

the inside track

October 1996 - November 1996

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



INSIDE

- **Bob's Swan Song?**
(page 7)
- **Quest for 100 Accomplished!**
(page 14)
- **2nd Annual FWCS Elementary
Cross Country Meet**
(page 19)
- **Calendar of Races & Events**
(page 23)

1995
FORT WAYNE TRACK CLUB
Officers and Board Members

OFFICERS

President.....	Mike McAvoy	436-9710
	Home	824-5158
	Fax (work)	436-9419
Vice President.....	James P. Jones	745-7339
Secretary.....	Vicki Jacobs	747-1434
Treasurer.....	Don Lindley	432-5998
Inside Track		
Editor.....	Joyce Hockensmith	749-1237
Mailing.....	Jeanette & John Klein	238-4313
Publicity Coordinator.....	Ken Disler	422-9984
Equipment Coordinator.....		
Advertising Coordinator.....		
Membership.....	Wayne Davies	426-2917
Race Schedule Chairman.....	Johnathan Schlatter	456-3331
Race Walking Coordinator.....	Bob Gensheimer	489-8397
Social Chairman	Judy Tillapaugh	456-3277

BOARD MEMBERS

Polly Jacobs	Linda Gorman
Barb Scrogam	Jack Hilker
Bob Hockensmith	Jim Bridges
Stan Lipp	Dave & Sue Myers
Vern Ceder	

Fort Wayne Track Club
1977-1997

...Next year marks the 20th anniversary of the Fort Wayne Track Club (21st for all of you who felt 1975 was the nation's true bicentennial.) The current officers and board have already begun planning for this upcoming year in a variety of ways. Not surprisingly, one way will be with a commemorative T-shirt (what else?) We plan on a multi-colored shirt with printing on both front and back that will no doubt be a collector's item. It will also serve as a fundraiser for the club, so purchase early and often!

At the annual banquet in February 1997 we would like to start off the year looking back at the past years. So if you have any momentos of the past (photographs, newsletters, T-shirts, awards, etc), contact me now. We would also like to have as many of the past presidents, vice-presidents, treasurers, secretaries, and newsletter editors that are available; so for those of you out there that fit into one of these categories, expect a call and an invitation.

The nomination committee has done a fantastic job lining up officer and board member candidates. If anyone would like to get involved with the club, at any level, please give me a call and I'm sure there is a job to fit your talents.

As always, if you see me at any club outing or races, stop me and let me know how the club is meeting your needs. We are planning on some different activities in 1997 so we will need your participation and feedback.

ELECTION OF OFFICERS

At the Monthly meeting on November 13, 1996, an election will be held for the officers of the Fort Wayne Track Club for 1997.

During the meeting in September a committee of the whole slated the officers for the up-coming election. The slate for 1997 will be:

President	Barrie Peterson
Vice President	Charles Brandt
Secretary	Jonathan Schlatter
Treasurer	Don Lindley

Other nominations can be made by any member, either in writing to the President, or in person at the November meeting.

Also, the terms of all current Board members will expire at the end of 1996. Any member who is interested in serving in that capacity should make his or her preference known to the President at or before the November meeting.

Our club has a large membership, but few members choose to get involved. Being on the board involves only attending monthly meetings. Let's have a good turn out for this meeting. If, for no other reason, come for the good company, refreshments, and door prizes.

MINUTES
Fort Wayne Track Club Monthly Meeting
Wednesday, July 10, 1996, 7:00 PM, IPFW Gates Center

Attended: Ken Disler & Marge, Gary Selking, Judy Tillapaugh, Joyce and Bob Hockensmith, Mike McAvoy, JP Jones, Jon Schlatter and Linda Brooks

Meeting called to order by President, Mike McAvoy. Butch Parchance, IPFW Athletic Director was introduced by Judy Tillapaugh and he told a wild tale about Judy Tillapaugh and the "Walls of Jerico".

A Treasurer's report was presented in printed form as usual by absent Treasurer, Don Lindley. This showed a balance of \$10,071.47 and was approved.

Runners on Parade - 5K race set for 8:30 AM Saturday, July 13th. Registration at Holiday Inn starting at 7:30 AM. About 100 preregistered.

Race Calendar - John Schlatter reports that he is now recognizing his role. He has some problems of getting race information accurate and is concentrating on keeping calendar error free.

Newsletter - Joyce Hockensmith advised deadline July 15th for next races. She needs writers for articles.

RRCA - Judy Tillapaugh reports news articles coming out on why women run. A new committee has been formed on Long Distance Running and Don Lindley included. We were reminded that the Club is a member of the US Track & Field which does NOT include individual members.

Linda Brooks revealed information about the 5K race on August 3rd. She now has more sponsors - will rent clock from F.W.T.C.. Race is free with \$8.00 charge for T shirt if desired. She has volunteers with help from the Police and Fire Departments. Course is approved. She needs help at the finish line. FWTC unable to provide insurance coverage thru RRCA unless presented at the first of the year.

New Business - Jon Schlatter suggested TYVEK jackets with FWTC logo for celebrating 20th year of FWTC. Others suggested T shirts or sweatshirts. More at next meeting.

Mike McAvoy suggested involving surrounding county High Schools athletic coaches in order to increase membership. Some cost involved in sending fliers or newsletter to get coaches to encourage young runners. We might offer reduced membership fee for young first times.

Meeting adjourned at 7:55 PM.

Next meeting August 14th 7 PM at IPFW Gates Center.

Respectfully submitted,

J.P. Jones, Pseudo Secretary

MINUTES
Fort Wayne Track Club Monthly Meeting
Wednesday, August 14, 1996, 7:00 PM, IPFW Gates Center

Attended: Mike McAvoy, Barb Scrogam, Judy Tillapaugh, Jon Schlatter, Joyce Hockensmith, JP Jones, Linda Gorman.

Meeting was precluded by a joke from Butch Parchance about the boy, his wagon and the minister.

Don Lindley gave the treasurer report, showing almost \$1,000.00 increase during the month of July with a balance of this date of \$12,243.53. We now have 431 members compared with 386 a year ago at this time. It was determined that mail presorting and/or ten digit zip codes would not save us enough on postage rate. Mailing with bar codes and ten digit zips will still be investigated. Don reported income of \$441.00 from the Northeast Indiana Dietech Association for the Nutri-Run, \$1,145.00 from Scotts for the marathon and \$132.00 from Parlor City Trot for race ad. Don has been sending race results to non-members, along with membership applications and has been successful on returns to more than pay for the postage.

Judy Tillapaugh reported that there would be a coaches workshop on November 9th in Columbus, Ohio, the day before the marathon.

Joyce Hockensmith reported that she has offered a drawing for a T shirt for those who would send in their personal profile for the newsletter. Joyce advised she would continue to edit the Newsletter in 1997.

Jon Schlatter reported that he lists the race schedules as he received them but now and then the computer misspells a few words.

President's Report:

1. Points race results being sent to top 10%. Group agreed to authorize \$300.00 to \$400.00 for points race prizes being handled by Brian Shelpher.
2. We were encouraged to look for new place for the Awards Banquet where we have more "elbow room".
3. A Display set up for use at indoor events was presented. It was decided to authorize \$284.00 for a display with black frame and blue backing. This to be used for focus on FWTC events, pictures, applications, announcements, etc..
4. The nominating committee consisting of Don Lindley and Judy Tillapaugh is to report at the September meeting.
5. It was decided to continue having the meetings at IPFW.

New Business:

1. Judy Tillapaugh called for volunteers to help with the IPFW Cross Country Invitational September 14th.
2. A Thanksgiving 5K race at Fox Island is being developed by Paul Austeran and scheduled for November 23rd.

Don suggested that FWTC consider advertising on the World Wide Web sometime in the future. He suggested budgeting \$2400.00 over 2 years for a computer that is portable with printer that could be used at races. Also, budget for Walkie-Talkies for use at races.

The Nutri-Run scheduled for March 22, 1997 will be a Girl Scout event and Mike McAvoy is working with Kroger to be part of it.

Next meeting set for September 11th at IPFW Gates Center - 7PM.

