

# *The Inside Track*

*Newsletter of the Fort Wayne Track Club*

*December 1996 - January 1997*



**1996 and 1997  
FORT WAYNE TRACK CLUB  
OFFICER ROSTER**

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Jerry Diehl	Sara Wyss

Well, this is to be my final column of my 2 year reign as president. I thought I would share with you a little of my background, so you might understand why I'm active in the "behind-the-scenes" aspect of the club.

As a fair to poor hurdler/longjumper coming out of high school, I saw little opportunity to stay active in track and field. Luckily, the running boom was, in fact, booming and I was fortunate to get in with a group of runners for my first year of running and racing. These guys had been running long before it was popular, and from them I was able to experience a true love for the sport. I also became a member of the Ohio River Road Runners Club and started racing...I was hooked.

I enjoyed the racing and was amazed at the number of people who would volunteer at the race rather than run it. Initially, I just assumed that they were injured; because I couldn't believe that any runner would pass up the chance to race. Those of you out there that I have contacted regarding volunteering at races know that I always encourage you to race if you are considering it and to volunteer at the race if you are not racing. During this early period of my running/racing career, I decided on two things:

- 1) Any race shorter than 10km is not worth the effort; and
- 2) At some point in time, I would eventually volunteer at races to give back some of that which I had received from the sport.

Since my first several years of running, I have settled comfortably into a the "hard--easy" approach to running. That is, I will train for one month, and rest for one year. Train for 2-3 months and rest for additional 6-9 months, etc. Needless to say, with that type of training, my racing has been non-existent. However, I have always kept the desire to contribute something to the sport of running. About 4 years ago I became a member of the track club again & attended my first meeting. I walked out of that meeting as advertising coordinator, and from there my political career has been nothing short of meteoric. Several months later, I was voted in as vice president, and the last two years I have been president. In my service to the club I have found out that it is certainly not the position that you hold, but rather the effort that you put into keeping the club active.

Over the past 3 years I have also returned, in a small way, to training and "racing" such as it is. I find that training definitely is easier for me if I have someone to run with, and if I have the short and long term goals that racing offer. I have also found out that the 5 km race is the perfect distance without question.

The following information is gathered from Running Research News. This newsletter is a review of endurance related research that is compiled by Owen Anderson PhD. Dr. Anderson is technical editor for Runner's World and spoke at our banquet last year. For information regarding this great newsletter you can contact:

RRN P.O. Box 27041 Lansing, MI 48909 (517)393-3150

So the fall running season is over and you're a little disappointed you didn't reach the goals you set. You feel certain that you put in the proper training but the race results didn't reflect that. Well, maybe your training was adequate but instead of using the tapering period to actually improve your fitness level, you allowed it to plateau or, worse yet, actually caused a decrease in your fitness.

As usual, science can provide some answers and outline a safe and effective tapering program. First let's review other research-based findings regarding training:

- 1) With few exceptions, the physiological benefits of a workout usually don't show up until at least 7-10 days have passed.
- 2) If high intensity training is maintained, you can reduce training frequency and total volume by up to 67% and preserve your fitness level for 15 weeks.

The big question is again, can you improve your fitness level during a taper? Number one above seems to indicate that you might not be able to. Well, maybe most tapering programs don't "bring out" an athlete's true fitness capability. Any improvements noted in race times might have been more significant if the runner was able to recover from the pounding of his training while keeping the neuromuscular system active to the specific needs of the upcoming race.

A study out of East Carolina University showed that when athletes cut training volume by 85-90% and let fairly intense work make up most of the remaining training, they were able to reduce their 5-k pr's by an average of 29 seconds. This research applied to the real world would have a runner who puts in 43m/wk cut down to approximately 6.5m of high intensity work and another 7m of warm-up and cool-down. The workouts would consist primarily of 400m intervals conducted at current 5k race pace as follows:

Day	Workout	% of m/wk	Day	Workout	% of m/wk
7	8 x 400	30%	3	3 x 400/1 x 200	10%
6	5 x 400	20%	2	2 x 400	8%
5	4 x 400	15%	1	1 x 400	5%
4	3 x 400	12%			

While the research was directed towards tapering for a 5 km race the percentages regarding volume reduction and % of mi/wk that are dedicated to each day of the taper could probably be used for a typical 10-k program. A marathon??...sorry, don't have the spa

## MINUTES

Fort Wayne Track Club Monthly Meeting  
Wednesday, October 9, 1996, 7:00 p.m., IPFW

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

1. Pres. Mike McAvoy called meeting to order, and meeting was opened with humorous joke by J.P. Jones.
2. Treasurer Don Lindley reviewed Treasurer's Report and Membership Report:

	<u>September</u>	<u>1996 Year to Date</u>	<u>1995 Year to Date</u>
Income	\$ 60.90	\$12,116.98	\$11,660.81
Expenses	\$ 654.33	\$ 9,601.44	\$ 6,274.62
Balance		\$11,528.14	\$11,180.00
Membership		432 (97 pre-paid)	391 (63 pre-paid)

Mike McAvoy sent supply of FWTC application forms, a newsletter & cover letter to local high school coaches, which will hopefully see increase in high school athlete memberships in club.

3. IPFW CROSS COUNTRY INVITATIONAL: Judy Tillapaugh said this went very well & expressed appreciation to the FWTC volunteers who assisted.
4. FOX ISLAND RUN: Don Lindley reported:
  - a. WBTU interested in doing live on-site broadcast the day of the run.
  - b. We are still waiting on word from Scott's about contributing food items for awards & door prizes.
  - c. Drinking cup & running gloves will be given to all entrants.
  - d. Fox Island is donating a door prize of a \$20 membership.
5. NEWSLETTER: Joyce Hockensmith very disappointed with poor quality of photos in newsletter. Red flyer in newsletter was NOT approved by FWTC officer or Board member, and Mike McAvoy will follow up on this.
6. RRCA: 1997 convention July 5-8 in Colorado Springs. Judy Tillapaugh said nominations are being received for 3 at-large RRCA reps & 2 RRCA regional directors. Nominations also being received for following awards:
  - a) outstanding club volunteer, b) outstanding chapter president, c) children's development running award, d) women's running award, e) newsletter award, f) journalism competition.
7. NEW DISPLAY BOARD: Mike McAvoy showed the newly purchased FWTC display Board. Very nice!
8. FWTC 20th ANNIVERSARY T-SHIRTS: After discussion, motion unanimously passed to:
  - a) get 50/50 shirts (except for one 100% cotton shirt requested by our wrinkled club president!);
  - b) put the small logo on the front in the area where a breast pocket is placed, and the large logo on the back;
  - c) decide on a price later, but it was suggested that it should probably be in the neighborhood of \$15 (our cost per shirt will probably be in the neighborhood of \$7.50-\$7.75);
  - d) use \$250 from 1996 budget & \$250 from 1997 budget to purchase approximately 70 shirts (most of which will be sold, some of which will be give-aways).
9. BANQUET: Mike McAvoy has made contact with Bob Kennedy & has given him our proposal. Whether Bob comes will help determine which room in Walb we use (Ballroom or Green Room). Mike McAvoy & Don Lindley will put together a little booklet for those attending the banquet, which reviews the history of the club.
- 10 HOOSIER MARATHON: Scott's personnel assured Bob Hockensmith of their interest in continuing to support this event & to honor agreement Bob had with Cheryl Scott. They have requested that Bob submit the Marathon budget for their review. Bob said he would like to reduce the entry fee for FWTC members.
- 11 1997 OFFICERS & BOARD: The nominating committee (D Lindley, JP Jones, J Tillapaugh) reported that 26 people have indicated interest in serving as Board members & that slate of officers is complete. Concern was expressed by a club member that some of these nominees for officers & Board members have not been attending the monthly meetings & thus, do these people have the kind of commitment to the club required of officers & Board members. The Nominating Committee said they were clear in outlining the responsibility & commitment involved, and received positive indication from these individuals that they were prepared to make this commitment. Further concern was expressed about making sure that strengths of nominees were a good match for the needs of the position for which they were nominated. These concerns were noted.
- 12 Meeting then adjourned. Next month's meeting (Wed, 11/13/96, 7pm, IPFW) will include officer elections.

## MINUTES

Fort Wayne Track Club Monthly Mtg, Wed, Nov 13, 1996, 7:00 p.m., IPFW

1. **18 Present:** Charlie Brandt, Sharon Bruner, Jerry Diehl, Ken Disler & Marge, Linda Gorman, Mitch Harper, Joyce Hockensmith, Vicki Jacobs, J.P. Jones, Paul Knott, Don Lindley, Mike McAvoy, Barrie Peterson, Jon Schlatter, Barb Scrogam, Bill Sohaski, Judy Tillapaugh
2. **Call to order** by President Mike McAvoy who welcomed everyone & had everyone introduce themselves.
3. **Race Calendar Coordinator** Jon Schlatter said he's gathering information for '97 race calendar.
4. **FWTC annual banquet & awards, 2/15/97:** Concerning a speaker, Mike McAvoy said Bob Kennedy in Australia at that time; Jim Spivey will come if available, last yr's fee was \$350+expenses -- there was interest in seeing if we could get him, so Mike will follow up (Charlie Brandt offered to assist Mike, if needed).
5. **Newsletter Editor** Joyce Hockensmith said this weekend is deadline for material for next newsletter.
6. **RRCA:** Judy Tillapaugh & J.P. Jones attended recent RRCA training workshop for coaches. RRCA Central Region Director inviting clubs to apply to host RRCA workshop on use of heart rate monitors in training. In addition to workshop, they will also have training session for club members interested in being club coaches who would volunteer their services to coach club members. No cost to club; RRCA covers all costs. Judy was asked to submit application for FWTC to host workshop & training session.
7. **Club Expenses:** Mike McAvoy requested permission to spend approx. \$200 for 1,000 sheets FWTC letterhead & 1,000 FWTC envelopes. Motion unanimously passed approving this.
8. **Treasurer's Report** reviewed by Treasurer Don Lindley:  
Oct '96: 1st of Month Bal \$11,528.14; Income \$452.43; Exp \$621.05; EOM Balance: \$11,352.50.  
YTD balance: \$11,359.52 compares with \$11,164.75 this time last year. Almost \$2,000 of YTD balance represents pre-paid memberships. Next month club's insurance & RRCA dues will be paid  
YTD membership: 432 compares with 391 this time last year; in addition to 432, Don's received 17 more memberships which brings total to 447. YTD pre-paid memberships: 108 compares with 69 this time last year.
9. **Turkey Trot X Country 5K, Fox Island, 11/23/96:** Scott's not contributing awards so Don Lindley approached Meijer's who donated \$100 in turkeys & pies; Custom Works donated 216 pr. wool gloves; *IN Runner* donating free ad space in return for their logo on race flyer & for FWTC putting marathon app. in *IN Runner*.
10. **Marathon:** Since Bob Hockensmith resigned as marathon director, Don Lindley called emergency mtg of Charlie Brandt, Barrie Peterson, Judy Tillapaugh, Jerry Diehl, Joe Gorman, J.P. Jones to discuss marathon. They agreed that FWTC will put on marathon with understanding that while it won't generate revenue for club, it will hopefully be self-supporting event. Don Lindley agreed to be race director; J.P. Jones & Joe Gorman agreed to be his co-directors. Joyce Hockensmith said that a contact she has in TX has indicated he will help to fund the marathon up to \$300 if needed. Marathon will be re-named Fort Wayne Hoosier Marathon; date will remain same (6/14/97); logo needs to be developed. American Lung Association interested in helping with marathon & using it to promote their organization & give them more visibility.
11. **Elections:** Nominating Committee presented slate of candidates for 1997 FWTC officers: Pres, Barrie Peterson; VP, Charlie Brandt; Treasurer, Don Lindley; Secretary, Jon Schlatter. Floor opened to receive further nominations; hearing none, motion passed to close nominations. Motion unanimously passed approving Nominating Committee's slate of candidates.
12. **1997 Board members:** Of the 26 people who indicated willingness to serve as 1997 Board members, several are present at this meeting. Mike McAvoy and several others agreed to call remaining people, review with them responsibilities of being a Board member & confirm whether they are still willing to do this.
13. **Resignation:** Mike McAvoy announced that Bob Hockensmith resigned from his position as 1996 Board member & also from club, citing philosophical differences.
14. **FWTC 20th Anniversary:** Mike McAvoy announced the order has been placed for 20th anniversary t-shirts. In discussing profits from t-shirt sales (our cost approx. \$7.50; our re-sale cost probably \$15), everyone present supported idea of donating \$25 to each club member who raises funds to participate in Leukemia Team in Training Program.
15. **Just Plain 10K:** J.P. Jones reminded everyone this race scheduled for 12/7/96, 2 p.m., Foster Park, regardless of weather. Please bring gift-wrapped t-shirts, size clearly marked on gift wrapping.
16. **Adjournment:** next mtg 12/11/96, 7pm, IPFW, potluck & \$10 gift exchange.

