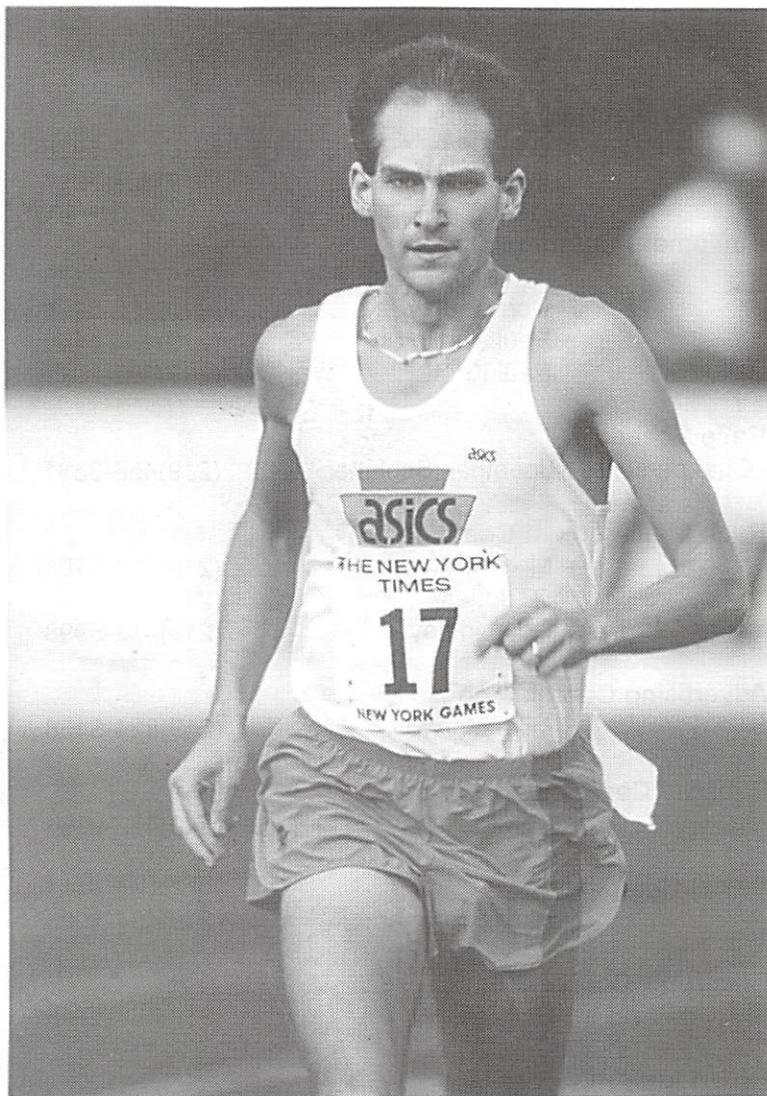


# the inside track

February 1997 - March 1997

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



**DON'T MISS**

**OLYMPIAN JIM SPIVEY**

*at the FWTC Annual Banquet*

*February 22, 1997*

# 1997 FWTC OFFICER ROSTER

<i>President.</i>	Barrie Peterson	(219)637-5717
<i>Vice-President.</i>	Charles Brandt	(219)432-9110
<i>Secretary</i>	Jonathan Schlatter	(219)456-3331
<i>Treasurer</i>	Don Lindley	(219)432-5998

## Newsletter

Editor	Joyce Hockensmith	(219)749-1237
Mailing	Sharon Bruner	(219)432-9826
Mailing	Ed Dax	(219)460-1456

## Membership Coordinators

Don Lindley	(219)432-5998
Wayne Davies	(219)426-2917

## Equipment Coordinators

JP Jones	(219)745-7339
Don Lindley	(219)432-5998
Paul Ausderan	(219)436-4446
Paul Knott	(219)485-1917

## Race Schedule

Chairperson	Jonathan Schlatter	(219)456-3331
-------------	--------------------	---------------

## Race Management Coordinators

Mike McAvoy	(219)824-5158
JP Jones	(219)745-7339
Don Lindley	(219)432-5998

## Advertising Coordinator

Mike McAvoy	(219)824-5158
-------------	---------------

## Publicity Coordinator

Ken Disler	(219)422-9984
------------	---------------

## Social Coordinator

Barb Scrogam	(219)484-8938
--------------	---------------

## Children's Coordinator

Phil Suelzer	(219)486-1745
--------------	---------------

## RRCA Liaison

Judy Tillapaugh	(219)456-3277
-----------------	---------------

## Legal Advisor

## Board Members

Lynn Armstrong	Alan Gilbert
Mark Brattoli	Linda Gorman
Linda Brooks	Jack Hilker
Jay Brower	Greg Purcell
William Crane	Bill Sohaski
Gary Dexheimer	Roger Wilson
Jerry Diehl	Sara Wyss

There is an old joke about the graduate engineering student who exclaimed, "Six months ago, I couldn't even spell injuneer, and now I are one!" I would like to paraphrase that statement with, "Six months ago, I couldn't even spell prezident, and now I am one!" Seriously, since many of you may not know me and may wonder how the nominating committee ever came up with this unknown soldier as your next Ft. Wayne Track Club President, I thought I would take a couple of columns to introduce myself to you.

I was born on August 11, 1942, in Moline, Illinois (one of the Quad Cities). With the exception of a 6-month stint in Sherman, Texas, when I was 3 years old, and a 3-year stint in Seattle, Washington, when I was in 3rd through 5th grade, I was born and raised in this area right through graduation from college.

My dad was a tool and dye maker who passed away in October of 1982 and my mom is a retired secretary from the Deere and Company Corporate Office. I have two younger brothers who still reside in the Quad Cities area (Rock Island, Illinois) along with their families. Jon works in the insurance business and Rick works at the Rock Island Arsenal.

While growing up, I was very active in high school sports and various other school clubs and organizations. I participated in football (halfback), basketball (16th man on a 15 man team), and track (sprinter and relay specialist). I also played baseball most summers for the summer Dad's Club League (pitcher). In fact, I once pitched a no-hitter and lost (of course, I walked 10 batters)! I was also active in student council and served as vice-president of the Lettermen's Club, President of the Bible Club (I always wanted to be a minister at that age), and Chaplain of the Hi-Y Club.

My favorite sports as a participant were football and track, so after graduating from Moline Senior High School in 1960, I was off to Cornell College in Mt. Vernon, Iowa, to start my studies toward becoming a minister and to continue in football and track. During my freshman year, I incurred a career-ending football injury (serious shoulder separation), but did continue in track. I was also elected as President of the Freshmen Class and pledged a local fraternity (Alpha Chi Epsilon) known as the AXES. When my track coach discovered my football injury, he insisted that I run cross country during my sophomore year. Reluctantly, I did so. Little did I know what implications this brief encounter with distance running would have for my future in so many ways!

At the mid-point of my sophomore year, I decided to transfer to Augustana College in Rock Island, Illinois, where my high school sweetheart and fiance attended. I continued participating as a sprinter for the Augustana track team for a couple of years, but was unable to participate as a senior because of extenuating

circumstances. Judy and I got married in the late summer between our junior and senior years in college. I did continue to stay active in student government, and was elected as vice-president of the Senior class and president of the College Union Board. At Augustana, I also pledged another local fraternity—Pi Upsilon Gamma (PUGs) which kept me busy socially and with intramural sports, etc. I also changed majors while at Augustana to Business Administration, with a minor in Economics. This was another decision which had a great deal to do with my future. I firmly believe that God was in control in helping me to make these decisions. My major got me my first job—Special Management Trainee with International Harvester Company in Ft. Wayne, Indiana, beginning in June of 1964 immediately following graduation from college. I had never heard of Ft. Wayne and had no idea where it was even located. My wife was hired as an elementary school teacher at James Smart on Smith Street. Thus began a new chapter in my life which will be continued in the next newsletter. I'll bet you can't wait!!

#### WANT AD

**Need a volunteer to accommodate a German runner from Gera, Germany during the 1997 Hoosier Marathon, week of June 14th.**

**For detail and further information, please contact Don Lindley.**

**TRACK COACH NEEDED  
Carroll Middle School  
7th & 8th Grade Track  
Mid-February to Mid-May  
3:00-5:30 plus organizational time  
7-8 Meets - \$1300  
Experience working with kids desired.  
Contact: Dave Hey  
637-5159 - School  
637-2016 - Home**

**MINUTES**  
**Fort Wayne Track Club Monthly Meeting**  
**Wednesday, December 11, 1996, 7:00 p.m., IPFW**

1. Meeting was called to order by outgoing President Mike McAvoy.
  2. Approx. 20 people present (due to eating & merrymaking, official attendance roster not circulated!).
  3. Incoming Board members asked to give consideration to how they can get plugged into club activities/responsibilities during 1997.
    - a. Sharon Bruner has agreed to assume responsibility of mailing club newsletter. Suggestion for Board member involvement: assist Sharon Bruner with preparing bi-monthly mailings of newsletter!
    - b. Judy Tillapaugh will continue as RRCA Liaison.
    - c. Phil Selzer enthusiastically volunteered to be Children's Running Coordinator for club.
    - d. Don Lindley, J.P. Jones & Mike McAvoy agreed to serve as Race Management Coordinators which means they'll be equipment coordinators (which could also include operating equipment at events renting equipment).
  4. 20th anniversary t-shirts, \$15 each, displayed by Mike McAvoy (several bought shirts after the meeting). Shirts will be available for purchase at special display at annual banquet. Vicki & Polly Jacobs agreed to man the booth at banquet which will also have FWTC membership applications & other information.
  5. Saturday, February 15, 1997:
    - a. Fanny Freezer, 3:00pm, IPFW, showers available after (change from previous years' location of Foster Pk)
    - b. Pre-Banquet Social Hour begins 5:00 p.m., ~~IPFW Wall Memorial Union (exact room in Wall TBA)~~ (change from previous years' location of Waynedale Conservation Club). *FEB 22 NORTHROP HS CAFETERIA*
    - c. Meal at approx. 5:45; speaker Jim Spivey at approx. 6:45; awards at approx. 7:30 (including points awards, male & female high school runner of the year, etc.).
    - d. Joyce Hockensmith volunteered to head up decorating committee for banquet.
  6. Budget reviewed by Mike McAvoy & J.P. Jones (in absence of Treasurer Don Lindley).
    - a. YTD income \$13,110.65; expenses \$12,534.55; balance \$9,012.60.
    - b. General overview of proposed 1997 budget reviewed; more detailed presentation at January 1997 meeting.
    - c. RRCA expenses for club are \$1,284.40; this includes RRCA dues of \$1 per club member; \$855.40 liability insurance for club; \$100 insurance for club directors/officers.
  7. List of first 109 club members distributed by Mike McAvoy. If anyone knows any of these former members, please invite them to annual banquet & also invite them to re-join the club.
  8. Next newsletter's production & mailing will be pushed up so that everyone gets it mid-to-late January & thus be reminded of annual banquet.
  9. Just Plain 10K, 12/7/96, Foster Pk, 49 runners & 3 walkers in great weather (compared with 13 runners in last year's extremely inclement weather!); J.P. Jones said 102 t-shirts donated & will be distributed next week.
  - 10 Turkey Trot, 11/23/96, Fox Island, went very well. Course well marked; good comments from participants; Fox Island personnel very helpful; good place for future races!
  - 11 Motion: J.P. Jones made a motion that the club contribute \$100 to the IPFW Cross Country Program in memory of Hilliard Gates, who was very helpful & supportive in getting the original Hook's Marathon started in Fort Wayne. Motion passed unanimously & with enthusiasm.
  - 12 Gift exchange then held. Headbands, socks, Runners World Calendars, gift certificates, honey & a variety of other items were exchanged.
- Meeting then adjourned. Next meeting Wednesday, January 8, 1997, 7:00 p.m., IPFW Hilliard Gates Athletic Center (training run prior to meeting).