Meeting adjourned at 8:45

Respectfully submitted,

TRACK CLUB MEMBER PROFILE

Name: Kelley Cather - T-shirt Winner
Occupation: General Motors Truck & Buss-Ft. W
Birthdate: January 17, 1973
Birthplace: Warren, Ohio
Family: Husband, Christopher & Daughter,
Katelynn - 15 months
Hobbies or interests: Work at DayCare in
church on Sundays F.M.C.
Favorite family activities: Discovery Zone
Running Shoe Brand: Nike Air Max
Yrs. running:13
Favorite Spectator Sport/s: Nascar Racing -
Mark Martien
Favorite Area Restaurant: Abble Bee's
Favorite Distance to Run: 10K
PR: 7 min. miles
Favorite After Race Food: Apples & Grapes
Favorite place to Train: Haver Hill
Favorite Race: Red Bud Classic in Okla. City
Why do you run?: I LOVE IT !
Favorite item of Clothing: Baggy bib overalls
Favorite Movie or TV program: Friends
Favorite music: All kinds, especially country
Collections: Old running shoes
Favorite vacation destination: Florida
Most prized possession: 10th in State medal
1988 Homestead HS
4th place medal at Nat'l College meet
Vincennes Jr. College '93
**Has There Been An Inspiration To Your
Running?** Meeting lots of nice people & traveling
Do You Have a Dream? To run a marathon &
win!

TRACK CLUB MEMBER PROFILE

Name: Ward Moya
Occupation: Purchasing Agent
Birthdate: August 27, 1963
Birthplace: Englewood, California
Family: Wife - Beth
Hobbies or interests: Archery - Bow hunting
Lifetime Runner
Favorite family activities: Camping, Riding
Mountain Bikes
Running Shoe Brand: Nike Yrs. running:16
Favorite Spectator Sport/s: Hockey
Favorite Area Restaurant: Casa D'Angelo's
Favorite Distance to Run: Half Marathon
PR: 1:26:09
Favorite After Race Food: Poland Spring
Water & Fig Newtons
Favorite place to Train: Foster Park
Favorite Race: 500 Festival Mini-Marathon
Why do you run?: Why does someone eat? I
have a hunger for running. I always want
to better myself in each race I run.
Favorite item of Clothing: Levi Jeans
Favorite Movie or TV program: Kelly's
Hero's (Where's the Love Man!)
Favorite music: Rock-N-Roll
Collections: None
Favorite vacation destination: Montego Bay
Jamaica
Most prized possession: None
**Has There Been An Inspiration To Your
Running?** My Dad
Do You Have a Dream? To run a marathon at
the age of 100 !

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**Stan Lipp
Stephen Lipp**



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Fort Wayne, IN 46825
(219) 489-4584

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ONION DAYS 5K
August 17, 1996

On a warm and sunny day, two Ligonier Runners, PowerBar's Brian Shepherd, and Etonic's Mark Furkis put the hammer down in the 2nd annual Onion Days 5K held in Wolf Lake. Shepherd ended up pulling away in the final miles to win his 2nd consecutive title in the course record 15:17. Mark finished 2nd overall, but won the Master's title in 15:29.

The women's race was never in jeopardy as Naomi Fruchey handled the field with a course record 18:45. The Master's championship was taken by Ligonier phenom Deb Byers.

1) Brian Shepherd	15:17	25) Ron Jennings	20:13
2) Mark Furkis	15:29	26) Larry Christensen	:15
3) Mike Fruchey	16:19	27) Matt Dexheimer	:23
4) Chuck Schlemmer	:38	28) Ben Aeschlimen	:23
5) Drew Kitchen	:48	29) Gary Dexheimer	:36
6) Nick Rorick	:48	30) Jonathan Schlatter	:47
7) Ryan Fries	:48	31) Gene Lightener	21:00
8) John Millis	17:20	32) Dan Frick	:05
9) Matt Guebard	:23	33) Greg Lawrence	:35
10) Brad Thomas	:26	34) Richard Katti	:44
11) Eric Howell	:40	35) Deb Byers (F)	:59
12) Jed Pearson	:41	36) Ben Gensheimer	22:28
13) Jason Sorg	:57	37) Mike Harper	:41
14) Nathan Pettigrew	18:04	38) Dewain Cobbs	24:32
15) Doug Knowles	:11	39) Robbin Manger (F)	:45
16) Hal Pearson	:14	40) Cindy Furkis (F)	:47
17) Josh Diller	:15	41) Gary Selking	25:30
18) Morry Riddle	:18	42) Steve Ludwiski	:39
19) Naomi Fruckey (F)	:45	43) Ken Disler	27:23
20) William Crane	:55	44) Eugene Striggle	:47
21) Jimmy Wills	18:56	45) C. Lawrence (F)	29:32
22) Andy Sipe	19:49	46) J. P. Jones	:41
23) Lynn Armstrong	:51	46) Emily Kuzinai (F)	35:11
24) Ben Garrison	:55	48) M. Gensheiner (F)	42:55

MAZOCK'S 20th ANNUAL THANKSGIVING MORNING 6 MILE FUN RUN

8:00 AM

No awards, no splits, a somewhat accurate safe course, old doughnuts, stale coffee, and
COME JOIN OUR 20TH CELEBRATION !

2828 Emerald Lake Drive

Emerald Lake Subdivision on South side of Covington Rd. 1.6 miles west of I-69 overpass.
Mazock's home is the 2nd house on the right inside Emerald Lake.

Any questions? Call Jerry Mazock at 432-4755.

BOB'S SWAN SONG ?

Over the past several weeks, you may have heard the ugly rumor that Bob's life as a runner is all washed up. Perhaps you may have even considered that it may be true. A few inquiring minds want to know; many could care less! In any event, now is the time to set the record straight.

As painful as it is to admit, it is true. (sniff, sniff). After 14,000 miles, 85

marathons (including one in each state of the USA plus D.C.), 1 ultramarathon and over 200

shorter races, my days of running have ground to a halt.

By way of background, I have had periodic trouble in my right knee (pain and swelling)

for the better part of the past two years. It became rather acute in March of this year after the Music City Marathon. Although I ran Boston, Lincoln, Olympia, Montana and Marathon, Iowa,

after that incident, it wasn't the same. After many trips to a Physical Therapist and for

massages by Joe Ziegler, I had to admit that serious problems were afoot (pun intended).

Eventually, I scheduled an appointment with an Orthopaedic Surgeon who started a series of X-rays, MRI and office exams, resulting in a refitting of my orthotics. During this time, I was

optimistic and depressed about running on alternating days, with no real progress. Finally,

arthroscopic surgery was performed on my right knee to check out the damage on August 12.

The results were good, in that I didn't need a knee replacement yet, and bad, that I would in the foreseeable future if I continued pounding the knee on the running circuit, so I made the only

rational decision; that the price of running just became too costly. Although the decision to stop

running was easy (who would continue until the knee was completely unusable), but living with the decision was not. I have to admit in private moments that the demotion from athlete to

athletic supporter takes a bit of an adjustment. However, I'm trying to follow medical advice

and intend to start riding a bicycle for exercise. Although I have never enjoyed bicycling as

much as running, I am dutifully trying to convert.

Perhaps you will see joyce and I pedalling our way across the USA next summer. We are

getting pressured by a couple of friends to try a trip from the State of Washington to Delaware

over a seven week period this next summer. When I checked out the possibility of that trip with the Orthopedist on my last visit, he nearly collapsed, but did give his grudging approval.

Any one interested in joining us in June?

Bob Hockensmith (retired marathoner)

MARSHMALLOW 5k & 1 mile

On a beautiful night for running, 120 runners toed the line for the annual Marshmallow 5k & 1 mile. PowerBar runner Brian Shepherd won his 7th consecutive title with a time of 15:04. He was followed by Matt Jones 15:44, and Etonic runner Chuck Schlemmer 15:51. The master's title was taken by Hal Pearson in 17:47

The female race was a Ligonier 1,2,3 sweep. Placing first was Stephanie Brown in a time of 20:37. She was followed by training partners Lori Cunningham 21:13 and masters runner Deb Byers 21:49.

The boys mile race winner was Jeremy Truelove in 5:14. The girls winner was Allisa Werst in 6:31.

The following are age group winners...

