality, so what now? Becoming a member of 50 & D.C. Marathon Group has meant more than just running a marathon in every state. It has meant meeting people all over the country, and establishing many friendships. In discussing future plans with Bob, I realized that if we quit running marathons all over the country, we would miss seeing our friends. In the past year, wherever we went, whether it was to Tupelo, Mississippi, Storm Lake, Iowa, or even Anchorage, Alaska, we always saw old friends, and usually made a few more new ones. It is great to get together for a meal in these remote places with a group of people with whom you share common interests. No one is upset if we talk running, because that is the reason we have come together in this particular place. I'll be the first to admit that marathoning has become an addiction, for traveling, for seeing areas of the country I would not normally see, and for having a good time with friends. Thus I have set my next goal, which is to run 100 marathons. Last Saturday at Grandfather Mountain in North Carolina, I ran my 94th marathon. If all goes right I have plans to run marathons in Salt Lake City, Juneau, Alaska, Danville, Illinois, Cincinnati, Ohio, Columbia, Missouri, and Bismarck, North Dakota in the next two months, making my goal of 100 marathons become a reality at the Northern Shufflers Marathon in Marquette, Michigan on September 14. So if you've nothing better to do that weekend, come to Marquette and help me celebrate that evening.

2,834 Marathons gathered in one place



Hoosier Marathon
Sunday, June 9, 1996

Foster Park
Fort Wayne, IN

50 State Marathon Group Reunion & Cookout
Hosted by Joyce & Bob Hockensmith

| | | | |
|-------------------|-----|-----------------|--------------|
| Norm Frank | 602 | Bob Hockensmith | 85 |
| Sharon Mordorski | 242 | Susan Daley | 82 |
| Ray Scharenbrock | 227 | Wendell Harless | 80 |
| Andrew Kotuiski | 212 | LeRoy Kessler | 68 |
| Robert Shimmel | 194 | Lois Brown | 70 |
| Al Becken | 190 | Ken Thompson | 64 |
| Randy Smith | 143 | John Lent | 55 |
| Steve Heitz | 122 | Dean Rademaker | 55 |
| Dick Brown | 120 | Dr Paul Piplani | 33 |
| Joyce Hockensmith | 90 | Tom Adair | <u>11</u> |
| Alfred Koehn | 89 | TOTAL | 2,834 |

RIVERFEST RACE

July 6, 1996
By Gary Selking

The race was at the Minnetrsta Cultural Center in Muncie. This is the first time I have run this race. There was a 5K run, 5K walk, and 10K walk. I entered the 5K run. There were about 90 to 100 that entered (all combined). The course was mostly a down and back course. The only real turns were near the finish line as the parking lot entrance curved. The run was part of the Endurafest in Muncie. There is a festival each time they have their run. I ran the race in less than 30 minutes but barely (29:58). The race went by Ball State University. There was plenty of fruit and beverages for the runners.

RUN FOR THE KIDS 5K & 1 MILE Saturday, June 11, 1996

Run for the Kids raises money to take the 3rd & 4th grade summer school classes at West Noble Elementary School to see a South Bend Silver Hawks game.

Special thanks to Van Camps for donating an extra Silver Hawks ticket because not enough money was raised to purchase all the needed tickets.

Special thanks to Pizza Hut for donating 8 pizza cards used as prizes/

Record 50 runners participated.

| | | | | | |
|-------------------------------|----------------|-------|------------------------------------|-------------------|-------|
| Overall Winners (Male) | | | Overall Winners (Female) | | |
| 1st | Brian Shepherd | 15:25 | 1st | Naomi Fruchey | 20:23 |
| 2nd | Moses Trejo | 16:41 | 2nd | Elizabeth Moore | 21:00 |
| 3rd | Mike Fruchey | 17:13 | 3rd | Kali Crawford | 23:43 |
| Male 15-Under | | | Male 60 - Over | | |
| 1 | Khelli Leitch | 18:08 | 1 | Eugene Striggle | 28:27 |
| 1 | Danny Butler | 18:08 | | | |
| 2 | Andy Schultz | 19:56 | Female 16-19 | | |
| 3 | J.D. Emmert | 25:10 | 1 | Jessica Walker | 25:32 |
| 3 | Jophn Parsons | 25:10 | | | |
| 3 | Andy Reed | 25:10 | Female 40-44 | | |
| 3 | Brent Herald | 25:10 | 1 | Dawn Luttmann | 24:36 |
| Male 16-19 | | | Female 50-Over | | |
| 1 | David Hettler | 18:00 | 1 | Joan Gary | 33:02 |
| 2 | Andy Grievank | 18:05 | | | |
| 3 | Adam Frick | 18:08 | One Mile - Boys & Girls | | |
| 3 | Matt Kozar | 18:08 | 1 | Ryan Brown | 6:00 |
| 3 | Clint Phares | 18:08 | 2 | Alissa Werst (F) | 6:29 |
| 4 | Greg Patrick | 18:58 | 3 | Noe Camps | 6:33 |
| 5 | Sam Vargas | 19:03 | 4 | Jared Osman | 6:38 |
| 5 | Elieser Jasso | 19:03 | 5 | Sharla Weiner (F) | 7:10 |
| 6 | Andy James | 20:58 | 6 | Billy Gantt | 7:17 |
| 7 | Kevin Jane | 22:17 | 7 | Dana Hoffelder | 7:36 |
| 8 | Rodney Hettler | 23:09 | 8 | Castille DeWells | 7:57 |
| Male 20-24 | | | 9 | Tony Wilson | 8:12 |
| 1 | Morry Riddle | 18:22 | 10 | Brandon Brasel | 8:22 |
| 1 | Mike Flora | 18:22 | 11 | Kim Brewer (F) | 8:37 |
| Male 40-44 | | | 12 | Anthony Feldman | 8:42 |
| 1 | Hal Pearson | 18:08 | 13 | Bryan Reed | 9:16 |
| 2 | Doug Yoder | 19:56 | 14 | Tiffany Cox (F) | 9:54 |
| Male 45-49 | | | 15 | Dustin Marshall | 10:14 |
| 1 | Joel Scharzter | 22:21 | 16 | Janet Hursey (F) | 10:18 |
| 2 | John Luttmann | 23:10 | 17 | Alesia Igos (F) | 11:05 |
| Male 50-54 | | | 18 | Janie Hursey (F) | 11:08 |
| 1 | Keenis Owens | 26:12 | 19 | Genice Addis (F) | 11:14 |

Photo on opposite page of Brian Shepherd with Calieb Bernard and Billy Gantt.

CLEAR LAKE 10K / 5K RUN FOR THE BLIND

Submitted by Larry Lee, Race Director

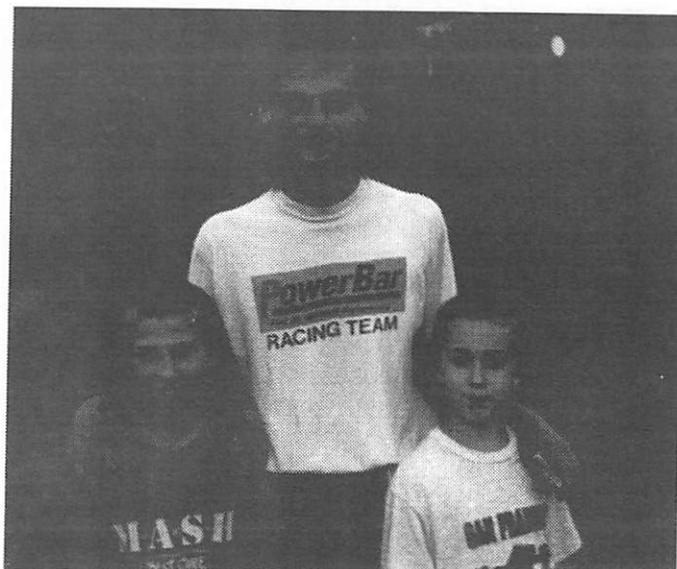
This year's Clear Lake Run for the Blind on August 24, 1996 includes, for the first time, a 5K race in addition to its traditional 10K format. Both races start at 8:30 AM (Indiana time), and share common starting and finish lines. The race organizers are all long-time FWTC members: Dick Waterfield, Marcia and Bill Schmidt, Tom Hunbrecht, and Larry Lee. They are hoping that adding the 5K race, starting the races at an earlier time, and appealing to both the FWTC and Toledo Road Runners through a possible inter-club Challenge Cup competition will generate the kind of entry numbers that this race attracted in the late 1980's.

The Clear Lake 10K has enjoyed an interesting history. Located in the extreme northeast corner of Indiana, 6 miles east of Fremont, IN, it originally had a definite Toledo, OH flavor. Its founder and perennial race director was Kent Bueher, a teenager from Toledo, whose family had a summer cottage at Clear Lake. Kent was an avid distance runner, and member of the Toledo Road runners. Although many FWTC members ran Clear Lake during its original 10 year life (1978-1987), the majority of entrants were Bueher's fellow Toledo Road Runners. In the late '80's, the field reached its highest mark of almost 400.

When the Bueher family ceased summer vacationing at Clear Lake, Kent's race died for the lack of a director. The current organizers lamented the demise of their favorite race. They agreed that the laid-back lake country atmosphere, coupled with the single 6.2 mile loop around the prettiest lake in Indiana, made for as ideal racing conditions as they had ever experienced. In the summer of 1994, they decided to resume this gem of a race. The August 24, 1996 running will be the third rendition of the "new" Clear Lake Race for the Blind.

Why should you enter this year's races? You, too, may well find the 10K course the most scenic and enjoyable you have ever run. The 5K race, though shorter and out-and-back, follows a beautiful route, too. An hour's drive too far to enter a 5K or 10K? Clear Lake has a public beach and public boat access one half mile from the start line. Bring the family or friends, bring the swimsuits, pack a picnic lunch, or eat at a deli or restaurant on the lake. Make a day of it. Clear Lake is gorgeous for activities other than running.

Both the 5K and 10K courses are certified, and will have the FWTC race clock and Don Lindley on hand to assure accurate race results. The 5K will have two water stations; the 10K five water stations, and timers at every mile mark. Powerade, cookies, bananas, and oranges at the finish. Trophies two deep in the customary age groups for males and females for each race, plus door prizes for which all runners are eligible. As always, all net proceeds go to the Clear Lake Lions Club Eye Bank. A great day of racing for a great cause. Preregistration until August 10, 1996. Write Lean Yagodinski, P.O. Box 12925, Fort Wayne, IN 46866, or call (219) 434-8232 weekdays 8 AM-5 PM. Race day registration at 7:30 Indiana time. First 100 runners receive Clear Lake 10K visors. See you at Clear Lake on August 24 !