Respectfully submitted,

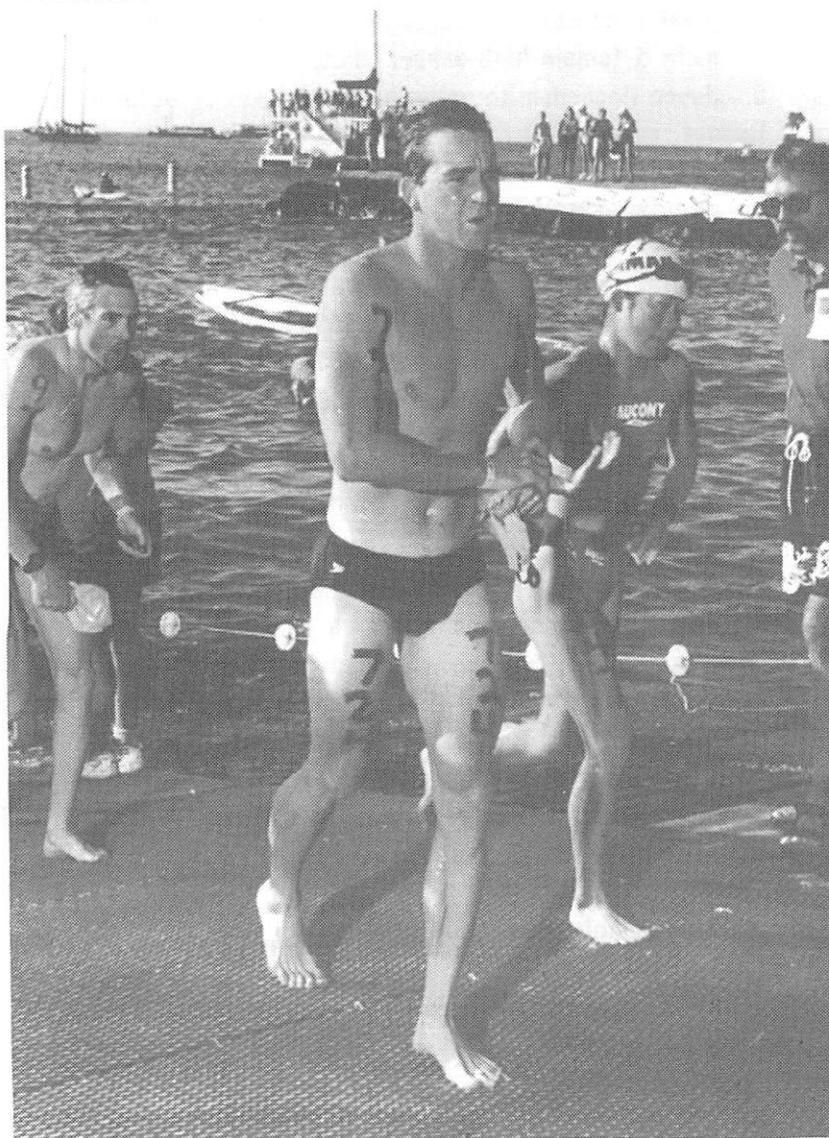
Vicki Jacobs  
Outgoing Secretary

When I told my young son that I had talked to an athlete who could swim 2.4 miles, bike 112 miles, and then run another 26.2 miles, his response was, "Man, I bet he's a little bit tired!" Well, Fort Wayne Track Club member Scott Beasley assured me that he did get "a little bit tired" when he competed in the Ironman triathlon this past October in Kona, Hawaii. While it was the first time he had run the Ironman in Hawaii, he had run the full Ironman distance on several occasions, including his qualifier in British Columbia, 9 weeks before the big event.

Scott's running background has served him well in preparation for the triathlon. He reports PR's of 2:43 in the marathon and 33 minutes in the 10K dating back to the early 1980's. In the spring of 1991, after experimenting with a passive training program that involved several years of no running combined with an increase in body weight, he returned to running and participated in his first triathlon that June. He built his training up over the years until a typical pre-Ironman week consisted of 40 miles of running, 200 miles of biking, and 10,000 yards of swimming. His swimming takes place primarily at the south and central YMCAs, and he notes he often runs with the "Y" groups throughout the week and weekend.

Regarding the big race, Scott recalls, "My wife and I went out to Kona a week before the race so I could acclimate to the heat, humidity, and time change. All week I felt tense and was concerned about the 40-50 mph winds that were blowing. Fortunately, the day of the race, both the winds and my nerves had calmed down. At the start of the swim, I positioned myself to the left of the main crowd. It really doesn't do you any good to try to position yourself closer to the front if you aren't that strong of a swimmer since you'll literally be trampled on. I had a goal of 1:05 for the swim portion and came in at 1:03.

"That put me on the bike portion on the lava fields at a little bit after 8 AM and it was already hot. I had set my beeper at every 2 minutes so I could take in enough fluids due to the heat. Throughout the bike segment I also ate fig newtons and PR bars. At the halfway point on the bike,



I got off to give my back a break. I had been having some back problems since the drive up to British Columbia 9 weeks before. My bike split was 5:38 including both the transitions from the swim and to the run."

"At the beginning of the run we had to go up a hill that I thought was even steeper than Heartbreak hill in Boston. Again I was taking in as much fluid as possible. In spite of the heat, I was still able to average 7:45 per mile for the first six miles. Shortly thereafter I was running 8:30 per mile and I was definitely concerned because I still felt that I was running well. I think I might have been going into some kind of heat distress because I started getting goosebumps. So at the 9 mile aid station I stopped and drank Coke and Gu. We were running back out by the lava fields with 100 degree temperatures and no appreciable shade. I was able to maintain 8:30 per mile the rest of the way in and even at that pace I was passing many people. My marathon time was 3:45 for a total time of 10:27:48, which placed me in 419th overall place out of approximately 1500 people. In my age group I placed 58th out of 204. Unfortunately, only the top 10 overall will qualify for next year's race so if I'm going to complete, it will mean another qualification."



Scott feels that under the right conditions a sub-10 hour triathlon is within reach. I imagine if he's able to crack that barrier he maybe a little bit more than just a little tired!

FORT WAYNE TRACK CLUB  
 JUST PLAIN 10KM  
 DECEMBER 7, 1996  
 FOSTER PARK  
 TEMP 40 SUNNY

Male 20 - 24      OV      TIME  
 1 ROD OBREGON      5      37:35

Male 25 - 29  
 1 MICHAEL FRUCHEY      3      36:02  
 2 CHRIS MARKS      16      42:41

Male 30 - 34  
 1 WARD MOYA      1      35:39  
 2 MARK WALTER      6      37:52  
 3 KEITH WALTER      10      39:17  
 4 PAUL KNOTT      13      41:01  
 5 JON SCHLEMMER      15      41:25  
 6 MICHAEL LECHMAN      38      48:57  
 7 ANTHONY L LEHMAN      40      49:58

Male 35 -39  
 1 CHUCK SCHLEMMER      2      35:43  
 2 CARL RISCH      9      39:06  
 3 BRYAN KEISTER      11      39:26  
 4 JON SCHLATTER      23      44:53  
 5 MIKE MCAVOY      29      45:47  
 6 DEAN WHITMAN      41      50:23

Male 40 - 44  
 1 HAL PEARSON      4      37:07  
 2 PHIL SUELZER      7      37:54  
 3 MARK BRATTOLI      14      41:23  
 4 RICK EDDIE      24      44:58  
 5 MITCH V HARPER      26      45:07  
 6 VERN CEDER      27      45:21  
 7 BRUCE HOPEN      34      47:36  
 8 KEVIN TRUELOVE      35      47:49

Male 45 - 49  
 1 JED PEARSON      8      38:18  
 2 VERTON L TROYER      12      40:30  
 3 DAVE WINTERS      22      44:47  
 4 JOEL SCHATZNER      28      45:44  
 5 MICHAEL GRIMES      32      46:47  
 6 GREG PURCELL      37      48:41

VOLUNTEERS  
 BILL SOHASKI  
 JERRY DIEHL  
 TOM DEAL  
 MITCH HARPER  
 EUGENE STRIGGLE

SHARON PAULEY  
 DON LINDLEY  
 "DEBBIE"  
 JP JONES - RD

Male 50 - 54      OV      TIME  
 1 DEWAIN COBBS      18      43:14  
 2 DAVE BOYLAN      21      44:22  
 3 JACK SEIGEL      33      47:23  
 4 JOHN BRIER      42      51:04  
 5 DICK WATERFIELD      44      51:51  
 6 LARRY LEE      45      52:18  
 7 DON LINDLEY      47      55:29

Male 55 - 59  
 1 LARRY AVERBECK      17      42:50  
 2 JACK MORRIS      20      43:55  
 3 MEL HOCHSTETLER      39      49:46

Male 60 - 64  
 1 JOE ZIEGLER      25      45:07  
 2 TOM LAIRD      43      51:36

Male 65 - 69  
 1 DOM ANDERSON      30      46:29  
 2 EUGENE STRIGGLE      48      59:40

Female 20 - 29      OV      TIME  
 1 NAOMI FRUCHEY      31      46:44

Female 30 - 34  
 1 LINDA GORMAN      19      43:50

Female 35 - 39  
 1 KIM LARSON      36      47:53

Female 50 - 59  
 1 SARAH KLEINKNIGHT      49      64:46

Female 60 & OVER  
 1 JOAN GARY      46      55:28

WALKERS (3.3KM)  
 1 VICKI JACOBS      1      30:46  
 2 POLLY JACOBS      2      30:46  
 3 SHARON PAULEY      3      39:43



FORT WAYNE TRACK CLUB 5KM FANNY FREEZER  
AND  
BANQUET FEATURING OLYMPIAN JIM SPIVEY

DATE: Saturday, February 15, 1997

LOCATION: IPFW Hillard Gate's Sport Center - 5KM Walk/Run  
~~IPFW Walk Union Banquet~~

TIME: 5KM - 3:00 p.m.  
~~Banquet 5:00 p.m.~~

BANQUET - FEB 22, 1997  
5:00pm.



Registration: 2:00 p.m. to 3:00 p.m.  
Awards to be given at banquet. Showers and locker rooms will be available at IPFW.

Course: IPFW Campus, roads and sidewalks, start and finish at Hillard Gates Center.

Entry Fee: \$2.00 FWTC Members and \$4.00 Non-Members

Race Director: Don Lindley (219)432-5998

**ENTRY FORM**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
TELEPHONE NO. \_\_\_\_\_ AGE \_\_\_\_\_  
Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

MAKE CHECKS PAYABLE TO FORT WAYNE TRACK CLUB

PLEASE COMPLETE FORM AND MAIL TO:  
FWTC  
P.O. BOX 11703  
FORT WAYNE, IN 46860



*Athletics, Recreation & Intramural Sports*

**LIABILITY WAIVER:**

I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For my safety I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I or myself and anyone entitled to act on my behalf, waive and release the Fort Wayne Track Club, Indiana Purdue Fort Wayne, RRCA and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT'S SIGNATURE IF UNDER 18 YRS \_\_\_\_\_ 7 \_\_\_\_\_ DATE \_\_\_\_\_



# INDIANA RUNNER

FORT WAYNE TRACK CLUB  
FOX ISLAND 5K TRAIL RUN  
NOVEMBER 23, 1996



PL	NAME	AGE	OV	TIME
FEMALE 14 & UNDER				
1	Amy Klenke	13	61	24:02
FEMALE 15 - 19				
1	Ryann Staples	17	43	22:02
2	Andrea Harding	19	62	24:09
3	Kelli Cornelius	19	90	34:21
FEMALE 20 - 24				
1	Kim Ukrainetz	23	67	24:35
2	Cara Brown	22	83	27:52
FEMALE 25 - 29				
1	Naomi Fruchey	27	34	20:52
2	Sara Unsell	29	59	23:59
3	Laura Menheer	26	68	24:37
4	Erin Garner	28	87	32:07
5	Rhonda Girardot	28	92	34:27
6	Pam Aaron	29	93	34:28
7	Laura Mowery	28	96	35:52
FEMALE 30 - 34				
1	Linda Gorman	33	37	21:24
2	Shelly Kirkwood	30	85	29:36
3	Jamie Mitchell	32	94	34:49
FEMALE 35 - 39				
1	Judy Tillapaugh	37	41	21:50
2	Katie Creighton	38	51	22:31
3	Jill Bobay	36	66	24:34
4	Valerie Winn	35	72	25:44
FEMALE 40 - 44				
1	Ann Karr	42	74	26:05
2	Susan Peterson	42	81	27:29
FEMALE 45 - 49				
1	Kathy Pleus	46	65	24:29
FEMALE 50 - 59				
1	Sharon Bruner	55	98	42:04
2	Sharon Pauley	56	100	62:00
FEMALE 60 & Over				
1	Joan Gary	60	77	26:52
MALE 14 & UNDER				
1	Nathan Peffley	14	22	19:40
2	Ben Ashley	14	29	20:15
3	Derek Leininger	12	31	20:23
4	Robert Creighton	11	58	23:22
5	Shane Girardot	11	73	25:49
6	Andrew Creighton	8	95	35:51
7	Ian Ausderan	11	99	43:47
MALE 15 - 19				
1	Steve Teusch	19	5	17:01
2	Chad Clevenger	18	8	17:45
3	Aaron Barton	17	9	17:47
4	Hans Ausderan	19	17	19:11
5	Andrew Schmitz	15	18	19:12
6	David Lambert	15	28	20:13
7	Jon Stookey	16	49	22:23
MALE 20 - 24				
1	Brad Thomas	21	6	17:27
2	Rod Obregon	22	7	17:44
3	Dan Brier	20	10	18:01
4	Dave Broerman	24	11	18:10
5	Todd Joachim	24	91	34:22