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**Canterbury School and Associated Churches Food Bank 5K Fun Run/Walk  
October 5, 1996**

**OVERALL WINNERS**

	<b>Male</b>	<b>Female</b>
<b>Winning Times:</b>	Michael Lindley 20:07	Kelly King 24:31

**AGE GROUP WINNERS**

	<b>Male</b>		<b>Female</b>
<b>10 and under</b>	1. Alex Hancock 2. Ted Westfall 3. Cameron Jordan	<b>10 and under</b>	1. Gabe Smith 2. Caitlin Creighton 3. Mari Newlin
<b>11 - 14</b>	1. Taylor Phillips 2. Ryan Westman 3. Peter Eshelman	<b>11 - 14</b>	1. Laurie Hammer 2. Kelli Luttmann 3. Kate Arata
<b>15 - 19</b>	1. No participants 2. in this age group 3.	<b>15 - 19</b>	1. Kathryn Johnson 2. Jennifer Day 3.
<b>20 - 29</b>	1. Mike Engler 2. Dennis Meehan 3.	<b>20 - 29</b>	1. Kimberly Tolmich 2. Jane Meehan 3. Robyn Eller
<b>30 - 39</b>	1. Rick Phillips 2. Randy Shepler 3. David McGlennen	<b>30 - 39</b>	1. Chris Later 2. Kim Howard 3. Lisa Sorg
<b>40 - 49</b>	1. Jonathan Hancock 2. Paul Wisniewski 3. Vern Ceder	<b>40 - 49</b>	1. Dawn Luttmann 2. Bonnie Presser 3. Fran Pasalich
<b>50 - 59</b>	1. Tom Stanley 2. Bob Stookey 3. Frank Gray	<b>50 - 59</b>	1. F. Engler 2. Ann Kreamer 3. Sue Horton
<b>60 - 69</b>	1. Melvin Day 2. 3.	<b>60 - 69</b>	1. No participants 2. in this age group 3.
<b>70 - 79</b>	1. Chal Borne 2. 3.	<b>70 - 79</b>	1. No participants 2. in this age group 3.

A **HUGE** thank you to all the volunteers ( too numerous to mention) who made the Pee Wee Runs and the 5K Run/Walk so successful, especially the high school Key Club members. The event went smoothly because of all your help.

**THANK YOU!!!!!!**

Congratulations to the over 100 Fun Run/Walk participants! They enjoyed pleasant weather, beautiful autumn scenery, and a healthy start to their weekend. Following is a list of the overall winners, male and female; and the age group winners:

Canterbury School Fun Run Winners



Canterbury School PeeWee Winners



Katie Creighton attended this run and reports that 100 plus runners came out to run on a sunny 60 degree day. All the proceeds benefited the food bank, and the run also kicked off a school wide "Health Emphasis Week". FWTC provided the clock and finish timers. Don Lindley was the race starter, and he also provided great moral support.

Canterbury School and Associated Churches Food Bank 5K Fun Run/Walk

## CTA 5K

The CTA 5K held at West Noble High School this past Saturday looked like a rematch from the Noble County 5K three weeks earlier. From the start, a pack of four formed. The pack consisted of Etonic runners Pete Casaletto, Chuck Schlemmer, Mark Furkis, and PowerBar runner Brian Shepherd. These were the exact same runners, minus Matt Jones, who finished in the top five three weeks ago! By the two mile mark Shepherd and Casaletto had broken away. By the finish Shepherd avenged his loss to Casaletto 16:20 to 16:37. They were followed by Chuck Schlemmer 16:46 and Master's sensation Mark Furkis 16:50.

The women's race went to Ligonier's Stephanie Brown 22:31. She was followed by Lori Cunningham 23:01, and Cindy Furkis 29:40. Master's phenom Deb Byers was the Master's Champion in 23:27.

Special thanks to VanCamps, Freed's, Pizza Hut, and Annie Oakley for donating awards!

### CTA - Division Winners

### CTA 5k

#### Overall Winners

1. Brian Shepherd	16:20
2. Pete Casaletto	16:37
3. Chuck Schlemmer	16:46

#### Master's Champion

Mark Furkis	16:50
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#### MALE

14-under	Derek Leininger	22:22
15-19	Mike McKeighen	20:06
20-24	Rod Obregon	18:43
25-29	Mike Fruchey	17:17
30-34	Ward Moya	19:14
35-39	Richard Thomas	21:49
40-44	Steve Caswell	18:29
45-49	Jed Pearson	19:27
50-54	DeWain Cobbs	21:59
55-59	-	-
60-69	Bob Loomis	27:37
70-over	Ken Disler	27:22

#### Overall Females

1. Stephanie Brown	22:31
2. Lori Cunningham	23:01
3. Cindy Furkis	29:40
Joan Gary	29:40

#### Master's Champion

Deb Byers	23:27
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1. Brian Shepherd	16:20
2. Pete Casaletto	16:37
3. Chuck Schlemmer	16:46
4. Mark Furkis	16:50
5. Mike Fruchey	17:17
6. Steve Caswell	18:29
7. Rod Obregon	18:43
8. Ward Moya	19:14
9. Jed Pearson	19:27
10. Sam Vargas	19:48
11. Hal Pearson	19:55
12. Mike McKeighen	20:06
13. Mark Walker	20:08
14. David Lambert	20:12
15. David Caswell	20:47
16. Verton Troyer	21:05
17. Chris Marks	21:08
18. Tyler Hall	21:29
19. Michael Brown	21:46
20. Richard Thomas	21:49
21. DeWain Cobbs	21:59
22. Derek Leininger	22:22
23. Stephanie Brown	22:31
24. William Crane	22:43
25. Lori Cunningham	23:01
26. Mitch Harper	23:16
27. Joel Schartzter	23:20
28. Deb Byers	23:27
29. Dave Boylan	23:33
30. Lynn Armstrong	24:09
31. Gene Wright	27:32
32. Bob Loomis	27:37
33. Joe Zeigler	29:26
34. Joan Gary	29:40
35. Cindy Furkis	29:41
36. Ken Disler	27:22
37. Eugene Striggle	27:22

## **RHINO RUNNER 10K**

*By Jonathan Selatter*

### **New Fun Run**

Are you as a runner getting bored competing in 5ks and 10ks? Do you feel that you need a new challenge, a race that will make you think that you will not survive, let alone finish? Now I am not writing about doing a marathon, but what I am speaking about is a type of racing that is new to me. Out of all of the races that I have run this past year, two of a particular nature have been an absolute blast. What they are, are trail runs, and they have rekindled my love for running. They have reminded me of why I first started running over 15 years ago, the thrill and satisfaction of completing something that most people would not even attempt. As soon as I crossed the finish line in both these trail races my first thoughts were wow that was fun and that I wanted to come back next year to do it all over again. Trail racing used to be the exclusive domain of ultra runners, but that is slowly changing. There are now cross country 5k races, shorter trail races coupled with ultra marathons, and stand alone trail races of just a few miles. Most road runners that try one trail race will probably find it not to be their last. As a novice who is still learning how to run trails, let me pass along some advice that I have learned from talking to and observing seasoned trail runners.

1. Keep your eyes on the trail for potential trip hazards and ankle turners rather than on the runner in front of you.
2. There is no shame in walking, in fact it is very wise especially up long, steep hills of which there will most likely be many.
3. As you are enjoying the exhilaration of running down a hill keep in mind that it also means that you will most likely have to climb or crawl up another hill.
4. When you go down a hill do it in a serpentine fashion with your arms extended out to the sides to avoid free-falling too much.
5. Depending upon the distance and the terrain your average pace per mile will be 1 to 2 minutes or more slower per mile than you are accustomed to on roads.
6. Everybody eventually falls, so if you remember to do so in a loose and rolling fashion you will avoid most injuries.
7. Because they are usually farther apart than they are on road races, it is sometimes advisable to stop at aid stations to drink and maybe eat.
8. Link up with another runner from time to time so that you may run together, ease the loneliness, and pull each other along.
9. Don't follow the runners ahead of you but instead follow the course signs and markings so you won't get lost, at least not as much.
10. Slow down a bit, relax, and enjoy the scenery that surrounds you, something that you will rarely encounter on road races.