**FORT WAYNE CHILDREN'S ZOO
"RUN WILD!" 4-MILE RUN
JULY 4, 1996**

| PL | 14 & UNDER | MALES | OV | TIME |
|----|------------|------------|-----|-------|
| 1 | SCOTT | HARDWAY | 4 | 22:09 |
| 2 | NATHAN | PEFFLEY | 38 | 24:53 |
| 3 | NICK | BUSTOS | 54 | 26:12 |
| 4 | CHESTER | BENNETT | 80 | 27:14 |
| 5 | SIMON | LESSER | 104 | 28:15 |
| 6 | ROBERT | JENKINS | 107 | 28:22 |
| 7 | GEORGE | GUIDS | 146 | 29:58 |
| 8 | MATT | DEXHEIMER | 157 | 30:17 |
| 9 | KEVIN | MILLS | 205 | 31:55 |
| 10 | CODY | MESSMAN | 208 | 31:58 |
| 11 | SEAN | LEFFER | 223 | 32:42 |
| 12 | CHRIS | MOSSBURG | 242 | 33:20 |
| 13 | SPENCER | MIZE | 310 | 36:54 |
| 14 | ADAM | TROWBRIDGE | 368 | 42:20 |

| PL | 20-24 | MALES | OV | TIME |
|----|---------|----------|-----|-------|
| 1 | DAVID | PELIS | 1 | 21:26 |
| 2 | JEREMY | SCHMIDT | 2 | 21:27 |
| 3 | OWEN | LEIMBACK | 6 | 22:28 |
| 4 | TOM | BROWN | 18 | 23:39 |
| 5 | DAVE | BROERMAN | 20 | 23:46 |
| 6 | DAN | KING | 21 | 23:47 |
| 7 | DAVID | FOOTE | 24 | 23:54 |
| 8 | BEAU | DOWDEN | 32 | 24:42 |
| 9 | KENT | SHAW | 37 | 24:53 |
| 10 | PHILLIP | STEWART | 71 | 26:55 |
| 11 | BRAD | PETERSON | 102 | 28:13 |
| 12 | TODD | SULLIVAN | 178 | 31:03 |
| 13 | KEVIN | NEHER | 189 | 31:26 |
| 14 | DAN | SABAN | 202 | 31:51 |

| PL | 35-39 | MALES | OV | TIME |
|----|---------|-------------|-----|-------|
| 1 | CHUCK | SCHLEMMER | 5 | 22:26 |
| 2 | TERRY R | DILLER | 9 | 23:04 |
| 3 | MARVIN | COMBS | 10 | 23:14 |
| 4 | BRYAN | KEISTER | 39 | 24:55 |
| 5 | JAMES E | BUSHEY | 44 | 25:40 |
| 6 | DEAN | EHRENHEIMER | 48 | 25:47 |
| 7 | RICK L | GILBERT | 56 | 26:14 |
| 8 | JOHN | SCHUMACHER | 94 | 27:54 |
| 9 | CRAIG | BOBAY | 101 | 28:11 |
| 10 | ROLLAN | SENSIBAUGH | 111 | 28:28 |
| 11 | JOE | KOBIELA | 115 | 28:35 |
| 12 | CHET | SIVLEY | 124 | 29:04 |
| 13 | DAVID | GILDER | 136 | 29:36 |
| 14 | JIM | ANDERSON | 139 | 29:44 |
| 15 | BOB | BERGER | 140 | 29:49 |
| 16 | GREGG | KURTZ | 145 | 29:51 |
| 17 | ROBIN | BITTING | 151 | 30:05 |
| 18 | STEVE | COMBS | 156 | 30:15 |
| 19 | RICK | EDDIE | 175 | 30:57 |
| 20 | GREG | SIMMONS | 176 | 31:01 |
| 21 | DANIEL | SOULE | 184 | 31:13 |
| 22 | KEITH | CAUDILL | 192 | 31:30 |
| 23 | JAMES | TRACE | 211 | 32:18 |
| 24 | RICH | CLARK | 215 | 32:28 |
| 25 | SCOTT | SCHENIDEL | 222 | 32:36 |
| 26 | DEAN | WHITMAN | 227 | 32:49 |
| 27 | RICHARD | QUINTANO | 231 | 32:59 |
| 28 | HENRY | TAYLOR | 251 | 33:44 |
| 29 | JAMES W | THOMPSON | 268 | 34:33 |
| 30 | JEFF | MILLEMAN | 269 | 34:34 |
| 31 | ERIC | STOIBER | 284 | 35:25 |
| 32 | JOE | WIKTOROWICZ | 288 | 35:59 |
| 33 | STEVE | LUDWISKI | 295 | 36:22 |
| 34 | DEAN | RUSS | 296 | 36:25 |
| 35 | JAMES | HENDRIX | 308 | 36:46 |
| 36 | JOHN | MORGAN | 323 | 37:24 |
| 37 | GARY | SELKING | 357 | 39:42 |

| PL | 15-19 | MALES | OV | TIME |
|----|---------|-----------|-----|-------|
| 1 | ERIC | ADE | 7 | 22:29 |
| 2 | DAN | BRIER | 13 | 23:22 |
| 3 | TOD | ESQUIVEL | 14 | 23:23 |
| 4 | RYAN | FRIES | 22 | 23:51 |
| 5 | CHAD | CLEVENGER | 26 | 23:58 |
| 6 | CHRIS | HENDERSON | 28 | 24:08 |
| 7 | TIM | PETERSON | 29 | 24:10 |
| 8 | KEVIN | GFELL | 30 | 24:31 |
| 9 | MATT | GUEBARD | 31 | 24:37 |
| 10 | CHRIS | BUEHRER | 33 | 24:45 |
| 11 | JASON | SORG | 38 | 24:54 |
| 12 | ANDY | MCCREARY | 40 | 25:14 |
| 13 | MATT | DUBACH | 41 | 25:15 |
| 14 | CHRIS | LOWDEN | 47 | 25:41 |
| 15 | JEREMY | RAHRIG | 45 | 25:41 |
| 16 | NATHAN | PETTIGREW | 49 | 26:04 |
| 17 | JODY | MCFARRER | 55 | 26:13 |
| 18 | JUSTIN | ROBERTSON | 57 | 26:18 |
| 19 | JEREMY | LESH | 58 | 26:20 |
| 20 | TOM | FISHER | 60 | 26:23 |
| 21 | JOSH | SIMMERMAN | 63 | 26:38 |
| 22 | SEAN | GRIDER | 72 | 26:55 |
| 23 | MICHAEL | CASIANO | 103 | 28:14 |
| 24 | ANDY | MOSSBURG | 110 | 28:25 |
| 25 | ANTHONY | CRONIN | 132 | 29:33 |
| 26 | CHARLIE | SANDERS | 138 | 29:43 |
| 27 | MATT | MOSSBURG | 144 | 29:50 |
| 28 | BRIAN | WALLACE | 148 | 29:59 |
| 29 | ABRAHAM | COCHRAN | 204 | 31:53 |
| 30 | BEN | DEITLE | 270 | 34:35 |
| 31 | DENNIS | HANSON | 276 | 34:51 |
| 32 | JACOB | BLOOM | 281 | 35:21 |
| 33 | JASON | MEYER | 286 | 35:55 |

| PL | 25-29 | MALES | OV | TIME |
|----|---------|---------|-----|-------|
| 1 | JERRY | GERIG | 11 | 23:20 |
| 2 | JOHN | HOGSETT | 15 | 23:23 |
| 3 | KEITH | WALTER | 17 | 23:27 |
| 4 | KIRK | EISERT | 43 | 25:25 |
| 5 | CHRIS | MARKS | 62 | 26:35 |
| 6 | DAVID | PANNING | 79 | 27:09 |
| 7 | CHRIS | CROWELL | 127 | 29:16 |
| 8 | STEVE | NEWELL | 130 | 29:30 |
| 9 | ROSS | HALES | 134 | 29:34 |
| 10 | JOHN | BERG | 166 | 30:45 |
| 11 | RON | JOSLIN | 272 | 34:38 |
| 12 | CARL | PACE | 322 | 37:21 |
| 13 | CHRIS | MEYER | 330 | 37:48 |
| 14 | MATTHEW | DECKARD | 382 | 47:24 |

| PL | 30-34 | MALES | OV | TIME |
|----|-----------|------------|-----|-------|
| 1 | JON | BEASLEY | 8 | 22:58 |
| 2 | JOHN | SCHNEIDERS | 19 | 23:43 |
| 3 | WARD | MOYA | 23 | 23:53 |
| 4 | MARK | WALTER | 25 | 23:55 |
| 5 | DAVE | ARENS | 27 | 24:05 |
| 6 | LENNY | DUFF | 46 | 25:41 |
| 7 | JON | SCHLEMMER | 51 | 26:09 |
| 8 | BILL | ROONEY | 66 | 26:49 |
| 9 | TERRY | TEEGARDIN | 85 | 27:27 |
| 10 | LOUIE | ORTIZ | 100 | 28:10 |
| 11 | JAY | WILSON | 129 | 29:26 |
| 12 | ERIC | ZOLMAN | 135 | 29:35 |
| 13 | SCOTT | QUALLS | 141 | 29:49 |
| 14 | MICHAEL | NAGEL | 164 | 30:38 |
| 15 | STEVE | MCMAHON | 168 | 30:46 |
| 16 | RICK | COLLINS | 181 | 31:05 |
| 17 | FRANK | AERTS | 197 | 31:36 |
| 18 | DON | LANGENBECK | 198 | 31:39 |
| 19 | ANTHONY L | LEHMAN | 213 | 32:26 |
| 20 | LOU | DORNSEIF | 258 | 33:59 |
| 21 | DAVID | MCGLENNEN | 262 | 34:26 |
| 22 | JIM | MADDALONE | 289 | 36:02 |
| 23 | MICHAEL | SOUDER | 307 | 36:45 |
| 24 | BRIAN | NEHRIG | 325 | 37:34 |
| 25 | SCOTT | JOHNSON | 347 | 39:00 |
| 26 | CHRIS | CORRAD | 355 | 39:31 |