PL	NAME	AGE	OV	TIME
MALE 25 - 29				
1	Michael Fruchey	27	3	16:15
2	Mike Engler	29	19	19:22
3	Chris Marks	26	30	20:16
4	Loren Garner	29	88	32:08
5	George Joachim	26	97	41:00
MALE 30 - 34				
1	Brian Shephard	31	1	15:53
2	Ward Moya	33	12	18:25
3	Mark Walter	31	16	18:57
4	Paul Knott	34	27	20:03
5	Steve McMahon	33	57	23:20
6	Charles Tolson	30	71	25:15
MALE 35 - 39				
1	Chuck Schlemmer	35	2	16:11
2	Bryan Keister	37	24	19:52
3	Mike McAvoy	36	45	22:07
4	Dave Upchurch	37	50	22:27
5	Jeff Metzger	35	53	22:45
MALE 40 - 44				
1	Mark Furkis	41	4	16:59
2	Hal Pearson	42	13	18:31
3	Ron Zartman	40	20	19:30
4	Kevin Lochner	41	23	19:42
5	Bruce Daugherty	42	33	20:46
6	Jeff Milleman	40	35	21:00
7	John D. McPherson	43	40	21:48
8	Mitch Harper	40	42	22:01
9	Vern Ceder	40	48	22:21
10	Don Kramer	42	55	23:13
11	Gary Aupperle	42	78	26:55
MALE 45 - 49				
1	Bob Huston	46	14	18:41
2	Jed Pearson	45	15	18:44
3	Jerry Diehl	45	21	19:35
4	Neil Tate	45	25	19:58
5	Verton Troyer	48	26	20:02
6	Michael Barman	47	32	20:34
7	Michael Grimes	46	56	23:19
8	Wayne Unsell	48	70	25:13
9	Bill Osterholt	45	82	27:42
MALE 50 - 54				
1	DeWain Cobbs	54	36	21:05
2	William Crane	54	38	21:31
3	Dave Boylan	54	46	22:09
4	Barrie Peterson	54	47	22:15
5	Jack Seigel	51	54	22:58
6	John Brier	52	63	24:11
7	Don Lindley	52	76	26:50
8	Steve Butler	50	78	27:18
MALE 55 - 59				
1	Jack Morris	59	39	21:39
2	Larry Christensen	58	44	22:04
3	Paul DeMerchant	56	75	26:46
4	Jay Brower	59	80	27:27
MALE 60 - 64				
1	Joe Ziegler	60	60	23:39
2	Tom Laird	60	64	24:25
3	Bob Loomis	63	69	25:10
MALE 65 - 70				
1	Don Anderson	69	52	22:33
2	Eugene Striggle	65	86	29:42
3	James P Jones	68	89	33:45
MALE 70 & OVER				
1	Ken Disler	73	84	29:06



### VOLUNTEERS:

Paul Ausderan	Paul Knott
Ian Ausderan	Mike Kast
JP Jones	Dean Whitman
Bill Sohaski	Judy Tillapaugh
Jerry Diehl	

## **RHINO RUNNER'S 10K**

*By Jonathan Selatter*

### **Is It Your Turn?**

At any race that you have ever run you have seen volunteers everywhere, encountered them at every step of the way, and derived benefit from all of their efforts. They help out at registration tables, act as course marshalls, staff aide stations, and run finish lines. They are sometimes runners like yourself, some are non-athletes, and some are the spouses of runners. Their tasks are simple and routine, yet demanding and at times frustrating. Most runners don't give them much consideration beyond a mumbled "thanks" given in gasping breath as they pass by. That was my attitude until I accepted the invitation of a running friend to help at a race that she was race director of. It was then that I realized the multitude of tasks that volunteers do and the importance of each. Without them races would never take place. Compare for a moment the experiences you have had with races that were managed with those that were not, the difference was most likely a dedicated and knowledgeable staff of volunteers. As a runner you not only know the importance of volunteers but you also have the knowledge and experience to be an expert volunteer. So with all that has been said, here are ten thoughts to encourage you to volunteer at a race this year.

1. With a race that you are planning to run anyway come early and help with registration or assist in setting up the course.
2. If you are fortunate enough to have a son or daughter that is in cross country or track contact the coach to see if there is some manner in which you can assist.
3. Many races have a fun run before the main race which you could run and then still be able to help with the finish line.
4. Some races are part of town festivals which you could help out together as a family and then enjoy other events after the race.
5. If you have the unfortunate experience of an injury that temporarily keeps you from running, volunteering at a race would be a good way of keeping you in the mix.
6. After you have run a race you might stick around for a while and help tear down and put away course markings and the finish line.
7. To see a race from a different perspective skip running it and shock a race director by volunteering to help from beginning to end.
8. Contact a race director to see if there is something that you can do the days before or after a race and still be able to run the race
9. For a unique look at a type of racing that you will "never" do go on a road trip with group of ultra runners and be their support staff.
10. The Hoosier Marathon is a premier event that the track club puts on that even if you planning on running it there are many ways that you can help, so volunteer!

## MY CHICAGO MARATHON EXPERIENCE

by

Barrie Peterson

On Saturday, October 19, my wife and I left for Chicago following my Northrop cross country team's participation in the high school Sectional Cross Country Meet. Since my team did not perform up to expectations, the get-a-way proved even more beneficial. We arrived at the Hilton and Towers in Chicago in the late afternoon, checked in to our room, picked up my runner's packet and other race information, and toured the Runner's Expo. At about 6:00, we went to dinner at Eduardo's and had some of the best Chicago pizza I have ever had! After a relaxing dinner, Judy (my wife) and I strolled down to the start/finish area for the marathon so that both she and I could get acclimated to the surroundings for Sunday's race-day activities. At about 8:00, we arrived back at our hotel room where Judy read and I did some school and cross country work. By 10:00, I was fast asleep, getting what proved to be a pretty good night's rest, considering it was the night before the Chicago Marathon.

My day on Sunday got under way at about 6:00 a.m. when I got up, showered, dressed for the race, and had a light breakfast prior to race time (one bran muffin, a sports drink, a banana, and a power bar). The lobby of the hotel was filled with lots of anxious faces and all shapes and sizes of folks getting psyched up for the big race. For the next hour or so, I simply relaxed and people-watched in the lobby area, mentally making all of my last minute preparations for race strategy, etc. Approximately 60 minutes prior to the start of the race, I headed to the start area, stretched real good, and got an advantageous position in the starting area for the race. I was actually lined up right behind the elite runner's fenced off area. The good news was that this gave me a great view of some of the world's great runners preparing for the race and it gave me a great start at the gun—within a matter of seconds, I was across the actual starting line. The bad news was that with this kind of start and with the great weather conditions, my early pace was a little quicker than I had planned. Anyone who has run a marathon knows that this usually comes back to haunt you late in the race.

Scott Justvik says that the marathon is divided into two halves—the first 20 miles and the last 6.2. This certainly proved to be true for me. My first mile was 7:30; I was at the 13 mile mark in 1:42, and the 15 mile mark at 2 hours even. I still felt pretty good, but knew I was a little fast and was just beginning to feel some of the side effects: my feet were a

little more sore than usual and my right knee began to ache. I purposely slowed my pace, hoping that this would help; but it was too late. By the time I reached the 20 mile mark, my knee was really hurting! When I reached 22 miles, I made a decision to walk/jog the rest of the way in. I really had no choice if I was going to finish. My finish time was 3 hours and 45 minutes which was ahead of my original goal of simply breaking 4 hours, but way behind what I could have done if I had paced myself properly.

When I was about 400 meters from the finish, I spotted my wife in the crowd and managed a smile and a surge to the finish! One more race completed for the Leukemia Society (my third after San Francisco and Anchorage). I can't explain the feeling of exhilaration to finish 26.2 miles for such a great cause!! Within a couple of hours after finishing, I was ready for lunch, which we had with Judy's aunt and uncle who live in the Chicago area. That evening Judy and I went to a movie and out for a steak dinner to celebrate!

We returned to Ft. Wayne on Monday, stopping for lunch along the way. By Wednesday, my knee pain was gone and I was back running again—one of the quickest recoveries I have ever had from a marathon. I am ready and eager to run the Milwaukee Lakefront Marathon in October of 1997. Once again, my efforts will be dedicated to the Leukemia Society of America. I cannot thank my relatives, friends, fellow-teachers and coaches, students and athletes who have helped to support my efforts in the past. I pray that they will continue to do so; and I pray that someday I will not have to run for the Leukemia Society because this dreaded disease will have been conquered. We are making great progress!!

---

**Huntsville, AL 50K Trail Run**  
**Saturday, December 28, 1996**

Paul Ausderan	6th Place	5:33:19
Don Lindley	10th Place	6:24:16

Paul and I completed this run slower than last year due to the course being muddier. The Alabama red clay really sticks to your shoes.

We couldn't have asked for nicer weather. At 65 degrees, we didn't have run wearing t-shirts. The 1 mile loop, followed by ten three mile loops had one short, very steep hill at the end of each loop which made the course very difficult. There were 27 starters.

---

## **INTERNET RUNNING**

**by Mitch Harper**

Fort Wayne Track Club events are now being posted on the World Wide Web on several different calendar sites.

Internet calendar postings will generally be sent following distribution of the Fort Wayne Track Club Newsletter which contains the detailed compilation made by Jonathan Schlatter. The events I will send to Web sites will only be of FWTC and local races. The overall purpose of the Internet posting will be to have information on local and area races available to the Internet user base, and potentially, stimulate participation in Fort Wayne area races by out-of-town visitors. The Newsletter remains the comprehensive guide to local, regional and nationally important races for Track Club members. (Kudos to Jon for a great calendar!)

Check out the following sites:

**Road Runners Clubs of America site.**    <http://www.rrca.org/~rrca/>

Click on "calendar" on the home page. A map of the United States will then appear. Click on Indiana and the Indiana calendar will appear in text. Click on the particular event for more information and a contact telephone number.

**Cool Running**            <http://www.coolrunning.com/>

Click on the "calendar" bar on the Cool Running home page. A listing of regions will appear with state abbreviations in hypertext. Click on "IN" for state race information.

**DOITSPORTS**            <http://www.doitsports.com/runhome2.html>

Similar to the RCA site. Click on Indiana after pulling up the U.S. map.

**BARS page**                <http://www-personal.umich.edu/~bosmith/bars>

Home page of the Brighton (MI) Area Road Striders and maintained by the congenial Bob Smith. Once on the BARS home page, go to the listings and click on "Michigan race calendar." Bob has posted regional races (like ours) on his page of pretty complete Michigan events.

Our races will be appearing on many other national and regional sites.

The Fox Island Turkey Trot, the Fantasy of Lights 5K, and the Just Plain 10K were all posted in November. You will find the following races on the Web now: Fanny Freezer 5K, Nutra Runs, Todd Realty Wintercarnival 5K, Hoosier Marathon, and Think Spring 5K. Will we be flooded with folks at local races who got their primary information on the World Wide Web? No. But if the occasional business traveler to Fort Wayne finds out about a race in the area by checking out the national calendars, it will have accomplished its purpose for 1997. As the Internet grows in importance, the FWTC can grow with it. Many races now have on-line entry forms which can be printed out and mailed back. The Internet is already an important avenue of information for runners planning marathon attendance, and it is a great place for information on ultra-distance running.

Which is why I will close by citing (for Don Lindley, the OPSF vets, other ultra

runners, and the morbidly curious) three ultra web sites:

Ultramarathon World News

<http://fox.nstn.ca/~dblaikie/>

World Ultra calendar (Richard Lulin)

<http://www.wp.com/51857/running.html>

Stan Jensen Ultra Page

<http://reality.sgi.com/employees/stanj-corp/>  
(where you can read Jerry Diehl's ultra bio)

Next month I will write about club home pages and indexes of a huge number of running links.

### Volunteers Needed

In an attempt to make it easier for race directors and others to get volunteers, we are going to list upcoming activities and the positions that are needed to be filled by volunteers. Any race that is put on would not be successful without the volunteers. While we usually get all the people we need to help out eventually, it often takes many calls to many people. For one race I called over 80 people for four volunteers. To try to avoid that, please consider volunteering at the event below and calling the race/activity director early when possible.