**OWEN-PUTNAM 50/50 TRAIL RUN  
AND 14 MILER  
November 2, 1996**

14 Miler			Time/splits	Total Time	Place
<b>Jon Schlatter</b>	1st loop	2-miles	00:15:30	02:23:28	1st
	2nd loop	12-miles	02:07:38		40-49
14 Miler +			Time/splits	Total Time	Place
<b>J.P. Jones</b>	1st loop	2-miles	n/a	04:34:00	1st
	2nd loop	12-miles	04:34:00		60+
50 KM			Time/splits	Total Time	Place
<b>Mitch Harper</b>	1st loop	2-miles	00:20:00	06:54:57	n/a
	2nd loop	12-miles	02:23:00		40-49
	3rd loop	12-miles	02:56:00		
	4th loop	5-miles	01:15:57		
50 KM			Time/splits	Total Time	Place
<b>Don Lindley</b>	1st loop	2-miles	00:17:43	06:56:24	2nd
	2nd loop	12-miles	02:25:27		50-59
	3rd loop	12-miles	02:57:00		
	4th loop	5-miles	01:16:24		
50 Miles			Time/splits	Total Time	Place
<b>Linda Gorman</b>	1st loop	2-miles	00:17:20	10:22:22	3rd
	2nd loop	12-miles	02:14:00		30-39
	3rd loop	12-miles	02:24:00		
	4th loop	12-miles	02:42:00		
	5th loop	12-miles	02:45:02		
50 Miles			Time/splits	Total Time	Place
<b>Jerry Diehl</b>	1st loop	2-miles	00:17:20	10:22:22	n/a
	2nd loop	12-miles	02:11:52		40-49
	3rd loop	12-miles	02:25:48		
	4th loop	12-miles	02:42:00		
	5th loop	12-miles	02:45:02		

Course: Several times around a rolling to hilly loop on trails, fireroads, and county roads in and around the Owen-Putnam State Forest 10 miles west of Spencer. Once around for the 14 mile.

**RENEWAL TIME??**

It is time to renew your membership, if your mailing label expires 1996. Please complete the membership application form in this issue and mail to FWTC, P.O. Box 11708, Fort Wayne, IN 46860.

December 7, 1996

2:00 P.M.

**JUST PLAIN**



**10K RUN**



**3.3K WALK**

**Foster Park - South end of  
Hartman Road, Fort Wayne**

**Low Key Race: Sponsored by**

- No Preregistration
- No Awards - No aid stations
- No Toilet Facilities
- Refreshments after Race



Entry fee is gift wrapped T-shirt/s with size  
marked on outside - Donated to needy children

Race Director: J.P. Jones 219-745-7339

## TRACK CLUB MEMBER PROFILE

**Name: Connie Treace**

**Occupation:** Bartender

**Birthdate:** July 10, 1972

**Birthplace:** Valparaiso, Indiana

**Family:** Two parents, two older brothers, one  
younger sister

**Hobbies or interests:** Running, Snow Skiing,  
Educating self

**Favorite family Activities:** Holiday  
Gatherings, Family dinners

**Running Shoe Brand:** Nike Wms Windrunner

**Yrs. running:** 8 months

**Favorite Spectator Sport/s:** Gymnastics

**Favorite Area Restaurant:** Don Pablos

**Favorite Distance to Run:** Up to 4.5 miles &  
trying to increase.

**Favorite After Race Food:** Water! Pasta

**Favorite place to Train:** Foster Park

**Favorite Race:** Yet to be decided

**Why do you run?:** It makes me feel good inside,  
and gives me more energy

**Favorite item of Clothing:** Swimming suit

**Favorite Movie or TV program:** Anything  
with Tom Cruise

**Favorite music:** Classic. soft rock, Romantic  
slow songs

**Collections:** Food spices and house plants

**Favorite vacation destination:** Paris, France  
(I've never been there)

**Most prized possession:** My body (I  
appreciate my health)

**Has There Been An Inspiration To Your  
Running?** I started running to quit smoking. It's  
done that & much more

**Do You Have a Dream?** To run a marathon.

When I started running I could only run 1/3 mile. I  
feel like if I can finish a marathon I could probably  
do anything. This attitude helps me keep pushing.

## TRACK CLUB MEMBER PROFILE

**Name: Steve Ludwiski**

**Occupation:** Area Sales Mgr. - Gordon Foods

**Birthdate:** December 9, 1956

**Birthplace:** Fort Wayne, Indiana

**Family:** Wife:Michelle, Children: Steve Jr.-18  
Jennifer-9, Thomas-8, Christine-7

**Hobbies or interests:** Sports Card Collecting  
and Gardening

**Favorite family activities:** Children's  
sports- Soccer, Baseball, Basketball

**Running Shoe Brand:** Asics **Yrs. running:** 2

**Favorite Spectator Sport/s:** Komet Hockey,  
Wizards Baseball, and Dwenger Football

**Favorite Area Restaurant:** El Azteca

**Favorite Distance to Run:** 4 Miles

**Favorite After Race Food:** Bananas & juice

**Favorite place to Train:** Foster Park Blvd.

**Favorite Race:** Three Rivers Festival Parade

**Why do you run?:** To keep in shape

**Favorite Movie or TV program:** Movies-All  
Alfred Hitchcock, Books-Simplify Your Life

**Favorite music:** Amy Grant

**Collections:** Sports Memorabilia

**Favorite vacation destination:** Smoky  
Mountains

**Most prized possession:** My Family

**Do You Have a Dream?** Early retirement in  
good physical shape

**PARLOR CITY TROT 10K & HALF MARATHON (13.1 Miles)**  
**Saturday, September 21, 1996**  
Downtown Bluffton, Indiana

**Half Marathon**

**FEMALE**

**20-24**

1	Laura McCormack	1:57:51
2	Gwen Wilson	2:25:19

**25-29**

1	Sharon Veach	1:57:51
2	Jennifer Berg	2:30:30

**30-34**

1	Julia Tobias	1:57:46
2	Anita Lehman	2:00:07

**35-39**

1	Robbin Mauger	1:58:15
2	Linda Clay	2:01:58

**MASTER OVERALL**

	Shirley Wilson	1:50:07
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**40-44**

1	Terri Gross	1:54:21
2	Karen Taylor	1:55:49
3	Patty Schwartz	1:58:13

**45-49**

1	Lynn Arrowsmith	1:55:55
2	Barb Scrogham	1:57:25
3	Joyce Hockensmith	1:59:37
4	Jeanne Laspina	2:19:51

**GRANDMASTER OVERALL**

1	Sarah Kleinknight	2:14:54
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**FEMALE SENIOR OVERALL**

1	Joan Gary	2:12:20
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**60-64**

1	Gloria Nold	2:24:26
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**Female Overall Top Ten**

1	Marilyn Maddox	1:38:00
2	Kendra Matthews	1:40:55
3	Lorraine Fox	1:42:58
4	Shirley Wilson	1:50:07
5	Laura Miller	1:50:58
6	Terri Gross	1:54:21
7	Karen Taylor	1:55:49
8	Lynne Arrowsmith	1:55:55
9	Jill Bobay	1:56:03
10	Barb Scrogham	1:57:25

**MALE**

**1-19**

1	Aaron Demeritt	1:27:36
2	Ben Deitle	2:02:08

**20-24**

1	Matthew Q. Lesser	1:40:31
2	Terry Zimmerman	1:46:09

**25-29**

1	Christopher Marks	1:37:04
2	John Berg	1:44:43
3	Dana Braciats	2:00:34

**30-34**

1	Mark Walter	1:24:34
2	Don Branstetter	1:25:31
3	John Schnieders	1:26:34
4	Steve Nash	1:27:08
5	Douglas Anthony	1:35:18

**35-39**

1	Michael Clay	1:23:29
2	Jay Pritchard	1:24:29
3	J. David Reimchisel	1:28:19
4	Bryan Keister	1:30:10
5	Kip Miller	1:31:35

**MASTER OVERALL**

1	John Lewis	1:23:08
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**40-44**

1	Tim Zumbaugh	1:23:18
2	Louie Harshman	1:23:34
3	Tom Yoder	1:24:05
4	Terry F. Spoo	1:25:13
5	Kevin Lochner	1:31:08

**45-49**

1	Jed Pearson	1:23:23
2	Stephen Smith	1:29:28
3	Fred Stoffel	1:31:13
4	Ken Lony	1:31:32
5	Jerald Diehl	1:32:27

**GRANDMASTER OVERALL**

1	Jerall D. Ross	1:31:00
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Parlor City Results Continued.....

**50-54**

1	Ed Oliphant	1:35:48
2	Steve Adkinson	1:36:38
3	Bernie Burgette	1:37:10
4	Ed Beckner	1:41:13
5	Michael L. Taylor	1:43:13

**55-59**

1	Lynn Smith	1:31:11
2	Tom Felger	1:36:41
3	Gene Lightner	1:37:04
4	Jack Morris	1:39:57
5	Larry Averbek	1:41:29

**SENIOR OVERALL**

1	Ian Rolland	1:53:00
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**60-64**

1	Harley Pugh	1:53:34
2	Robert C. Loomis	1:57:30
3	John Sturtevant	1:58:11
4	Don Rhodes	2:13:41

**65-69**

1	Phil Wahls	2:07:06
2	Curtis Nold	2:25:13

**Oldest Finisher Half Marathon**

Curtis Nold

**TOP TEN**

1	Michael McManus	1:14:08
2	Rowland Perez	1:14:29
3	Buff Dormeier	1:15:32
4	John Branigin	1:17:22
5	Ward Moya	1:19:21
6	Jon Beasley	1:21:18
7	John Lewis	1:23:08
8	Ron Rabenstein	1:23:10
9	Rod Obregon	1:23:10
10	Tim Zumbaugh	1:23:18

**10K**

**TOP 5 - MALE**

1	Ron Sharp	32:29
2	Mark Sanderson	33:55
3	Trent Sinnett	33:55
4	Jason Schmuck	34:19
5	Troy Friedersdorf	34:34

**TOP 5 - FEMALE**

1	Mary McManus	42:17
2	Lien Koztecki	45:48
3	Lisa Baldwin	47:39
4	Wendy Black	48:46
5	Marsha Schmidt	49:30

**Parlor City Trot Silver Bar Winners**

11	Jed Pearson	1:23:23
12	Michael Clay	1:23:29
13	Louie Harshman	1:23:34
14	Tom Yoder	1:24:05
15	Jay Pritchard	1:24:29
16	Mark Walter	1:24:34
17	Terry F. Spoo	1:25:13
18	Don Branstetter	1:25:31
19	John Schnieders	1:26:34
20	Steve Nash	1:27:08
21	Aaron Demeritt	1:27:36
22	J. David Reimchisel	1:28:19
23	Stephen Smith	1:29:28
24	Bryan Keister	1:30:10
25	Jerall D. Ross	1:31:00
26	Kevin Lochner	1:31:08
27	Mark Brattoli	1:31:10
28	Lynn Smith	1:31:11
29	Fred Stoffel	1:31:13
30	Ken Lony	1:31:32
31	Kip Miller	1:31:35
32	Lonnie Smith	1:32:04
33	Jerald Diehl	1:32:27
34	Dean Ehrenheim	1:33:14
35	John D. McPherson	1:34:11
36	Mike Barrell	1:34:47
37	Joe Patterson	1:34:57
38	Douglas Anthony	1:35:18
39	Ed Oliphant	1:35:48
40	Stephen Hagensierer	1:36:06
41	Jon Schlemmer	1:36:08
42	Steve Adkinson	1:36:38
43	Tom Felger	1:36:41
44	Pete Anzeveno	1:36:55
45	Dennis Strayer	1:36:57
46	Dave Winters	1:36:59
47	Gene Lightner	1:37:04
48	Christopher Marks	1:37:04
49	Jonathon E. Schlatter	1:37:05
50	Bernie Burgette	1:37:10

**10K SILVER BAR WINNERS**

6	Ed Freygang	34:45
7	Ken Nelson	36:39
8	Dan Moord	37:09
9	James Freygang	37:59
10	Carl Hansen	38:20
11	Scott Saucedo	39:35
12	Matthew Jackson	39:38
13	Bart Dudley	39:57
14	Michael Fentz	40:39
15	Tom Markle	41:03

Parlor City Trot 10K Results Continued.....

