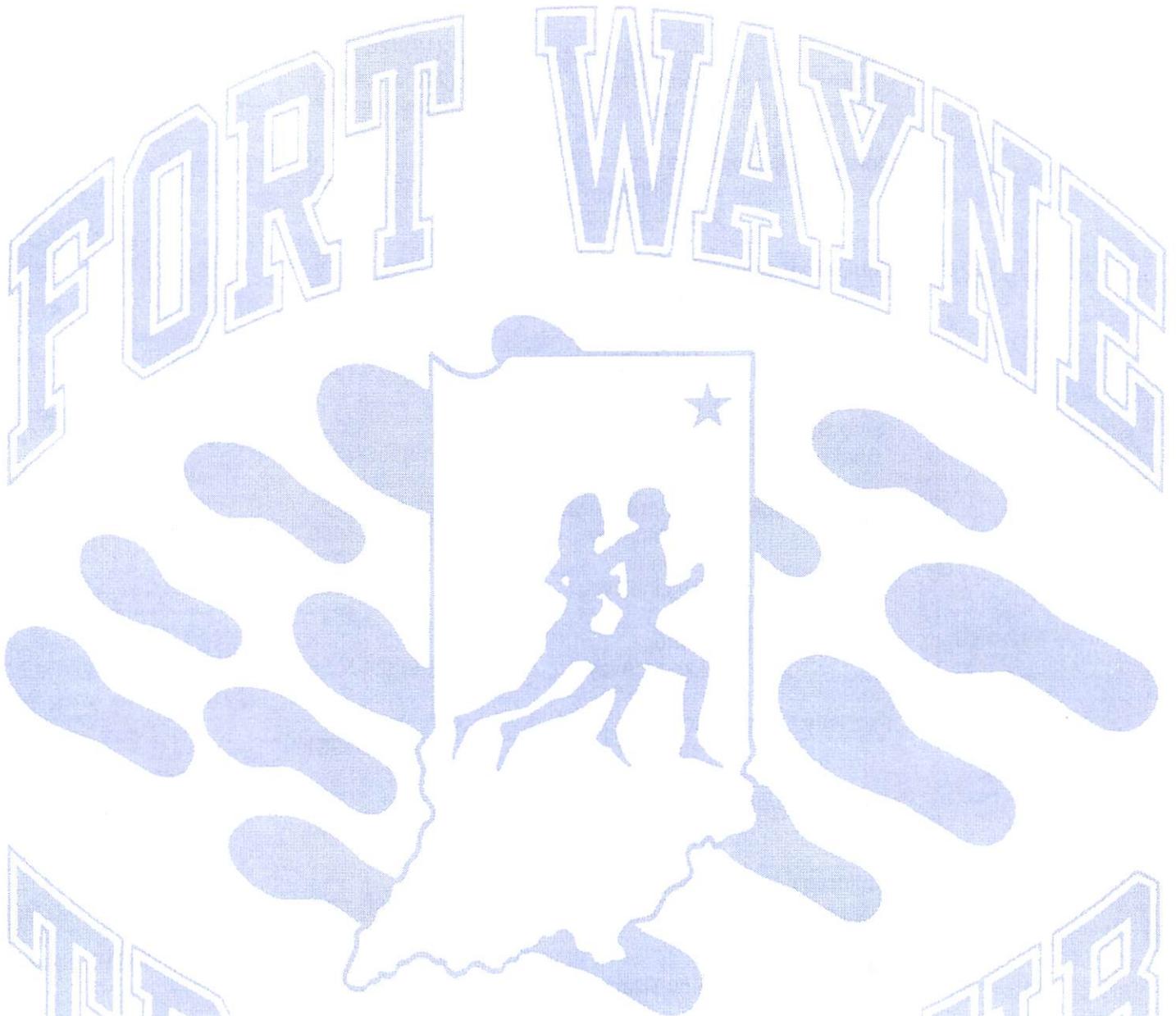


# the inside track

April 1997 - May 1997

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



## 17th Annual Nutri-Runs

Results . . . Page 18

# 1997 FWTC OFFICER ROSTER

<i>President,</i>	Barrie Peterson	(219)637-5717
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<i>Secretary</i>	Jonathan Schlatter	(219)456-3331
<i>Treasurer</i>	Don Lindley	(219)432-5998

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Wayne Davies	(219)426-2917

## Equipment Coordinators

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Don Lindley	(219)432-5998
Paul Ausderan	(219)436-4446
Paul Knott	(219)485-1917

## Race Schedule

Chairperson	Jonathan Schlatter	(219)456-3331
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## 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
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Ken Disler	(219)422-9984
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Phil Suelzer	(219)486-1745
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## RRCA Liaison

Judy Tillapaugh	(219)456-3277
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## Legal Advisor

## Board Members

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

JIM SPIVEY Three Time Olympic Runner & BILL RODGERS 4 Time Winner of the Boston Marathon

'97 CELEBRITY RUNNERS

The Elkhardt Truth

NBD Bank

MAIL TO: GREAT RACE c/o Ron Schmanske  
P.O. Box 682 • Elkhardt, Indiana 46515  
or FAX Your Name & Address for Entry: (219) 522-4897  
Mail this ad or mention it and receive \$2 OFF  
the regular \$14 entry fee, or call (219) 296-5910 or (219) 296-5862

# OVER 13,000 IN CASH PRIZES!

Featuring: The \$2,000 McDonald's Record Breaking Challenge & Bill Rodgers 9" 10K Masters

- 10K Masters Race
- 10K Wheel Chair
- 50K Bike Races (citizens)
- 1 Mile Swim
- 5K Fun Walk
- 10K Roller Blades
- Jim Ryan 1 Mile Race
- 10K Power Walk
- U.S.C.F. 50K Race
- 13 Mile Canoe Race
- 3K Dog Walk
- 3 on 3 Basketball

## OTHER EVENTS:

1/2 MARATHON (New 1/2 Marathon TAC Certified Course)

# on Memorial Day Monday, May 26 THE MAIN EVENTS: 10K RUN &

NBD Bank  
MEMORIAL DAY  
Goshen T.O.



The Truth  
MAY 26, 1997  
Elkhardt, IN

After some 15 months with International Harvester, I knew that the world of big business was not for me. With the help and guidance of my wife and then assistant pastor at Trinity English Lutheran Church, Richard Frazier (now the head pastor), I decided to return to school (St. Francis) and get the necessary credits to teach and coach. What better way to make use of my love for and background in athletics along with my love for young people. Instead of becoming a pastor, I could bring my ministry to young people in the mainstream of public education and athletics. It seemed like the perfect fit; and, after 31 years in the profession, I can again see the hand of God in all of this—this is truly where I belong!

My work for the Fort Wayne Community Schools began with the 1966-67 school year at Central High School where I was hired as a business education instructor and volunteer assistant in track. After just one year, I became a paid coach in track and after two years, my first head coaching job was boys' cross country at that same school. As I alluded to previously, my brief stint in running cross country at Cornell proved an invaluable experience. That experience, plus the help of several area veteran coaches (not the least of whom was Don Kemp at Elmhurst), got me started in this great sport and was the initial spark to my own interest in distance running which would not surface completely until about five years later.

When Central was closed following the 1970-71 school year, all of us on that faculty were given the choice of going to either Wayne or Northrop (the two brand new schools built to help with public school integration in Ft. Wayne). About 3/4 of us decided to follow our principal, Paul Spuller, to Northrop High School. Being in the right place at the right time (the hand of God) enabled me to be named as the initial Head Boys' Track and Cross Country Coach at Northrop. Being blessed with some outstanding talent during our very first year, we were able to establish quite a winning tradition right off the bat—a tradition of excellence which continues to this day. It is indeed true that success begets success! My best year of coaching cross country in three years in that position at Central was 5 wins and 10 losses. What a "great" coach I became now that I had some talent! For 11 track seasons and 13 cross country seasons, I remained as head coach at Northrop, a period of time that brought me, the school, and many teams and athletes lots of recognition and honors. It was my pleasure to coach several individual state champions in Track and some outstanding teams. In 13 years of cross country, our team advanced to state 11 times; and in one of the two years that we did not, we had an individual make it to state. Many SAC, Sectional, Regional, and Semi-State individual and team performances rank among the best all-time in this area, culminating with two Runner-Up team performances in the State Meet. For one period of six years, our Bruin cross country teams won 113 straight dual meets, tops in the nation at that time. This was back in the days when cross country teams ran many more dual meets because the distance was just two miles and then two and a half miles. Now that we run 5K (3.1 miles), most schools

have cut back significantly in their dual meet competitions. During this period of time (1971-1983), many nice coaching honors came my way as a result of these fine athletes that it was my privilege to coach, including several nominations for Indiana high school track and cross country coach of the year. Twice I was fortunate enough to be selected for this honor in cross country and twice I was honored as Regional Cross Country Coach of the Year by the United States Association of High School Coaches (covering an eight state area) and thus was nominated as United States Cross Country Coach of the Year.