Fanny Freezer 5K  
Saturday, February 15, 1997  
2:00 pm to 3:00 pm  
IPFW Campus  
# needed: 5  
Don Lindley (h) 432-5998

Awards Banquet <sup>22</sup>  
Saturday, February ~~15~~ 1997  
5:00 to 8:00 pm  
~~IPFW~~ NORTHVILLE H.S.  
# needed: 3  
Mac McAvoy (o) 436-9710  
(h) 824-5158

Nutri-Run 20k/5mi  
Saturday, March 22, 1997  
1:30 to 4:00 pm  
Woodside Middle School  
# needed: 20  
Mac McAvoy (o) 436-9710  
(h) 824-5158

Please do not assume that someone else will call. I would much rather tell you that we don't need any more people, than to spend the night before the race calling for more people

Thanks for your help !!

# Birthdays

## February

## March

SEARLE	TIM	02 - 01	FRIEDERSDORF TROY	03 - 01	
SHENFIELD	DICK	02 - 02	RICKNER	ELISABETH A	03 - 02
COVINGTON	RON	02 - 03	HUNTER	KEVIN	03 - 03
SOHASKI	BILL	02 - 03	SEIGEL	JACK	03 - 03
WAHLS	PHILIP	02 - 04	SIPES	SUE	03 - 04
ATKINSON	HAL	02 - 04	LEE	EDDIE	03 - 04
RUSS	DEAN	02 - 07	PFEIFFER	JEROME	03 - 06
GETTY	CLEM	02 - 07	WYSS	SARA	03 - 09
HENRY	MIKE	02 - 07	COVINGTON	PAM	03 - 09
PESCI	LAURA A	02 - 08	COONAN	TERRY	03 - 10
BLUM	MIKE	02 - 08	WALTER	MARK	03 - 10
KOLKMAN	CHRIS	02 - 09	SMITH	SARA C	03 - 11
MACK	BILL	02 - 09	HIBBEN	WILLIAM R	03 - 12
SCHMIDT	JEREMY	02 - 10	DAX	ED	03 - 14
DALE	DAVID C	02 - 11	SIVLEY	AMY K	03 - 14
ASH	JILL	02 - 13	MARKS	CHRISTOPHER A	03 - 16
MECKER	STEVE	02 - 14	HOCKENSMITH	JOYCE	03 - 16
BUTLER	DAVID	02 - 15	WILLIS	DAN	03 - 16
MOTYCKA	J BERNARD	02 - 15	BURKHOLDER	ROBIN	03 - 19
FRICK	KATIE	02 - 15	TRELEAVEN	JOHN	03 - 20
KAPLANIS	DIANE	02 - 15	SABRACK	PAUL	03 - 20
ZUROLO	MIKE	02 - 16	JOSLIN	DICK	03 - 20
WHITMAN	DEAN	02 - 16	DEXHEIMER	BECKY	03 - 21
MCDANIEL	CONNIE	02 - 17	PEARSON	JED	03 - 23
FITCH	CHUCK	02 - 18	BEHRENS	KARL	03 - 24
DICKMAN	STEVE	02 - 18	FRUCHEY	MICHAEL	03 - 25
NOLD	CURTIS	02 - 19	ORLOWSKI	JEFF	03 - 25
MOSES JR	WIN	02 - 20	FRAIN	ANGELA	03 - 25
GILBERT	RICK L	02 - 21	MOTYCKA	RONALD	03 - 26
SHIVE	DONNIE	02 - 21	MORANDO	RICHARD L	03 - 28
ANDERSON	ANN M	02 - 22	FORD	DONALD	03 - 30
HERNDON	MARK	02 - 24	KIRBY	GEORGE	03 - 30
SCHOUDEL	MICHAEL	02 - 24			
VOGEL	ANDY	02 - 26			
REIMSCHISEL, JR	J.DAVID	02 - 27			
SUELZER	PHYLLIS	02 - 27			
HORNADAY	CHARLES	02 - 28			
FAIRCHILD	DAVID	02 - 28			
PALMER	LARRY	02 - 29			

HAPPY  
BIRTHDAY!

# CARPETONE

**Best in the Long Run!  
We Have Been Proudly Serving  
The Fort Wayne Business  
And Residential Community  
For Over 64 Years!**

*Now you can actually shop and compare with the CarpetOne carpet selecting systems and get ScotchCare carpet Protection only at CarpetOne!*

***Family-owned and operated for 64 years!  
Serving you at the same convenient location  
for 23 years!***

**Choose from the area's largest selection of:**

- **Carpet**
- **Vinyl Floors**
- **Wood Floors**
- **Area Rugs**
- **Ceramic Tile**
- **Remnants**
- **And Much More**



**Stan Lipp  
Stephen Lipp**



**1111 W. Washington Center Rd.  
Fort Wayne, IN 46825  
(219) 489-4584**

***Same Convenient Location for 23 Years!***



# 1996 Final Points Race Standings

All underlined runners are award winners with prizes to be presented  
at the Annual Awards Banquet with special guest speaker:

JIM SPIVEY

MALE														
<u>19 and under</u>			Races	Pts.	<u>30-39 (cont.)</u>			Races	Pts.	<u>40-49(cont.)</u>			Races	Pts.
<u>Mike Casiano</u>			4	485	Dave Upchurch			1	15	Wayne Unsel			2	15
Joe Suelzer			4	360	Fred Gean			1	15	Mike Diss			3	15
Adam Frick			2	200	Jerome Pfiesser			1	15	Steve Hilker			3	10
Matt Dexheimer			2	185	Kevin Hunter			2	15	Bill Osterholt			1	5
John Millis			1	100	Jay Gilbert			1	10	Greg Purcell			3	5
					Scott Wagner			1	5	Bruce Hopen			1	5
<u>20-29</u>			Races	Pts.	Jim Thompson			3	5	Michael Yann			2	-
<u>Chris Marks</u>			15	1360	Dean Russ			3	5	Tom Felts			2	-
<u>Mike Fruchey</u>			11	1070	Mike Fowler			1	-	Tom Bolin			1	-
Jeremy Schmidt			3	300	Jay Lynn			1	-	Gary Aupperle			1	-
Greg Adams			1	200	Steve Ludwiski			1	-					
Keith Walter			2	185	Keith Caudill			1	-	<u>50-59</u>			Races	Pts.
Troy Friedersporf			1	100						<u>Dave Boylan</u>			13	1010
Tim First			1	100	<u>40-49</u>			Races	Pts.	<u>Larry Averbeck</u>			9	915
Karl Behrens			1	85	<u>Hal Pearson</u>			15	1265	<u>DeWain Cobbs</u>			8	745
Rusty Grose			1	85	<u>Jed Pearson</u>			15	1215	<u>Jack Morris</u>			7	545
Mike Schoudel			1	75	<u>Verton Troyer</u>			10	645	<u>Bill Crane</u>			6	510
					<u>Roger Wilson</u>			7	635	<u>Barrie Peterson</u>			6	430
<u>30-39</u>			Races	Pts.	<u>Gary Rickner</u>			7	570	<u>Tom Felger</u>			6	400
<u>Chuck Schlemmer</u>			15	1425	<u>Tim Zumbaugh</u>			5	455	Bob Gensheimer			6	290
<u>Brian Shepherd</u>			12	1200	<u>Mark Furkis</u>			4	400	Fred Ross			3	240
<u>Ward Moya</u>			15	1155	<u>Phil Suelzer</u>			5	395	Steve Atkison			3	235
<u>Bryan Keister</u>			15	805	<u>Mark Bruttoli</u>			8	385	Don Lindley			6	225
<u>Mark Walter</u>			10	755	<u>Lynn Armstrong</u>			8	300	Dick Harnley			4	200
<u>Carl Risch</u>			6	400	<u>Dave Winters</u>			6	215	Leland Sibrel			1	170
<u>Jon Schlatter</u>			9	330	Jim Weide			6	200	Jack Siegel			3	165
Terry Diller			4	325	Paul Auserdan			5	190	Lynn Smith			2	165
Mike McAvoy			8	270	Kevin Lochner			4	170	Tom Laird			4	160
Steve Eysers			6	220	Tim Searle			2	165	Bill Mack			1	150
Dave Reinschissel			2	185	Rick Pluckett			2	150	Mel Hochstetler			3	145
Mike McManus			2	185	Tom Yoder			2	140	Ed Beckner			3	145
Scott Beasley			2	160	Mitch Harper			4	140	John Brier			4	140
Ken Nelson			2	155	John Treleaven			2	130	Don Ashton			3	125
Jeff Orlovski			1	150	David DeVaugh			1	110	Mark Derheimer			1	100
Paul Schaffer			2	120	Joel Schartzner			3	105	John Rasmussen			2	80
Dean Whitman			5	115	Jerry Diehl			4	100	Dave Wolf			2	70
Paul Knott			2	90	Ken Silkworth			4	90	Dick Joslin			1	45
Troy Lehman			6	85	Gene Wright			2	80	Ken Relue			1	45
Bret Bower			1	85	Roger Delay			2	80	Bud Stiffler			1	35
Paul Risch			1	85	Don Bashor			1	75	Ron Motycka			1	35
Vern Codon			4	80	Dan Frick			2	70	Charlie Backofen			1	35
Kurt Mattox			1	75	Dan Leffers			1	65	Carl Fields			1	25
Kim Herlan			1	70	Dan Kaufman			1	65	Dick Waterfield			1	15
Rick Gilbert			2	70	Steve Smith			1	65	Wes Sabins			1	15
Chet Sively			3	65	Steve Summers			2	60	Paul DeMerchant			1	15
Mark Herndon			1	65	George Peterson			1	55	Larry Lee			1	5
Don Bransteter			1	65	Don Ford			1	55	Win Moses			1	-
Gary Selking			4	65	Chas. Hornaday			1	45	Jay Brower			1	-
Terry Teegardin			3	60	Richard Morando			1	45					
Steve McMahn			4	55	Dick Shenfield			2	45	<u>60-69</u>			Races	Pts
Jeff Perry			1	55	Tom Fuelling			3	45	<u>Don Anderson</u>			12	1140
Jim Bushey			1	45	Dennis Connor			2	45	<u>Joe Ziegler</u>			11	990
Ray Ulch			1	45	Mike Grimes			2	40	<u>J.P. Jones</u>			8	630
Rick Knuth			1	25	Dan Krane			1	25	Eugene Striggle			7	515
Gary Kuhn			1	25	Tom Fowler-Finn			1	25	Bob Loomis			5	420
Chuck Zumbrun			1	25	Dennis Strayer			3	25	John Sturtevant			4	315

<u>60-69 (cont)</u>		Races	Pts.	<u>20-29 cont</u>		Races	Pts.	<u>40-49 cont</u>		Races	Pts.
Bill Patterson	3	245	Lisa Baldwin	2	170	Mary McManus	2	200			
Ian Rolland	2	165	Sara Unsell	2	160	Susan Peterson	2	200			
Bernie Huesing	2	160	Pam Aaron	2	140	Phyllis Suelzer	2	185			
Howard Bash	2	120	Tammy Behrens	1	85	Vicki Jacobs	2	160			
Bill Schmidt	1	100	Shannon Leas	1	75	Jean Derheimer	1	85			
Phil Wahls	1	100	Connie Treace	1	35	Bobbie Clark	1	85			
Clem Getty	1	65				Sharon Yadon	1	75			
Curtis Nold	1	55	<u>30-39</u>			Joyce Hockensmith	1	75			
Bill Sohaski	1	55	<u>Jill Bobay</u>	10	865	Ann Mize	1	65			
Rick Sive	1	55	<u>Linda Gorman</u>	5	600						
John Hilker	1	35	<u>Lorraine Fox</u>	5	555	<u>50-59</u>					
			Angel Frain	3	335	<u>Joan Gary</u>	16	1655			
<u>70 and over</u>			Judy Tillapaugh	3	285	<u>Sarah Kleinknight</u>	6	595			
<u>Ken Disler</u>	14	1400	Cindy Furkis	3	265	Marsha Schmidt	4	400			
			Karen Derickson	2	130	Sharon Pauley	3	245			
FEMALE			Brenda Miller	2	130	Joyce Fuzy	2	160			
<u>19 and under</u>	Races	Pts.	Chris Kolkman	1	100	Sharon Bruner	1	85			
<u>Megan Dexheimer</u>	1	100	Betty Dewells	1	100	Nancy Lambricht	1	75			
Lisa Pesci	1	85	Melinda Kinder	1	85	Bev Christensen	1	75			
			Karen Kosberg	1	75	Barbara Stedge	1	65			
<u>20-29</u>			Diane Kaplanis	1	65						
<u>Naomi Fruchey</u>	9	900	Monica Maddalone	1	55	<u>60 and over</u>					
<u>Karen Louis</u>	6	590	Jill Ash	1	45	<u>Polly Jacobs</u>	2	200			
Anita Lehman	4	410				Gloria Nold	1	100			
Teresa Furniss	4	360	<u>40-49</u>			Beatice Laird	1	85			
Mary Newell	4	305	<u>Deb Byers</u>	8	800						
Rhonda Breischaft	3	285	<u>Barb Scrogam</u>	2	285						
Tonya Black	3	225	<u>Terri Gross</u>	3	270						
Amy Sivley	3	195	Pat Trapp	3	245						

\*\*\*\*\*

What: Ft. Wayne Track Club Annual Awards Banquet  
Where: ~~IPFW Walb Memorial Union~~  
NORTHROP HS CAFETERIA  
When: Saturday February 15, 1997  
5:00 pm 22  
Who: Special Guest Speaker-Olympian Jim Spivey  
Cost: Free!