FORT WAYNE CHILDREN'S ZOO "RUN WILD!" 4-MILE RUN

| PL | 40-44 | MALES | OV | TIME |
|----|----------|--------------|-----|-------|
| 1 | HAL | PEARSON | 12 | 23:21 |
| 2 | DANIEL | GREEN | 35 | 24:50 |
| 3 | DAVID | DORAIS | 42 | 25:22 |
| 4 | BRUCE | VINCENT | 52 | 26:10 |
| 5 | JOHN | TRELEAVEN | 53 | 26:11 |
| 6 | MARK A | BRATTOLI | 61 | 26:29 |
| 7 | GEORGE | PETERSEN | 65 | 26:47 |
| 8 | STEVEN | SUMMERS | 67 | 26:51 |
| 9 | JOE | PETERS | 84 | 27:25 |
| 10 | TED | TIERNON | 86 | 27:29 |
| 11 | DENNIS | CONNER | 88 | 27:32 |
| 12 | PAUL | MILLER | 91 | 27:40 |
| 13 | DAVID | WEIKEL | 92 | 27:43 |
| 14 | PAUL | HAYES | 93 | 27:44 |
| 15 | JIM | WEIDE | 95 | 27:55 |
| 16 | SCOTT | POWELL | 96 | 27:57 |
| 17 | RICK | BRUGGEMAN | 98 | 28:07 |
| 18 | JERRY | SCHOWE | 108 | 28:23 |
| 19 | NEIL | TATE | 117 | 28:45 |
| 20 | RANDY | VETTER | 118 | 28:46 |
| 21 | JONATHAN | SCHLATTER | 121 | 28:48 |
| 22 | STEVE | BOGENSCHULTZ | 123 | 28:56 |
| 23 | BRENT | CLARK | 131 | 29:32 |
| 24 | THOMAS J | FELTS | 143 | 29:50 |
| 25 | SAMUEL | HADLEY | 167 | 30:46 |
| 26 | FRED | NOLTING | 170 | 30:52 |
| 27 | STEPHEN | HILKER | 173 | 30:54 |
| 28 | JERRY | DAVIS | 177 | 31:02 |
| 29 | LARRY | LANDIS | 180 | 31:05 |
| 30 | GREG | FRIEND | 182 | 31:09 |
| 31 | JEFF | BRAMAN | 221 | 32:35 |
| 32 | PATRICK | RYAN | 226 | 32:47 |
| 33 | WARREN | FERGUSON | 245 | 33:26 |
| 34 | ALAN | BRADLEY | 247 | 33:31 |
| 35 | J.PAUL | DOWNIE | 248 | 33:32 |
| 36 | JOE | HOHE | 261 | 34:23 |
| 37 | ROBERT | GEBHARD | 267 | 34:31 |
| 38 | GARY | RICE | 306 | 36:44 |
| 39 | WILLIAM | FOGLE | 312 | 36:57 |
| 40 | LARRY | WARD | 361 | 40:23 |

| PL | 45-49 | MALES | OV | TIME |
|----|----------|-------------|-----|-------|
| 1 | GARY | RICKNER | 16 | 23:24 |
| 2 | KEN | LONG | 34 | 24:47 |
| 3 | DOUGLAS | HOHENBERGER | 75 | 27:03 |
| 4 | TIM | SEARLE | 76 | 27:06 |
| 5 | LARRY | SHAFFER | 87 | 27:31 |
| 6 | GARY | MCFARREN | 89 | 27:37 |
| 7 | LYNN E | ARMSTRONG | 99 | 28:08 |
| 8 | DAVID L | WINTERS | 105 | 28:19 |
| 9 | DENNIS K | STRAYER | 122 | 28:53 |
| 10 | STEVE | CORONA | 137 | 29:38 |
| 11 | MIKE | DISS | 149 | 30:00 |
| 12 | NORVAL | LEHMAN | 150 | 30:02 |
| 13 | BRUCE | PRESSLER | 162 | 30:28 |
| 14 | RAY | HARDING | 201 | 31:48 |
| 15 | PHILIP | KENNERK | 209 | 32:08 |
| 16 | CHARLY | KNEPPE | 219 | 32:32 |
| 17 | STEVE | GOLDTHWAITE | 238 | 33:09 |
| 18 | TED | ROLF | 243 | 33:21 |
| 19 | TOM | FUELLING | 244 | 33:22 |
| 20 | RICHARD | BUSTOS | 263 | 34:28 |
| 21 | JERRY | DIEHL | 266 | 34:30 |
| 22 | TOM | EWING | 297 | 36:26 |
| 23 | KEN | SILKWORTH | 298 | 36:27 |
| 24 | DENNIS | SONNTAG | 302 | 36:36 |
| 25 | LARRY | PIANO | 304 | 36:42 |
| 26 | TOM | AGNESS | 324 | 37:26 |
| 27 | JIM | DIETLE | 336 | 38:38 |
| 28 | TOM | RYAN | 364 | 40:53 |

| PL | 50-54 | MALES | OV | TIME |
|----|---------|-------------|-----|-------|
| 1 | MARK | DERHEIMER | 64 | 26:47 |
| 2 | BERNIE | BURGETTE | 90 | 27:39 |
| 3 | RAY | CASIANO | 112 | 28:32 |
| 4 | DAVID E | BOYLAN | 120 | 28:47 |
| 5 | BARRIE | PETERSON | 125 | 29:08 |
| 6 | VICTOR | LEWANDOWSKI | 158 | 30:20 |
| 7 | ED | BECKNER | 190 | 31:28 |
| 8 | JOHN | BRIER | 241 | 33:15 |
| 9 | JIM | MCGOWIN | 275 | 34:50 |
| 10 | DALE | BRANDENBERG | 350 | 39:20 |
| 11 | PAT | HARRIS | 352 | 39:21 |
| 12 | BOB | COLBURN | 370 | 42:52 |
| 13 | WIN | MOSES JR | 377 | 44:27 |

| PL | 55-59 | MALES | OV | TIME |
|----|--------|------------|-----|-------|
| 1 | LARRY | AVERBECK | 77 | 27:07 |
| 2 | TOM | FELGER | 159 | 30:20 |
| 3 | DICK | JOSLIN | 174 | 30:56 |
| 4 | ROBERT | GENSHEIMER | 185 | 31:16 |
| 5 | DON | ASHTON | 254 | 33:51 |
| 6 | BILL | HARRIS | 280 | 35:16 |
| 7 | ED | GEBHART | 337 | 37:49 |

| PL | 60 & OVER | MALES | OV | TIME |
|----|-----------|-----------|-----|-------|
| 1 | DON | ANDERSON | 119 | 28:46 |
| 2 | JOE | ZIEGLER | 155 | 30:13 |
| 3 | BERNIE | HUESING | 160 | 30:24 |
| 4 | LEFTY | WHITACRES | 228 | 32:52 |
| 5 | IAN | ROLLAND | 237 | 33:09 |
| 6 | DICK | SIVE | 278 | 35:00 |
| 7 | HOWARD | BASH | 294 | 36:16 |
| 8 | KENNETH | DISLER | 299 | 36:30 |
| 9 | JACK | HILKER | 313 | 36:58 |
| 10 | RUSSELL | SMITH | 314 | 36:59 |
| 11 | NEIL | AMDERSON | 319 | 37:13 |
| 12 | JAMES P | JONES | 344 | 38:44 |
| 13 | VERN | CHOVAN | 363 | 40:43 |



FORT WAYNE CHILDREN'S ZOO "RUN WILD!" Results - Female

| PL | 14 & UNDER | FEMALES | OV | TIME |
|----|------------|------------|-----|-------|
| 1 | MOLLY | SANDERS | 133 | 29:34 |
| 2 | AMY | KLENKE | 165 | 30:41 |
| 3 | KATIE | NOLTING | 169 | 30:51 |
| 4 | AUDREY | DUNNING | 186 | 31:21 |
| 5 | LINDSAE | RHOADS | 195 | 31:34 |
| 6 | BECKY | MOE | 207 | 32:06 |
| 7 | BETHANY | HUDSON | 230 | 32:58 |
| 8 | MELINDA | TACKETT | 239 | 33:12 |
| 9 | STEPH | GENTRY | 252 | 33:46 |
| 10 | RACHEL | STOFFEL | 271 | 34:35 |
| 11 | RACHEL | GREEN | 274 | 34:49 |
| 12 | MISSY | SCOTT | 283 | 35:24 |
| 13 | CAROLYN | MAGLEY | 305 | 36:43 |
| 14 | HAVILAH | HUDSON | 309 | 36:48 |
| 15 | JAMIE | TROWBRIDGE | 332 | 37:50 |
| 16 | CANDICE | SOUDER | 351 | 39:20 |
| 17 | FATINMA | SULLIVAN | 374 | 43:53 |

| PL | 15-19 | FEMALES | OV | TIME |
|----|-----------|-------------|-----|-------|
| 1 | EVIE | CORONA | 59 | 26:21 |
| 2 | STACY | CLAPP | 70 | 26:54 |
| 3 | KATHY | WEIKEL | 74 | 27:01 |
| 4 | MEGAN | DEXHEIMER | 78 | 27:08 |
| 5 | NICHOLE | OSTER | 82 | 27:21 |
| 6 | STEPHANIE | MAGLEY | 83 | 27:23 |
| 7 | SARA | WEIDE | 109 | 28:24 |
| 8 | ANNA | HUDSON | 147 | 29:57 |
| 9 | LISA M | PESCI | 152 | 30:09 |
| 10 | KELLY | KOCHERT | 153 | 30:10 |
| 11 | TANGIE | OSTER | 154 | 30:11 |
| 12 | TRINA | HARKENRIDER | 163 | 30:34 |
| 13 | CHRISTINE | SCHOUEL | 172 | 30:53 |
| 14 | MARY ANN | WILSON | 179 | 31:04 |
| 15 | ALLYSON | KLEINKNIGHT | 187 | 31:24 |
| 16 | LISA | CONNELLY | 188 | 31:25 |
| 17 | AMY | MARQUELINA | 191 | 31:29 |
| 18 | TIFFANY | SOUDER | 193 | 31:32 |
| 19 | ERIKA | KAMP | 194 | 31:33 |
| 20 | ILIA | SMITH | 196 | 31:35 |
| 21 | JANET | SOUDER | 199 | 31:42 |
| 22 | STEPHANIE | SIMMERMAN | 200 | 31:43 |
| 23 | CASSIE | PATTON | 212 | 32:25 |
| 24 | HOLLY | MCCUNE | 217 | 32:31 |
| 25 | RACHEL | SMITH | 249 | 33:34 |
| 26 | NICOLE | HOFFMAN | 255 | 33:52 |
| 27 | LAURA | LASH | 259 | 34:06 |
| 28 | JENNIFER | PERRY | 264 | 34:29 |
| 29 | CRYSTAL | GRAY | 282 | 35:23 |
| 30 | KELLEY | KLEINKNIGHT | 285 | 35:47 |
| 31 | MANDY | RYAN | 291 | 36:11 |
| 32 | ELIZABETH | TOWSLEY | 292 | 36:12 |
| 33 | TRICIA | CLARK | 303 | 36:38 |
| 34 | AMY | SPIETH | 339 | 38:40 |
| 35 | KIRSTY | BAKER | 338 | 38:40 |
| 36 | MEGAN | PAHMIER | 358 | 39:49 |
| 37 | ERICA | MILLS | 359 | 39:50 |
| 38 | HANNAN | MILLER | 360 | 39:51 |