MALE

14-under	Scott Schermerhorn	40-44	Rick Plunkett
15-19	Tim Schlatter	45-49	Jed Pearson
20-24	Bob Bates	50-54	William Crane
25-29	Keitch Walter	55-59	Gene Lightner
30-34	Ward Moya	60-69	Joe Ziegler
35-39	Steve Leffers	70-over	Ken Disler

FEMALE

19-under	Lacy Rex
20-29	Teresa Furniss
30-39	Angel Frain
40-49	Vicki Butler
50-over	Marsha Schmidt

Pictured back row:

Brian Shepherd	Chuck Schlemmer	Hal Pearson
holding Ashley Shepherd		



Pictured front row:

Deb Byers	Lori Cunningham	Stephanie Brown
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Marshmallow Festival 5k & 1 mile

1) Brian Shepherd	15:04	43) Deb Byers (F)	:49
2) Matt Jones	:44	44) Joe Ziegler	:55
3) Chuck Schlemmer	:51	45) Mandy Knuckles (F)	:56
4) Bill Bates	:56	46)	:56
5) Steve Letters	16:48	47) Angel Frain (F)	22:05
6) Sam Vargas	:59	48) Tom Hensley	:29
7) Ward Moya	17:07	49) Sean Leffers	:31
8) Clark Reed	:31	50) Patrick Rosdil	:36
9) Keith Walter	:33	51) Mitch Harper	:38
10) Hal Pearson	:47	52) Kent Cunningham	:41
11) Jed Pearson	:56	53) Michael Variell	22:51
12) Paul Shaffer	18:03	54) Marsha Schmidt (F)	23:44
13) Rick Plunkett	:07	55) Bob Gensheimer	:57
14) Rod Obregon	:10	56) Teresa Furniss (F)	24:18
15) Bryan Keister	:13	57) Beth Borner (F)	:28
16) Mark Walter	:14	58) Zack Schlemmer	25:05
17) Dan Kauffman	:19	59) Lacy Rex	:06
18) Robert Knuckles	:42	60) Emily Harriman (F)	:06
19) Verton Troyer	19:07	61) Robin Manger (F)	:07
20) William Crane	:18	62)	:07
21) Troy Horvath	:24	63) Lucy Wysong (F)	:16
22) Scott Schermerhorn	:53	64) Gary Selking	:19
23) Lynn Armstrong	:55	65) Joan Gary (F)	26:06
24) Henry Mulder	20:00	66) Heidi Frick (F)	:42
25) Joe Swelzer	:12	67) Ken Disler	27:00
26) Phil Wysong	:31	68) Tim Schlatter	:04
27) David McDonald	20:32	69) Eugene Striggle	:53
28) Stephanie Brown (F)	:37	70) Kandy Gay (F)	:59
29) Dave Boylan	:39	71) Tammy Townsend (F)	28:09
30) Gene Lightner	:45	72) Jane Lunch (F)	:20
31) Dan Frick	:51	73) Vicki Butler (F)	30:31
32) Jonathan Schlatter	:53	74) Don Rhodes	31:16
33) Greg Lawrence	21:03	75) Bev Christensen (F)	33:12
34) Dewain Cobbs	:07	76) Sarah Flora (F)	34:12
35) Jeff Giothaus	:12	77) Brandy Brumbaugh (F)	39:45
36) Lori Cunningham (F)	:13	78) Barry Brumbaugh	40:33
37) Larry Christensen	:14	79) Jane Applegate (F)	40:33
38) Tom Felger	:14	80) Diane Kritzman (F)	40:57
39) Harvey Hustle	:26	81) Hunter Gowen	44:42
40) Jeremy Cripe	:30	82)	
41) David Sprague	:32	83) Erika Mulder (F)	46:15
42) Mike McAvoy	:37	84) Santa Mulder (F)	46:51

ONE MILE

- | | | |
|----------------------|------|-----------------------|
| 1) Jeremy Truelove | 5:14 | 16) Bill Gantt |
| 2) Ryan Brown | | 17) Ben Ryan |
| 3) Joshua Bush | | 18) Brett Serward |
| 4) Sam Lawrence | | 19) Amondo Landeros |
| 5) Ryan VanMeter | | 20) Kathy Reedy |
| 6) Alissa Lindsay | | 21) David Simon |
| 7) Kyle Jane | | 22) Andy Kauffman |
| 8) Chuck Wysong | | 23) Amy Kinney |
| 9) Dorothy Wysong | | 24) Jeff Wysong |
| 10) Christi Lawrence | | 25) Heather Hall |
| 11) Sierra Austrup | | 26) Violette Wysong |
| 12) Jenna Shaffer | | 27) Scott Otterbacker |
| 13) Brian Lawrence | | 28) Benito Landeros |
| 14) Mitch Sprague | | 29) Jared Leamon |
| 15) Ann Lindsay | | 30) Tim Leamon |



Pictured at Ckear Lake 5K/10K

Sam
Vargas
1st-19-29

Brian
Shepherd
1st-Overall

Deb
Byers
1st-40-49

Clear Lake 5k/10k Winners

5k Female - Overall

1) Emile McClure

5k Male - Overall

1) Brian Shepherd 15:51

10k Female - Overall

1) Ann Gere

10k Male - Overall

1) Charlie Fox 32:15

5k Female - 18 & under

1) Teresa Richer

2) Juli Rex

5k Female - 19-29

1) Kay Pulver

2) Dawn Buchanan

5k Female - 30-39

1) Tammy Szymanski

2) Julie Adams

5k Female - 40-49

1) Debbie Byers

2) Dawn Luttmann

5k Female - 50 & over

1) Marge Appling

2)

10k Female - 18 & under

1)

2)

10k Female - 19-29

1) Jill Dempsey

2)

10k Female - 30-39

1) Judy Tillapaugh

2) Jill Bobay

10k Female - 40-49

1) Karen Wolf

2) Denise Connelly

10k Female - 50 & over

1) Kathleen Kirby

2) Joan Gary

5k Male - 18 & under

1) Austin Imm

2) Matt Stevens

5k Male - 19-29

1) Samuel Vargas

2) Michael Lindley

5k Male - 30-34

1) Todd Nichols

2) Marty Retcher

5k Male - 35-39

1) Tony David

2) Timothy Glasper

5k Male - 40-44

1) Carl Hansen

2) Les Brown

5k Male - 45-49

1) John Luttmann

2) Larry Simmons

5k Male - 50-59

1) Tom Horton

2) Don Steininger

5k Male - 60 & older

1) Don Anderson

2) Jim Lowry

10k Male - 18 & under

1) Steve Teusch

2) Chad Clevenger

10k Male - 19-29

1) Michael Fruchey

2) Paul Furniss

10k Male - 30-34

1) Ed Masta

2) Patrick O'Beirne

10k Male - 35-39

1) Rowland Perez

2) Terry Dillen

10k Male - 40-44

1) Roger Wilson

2) Chuck Winke

10k Male - 45-49

1) Pat Wagner

2) Larry Whitaker

10k Male - 50-59

1) Dave Wolff

2) Jerome Tomc

10k Male - 60 & over

1) Joe Ziegler

2) Robert Loomis

**HARLAN DAYS 10K
AUGUST 3, 1996**

NAME	AGE	TIME
Brian Shepherd	30	32:58
Jeremy Schmidt	21	36:02
Michael Fruchey	27	36:17
Hal Pearson	41	36:34
Tom Brown	21	36:38
Roger Wilson	42	36:44
Dan Brier	20	36:54
Gary Rickner	47	37:28
Ben Norton	17	37:37
Steven Caswell	43	37:51
Ward Moya	32	37:55
Tod Esquivel	19	38:15
Benjamin Collins	17	38:17
David Foote	20	38:31
Luke Forbing	16	38:39
Samuel Vargas	19	38:43
Mark Walter	31	38:47
David Caswell	16	38:57
Kenneth Long	46	39:00
Bryan Keister	37	39:02
Jed Pearson	45	39:11
Kevin Gfell	17	39:33
Carl Klopfenstein	16	40:20
Naomi Fruchey	25	40:26
Don Ford	46	40:42
Verton Troyer	47	41:43
Chris Lowden	17	41:57
Chris Morris	26	42:03
Shaun Fultz	17	42:14
Brian Gilford	38	42:30
Tom Fisher	16	42:34
Jeremy Lung	15	42:43
Josh Sgro	19	43:30
Lynn Armstrong	49	43:42
Mike Kowtko	38	43:48
Kelly Kochert	18	44:02
Jeff Milleman	40	44:04
Dave Boylan	53	44:59
Myron Meyer	69	45:06
Barrie Peterson	53	45:11
Don Anderson	69	45:36
Paul Ausderan	42	45:43
Jonathan Schlatter	40	46:01
Brad Peterson	23	47:22
Rachel Smith	16	47:22
Lorraine Fox	35	48:05
Steve Eysers	37	48:15
Lisa Baldwin	30	48:21
Michael Diss	49	48:22