**MALE**

**1-19**

1	Joe Eley	41:51
2	Nathan Clay	53:52

**20-24**

1	Scott Saucedo	39:35
2	Matthew Jackson	39:38
3	Stephen Schoenrad	43:46

**25-29**

1	Bart Dudley	39:57
2	Greg Adams	42:06
3	Todd Anzeveno	47:52

**30-34**

1	Ed Freygang	34:45
2	Ken Nelson	36:39
3	Sean Robinson	42:05

**35-39**

1	Dan Moord	37:09
2	James Freygang	37:59
3	Tom Markle	41:03

**40-44**

1	Carl Hansen	38:20
2	Dennis Conner	44:43
3	Vern Ceder	47:28

**45-49**

1	Michael Fentz	40:39
2	Gary McFarren	43:17
3	Glenn Allen	1:04:41

**50-54**

1	Dave Reichwage	41:06
2	Voctor Lewandowski	46:49
3	Terry Zimmerman	51:13

**55-59**

1	David Dale	53:16
2	David P. Butler	58:26

**60-64**

1	Dick Sive	54:26
2	Joe Willman	56:07
3	Bene Biberstein	59:36

**65-69**

1	Delmer Adams	50:29
2	Jim Rice	51:57

**FEMALE**

**1-19**

1	Cara Gilbert	54:12
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**20-24**

1	Stephanie Elliot	49:52
2	Jill ARbuckle	50:16
3	Tonya Black	51:22

**25-29**

1	Christine Constantine	50:51
2	Krista Strafford	55:34

**30-34**

1	Ellen Osborn	49:36
2	Laurie Whisler	51:27
3	Carol Herndon	55:11

**35-39**

1	Karen Derickson	1:05:00
2	Janet Jessup	1:07:47
3	Laura O'Shaughnessy	1:07:48

**40-44**

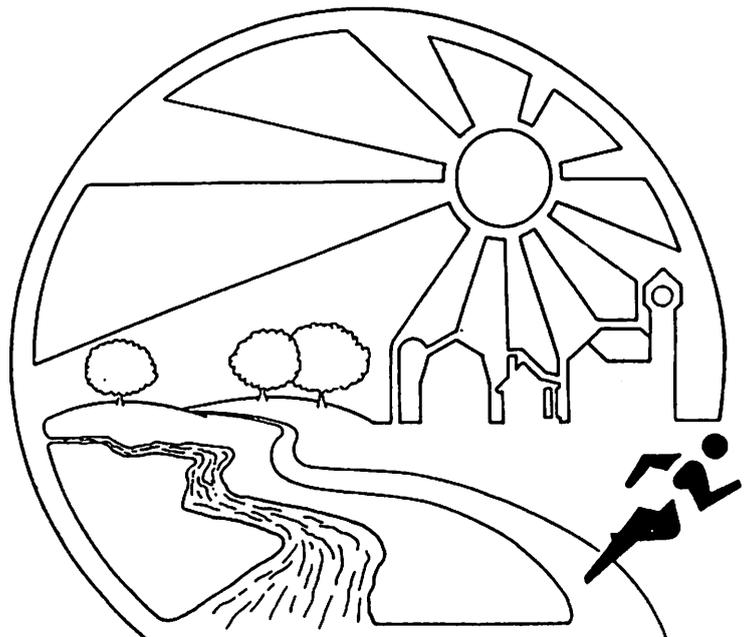
1	Patricia Hart	53:50
2	Carla Warren	55:43
3	Pamela Covington	1:06:43

**45-49**

1	Barb Lochner	57:25
2	Teresa Feola	58:34
3	Shirley Wildeboer	1:00:55

**50-54**

1	Marsha Schmidt	49:30
2	Jane Lewandowski	57:33





Indiana University-Purdue University Fort Wayne

**Athletics, Recreation & Intramural Sports**

2101 Coliseum Blvd. East, Fort Wayne, IN 46805-1499

TO: All who worked the IPFW Cross Country Open October 11th

FROM: Judy Tillapaugh, IPFW Cross Country Coach

RE: Thank You!!

What a great day for runners!! At our IPFW Cross Country Open Friday October 11th we had St. Francis College and Tri-State University in the college races and 65 individuals in the 5 Km "Fund Run". We received many positive comments from coaches, runners, parents, and spectators on the quality of the event, the course layout, and the campus. What makes it even more special is the volunteer support. Many helping hands helped make the event successful.

I especially want to express my appreciation for Jerry Diehl who designed and measured the course, IPFW's Bill Gernon who painted and stacked the course, Don Lindley who managed the start and finish areas, IPFW's Dan Gebhart and Matt Delong who covered duties for registration and results, and all the Fort Wayne Track Club and IPFW volunteers who were course marshals, course timers, and finish line helpers. Your Great! All of you worked hard so the runners could race their best.

**Helpers:**

- |                 |                |
|-----------------|----------------|
| Jerry Diehl     | Dan Gebhart    |
| Don Lindley     | Matt Delong    |
| Mark Herndon    | Bill Gernon    |
| J.P. Jones      | Ken Long       |
| Jon Schlatter   | Dave Fairchild |
| Jim Fritzenger  | Bob Zellers    |
| Linda Gorman    | Dick Hill      |
| Renne Eshcoff   | Barb Hill      |
| Mel Hochstetler | Wayne Unsell   |
| Howard Klinger  | Sara Unsell    |
| Tom Felger      | Mike Schoudel  |
|                 | Butch Perchan  |

Keep Taking More Steps of Faith, Fitness and Friendships!!

UPDATE - FORMER FWTC MEMBER  
MOVED

**RODGER & VALERIE PUCKETT**

**22121 WILD FARM LANE  
BRIGHTWOOD, OREGON 97011**

Tele: (503)-622-6765

# 1996 IPFW Cross Country Open

## COLLEGE CROSS COUNTRY

Friday, October 11, 1996

Fort Wayne, Indiana

### Men's Collegiate Final Results

Place	Name	Time	School
1	Joe Ensing	26:55	Tri-State
2	Jeff Williams	27:35	Tri-State
3	Steve Teusch	27:43	IPFW
4	Chad Clevenger	28:14	IPFW
5	Adam Barton	28:30	IPFW
6	Jeff Kolan	29:14	Tri-State
7	Greg Bowers	29:32	Tri-State
8	Nate Scheumann	29:49	Tri-State
9	Andy Scheele	29:55.5	Tri-State
10	Josh Snyder	29:55.8	Tri-State
11	David Foote	30:00	IPFW
12	Hans Ausderan	30:20	St. Francis
13	Scott Summers	30:49	Tri-State
14	Chad Hoover	31:01	Tri-State
15	Chris Collins	31:41	Tri-State
16	Randy Hawkins	31:53	IPFW
17	Justin Johnson	32:14	St. Francis
18	Michael Ho	32:15	Tri-State
19	Michael Casiano	32:33	IPFW
20	Pete Shutt	33:48	St. Francis
21	Tony Laux	40:14	IPFW

### Women's Collegiate Final Results

Place	Name	Time	School
1	Kay Pulver	19:55	IPFW
2	Kelli Kunkel	20:17	Tri-State
3	Melanie Varner	20:59	IPFW
4	Madeline Roser	21:43	IPFW
5	Lisa McNutt	21:52	Tri-State
6	Michelle Biberstine	22:21	St. Francis
7	April Pottenger	22:23	Tri-State
8	Trina Harkenrider	22:27	St. Francis
9	Michele Steffel	22:43	Tri-State
10	Angie May	22:54	Tri-State
11	Shanna Smith	23:05	St. Francis
12	Mona Mourad	23:16	IPFW
13	Kristine Minick	23:35	IPFW
14	Cindy Duba	23:50	IPFW
15	Amy Marqueling	23:57	St. Francis
16	Andrea Harding	24:03	IPFW
17	Erica Thurner	24:17	Tri-State
18	Melissa Kulback	24:20	Tri-State
19	Randi Cramer	24:37	St. Francis
20	Angella Madden	24:48	Tri-State
21	Marci Ryan	24:58	St. Francis
22	Tabetha Neuman	25:33	St. Francis

### **HOW TO JOIN or MOVING?**

The U.S. Post Office does not forward bulk mail. If you are not receiving your **INSIDE TRACK, INDIANA RUNNER,** and **FOOTNOTES,** please notify us when you move. If you don't, you will not continue receiving it. Write to: FWTC, P.O. Box 11708, Fort Wayne, IN 46860 or contact Don Lindley, (219)432-5998.

IPFW CROSS COUNTRY "FUND RUN"

Men's Final Results

<u>Name</u>	<u>Overall Finish</u>	<u>Time</u>
Michael Fruchy	1	16:49
Stefe Leffers	2	17:25
Ward Moya	3	18:39
Matt Beckley	4	18:44
Mike Engler	5	18:50
Rod Obrgon	6	18:51
Mark Mays	7	18:59
Mark Walter	8	19:00
Daniel Leffers	9	19:05
Ken Long	10	19:11
Rick Plunkett	11	19:14
Phil Snelzer	12	19:15
Tim First	13	20:21
Gary Derheimer	14	20:23
Bob Bruckner	15	20:35
Mike Slaubaugh	16	20:58
Eric Swing	18	21:39
Fred Ross	19	21:53
Roger Delay	20	22:00
Joe Kobiela	21	22:18
Phil Lothamer	23	22:34
Terry Teagarden	24	22:40
Matt Emley	25	22:58
Vern Ceder	26	23:00
Don Anderson	29	23:12
Robert Creighton	30	23:16
Mel Hochstetler	31	23:34
Don Hardway	33	23:47
Sam Cook	34	23:59
Steve Fisher	35	24:03
William Biggs	38	25:07
Bob Loomis	39	25:22
Larry Lee	40	25:31
Alex Hancock	41	25:52
Bruce Kingsburn	42	26:00
Bill Patterson	44	26:03
Ken Clark	45	26:25
Jonathan Hubart	46	26:35
Jerry McBride	47	26:40
Steve Ludwiski	49	26:56
Kerry Hubartt	57	
Samuel Leffers	58	30:14
Ken Disler	59	30:19

## IPFW CROSS COUNTRY "FUND RUN"

### Women's Final Results

<u>Name</u>	<u>Overall Finish</u>	<u>Time</u>
Naomi Fruchy	1	21:34
Katie Creighton	2	22:24
Amy Klenke	3	23:02
Amy Mays	4	23:07
Crystal Schenkel	5	23:40
Tonya Black	6	24:31
Phyllis Suelzer	7	24:54
Katie Kingbury	8	26:03
Renee Eshcoff	9	26:42
Susan Peterson	10	27:02
Sherri Schenkel	11	27:16
Jean Gary	12	27:28
Getty Dewelle	13	28:32
Amy Stephan	14	28:35
Cheri Steigmeyer	15	29:20
Jennifer Bruckner	16	29:30
Sara Foote	17	32:48
Sara Sellers	18	36:31

## TREADMILLS

Treadmills offer many conveniences. For outdoor walkers, they provide a quality option in extreme weather conditions. They are great for late-night exercise when you're in a new city and unsure of your surroundings.