Additional Information:  
5:00 pm Social  
5:30 pm Pot-luck Dinner  
6:30 pm Speaker-Jim Spivey  
7:30 pm Awards

Please bring a main dish as well a salad or dessert for the pot-luck dinner. You also need to bring your own table setting.

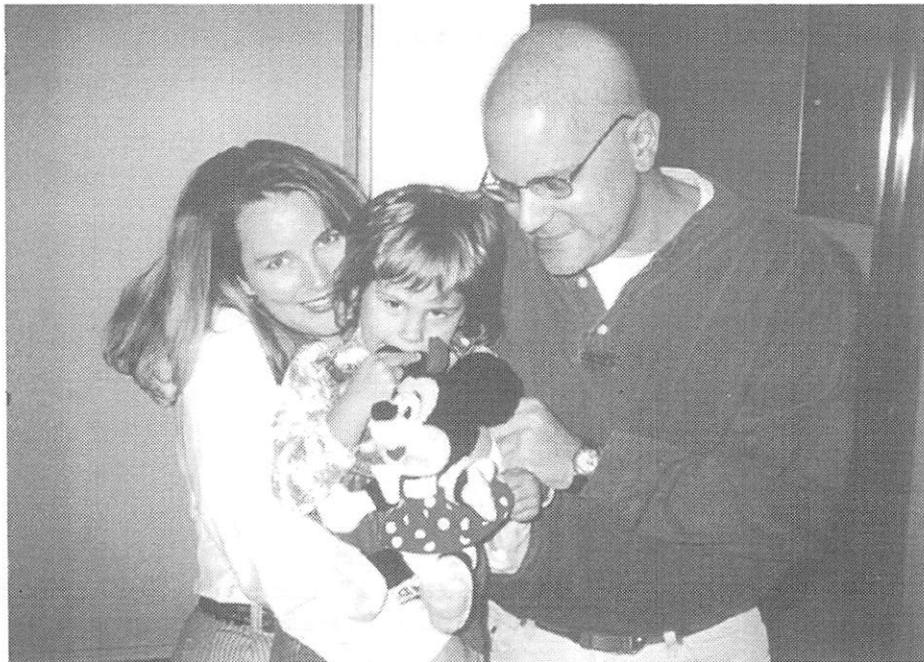


Runners at Owen-Putnam 50/50 & 14 Mile Run  
November 2, 1996                      Spencer, Indiana  
Jon Schlatter, Don Lindley, J P Jones, Linda Gorman, Mitch Harper, Jerry Diehl

---

Thanks so much to the Fort Wayne Track Club and its members who made donations and pledges to my Leukemia "Team in Training" program. I'm sure I'll reach my goal due to all your wonderful support. May 1997 be a healthier year for Jeff and the other leukemia patients due to ongoing support of Leukemia's "Team in Training".  
Happy New Year to you, and Godbless.

With Heartfelt Thanks,  
Barb Scrogam and Jeff Light



Pictured above: My niece, Sara, Casey (Jeff's daughter), and Jeff

Fort Wayne Track Club Membership Roster 1977

Charles Brandt	Curtis Nold	Eugene Striggle
Chet Fleetwood	Barrie Peterson	Phil Suelzer
Larry Lee	Jill (Sohaski) Ash	Bobbi Widman
Donald Lindley	Bill Sohaski	
Ron Motycka		

These top twelve names are original members of the club that are also current members--20 years later!! These runners deserve a special thanks for supporting the club and for promoting running all these years.

Adams, Wendall	Habegger, Kenneth L.	Palmer, Steve
Adams, Wes	Halliwell, Lynn	Parker, Jerry
Ankenbrandt, Tony	Hannafor, Dan	Parker, Sandy
Ankenbrandt, Lisa	Hannan, Danny	Pibley, Carol
	Hannan, Fred	Plant, Jim
Barber, Robin	Harkenuder, Rick	
Barille, Michael F.	Harper, Robt	Rasmussen, John
Bloom, Ken	Hauser, Tammy	Recker, Karen
Buuck, Duane	Helmsing, Jerry	Romain, Dr.Louis F
	Herber, Theresa	
Caldwell, Cindy	Herman, Michael	Saylor, Richard
Clag, Thomas	Hisner, Randy	Schwals, Art
Collins, Will	Hoover, Don	Schwals, Kim
Curtis, Robt	Hughes, Tim	Schwarze, John A.
		Shanks, Clyde
Decker, Scott	Jones, Paul	Shanks, Tom
DeVoe, Rex D.		Shuler, Dennis
Donelson, Tom	Knuth, Gloria B.	Simon, David W.
Duke, Dave	Koontz, Harry	Sohaski, Ken
		Solon, James
Egolf, Ray	Lassen, Joe	Stauffer, Chris
Elliott, Robt	Letz, Geo.	Stauffer, Mitch
	Lindley, Tom	Steinkamp, Robt L.
Fitzgerald, Jim	Lonergan, Cynthia	Stouder, Eric
Fleetwood, Bonnie	Longsworth, Wm.	Suelzer, James
Fowler, Charles		
	Matthews, Tom	Tomkinson, Giles
Galligher, Mike	May, Dave	Troutner, Randy
Gardt, Stephen	Metzger, Merrill	
Geannakaff, Rena L.	Meyer, Myron	Uhrich, Sara
Gehrig, Deb	Michaeloff, Robt	
Gensic, Angela	Milner, Lynn A.	Werling, Roger
Gilbert, Dr. James E.	Mitchell, Dan	Wiehe, Glen
Gilbert, Sara	Moore, Glenn	Wolfe, Jon
Goller, Cindy		
Grieze, Alwar (Jack)	Nominer, Michael	
Grieze, Ricky		
Grim, David J.	Osterman, Gerald W.	
Grim, Marc		
Gross, Bryan	Painter, Lester	
	Palmer, Larry	

# Member's Page

\$ "The Respectable Name in Massage" \$

**LeCosta Family Massage  
& Sports Therapy**

STRESS? TENSION? ANXIETY? NEED A LIFT?  
OFFERING SPORTS THERAPY & REFLEXOLOGY  
WITH 1 HR. THERAPEUTIC BODY MASSAGE FOR  
MEN & WOMEN — CERTIFIED THERAPISTS  
GIFT CERTIFICATES AVAILABLE  
\$30 PER VISIT • \$55 PER COUPLE

**471-4487** EXPIRES 9-1-97

3409 EAST STATE  
FORT WAYNE



Ken Sohaski  
Registered Representative

**RONEY & CO.**  
Member New York Stock Exchange  
Investment Services

202 W. Berry, Suite 105  
Fort Wayne, Indiana 46802  
(219) 423-3411

FAX 219-420-1442

1-800-487-6639



Genesis Management Services, Inc.  
110 North Buffalo Street, Suite 3  
Warsaw, Indiana 46580-2754

"new beginnings in business"

GOVERNMENT COMPLIANCE

HUMAN RESOURCES

- Training
- Written Programs
- Advocacy

- Employee Handbook
- Supervisory Training
- Wage & Salary

GENERAL

- Time Management
- Motivational Development

TOLL FREE: 1-888-268-1236      FAX: 219-268-1351  
E-MAIL: [genesis@kconline.com](mailto:genesis@kconline.com)



Wayne M. Davies  
Certified Tax Professional

Tax Returns ♦ SPECIALIZING IN ♦ Small Businesses

1720 ALABAMA AVE ♦ FORT WAYNE, IN 46805 ♦ (219) 426-2917

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

**Noble Press**

Printing & Copying

- High Speed Copying •
- Quality Printing •
- Digital Color Copying •
- In-house Composition •

880 North Lima Road  
Kendallville, IN 46755

Phone  
**(219) 347-0407**

Fax  
**(219) 347-8691**

## Nutri-Run 20 km

### 50 best times for men and women

Men			Women		
	Age/Yr			Age/Yr	
1) Greg Orman	22/83	1:04:44	1) Betty Hite	36/82	1:16:45
2) *Brad Cooper	31/93	1:05:33	2) Karlene Herrel	28/94	1:17:24
3) Tim King	82	1:06:41	3) Karlene Herrel	27/93	1:18:47
4) *Brad Cooper	28/90	1:06:49	4) Chris Cooper	28/90	1:19:41
5) *Mike McManus	28/92	1:07:00	5) Karlene Herrel	26/92	1:19:44
6) Tom Loucks	22/82	1:07:01	6) *Mary Connolly	27/82	1:20:56
7) Mike Cook	82	1:07:19	7) Karlene Herrel	29/95	1:21:30
8) *Brad Cooper	29/91	1:07:22	8) Chris Cooper	29/91	1:22:43
9) Scott Wschlager	90	1:07:27	9) Theresa Ehrman	26/82	1:22:56
10) Tom Loucks	23/83	1:07:55	10) Marnie Gautsch	21/87	1:24:14
11) Steve O'Connell	30/89	1:07:55	11)*Amy Yoder	16/94	1:24:48
12) Kevin Higdon	32/91	1:08:08	12) Penny Grandstaff	28/92	1:24:49
13) Jeff Beam	85	1:08:12	13) Penny Grandstaff	25/89	1:25:14
14)*Mike McManus	27/91	1:08:38	14)*Ann Jamison	43/85	1:25:08
15) Randy Houser	84	1:09:03	15) Betty Hite	38/84	1:25:29
16) Fred Moreno	84	1:09:03	16)*Ann Jamison	43/87	1:25:38
17)*Brad Cooper	33/95	1:09:06	17) Jane Tomkins	83	1:26:06
18) Harry Ausderan	81	1:09:16	18) Nancy Cosh	82	1:26:17
19) Jeff Shoemaker	82	1:09:25	19) Linda Conrad	88	1:26:18
20)*Brian Shepherd	30/96	1:09:44	20)*Phyllis Suelzer	29/82	1:26:44
21) John Jordan	82	1:09:55	21) Theresa Ehrman	27/83	1:26:54
22) Chris Norman	25/91	1:09:55	22) Renee Milligan	82	1:27:13
23) Peter Reist	81	1:10:00	23) Theresa Yankowink	84	1:27:35
24)*Vince Garcia	31/85	1:10:03	24)*Ann Jamison	39/83	1:28:13
25)*Phil Suelzer	29/81	1:10:09	25) Kris McCain	30/89	1:28:21
26) Ron Sharp	96	1:10:16	26) Alma Ojeda	14/83	1:28:22
27) Tim D.-Wion	23/91	1:10:27	27) Linda Conrad	27/90	1:28:29
28)*Jerry Mazock	29/82	1:10:34	28) Cindy Goller	81	1:29:04
29)*Mike McManus	20/84	1:10:41	29) Alma Ojeda	13/82	1:29:34
30)*Phil Suelzer	32/84	1:10:42	30) Janet Young	85	1:29:37
31)*Doug Sundling	29/85	1:10:47	31) Becky Kreps	22/89	1:29:39
32) Scott Kimlick	82	1:10:48	32) Joanie Andrews	26/89	1:30:04
33) Jerry Williams	25/85	1:10:51	33) Marnie Gautsch	20/86	1:30:18
34)*Chuck Schlemmer	35/96	1:10:59	34) Cindy Goller	82	1:30:19
35) Kevin Krupp	28/91	1:11:03	35)*Phyllis Suelzer	30/83	1:30:25
36)*Doug Sundling	30/86	1:11:13	36) Becky White	26/89	1:30:41
37) Craig Schwartz	82	1:11:15	37) Bev Lemaster	29/95	1:30:41
38) Steve Voss	82	1:11:19	38) Joan Goldner	82	1:30:50
39) John Strycker	92	1:11:29	39) Lyn Handlin	30/87	1:30:55
40) B. Sponseller	24/83	1:11:32	40) Deb Kukelhan	84	1:30:58
41)*Phil Suelzer	31/83	1:11:32	41)*Robin Burkholder	29/95	1:31:09
42)*Jerry Mazock	30/83	1:11:45	42)*Judy Tillapaugh	25/84	1:31:28
43) Pat Davis	83	1:11:49	43) Deb Kukelhan	83	1:31:35
44) Dan Kaufman	32/83	1:11:54	44) Linda Conrad	28/91	1:31:57
45) Jerry Gerig	22/89	1:11:55	45)*Phyllis Suelzer	31/84	1:32:08
46)*Brad Cooper	32/94	1:11:58	46) Joan Goldner	83	1:32:12
47) Rowland Perez	32/92	1:11:59	47)*Robin Burkholder	28/94	1:32:26
48) Don Drake	20/87	1:11:59	48) Theresa Ehrman	81	1:32:25
49)*Hal Pearson	35/90	1:12:04	49) Beth Battell	92	1:32:40
50) Mike Bultemeier	23/82	1:12:12	50) Kathy Widau	33/87	1:32:53