NAME	AGE	TIME
Steve McMahan	32	48:35
Jim Doctor	28	48:40
Bob Geinsheimer	60	48:49
Steven Hilker	40	48:50
Gary Kuhn	39	49:04
Dean Whitman	38	49:06
Mark Bachman	35	49:19
Sarah Lightcap	17	50:35
Dennis Klopfenstein	39	50:39
Jill Bobay	35	51:15
Don Ashton	55	51:30
Michael Casiano	19	51:49
Mitch Harper	40	53:06
John Brier	51	53:06
Barbara Milleman	38	54:34
Dean Russ	39	55:35
Ken Silkworth	49	57:01
Gwen Wilson	24	58:04
Ted Jajorskyl	44	60:18
Brianne Gilford	15	60:30
Jamie Henderson	18	61:02
Katie O'Shaughnessy	15	61:08
Belinda Sharp	46	62:12
Dean Sharp	49	62:14
Robert Leeper	69	62:56
Mary Newell	27	66:11
Tim McDermott	38	83:57
Marsha McDermott	42	83:58

USATF Junior National Championships

Columbus, Ohio, June 28-29, 1996

Women's 5000m

- * 1. Amy Yoder (Kendalville, IN) 17:00.58
- 2. Laurie Sturgell (Hudson, OH) 17:12.06
- 3. Casi Florida (Joshua, TX) 17:19.04

Women's 10000m

- * 1. Amy Yoder (Kendalville, IN) 36:25.29
- 2. April Brannon (Albuquerque, NM) 38:30.05
- 3. Melissa Griffey (Elkhart, IN) 39:25.98

Member's Page

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

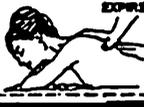
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(219) 347-0407

QUEST FOR 100 By Joyce E. Hockensmith

Would you believe that when I trained to run my first marathon, which was the last WMEE/Key Health Plan Marathon held in Fort Wayne in 1987, my goal was to run just "1". It was the year I turned 40, and I wanted to prove to all my non-running friends that, yes, I could run a marathon. On September 16th in Marquette, Michigan, at the cool and rainy Northern Shufflers Marathon, I completed my 100th lifetime marathon. Bob greeted me at the finish line with red roses, and had arranged for a loving cup trophy to be presented to me at the awards ceremony. I was "put on the spot" by the race director requesting that I take the microphone and talk about running 100 marathons. Those of you who know me well, know how shy, retiring, and reluctant to speak about marathoning I am, but I did manage to say a few words.

Probably my most frequently asked questions are: What is your favorite, and least favorite marathons? It is difficult to answer the first question since there are so many marathons around the country that are very unique. I think the Big Sur Marathon in California is in a class by itself, due to the extreme beauty of the course, and the creativity of the race director.

I might have had to think harder about the worst, were it not for one I ran on August 18 in Cincinnati, Ohio. In order for my 100th marathon to be at Northern Shufflers, I had to find a marathon to run in mid-August. The only one I could locate that would fit my schedule, was one put on by Denny Fryman, called the Union Terminal Marathon. Each lap in the parking lot of Union Terminal consisted of three different loops around milk cartons, a total distance of 1.1 miles. Okay, all you mathematicians, how many laps does a marathon make? If you guessed 24, you're qualified for next year's running. Now picture a typical August day, sun beating down, no shade, hot asphalt. Any Questions?

What next? The next goal, besides probably taking up cycling with Bob, is to be the 2nd woman in the USA to complete two marathons in every state plus D.C..



Congratulations on 100 Marathons !



Randolph
Smith
1st-70+
Atlanta, GA

Joyce
Hockensmith
3rd-Overall
100 Marathons

Barb
Scrogam
1st-Masters



• THE RIGHT STUFF •

On the Marrakesh Express



Okay, Rice-A-Roni. The jig's up.

For years, you've been

dumping salt (and giving us directions to dump fat) into your packaged rice and pasta mixes. When we call you on it, you shrug and say that it's the only way to give consumers the taste they want.

Tell that to tiny Melting Pot Foods. Its **Marrakesh Express CousCous** is ample proof that there is taste—and nutrition—after processing. (Don't be scared by the name. Couscous is just semolina flour that cooks up into a tiny rice-like pasta in a couple of minutes.)

A half-cup has no more

than 220 milligrams of sodium. The same amount of Rice-A-Roni has almost three times that much. (If you're like most people and eat more than a half-cup, those milligrams can add up quickly.)

Marrakesh Express's wonderful flavor (so *that's* what food tastes like without partially hydrogenated oil, MSG, and HVP) almost made us forget that there wasn't more than a tablespoon or so of veggies in each box (even in the **Lucky 7 Vegetable** flavor), or that the couscous was made from white flour instead of whole wheat.

We thought the company's line of **Terrazza Pasta & Beans** tasted even better.

They may not be easy to find, but it's worth the effort. (*Melting Pot Foods, 1145 Westgate, Suite 120, Oak Park, Illinois 60301. 800-284-6768.*)



• FOOD PORN •

Good'n Greasy



"What do you get when you cover bites of America's #1 brand of chicken with a crispy potato coating?"

How nice of the box of **Tyson Chick'n Chippers** to ask.

You get 21 grams of fat in just five bite-sized pieces. That's twice as fatty as a four-piece order of McDonald's Chicken McNuggets, even though both weigh the same. Heck. It's as fatty as

the McNuggets plus a small order of fries.

Surprised? You shouldn't be. Wrapping slivers of chicken in a blanket of greasy potato bread- ing will do it every time.

Something else it'll do is give you a nice shot of cholesterol-raising fat: four grams of saturated fat and two grams of *trans* fat (from the partially hydrogenated soybean oil that's added to the breading). You could eat four or five slices of bacon and probably do less damage to your arteries.

And the *coup de grease*: Tyson fries the little fat bombs before tossing them in the box...then has the nerve to suggest that you pan fry or deep fry them at home.

As for the "Chicken Patties with Crispy Potato Coating" nonsense on the box: We went prospecting for chicken and ended up buried in breading. We figure that you're paying more than \$6.00 a pound for the chicken bits (and skin) in a box of Chippers.

To voice your...ahem... comments, call *Tyson Foods* at (800) 233-6332.

TIP

OF THE MONTH

Sprinkle some chopped **marinated artichoke hearts** and **balsamic vinegar** over your salad instead of dressing. *Cara Mia* brand hearts (they taste great) have only 1½ grams of fat and 105 mg of sodium in every two pieces.



UN-FRIED CHICKEN

Light vegetable oil cooking spray

6 chicken drumsticks, skin removed

3 whole chicken breasts, halved and skin removed

3½ cups ice water

1 cup plain non-fat yogurt

For the Breading

1 cup dried Italian bread crumbs

1 cup all-purpose flour

1 Tbs. Old Bay seasoning

½ tsp. garlic powder

½ tsp. Creole seasoning

Dash cayenne pepper

⅛ tsp. freshly ground black pepper

½ tsp. dried thyme

½ tsp. dried basil

½ tsp. dried oregano

Preheat the oven to 400°. Coat a baking sheet with 3 sprays of the vegetable oil. Put the chicken in a large bowl with the ice water. Put the yogurt into a medium bowl. Set the bowls aside. Toss all the breading ingredients into a large, tightly-sealing plastic bag. Seal and shake well to mix.

Taken from Nutrition Action Newsletter

Remove 2 pieces of chicken from the ice water. Roll each piece in the yogurt. Put the chicken into the plastic bag, reseal, and shake to coat thoroughly. Transfer the breaded chicken to the prepared baking sheet. Repeat the process until all 12 pieces are breaded. Spray the chicken lightly with the vegetable oil.