Begin by working out at a comfortable pace for ten minutes. As you gain confidence in the machine, increase your pace and the length of your workouts. Don't take any quantum leaps-increase steadily, never more than five minutes a week.

For more advanced conditioning, many machines offer a variable incline control which can provide added challenges, just as hills do outdoors.

Treadmills do require careful use - stepping on or off a moving belt can be dangerous. Make sure to get instruction before you take that first machine walk.

# 96 5K/10K RUN WINNERS

## 5K

### 19 & Under:

Meghan Marie Fowler-Finn	23:48
Amy Staple	26:05
Gabe Smith	27:50
Addie Smith	27:51
Amber Piercy	28:42
Racheal Schindler	29:24
Kayla O'Brien	30:00
Sarah Doehr	30:43
Heidi Schindler	33:28

### 20 - 29:

Jenifer Henson	23:06
Amy Mays	23:27
Dina Stoval	24:12
Donna Lysagh	24:22
Shelly Gerig	24:23
Jennifer Steigmeyer	24:38
Jennette Bowers	26:17
Kim Ukrainetz	27:53
Julie Abby	28:14
Jenny Rollins	28:37
Cara Brown	28:44
Andrea Underhill	29:07
Beth Daniels	29:16
Miranda Simmons	40:40

### 30 - 39:

Paula McEachan	24:42
Cherry Steigmeyer	27:15
Kay Cozad	27:19
Robin Beasley-Causey	27:28
Kay Candy	29:31
Tammy Townsend	29:34
Renee Fenstermaker	30:57
Linda Wilson	30:58
Brenda Wylie	31:48
Deb Edwards	32:09
Jana Lynch	34:15
Linda Coad	36:56
Diane Post	38:07

### 40 - 49:

Mary Krousse	26:40
Sheri Dearmond	27:44
Sally Underhill	29:07
Marlene Scofield	29:08
Margaret Malcolm	29:52
Deb O'Brien	31:49

### 50 & Up:

Mary Fennig	25:02
Marjorie Crago	29:15
Bea Laird	33:52
Shirley Schniefield	34:31
Nancy Lambright	35:12
Shirley Piercy	38:29



# 96 5K/10K RUN WINNERS

## 10K

### 20 - 29:

Melissa Hagbegger	50:24
Betsy Dodds	51:16
Kim Tolmich	56:03
Angie Miesle	58:02
Dawn Teel	58:03

### 30 - 39:

Katie Crieghton	43:22
Anne Duff	43:40
Kim Larsen	46:38
Amy Hollenberg	47:27
B. Milleman	49:47
June Mitchell	51:23
Michelle Shive	52:44
Renee Eshoff	52:45
Sherry Venderley	53:11
Suzanne Reeser	54:07
Valerie Winn	54:40
Carol Miller	54:57
Phyllis Romer	56:43
Linn Mangana	1:04:49

### 40 - 49:

Judy Wiktorowicz	50:03
Sue Ross	50:20
Jean Derheimer	53:32
Sharon Yoder	54:44
Trina Miller	56:03
Patricia Trapp	57:56
Sook-Ja Hansen	1:04:48

### 50 & Up:

Nancy Teel	49:24
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Frank Shorter and Priscilla Welch speak at Expo in Atlantic City

# December 1996

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Training Run 7AM YMCA-Downtown Just Plain 10K Louisville Marathon Jingle Bell Runs 5K Indy & South Bend
8 Jingle Bell Run-Lansing 5K Muncie 10 Miler	9	10	11 Christmas Party ! Run 6 PM Showers FWTC Mtg. 7PM FWTC Training Run at IPFW - 6 PM	12	13	14 Training Run 7AM YMCA-Downtown Texas Trail 50K-50 Mile Kiawah Island, SC Marathon Rocket City Marathon
15 Cancun Marathon	16	17	18	19	20	21 Training Run 7AM YMCA-Downtown Olympia, WA Marathon
22	23	24	25	26	27	28 Training Run 7AM YMCA-Downtown
29	30	31 Hardcore Hog Run-Kewanee, IL New Year's 8K Resolution Run	1 Louisville, KY 10 Miler New Year's Run 4 Mile-Lafayette	2	3	4 Training Run 7AM YMCA-Downtown Siberian Express Miles-Danville Charlotte, NC Marathon

# January 1997

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31 Hardcore Hog Run-Kewanee, IL New Year's 8K Resolution Run	1 Louisville, KY 10 Miler New Year's Run 4 Mile-Lafayette	2	3	4 Training Run 7AM YMCA-Downtown Siberian Express 7.6 Miles-Danville Charlotte, NC Marathon
5 Disney World Marathon Houston Tenneco Marathon	6	7	8 Run 6 PM Showers FWTC Mtg. 7PM FWTC Training Run at IPFW - 6 PM	9	10	11 Training Run 7AM YMCA-Downtown
12	13	14	15	16	17	18 Cedar Rapids, IA 50K Training Run 7AM YMCA-Downtown Mardi Gras Marathon-New Orleans
19 San Diego Marathon-Half Marathon Bermuda Marathon	20	21	22	23	24	25 Training Run 7AM YMCA-Downtown Potato Creek Volkspport Gasparilla 15K-5K-Tampa
26	27	28	29	30	31	1 Training Run 7AM YMCA-Downtown

**QUEST FOR 50**  
**(Second Time Around)**  
By Joyce E. Hockensmith

I bet you thought that when I completed running marathons in all 50 states plus the District of Columbia, you could quit reading about my exploits. The way I look at it, is this, it is about the only fringe benefit I get from this job. I get to write about myself and talk about one of my favorite subjects, marathoning.

October and November have been busy months. I completed 8 marathons in 5 weeks, a new record I don't particularly want to break. It began one very chilly morning in Bristol, New Hampshire. The date was October 5, and this was to be one of two marathons this weekend. The course is a very pretty, somewhat hilly, run along the tree-lined roads surrounding Newfound Lake. No water at the first aid station, only some full-strength Gatorade, caused a little stomach distress, but it was Bob to the rescue with water. I know he would rather be running than playing water boy, but he was certainly appreciated that day! After a nice massage, and a quick clean up in the restroom, it was off to Portland, Maine. The trees were not quite at their peak, but the drive was nevertheless, very nice. I didn't even fall asleep, which says a lot. At Portland, I ran with Brent Weigner from Cheyenne, Wyoming, or rather, he ran with me. Brent was having some knee problems, and wanted to go really slow that day. I guess I shouldn't let that bother me; I'm not at the back of the pack, yet.

October 13 found us in Atlantic City, New Jersey. We heard Pricilla Welch and Frank Shorter speak at the expo the day before. I distinctly got the feeling that they really don't understand runners like me, who aren't in it to win the race. I really enjoyed the part of this marathon run on the Boardwalk along the ocean. A group of our friends were able to enjoy a little champagne celebration at the finish line for our friend Ray Scharenbrock from Milwaukee, who completed his 3rd time around the states with this run.

We headed west the following weekend to Wichita, Kansas. The weather was good, and the wind was all you would expect in Kansas. I ran with Hu Goldstein from Huntington Beach, California, who although in the 65-69 age group, turns a cartwheel or two at the end of every marathon.

The next weekend at the Marine Corps Marathon in Washington, D.C. did nothing to endear this race to me. I disliked this marathon before when I ran it, and I disliked it just as much this time. I really don't understand how it could be anyone's favorite, which I understand it is. It is such a mess at the beginning, with more runners than the starting area can accommodate. Water was only obtained at the first aid station by picking a cup up off the ground and scooping water from a trash can. At one other station the water was brown, but the day was hot, and aid stations too far apart, so the liquid was consumed, whatever the color. I completed the run extremely dehydrated, and totally disenchanted with this race.

The weekend following the Marine Corps was supposed to be a weekend off for me, but in Wichita a fellow 50 & DCer told me about a marathon to be held November 2 in Jackson, Tennessee. It would be the 25th anniversary of the Andrew Jackson Marathon, and the race sponsors were giving special commemorative medals. Well, that, plus the fact that our good friends, Chuck and Marilyn Mills, live in Jackson and would put us up for a night or two, was all it took to convince me to go. Barb Scrogam went along, and because a recent birthday advanced her to the next age group, we both placed 2nd in our age groups, and received very nice trophies. It was nice after the race to be able to be inside and to partake in a nice spread of food.

Concluding this marathoning mania streak was a pair of marathons on November 9th and 10th, in Chicamauga, Georgia, and Birmingham, Alabama. The weather was almost perfect both days, so this added to the enjoyment of the runs. Chicamauga is a very beautiful course, run around Civil War battle fields strewn with monuments, cannon, and other mementos. It is not unusual to see deer on the rolling wooded course. I would highly recommend this run! On Sunday, if I hadn't been running with Wendell Harless from Birmingham, I might have been very disgruntled with the race director. The course varied from poorly marked, to not at all. The volunteers were friendly and the Hashers even had beer and wine at their aid station. I did not indulge, but am curious as to how many runners actually did. I know at least one who would have had he been there. Jerry Herndon from Cabin Creek, West Virginia, often boasts about drinking one or more six packs during a run.