As far as my own participation in distance running, I have one of my first track athletes to thank (Bob Daniels). He approached me at a track meet in the spring of 1972 and said I was getting pudgy and out of shape. I challenged him to a 440 in practice the next day, a race that I could not even complete because I WAS so out of shape. From then on I began to warm up and warm down with my team. This evolved into doing many of the distance runs with my distance runners and cross country teams. Then I began to enter local road races. Needless to say, I was hooked; and, like Forest Gump, I haven't stopped to this day! With my fast-twitch muscles and background as a sprinter, I am really not very good at distance running, but I enjoy running immensely. I have gone from that pudgy 189 pounds to a pretty consistent weight level of 165 pounds; plus I feel that not only has my running helped me physically, but maybe even more so mentally. After a good run I feel so much better about myself, and it helps me to relax and relieve the tensions of the day.

In 1984, I had the opportunity to coach the men's and women's cross country teams at IPFW. I had always wanted to coach at the collegiate level, so I decided to take on this new challenge, a position which I held for two years. I thoroughly enjoyed this experience but became frustrated with the lack of funds to attract the better area runners to compete for the Mastodons. It was also at this same period of time that my own three sons began to get actively involved in sports at Holy Cross grade school and Concordia Lutheran High School. I was faced with the dilemma of continuing to coach at IPFW and miss most of their activities, stop coaching all together, or help out at Holy Cross and Concordia where I could be a part of it all. For me, this was an easy decision—I decided to get involved with them. For a period of about 6 years, I helped as a volunteer at Holy Cross and a paid coach at Concordia. What a blessing this turned out to be. My coaching at Concordia included 2 years in football (as an assistant), six years as a track assistant, and 4 years in cross country as head coach. Jeff played football, wrestled, and was a weight man in track; Mike played football and ran track; and Brad ran cross country, played basketball, and ran track. After these 6 years at Concordia, I "retired" from coaching; but again the Lord had different ideas. Next month, I will conclude this epistle by bringing you up to date on what I am currently doing, and will complete the background information on my experiences as a "distance runner" as well.

## MINUTES

Fort Wayne Track Club Monthly Meeting  
Wednesday, January 8, 1997, 7:00 p.m., IPFW

25 Present: D. Lindley, L. Brooks, M. Harper, L. Gorman, K. Disler, S. Bruner, R. Wilson, W. Moya, J. Schlatter, D. Anderson, M. McAvoy, B. Crane, B. Scrogam, J. Hilker, B. Sohaski, G. Purcell, E. Dax, J. Hockensmith, C. Brandt, J. Tillapaugh, J. Diehl, P. Knott, M. Brattioli, B. Peterson

1. Meeting was called to order by Barrie Peterson and Don Lindley opened in prayer
2. Since there were alot of new people Baire Peterson asked for a roll call.
3. The minutes from last meeting were reviewed and accepted with one noted change that of the start time of the Fanny Freezer from 2 pm to 3 pm.
4. December budget and membership was reveiwed by Don Lindley:
  - a. Major expenses were RRCA dues and insurance and 20th anversery t-shirts
  - b. 432 members to end 1996; 180 members to start 1997
  - c. Indiana Runner cost per issue up to 50 cents due to increased postage and printing costs
  - d. Formal 1997 budget will presented next meeting
5. Hoosier Marathon update given by Don Lindley and Mike McAvoy:
  - a. 30 requests already for applications
  - b. Applications being proof drafted by Noble Press and should be ready by Jan. 31
  - c. Van Dyne-Crotty will donate t-shirts
  - d. "Kicking Butts" an anti smoking group trageting 7th graders headed by Dr. Kim Herlan will donate the money for t-shirt silk screening and provide volunteers for the aide stations.
6. Banquet update given by Mike McAvoy:
  - a. Board voted that the female and male high school runners will come from allen county & the 6 surrounding indiana counties as voted by the area coaches that are club members.
  - b. Board voted that point race awards will be based on top 10% members in each age group
  - c. Guest speaker will be Jim Spivey who will talk about his Olympic experience.
  - d. Will try to get a good photographer for the banquet and award ceremony
7. Nutra Runs, March 22, 1997, given by Mike McAvoy;
  - a. donations:\$1000 from various sources and 1000 pieces of fruit from Krogers
  - b. Setting up program with the girl scouts to coincide with the race
8. Jon Schlatter reminded everyone that as race schedule chairman he appreciate any race info that anyone comes across.
9. Mitch Harper announced that he set up a home page on the internet for local races, the address is [HTTP://members.tripod.com/FtWayneRunning/RunIndexhtm](http://members.tripod.com/FtWayneRunning/RunIndexhtm)
10. Barrie Peterson proposed the idea of a speed workout series this summer at Northrup High School track with a one hour run at the end; tabled until next meeting.
11. Judy Tillapaugh proposed reviving some of the old awards that used to be given at the annual banquet; will get together with Don Lindley and present ideas at next meeting.
12. Mike McAvoy proposed a series of inexpensive races in Franke, Shoaf, and Foster parks on the dates of 6-28-97, 7-19-97, and 8-9-97; tabled until next meeting.
13. Don Lindley asked for volunteers from the new board members:
  - a. Ken Disler stepping down as publicity chairman and needs to be replaced
  - b. Medical cordinator and club historian also needed
14. Joyce Hockensmith announced that March 15, 1997 is the deadline for next newsletter Meeting then adjourned. Next meeting Wednesday, February 12, 1997, 7:00 p.m., IPFW

Respectfully submitted, Jon Schlatter, Club Secretary

## MINUTES

Fort Wayne Track Club Monthly Meeting  
Wednesday, February 12, 1997, 7:00 p.m., IPFW

18 Present: D. Lindley, L. Brooks, M. Harper, L. Gorman, S. Bruner, R. Wilson, J. Schlatter, M. McAvoy, B. Crane, B. Sohaski, E. Dax, J. & B. Hockensmith, C. Brandt, J. Tillapaugh, J.P. Jones, G. Dexheimer, B. Peterson

1. Meeting was called to order by Barrie Peterson who also opened in prayer.
  2. Banquet was given by Mike McAvoy:
    - a. The banquet was changed to Northrop High School on February 22 to accomodate a change in the schedule of the guest speaker, Jim Spivey.
    - b. Barrie Peterson has contacted the cross country and track coaches in the area to invite them and their runners to attend the banquet.
    - c. A proposal to hold a spring picnic was tabled until next mtg.
  3. The minutes from last meeting were reviewed and accepted.
  4. Mike McAvoy said that the Nutra Runs were ready but he could use some more volunteers.
  5. Jon Schlatter announced that he had received more race info from Michigan, Toledo, and Indy.
  6. Mike McAvoy proposed the idea of awarding race volunteers by paying for them to be part of relay teams at various races. The proposal was voted and passed, with Mike McAvoy to form a committee to select team members and races.
  7. Mike McAvoy proposed the idea of a traveling trophy team competition against the Toledo Road Runners at the Clear Lake 10K, with 3 men and 2 women to a team. The proposal was voted and passed, with \$50 to pay for the trophy.
  8. Joyce Hockensmith reminded all that the deadline for the newsletter is the middle of March.
  9. Judy Tillapaugh and Don Lindley will attend this year's RRCA convention in Colorado Springs, Colo., with the Track Club paying the registration fees..
  10. Barrie Peterson gave the update of a speed workout series this summer at Northrop track.
    - a. The dates will be every Thursday June 12-July 31 starting at 6:00 pm.
    - b. There will be a one hour race on Aug. 31 starting at 6:00 pm.
  11. The Marathon update was given by Don Lindley and Bob Hockensmith.
    - a. Bob Hockensmith is now race director and will be assisted by J. Gorman and J.P. Jones.
    - b. 3800 applications have been printed and were sent out to those that requested them.
    - c. The signature of the race is that it is a looped course and it serves Subway sandwiches.
    - d. The Foster Park Pavillion will be used for registration, the pasta dinner, and the awards ceremony following the race.
  12. The January budget and membership report was given by Don Lindley.
    - a. There was an income of \$993.31 and expenses of \$1000.50 with an balance of \$9317.41.
    - b. There are 254 paid members to date with 200 delinquent members.
  13. The Fanny Freezer update was given by Don Lindley.
    - a. Amacco cups and old B.C. t-shirts will be given out for as long as they last.
    - b. Stadium blankets will be given to female and male winners.
  14. Don Lindley presented the 1997 budget which was voted on and passed.
  15. Don Lindley presented a written proposal from last year to buy two 2-way radios from D&L Communications for \$1200.00 apiece plus other expenses. After some discussion it was decided that some additional inquiries be made to find less expensive 2-way radios.
  16. J.P. Jones announced that he and Ken Disler will man a booth for the Track Club at IPFW's 8th Annual Health Fair at Walb Union Ballroom Wednesday, April 2, 1997, 10AM to 2PM.
  17. Mike McAvoy announced that he had been able to purchase inexpensively banners for the table top display and brochure holders that were donated by Linda Brooks.
  18. Barrie Peterson proposed the idea of speakers for monthly meetings; tabled until next mtg.
- Meeting then adjourned. Next meeting Wednesday, March 12, 1997, 7:00 p.m., IPFW.