Place the baking sheet on

October 1996

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>29 Duathlon-Eagle Cr. Danville, IL 7.6 M Little Rock, AR Mar.</p>	<p>30</p>	<p>1 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>2</p>	<p>3 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>4</p>	<p>5 Training Run 7 AM YMCA-Downtown Bunker Hill 4 M Indy 5K Bristol, NH Mar.</p>
<p>6 Octoberfest 10K Portland, ME Mara. Twin Cities Mara. Fox Cities Mara.</p>	<p>7</p>	<p>8 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>9 Run 6 PM - Showers FWTC Mtg. 7PM IPFW-Gates A.C. Casa's after Mtg.</p>	<p>10 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>11 IPFW 5K X-Country</p>	<p>12 Training Run 7 AM YMCA-Downtown Indy Marathon Evansville 15K Double Eagle 5 M.</p>
<p>13 Martinsville 5K Hobart 4 Mile Atlantic City Mara. Mt. Rushmore Mar.</p>	<p>14</p>	<p>15 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>16 FWCS X-Country Meet</p>	<p>17 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>18</p>	<p>19 Training Run 7 AM YMCA-Downtown Circleville, OH 5 M Carmel 5K Witchata Mara. Grace College 5K Valpraiso 5 Mile Eagle Creek 5K</p>
<p>20 Chicago Mar. & 5K Detroit Marathon Davenport, IA 5K</p>	<p>21</p>	<p>22 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>23</p>	<p>24 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>25</p>	<p>26 Morgan-Monroe State Forest 5K & Mini-Marathon Training Run 7 AM YMCA-Downtown Scherverville, IN 5K Indy 5 Mile St Louis Marathon</p>
<p>27 Decatur 5K Marine Corps Mara.</p>	<p>28</p>	<p>29 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>30</p>	<p>31 FWTC Training Run at IPFW - 6 PM Hilliard Gates Act. Center-Showers</p>	<p>1</p>	<p>2 Training Run 7 AM YMCA-Downtown Owen Putnam 50K & 14 Mile</p>

November 1996

Sun

Mon

Tue

Wed

Thu

Fri

Sat

27

Decatur 5K
Marine Corps Mara.

28

29

FWTC Training Run
at IPFW - 6 PM
Hilliard Gates Act.
Center-Showers

30

31

FWTC Training Run
at IPFW - 6 PM
Hilliard Gates Act.
Center-Showers

1

2

Training Run 7 AM
YMCA-Downtown
Owen Putnam 50K
& 14 Mile

3

Mounds 5 Mile
Chesterton 7 Mile
Bloomington 8K/5K
New York City Mar.
Vandalia, OH Mara.

4

5

FWTC Training Run
at IPFW - 6 PM
Hilliard Gates Act.
Center-Showers

6

7

FWTC Training Run
at IPFW - 6 PM
Hilliard Gates Act.
Center-Showers

8

9

Training Run 7 AM
YMCA-Downtown
Terre Haute
10K/1Mile
Indy 5 Mile
Chicamauga, GA
Mara.

10

CTA 5K Ligonier
Hammond 4 Mile
Columbus Mara.
Ligonier 5K
Birmingham, AL
Mara.

11

12

FWTC Training Run
at IPFW - 6 PM
Hilliard Gates Act.
Center-Showers

13

Run 6 PM - Showers
FWTC Mtg. 7PM
IPFW-Gates A.C.
Casa's after Mtg.

14

FWTC Training Run
at IPFW - 6 PM
Hilliard Gates Act.
Center-Showers

15

16

Training Run 7 AM
YMCA-Downtown
Centerville, IN 7K

17

18

19

FWTC Training Run
at IPFW - 6 PM
Hilliard Gates Act.
Center-Showers

20

21

FWTC Training Run
at IPFW - 6 PM
Hilliard Gates Act.
Center-Showers

22

23

Fox Island 5K
Training Run 7 AM
YMCA-Downtown
Highland, IN 3 Mile
Tulsa, OK Mara.

24

Valparaiso 5K/10K
Cincinnati Mara.

25

26

FWTC Training Run
at IPFW - 6 PM
Hilliard Gates Act.
Center-Showers

27

28

Mazock's 20th
Annual 6 Mile
Thanksgiving Day
Run
Eagle Creek 5K
New Albany, IN 5M
Atlanta Marathon

29

Howell, MI 5K

30

Training Run 7 AM
YMCA-Downtown
Greensburg, IN
5K/10K
Danville, IL 5K

Birthdays

October

November

RUSTY	GROSE	10 - 01
MARJORIE	HAINES	10 - 01
MIKE	FOWLER	10 - 02
GARY L	KING	10 - 03
JOHN	BOBAY	10 - 04
KATHY	HARMON	10 - 04
STEVEN	HOEPFNER	10 - 05
KEITH	WALTER	10 - 05
FRED	WEHRWEIN	10 - 05
STEVEN M	LUDWISKI	10 - 07
HAL	PEARSON	10 - 08
TOM	LAIRD	10 - 09
PAUL	RISCH	10 - 10
WILLIAM A	KERN	10 - 11
JAY	BROWER	10 - 12
MARK	FURKIS	10 - 12
SUSAN	PETERSON	10 - 12
RANDY	ROBERTS	10 - 12
DONALD	BRANSTETER	10 - 13
TIM	ZUMBAUGH	10 - 13
KRISTINA	GRAHAM	10 - 14
LARRY	UELK	10 - 14
STEVE	BEGHTEL	10 - 15
LINDA K	GORMAN	10 - 15
CHERYL	STROMSKI	10 - 15
TOM	FELGER	10 - 16
MARK A	BRATTOLI	10 - 18
MEGAN	DEXHEIMER	10 - 18
HOWARD	BASH	10 - 21
LOU	BRIONES	10 - 22
STEPHEN P	SMITH	10 - 22
VERTON L	TROYER	10 - 22
JOYCE A	FUZY	10 - 23
MIKE	YODER	10 - 24
WILLIAM R	CLARK JR	10 - 25
DAVID	LALLOW	10 - 25
C WAYNE	UNSELL	10 - 26
ANN	JAMISON	10 - 28
SHANNON	LEAS	10 - 28
JAMES L	KLINE	10 - 31



KEVIN	LOCHNER	11 - 01
JERRY	HILL	11 - 01
JOHN E	HILKER	11 - 01
BARRY	LINTNER	11 - 02
JEFF	BRAMAN	11 - 03
DON	JANTZ	11 - 03
GREG	HENDERSON	11 - 03
JOHNI	RASMUSSEN	11 - 03
MIKE	ROBBINS	11 - 03
RUSSELL	SHIVE	11 - 03
DANIEL	LEFFERS	11 - 04
KING	SULLIVAN	11 - 04
JOANA	FLENAR	11 - 04
DICK	HARNLY	11 - 05
NANCY	VIRTUE	11 - 06
WES	FOWLER-FINN	11 - 06
MARY	MCMANUS	11 - 07
MICHAEL	HENDRICKS	11 - 08
ALAN	BRADLEY	11 - 09
LINDA	YODER	11 - 10
TERRY R	DILLER	11 - 12
JENNY	SANDERS	11 - 13
MONICA	MADDALONE	11 - 13
DAVID L	WINTERS	11 - 13
JOHN	MILLIS	11 - 13
CINDY	FURKIS	11 - 14
DICK	WATERFIELD	11 - 15
MATT	DEXHEIMER	11 - 16
BERNIE	HUESING	11 - 17
SYLVIA	KOESTER	11 - 17
TODD	SEIMAN	11 - 18
CHUCK	SCHLEMMER	11 - 19
DAN	KAUFMAN	11 - 20
RICHARD	QUINTANO	11 - 20
MARK	DERHEIMER	11 - 20
PAUL E	KNOTT	11 - 23
KEITH	CAUDILL	11 - 24
ROBERT	GEBFERT	11 - 25
JOHN	STURTEVANT	11 - 27
JOE	SUELZER	11 - 28
LISA M	PESCI	11 - 29

To: FWTC members and families
From: Phil Suelzer

During the last year I have organized a 1 mile X-country race and 1 mile track race for Elementary school students. The X-country race was open to students from Forest Park, where my office is as a school psychologist, and Brentwood. The 1 mile track run that was held in the spring was open to any Fort Wayne Community schools student enrolled in 3rd - 5th grade. The X-country race in the fall was run in two sections, boys and girls 3rd-5th grades. The race was scored as usual, with the top 5 boys on each team (school) comprising a team score irregardless of grade level(Forest Park and Brentwood).