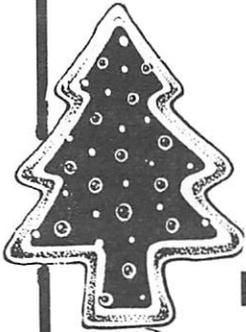
# CHRISTMAS PARTY



Please Join Us

Wednesday, December 11

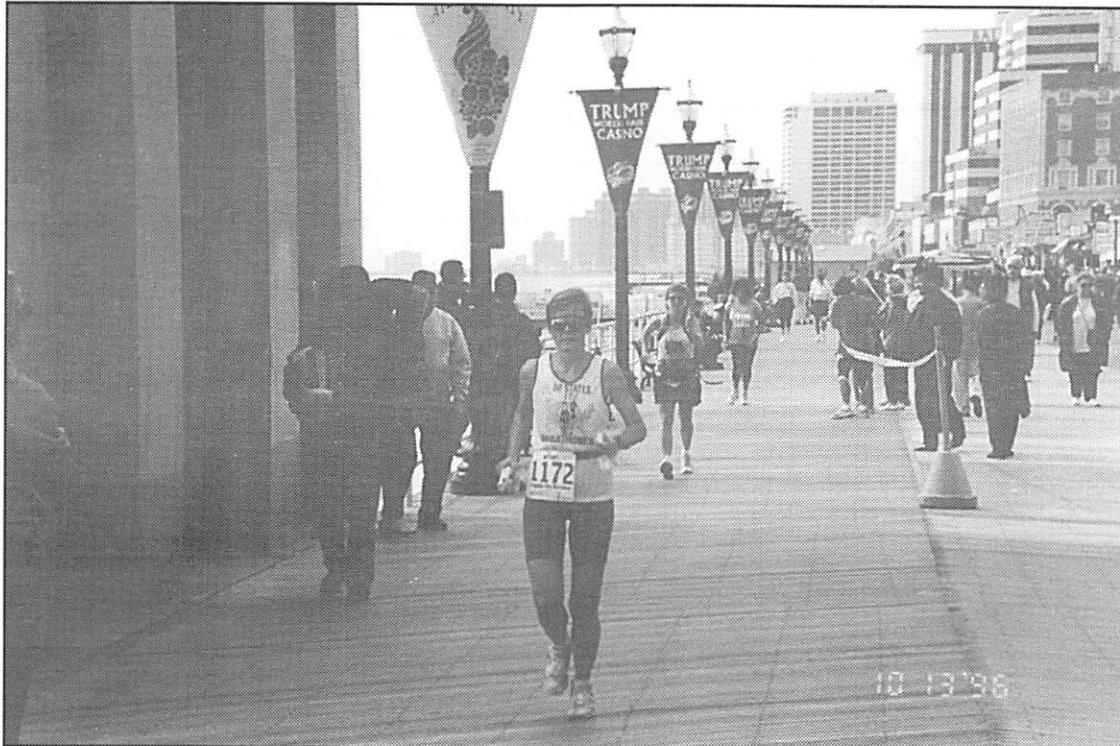
7:00 PM



IPFW - Hilliard Gates Activity Center  
Good Friends, Food, Fun, Gift Exchange  
Bring a food item to share & a wrapped  
gift (Around \$10.00)



Races for the rest of this year include Tulsa, Oklahoma, Louisville, Kentucky, Kiawah Island, South Carolina, and Olympia, Washington. Provided I complete the last 4, I will have run 31 marathons this year, which brings my lifetime total to 113, and the number of states completed the 2nd time to 41. I keep telling myself I'm going to slow down. Well, we'll see what 1997 brings. See you on the roads, it's a great place to be!



Running on the Boardwalk in Atlantic City, New Jersey





Judy Tillapaugh, R.D.

Peace and Joy,

Have a happy holiday season!!

6. Take 10 minutes for a healthy snack break like fresh fruit, cereal, or popcorn
5. Take a 10 minute time out, sit quietly
4. Talk 10 minutes with a friend
3. Take a 10 minute nap
2. Take a 10 minute walk
1. Take 10 deep breaths

When I Am Stressed Out I Can:

Do not let stress eat you up! During your tight holiday schedule take time to treat yourself well. As you take care of yourself it's often easier to pass on good cheer to others. Here's some stress relief ideas. Feel free to put these tips into action.

Yet during the holiday season it's easy to get stressed out!! We get busy mailing cards, making special meals, shopping for gifts, decorating the home.....Instead of feeling good we might find ourselves feeling drained and grumpy!

It's the season to give thanks for all the gifts we are given. It's time to celebrate Christ in our lives. It's a joy to have family and friends. It's also special to have legs for running and hands for hugging.

**HOLIDAY STRESS RELIEF**

# Nutrition

## FACT SHEET

### Good News for Nut Lovers

Whether you eat them as a snack or use them as an ingredient in recipes, nuts are a source of fiber, protein, fat, and important minerals such as magnesium, copper, and zinc. Some nuts, such as almonds, are also an excellent source of vitamin E.

#### What about the fat in nuts?

We all need to eat some fat to keep our bodies working properly. But too much fat, especially saturated fat, can increase the risk of health problems such as heart disease and cancer. It is important to consider not only the amount of fat you eat, but also the type of fat. While all nuts are relatively high in fat, they contain mostly unsaturated fat. You should replace some saturated fat in your eating pattern with poly- and monounsaturated fats, which are found in nuts, such as almonds. Unsaturated fats may actually help lower blood cholesterol levels and risk for heart disease.

Three types of fats are found in varying amounts in foods:

■ **Saturated fats** are often solid at room temperature and are found mostly in animal foods like lard, butter, the fat on meat, and skin on poultry.

■ **Polyunsaturated fats** are often liquid at room temperature and come mostly from plant foods. Examples of foods rich in polyunsaturated fats include walnuts and safflower, corn, and sunflower oils.

■ **Monounsaturated fats** are often liquid at room temperature and come mostly from plant foods. Examples of foods rich in monounsaturated fats include peanut and olive oils, avocados, and nuts, including almonds, pecans, macadamias, and hazelnuts.

#### Add nuts for taste, texture, and variety

Nuts are included in the *Meat, Eggs, Poultry, Fish, Dry Beans, and Nuts Group* in the Food Guide Pyramid. They can be eaten daily and offer a good source of

protein, especially for people who are eating meatless meals. The recommended number of servings from this food group is 2-3 per day or 5-7 ounces of cooked lean meat. One-third cup of nuts is equal to 1 ounce of cooked lean meat and provides about 290 calories.

Nuts, like almonds, are a tasty and nutritious choice that add crunch and an appealing flavor to salads, pastas, stir-fries, soups, and steamed vegetables. Next time you bake muffins, breads, or rolls, mix a few right in the batter or sprinkle on top. Try the following recipe for a delicious meatless entree your whole family will enjoy! Each serving

Fats, Oils, and Sweets  
USE SPARINGLY

Milk, Yogurt, and  
Cheese Group  
2-3 SERVINGS

Vegetable Group  
3-5 SERVINGS

KEY  
■ Fat (naturally occurring and added) □ Sugars (added)  
These symbols show fat and added sugars in foods.

Meat, Poultry, Fish and Dry Beans  
Eggs, and Nuts Group  
2-3 SERVINGS

Fruit Group  
2-4 SERVINGS

Bread, Cereal,  
Rice, and  
Pasta Group  
6-11  
SERVINGS

Adapted from the USDA/DHHS Food Guide Pyramid

is high in calcium and iron, vitamins A, C, E and folate.

Serve with sliced tomatoes and cucumbers and warm pita bread.

### Mediterranean lentil salad with toasted almonds

3/4 cup cracked bulgur wheat  
1 cup dry lentils, rinsed and drained  
2 tablespoons olive oil  
1 1/2 cups sliced onion  
1 small red pepper, seeded and cut into 1/2-inch squares  
2 large cloves garlic, minced

3 cups lightly packed spinach leaves, cut into thin strips  
2 teaspoons dried dill weed  
1 container (8 ounces) plain, nonfat yogurt  
Salt and pepper, to taste  
1/3 cup sliced almonds, toasted\*

In small bowl cover bulgur wheat with boiling water; set aside 30 minutes. Meanwhile, in 1-quart saucepan combine lentils and 2 cups water. Bring to boil, cover, reduce heat, and simmer about 20 minutes until lentils are tender; drain. Heat oil in large skillet over medium heat. Add onion; sauté 5 minutes. Mix in bell pepper and garlic; sauté 5 minutes. Thoroughly drain bulgur wheat. Mix into skillet with lentils. Cook 5 minutes, tossing occasionally. Mix in spinach and dill. Cook 3 minutes, tossing occasionally. Mix in yogurt; heat thoroughly. Season with salt and pepper. Sprinkle with almonds. Serve with additional yogurt.

Makes 4 main-dish servings.

\*Toasting instructions: spread almonds in a single layer in an ungreased baking pan. Place in 350° oven and bake 5 to 10 minutes or until almonds are slightly brown; stir once or twice until lightly toasted. Remove from pan to cool. Note that almonds will continue to brown slightly after removing from oven.

Each serving provides 460 calories; 13 grams fat; 1.5 grams saturated fat; 230 milligrams sodium; 13 grams fiber; 23 grams protein.

### 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.

### ■ The Almond Board of California

For free information and additional recipes, call 209/549-8262, or write:  
1104 12th Street,  
Modesto, CA 95354.

This fact sheet is supported by a grant from The Almond Board of California.



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**START THE  
NEW YEAR  
RUNNING!**



## MUSHROOM CHEESE BALL

A tasty spread to serve with crackers, bread sticks, or cut-up vegetables. For a lovely hostess gift, place a cheese ball on a wooden cutting board, surround with crackers or vegetables, and cover with plastic wrap.

Coarsely chop mushrooms. In small bowl, combine cheeses, horseradish, and 1 tablespoon of mushroom liquid. Beat with electric mixer until smooth. Stir in chopped mushrooms. Chill 2 hours or longer. On waxed paper, shape into a ball and roll in chopped pecans. Wrap and chill until serving. Garnish with parsley, if desired. Yield: 3½ cups.

- 8 oz. (2 cups) shredded low-fat cheddar cheese
- 8 oz. light cream cheese (not whipped)
- 1 tsp. prepared horseradish
- 2½ oz. canned sliced mushrooms, drained with liquid reserved
- ½ c. chopped pecans
- Parsley (chopped fresh or dried) for garnish, if desired

- 2 c. evaporated skim milk
- 2 pkgs. active dry yeast
- ½ c. honey
- ¾ tsp. baking powder
- ½ tsp. salt
- ¼ c. oil
- 6¾ c. flour

- Cornmeal
- 1 quart water
- 1 egg white
- 1 Tbsp. water



## SOFT OVEN PRETZELS



Pretzels are great with PRO-HEART KITCHEN CHILI or soup. They make super snacks for kids on the run and are delicious with any of the mustard spread recipes in Chapter 2. Forming the dough into "creative" shapes is a fun family activity.

Scald milk and cool to lukewarm. In a large bowl, sprinkle the yeast over ½ cup lukewarm water. Add honey, cooled milk, baking powder, salt, and oil. Mix in 3 cups flour. Cover and let rise in a warm, draft-free place until double in bulk.

Stir down batter, add remaining flour and knead for about 10 minutes or until smooth and elastic. Divide dough into 20 pieces and let stand for 10 minutes. Roll into long rope-like pieces about 20 inches in length. Stretch and roll dough with your hands as necessary. (Kids love this part!)

Form dough into regular pretzels, letters, or any other shape you wish. Let formed "pretzels" sit, covered, on a lightly floured surface for about 10 minutes.

Preheat oven to 450 degrees. Spray a baking sheet with non-stick cooking spray and dust with cornmeal. In a large, deep saucepan, simmer 1 quart water. Cook pretzels in water, 2 or 3 at a time, for about 30 seconds and remove gently with a slotted spoon. Pat dry with a clean towel and place on prepared baking sheet. Glaze with a mixture of egg white and water and bake until golden brown, about 12 to 14 minutes. Yield: 20 large pretzels.