Respectfully submitted, Jon Schlatter, Club Secretary

**ON THE FAST TRACK  
AND THE RETURN OF AN OLD FAVORITE RACE**

Beginning Thursday, June 12, and continuing through Thursday, July 31, Northrop High School (Spuller Stadium) will be the site for 8 straight "speed" workouts. These workouts will commence with a group warm up at 6:00 p.m. and will consist of a variety of workouts making use of the Northrop track and cross country course. Then, on Thursday, August 7, Spuller Stadium will also be the site for the return of an old favorite—the "One Hour Run". The Ft. Wayne Track Club will be the official sponsor of these events. All "speed" workouts will be set up and organized by Northrop head boys' track and cross country coach, Barrie Peterson, who also serves as president of the Ft. Wayne Track Club.

The tentative schedule of workouts and events will be as follows:

- June 12: Warm up (jog 1/2 mile + stretching + sprint drills + build-ups/stride-outs) + timed 3200 on track + 10 X partner 200's + warm down and stretch
- June 19: Warm up (as above) + 3 x repeat miles on cross country course + warm down and stretch
- June 26: Warm up + 6 x repeat 1/2 miles on cross country course + warm down and stretch
- July 3: Warm up + 12 x 400 on track + warm down and stretch
- July 10: Warm up + 4 x repeat miles on cross country course + warm down and stretch
- July 17: Warm up + 8 x repeat 1/2 miles on cross country course + warm down and stretch
- July 24: Warm up + 16 x 400 on track + warm down and stretch
- July 31: Warm up + timed 3200 + warm down and stretch
- August 7: Return of the infamous one-hour run on the track (more details to follow)

There will be no cost for the June 12 through July 24 workouts, but there will be a slight entry fee for the July 31 timed 3200 as we will give out awards for that race and for your summer improvement and/or participation. As stated above, more details will follow concerning the August 7 one-hour run.

Furniss Freezer 5k  
January 25, 1997

1. Brian Shepherd 16:40
2. Mark Furkis 17:10
3. Peter Casaletto 17:25
4. Bill Boguslawski 17:30
5. Michael Fruchey 17:32
6. ? 18:10
7. Chuck Schlemmer 18:18
8. Paul Furniss 18:45
9. Anthony David 18:52
10. Mark Nessner 18:56
11. Phillip Steiner 19:03
12. Danny Joseph 19:33
13. Jim Ferrier 19:40
14. Mike Engler 19:46
15. Josh Snyder 19:58
16. David Caswell 20:10
17. Danny Buttler 20:19
18. Adam Frick 20:20
19. Khelli Leitch 20:43
20. Tammy Casaletto (F) 21:44
21. Shane Ross 22:26
22. Mitch Harper 22:28
23. James Scott 22:32
24. Dave McDonald 23:31
25. Ted Nykiel 23:40
26. Naomi Fruchey (F) 23:41
27. Andrew Hate 23:45
28. Brandon Booth 24:48
29. Reg Horn 24:55
30. Cory Pressler 25:08
31. Michelle Ewing (F) 25:13
32. Emily Leinger (F) 25:20
33. Deb Byers (F) 25:23
34. Jill Farlow (F) 25:40
35. Keith Miller 26:30
36. Brad Prins 26:32
37. Denise Wagner (F) 26:45
38. Marty Erlenbaugh 27:20
39. Brad Scott 27:38
40. Bill Patterson 27:42
41. Brian Miller 27:46
42. Teresa Furniss (F) 27:55
43. Cindy Furkis (F) 28:09
44. Delores Horn (F) 29:55
45. Ronald Gill 32:00

46. Ken Disler 32:23
47. Emily Ruse (F) 35:11
48. Seth Wagner 35:45
49. Joan Gary (F) 35:52



Left to Right

Back	Peter Casaletto 2nd	Chuck Schlemmer 3rd	Jim Histard Master	Brian Shepherd 1st
Front	Tammy Casaletto 1st	Naomi Fruchey 2nd	Patty Schwartz 3rd	Deb Byers Master

# INDIANA RUNNER

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



# THE CROWN GROUP



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

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

# FOX ISLAND 5K Results Continued.....



## 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 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 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

## 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
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### VOLUNTEERS:

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



Nutri Run Kiddie Trot "JUST HAVE FUN"

# **THINK SPRING ROAD RACE**

Ligonier IN February 8, 1997

The sun came out and the participants in the annual Think Spring 5K and 1 Mile runs actually started thinking Spring.

The first event was the kid's one mile. Thirty-two boys and girls toed the line and headed down Union Street at 10:00 AM. Todd Canaday, from Syracuse, led the way with a time of 6:34. He was followed by Tom Klatt (6:51) and Noe Campos (8:42). The top three girls were Tiannah Deckert (8:42), Amy Kinney (9:15) and Betsy Guevara (9:21).

At 10:30 the 5K got underway. For the second week in a row, Powerbar's Brian Shepherd and Etonic runner Peter Casaletto butted heads. The week prior to Think Spring the two had battled in the Wintercarnival 5K in Syracuse. Shepherd held off Casaletto 14:41 to 14:43. Both times were under the course record for Wintercarnival. Think Spring was no different. From the start the two front runners broke away. With eight tenths of a mile left Shepherd pulled away to win in 14:57. Casaletto finished second with 15:25, and Mike Fruchey finished third at 16:13.

The women's race featured two of the top area women's road runners. Tammy Casaletto outdistanced Naomi Fruchey 19:49 to 20:34. Master standout Deb Byers finished third in 21:39.

## **THINK SPRING 5K RESULTS**

### **TOP 3 MALES**

1. Brian Shepherd	14:57	new course record
2. Peter Casaletto	15:15	under old course record
3. Michael Fruchey	16:13	

MASTER'S - Jim Hestand 16:45

### **MALE**

19 & under -	Danny Butler	16:40
20-24 -	Morry Riddle	16:42
20-34 -	Ward Moya	17:15
35-39 -	Chuck Schlemmer	16:30
40-44 -	Mitch Harper	20:36
45-49 -	Jed Pearson	18:06
50-54 -	DeWain Cobbs	20:35
55-59 -	Larry Christensen	21:29
60-69 -	Don Anderson	22:42
70 & over -	Ken Disler	31:43

### **TOP 3 FEMALES**

1. Tammy Casaletto	19:49
2. Naomi Fruchey	20:34
3. Patty Schwartz	22:38

MASTER'S - Deb Byers 21:39

### **FEMALE**

19 & under -	Andrea Harding	22:53
20-29 -	Teresa Furniss	25:34
30-39 -	Kim Larsen	22:45
40-49 -	Dawn Luttman	25:49
50-59 -	Bev Christensen	30:50
60-over -	Joan Gary	28:17

### **1 MILE DIVISION WINNERS**

#### **TOP 5 BOYS**

Todd Canaday	6:34
Tom Klatt	6:51
Noe Campos	6:56
Doug Alles	7:00

## TRACK CLUB MEMBER PROFILE

**Name: Deborah Kiracofe**

**Occupation:** Sales Rep. (Retail)

**Birthdate:** July 22, 1972

**Birthplace:** Fort Wayne, Indiana (Parkview)

**Hobbies or interests:** Running, Interior  
Decorating, Reading, Dancing

**Running Shoe Brand:** Asics

**Yrs. running:** 6 years

**Favorite Spectator Sport/s:** Football,  
Soccer, Baseball

**Favorite Area Restaurant:** Olive Garden

**Favorite Distance to Run:** Marathon

**PR:** 4:39

**Favorite After Race Food:** Pasta

**Favorite place to Train:** In neighborhoods

**Favorite Race:** ?

**Why do you run?:** Enjoyment & Health

**Favorite item of Clothing:** Running tights,  
Dresses

**Favorite music:** Alternative, Reggae

**Collections:** Bears & Candles

**Favorite vacation destination:** Arizona,  
(somewhere warm)

**Most prized possession:** 1st marathon medal  
(from Bermuda)

**Has There Been An Inspiration To Your  
Running?** Barb Scrogam & Joyce Hockensmith

**Do You Have a Dream?** To qualify for the  
Boston Marathon and run many more marathons.

## TRACK CLUB MEMBER PROFILE

**Name: Gary Kuhn**

**Occupation:** Drafting checker

**Birthdate:** August 16, 1956

**Birthplace:** Fort Wayne, Indiana

**Family:** Just Me!

**Hobbies or interests:** High School Sports.  
Talking to Waitresses at Hall's, Annual  
trip to Hawaii

**Favorite family activities:** Same as above

**Running Shoe Brand:** Whatever

**Yrs. running:** 14

**Favorite Spectator Sport/s:** Any High  
School sport. It beats watching the  
crybaby professionals any day!

**Favorite Area Restaurant:** Halls, Where  
everyone knows your name.

**Favorite Distance to Run:** 10 Miles

**Favorite After Race Food:** None

**Favorite place to Train:** With Sat. morning  
YMCA group

**Why do you run?:** My Health

**Favorite item of Clothing:** My first  
marathon t-shirt (TV Hook's Marathon)  
Back when you had to finish to get a shirt.