This year I am inviting the remainder of the Fort Wayne Community schools, parochial schools, and surrounding school systems to participate. I will be sending out a flyer similar to the one below, which will also serve as an entry form, to each of the schools inviting them to bring a team. If a school cannot get 5 boys or girls to run in the race, the students may compete as individuals and be eligible for individual awards. Of course, there will also be awards given to the top boys and girls teams, and any (grade) boy or girl that finishes in the top 5 (for their school) makes up the team.

2nd Annual FWCS Elementary X-Country Meet

Where: Lakeside Middle School

When: Oct. 16 4:15 Girls race 4:40 Boys race

Distance: 1 Mile on grass

Cost: 25¢

This race is open to any student in the 3rd through 5th grades. Last year this race was open only to those students attending Forest Park and Brentwood elementary schools. All FWCS students will be invited as well as parochial school students and students attending elementary schools in the surrounding school systems. The race will take place on the grounds of Lakeside Middle school, located approximately 4 blocks south of Parkview Hospital on Lake Avenue.

ENTRY FORM

STUDENTS NAME: _____

M / F
CIRCLE

SCHOOL: _____ AGE _____ GRADE _____

I hereby waive, release and discharge for myself, my heirs, executors, administrator, legal representative, assigns and successors in interest (hereinafter collectively "successors") any and all rights and claims which have or which may hereafter accrue to me against the organizers and public entities, and properties (and their respective agents, officials, and employees) though or by which the events will be held for any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with this event.

PARENT SIGNATURE: _____

I, as parent of guardian of the above named minor, hereby give my permission for my child or ward to participate in the event and further agree, individually and on behalf of my child or ward, to the terms of the above.

Race Director and mailing address: Phil Suelzer 2004 Alabama Av. ; FW, IN; 46805 daytime ph. 425-7100

FWTC Points Races 1996

February	1	Fanny Freezer 5K	Fort Wayne
March	2	Nutri- Run 20K	Fort Wayne
April	3	Homestead Hilly 4	Fort Wayne
May	4	FWTC 1 mile Championship	Fort Wayne
June	5	Canal Days 10K only	New Haven
	6	Hoosier Marathon	Fort Wayne
	7	Mermaid 5K	North Webster
July	8	Zoo Run 4 mile	Fort Wayne
	9	Parade Race 5K	Fort Wayne
	10	Old Settlers 4 mile	Columbia City
	11	Cancer Society 5K	Syracuse
August	12	Harlan Days 10K	Harlan
	13	Marshmallow Days 5K	Ligonier
September	14	Roanoke 5 Mile	Roanoke
	15	Parlor City 1/2 Marathon	Bluffton
October	16	Callithumpian Canter 5K	Decatur
November	17	CTA Scholarship 5K	Ligonier
	18	Turkey Trott - Fox Island	Fort Wayne
December	19	J.P.Jones 10K	Fort Wayne

Selected Rules:

- -Participant must be FWTC member at the time of the race.
- -Points awarded based on your finish compared to other club members in the races as listed above

Points Awarded

1st	100	6th	45
2nd	85	7th	35
3rd	75	8th	25
4th	65	9th	15
5th	55	10th	5

- -Marathon is awarded double points
- -Age Group will be based on your age as of 1-1-96
- -The number in parenthesis following the age listing is the number of awards in each age group

FWTC POINT STANDINGS

MALE

<u>19 & Under (1)</u>	<u>PTS.</u>
Mike Casiano	485
Joe Suelzer	275
Adam Frick	200

<u>20-29 (2)</u>	<u>PTS.</u>
Chris Marks	845
Mike Fruchey	670
Jeremy Schmidt	300
Greg Adams	200

<u>30-39 (7)</u>	<u>PTS.</u>
Chuck Schlemmer	1070
Brian Shepherd	1000
Ward Moya	745
Bryan Keister	605
Mark Walter	475
Terry Diller	325
Carl Reisch	225
Steve Eyers	220

<u>40-49 (11)</u>	<u>PTS.</u>
Hal Pearson	940
Jed Pearson	820
Roger Wilson	635
Gary Rickner	570
Verton Troyer	470
Tim Zumbaugh	355
Mark Brattoli	230
Phil Suelzer	225
Lynn Armstrong	210
Jim Weide	200
Paul Ausderan	190
Tim Searle	165

<u>50-59 (7)</u>	<u>PTS.</u>
Larry Averbeck	770
Dave Boylan	705
DeWain Cobbs	460
Barrie Peterson	375
Bill Crane	340
Jack Morris	330
Tom Felger	325
Bob Gensheimer	290
Fred Ross	240

MALE

<u>60-69 (3)</u>	<u>PTS.</u>
Don Anderson	855
Joe Ziegler	570
J.P.Jones	455
Bill Patterson	245
John Sturtevant	240
Eugene Striggle	235

<u>70 & Older (1)</u>	<u>PTS.</u>
Ken Disler	1100

FEMALE

<u>19 & Under (1)</u>	<u>PTS.</u>
Megan Dexheimer	100
Lisa Pesci	85

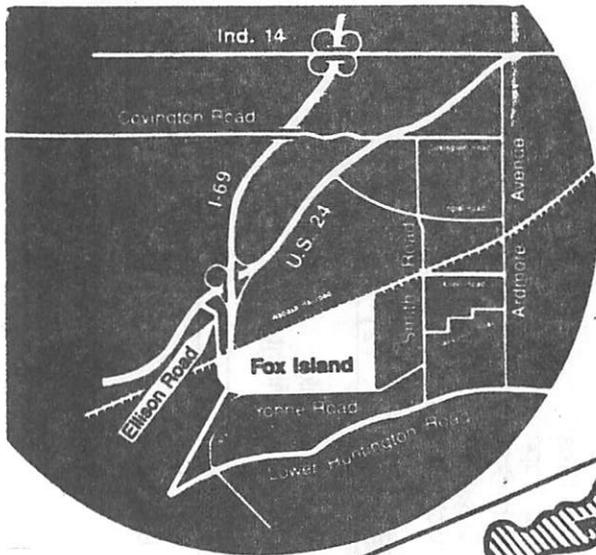
<u>20-29 (2)</u>	<u>PTS.</u>
Naomi Fruchey	600
Karen Louis	590
Teresa Furniss	360
Mary Newell	305
Rhonda Breischafft	285
Anita Lehman	235
Amy Sivley	195

<u>30-39 (3)</u>	<u>PTS.</u>
Lorraine Fox	370
Angel Frain	335
Linda Gorman	300
Judy Tillapaugh	200
Brenda Miller	130

<u>40-49 (3)</u>	<u>PTS.</u>
Deb Byers	600
Terri Gross	270
Pat Trapp	245
Barb Scroggham	200
Susan Peterson	200
Vicki Jacobs	160