## SOBER CHAMPAGNE

Choose stemmed champagne glasses. Pour each glass half full with very cold diet ginger ale. Fill the glass with very cold apple cider. Serve at once while the bubbles are still rising.

1 serving = 8 ounces

1 serving = 55 calories, 12 gm carbohydrate, 0 gm fat, 1 mg sodium

Exchanges: 1 fruit

## HOT APPLE CIDER

### Ingredients

2 quarts cider  
1 (3 inch) cinnamon stick  
6 whole cloves  
4 (3 inch) strips orange rind  
Ground nutmeg

Mix all ingredients except nutmeg in a pan;  
simmer 20 minutes. Remove and discard spices.

To serve, pour into mugs and sprinkle on nutmeg.

Per 1/2 cup serving: 60 cal, 15 gms carbo-  
hydrate, 0 gm protein,  
0 gm fat, 8 mg sodium,  
0 gm cholesterol



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

# Birthdays

## December

## January

JIM	MARTIN	12 - 03
EUGENE	STRIGGLE	12 - 04
BRAD	ALTEVOGT	12 - 05
DENNIS K	STRAYER	12 - 05
JUDY	TILLAPAUGH	12 - 08
STEVEN E	LUDWISKI	12 - 09
LAURA	CROTHERS	12 - 11
JOHN L	PEA	12 - 11
ROBERT	CREIGHTON	12 - 12
GARY	HOOTEN	12 - 13
EDDIE L	YORK	12 - 13
KAREN	LOUIS	12 - 14
ROSEANN	SIMMONS	12 - 14
R WILLIAM	SCHMIDT	12 - 15
PHIL	SUELZER	12 - 15
PAUL	DEMERCHANT	12 - 15
KENNETH E	DISLER	12 - 16
PAUL	AUSDERAN	12 - 17
BOBBIE	CLARK	12 - 18
ROBERT C	ANDERSON	12 - 18
LORRAINE	FOX	12 - 19
LEWIE	SLONE	12 - 22
BETTY ANN	DEWELLS	12 - 22
WESLEY	SABINS	12 - 22
LINDA	BROOKS	12 - 23
RICK	PLUNKETT	12 - 23
JOE	ZIEGLER	12 - 24
DEB	BYERS	12 - 24
ADAM	FRICK	12 - 27
BRAD	COOPER	12 - 28
RAMON E	BROWN	12 - 28
JOHN	KLEIN	12 - 28
GARY	RICKNER	12 - 30
DONALD	FORD	12 - 30
KEN	SILKWORTH	12 - 31
KEN	MCDONALD	12 - 31
JAY M	GILBERT	12 - 31



DALE	STAMWITZ	01 - 01
PAUL	SHAFFER	01 - 03
JEFF	PERRY	01 - 04
STEVEN	SUMMERS	01 - 04
DENNIS	WALTENBERGER	01 - 05
JEFF	SUELZER	01 - 06
MICHAEL	CALLAHAN	01 - 08
AMY	YODER	01 - 11
DAVID H	EGBERT	01 - 13
MELISSA	CRANE	01 - 13
STEVE	EYERS	01 - 14
DONALD	LINDLEY	01 - 15
GREG	JENNINGS	01 - 15
JON	FENNING	01 - 16
JEFF	KLINE	01 - 17
KELLEY	CATHER	01 - 17
JEAN A	DERHEIMER	01 - 19
ANN	MIZE	01 - 20
BILL	OSTERHOLT	01 - 20
JAMES E	BUSHEY	01 - 21
DON	ASHTON	01 - 22
ROY B	ULCH	01 - 24
GARY	SELKING	01 - 24
QUINN D	CURRY	01 - 25
TAMMY	BEHRENS	01 - 26
CARL	FIELDS	01 - 28
JOHN	LANTZ	01 - 29
ROBERT C	LOOMIS	01 - 30
FRED	ROSS JR	01 - 31



FWTC POINT STANDINGS

MALE  
 19 & under           PTS.  
 Mike Casiano           485  
 Joe Suelzer            275  
 Adam Frick             200

          20-29           PTS  
 Chris Marks           1030  
 Mike Fruchey          670  
 Jeremy Schmidt       300  
 Greg Adams            200

          30-39           PTS.  
 Chuck Schlemmer      1070  
 Brian Shepherd       1000  
 Ward Moya             830  
 Bryan Keister         650  
 Mark Walter           550  
 Terry Diller           325  
 Jon Schlatter         260  
 Carl Risch            225

          40-49           PTS.  
 Hal Pearson           940  
 Jed Pearson           905  
 Roger Wilson          635  
 Gary Rickner          570  
 Verton Troyer         470  
 Tim Zumbaugh         455  
 Mark Brattoli         275  
 Phil Suelzer           225  
 Lynn Armstrong       210  
 Jim Weide             200  
 Paul Ausderan         190  
 Dave Winters          170

          50-59           PTS.  
 Larry Averbeck       815  
 Dave Boylan           705  
 DeWain Cobbs         460  
 Tom Felger            400  
 Jack Morris           395  
 Barrie Peterson      375  
 Bill Crane             340  
 Bob Gensheimer       290  
 Fred Ross             240

MALE  
 60-69                   PTS.  
 Don Anderson          855  
 Joe Ziegler           570  
 J.P. Jones            455  
 John Sturtevant      315  
 Bill Patterson        245

          70 & Older       PTS.  
 Ken Dishler           1100

FEMALE  
 19 & Under            PTS.  
 Megan Dexheimer      100  
 Lisa Pesci             85

          20-29           PTS.  
 Naomi Fruchey         600  
 Karen Louis           590  
 Teresa Furniss        360  
 Anita Lehman          335  
 Mary Newell           305

          30-39           PTS.  
 Jill Bobay             715  
 Lorraine Fox.         470  
 Angel Frain           335  
 Linda Gorman          300  
 Judy Tillapaugh      200

          40-49           PTS.  
 Deb Byers             600  
 Terri Gross           370  
 Barb Scrogam         285  
 Pat Trapp             245  
 Susan Peterson        200

          50-59           PTS.  
 Joan Gary             1255  
 Sarah Kleinknight    425  
 Marsha Schmidt       400

          60-69           PTS.  
 Polly Jacobs          200  
 Gloria Nold           100  
 Bea Laird             85

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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.

-----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
- 07 SAT(R) \*LAFAYETTE FAMILY YMCA SLEIGH 5K R/W, 10:30 AM,  
LAFAYETTE, IND., (317) 474-3448
- 07 SAT KENTUCKY 50 MILER, 7:00 AM, LOUISVILLE, KY.,  
STU COMBS (502) 228-1133
- 07 SAT(R) JINGLE BELL RUN FOR ARTHRITIS, 5K R/W, 10:00 AM, LOGAN CENTER, SOUTH  
BEND, IND., JAMI STAMM, 1024 N. NOTRE DAME DRIVE, SOUTH BEND, IND.,  
46617 (219) 288-8952
- 07 SAT KENTUCKY MARATHON, LOUISVILLE, KY., STU MCCOMBS, 7004 BEACHLAND  
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 PERE MARQUETTE PARK TRAIL RUN, 7.3 MILES, 10:00 AM,  
GRAFTON, ILL., (618) 259-1116
- 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 ROCKET CITY MARATHON, HUNTSVILLE, ALA.,  
HAROL TINSLEY (205) 881-9077
- 14 SAT JINGLE BELL CHASE, 3 MILES, 9:00 AM, LOUISVILLE, KY.,  
KEN COMBS RUNNING STORE, (502) 895-3410
- 14 SAT 24TH HOLIDAY 5K RUN/WALK, 10 AM, BAY CITY, MICH., TED DAVENPORT  
(517) 893-1093 OR JOHN METEVIA (517) 832-2267
- 15 SUN \*CANCUN 1996 MARATHON, MCD CORPORACION INTERNACIONAL A.C., AV.  
REVOLUCION # 779, COL.MIXCOAC, MEXICO, D.F. C.P. 03700  
TEL +(525) 536 7148
- 31 TUE HARDCORE HOG RUN '96, KEWANEE, ILL.,  
(309) 853-8961
- 31 TUE NEW YEARS RESOLUTION 8K RUN, NOON, FLINT, MICH., RIVERBEND  
STRIDERS, PO BOX 233, FLUSHING, MICH., 48433 (810) 659-6493

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

- 01 WED(R)\*RUN IN THE NEW YEAR, 4 MILE, 12:00 AM, RIEHLE PLAZA, LAFAYETTE, IND.,  
MARK DENO, 7545 ST. RD. 25 N., LAFAYETTE, IND., 47905 (317) 589-7732
- 01 WED HANGOVER CLASSIC, 10 MILES, 10:00 AM, AMERICAN TURNERS ON RIVER  
RD., LOUISVILLE, KY., DONNA PREHER (502) 454-0519
- 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
- 25 SAT(R) INDIANNA VOLKSSPORT WALK, POTATO CREEK STATE PARK, NORTHLIBERTY  
IND., ROBERT BUZOLICH, NOOSIER HIKERS (219) 288-1454
- 25 SAT GAPARILLA DISTANCE CLASSIC 15K AND 5K, TAMPA, FLA., GASPARILLA '97,  
PO BOX 1881-RT, TAMPA FLA., 33601-1881

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

- 01 SAT NISF-INDIANA USATF YOUTH INDOOR INVITATIONAL, 5:45 PM, AGES 18  
AND UNDER, THE NATIONAL INSTITUTE FOR FITNESS AND SPORT, 250  
UNIVERSITY BLVD., INDIANAPOLIS, IND., 46202, VERN LAMERE(317)274-3432
- 01 SAT CLEAR POND 5K TRAIL RUN/WALK, DANVILLE, ILL., KENNEKUK ROAD  
RUNNERS. PO BOX 1701, DANVILLE, ILL., 61834, MARC, (217) 431-4243
- 01 SAT(L) WINTER CARNIVAL 5K, 10:00 AM, LAKESIDE PARK, SYRACUSE, IND.,  
BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 01 SAT ST PAUL WINTER CARNIVAL FROZEN HALF MARATHON, 10:30 AM, ST. PAUL,  
MN., RHONDA PAPE, (612) 223-4700
- 08 SAT(L) THINK SPRING 5K AND 1 MILE RUN, 10:00 AM, LIGONIER ELEMENTARY,  
LIGONIER, IND., BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767  
(219) 894-4638
- 09 SUN LAS VEGAS MARATHON AND HALF-MARATHON, AL BOKA, PO BOX 81262,  
LAS VEGAS, NV., 89180 (702) 876-3870
- 15 SAT POLAR BEAR 5 MILE RUN AND 5K WALK, 9:00 AM, UNIVERSITY OF  
INDIANAPOLIS, KEN LONG AND ASSOCIATES (317) 632-8812
- 15 SAT(L) FANNY FREEZER 5K, 2:00 PM, HILLARD GATES CENTER, IPFW,  
FT. WAYNE, IND., DON LINDLEY, FWTC, 432-5998