**Favorite Movie or TV program:** Animal  
House, Hawaii by James Michener, This  
Old House

**Favorite music:** Instrumental

**Collections:** My "ALOHA" shirts

**Favorite vacation destination:** Maui

**Most prized possession:** My Health

**Do You Have a Dream?** Many

# Birthdays

April

May

Eric Baker  
Ellen Schwendeman  
William Harris  
Mel Hochshetler  
Julie Manger  
Sharon Pauley  
James Babcock  
Jonathan Schlatter  
Reg Johnson  
Tom Yoder  
Jerry Mazock  
Joel Scharzter  
Ed Beckner  
Eugene G. Haines  
Gloria J. Nold  
Jim Deitle  
Denis Connelly  
Lynn Smith  
Dennis Conner  
L. Thomas Deal  
Lisa Baldwin  
Ken L. Hendericks  
Phillip Yoder  
Mitch Harper  
Jerald Diehl  
David Wilson  
Bud Stiffler  
Rachel Weide  
Fred Hannan, Jr.  
Steve Butler  
Le Ann Busescher



Nancy Boyer  
John B. Powell  
Michael D. Cole  
Valerie Winn  
Sean Karr  
Wendy Black  
Dennis Scott  
Karen Derickson  
Sandy Wyatt  
Carol Weide  
Dave Millhouse  
Jim Weide  
Michael Casiano  
Polly Jacobs  
Kurt Mattox  
Daniel Crane  
Mike Pesci  
Jeanette Klein  
Anita Lehman  
Kim Ginder  
Gary Mullendore  
Kimberly Aspacher  
Naomi Fruchey  
Jack Shiflett



## Beer Bottle Open Results

Fort Wayne Track Club members were among the nearly 500 runners participating in the 19th Annual Beer Bottle Open in Columbus Grove, Ohio, on March 8, 1997. The race attracted approximately 100 runners under age 19.

Awards were given to Overall Male and Female, Masters Male and Female, and the top twenty per cent of each age division.

Bob Masters was the overall winner with a time of 19:50.

Fort Wayne area runners recognized were: Jon Beasley (1st 30-34 age division), Jerry Williams (1st 35-39), Scott Beasley (3rd 35-39), Gary Rickner (2nd 45-49), Tim Zumbaugh (6th 40-44), Mitch Harper (15th 40-44), Joan Gary (1st female-over 60).

### Moya 2nd at Mishawaka's Battell Community Ctr. 5K

Fort Wayne Track Club's Ward Moya won 2nd Overall at the Battell Community Center 5K Run held in Mishawaka IN on March 16, 1997.

Moya won with a time of 17:09.

137 runners participated in the race. DeWain Cobbs of Warsaw was 1st in the 50-55 age division with a time of 20:46. Jim Histan of Goshen was 1st Overall at 16:41.

Complete results are available on at the Fort Wayne Track website.

## WINTERCARNIVAL RESULTS

February 1, 1997 Syracuse IN

1.	Brian Shepherd	14:14	- the new course
2.	Peter Casaletto	14:43	record
3.	Chuck Schlemmer	16:03	
4.	Michael Fruchey	16:08	
5.	Troy Friedersford	16:25	
6.	Jim Histan	16:40	
7.	David Hoffert	17:19	
8.	Rod Obregon	17:31	
9.	Tim O'Connell	17:43	
10.	Jed Pearson	17:45	
11.	Ward Moya	18:08	
12.	Neal Yoder	18:44	
13.	Doug Yoder	18:48	
14.	Brandon Weiss	19:01	
15.	Nathan Peffley	19:08	
16.	Mark Nave	19:09	
17.	Tammy Casaletto (F)	19:11	
18.	Verton Troyer	19:18	
19.	Daren Granger	19:37	
20.	William Crane	20:23	
21.	DeWain Cobbs	20:33	
22.	Bruce Daugherty	20:40	
23.	Naomi Fruchey (F)	20:47	
24.	Mitch Harper	21:07	
25.	Dave McDonald	21:28	
26.	Deb Byers (F)	21:40	
27.	Barrie Peterson	21:44	
28.	Dave Upchurch	22:08	
29.	Greg Lawrence	22:11	
30.	Patty Schwartz (F)	22:16	
31.	Don Kramer	22:26	
32.	Don Anderson	22:24	
33.	Tom Laird	22:31	
34.	Joel Schartzter	22:36	
36.	Mike Variell	22:48	
37.	Rick Edgar	22:52	
38.	Steve Eysers	23:27	
39.	Todd Canaday	24:26	
40.	James Kalisik	25:29	
41.	Teresa Furniss (F)	25:46	
42.	Gene Wright	26:54	
43.	Jay Wright	26:59	

## WINTERCARNIVAL Results Continued.....

44. Elizabeth Moore (F)	28:05
45. Ken Disler	28:09
46. Eugene Striggle	28:26
47. Joan Gary (F)	29:48
48. Jill Ash (F)	31:49
49. J. P. Jones	34:25
50. Marcia Kalisik (F)	35:06

This victory was the 10th consecutive win for Brian Shepherd on this course.

Special thanks to the sponsors: Todd Realty - Major sponsor

Pizza Hut, Pilcher's Shoes, Farmer's State,  
and Awards Factory

Zach Smith	7:18	23. Mitch Harper	:36
		24. William Crane	:37
TOP 5 GIRLS		25. Bruce Daugherty	:42
Tiannah Deckert	8:42	26. Kevin Truelove	21:22
Amy Kinney	9:15	27. Dave McDonald	:27
Betsy Guevara	9:21	28. Larry Christensen	:29
Kelly Ritchie	9:23	29. Barrie Peterson	:30
Catrina Hedges	9:24	30. John Cook	:31
		31. Deb Byers (F)	:39
5K FINISHERS		32. Joel Schartzner	:53
		33. Don Kramer	22:26
1. Brian Shepherd	14:57	34. Patty Schwartz (F)	:38
2. Peter Casaletto	15:15	35. Don Anderson	:42
3. Michael Fruchey	16:13	36. Kim Larson (F)	:45
4. Chuck Schlemmer	:30	37. Steve Eyers	:47
5. Danny Butler	:40	38. Andrea Harding (F)	:53
6. Morry Riddle	:42	39. John Luttmann	:57
7. Jim Hestand	:45	40. Mike Variell	23:26
8. Khelli Leitch	:52	41. Harvey Hustle	24:11
9. Doug Andrews	17:01	42. Art Obregon	:17
10. Ward Moya	:15	43. Dick Harnley	:47
11. Rod Obergon	:50	44. Teresa Furniss (F)	25:34
12. Jay Prichard	:52	45. Dawn Luttmann (F)	:49
13. Jed Pearson	18:09	46. Susan Peterson (F)	26:20
14. Jeff Nidlinger	:13	47. Ronald Gill	:21
15. Adam Frick	:55	48. Ken Disler	27:10
16. Sam Vargas	19:02	49. Eugene Striggle	28:01
17. Verton Troyer	:17	50. Joan Gary (F)	:17
18. Aaron McGrawe	:34	51. J.P. Jones	29:21
19. Fred Stoffel	:44	52. Bev Christensen (F)	30:50
20. Tammy Casaletto (F)	:49	53. Sharon Pauley (F)	59:00
21. Naomi Fruchey (F)	20:34		
22. DeWain Cobbs	:35		

Results Continued on page 17

# CARPETONE

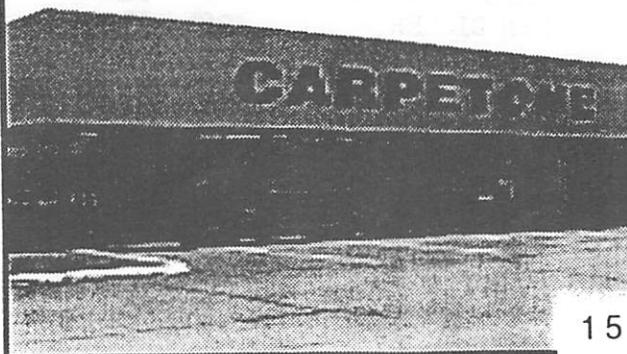
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- Remnants
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**Stan Lipp  
Stephen Lipp**



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Fort Wayne, IN 46825  
(219) 489-4584**