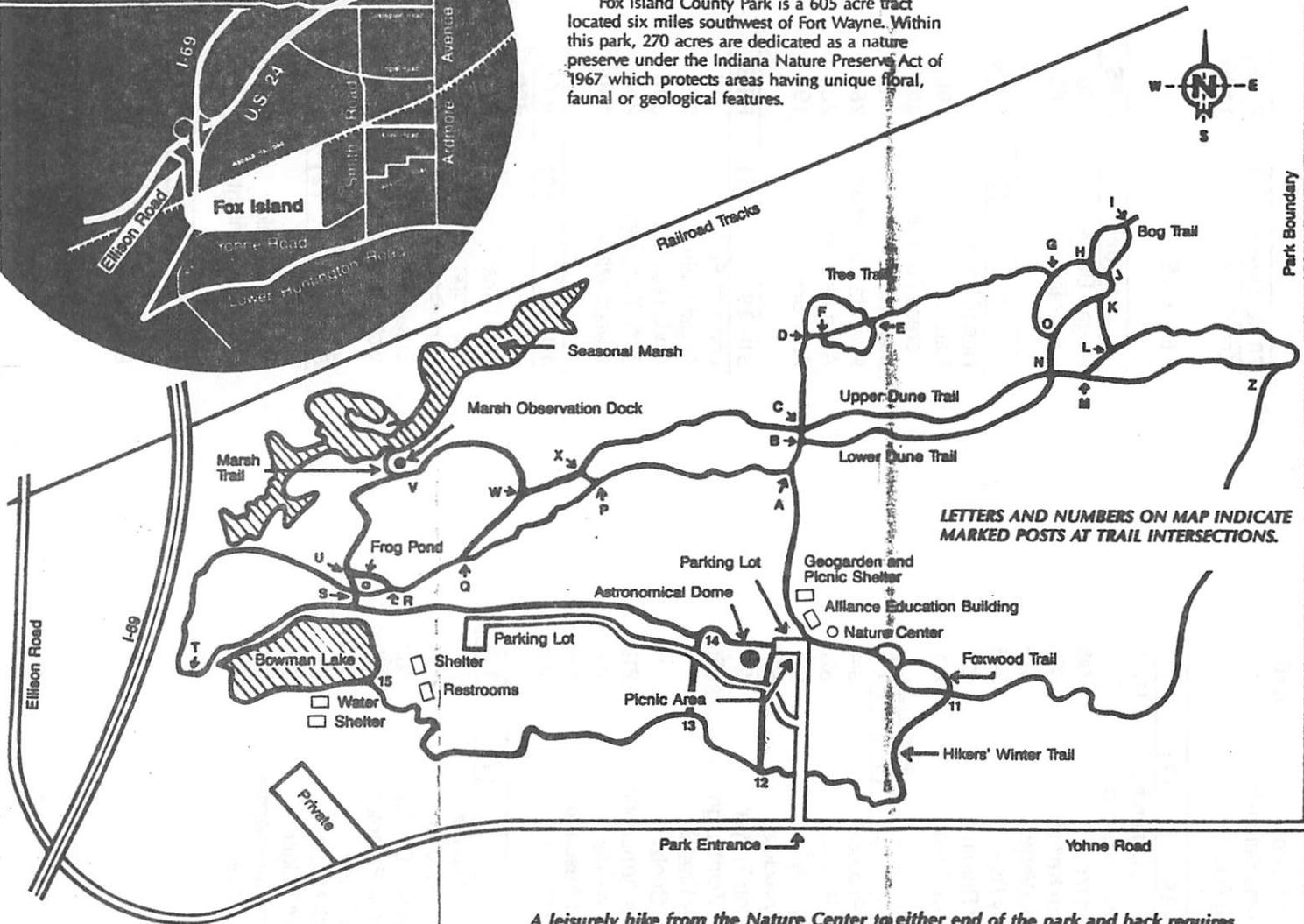
<u>50-59 (2)</u>	<u>PTS.</u>
Joan Gary	1155
Marsha Schmidt	400
Sarah Kleinknight	340

<u>60-69</u>	<u>PTS.</u>
Polly Jacobs	200
Bea Laird	85



FOX ISLAND LOCATION

Fox Island County Park is a 605 acre tract located six miles southwest of Fort Wayne. Within this park, 270 acres are dedicated as a nature preserve under the Indiana Nature Preserves Act of 1967 which protects areas having unique floral, faunal or geological features.



LETTERS AND NUMBERS ON MAP INDICATE MARKED POSTS AT TRAIL INTERSECTIONS.

A leisurely hike from the Nature Center to either end of the park and back requires at least two hours, allowing time for photography, identifications, etc.

FOX ISLAND IS UNIQUE

Running through Fox Island is a wind-deposited sand dune, now forested with oak and hickory, that rises 40 feet above the marsh. More than 10,000 years ago the fine sand of the dune was wind-deposited to become an island in the Fort Wayne-Huntington sluice, the drainage-way for the melted water from the receding Wisconsin glacier.

The park is part of the largest expanse of contiguous woodland in Allen County. Hundreds of species of plants and animals live in Fox Island because of the relatively natural condition of most of the area with its cover-type habitats of marsh, seasonal ponds, pine plantation, dune forest, wetlands forest and old-field areas in various stages of succession.



Fox Island was purchased with county tax dollars and matching federal funds. It is owned by the people of Allen County and operated by the Allen County Park and Recreation Board. Fox Island is not intended to be an active recreation (sports) facility but is a park for the enjoyment and study of nature. Fox Island's programs reflect this philosophy.

GATE HOURS:

Tuesday-Sunday	9:00 A.M. - 5:00 P.M.
Summer	9:00 A.M. - 7:00 P.M.
Closed Mondays	year-round

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.

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

- 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 TILLPAUGH, 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 REBUILD THE FAMILY 5K WALK AND RUN, 9 AM, MAJOR TAYLOR
VEOLODROME, INDIANAPOLIS, IND., CATHOLIC SOCIAL SERVICES. 1400
N. MERIDIAN ST., INDIANAPOLIS, IND., 46202 (317) 236-1514
- 12 SAT GOING THE DISTANCE 15K, 8 AM, USI CAMPUS, EVANSVILLE, IND., BARB
DYKSTRA, 222 N.W. 6TH ST, EVANSVILLE, IND., 47708 (612) 423-9622
- 13 SUN(R) MAKING STRIDES AGAINST CANCER 4 MILES, HOBART, IND.,
DEBORAH WHITE (219) 793-1030
- 13 SUN FALL FOLIAGE FESTIVAL 5K, NOON, EAST MIDDLE SCHOOL, 1459 E.
COLUMBUS ST., MARTINSVILLE, IND., MARK UEBEL, 2039 E MORGAN ST.,
MARTINSVILLE, IND., 46151 (317) 342-6688
- 13 SUN *MOUNT RUSHMORE INTERNATIONAL MARATHON, RAPID CITY, SD,
PO BOX 9084, RAPID CITY, SD. 57709 (605) 348-7866

- 16 WED(L) 2ND ANNUAL FWCS ELEMENTARY X-COUNTRY MEET, LAKESIDE MIDDLE SCHOOL, 4:15 PM GIRLS RACE, 4:40 BOYS RACE, 1 MILE ON GRASS. COST 25 CENTS, PHIL SUELZER, 2004 ALABAMA, AV., FT. WAYNE, IND., 46805 (219) 425-7100 DAYTIME PHONE
- 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
- 19 SAT CIRCLEVILLE PUMPKIN SHOW CLASSIC 5 MILER, 9 AM, CIRCLEVILLE HIGH SCHOOL, CIRCLEVILLE, OHIO, JEFF/JEAN MCGOWAN, P.O. BOX 13173, CIRCLEVILLE, OHIO, 43113 (614) 755-9575 OR (614) 474-8640
- 19 SAT CARMEL APPLE FUN RUN 5K, 8:30 AM, METHODIST CARMEL, JANE LUTHER, 151 PENNSYLVANIA PARKWAY, INDIANAPOLIS, IND., 46280 (317) 929-3619
- 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 HISTORIC IRVINGTON PLEASANT RUN, 5 MILE AND 3 MILE FAMILY WALK, 10 AM, IRVINGTON, INDIANAPOLIS, IND., TUXEDO BROTHERS, 4314 MATREA CT., INDIANAPOLIS., IND, 46254 (317) 328-1632
- 26 SAT WEREWOLF 5K AND CANINE MILE, LOUISVILLE, KY.. BETTY THARP (502) 367-8509
- 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)CALLITHUMPIAN 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, 7531 GLENHURST DR., DAYTON, OHIO, 45414 (513) 898-7015

03 SUN NEW YORK CITY MARATHON, NYRR, 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

03 SUN(R) RUN THE MOUNDS 5 MILE X-COUNTRY AND 1 MILE FUN RUN, MOUNDS STATE PARK, ANDERSON, IND., BOB HART (317) 643-6204

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

- 23 SAT(LP)TURKEY TROT 5K AND 5000 CENTIMETER RUN FOR KIDS, 11 AM, FOX ISLAND PARK, 7324 YOHNE RD., FT. WAYNE, IND., DON LINDLEY (219) 432-5998
- 23 SAT(R) PUMPKIN PLOD 6 MILE RUN AND 3 MILE FUN WALK, HIGHLAND, IND., (219) 838-0114
- 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 8TH FAST FREDDIE'S FESTIVE FIVE-MILE FOOT FEAST, 9 AM, COMMUNITY PARK, NEW ALBANY, IND., FRED GESWEIN, (812) 945-5395
- 28 THUR(L)MAZOCK'S 20TH ANNUAL THANKSGIVING FUN RUN, APPROX. 6 MILES, 8 AM, 2828 EMERALD LAKE DR., FT WAYNE, IND., NO AWARDS/NO SPLITS/OLD COFFEE AND STALE DONUTS, JERRY MAZOCK (219) 432-4755
- 28 THUR TURKEY TROT 5K RUN AND WALK, 9 AM EAGLE CREEK PARK INDIANAPOLIS, IND., MARGARET (317) 327-7201
- 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)
- 30 SAT TREE CITY 10K AND 5K RUN/WALK, 10 AM, GREENSBURG, IND., KAREN MARTIN (812) 663-9622