| PL | 20-24 | FEMALES | OV | TIME |
|----|----------|-----------|-----|-------|
| 1 | MICHELLE | BUSKIRK | 210 | 32:11 |
| 2 | WENDY | BLACK | 216 | 32:28 |
| 3 | TONYA | BLACK | 224 | 32:42 |
| 4 | ANNE | SCHROEDER | 235 | 33:07 |
| 5 | DANIELLE | GROGG | 253 | 33:50 |
| 6 | AMY | MAYS | 256 | 33:53 |
| 7 | LAURA | WEIKEL | 257 | 33:58 |
| 8 | BECKY | DEITLE | 279 | 35:12 |
| 9 | CONNIE | TREACE | 342 | 38:42 |
| 10 | DEE | JOSEPH | 349 | 39:19 |
| 11 | AMY | GILBERT | 369 | 42:51 |

| PL | 25-29 | FEMALES | OV | TIME |
|----|----------|------------|-----|-------|
| 1 | RHONDA | BREISCHAFT | 69 | 26:53 |
| 2 | KRISTA | STAFFORD | 114 | 28:34 |
| 3 | KEBRA | BYRD | 161 | 30:28 |
| 4 | TAMMY | PANNING | 171 | 30:52 |
| 5 | SHELLY | GERIG | 203 | 31:52 |
| 6 | MADLINIE | ROSER | 208 | 32:07 |
| 7 | KAREN | LOUIS | 220 | 32:35 |
| 8 | AMY K | SIVLEY | 236 | 33:07 |
| 9 | MARIE | DAY | 260 | 34:16 |
| 10 | MARY | NEWELL | 317 | 37:12 |
| 11 | DENI | MEYER | 334 | 38:12 |
| 12 | CANDACE | GUM | 353 | 39:22 |
| 13 | JENNI | BERG | 356 | 39:41 |
| 14 | EMMA | SOTER | 379 | 46:03 |
| 15 | MARGO | SHUGAR | 385 | 53:24 |

| PL | 30-34 | FEMALES | OV | TIME |
|----|------------|-----------|-----|-------|
| 1 | ANNE | DUFF | 81 | 27:20 |
| 2 | LAURA | STETZEL | 116 | 28:43 |
| 3 | KIM | LARSEN | 142 | 29:49 |
| 4 | LISA | BALDWIN | 183 | 31:12 |
| 5 | KAREN | KOSBERG | 218 | 32:31 |
| 6 | JODY | HENLINE | 229 | 32:55 |
| 7 | BECKY | WHITE | 233 | 33:04 |
| 8 | RENEE | ESHCOFF | 265 | 34:30 |
| 9 | MONICA | MADDALONE | 290 | 36:03 |
| 10 | LISA | SONNTAG | 300 | 36:31 |
| 11 | KAREN | KENNELLY | 316 | 37:11 |
| 12 | KAREN | GERMANO | 328 | 37:39 |
| 13 | DONNA | SOUDER | 329 | 37:47 |
| 14 | KELLY | MIZE | 331 | 37:49 |
| 15 | MICHELLE | MEYER | 354 | 39:30 |
| 16 | CHERYL | PAHL | 371 | 43:25 |
| 17 | JACQUELINE | WARFIELD | 380 | 49:35 |
| 18 | ANN | ANDERSON | 383 | 49:36 |

| PL | 35-39 | FEMALES | OV | TIME |
|----|----------|-------------|-----|-------|
| 1 | JUDY | TILLAPAUGH | 73 | 26:56 |
| 2 | MELINDA | KINDER | 126 | 29:13 |
| 3 | JUDY | WIKTOROWICZ | 246 | 33:27 |
| 4 | DIANE | KAPLANIS | 250 | 33:43 |
| 5 | BARB | MILLEMAN | 273 | 34:41 |
| 6 | MICHELLE | SHIVE | 293 | 36:14 |
| 7 | VALARIE | WINN | 320 | 37:15 |
| 8 | SHERRY | VENDERLEY | 321 | 37:18 |
| 9 | KANDY | GAY | 333 | 37:54 |
| 10 | SUE | DOUGHERTY | 346 | 38:57 |
| 11 | BRENDA | MILLER | 381 | 47:24 |
| 12 | LAURA | WHITWORTH | 384 | 53:18 |

| PL | 40-44 | FEMALES | OV | TIME |
|----|------------|----------|-----|-------|
| 1 | JACQUELINE | NORTON | 106 | 28:19 |
| 2 | DENISE | CONNELLY | 214 | 32:27 |
| 3 | SUSAN | PETERSON | 234 | 33:05 |
| 4 | DIANA | KUEBLER | 277 | 34:53 |
| 5 | DEB | KUNISH | 301 | 36:34 |
| 6 | SHERRY | YODER | 340 | 38:41 |
| 7 | PAUL | SABRACK | 345 | 38:47 |
| 8 | BETTIE | DOWNIE | 348 | 39:03 |
| 9 | VICKIE | DAHL | 365 | 41:42 |
| 10 | AMANDA | LINDSAY | 378 | 45:15 |
| 11 | BETH | MUSSER | 387 | 59:00 |

| PL | 45-49 | FEMALES | OV | TIME |
|----|---------|-------------|-----|-------|
| 1 | HARRIET | HEITHAUS | 232 | 33:03 |
| 2 | JEAN A | DERHEIMER | 240 | 33:13 |
| 3 | VICKI | JACOBS | 287 | 35:57 |
| 4 | DEBBIE | TRELEAVEN | 311 | 36:54 |
| 5 | WINDY | PIANO | 326 | 37:35 |
| 6 | NANCY | HUESING | 366 | 41:48 |
| 7 | BARBARA | PARKER | 375 | 44:01 |
| 8 | BETH | BRANDENBERG | 386 | 53:27 |

| PL | 50-54 | FEMALES | OV | TIME |
|----|---------|-------------|-----|-------|
| 1 | MARSHA | SCHMIDT | 225 | 32:43 |
| 2 | KATHRYN | HEIDPRIEM | 335 | 38:15 |
| 3 | JANE | LEWANDOWSKI | 341 | 38:41 |
| 4 | JEAN | PANNING | 367 | 42:06 |
| 5 | BARBARA | STEDGE | 373 | 43:43 |

| PL | 55-59 | FEMALES | OV | TIME |
|----|----------|---------|-----|-------|
| 1 | JOAN | GARY | 318 | 37:13 |
| 2 | JOYCE A | FUZY | 343 | 38:43 |
| 3 | MARJORIE | CRAGO | 362 | 40:24 |

| PL | 60 & OVER | FEMALES | OV | TIME |
|----|-----------|---------|-----|-------|
| 1 | POLLY | JACOBS | 376 | 44:02 |

Birthdays

August

September

TIM BERRY
MICHAEL B. MCCLASKEY
CHARLES C. BRANDT
ALISON EVANGELISTA
BARBARA O'NEIL
TOM FUELLING
MIKE GILLAND
SHARON K. YADON
JENNY FURKIS
REX REED
SCOTT WAGNER
CYNTHRA S. PESCI
KEVIN WARREN
JEFFREY G. RAFF
LELAND R. SIBREL
GARY DEXHEIMER
BARRIE PETERSON
JOAN GARY
THOMAS J. FELTS
DAN SPANGLER
STEPHEN M. HILKER
GARY KUHN
YVONNE DUCY
SCOTT BEASLEY
KENT C. OBER
TERRY TEEGARDIN
PAUL BECKWITH
JAMES C. CRON
BILL PATTERSON
WILLIAM A. CRANE
CATHI TRACY
WARD MOYA
KEN NELSON
ALAN GILBERT
BEV CHRISTENSEN
JOHN SULLIVAN
STEVE GOLDTHWAITE
JACK MORRIS
LEONARD V. STANGO
RICHARD BUSTOS
BRAD COMPTON



MELINDA KINDER
JOHN BRIER
MICHAEL H. KAST
LAWRENCE H. LEE
TOM BENNETT
BRUCE PRESSLER
RICK KNUTH
DAVID GREENE
BRUCE HOPEN
KEN CLARK
TERESA L. FURNISS
TERRI GROSS
GREGORY A. FAHL
VICKI JACOBS
ROGER L. WILSON
JOSEPH BARANOWSKI
DAVID E. BOYLAN
JEFFREY E. MCCANN
HOWARD J. KLINGER
PHIL LUTTMAN
RHONDA BREISCHAFT
MARSHA SCHMIDT
CHUCK MYNETT
BARB SCROGHAM
PHIL RIZZO
GREG PURCELL
CHRIS PLUNKETT
STEVE MCMAHON
ROGER D. DELAY
TIM BOLIN
BELINDA C. LEWIS
BRIAN SHEPHERD
KIM HERLAN



August 1996

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|--|---|--|-----|---|
| 28 | 29 | 30 | 31 | 1 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 2 | 3 |
| 4 | 5 | 6 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 7 | 8 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 9 | 10 Training Run 7 AM YMCA-Downtown Hot Air Affair-Van Wert 4 M Pleasant Lake 5K |
| 11 Summer Spree Mar. - Vandalia, OH | 12 | 13 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 14 Run 6 PM - Showers FWTC Mtg. 7PM IPFW-Gates A.C. Casa's after Mtg. | 15 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 16 | 17 Training Run 7 AM YMCA-Downtown Onion Days 5K - Wolf Lake Valparaiso 5K |
| 18 Women's Sports Fest. 5K Eagle Cr. Union Terminal Mar. - Cincinnati Pikes Peak Mar. | 19 | 20 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 21 | 22 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 23 | 24 Training Run 7 AM YMCA-Downtown Clear Lake Run for the Blind 5K - 10K |
| 25 Summer Biathlon - Eagle Creek Silver State Mar. - Reno, NV | 26 | 27 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 28 | 29 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 30 | 31 Training Run 7 AM YMCA-Downtown Marshmallow 5K Bippus Bop 4 M Muncie Endurafest |

September 1996

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|-----|---|
| 1 Snowgoose Mar.-AK Tupelo, MS Mar. Scotty Hanton Mar.-Port Clinton | 2 Muncie 5K/10K Carmel 5 M Run/5K Walk Columbia, MO Mar. | 3 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 4 | 5 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 6 | 7 Roanoke 5M Bismarck, ND Mar. Muncie Triathlon |
| 8 Marathon of the Roses- York, PA | 9 | 10 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 11 Run 6 PM - Showers FWTC Mtg. 7PM IPFW-Gates A.C. Casa's after Mtg. | 12 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 13 | 14 Training Run 7 AM YMCA-Downtown Northern Shufflers Mar.-Marquette, MI Kouts 4 M |
| 15 Columbus 1/2 Mar. Peru 15K/5K Eriesistible Mar.-PA | 16 | 17 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 18 | 19 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 20 | 21 Training Run 7 AM YMCA-Downtown Run Jane Run-FW 10K/5K Bluffton 1/2 Mar. Hobart 5K |
| 22 Fall Fantasy Mar.-Vandalia, OH | 23 | 24 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 25 | 26 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 27 | 28 Training Run 7 AM YMCA-Downtown Leading Ladies 5K-Indy |
| 29 Duathlon-Eagle Cr. Danville, IL 7.6 M Little Rock, AR Mar. | 30 | 1 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 2 | 3 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers | 4 | 5 p Bunker Hill 4 M Indy 5K Bristol, NH Mar. |