- 15 SAT(L) FWTC 20TH ANIVERSERY ANNUAL BANQUET, WALB MEMORIAL UNION, IPFW, FT. WAYNE, IND , POTLUCK DINNER- BRING ONE DISH, A SALAD OR DESSERT, AND OWN TABLE SERVICE, SOCIAL HOUR 5.00 PM AND DINNER 5.30 PM
- 15 SAT NIFS-INDIANA USATF OPEN/MASTERS INDOOR INVITATIONAL, 5:45 PM AGES 19 AND OVER, THE NATIONAL INSTITUTE FOR FITNESS AND SPORT, 250 UNIVERSITY BLVD., INDIANAPOLIS, IND., 46202 VERN LAMERE (317) 274-3432
- 16 SUN MOTOROLA AUSTIN MARATHON, AUSTIN, TEXAS, MOTOROLA AUSTIN MARATHON, PO BOX 684587, AUSTIN, TEXAS, 78768 (512) 505-8304
- 16 SUN OHIO RIVER ROAD RUNNERS MARATHON AND HALF MARATHON, DAYTON, OHIO, DAN THOMPSON, 1171 NUTMEG CT., CENTERVILLE, OHIO, 45459 (513) 438-5308
- 22 SAT BOP TO THE TOP, STAIR CLIMB, DOWNTOWN INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 22 SAT SMOKY MOUNTIAN MARATHON, TOWNSEND, TENN., SHERMAN AMES, (423) 483-7735
- 22 SAT COWTOWN MARATHON AND 10K, FORT WORTH, TX.. COWTOWN MARATHON 10K RUN, PO BOX 9066, FORT WORTH, TX , 76147-2066 (817) 735-2033

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

- 02 SUN LA MARATHON XII, LOS ANGELES, CA.. (310) 444-5544
- 15 SAT MUSIC CITY MARATHON AND HALF MARATHON, 8:00 AM, NASHVILLE, TN GREATER NASHVILLE ATHLETIC CLUB, 3161B, PARTHEMON AVE., NASHVILLE, TN., 37203 (615) 298-3455
- 17 MON FINISH LINE, IAC SHAMROCK 4 MILE RUN AND 5K WALK, 9:30 AM, DOWNTOWN INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 22 SAT(L) 17TH ANNUAL NUTRA RUNS, 20K AND 5 MILE, 2 PM, HOMESTEAD HIGH SCHOOL, FT. WAYNE, IND., MIKE MCAVOY (219) 824-5158
- 22 SAT MOUNTIAN GOAT RUNS/ WALK, KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834, MARC (217) 431-4243 OR SUSAN (217) 733-2403
- 23 SUN 16TH ANNUAL EASTER SEAL RUN/WALK, CLINTON, IOWA, JEAN ROEDER (815) 589-4945
- 23 SUN AROUND THE BAY 30K, HAMILTON, ONTARIO, CAN., LAURA DUNPHY, 191 ALDERLEA AVE., MOUNT HOPE, ONTARIO, CAN., LOR 1WO (905) 679-2219

-----APRIL 1997-----

- 05 SAT TRAILBREAKER MARATHON AND HALF MARATHON, WAUKESHA, WIS.,  
NICOLE HENKE, M.D.A., 2949 N. MAYFAIR RD., STE., 106, WAUWATOSA,  
WIS., 53222 (414) 453-7600
- 06 SUN INDY ZOO PRIDE STRIDE 15K RUN AND 4 MILE WALK, INDIANAPOLIS ZOO,  
KEN LONG AND ASSOCIATES (317) 632-8812
- 06 SUN ATHENS MARATHON AND 1/2 MARATHON, NOON, ATHENS, OHIO, ATHENS  
VISITOR'S BUREAU, PO BOX 1019, 667 E. STATE STR., ATHENS, OHIO,  
45701 (800) 878-9767
- 12 SAT BADGERLAND STRIDERS SOUTHSHORE HALF-MARATHON, MILWAUKEE, WIS  
KRISTINE HINRICHS, 1425 N. CASS, APT. 103, MILWAUKEE, WIS., 53202  
(414) 291-0368
- 13 SUN GLASS CITY MARATHON, WITH 2 AND 5 PERSON RELAY TEAMS, 8:00 AM,  
PAT WAGNER, 130 YALE, TOLEDO, OHIO, 43614 (419) 385-1072
- 19 SAT CLEVELAND SPRING CLASSIC HALF-MARATHON, STRONGSVILLE, OHIO,  
MIKE DRURY, CLEVELAND WEST ROAD RUNNERS, 3317 BRADLEY RD.,  
WESTLAKE, OHIO, 44145 (216) 228-6031
- 20 SUN BRICKS TO BRICKS 10 MILE TRAINING RUN AND WALK, INDIANAPOLIS, IND.,  
KEN LONG AND ASSOCIATES (317) 632-8812
- 20 SUN WEST BLOOMFIELD HALF-MARATHON, W. BLOOMFIELD, MICH.,  
JUDY SHARE-VINE, WEST BLOMFIELD PARKS & REC., 3325 MIDDLEBELT RD.,  
WEST BLOOMFEILD, MICH., 48323 (810) 334-5660
- 21 MON BAA BOSTON MARATHON, SEND SASE TO BAA BOSTON MARATHON, PO BOX  
1997, HOPKINTON, MA., 01748 (508) 435-6905 OR FAX (508) 435-6590
- 26 SAT KENTUCKY DERBY FESTIVAL MINI-MARATHON, 8:00 AM, LOUISVILLE KY.;  
KENTUCKY DERBY FESTIVAL, 1001 S. 3RD. STR., LOUISVILLE, KY., 40203  
1-800-928-3378
- 27 SUN RUNNING FIT TRAIL MARATHON AND HALF-MARATHON, PINCKNEY, MICH.,  
RUNNING FIT, 123 LIBERTY, ANN ARBOR, MICH., 48104 (313) 769-5016
- 27 SUN LAKE COUNTY RACES, 8:15 AM, ZION-HIGHLAND PARK, ILL., LAKE COUNTY  
RACES, PO BOX 9, HIGHLAND PARK, ILL., 60035 (847) 266-RACE

-----MAY 1997-----

- 02 FRI INDIANAPOLIS LIFE 500 FESTIVAL MINI-MARATHON, 9 AM, INDIANAPOLIS,  
INDY FESTIVALS, 201 S. CAPITOL, STE. 201, INDIANAPOLIS, IND., 46225  
(800) 638-4296

- 04 SUN REVCO-CLEVELAND MARATHON AND 10K, 8:00 AM, CLEVELAND, OHIO,  
REVCO-CLEVELAND MARATHON, PO BOX 550, TWINSBURG, OHIO, 44087  
1-800-GO-REVCO OR (216) 487-1961
- 10 SAT ARTS FEST RIVER RUN 12 K, EVANSVILLE, IND.,  
PAT SHOULDERS, (812) 424-7575
- 10 SAT OLD KENT RIVER BANK RUN, 25K, 8:00 AM, GRAND RAPIDS, MICH., KRISTEN  
AIPIF, PO BOX 1448, GRAND RAPIDS, MICH., 49501 (616) 771-1590
- 18 SUN ROCK ISLAND GAMBLERS 5K RUN/WALK, 8:00 AM, ROCK ISLAND, IOWA,  
JERRY TUTSKEY, (309) 788-PARK
- 24 SAT FIRST OF AMERICA RUN HALF MARATHON, 10K AND 5K, ANN ARBOR MICH.,  
FIRST OF AMERICA RUN, 241 SUNSET, ANN ARBOR, MI, 48103 (313) 663-9740
- 26 MON(R)THE TRUTH NBD BANK GREAT RACE HALF-MARTHON, GOSHEN-ELKHART, IND  
RON SCHMANSKE, PO BOX 682, ELKHART, IND., 46515 (219) 294-1661

-----JUNE 1997-----

- 07 SAT(R) SUNBURST MARATHON, 10K AND 5K, 6:00 AM, SOUTH BEND, IND.,  
SUNBURST, 615 N. MICHIGAN, SOUTH BEND, IND., 46601 (219) 674-0900
- 14 SAT(L) FORT WAYNE HOOSEIR MARATHON, 6:30 AM, FOSTER PARK, FT. WAYNE, IND  
DON LINDLEY, FWTC, (219) 432-5998
- 14 SAT LUDINGTON LAKESIDE HALF-MARATHON AND 5K, LUDINGTON, MICH.,  
SCOTT SITLER, 921 E. TINKHAM AVE., LUDINGTON, MI, 49431 (616) 845-6313
- 21 SAT GRANDMA'S MARATHON, 7:30 AM, DULUTH, MINN., GRANDMA'S MARATHON  
PO BOX 16234, DULUTH, MINN., 55816 (218) 727-0947

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.)**

**Call 485-9527  
for brochure.**



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)

### TRACK CLUB MEMBER PROFILE

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

Occupation: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Birthplace: \_\_\_\_\_

Family: \_\_\_\_\_

\_\_\_\_\_

Pets: \_\_\_\_\_

Hobbies or interests: \_\_\_\_\_

\_\_\_\_\_

Favorite family activities: \_\_\_\_\_

\_\_\_\_\_

Running Shoe Brand: \_\_\_\_\_ Years running/walking \_\_\_\_\_

Favorite Distance to run/walk: \_\_\_\_\_ PR: \_\_\_\_\_

Favorite After Racing/Training Food: \_\_\_\_\_

Favorite Place to train: \_\_\_\_\_ Favorite Race: \_\_\_\_\_

Why do you run/walk?: \_\_\_\_\_

Favorite item of Clothing: \_\_\_\_\_

Favorite Movie or TV program, or book: \_\_\_\_\_

Favorite music: \_\_\_\_\_

Collections: \_\_\_\_\_

Favorite vacation destination: \_\_\_\_\_

Most prized possession: \_\_\_\_\_

Has There Been An Inspiration To Your Running/Walking? If so, explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do You Have a Dream? If so, what? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 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:**

\_\_\_\_\_ Date: \_\_\_\_\_

(if under 18)

**THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"**

Please indicate your areas of interest.

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



# Coming Events...

## JUST PLAIN 10K

Saturday December 7, 1996, 2 PM

Foster Park, Fort Wayne, Indiana \*\*\*\*\*Points Race\*\*\*\*\*

Bring a wrapped t-shirt labeled with size

## FWTC BANQUET

Saturday February 15, 1997

IPFW

## FWTC MEETINGS

Wednesday, December 11, 7:00 PM, Run, 6:00

Christmas Pot Luck - Gift Exchange

Wednesday, January 8, 7:00 PM, Run 6:00

IPFW - Hilliard Gates Activity Center

Park in the far lot to avoid being ticketed

## ADVERTISING RATES

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

Insert Race Application (Includes printing results)

12 X Entry fee, minimum \$35.00 (10 X Entry fee paid in  
advance)

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

All race applications must be supplied for insertion.

Inside Track publishes 450 issues bi-monthly.



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

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