\* current FWTC member

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

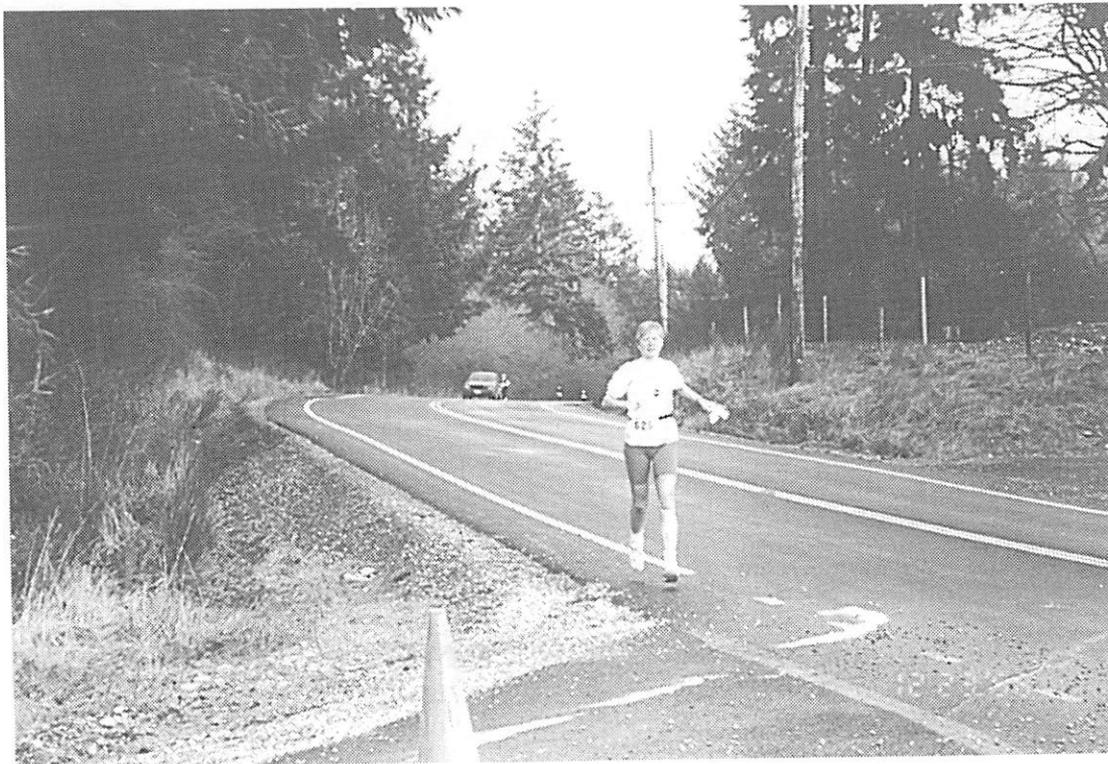
Mission accomplished for 1996! On November 23, I ran the Tulsa Marathon. It is a two loop course, run completely after the first 6 miles, on a bike path. Due to some confusion on the course marshals part, runners were directed to run across a bridge which was to be part of the second half only. Race officials corrected this problem for the marathoners on the second loop, but the half marathoners got to run an extra half mile. That really plays havoc with your time. It is a nice run, with a park like setting. Afterwards there is soup, hot dogs & beer, along with some other munchies to appease hungry runners.

December 12 found me again at Louisville, Kentucky, where I finished my 50 states a year ago. A friend, Steve Boone, from Texas, completed his 50 there this year. That called for a celebration, which 12 of our friends, including FWTC member Barb Scrogam, got to attend.

My final marathon for 1996 was the Christmas Marathon in Olympia, Washington on December 22. The weather was perfect for running, mid to upper forties and overcast. I had a decent run and ended up first in my age group. We had some trying times going and returning, including sitting on Interstate 69 for 3 hours and 10 minutes while they removed an overturned semi, and having our returning flight delayed by over 4 1/2 hours in Chicago.

I have completed my first run for 1997 at Walt Disney World in Florida. The course has been greatly improved since the inaugural run three years ago. The weather was not particularly co-operative, and by 17 miles I was running in full sun, with temperatures hovering around 80 degrees, and humidity in the 90 percent range. It is a fun, but expensive marathon to do. The pasta dinner is overpriced at \$18.00, but then, most things are in the park.

Next, I will be running the Bermuda Marathon with Barb Scrogam. After that I've planned Columbia, SC, St. Louis, MO, and the B & A Trail Marathon in Maryland. I'm also hoping they get a marathon organized in Delaware. Last year there was none, and I need it to complete my last 10. Right now my count stands at 114 marathons and 41 states completed the second time. Until next time.....  
.....Happy Trails.....



Joyce at Olympia, Washington (Final Marathon for 1996 bringing total for year to 32)

FWTC Points Races 1997  
(tentative)

February	Fanny Freezer 5K	Ft. Wayne
March	Nutri-Run 20K	Ft. Wayne
April	Mastodon Stomp 5K Shoesucker 7 7.2 mi	Ft. Wayne Huntington
May	Mile Championship	Ft. Wayne
June	Canal Days 10K only Hoosier Marathon Old Settlers 4 mi	New Haven Ft. Wayne Columbia City
July	Zoo Run 4 mi Parade Race 5K Cancer Society 5K	Ft. Wayne Ft. Wayne Syracuse
August	Harlan Days 10K Marshmellow 5K	Harlan Ligonier
September	Roanoke 5 mi Parlor City 1/2 Mar.	Roanoke Bluffton
October	IPFW Cross Country Open Callithumpian Canter 5K	Ft. Wayne Decatur
November	CTA Scholarship 5K Turkey Trot	Ligonier Ft. Wayne
December	JP Jones 10K	Ft. 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

--1st place	100 points	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 1-1-97

# Nutrition

## FACT SHEET

### Choosing Legumes: A Healthful and Versatile Food

Eaten around the world for over 10,000 years, legumes are a popular, healthful, and versatile food. Legumes come from plants with seed pods that split on two sides when ripe. The most common legume crop in the world is the soybean. Other legumes include black-eyed peas, chickpeas (garbanzo beans), lentils, and black, red, white, navy, and kidney beans.

#### Many types and forms

There are a myriad of legumes with a variety of colors, shapes, and flavors. Soybeans can be made into many foods, such as milk and oil, and ingredients, such as protein and flour. Black-eyed peas are used in many Southern dishes, usually with rice and ham. Kidney

beans are used in chili, and black beans add texture, flavor, and nutrients to Brazilian and Cuban soups and stews.

#### Part of a healthy eating plan

Add legumes to your eating plan! They fit the meat, poultry, fish, dry beans, nuts, and eggs group of the Food Guide Pyramid. Two to three servings a day of nutrient-rich foods from this group are recommended. Generally, a half-cup of cooked, dry beans counts as one ounce of meat. One-half cup of legumes can also count as a serving of vegetables.

#### Legumes are nutrient-rich

Legumes provide many of the nutrients your body needs, such as protein, fat, and carbohy-

drates. These foods serve as the best plant source of protein. The soybean is the only legume that contains all the building blocks of protein necessary for good health. The iron, folic acid, calcium, magnesium, potassium, and B vitamins in these foods help meet vitamin and mineral requirements. Legumes are high in dietary fiber, low in saturated fat, and cholesterol free.

#### Ways to serve and enjoy

Legumes are easy to prepare and versatile. They can be eaten alone, combined with other foods, or enjoyed as a snack. Because they can pick up the taste of foods and spices they are cooked with, legumes are great "flavor sponges."

The traditional and basic method for cooking dry beans is to soak them in water overnight and cook them for three hours. Lentils, however, cook quickly and do not require soaking. Like rice, dry foods increase in volume when cooked. One pound of dry legumes measures about two cups dry or five to six cups cooked. Legumes can be the

Comparing Legumes (1/2 cup cooked legumes)

	Calories	Protein (grams)	Fat (grams)	Iron (milligrams)	Calcium (milligrams)
Soybeans	86	14	8	4	88
Lentils	100	9	<1	3	19
Kidney beans	88	8	<1	3	25
Black beans	41	8	<1	2	25
Chickpeas	82	7	1	3	40

main ingredient in a dish or liven up dishes like soups and casseroles.

Chickpeas can be enjoyed as a roasted snack or used in salads and dips. Navy beans are used in Boston baked beans. Soybean curd, known as tofu, can be enjoyed in smoothie beverages, stir-fry dishes, and soups, and in burgers. For those with a cow's milk allergy, soy milk can serve as a substitute.

Soybean oil can be used in baked products and in stir-frying. Textured soy protein is used as a meat substitute, extender, and flavor enhancer.

## Where to find legumes

Legumes are found in the international, natural foods, freezer, or bulk sections of supermarkets. You can find them cooked and ready-to-eat in cans, or frozen or dried in packages. Whole food,

health food, and ethnic markets are likely to carry a wider variety of legumes and foods prepared with them.

For more information

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

For food and nutrition information and a referral to a registered dietitian in your area, call the Consumer Nutrition Hot Line at 800/366-1655. For customized answers to your nutrition questions, call 900/CALL-AN-RD (900/ 225-5267). Visit ADA on the World Wide Web at: <http://www.eatright.org>

This fact sheet is supported by a grant from the United Soybean Board. Acceptance of this grant does not constitute an endorsement by ADA of any company's products or services.

### Tasty apricot muffins

4 cups all-purpose flour	3 eggs
1 1/4 cups soy flour	1 1/4 cups soy milk
3/4 cup sugar	1 1/4 cups water
2 tablespoons + 1 1/2 teaspoons baking powder	2 tablespoons + 1 1/2 teaspoons soybean oil
2 1/2 teaspoons ground cinnamon	1 1/4 cups crushed, canned pineapple with juice
3/4 teaspoon ground nutmeg	1 1/4 cups dried apricots, diced
1/4 teaspoon salt	

Combine flours, sugar, baking powder, spices, and salt; mix well. Make a well in center of dry ingredient mixture and add eggs, soy milk, water, oil, pineapple, and apricots; mix only until moist. Spoon mixture into lined or oiled muffin tins. Bake at 400° 12 to 15 minutes or until inserted wooden pick comes out clean. Makes 24 muffins.