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

- 01 SUN HORSESHOE PRAIRIE STAMPEDE, 2.4 AND 4.4 MILES, 2 PM, CONNER PRAIRIE, FISHERS, IND, JIM SHONKWEILER (317) 733-1900
- 01 SUN MEMPHIS MARATHON, MEMPHIS TENN. KIM CHERRY, FIRST TENNESSEE MEMPHIS MARATHON, PO BOX 84 MEMPHIS, TENN., 38101, (800) 893-7223
- 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

- 07 SAT KENTUCKY MARATHON, LOUISVILLE, KY, STU MCCOMBS, 7004 BEACH AND BEACH, PROSPECT, KY., 40059 (502) 228-1133
- 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
- 08 SUN JINGLE BELL 5K RUN, 2 PM, LANSING, MICH, BRIAN JONES, PLAYMAKERS, MERIDIAN MALL, OKEMOS, MICH., 48864 (517) 349-4252
- 08 SUN EUROPEAN X-COUNTRY 8K, ELGIN, ILL., (312) 878-3838
- 14 SAT ORANGE BOWL 10K AND 5K, 7:45 AM, COCONUT GROVE, FLA., (305) 227-1500
- 14 SAT SCROOGE'S JINGLE BELL RUN, 5 MILES, 10 AM, HAWTHORN PARK, TERRE HAUTE, IND., LARRY POOLE, 7826 E. ROSEHILL AVE., TERRE HAUTE, IND., 47805 (812) 466-9345
- 14 SAT 24TH HOLIDAY 5K RUN/WALK, 10 AM, BAY CITY, MICH. TED DAVENPORT (517) 893-1093 OR JOHN METEVIA (517) 832-2267
- 15 SAT *CANCUN 1996 MARATHON, MCD CORPORACION INTERNACIONAL A.C., AV. REVOLUCION # 779, COL.MIXCOAC, MEXICO, D.F. C P. 03700 TEL +(525) 536 7148
- 31 SAT NEW YEARS RESOLUTION 8K RUN, NOON, FLINT, MICH., RIVERBEND STRIDERS PO BOX 233, FLUSHING MICH, 48433 (810) 659-6493
- 31 SAT RUN IN THE NEW YEAR, 4 MILE RUN, LAYFAYETTE, IND., WALBASH RIVER RUNNERS CLUB, LU GREIG (317)497-1360/ MICHAEL WOODWORTH(317)463-0393

-----JANUARY 1997-----

- 04 SAT SIBERIAN EXPRESS, 7.6 MILES, DANVILLE, ILL., KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834 (217)733-2403(SUSAN), (217)431-4243(DAN)
- 04 SAT CHARLOTTE OBSERVER MARATHON AND 10K, CHARLOTTE, N.C., MARATHON OFFICE, PO BOX 30294, CHARLOTTE, NC, 28230 (704) 358-5425
- 05 SUN *WALT DISNEY WORLD MARATHON, FLORIDA, WALT DISNEY WORLD MARATHON, P.O. BOX 10000, LAKE BUENA VISTA, FL., 32830-0100 (407) 939-7810
- 12 SUN *HOUSTON-METHODIST MARATHON, HOUSTON, TEXAS, HOUSTON MARATHON COMMITTEE, INC., PO BOX 56464, HOUSTON, TX., 77027-6464 (713) 864-9305
- 18 SAT MARDI GRAS MARATHON, NEW ORLEANS, LA., NEW ORLEANS TRACK CLUB, PO BOX 52003, NEW ORLEANS, LA., 70152-2003 (504) 482-6682

- 18 SAT ICE CUBES FOR BRAINS 50K, 8 AM, CEDAR RAPIDS, IA, C J ONG,
QUANTUM PERFORMANCE, 517 GWENDOLYN DRIVE N.E., CEDAR RAPIDS,
IA., 52402 (319) 364-2527
- 18&19 BERMUDA MARATHON, HALF MARATHON, AND 10K, MARATHON TOURS AND
TRAVEL, 108 MAIN STREET, BOSTON, MA, 02129 (800) 444-4097
- 19 SUN SAN DIEGO MARATHON AND HALF-MARATHON, CARLSBAD, CA,
IN-MOTION INC., 511 S. CEDROS AVE., STE. B, SOLANA BEACH, CA, 92075
(800) 994-6668

-----FEBRUARY 1997-----

- 01 SAT CLEAR POND 5K TRAIL RUN/WALK, DANVILLE, ILL., KENNEKUK ROAD
RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834, MARC, (217) 431-4243
- 09 SUN LAS VEGAS MARATHON AND HALF-MARATHON, AL BOKA, PO BOX 61262,
LAS VEGAS, NV., 89180 (702) 876-3870
- 15 SAT(L) FANNY FREEZER 5K, 2:00 PM, HILLARD GATES CENTER, IPFW
FWTC, 432-5998 **DATE AND PLACE TENTATIVE**
- 15 SAT(L) FWTC 20TH ANIVERSERY ANNUAL BANQUET, IPFW, POTLUCK DINNER-
BRING ONE DISH, A SALAD OR DESSERT, AND OWN TABLE SERVICE
SOCIAL HOUR 5 PM, DINNER 5.30 **DATE AND PLACE TENTATIVE**
- 16 SUN MOTOROLA AUSTIN MARATHON, AUSTIN, TEXAS, MOTOROLA AUSTIN
MARATHON, PO BOX 684587, AUSTIN, TEXAS, 78768 (512) 505-8304

-----MARCH 1997-----

- 22 SAT(L) 17TH ANNUAL NUTRA RUNS, 20K AND 5 MILE, 2 PM, HOMESTEAD HIGH
SCHOOL, MIKE MCAVOY (219) 824-5158 **DATE AND PLACE TENTATIVE**
- 22 SAT MOUNTIAN GOAT RUNS/ WALK, KENNEKUK ROAD RUNNERS, PO BOX
1701, DANVILLE, ILL., 61834, MARC (217) 431-4243 OR SUSAN (217) 733-2403

CELEBRATE
GOOD TIMES

**CELEBRATE GOOD TIMES,
COME ON!**

*Beat those wintertime blues
by joining the*

"Fort Wayne Ski" Club

**Come party with the people
who have fun in the snow,
water, woods or wherever
the pursuit of happiness
takes them.**

(Must be 21 years of age.)




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**485-9527
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 Name: _____

 Occupation: _____
 Birthdate: _____ Birthplace: _____
 Family: _____
 Hobbies or interests: _____
 Favorite family activities: _____
 Running Shoe Brand: _____ Years running/Walking: _____
 Favorite Spectator Sports: _____
 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: _____
 Favorite music: _____
 Collections: _____
 Favorite vacation destination: _____
 Most prized possession: _____
 Has There Been An Inspiration To Your Running? _____

 Do You Have a Dream? _____

FWTC MEMBER PROFILE

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)

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: _____

Coming Events...

IPFW X-COUNTRY 5K

Friday October 11, 1996, 5:15 PM
IPFW Campus at Fort Wayne, Indiana

CALLITHUMPIAN CANTER 5K X-COUNTRY

Sunday October 27, 1996, 2 PM, 1:30 PM 1 Mile
Bellmont HS, Decatur, Indiana *****Points Race*****

CTA SCHOLARSHIP 5K

Sunday November 10, 1996, 2:00 PM
Ligonier, Indiana ***** Points Race *****

FWTC MEETINGS

Wednesday, October 9, 7:00 PM, Run, 6:00
Wednesday, November 13, 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.

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