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



PTS	TIME	OV	NAME	PTS	TIME	OV	NAME
100	18:24	17	ROGER WILSON	5	17:10	0V	STEVE TEUSCH
85	18:38	19	JED PEARSON	8	17:23	0V	CHAD CLEVENGER
75	18:58	20	JOHN TRELAVERN	11	17:52	0V	DAVID HOFFERT
65	19:06	22	HAL PEARSON	14	18:09	0V	ANTHONY DAVID
55	19:13	25	PHIL SUELZER	15	18:14	0V	ARRON BARTON
45	19:16	26	VERTON TROYER	23	19:06	0V	ANDRE BEASLEY
	19:59	29	FRED STUFFEL	31	20:25	100	MICHAEL CASIANO
	20:24	30	MICHAEL BARMAN	42	22:25	0V	ANDREW HALE
35	20:39	33	MARK BRATTOLI	66	23:30	0V	TIM STOFFEL
25	20:54	37	MITCH HARPER				
15	21:15	39	JON SCHLATTER				
5	21:32	44	RICK GILBERT				
	22:18	50	KEVIN TRUELOVE	3	16:28	0V	MIKE FRUCHEY
	22:20	52	DON KRAMER	4	16:34	85	TROY FRIEDERSDORF
	22:21	53	JOEL SCHARTZER	6	17:15	0V	ADAM BARTON
	23:07	61	DON DECOOK	10	17:47	75	ROD OBREGON
	23:49	67	MICHAEL VARIELL	12	17:54	0V	DAVID FOOTE
	24:17	70	TOM BELLEPERCHE	16	18:17	0V	DAVE BROERMAN
	25:14	80	FRED HANNAN	18	18:31	0V	DOUG SCHWARTZ
	25:37	81	TOM FUELLING	24	19:07	65	MIKE LINDLEY
	26:32	86	GENE WRIGHT	41	21:24	0V	RICK SCHWAIGER
	27:48	91	DEAN RUSS	89	27:18	0V	STEVE FISHER
100	20:39	32	WILLIAM CRANE				
85	20:53	36	DEMAIN COBBS				
75	21:20	40	LARRY AVERBECK	1	15:51	0V	BRIAN SHEPHERD
65	21:33	45	DAVE BOYLAN	2	16:25	0V	CHUCK SCHLEMMER
	21:43	47	LARRY CHRISTENSEN	7	17:21	0V	WARD MOYA
	21:46	48	BARRIE PETERSON	9	17:46	0V	JON BEASLEY
55	22:20	51	JACK SEIGEL	13	18:06	0V	JAY RICHARD
45	23:54	68	TOM FELGER	21	19:02	0V	KEITH WALTER
35	25:02	76	MEL HOCHSHEFLER	27	19:27	0V	BRYAN KEISTER
25	25:48	82	LARRY LEE	28	19:41	0V	PAUL SHAFFER
15	28:20	96	KEN DISLER	38	21:13	0V	CARL RISCH
				43	21:29	25	CHUCK ZUMBRUN
				49	22:12	15	TERRY TEAGARDIN
100	22:26	56	JOE ZIEGLER	54	22:24	0V	JEFF METZER
85	22:29	57	DON ANDERSON	58	22:30	5	STEVE MCMANON
75	23:02	60	TOM LAIRD	63	23:23	0V	MARK QUINN
65	24:46	73	BOB LOOMIS	64	23:28	0V	GREG SIMMONS
55	26:05	83	BILL PATTERSON	65	23:28	0V	STEVE EYERS
				87	26:58	0V	CHUCK TOLSON
				88	27:15	0V	STEVE STUCKO

FEMALE 19 & UNDER	OV	TIME	PTS
ANDREA HARDING	55	22:25	100
ANGIE BARTON	72	24:26	
CHASSIDY SCOTT	100	29:19	

FEMALE 20 - 29	OV	TIME	PTS
NAOMI FRUCHEY	34	20:41	100
MADLINE ROSER	71	24:25	
TONYA BLACK	79	25:09	
SHERYCE QUINN	92	27:48	
AMANDA HOHMAN	95	28:16	
DENISE BURGIT	102	31:03	
THERESA GROTHRIAN	103	31:19	
KRISTIE FERNAMBERG	106	36:18	
KATHIE STUCKO	107	37:37	85

FEMALE 30 - 39	OV	TIME	PTS
LINDA GORMAN	46	21:37	100
KIM LARSEN	62	23:13	
JILL BOBAY	77	25:03	85
LAURIE WHISLER	78	25:04	75
KIMBERLY ASPACHER	90	27:20	65
BETTY DEWELLS	93	27:51	55
KAREN DERICKSON	94	28:06	45
CHERI STEIGMEYER	97	28:21	35

FEMALE 40 - 49	OV	TIME	PTS
DEB BYERS	59	22:44	100
KATHYN PLEUS	69	24:15	
TERRI GROSS	74	24:54	
PHYLLIS SUELZER	75	25:01	85
BOBBIE CLARK	84	26:12	75
ALLEGRA JOY NORTH	109	43:20	

FEMALE 50 - 59	OV	TIME	PTS
MARY FENNIG	85	26:19	
BARBARA ONEIL	98	29:06	100
MARY JO RELUE	99	29:10	
BEV CHRISTENSEN	104	31:32	85
SARAH KLEINKNIGHT	105	32:52	75
SHARON BRUNER	108	40:24	65
SHARON PAULEY	110	60:40	55

FEMALE 60 & OVER	OV	TIME	PTS
JOAN GARY	101	27:30	100

VOLUNTEERS

Aviles, Lisa	Lary, Julie
Brooks, Linda	Lindley, Don
Callahan, Mike	McAvoy, Mike
Crane, Dale	Schlatter, Jon
Diehl, Jerry	Selking, Gary
Hauptert, Scott	Sohaski, Bill
Hockensmith, Joyce	Tillapaugh, Judy
	Yann, Michael

WINTERCARNIVAL Results Continued.....

1MILE FINISHERS

1. Todd Canaday	6:34	17. Tyler Sprunger	:13
2. Tom Klatt	:51	18. Amy Kinney (F)	:15
3. Noe Campos	:56	19. Betsy Guevara (F)	:21
4. Doug Alles	7:00	20. Kelly Ritchie (F)	:23
5. Zack Smith	:18	21. Catrina Hedges (F)	:24
6. Kyle Jane	:28	22. Bobby Diehl (F)	:25
7. Billy Gantt	:32	23. Heather Hall (F)	:26
8. Seth Robinson	:45	24. Elizabeth Schlemmer (F)	:38
9. Doug Terry	:52	25. Patty Tiedimen (F)	10:10
10. Josh Teidiman	:55	26. Staci Short (F)	:11
11. Jared Leamon	8:09	27. Zach Halferty	:32
12. Matt Soulte	:30	28. Brooke Halferty (F)	:57
13. Tiannah Deckert (F)	:42	29. Desiree' Trejo (F)	11:06
14. Austin Hartman	:58	30. Amber Griffith (F)	:25
15. Jerry Hartman	9:06	31. Gabrielle Dreyer (F)	:39
16. Caleb Bernard	:11	32. Jennifer Adams (F)	:40

WOODSIDE MIDDLE SCHOOL		MARCH 22, 1997		17TH ANNUAL NUTRI-RUNS	
TEMP	42	5-MILE	TIME	5-MILE	TIME
37:01	30	MALE 50 - 59	OV	1	JEFF NIDLINGER
39:25	44	1 JACK SEIGEL	OV	2	BRANDON WEISS
39:54	44	2 RICHARD HARNLY	OV	3	MATT BECKLEY
41:02	48	3 DICK WATERFIELD	OV	4	MIKE CASIANO
43:03	56	4 LARRY LEE	OV	5	TIM STOFFEL
43:30	58	5 FRED WEHRWEIN	OV	6	TROY FRIEDERSDORF
43:32	59	6 DALE STAMWITZ	OV	7	ADAM BARTON
47:09	64	7 PAUL DEMERCHANT	OV	8	DAVID FOOTE
53:58	73	8 KEN RELUE	OV	9	SAMUEL VARGAS
				10	LEE THOMPSON
				11	MATT BYRD
				12	CHAD MATHEWSON
				13	RYAN KNODEL
				14	KEITH RICHESON
				15	BRENT FAWCETT
				16	GREG RAMANO
				17	MALE 30 - 39
				18	BRIAN SHEPHERD
				19	DANNY JOSEPH
				20	JAY PRICHARD
				21	KEN NELSON
				22	CONRAD PETERSON
				23	MIKE SHUTT
				24	JOHN RAJCA
				25	ROB KRAEMER
				26	JOHN PEA
				27	JIM LYNCH
				28	ROGER SMITH
				29	JAY LYNN
				30	MICHAEL MCCLASKEY
				31	KEVIN HUNTER
				32	MALE 40 - 49
				33	MARK FURKIS
				34	MICHAEL BARMAN
				35	BRUCE DAUGHERTY
				36	DON KRAMER
				37	DON DECOOK
				38	ART OBERGON
				39	MICHAEL VARIETL
				40	PETER IADICOLA
				41	TOM FUELLING
				42	HAL ATKINSON
				43	STEVE LUDWISKI
				44	JERRY ROSSI
				45	5-MILE
				46	TIME
				47	28:41
				48	28:42
				49	29:47
				50	34:22
				51	40:50
				52	26:36
				53	26:56
				54	31:13
				55	32:08
				56	34:41
				57	35:11
				58	35:18
				59	38:35
				60	39:17
				61	44:22
				62	49:42
				63	OV
				64	28:25
				65	33:57
				66	34:09
				67	36:50
				68	36:55
				69	37:29
				70	38:17
				71	41:21
				72	41:40
				73	41:59
				74	45:35
				75	46:16
				76	OV
				77	FEMALE 50 - 59
				78	OV
				79	53:11
				80	TIME
				81	37:05
				82	37:05
				83	45:18
				84	50:34
				85	59:28
				86	73:08
				87	73:09
				88	OV
				89	FEMALE 40 - 49
				90	OV
				91	37:05
				92	31
				93	1 PATTY SCHWARTZ
				94	2 CINDY FURKIS
				95	3 CHERYL STROMSKI
				96	4 DIANE POST
				97	5 GINNY PURCELL
				98	6 SHIRLEY WILDEDORF
				99	OV
				100	FEMALE 50 - 59
				101	72
				102	53:11
				103	TIME
				104	36:58
				105	29
				106	1 KIM LARSEN
				107	2 NANCY VIRTUE
				108	3 CARMA MCPHERSON
				109	4 LORRAINE FOX
				110	5 KAREN KESDARG
				111	6 LIZ BROWN
				112	7 RENEE ESHCOFF
				113	8 KIM ASPACHER
				114	9 KANDY GAY
				115	10 TAMMY TOMSEN
				116	OV
				117	FEMALE 30 - 39
				118	OV
				119	36:58
				120	38:07
				121	38:16
				122	39:18
				123	39:20
				124	40:51
				125	42:17
				126	43:24
				127	50:06
				128	51:43
				129	OV
				130	FEMALE 20 - 29
				131	OV
				132	31:59
				133	49:41
				134	TIME
				135	36:27
				136	26
				137	1 ANDREA HARDING
				138	2 SUSIE VANDERER
				139	OV
				140	FEMALE 19 & UNDER
				141	OV
				142	5-MILE
				143	TIME
				144	37:19
				145	32
				146	1 DON ANDERSON
				147	2 BILL PATTERSON
				148	3 EUGENE STRIGGLE
				149	4 DON RHOADS
				150	OV
				151	MALE 60 & OVER
				152	OV
				153	37:19
				154	41:32
				155	47:09
				156	53:58