**FORT WAYNE WOMEN'S BUREAU
AND FORT WAYNE TRACK CLUB
RUNNERS ON PARADE - 5K RUN
SATURDAY - JULY 13, 1996**

PL 15 & UNDER FEMALES OV TIME

| | | | | |
|---|-----------|----------|-----|-------|
| 1 | STEPHANIE | MAGLEY | 56 | 19:28 |
| 2 | SARAH | WEIDE | 90 | 21:18 |
| 3 | MOLLY | SANDERS | 109 | 21:58 |
| 4 | LINDSAE | RHOADES | 125 | 22:37 |
| 5 | AUDREY | DUNNING | 147 | 23:34 |
| 6 | JESSICA | BAKER | 200 | 26:20 |
| 7 | SARAH | STAKER | 201 | 26:24 |
| 8 | SUSIE | VANDEVER | 202 | 26:27 |

PL 16-19 FEMALES OV TIME

| | | | | |
|----|---------|-------------|-----|-------|
| 1 | EVELYN | CORONA | 60 | 19:43 |
| 2 | KELLY | KOCHERT | 79 | 20:56 |
| 3 | HEATHER | GEORGE | 95 | 21:22 |
| 4 | JANET | SOUDER | 123 | 22:29 |
| 5 | ERIN | FRIESEN | 126 | 22:40 |
| 6 | LISA | CONNELLY | 130 | 22:45 |
| 7 | ERIKA | KAMP | 131 | 22:47 |
| 8 | HOLLY | MCCUNE | 139 | 23:21 |
| 9 | ALLYSON | KLEINKNIGHT | 152 | 23:44 |
| 10 | SIERRA | JENNINGS | 161 | 23:59 |
| 11 | JODI | POWELL | 165 | 24:02 |
| 12 | RACHEL | SMITH | 168 | 24:09 |
| 13 | KELLEY | KLEINKNIGHT | 192 | 25:44 |
| 14 | EMILY | WIEBKE | 199 | 26:03 |
| 15 | CRYSTAL | GRAY | 203 | 26:28 |
| 16 | MARCI | RYAN | 226 | 27:39 |

PL 20-29 FEMALES OV TIME

| | | | | |
|----|----------|------------|-----|-------|
| 1 | KIM | LUBBEHUSEN | 54 | 19:11 |
| 2 | RHONDA | BREISCHAFT | 63 | 19:48 |
| 3 | DARLENE | SCHOUDEL | 103 | 21:37 |
| 4 | HOLLY | YOUNG | 134 | 23:02 |
| 5 | WENDY | BLACK | 142 | 23:25 |
| 6 | CARIA | FERRETTI | 148 | 23:36 |
| 7 | AMY | MAYS | 153 | 23:45 |
| 8 | AMY | SIVLEY | 154 | 23:47 |
| 9 | PATTI | EMSHWILLER | 163 | 24:00 |
| 10 | JENNIFER | WYSS | 167 | 24:04 |
| 11 | LAURA | WEIKEL | 171 | 24:19 |
| 12 | SARA | UNSELL | 174 | 24:32 |
| 13 | KAREN | LOUIS | 177 | 24:40 |
| 14 | DINA | STOVALL | 196 | 25:59 |
| 15 | BECKY | DEITL | 205 | 26:35 |
| 16 | CHERI | STEIGMEYER | 234 | 28:19 |

COME RUN WITH US

PL 30-39 FEMALES OV TIME

| | | | | |
|----|----------|-------------|-----|-------|
| 1 | ELLEN | OSBORN | 191 | 25:41 |
| 2 | KRIS | KURTZ-OHLSC | 194 | 25:57 |
| 3 | BARB | MILLEMANN | 198 | 26:01 |
| 4 | KAY | COZAD | 204 | 26:34 |
| 5 | LINDA | KERLEY | 207 | 26:38 |
| 6 | MICHELLE | SHIVE | 217 | 27:22 |
| 7 | SHERRY | VENDERLEY | 220 | 27:31 |
| 8 | BETTY | DEWELLS | 225 | 27:38 |
| 9 | TAMMY | JOHNSON | 239 | 28:50 |
| 10 | TAMMY | TOWNSEND | 240 | 28:58 |
| 11 | DINA | ZAHM | 245 | 30:34 |
| 12 | RENEE | FENSTERMAKI | 248 | 31:01 |
| 13 | BRENDA | MILLER | 252 | 35:20 |

PL 40-49 FEMALES OV TIME

| | | | | |
|----|----------|-----------|-----|-------|
| 1 | JACKIE | NORTON | 105 | 21:46 |
| 2 | THERESA | ROBERTS | 144 | 23:30 |
| 3 | DENISE | CONNELLY | 145 | 23:32 |
| 4 | PHYLLIS | SUEZLER | 146 | 23:33 |
| 5 | KATHY | PLEUS | 181 | 24:56 |
| 6 | SUE | ROSS | 182 | 25:03 |
| 7 | VICKIE | JACOBS | 214 | 27:05 |
| 8 | CHAR | MCKAY | 219 | 27:25 |
| 9 | BARB | LOCHNER | 231 | 27:51 |
| 10 | ROSA | O'CONNELL | 237 | 28:43 |
| 11 | PATRICIA | TRAPP | 241 | 29:29 |
| 12 | MARIA | ANDRADE | 242 | 29:34 |
| 13 | MARSHA | MCDERMOTT | 253 | 41:24 |
| 14 | DEBRA | POWELL | 255 | 49:36 |

PL 50-59 FEMALES OV TIME

| | | | | |
|---|--------|-----------|-----|-------|
| 1 | MARSHA | SCHMIDT | 164 | 24:02 |
| 2 | JOAN | GARY | 221 | 27:32 |
| 3 | NANCY | LAMBRIGHT | 251 | 34:31 |

PL 60-69 FEMALES OV TIME

| | | | | |
|---|-----|--------|-----|-------|
| 1 | PEG | TAYLOR | 208 | 26:39 |
| 2 | BEA | LAIRD | 250 | 34:18 |

PL 70 & OVER FEMALES OV TIME

| | | | | |
|---|-------|--------|-----|-------|
| 1 | POLLY | JACOBS | 249 | 32:48 |
|---|-------|--------|-----|-------|

PL 15 & UNDER MALES OV TIME

| | | | | |
|----|--------|----------|-----|-------|
| 1 | SCOTT | HARDWAY | 6 | 16:30 |
| 2 | NATHAN | PEFFLEY | 23 | 17:36 |
| 3 | DEREK | GARCIA | 40 | 18:22 |
| 4 | MATT | DUBACH | 45 | 18:41 |
| 5 | JODY | MCFARREN | 46 | 18:42 |
| 6 | JOHN | MILLIS | 47 | 18:43 |
| 7 | KYLE | PLUMMER | 48 | 18:44 |
| 8 | JON | FENNIG | 51 | 18:57 |
| 9 | ANDREW | SCHMITZ | 58 | 19:30 |
| 10 | TOM | FISHER | 72 | 20:15 |
| 11 | ANDY | MOSSBURG | 88 | 21:16 |
| 12 | ANDREW | HALE | 89 | 21:17 |
| 13 | JEREMY | TRUELOVE | 98 | 21:23 |
| 14 | MATT | MOSSBURG | 101 | 21:30 |
| 15 | ROBERT | JENKINS | 102 | 21:32 |
| 16 | JOE | SUEZLER | 136 | 23:17 |
| 17 | PETER | RYAN | 151 | 23:43 |
| 18 | TIM | GEORGE | 179 | 24:49 |
| 19 | CHRIS | MOSSBURG | 180 | 24:53 |
| 20 | CHRIS | VANIERE | 236 | 28:30 |
| 21 | SAM | LEFFERS | 238 | 28:48 |

PL 16-19 MALES OV TIME

| | | | | |
|----|---------|-----------|-----|-------|
| 1 | MATT | SEEDS | 7 | 16:31 |
| 2 | JASON | WALKER | 8 | 16:40 |
| 3 | ANDREW | KITCHEN | 10 | 16:48 |
| 4 | NOLAN | RICHART | 11 | 16:56 |
| 5 | STEVE | METZ | 12 | 16:59 |
| 6 | ERIC | ADE | 15 | 17:17 |
| 7 | VINCENT | GARCIA | 16 | 17:21 |
| 8 | NICK | RORICK | 19 | 17:29 |
| 9 | JASON | OSBORN | 20 | 17:31 |
| 10 | AARON | BARTON | 26 | 17:43 |
| 11 | JORDON | BUTLER | 28 | 17:53 |
| 12 | TOD | ESQUIVEL | 29 | 17:54 |
| 13 | BRETT | TIPTON | 30 | 17:55 |
| 14 | DAVID | HOFFERT | 33 | 18:02 |
| 15 | ANDY | MCCREARY | 34 | 18:07 |
| 16 | SAMUEL | VARGUS | 35 | 18:09 |
| 17 | STEVEN | SIMON | 38 | 18:20 |
| 18 | ANDREW | GRIEWANK | 39 | 18:21 |
| 19 | BEN | MARTIN | 41 | 18:24 |
| 20 | NATE | PETTIGREW | 50 | 18:51 |
| 21 | MATTHEW | ENDERLE | 53 | 19:02 |
| 22 | MATT | VINCENT | 59 | 19:33 |
| 23 | MICHAEL | CASIANO | 80 | 21:01 |
| 24 | CHARLIE | SANDERS | 114 | 22:17 |
| 25 | ERIN | STUDLE | 120 | 22:23 |
| 26 | TONY | DIDLER | 155 | 23:48 |
| 27 | ABRAHAM | COCHRAN | 157 | 23:52 |
| 28 | JACOB | BLOOM | 178 | 24:41 |
| 29 | BEN | DEITL | 185 | 25:08 |
| 30 | STEVEN | LUDWISKI | 206 | 26:37 |
| 31 | JACOB | BRADLEY | 209 | 26:45 |
| 32 | ADAM | LAVER | 227 | 27:40 |