Nutrition information per serving:

161 calories, 6 grams protein, 4 grams fat, 18 milligrams cholesterol, 1.5 grams fiber, 153 milligrams sodium



NATIONAL CENTER FOR NUTRITION AND DIETETIC  
of The American Dietetic Association

216 West Jackson Boulevard • Chicago, Illinois 60606-6995

**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.**



SATURDAY APRIL 5, 1997 AT 9:00 AM  
**Time Schedule - Event Day**

EVENTS: 5 KM (3.1 miles) Run and Walk  
 (walk is non-competitive)

TIME: 8:00 to 9:00 a.m. - Packet pick-up and Day-of registration

9:00 a.m. - 5 KM Run/Walk Start

10:15 a.m. - Awards

WHERE: Hilliard Gates Sports Center  
 Indiana Univ.-Purdue Univ. Fort Wayne  
 2101 Coliseum Blvd. East  
 (1/4 mile east of the Coliseum)

COURSE: IPFW Campus

**REGISTRATION:**

Entry fee - \$8.00  
 Student fee - \$5.00  
 (no late fee for students)  
 Late fee after 3/30/97 - \$10.00

*Send completed registration form, along with payment to:*

IPFW Athletic Department  
 Mastodon Stomp  
 2101 Coliseum Blvd. East  
 Fort Wayne, IN 46805

(make checks payable to IPFW)

# The Mastodon Stomp

5 Km Walk and Run



*Presented by:*

Indiana University  
 Purdue University  
 Fort Wayne

Fort Wayne Track Club  
*Proceeds to benefit the  
 IPFW Cross Country Teams*

## Registration Form (please print clearly)

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Circle Gender: M, F

Circle T-Shirt Size: M L XL Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Check event of your choice: 5Km Run  5Km Walk  Fee: \$8:00  \$5.00 (student)  \$10.00 (late)

Are you a college student? Yes  No  Where? \_\_\_\_\_

Are you and IPFW Alumni? Yes  No  When did you graduate? \_\_\_\_\_

Are you a college employee? Yes  No  Where? \_\_\_\_\_

WAIVER: I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to me to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. For my safety I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release IPFW, the Fort Wayne Track Club, Waterworks, RRCA, and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may be a negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_ 26 — Date \_\_\_\_\_

**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.**

---

**JANUARY 1997**

**25 SAT(R) INDIANNA VOLKSSPORT WALK, POTATO CREEK STATE PARK, NORTHLIBERTY IND., ROBERT BUZOLICH, NOOSIER HIKERS (219) 288-1454**

**25 SAT FROSTY 5K, 9:00 AM, BURBANK, ILL., BILL OLSEN, BURBANK PARK DISTRICT, 8050 S. NEWCASTLE, BURBANK, ILL., 60459 (708) 599-2070**

**25 SAT GAPARILLA DISTANCE CLASSIC 15K AND 5K, TAMPA, FLA., GASPARILLA '97, PO BOX 1881-RT, TAMPA FLA., 33601-1881**

**25 SAT (R)FURNISS FREEZER 5K , FREMONT, IND., (219) 833-6931**

---

**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(R) WINTER CARNIVAL 5K, 10:00 AM, LAKESIDE PARK, SYRACUSE, IND., BRIAN SHEPHERD, 1426 LINCOLN WAY, 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**

- 02 SAT(R) FROZEN FRENZY 5K, 2:00 PM, VALPARAISO, IND.,  
(219) 462-5144
- 02 SUN THE 25TH GROUNDHOG 7, CARMEL-CLAY JUNIOR HIGH, CARMEL, IND., INDY  
RUNNERS, C/O 8468 SEATTLE SLEW LANE, INDIANAPOLIS, IND., 46217  
MARK RENHOLZENBERGER (317) 885-9701
- 02 SUN RIVERSIDE 5K, KANKAKEE, ILL.,  
(815) 937-2926
- 08 SAT(R) THINK SPRING 5K AND 1 MILE RUN, 10:00 AM, LIGONIER ELEMENTARY,  
LIGONIER, IND., BRIAN SHEPHERD, 1426 LINCOLN WAY, LIGONIER, IND., 46767  
(219) 894-4638
- 08 SAT CAROLINA MARATHON, COLUMBIA, SC, CAROLINA MARATHON ASSN., PO BOX  
5092, COLUMBIA, SC, 29250 (803) 929-1996
- 09 SUN(R) VALENTINE RUN 5K, 2:00 PM, VALPARAISO, IND.,  
(219) 462-6799
- 09 SUN \*RIVERVIEW WINTERFEST '97 4 MILE RUN, 10:00 AM, SEITZ JR. HIGH,  
RIVERVIEW, MICH., TOTAL RUNNER, 15355 DIX-TOLEDO RD., SOUTHGATE, MICH  
48195 (313) 282-1101 OR (810) 354-1177
- 09 SUN LAS VEGAS MARATHON AND HALF-MARATHON, AL BOKA, PO BOX 81262,  
LAS VEGAS, NV., 89180 (702) 876-3870
- 09 SUN FROSTBITE "5", 5 MILES, 2 PM, CENTERVILLE, OHIO,  
KATE & RAY FINNEY, (937) 433-4519
- 09 SUN TRRC 25K CHAMPIONSHIP, 10 AM, TOLEDO, OHIO, TOLEDO ROAD RUNNERS,  
PO BOX 5656, TOLEDO, OHIO, 43613 (419) 478-6405
- 09 SUN FROSTY 5 MILER, CHANNAHON, ILL.,  
(815) 467-7275
- 15 SAT \*SWEETHEART 10K/5K RUN/WALK, 10:00 AM, FLUSHING CENTRAL  
ELEMENTARY SCHOOL, FLUSHING, MICH., RIVERBEND STRIDERS, PO BOX 233,  
FLUSHING, MICH., 48433 (810) 659-6493
- 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 HEART AND SOLE 5K, E. GRAND RAPIDS, MICH.,  
JOE WITRAKIS (616) 458-7888
- 15 SAT(L) \*FANNY FREEZER 5K, 3:00 PM, HILLARD GATES CENTER, IPFW,  
FT. WAYNE, IND., DON LINDLEY, FWTC, 432-5998  
!!!PLEASE NOTE NEW LOCATION AND TIME FOR THIS RACE!!!
- ~~15~~ SAT(L) FWTC 20TH ANIVERSERY ANNUAL BANQUET, <sup>NORTHUP H.S., CAFETERIA</sup> WALB MEMORIAL UNION, IPFW,  
22 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
- 16 SUN WACKY SNACKY 5K, 9 AM, CHICAGO, ILL., CHICAGO SPECIAL EVENTS MGT., 2419 N. CLYBOURN, CHICAGO, ILL., 60614 (312) 868-3010
- 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 THE FLURRY FUN RUN AND WALK, 4 MILE AND 1 MILE, 9 AM, WEST CENTRAL COMMUNITY HOSPITAL, 7777 S. MAIN ST., CLINTON, IND., (317) 886-0840
- 22 SAT GEORGE ROGERS CLARK TRACE RUN, 10 AND 2 MILE RUNS, VINCENNES, IND OLD NORTHWEST RUNNING CLUB, BOB HUNT, PO BOX 869, VINCENNES, IND., 47591 (812) 886-0840
- 22 SAT COWTOWN MARATHON AND 10K, FORT WORTH, TX., COWTOWN MARATHON 10K RUN, PO BOX 9066, FORT WORTH, TX., 76147-2066 (817) 735-2033
- 23 SUN OLYMPIAD MEMORIAL MARATHON, ST. LOUIS, MO., MARATHON SPORTS, 13453 CHESTERFIELD PLAZA, CHESTERFIELD, MO., 63017 (314) 434-9577

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

- 01 SAT \*MISSISSIPPI TRAIL 50, 50 MILE AND 50K, 6 AM, LAUREL, MS., MISSISSIPPI TRAIL 50, 1823 W. 10TH. STREET, LAUREL, MS., 39440 (601) 649-3471
- 02 SUN \*LA MARATHON XII, LOS ANGELES, CA., (310) 444-5544
- 02 SUN \*BLACK WALRUS 4 MILE RUN, 2 PM, TIPTON HIGH SCHOOL, SOUTH OF TIPTON IND., ON S.R. 19, BRIAN SHORTRIDGE (317) 675-7431
- 02 SUN \*RACE THROUGH HOOSIER HISTORY 5 MILE RUN AND 3 MILE WALK, 8:30 AM, CROWN HILL CEMETERY, INDIANAPOLIS, IND., CROWN HILL CEMETERY, 700 W. 38TH ST., INDIANAPOLIS, IND., 46208 (317) 925-8231

- 02 SUN CHURCHHILL'S HALF MARATHON, FT. MEIGS ELEMENTARY SCHOOL,  
PERRYSBURG, OHIO (419) 872-6900
- 08 SAT BEER BOTTLE OPRN 4 MILE RUN, 2:00 PM,  
COLUMBUS GROVE, OHIO (419) 659-5702
- 08 SAT(R) NORRIS INSURANCE 5K, AMBOY, IND.,  
(317) 395-7761
- 15 SAT SHAMROCK SPORTSFEST MARATHON AND 8K, SHAMROCK SPORTSFEST,  
DPT., RWJ, 2308 MAPLE ST., VA. BEACH, VA., 23451 (757) 481-5090
- 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
- 16 SUN SAM COSTA HALF-MARATHON, CARMEL, IND., SAM COSTA, 222  
E. 71ST ST., INDIANAPOLIS, IND., 46220 (217) 290-RUNR
- 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
- 22 SAT NO FRILLS, ALL THRILLS, TRAIL RUN, 10:00 AM, HURON MEADOWS METRO  
PARK, BRIGHTON, MICH., BRIGHTON AREA ROAD STRIDERS (810) 486-1824
- 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
- 23 SUN HANSON'S 5K, STERLING HTS., MICH.,  
HANSON'S, (810) 247-6640
- 23 SUN THE LASALLE BANKS SHAMROCK SHUFFLE 8K, 9:30 AM,  
CHICAGO, ILL., (312) 666-9836
- 29 SAT GOVERNOR'S CUP SERIES, 8K R&W, 5K W, 9 AM, MCCORMICK'S CREEK  
STATE PARK, SPENCER, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA  
MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 30 SUN MANCHESTER MILL RUN, 5 MILES, MANCHESTER, MICH.,  
(313) 285-1116

-----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
- 05 SAT(L) IPFW/FWTC MASTODON STOMP 5K, 9 AM, HILLARD GATES SPORTS CENTER,  
IPFW CAMPUS, FORT WAYNE, IND., JUDY TILLAPAUGH, (219) 481-6647
- 05 SAT(R) RIVER PRESERVE TRAIL AND ROAD RUN, 8:30 AM, FAIRFIELD HIGH SCHOOL,  
GOSHEN, IND., CLAIR HOSTETLER, 67339 CR 21, GOSHEN, IND., 46526  
(219) 831-4161
- 05 SAT RUN THE SHORES, 5 MILE RUN AND 5K WALK, 9:00 AM, LAKE SHORE HIGH  
SCHOOL, ST. CLAIR SHORES, MICH., (810) 293-7937 OR (8210) 294-5726
- 05 SAT COOPER RIVER BRIDGE RUN, 10K, CHARLESTON, SC., COOPER RIVER BRIDGE  
RUN, MUSC HARPER STUDENT CENTER, 45 COURTENAY DRIVE,  
CHARLESTON, SC., 29401
- 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 SOUTHSORE 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
- 13 SUN FLORA LONDON MARATHON, LONDON ENGLAND, MARATHON TOURS,  
108 MAIN ST., BOSTON, MA., 02129 (617) 242-7845
- 13 SUN NORTEL CHERRY BLOSSOM, 10 MILES, WASHINGTON, DC, NORTEL  
CHERRY BLOSSOM, PO BOX 884, MIDDLETOWN, MD., 21769 (301) 340-6699
- 19 SAT CLEVELAND SPRING CLASSIC HALF-MARATHON, STRONGSVILLE, OHIO,  
MIKE DRURY, CLEVELAND WEST ROAD RUNNERS, 3317 BRADLEY RD.,  
WESTLAKE, OHIO, 44145 (216) 228-6031
- 19 SAT (R)SHOESUCKER 7, 7.2 MILE RUN, 9:00 AM, KIL-SO-QUAH CAMPGROUND,  
HUNTINGTON, IND., RICHARD BEEMER, 4068 E. MAHON RD., ROANOKE, IND.,  
46783 (219) 672-8323
- 19 SAT RACE FOR THE CURE, 5K, ROYAL OAK, MICH.,  
(313) 833-0710

- 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 BLOOMFIELD PARKS & REC., 3325 MIDDLEBELT RD.,  
WEST BLOOMFIELD, 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
- 26 SAT(R) DOOR TO DOOR RUN, 10K AND 5K RUN/5K WALK, 9:30 AM, SCIPIO TWP PARK,  
LAPORTE, IND., PAUL PAVOT, 3842 W. JOLIET RD., LAPORTE, IND., 46350  
(219) 324-4888 OR 1-800-321-3400
- 26 SAT PINE TINE TRAIL MARATHON, MEDFORD, WIS., CHAMBER OF COMMERCE, PO  
BOX 172, MEDFORD, WIS., 54451 (715) 748-4729 OR (800) 257-4729
- 26 SAT RUN WITH THE SPIRIT 5K, 9 AM, ST. JUDE SCHOOL, 2110 PEMBERTON RD.,  
FT. WAYNE, IND., ELIZABETH BROWN, 5701 REED RD., FT. WAYNE, IND.,  
46835 (219) 485-1504
- 27 SUN ROADS END FIVE MILER, POTAWATOMI, TRAIL, BRIGHTON, MICH.,  
BRIGHTON AREA ROAD STRIDERS (810) 486-1824
- 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
- 27 SUN BIG SUR MARATHON, CARMEL, CALF., BIG SUR MARATHON, PO BOX  
222620, CARMEL, CALF., 93922 (408) 625-6226