		20K	FWTC			20K	FWTC
MALE 19 & UNDER	OV	TIME	PTS	MALE 40 - 49	OV	TIME	PTS
1 CHAD CLEVINGER	10	1:17:09		1 JIM HISTAND	4	1:13:53	
2 DAVID CASWELL	16	1:20:37		2 STEVE CASWELL	11	1:17:49	
				3 GARY RICKNER	13	1:18:59	
MALE 20 - 29	OV	TIME		4 TIM ZUMBAUGH	14	1:20:08	100
1 MICHAEL FRUCHEY	2	1:11:58	100	5 HAL PEARSON	15	1:20:28	85
2 ROD OBREGON	7	1:16:11	85	6 JED PEARSON	17	1:21:57	75
3 KIRK EISERT	18	1:23:04	75	7 RICK VORICK	27	1:25:53	
4 MICHAEL SCHOUDEL	21	1:24:48	65	8 JOHN TRELEAVEN	32	1:27:56	65
5 TIM FIRST	22	1:24:52		9 MARK BRATTOLI	33	1:27:59	55
6 RON BAARS	35	1:28:41		10 FRED STOFFEL	34	1:28:03	
7 CARL BEHRENS	45	1:31:41		11 BILL MOORD	36	1:28:47	
8 MARK MYERS	51	1:33:58		12 GARY DEXHEIMER	39	1:29:20	45
9 CHRIS MARKS	52	1:34:14	65	13 MIKE BARRELL	40	1:29:43	
10 JASON GARRETT	53	1:34:26		14 ROD GAY	46	1:31:44	
11 MICK THIEL	62	1:37:43		15 GARY HARTMAN	47	1:31:52	
12 SAM SCHENK	115	2:31:05		16 KIM HERLAN	48	1:33:01	
				17 CALVIN KING	49	1:33:20	
MALE 30 - 39	OV	TIME		18 MITCH HARPER	58	1:36:28	35
1 CHUCK SCHLEMMER	1	1:10:46	100	19 THOMAS JOHNSON	63	1:37:45	
2 WARD MOYA	3	1:13:25	85	20 KEVIN TRUELOVE	64	1:37:59	25
3 ROWLAND PEREZ	5	1:14:20		21 JERRY DIEHL	66	1:39:05	15
4 JIM ELLERT	6	1:15:37		22 GREG PURCELL	68	1:39:25	5
5 ED FREYGANG	8	1:16:17		23 MIKE DISS	74	1:41:03	
6 SCOTT BEASLEY	9	1:16:56	75	24 DENNIS STRAYER	75	1:41:20	
7 TERRY DILLER	12	1:18:38	65	25 LEE PEARSON	80	1:43:04	
8 KEITH WALTER	19	1:23:39	55	26 DAN RIMSTIDT	83	1:43:39	
9 ALLAOUI AHMAD	20	1:23:56		27 STEVEN HILKER	85	1:46:32	
10 DEAN EHREHEIM	23	1:24:55		28 TOM FELTS	88	1:48:53	
11 PAUL SHAFFER	24	1:25:07	45	29 TIM TWISS	112	2:12:19	
12 BRYAN KEISTER	25	1:25:15	35				
13 MARK WALTER	26	1:25:32	25	MALE 50 - 59	OV	TIME	
14 KEVIN RAINEAR	28	1:25:54		1 DAVE RIECHWAGE	29	1:26:13	
15 JIM BUSHEY	30	1:26:48	15	2 LARRY AVERBECK	42	1:30:37	100
16 ERIC WHITE	31	1:27:42		3 BERNIE BURGETTE	43	1:30:46	
17 DAVE REIMSCHISEL	37	1:28:48	5	4 WES SABINS	56	1:36:08	85
18 DAVID FRY	44	1:31:31		5 DAVE BOYLAN	59	1:37:28	75
19 BOB BERGER	54	1:34:41		6 BARRIE PETERSON	70	1:40:11	65
20 JEFF WAGNER	55	1:35:52		7 LARRY UELK	73	1:40:57	55
21 SCOTT WAGNER	57	1:36:24		8 TOM FELGER	76	1:41:38	45
22 RICK KNUTH	60	1:37:34		9 DAVID MILLER	107	2:07:54	
23 TERRY TEEGARDIN	67	1:39:23					
24 WILLIAM FREYGANG	69	1:39:44		MALE 60 & OVER	OV	TIME	
25 DANIEL CUMMISKEY	71	1:40:41		1 JOHN STURTEVANT	98	1:52:37	100
26 JEFF ORLOWSKI	77	1:41:41		2 ROBERT LOOMIS	101	1:52:54	85
27 DEAN WHITMAN	79	1:42:33		3 JP JONES	117	2:37:38	75
28 RICK CLARK	82	1:43:37					
29 ANTHONY LEHMAN	84	1:45:29					
30 DAVE LUPIEN	86	1:46:51					
31 STEVE MCMAHON	87	1:48:09					
32 GREG SIMMONS	89	1:49:33					
33 STEVEN BROWN	91	1:50:05					
34 HENRY TAYLOR	97	1:52:31					
35 BRIAN FAHL	104	1:55:04					
36 DANIEL PADILLA	109	2:09:43					
37 STEVEN CARR	114	2:24:29					
38 SCOTT SCHENK	116	2:31:06					



FEMALE 19 & UNDER		OV	20K TIME	FWTC PTS
1	MEGAN DEXHEIMER	38	1:29:19	100

FEMALE 20 - 29		OV	TIME	FWTC PTS
1	TAMMY BEHRENS	50	1:33:30	
2	AMY BRANDT	93	1:51:27	
3	JENNIFER STEIGMEYER	95	1:51:55	100
4	CARRIE DRAPER	99	1:52:47	
5	MARY BETH JOHNSON	100	1:52:53	85

FEMALE 30 - 39		OV	TIME	FWTC PTS
1	ROBIN BURKHOLDER	41	1:30:36	100
2	LINDA GORMAN	61	1:37:40	85
3	SUE CLEVELAND	65	1:38:52	
4	SUSAN HUXHOLD	72	1:40:49	
5	JULIE MCNULTY	78	1:41:47	75
6	LAURA GAY	81	1:43:20	
7	CONNIE SIMS	90	1:49:39	
8	ROBIN MAUGER	92	1:50:24	65
9	LAURIE WHISLER	94	1:51:41	55
10	MONICA MADDALONE	106	2:06:20	45
11	BONNIE VIEAY	111	2:12:04	
12	CHERI STEIGMEYER	113	2:12:47	35
13	LINDA BROOKS	119	2:49:07	25

FEMALE 40 - 49		OV	TIME	FWTC PTS
1	DENISE CONNELLY	96	1:52:16	100
2	SUSAN PETERSON	102	1:53:52	85
3	SUSAN STEINEN	105	1:59:58	
4	MARY JO MCCLELLAND	110	2:11:30	

FEMALE 50 - 59		OV	TIME	FWTC PTS
1	BARB SCROGHAM	103	1:54:09	100

FEMALE 60 & OVER		OV	TIME	FWTC PTS
1	JOAN GARY	108	2:08:51	100
2	SHIRLEY PAUL	118	2:40:08	

"JUST HAVE FUN"		
PL	NAME	1-MILE
1	JENNA SHAFFER	7:30
2	TOMMY LUDWISKI	8:08
3	TJ MINEAR	8:39
4	BETSY MCBRIDE	8:49
5	BECKY MCBRIDE	8:50
6	JENNY LUDWISKI	11:13

"JUST HAVE FUN"		
PL	NAME	2M WALK
1	KATHIE STUCKO	24:28
2	SHARON BRUNER	24:45
3	VINCE GERBER	25:20
4	SUSAN GERBER	25:22
5	AMY TRAVIS	25:29
6	RON TRAVIS	28:07
7	STACI BOLLENBACHER	28:36
8	GINGER HOLMAN	28:36
9	JEANETTTE ROHLER	30:00
10	MAGGIE HUNTER	30:08
11	VIOLET VANDEVER	31:35



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# INTERNET RUNNING

by Mitch Harper

## TRACK CLUB NOW ON THE WEB

Fort Wayne Track Club is now on the World-Wide Web!