| PL | 20-29 | MALES | OV | TIME |
|----|---------|------------|-----|-------|
| 1 | KYLE | BAKER | 1 | 15:08 |
| 2 | DAVID | PELIS | 9 | 16:41 |
| 3 | TOM | BROWN | 21 | 17:34 |
| 4 | DAVE | BROERMAN | 43 | 18:38 |
| 5 | TIMOTHY | FIRST | 44 | 18:40 |
| 6 | KIRK | EISERT | 55 | 19:17 |
| 7 | CHRIS | MARKS | 61 | 19:44 |
| 8 | JOEL | REA | 64 | 19:50 |
| 9 | DAVID | YOUNG | 66 | 20:04 |
| 10 | PAUL | RICHARDSON | 68 | 20:09 |
| 11 | JOSHUA | REINKING | 71 | 20:14 |
| 12 | PHILLIP | STEWART | 75 | 20:23 |
| 13 | BRAD | PETERSON | 93 | 21:20 |
| 14 | DOUG | GERBER | 107 | 21:52 |
| 15 | MATTHEW | LEHN | 119 | 22:22 |
| 16 | KEVIN | NEUMANN | 122 | 22:28 |
| 17 | KEVIN | NEHER | 127 | 22:41 |
| 18 | TOM | TITUS | 135 | 23:03 |
| 19 | KEITH | BALTIMORE | 143 | 23:27 |
| 20 | MIKE | MUTER | 195 | 25:58 |
| 21 | TIM | ALBERS | 235 | 28:27 |
| 22 | TONY | LAUX | 246 | 30:44 |

| PL | 30-39 | MALES | OV | TIME |
|----|---------|------------|-----|-------|
| 1 | BRIAN | SHEPHERD | 2 | 15:11 |
| 2 | MIKE | MCMANUS | 3 | 16:02 |
| 3 | KEITH | HORTON | 4 | 16:11 |
| 4 | CHUCK | SCHLEMMER | 5 | 16:27 |
| 5 | TERRY | DILLER | 13 | 17:15 |
| 6 | JON | BEASLEY | 14 | 17:16 |
| 7 | CARL | RISCH | 24 | 17:36 |
| 8 | WARD | MOYA | 31 | 17:58 |
| 9 | JOHN | SCHNIEDERS | 32 | 18:00 |
| 10 | BRYAN | KEISTER | 49 | 18:46 |
| 11 | LENNOX | DUFF | 57 | 19:29 |
| 12 | BILL | ROONEY | 62 | 19:45 |
| 13 | DAVID | HIGGS | 65 | 19:54 |
| 14 | BILL | BENT | 70 | 20:13 |
| 15 | TROY | ELDER | 78 | 20:46 |
| 16 | CHET | SIVLEY | 81 | 20:02 |
| 17 | CRAIG | BOBAY | 94 | 21:21 |
| 18 | JEFF | MILLEMAN | 104 | 21:42 |
| 19 | JEROME | PFEIFFER | 110 | 22:01 |
| 20 | STEVE | EYERS | 112 | 22:04 |
| 21 | TERRY | TEEGARDIN | 113 | 22:12 |
| 22 | MARK | CRETOL | 116 | 22:20 |
| 23 | GREGG | KURTZ | 124 | 22:36 |
| 24 | STEVE | MCAHON | 128 | 22:42 |
| 25 | DAVID | DIFFENBACH | 132 | 22:49 |
| 26 | DON | LANGENBECK | 138 | 23:21 |
| 27 | FRANK | AERTS | 141 | 23:24 |
| 28 | DONALD | HARDWAY | 158 | 23:52 |
| 29 | SCOTT | SCHENKEL | 160 | 23:57 |
| 30 | JILL | BOBAY | 162 | 24:00 |
| 31 | JAY | LYNN | 166 | 24:03 |
| 32 | ANTHONY | LEHMAN | 172 | 24:20 |
| 33 | LOU | DORNSEIF | 176 | 24:38 |
| 34 | JOHN | PONTECORVO | 183 | 25:02 |
| 35 | JAMES | THOMPSON | 186 | 25:10 |
| 36 | ALAN | MCGUIRE | 189 | 25:32 |
| 37 | MARK | GERBER | 190 | 25:35 |
| 38 | CRAIG | WERKING | 193 | 25:56 |
| 39 | CHARLES | TOLSON | 197 | 25:59 |
| 40 | KEVIN | HUNTER | 213 | 27:01 |
| 41 | PETER | FASOLO | 215 | 27:15 |
| 42 | DEAN | RUSS | 218 | 27:23 |
| 43 | BRIAN | NEHRIG | 229 | 27:42 |
| 44 | STEVE | LUDWISKI | 233 | 27:58 |
| 45 | TIMOTHY | MCDERMOTT | 254 | 41:28 |

| PL | 40-49 | MALES | OV | TIME |
|----|----------|-------------|-----|-------|
| 1 | ROGER | WILSON | 17 | 17:22 |
| 2 | TIM | ZUMBAUGH | 18 | 17:25 |
| 3 | GARY | RICKNER | 22 | 17:35 |
| 4 | DAN | LEFFERS | 25 | 17:37 |
| 5 | PHIL | SUELZER | 27 | 17:47 |
| 6 | HAL | PEARSON | 36 | 18:16 |
| 7 | KENNETH | LONG | 37 | 18:18 |
| 8 | JED | PEARSON | 42 | 18:38 |
| 9 | GORDON | PLEUS | 52 | 18:59 |
| 10 | HARRY | QUANDT | 67 | 20:08 |
| 11 | SCOTT | POWELL | 73 | 20:20 |
| 12 | DAVID | WEIKEL | 74 | 20:21 |
| 13 | PAUL | MILLER | 82 | 21:05 |
| 14 | THOMAS | FOWLER-FINN | 83 | 21:10 |
| 15 | GARY | MCFARREN | 84 | 21:11 |
| 16 | MICHAEL | BARMAN | 85 | 21:13 |
| 17 | PHIL | WISNIEWSKI | 86 | 21:14 |
| 18 | JIM | WEIDE | 91 | 21:19 |
| 19 | STEVE | BOGENSCHUT | 96 | 21:23 |
| 20 | KEVIN | LOCHNER | 97 | 21:23 |
| 21 | DICK | SHENFIELD | 100 | 21:27 |
| 22 | BRENT | CLARK | 111 | 22:02 |
| 23 | JEFF | PLUMMER | 117 | 22:21 |
| 24 | STEVE | CORONA | 121 | 22:27 |
| 25 | MIKE | VANCE | 133 | 23:01 |
| 26 | REG | JOHNSON | 137 | 23:19 |
| 27 | DAVE | VANLIERE | 140 | 23:23 |
| 28 | THOMAS | FELTS | 149 | 23:39 |
| 29 | PATRICK | RYAN | 169 | 24:14 |
| 30 | RAY | HARDING | 170 | 24:17 |
| 31 | WAYNE | UNSELL | 175 | 24:34 |
| 32 | THOMAS | EWING | 210 | 26:47 |
| 33 | ALAN | BRADLEY | 212 | 27:00 |
| 34 | DAVID | MILLER | 216 | 27:18 |
| 35 | DENNIS | POWELL | 222 | 27:33 |
| 36 | JIM | DEITL | 223 | 27:34 |
| 37 | JENNETTE | SANDERS | 224 | 27:35 |
| 38 | JIM | STEVENS | 228 | 27:41 |
| 39 | TOM | RYAN | 247 | 30:53 |

| PL | 50-59 | MALES | OV | TIME |
|----|---------|------------|-----|-------|
| 1 | DEWAIN | COBBS | 76 | 20:24 |
| 2 | BERNIE | BURGETTE | 77 | 20:41 |
| 3 | DAVID | BOYLAN | 87 | 21:15 |
| 4 | RAY | CASIANO | 92 | 21:19 |
| 5 | STEVE | ADKISON | 99 | 21:24 |
| 6 | TOM | FELGER | 108 | 21:54 |
| 7 | BARRIE | PETERSON | 115 | 22:18 |
| 8 | THOMAS | LAIRD | 118 | 22:22 |
| 9 | RON | MOTYCKA | 129 | 22:43 |
| 10 | DICK | HARNLY | 150 | 23:42 |
| 11 | JIM | LUBBEHUSEN | 156 | 23:50 |
| 12 | GARY | BECK | 182 | 25:01 |
| 13 | HAROLD | DITMER | 187 | 25:26 |
| 14 | WILLIAM | HARRIS | 188 | 25:30 |
| 15 | MIKE | WILLIAMS | 243 | 29:37 |
| 16 | PAT | HARRIS | 244 | 29:38 |

| PL | 60-69 | MALES | OV | TIME |
|----|--------|----------|-----|-------|
| 1 | BILL | SCHMIDT | 69 | 20:12 |
| 2 | DON | ANDERSON | 106 | 21:50 |
| 3 | RUSS | TAYLOR | 159 | 23:56 |
| 4 | GENE | WHITACRE | 173 | 24:31 |
| 5 | HOWARD | BASH | 211 | 26:59 |
| 6 | CRAIG | MILLER | 230 | 27:48 |

| PL | 70 & OVER | MALES | OV | TIME |
|----|-----------|--------|-----|-------|
| 1 | KEN | DISLER | 232 | 27:54 |



Nutrition

FACT SHEET

Healthy Meals Sizzle with Flavor When Cooked on the Grill

As summer settles in, Americans rely on backyard barbecues for meal preparation — and for good reason.

Grilling adds sizzle to healthful eating and is a fun way to



enjoy a variety of foods. Preparing foods on the grill enhances the flavors of garden-fresh

produce, as well as the savory taste of lean meat, poultry, and fish.

Preparing lean meat is a breeze on the barbecue

A low-fat cooking method like grilling (or broiling when you need to take a rain check) is an easy way to trim fat. Lean meats stay lean since, unlike frying, grilling allows fat to drip away as meat cooks. To help keep your outdoor options lean:

■ **Start off lean.** Pork loin chops and tenderloin, skinless chicken breasts, lean cuts of beef, and fish are good choices for the grill. When buying any lean cuts of meat, look for the words “loin” or “round” in the name, such as

pork tenderloin or beef eye of round.

■ **Trim the fat.** Trimming or removing visible fat prior to cooking reduces total fat per serving by nearly 50 percent.

■ **Develop an eye for size.**

Portion control is just as important as buying and preparing lean. The Food Guide Pyramid recommends 5 to 7 ounces from the meat group each day, which can be eaten as two 3-ounce servings or as one larger portion. A cooked, trimmed 3-ounce serving of meat, fish, or poultry is about the size of a deck of cards.

■ **Rub it on.** Try experimenting with rubs and marinades. Rubs are blends of dried herbs and spices that flavor the exterior of meat as it cooks. Marinades, made with herbs, spices, and an acidic liquid like wine vinegar or lemon juice, enhance the flavor of meats.

Grab-and-go grilling

Summer produce offers bold flavors and colors to meals and is

perfect for grilling. Season chopped vegetables, such as zucchini, colorful bell peppers,

and eggplant with basil, parsley, onion, and garlic. Wrap veggies in foil coated with



cooking spray and grill for 10 to 15 minutes. Balance your grilled meal by serving refreshing low-fat frozen yogurt with grilled apple, peach, or pear halves.

Secrets for superior sizzle

Barbecuing is simple if you know your way around the grill. Here are some basic tips for grilling perfect meals:

■ **Patience pays.** Start grilling when coals are ash-colored and glowing. For gas and electric grills, ignite and cover for 5 to 10 minutes before grilling.