-----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
- 04 SUN 1997 UPMC/CITY OF PITTSBURG MARATHON AND 10K,  
PITTSBURG, PA., (412) 647-RUNN

- 04 SUN SPRING FLING MARATHON AND 6 HOUR RUN, VANDALIA, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 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
- 10 SAT LAKE GENEVA MARATHON, LAKE GENEVA, WIS., BARBRA AND FRANK DOBBS, PO BOX 1134, LAKE GENEVA, WIS., 53147 94140 248-4323
- 11 SUN FOREST CITY MARATHON AND 10K, LONDON, ONTARIO, CANADA, THAMES VALLEY CHILDREN'S CENTRE COMMUNITY RELATIONS, 779 BASELINE RD. E., LONDON, ONTARIO, CANADA, N6C 5Y6 (519) 685-8675
- 17 SAT BANK ONE ROOKIE RUN, YOUTH RUNS (AGES 12 AND UNDER), 9 AM, DOWNTOWN INDIANAPOLIS, DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 17 SAT ROCKET DOG ANKLE BITTER, ISLAND LAKE, BRIGHTON, MICH., BRIGHTON AREA ROAD STRIDERS (810) 486-1824
- 17 SAT(R) RUN FOR MENTAL HEALTH 10K/5K RUN AND 2 MILE WALK, FAIRGROUNDS WARSAW, IND., KOSCIUSCKO MENTAL HEALTH (219) 269-2102
- 17 SAT \* ICE AGE TRAIL 50 MILE RUN, 6:00 AM, SOUTHERN KETTLE MORIANE STATE FOREST, WIS., KARL KING, 6500 PIERNER PLACE, BROWN DEER, WIS., 53223 (414) 355-9541
- 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
- 24 SAT BAYSHORE MARATHON, TRAVERSE CITY, MICH., DEB SEYLER, 1019 PINE ST., TRAVERSE CITY, MICH., 49684 (616) 941-5743
- 25 SUN \*MADISON MARATHON, MADISON, WIS., MADISON MARATHON, PO BOX 5088, MADISON WIS., 53705-5088 (608) 256-9922
- 26 MON(R) THE TRUTH NBD BANK GREAT RACE HALF-MARATHON, GOSHEN-ELKHART, IND RON SCHMANSKE, PO BOX 682, ELKHART, IND., 46515 (219) 294-1661
- 31 SAT RIVERVIEW HOSPITAL DULATHON (2 MILE RUN, 14 MILE BIKE, 2 MILE RUN), 8:30 AM, NOBLESVILLE, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632

- 5-8        40TH RRCA NATIONAL, COLORADO SPRINGS, COLO.,  
            PIKES PEAK ROAD RUNNERS CLUB
- 06 FRI     KETTLE MORaine 100 MILE TRAIL RUN, EAGLE, WIS., KEVIN SETNES,  
            ULTRAFIT, W5297 YOUNG ROAD, EAGLE, WIS., 53119 (414) 495-3474
- 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
- 07 SAT(R) VANWERT PEONY FESTIVAL PARADE 5K AND 1 MILE FUN RUN, 3:40 PM,  
            VANWERT COUNTY FAIRGROUNDS, JAY PRICHARD, 715 S. HARRISON ST.,  
            VANWERT, OHIO, 45891 (419) 238-6324
- 07 SAT     GOVERNOR'S CUP SERIES, 8K R&W, 5K W, 9 AM, SHAKAMAK STATE PARK,  
            JASONVILLE, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT.,  
            INDIANAPOLIS, IND., 46354 (317) 328-1632
- 14 SAT(L) FORT WAYNE HOOSEIR MARATHON, 6:30 AM, FOSTER PARK, FT. WAYNE, IND  
            DON LINDLEY, FWTC, (219) 432-5998
- 14 SAT     DUCKLING DASH, 8K RUN AND 5K WALK, 8 AM, PARK TUDOR, BROAD RIPPLE,  
            INDY, DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS  
            IND., 46254 (317) 328-1632
- 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
- 21 SAT     MOHICAN TRAIL 100 MILE, LOUDONVILLE, OHIO, JOE JURCZYK, CLEVELAND  
            WEST ROAD RUNNERS, 6644 WESTVEIW DRIVE, BRECKVILLE, OHIO, 44141  
            (216) 546-0115
- 22 SUN     PARK OF ROSES MARATHON, COLUMBUS, OHIO, DENNY FRYMAN, 7581  
            GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 28 SAT     "MORE THAN WE EVER DREAMED," 4 MILE RUN AND 5K WALK, BROOKSIDE  
            PARK, INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES, 451 N. NEW JERSEY  
            ST., INDIANAPOLIS, IND., 46204 (317) 632-8812
- 28 SAT     INDIANAPOLIS SPRINT TRIATHLON (500 YD SWIM, 10 MIILE BIKE, 3 MILE RUN),  
            8:30 AM, EAGLE CREEK PARK, INDIANAPOLIS, IND., DON CARR, TUXEDO BRO.,  
            4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632

-----JULY 1997-----

- 04 FRI GEIST SERTOMA 4X4, 4 MILE WALK/RUN, GEIST SERTOMA CLUB,  
INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES, 451 N. NEW JERSEY, ST.,  
INDIANAPOLIS, IND., 46204 (317) 632-8812
- 04 FRI 28TH PEACHTREE 10K, ATLANTA, GA., PEACHTREE '97, ATLANTA TRACK CLUB  
3097 E. SHADOWLAWN AVE., ATLANTA, GA., 30305
- 12 SAT YMCA BLOOD, SWEAT, AND GEARS, 5K RUN/20 MILE BIKE/5K RUN, KENNEKUK  
COVE COUNTY PARK, DANVILLE, ILL., KENNEKUK ROAD RUNNERS, PO BOX  
1701, DANVILLE, ILL., 61834 MARC (217) 431-4243 OR SUSAN (217) 733-2403
- 12 SAT RUNNERS ON PARADE 5K, DOWNTOWN FT. WAYNE, IND.,  
MIKE MCAVOY (219) 824-9710 \*\*RACE AND DATE TENTATIVE\*\*
- 12 SAT GOVERNOR'S CUP SERIES, 8K R&W, 5K W, 9 AM, SPRING MILL STATE PARK,  
MITCHELL, IND., DON CARR, TUXEDO BROTHERS, 4314 MATEA MORE CT.,  
INDIANAPOLIS, IND., 46254 (317) 328-1632
- 13 SUN SAN FRANCISCO MARATHON, SAN FRANCISCO, CALF., SAN FRANCISCO  
MARATHON, PO BOX 77148, SAN FRANCISCO, CALF., 94107 (800) 722-3466
- 26 SAT DO RUN AND WALK, 10K RUN AND 5K WALK, MILITARY PARK, INDIANAPOLIS,  
IND, KEN LONG AND ASSOCIATES, 451 N. NEW JERSEY ST., INDIANAPOLIS, IND  
46204 (317) 632-8812
- 26 SAT CAMERON SPRINGS INDY TRIATHLON (1K SWIM, 33K BIKE, 8K RUN), 7:30 AM,  
EAGLE CREEK PARK, INDIANAPOLIS, IND., DON CARR, TUXEDO, BROTHERS,  
4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 28 MON FAST FLASH 5K RUN AND WALK, FRANKLIN CENTRAL HIGH SCHOOL,  
INDIANAPOLIS, IND., KEN SWANK (317) 862-2786

-----AUGUST 1997-----

- 03 SUN SUMMER SPREE MARATHON AND 6 HOUR RUN, VANDALIA, OHIO, DENNY  
FRYMAN, 7851 GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 09 SAT HOWL AT THE MOON 8 HOUR RUN/WALK, KENNEKUK COVE COUNTY PARK,  
DANVILLE, ILL., KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL.,  
61834 SUSAN (217) 733-2403 OR MARC (217) 431-4243
- 09 SAT RCA CHAMPIONSHIPS, 10K AND 5K, 7:30 AM, INDIANA TENNIS CENTER,  
INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE  
CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 09 SAT(R) ROTARY RAMBLE 5K, 8:30 AM, DEMOTTE ELEMENTARY SCHOOL(US 231),  
DEMOTTE, IND., CHARLENE GROET, 9731 W 1200 N., DEMOTTE, IND., 46310  
(219) 987-2875

- 16 SAT NIFS RUN AND WALK, 5 MILE RUN AND 4 MILE WALK, DOWNTOWN INDY,  
KEN LONG & ASSOCIATES, 451 N. NEW JERSEY ST., INDIANAPOLIS, IND.,  
46204 (317) 632-8812
- 17 SUN PIKES PEAK MARATHON, MANITOU SPRINGS, COLO., PIKES PEAK MARATHON  
PO BOX 38235, COLORADO SPRINGS, COLO., 80937 (719) 473-2625
- 17 SUN RAILS/TRAILS MARATHON, BROOKVILLE, OHIO, DENNY FRYMAN, 7581  
GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 30 SAT (R) BIPPUS COUNTRY BLOCK BOP, 4 MILE RUN, 8:30 AM, ELDON BRUNER,  
8414 N. 300 WEST, HUNTINGTON, IND., 46750 (219) 344-1478
- 31 SUN SCOTTY HANTON MARATHON, PORT HURON, MICH., DOUG SEVILLE, PO BOX  
7036, PORT HURON, MICH., 48061 (519) 542-2153

-----SEPTEMBER 1997-----

- 01 MON CARMEL CLAY COMMUNITY CHALLENGE, 8K RUN AND 5K WALK, 8 AM,  
ST. VINCENT HOSPITAL, CARMEL, IND., DON CARR, TUXEDO BROTHERS,  
4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 06 SAT (R) ROANOKE FALL FEST 5 MILE RUN, 7:30 AM, ROANOKE, IND., DAVE WINTER,  
3402 E. 716N, HUNTINGTON, IND., 46750 (219) 672-8281
- 06 SAT CITIZENS GAS RACE FOR HEAT, 10K RUN AND 5K WALK, DOWNTOWN INDY,  
KEN LONG AND ASSOCIATES, 451 N. NEW JERSEY ST., INDIANAPOLIS, IND.,  
46204 (317) 632-8812
- 07 SUN TRIATHLON CHMPSHPS AT EAGLE CREEK (1.5K SWIM, 40K BIKE, 10K RUN)  
7:30 AM, EAGLE CREEK PARK, INDIANAPOLIS, IND., DONN CARR, TUXEDO  
BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 3281632
- 13 SAT SUGAR RIVER TRAIL MARATHON, BRODHEAD, WIS., CHRIS ROBERTS,  
N. 2644 RED CEDAR LN., BRODHEAD, WIS., 53520 (608) 897-4516
- 14 SUN CORPORATE CHALLENGE, CORPORATE TEAM EVENTS, 7:30 AM, DOWNTOWN  
INDIANAPOLIS, IND, DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT.,  
INDIANAPOLIS, IND., 46254 (317) 328-1632
- 14 SUN FALL FANTASY MARATHON AND 6 HOUR RUN, VANDALIA, OHIO, DENNY  
FRYMAN, 7851GLENHURST DAYTON, OHIO, 45414 (937) 898-7015
- 20 SAT DICK LUGAR RUN AND WALK, 5K R&W, 10K R, 9:00 AM, BUTLER UNIVERSITY,  
INDIANAPOLIS, IND, DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT.,  
INDIANAPOLIS, IND., 46254 (317) 328-1632

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

(if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

## THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

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

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

# Coming Events...

## FANNY FREEZER 5K

Saturday, February 15, 1997 3 PM \*\*Points Race\*\*  
Hilliard Gates Center, IPFW at Fort Wayne, Indiana

## FWTC 20TH ANNIVERSARY ANNUAL BANQUET

Saturday, February ~~15~~<sup>22</sup>, 1997

~~Wall Memorial Union, IPFW Ft. Wayne, IN~~

~~NORTHMAN HS. CAPETEMA~~  
Potluck: Bring 1 dish, salad or dessert, table service

5:00 Social 5:30 Dinner

## 17TH ANNUAL NUTRI RUNS 20K & 5 MILE

Saturday, March 22, 1997, 2 PM \*\*20K Points Race \*\*  
Homaestead High School, Ft. Wayne, IN

## FWTC MEETINGS

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

Wednesday, March 12, 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

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