In early January, the Fort Wayne Runners' Page was created as a source for information about the Fort Wayne Track Club and about northeast Indiana races and other running events. The page has averaged approximately 11 "hits" per day since it was established. The Hoosier Marathon Page was launched on March 1, 1997, providing a printable on-line application as well as a course map and information on Fort Wayne area community activities and accommodations.

The sites may be found at:

Fort Wayne Runners' Page

<http://members.tripod.com/~FtWayneRUNNER/RUNindex.htm>

Hoosier Marathon site

<http://members.aol.com/vernc3/marathon.htm>.

Each site is linked to each other as well as numerous other Midwest sites.

One of my goals in developing the Fort Wayne Runners' Page was to ensure that all Indiana and regional sites were linked to each other. That goal has now been met; whether a runner accesses the Bloomington, Indianapolis, Toledo or the Fort Wayne road runners club homepage, he or she can easily use the page selected as a jumpsite to any of the other Midwest sites.

The Hoosier Marathon Page is your gateway to other marathon pages across North America. Vern Ceder and the marathon committee have done a great job in providing an attractive site.

In addition to numerous links, the Fort Wayne page provides an updated regional calendar, current Fort Wayne weather, and numerous race results. While on the page check out the Run the Planet feature on Fort Wayne and add your own running comments to the Italy-based site. Or jump to Running Amuck, a massive list of over 500 running related websites.

We would like to post all local and area road race results. Race directors who compile their results in computer format can provide the results to me in text format either on disk or by email to [FtWayneRUN@aol.com](mailto:FtWayneRUN@aol.com). Those results can then be uploaded to the results page on the website.

Three examples of new ways the pages are being used:

- \* Ward Moya was the first to upload results to his own web site, which were then easily linked to the Fort Wayne Runners' results page;
- \* Don Lindley reports receiving the first out-of-state Hoosier Marathon application generated from the internet;
- \* Former Fort Wayne resident and FWTC officer Don Ford has sent greetings by e-mail - he's keeping up with FWTC events on the web from his new home in Colorado.

## WEIGHT MANAGEMENT

### NUTRITIOUS "STEPS TO SUCCESS"

Eating balanced meals and snacks plus exercising regularly can help you take off excess fat weight comfortably and safely. These, together with other healthy living choices can help you be a better you!!

Are you tired of dieting? Then STOP!! Reach out for new healthful habits!!

One pound of fat is about 3500 calories!! To lose one pound of fat weight per week consider reducing calorie intake and increasing calorie output by about 500 calories per day. Week by week you will feel better and look better.

Here are some ideas that have helped others lose excess fat forever. Choose a few of these healthful hints for yourself. You can master weight management success.

#### HELPFUL HINTS:

1. Plan for 3 meals and 2 to 3 between meal snacks most days during the week using a variety of foods. "As we think so we will eat."
2. Relax before you start to eat. Take a few deep breaths, to calm your mind and body before you take the first bite.
3. Do not skip meals. Delayed or skipped meals can lead to ravenous hunger pains.
4. Shop after a meal or light snack, not on a empty stomach!! A growling stomach can trigger impulse buying.
5. When eating out, ask for food prepared "your way". For example like ask for butter, gravy, salad dressing, sour cream, or other fat toppings be put "on the side".
6. Enjoy meal time.

#### **LOOKING FOR A LONG TRAINING RUN?**

Join Runners at the Central YMCA every Saturday - 7 AM  
For more Details: Contact Jack Hilker, 432-2933

## CUT CALORIES WITH THESE TABLE TIPS:

1. Drop the doughnut!!  
1 glazed doughnut has about 235 calories and 13 grams fat.
2. Pass up the pop!!  
1- 12 ounce can of pop has about 150 calories and 0 grams fat.
3. Choose to drink less alcoholic drinks!!  
1- 12 can of beer has 150 calories. 4 ounces of wine has about 90 calories.
4. Cut down on the cookies!  
4 small sandwich type cookies have 195 calories and 8 grams of fat.
5. By pass the chips!!  
2 ounces of regular chips has 300 calories and 16 grams of fat.
6. Skip the candy bar!!  
1 ounce of milk chocolate has 150 calories and 10 grams of fat.
7. Have a sliver of pie!!  
1/6 of a pie has 400 calories 18 grams of fat.
8. Use fats sparingly!!  
1 tablespoon of butter, margarine, mayonnaise, oil, lard, and shortening has 100 calories and 11 grams of fat.
9. Manage meat portions!!  
2 ounces of meat has about 150 calories and 10 grams of fat.
10. Do not go nuts!!  
1/4 cup of nuts has about 210 calories and 18 grams fat.

## CALORIE CUTTING COMBINATIONS

IDEA #1:- 1 pop=	150 cal.	IDEA #2: - 1 doughnut=	210 cal.
- 2 T fat=	200 cal.	- 2 oz. chips=	300 cal.
- 1 oz.candy=	150 cal.		
TOTAL	=500 cal.	TOTAL	= 510 cal.

Be You Be Fit,

Judy Tillapaugh, R.D.

1/20/97

# Recipes

from *Skim the Fat*, The American Dietetic Association, 1995 (in bookstores nationwide)

## Main Dishes:

### VEGETABLE BEEF STIR-FRY

- 1 pound boneless top round steak, partially frozen
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon garlic, finely chopped
- 2 teaspoons sesame oil
- 1 red pepper, julienned
- 1 yellow pepper, julienned
- 1 carrot, julienned
- 1/2 pound snow peas
- 5 tablespoons water
- 4 1/2 cups brown rice, cooked (about 1 1/2 cups uncooked)

#### Sauce:

- 3/4 teaspoon cornstarch
- 2 tablespoons dry sherry
- 1 tablespoon honey

1. Slice meat across the grain and on the diagonal to make thin strips.
2. Pour soy sauce and garlic into a bowl; add meat strips and toss gently to coat. Set aside.
3. Heat the oil in a large wok or frying pan (use high heat for stir-frying) and add peppers and carrot. Stir a minute or two, and then add snow peas and water.
4. Cook for another 2 to 3 minutes, stirring occasionally until vegetables are tender but crisp.
5. Remove vegetables from wok and add meat and its liquid to wok. Cook for about 5 to 8 minutes, stirring frequently.
6. Return vegetables to wok.

7. Mix sauce ingredients together and add to wok; stir until sauce boils and thickens.

8. Serve over hot rice.

*6 servings, 3/4 cup rice and 1 cup stir-fry each  
335 calories per serving; 7.7 grams of fat;  
2.4 grams of saturated fat; 45 mg of cholesterol*

### CHICKEN CURRY

- 1/4 cup onion, chopped
- 2 cups tart apple, cored and chopped
- 1 tablespoon oil
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon ground ginger
- 1 teaspoon curry powder
- 1 cup skim milk
- 1 1/2 cups chicken, cooked and diced
- 1/4 cup raisins
- 2 cups brown rice, cooked (about 2/3 cup uncooked)

1. Cook onion and apple in oil until tender.
2. Stir in flour, salt, ginger, and curry powder. Add milk slowly, stirring constantly; cook until thickened.
3. Add chicken and raisins. Heat to serving temperature. Serve over rice.

*4 servings, about 2/3 cup curry and  
1/2 cup rice each  
330 calories per serving; 7.1 grams of fat;  
1.4 grams of saturated fat; 45 mg of cholesterol*

### PASTA PRIMAVERA

- 6 cups water
- 8 ounces thin spaghetti, broken into 2-inch lengths
- 2 tablespoons margarine
- 1 cup onion, cut into thin wedges
- 2 cups broccoli, cut into florets and stalks peeled and sliced
- 1 cup carrots, thinly sliced
- 1 cup zucchini, thinly sliced
- 1 cup yellow summer squash, diced
- 3/4 cup water
- 3/4 teaspoon chicken bouillon granules
- 6 tablespoons parsley, chopped
- 3 tablespoons lemon juice
- 1 1/2 teaspoons basil
- 1/4 teaspoon pepper
- 3 tablespoons grated Parmesan cheese

1. Bring water to a boil, add spaghetti, stir, and boil gently until tender, about 10 minutes. Meanwhile, prepare vegetables.
2. Heat margarine in large skillet. Add onion. Stir-fry about 1 minute.
3. Add vegetables. Stir. Add water and chicken bouillon. Stir. Cover and simmer about 6 minutes.
4. Add parsley, lemon juice, basil, and pepper. Stir and cook 1 minute.
5. Drain spaghetti and add to vegetables.
6. Sprinkle with parmesan cheese; toss to mix well.