■ **Cook it right.** Small cuts of meat, such as thin pork chops (3/4 inch thick) and tenderloin, and cubed meat for kabobs,



should be cooked directly over the heat source and turned as needed for even cooking. A one-pound pork tenderloin is done in about 20 minutes (when the temperature reaches 155°F). Let stand 5 minutes before carving; temperature will rise to 160°F.

Thick chops and larger cuts, like loin roasts, should be cooked over indirect heat. By banking coals around the edge of the fire grate and centering a drip pan in the middle, you can create an indirect source of heat. Simply place the meat on the grill over the pan, cover, and roast.

■ **Lean meals in minutes.** Most foods cook fast on the grill. But don't overcook or foods will be dry and tough. Burgers made with lean meat or turkey are done in about 10 minutes, or when their juices run clear. Pork chops, chicken breasts, and fish steaks are ready in less than 15 minutes. Just remember, when meat and poultry juices run clear or when fish flakes easily, it's done. For a moist, juicy chop, look for a hint of pink in the center. A meat thermometer will register 160°F and the meat will give slightly when touched with tongs.

For more information

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

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

■ **National Pork Producers Council**

For a free copy of recipes for making *Lean Meals In Minutes*, send a self-addressed, stamped business-size envelope to:

National Pork Producers Council

Lean Meals In Minutes
P.O. Box 10383
Des Moines, IA 50306

This fact sheet is supported by a grant from the National Pork Producers Council.



The Other
White Meat®

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Cajun Pork Tenderloin

2 tablespoons paprika
2 teaspoons each onion powder,
garlic powder, cayenne pepper

1½ teaspoons ground black pepper
1 teaspoon each dry thyme leaves,
dried oregano leaves
1 1-pound pork tenderloin

Blend spices in small bowl. Rub onto pork (some spices may not stick to pork); let stand 30 minutes. Prepare coals for grilling. Place pork on grill 4 inches from medium-hot coals. Grill 15-20 minutes or until inserted meat thermometer reads 155-160°F, turning occasionally. *Serves 4.*

Nutrition facts per serving: 158 calories, 5 grams fat, 2 grams saturated fat, 67 milligrams cholesterol, 63 milligrams sodium, 24 grams protein.



NATIONAL CENTER FOR NUTRITION AND DIETETICS
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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.

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

- 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
- 18 SUN YWCA WOMEN'S SPORTS FESTIVAL, 5K RUN/WALK, EAGLE CREEK PARK,
INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 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
LUTHERAN CHURCH, CLEAR LAKE, IND., LARRY LEE (219) 747-7411
- 24 SAT RUN TO READ, 5K RUN/1.5 MILE WALK, 9:00 AM, HAMMOND, IND.,
MARY CONOVER (219) 659-6759
- 24 SAT OUR LADY OF GRACE FAMILY FEST 8K RUN/WALK, 7:55 AM, OUR LADY OF
GRACE CHURCH, 9900 E. 191ST ST., NOBLESVILLE, IND., 46060
TERRI BRANSON (317) 776-3076
- 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, IO MILE, CALUMET REGION STRIDERS, PARK
FOREST, ILL., BUD JAMES (708) 748-2005
- 02 MON(R)*BALL MEMORIAL HOSPITAL 10K AND 5K, 9:00 AM, 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 COLE PORTER CLASSIC, 2 PM, 15K AND 5K, PERU, IND., PERU CIRCUS BLDG., JIM YATES (317) 472-3476
- 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) PARLÖR CITY TRÖT, 1/2 MARATHÖN 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
- 21 SAT WENDELL WILLKIE DAY 5K RUN/WALK, RUSHVILLE, IND.,
TOM SIMPSON 1-800-366-1828
- 22 SUN FALL FANTASY MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581
GLENHURST DR., DAYTON, OHIO, 45414 (513) 898-7015
- 28 SAT 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
- 28 SAT *PERSIMMON 5K RUN/WALK, 8:30, MITCHELL HIGH SCHOOL, MITCHELL, IND.,
CHARLOTTE GERKIN, 475 E. GRISSOM AVE., MITCHELL, IND., 47446
(812) 849-4571
- 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)
- 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 EMILY'S SCHOLARSHIP 5K, ORCHARD COUNTRY DAY SCHOOL, 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, BATTLEGROUNDS, 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
- 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
- 11 FRI (L) IPFW 5K X-COUNTRY, 5:15 PM, IPFW CAMPUS, FT. WAYNE, IND., JUDY TILLAPPAUGH. 481-6643
- 12 SAT INDIANAPOLIS MARATHON AND HALF MARATHON, 8:00 AM, FORT BENJAMIN HARRISON, LAWRENCE, IND., JOEL SAUER, P.O. BOX 36214, INDIANAPOLIS, IND., 46236 (317) 826-1670
- 12 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
- 12 SAT GOING THE DISTANCE 15K, 8 AM, USI CAMPUS, EVANSVILLE, IND., BARB DYKSTRA, 222 N.W. 6TH ST, EVANSVILLE, IND., 47708 (812) 423-9622
- 13 SUN(R) MAKING STRIDES AGAINST CANCER, 4 MILES, HOBART, IND., DEBORAH WHITE (219) 793-1030
- 13 SUN *MOUNT RUSHMORE INTERNATIONAL MARATHON, RAPID CITY, SD, PO BOX 9084, RAPID CITY, SD, 57709 (605) 348-7866
- 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
- 09 SAT INDIANA FALL CLASSIC, 10K AND 1MILE, 9.50 AM, HAWTHORN PARK, TERRE
HAUTE, IND., LARRY POOLE, 7826 E. ROSEHILL AVE.. TERRE HAUTE, IND.,
47805 (812) 466-9345

- 09 SAT 11TH ANNUAL COMMODORE RUN, 9 AM, HALF MARATHON WITH TEAM COMPETITION AND 5K, BLDG ONE, NAVAL SURFACE WARFARE CENTER, CRANE, IND., ROBERT E. LEE, NAVAL SURFACE WARFARE CENTER, UNIT 1, PO BOX 640, CRANE, IND.. 47522 (812) 854-6158
- 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
- 24 SUN(R) VALPARAISO CROSS COUNTRY 5K AND 10K, 1 PM. CST., SUNSET HILLS FARM, VALPARAISO, IND., MIKE PROW, VROOM RUNNING CLUB, PO BOX 1812, VALPARAISO, IND.. 46384 (219) 782-4340
- 28 THUR THE GREAT TURKEY 5K RUN AND 1.8 MILE FUN RUN, BOWLING GREEN, KY JIM LOCKHART (502) 782-0144 (WORK) OR (502) 782-4340 (HOME)
- 29 FRI FANTASY 5K RUN, 6 PM, HOWELL, MICH., CHARLOTTE SWANN, 127 SWANN CT., HOWELL, MICH., 48843 (517) 546-2439
- 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
- 07 SAT JINGLE BELL RUN, 5K RUN AND WALK, DOWNTOWN INDIANAPOLIS, IND., TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 08 SUN (R) 30TH ANNUAL MUNCIE 10 MILE RUN, 1 PM, MITCHEL SCHOOL, MUNCIE, IND., JOHN PRIMMER, 5301 MOORE RD., MUNCIE, IND., 47304 (317) 289-8062
- 8 SUN JINGLE BELL 5K RUN, 2 PM, LANSING, MICH., BRIAN JONES, PLAYMAKERS, MERIDIAN MALL, OKEMOS, MICH., 48864 (517) 349-4252
- 14 SAT ORANGE BOWL 10K AND 5K, 7:45 AM, COCONUT GROVE, FLA., (305) 227-1500

THE MARATHON COMES FULL CIRCLE: A DREAM FULFILLED
BY JONATHAN SCHLATTER

LAST YEAR I RODE MY BIKE DOWN TO FOSTER PARK TO WATCH THE END OF THE FIRST SCOTT'S FOODS HOOSIER MARATHON. AS I WATCHED THE RUNNERS COME ACROSS THE FINISH LINE AN OLD RUNNING DREAM THAT I HAD THOUGHT WAS DEAD WAS REKINDLED. IN ALL THE YEARS THAT I HAVE BEEN RUNNING ONE OF THE DESIRES THAT I HAVE HAD IS TO RUN A MARATHON UNDER 4 HOURS. IN 1985 I HAD RUN WHAT I THOUGHT WAS MY FIRST AND ONLY MARATHON WHICH WAS THE OLD THREE RIVERS FESTIVAL MARATHON. AT 19 MILES I FOUND OUT WHAT THE WALL WAS AND STAGGERED HOME IN 4 1/2 HOURS. AFTERWARDS I SAID TO MYSELF THE ONE PHRASE THAT ALL RUNNERS SAY TO THEMSELVES BUT RARELY SEEM TO FOLLOW THROUGH ON, "NEVER, NEVER AGAIN!" BUT NOW 11 YEARS LATER AS I WATCHED SOME OF THE MIDDLE OF THE PACK FINISH I FOUND MYSELF THINKING, "I COULD DO A MARATHON." A COUPLE OF DAYS LATER I RAN MY FIRST 10 MILE RUN IN YEARS AND SEEMED NONE THE LESS FOR WEAR FOR IT. THE FOLLOWING WEEK WAS ANOTHER 10 MILE RUN AND I FELT I WAS READY FOR THE NEXT STEP UP. AS DIVINE PROVIDENCE WOULD HAVE IT I RAN INTO JUDY TILLAPUGH AT WORK. WHEN I EXPLAINED TO HER WHAT I WAS ATTEMPTING TO DO SHE SUGGESTED THAT I JOIN THE GROUP THAT RUNS FROM THE DOWNTOWN "Y" ON SATURDAY MORNINGS AT 7 AM. THAT FIRST 12 MILE TRAINING RUN PROVED TO BE EXHILARATING, BUT IT ALSO PROVED TO BE SOMETHING ELSE ALSO. EXHAUSTING. I REMEMBER FALLING ASLEEP THAT NIGHT IN MY EASY CHAIR BEFORE 8 PM WHILE ATTEMPTING TO WATCH TV. YET THE SATURDAY MORNING "Y" TRAINING GROUP WITH ITS EVER CHANGING MYRIAD OF MOTLEY RUNNERS PROVED TO BE ONE OF THE KEYS TO ACHIEVING MY DREAM. THEIR COMPANIONSHIP AND PLEATHERA OF RUNNING ADVISE AND ODDBALL RUNNING TALES MADE THOSE 12 MILERS BECOME EASIER AND EASIER TO ACCOMPLISH. THEY MADE ME REALIZE THAT MY GOAL OF RUNNING A MARATHON WAS POSSIBLE.

AS THE SUMMER OF LAST YEAR DREW TO A CLOSE I FELT THAT I NEEDED TO TEST MYSELF IN A LONGER RACE THAN I WAS ACCUSTOMED TO TO SEE IF MY BODY HAD THE WHERE WITHALL TO DO WHAT THE MIND WANTED IT TO DO. MANY OF THE SATURDAY MORNING GROUP TALKED OF DOING THE PARLOR CITY TROT 1/2 MARATHON IN BLUFFTON, SO THAT SEEMED LIKE THE NATURAL CHOICE. I SET A GOAL OF 1:38:40 WHICH I FELT WAS A REASONABLE EXPECTATION BASED UPON A COUPLE OF TIMED TRAINING RUNS. MY FIRST MILE WAS 6:39 AND I HAD TO CHASTISE MYSELF THAT THIS WAS NOT 5K RACE AND HAD BETTER EASE OFF THE ACCELERATOR OR I MIGHT END UP TAKING A TRIP IN THE VAN WITH FLASHING LIGHTS. THE REST OF THE RACE WAS SPENT TRYING TO SETTLE INTO A COMFORTABLE PACE AND NOT ALLOWING MYSELF TO BE PULLED ALONG BY THOSE RUNNERS WHO PASSED ME. I CAME ACROSS THE FINISH LINE IN 1:34:26 WHICH PUT ME INTO ONE OF THOSE MOMENTS OF EUPHORIA THAT RUNNERS SO RARELY SEEM TO ENJOY.

IN THE ENTHUSIASM OF THE MOMENT I DECIDED TO FORGET MY TIMETABLE AND DO A MARATHON YET THAT FALL OTHERS HAD SPOKEN IN GLORIOUS TONES ABOUT THE COLOMBUS MARATHON WHICH WAS IN 7 WEEKS, SO MY MIND WAS QUICKLY MADE UP. YET A QUESTION LURKED IN THE BACK OF MY MIND, NAMELY COULD A RHINO-RUNNER WHOSE RACING EXPERIENCE WAS PRIMARILY 5K AND 10K ACTUALLY SURVIVE A MARATHON, YET ALONE ENJOY IT? SO AGAIN I TURNED TO MY GOOD FRIEND JUDY TILLAPUGH WHO IS BOTH ANCIENT AND WISE IN ALL MATTERS CONCERNING LONG DISTANCE RUNNING. SHE PUT ME ON A SIX WEEK ACCELERATED TRAINING PROGRAM AND TOLD ME TO DRINK ALL-SPORT ON MY TRAINING RUNS TO GET MY STOMACH ACCUSTOMED TO IT. (THIS LAST PIECE OF ADVISE WAS THE NUTRITIONIST IN JUDY SHOWING ITSELF.) THE DAY OF THE DREAM DAWNED WITH A 29 DEGREE START AND HIGH WINDS WITH ME IN THE MIDST OF MORE RUNNERS THAN I HAD EVER RACED WITH IN MY LIFE. THE MARATHON WENT SOMEWHAT OKAY UNTILL I STOPPED TO WALK FOR AWHILE AT 14 1/2 MILES. BOTH OF MY CALF MUSCLES CONTRACTED LIKE

RUBBERBANDS, REFUSING TO RESPOND IN A RUNNING LIKE FASHION, AND THEN OTHER LEG MUSCLES THAT I CAN'T EVEN NAME STARTED DOING OTHER THINGS WHICH I WOULD RATHER FORGET, BUT CAN'T. I AS I SORT OF STOOD THERE LEANING AGAINST A LAMPOST HAVING A DEBATE WITH MYSELF AS TO WHETHER OR NOT TO GO ON, I REMEMBERED SOMETHING WHICH I HAD JUST WITNESSED. A FEW MOMENTS BEFORE I PASSED A RUNNER WHO HAD TORN HIS NUMBER OFF AND WAS HOLDING IT IN HAND AS HE WAS WALKING BACK TO THE START/FINISH LINE. HE WAS QUITTING THE RACE. THAT I DECIDED WAS NOT WHAT I WAS GOING TO DO, I WAS GOING TO GO ON, I WAS GOING TO FINISH THIS #!&%! MARATHON. FROM THERE IT WAS WALK, RUN, TRY TO STRETCH UNTILL I LIMPED ACROSS IN 4:25:14 WONDERING WHY THIS THING CALLED A MARATHON HAD SUCH A GRIP ON ME.

IT WAS ON THE AGONIZING TRIP HOME THAT I DECIDED THAT I WOULD GIVE THE MARATHON DREAM ONE MORE TRY. ONCE MORE I CALLED JUDY AND A FEW OTHER SOLOMON LIKE RUNNERS FOR SOME POWWOWS ON WHAT WENT WRONG AND HOW TO COME OUT MORE ALIVE NEXT TIME. THE FINAL SYNOPSIS WAS THAT I NEEDED TO TRAIN FOR A LONGER PERIOD OF TIME, STRETCH MORE, AND DRINK FLUIDS EVERY 20 MINUTES. SO IT WAS IN JANUARY THAT I WENT BACK TO PURPOSELY TRAINING FOR A MARATHON WITH LONG TRAINING RUNS IN 8 DEGREE WEATHER THAT FROZE MY HAT TO MY GLASSES. IN MID FEBUARY I FELT THAT I NEEDED MORE LONG RUNS, SO I BEGAN TWICE AWEEK DOUBLE DIGIT RUNS. MARCH ENDED WITH AN ENCOURAGING RACE IN THE NUTRA-RUN 20K. THAT WAS FOLLOWED BY A 1/2 MARATHON TRAIL RACE THE LAST SUNDAY IN APRIL, WHICH WAS PROMISED TO ME BY A BUNCH OF NAMELESS RUNNING MANIACS TO BE A "FUN"ADVENTURE. FIVE DAYS LATER I COMPETED IN AN EXASPERATING RACE WITH 17,000 PEOPLE IN THE INDY MINI-MARATHON.

WHEN THAT OVERCAST MORNING CAME THAT I WALKED THE MILE FROM MY HOUSE TO FOSTER PARK FOR THE START OF MY THIRD MARATHON I FELT AS IF I HAD ENOUGH CONFIDENCE TO CHASE AWAY THE OCCASIONAL DEMONS OF DOUBT. SINCE JANUARY I HAD 39 RUNS OF 10 OR MORE MILES. IT WAS NOW MY HABIT TO DRINK FLUIDS EVERY 20 MINUTES, AND MY MUSCLES WERE SORE ONLY A LITTLE. WHEN WE LINED UP FOR THE START I LOOKED FOR SOMEONE TO RUN THE FIRST TEN MILES WITH AND FOUND MY GOOD FRIEND LINDA GORMAN. BUT WHEN SHE ANOUNCED WITH SUPREME CONFIDENCE THAT SHE WAS GOING TO GO FOR 3:30 I TOOK SEVERAL STEPS BACK AND DISCOVERED LINDA IANUCILLI WITH WHOM I HAD TRAINED A COUPLE OF TIMES IN FOSTER PARK. WE RAN THE FIRST TEN MILES TOGETHER AT A SLIGHTLY FASTER PACE THAN I NEEDED TO. WHEN I MENTIONED THAT FACT TO LINDA SHE REPLIED THAT SINCE IT FELT OKAY THAT WE SHOULD CONTINUE AT THE PACE WE WERE RUNNING. I LEFT HER AFTER TEN MILES AND THEN HAD TWO CRITICAL SPOTS IN THE RACE. THE FIRST WAS AT ALMOST 14 MILES WHEN THE OUTSIDE OF MY LEFT HIP STARTED TO HURT AND I THOUGHT, HERE I GO AGAIN, A REPEAT OF COLOMBUS. BUT BY PRESSING ON IT A FEW TIMES TO SORT OF MASSAGE IT THE PAIN WENT TO A TOLERABLE LEVEL BY MILE 17. THE OTHER OCCURED AS I APPROACHED MILE 19 AND THE WAVES OF WEARINESS BEGAN TO COME OVER ME AND I WAS TEMPTED TO WALK A LITTLE SINCE I WAS 3 1/2 MINUTES AHEAD OF MY DESIRED PACE. BUT I REFUSED TO YIELD AND RAN A LITTLE SLOWER TO MEET MY PRE-RACE PLAN OF REACHING 21 MILES IN UNDER 3 HOURS. WHEN THE TIMER AT 24 MILES GAVE ME A TIME OF 3:30:05 I THOUGHT THAT THOSE WERE SOME OF THE SWEETEST WORDS THAT I HAD EVER HEARD. I FINISHED IN 3:53:10 WITH A WEAK SHOUT OF JOY AND A FEW HIGH-FIVES AND SWEATY HUGS TO MY FRIENDS WHO WERE MANNING THE FINSH LINE. THE MARATHON DREAM OF A LIFETIME AND A YEAR HAD BEEN FULFILLED.

RACING POSTSCRIPT: MANY THANKS TO BOB AND JOYCE AND THIER ENTIRE STAFF FOR PUTTING ON THE MARATHON. ALL OF YOUR EXCELLENT WORK ENABLED ME TO COMPLETE MY DREAM. SO WHERE DO I WANT TO GO FROM HERE??? ANOTHER MARATHON? MAYBE. YET IN THE CORNERS OF MY MIND I SEE DON LINDLEY SMILING THE SMILE OF A CHESHIRE CAT AND WHISPERING TO ME HIS FAVORITE RUNNING WORD, "ULTRA."

The Inside Track would like to hear from FWTC Members. Fill out this profile form and return it to Joyce Hockensmith (3732 Thyme Ct., New Haven, 46774) by September 11, 1996. All members sending in a profile will be automatically entered in a drawing for a FWTC T-shirt. The drawing will take place at the September meeting. You need not be present to win.

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Favorite family activities: _____

Running Shoe Brand: _____ Years running/Walking: _____

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Favorite Area Restaurant: _____

Favorite Distance to Run/Walk: _____ PR _____

Favorite After Racing/Training Food: _____

Favorite place to Train: _____ Favorite Race: _____

Whydo you run/Walk?: _____

Favorite item of Clothing: _____

Favorite Movie, TV program, or Book: _____

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Has There Been An Inspiration To Your Running? _____

Do You Have a Dream? _____

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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
- RACE DIRECTOR
- 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...

MARSHMALLOW 5K

Saturday, August 25, 1996, 6:45 PM
Ligonier, Indiana ***** Points Race *****

ROANOKE FALL FEST 5 MILE

Saturday, September 7, 1996, 7:30 AM
Roanoke, Indiana *****Points Race*****

PARLOR CITY TROT HALF MARATHON & 10K

Saturday, September 21, 1996, 8:30 AM
Bluffton, Indiana ***** Points Race *****

FWTC MEETINGS

Wednesday, August 14, 7:00 PM, Run, 6:00
Wednesday, September 11, 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.

Bulk Rate
U.S. POSTAGE
PAID
Fl. Wayne, IN
Permit No. 1789



FWTC NEWSLETTER
P.O. Box 11703
Fort Wayne, IN 46860