*6 servings, 1 1/2 cup per serving  
222 calories; 5.5 grams of fat; 1 gram of  
saturated fat;  
2 milligrams cholesterol*

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

*By Jonathan Schlatter*

### **New Age Races**

About this time last year I hit the big four-o. It is the time when reality slaps you across the face and says, "Boy!, you can no longer pretend you are young, and you past you peak." In my younger days, inspite of finishing in the top 20% of races only five times, I took the racing aspect with deadly seriousness. My constant enemy during a race was a preset finishing time looming largely in my psyche. It pushed me to a suicide start, badgered me not to retreat during the middle, and would not allow me to just hang on but to be relentless untill the end. Yet around the age of 35 I began to notice a slow and steady but subtle change, the stopwatch began to betray me on workouts and finishing times that I used to shake my head at in disgust, I now embraced. I had been warned this was going to happen to me and I thought that I could handle it, yet when it came I was devastated and almost quit running. But it was not within me stop running and so I realized that a radical change in my motivation had to occur. Over the course of a few months it dawned on me that there were always those races that I had always wanted to run but was too obsessed with speed to bother with them. So I selected a list of races to train for and then do; yet they had to be within my time restraints and budget .

1. The Siberian Express, first Sat. in January, 7.6 miles, Danville, Ill., A short, but brutal trail run with an all weather attitude directed by the ever fun loving KKR club.
2. Run Around the Bay, third Sat. in March, 25k, Hamilton, Ont., Can., This is THE oldest road race in North America and no qualifying standard to keep me out.
3. Arts Fest River Run, second Sat. in May, 12k, Evansville, Ind., This race offers not just a boring t-shirt but a whole bunch of stuff that makes the registration fee a bargain.
4. Old Kent River Run, second Sat. in May, 25k, Grand Rapids, Mich., A great race held a week later than the Indy-mini, but with less people and a better managed course
5. Rhino Walk, second Sat. in June, 5k, Potter Park Zoo, Lansing, Mich., The why for this race is obvious to the observant; I would wear this race's t-shirt with pride.
6. The Crim Festival of Races, second Sat. in August, 10 miles, Flint, Mich., This is an opportunity to run with thousands of people in a nationaly ranked and known race.
7. The Blueberry Stomp, first Mon. in September, 15k, Plymouth, Ind., This highly recomended perennial regional race is one that I have wanted to run for years.
8. Mr. Z Man Run, third Sat. in September, 5k, Lawton, Mich., With a start/finish line four blocks from my brother's house, this race comes with free room and board.
9. The Zoy Run, first Sun. in November, 7+? miles, Ind., Dunes Natl. park, Many club newsletters that I read mention this as a fun race to run with gusto in dirty old shoes.
10. Any Ultramarathon, when it's warm but not hot, 50k(nothing more), anywhere that's flat and partially paved, Don Lindley is the only reason this is on the list, enough said.

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 1997 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.

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

- 11 FRI TAKE BACK THE NIGHT, 5K, 7 PM, GRAND RAPIDS, MICH,  
PATTY HAIST (616) 459-7062 EXT. 121
- 12 SAT VENCOR STAKES, 15K AND 2 MILE KID'S RUN, CHURCHHILL DOWNS,  
LOUISVILLE, KY, METRO PARKS TRACK CLUB, PO BOX 36452, LOUISVILLE,  
KY, 40233 (502) 456-8160
- 12 SAT RACE CHASE '97, 10K AND 5K, 8:00 AM, CENTER GROVE HIGH SCHOOL  
FOOTBALL STADIUM, GREENWOOD, IND., MARGEE STAMPER, 2911 S.  
MORGANTOWN RD., GREENWOOD, IND., 46143 (317) 881-0561 EXT. 200
- 12 SAT HEALTH KIDS DAY, NON-COMPETITIVE RACE AND FAMILY EVENTS, FT.  
BENJAMIN HARRISON YMCA, INDIANAPOLIS, IND., DIANE PARKER,  
(317) 266-9622
- 12 SAT BADGERLAND STRIDERS SOUTHSORE HALF-MARATHON, MILWAUKEE, WIS  
KRISTINE HINRICHS, 1425 N. CASS, APT. 103, MILWAUKEE, WIS., 53202  
(414) 291-0368
- 13 SUN(R) GOVERNOR'S CUP SERIES, 8K R/W, MOUNDS STATE PARK, ANDERSON, IND.,  
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254  
(317) 328-1632
- 13 SUN MIAMI UNIVERSITY RED BRICK RUN 5K, 1:00 PM, MIAMI UNIVERSITY, OXFORD,  
OHIO, DOUG CURRY (513) 529-6868
- 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(L) NORTHSIDE RELAYS, ALUMNI MILE, 11:00 AM, OPEN TO ANYONE WHO HAS  
EVER PARTICIPATED IN THE NOTHSIDE RELAYS, DALE DOERFFLER 425-7535
- 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 RACE FOR THE CURE, 5K AND 10K, 8 AM, MILITARY PARK, INDIANAPOLIS, IND.,  
DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND.,  
46254 (317) 328-1632
- 19 SAT(RP) 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(R) 18TH ANNUAL NOBLESVILLE SUNRISERS KIWANIS SPRING RUN, 15K AND 2  
MILE FUN RUN, NOBLESVILLE HIGH SCHOOL, NOBLESVILLE, IND.,  
JIM SHONKWILER (317) 773-1087
- 19 SAT(R)\*RACCOON RUN, 4MILE & 1 MILE, 9:15 AM(OHIO TIME), RIVER BEND  
RECREATION AREA, FINDLAY, OHIO (419) 425-7275
- 19 SAT ARBOR DASH, 5K R/W AND 1K FUN RUN, 10:00 AM, BATTLE CREEK, MICH.,  
SANDY MORGAN, LEILA ARBORETUM SOCIETY, 928 W. MICHAGAN AVE.,  
BATTLE CREEK, MICH., 49017 (616) 969-0270
- 19 SAT(R) MIRACLE ACRES 5K, 8:30 AM, ELKHART BAPTIST SCHOOL, ELKHART, IND.,  
PETER CASALETTO, 2626 PRAIRIE AVE., ELKHART, IND., 46517 (219) 533-0754
- 19 SAT SWAMP STOMP, 9:30 AM, HAWTHORN PARL TERRE HAUTE, IND., LARRY  
POOLE, 7826 E. ROSEHILL AVE., TERRE HAUTE, IND., 47805 (812) 466-9345
- 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

- 26 SAT(R) DOOR TO DOOR RUN, 10K AND 5K RUN/5K WALK, 9:30 AM, SCIPPIO 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 (L)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
- 26 SAT 1997 BORGESS RUN FOR THE HEALTH OF IT, 5K, 10K, AND 15K, 7:30 AM, KALAMAZOO, MICH., BORGESS MEDICAL CENTER, 1521 GULL ROAD, KALAMAZOO, MICH., 49001-1640, RICHARD WILCOX (616) 226-8067KL
- 26 SAT \*SPRING FLING FOUR MILER, 10:00 AM(OHIO TIME), OSU/LTC CAMPUS, LIMA, OHIO (419) 634-6985
- 26 SAT SPRING PRINT 5000M, BROWN COUNTY HIGH SCHOOL, NASHVILLE, IND., DAWN JONES, PO BOX 299, NASHVILLE, IND., 47448 (812) 988-9926
- 26 SAT 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, CARNEL, 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
- 03 SAT(LP)FWTC ONE MILE CHAMPIOSHIP, 6:30 PM, FOSTER PARK, FT. WAYNE, IND., BRIAN SHEPHERD, 850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 03 SAT(R) RUN/WALK FOR LIFE, 4 MILES, 10:00 AM, HIGHLAND, IND., GAIL PEMENT (219) 756-5360
- 03 SAT 35TH YMCA BELLE ISLAND, 5K /10K, DETROIT, MICH., THEO HOWARD, 2020 WITHERELL, DETROIT, MICH., 48226 (313) 962-6126
- 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 WORTHINGTON CLASSIC. 9:30. THOMAS WOTHINGTON HIGH SCHOOL,  
COLUMBUS, OHIO, PO BOX 21264, COLUMBUS, OHIO, 43221
- 04 SUN SPRING FLING MARATHON AND 6 HOUR RUN, VANDALIA, OHIO, DENNY  
FRYMAN, 7581GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 10 SAT ARTS FEST RIVER RUN 12 K, EVANSVILLE, IND.,  
PAT SHOULDERS, (812) 424-7575
- 10 SAT \*CHILDREN'S MIRACLE NETWORK, 5K R/W, 9:00 AM, RIVERSIDE PARK,  
FINDLAY, OHIO, FINDLAY STRIDERS, PO BOX 1333, FINDLAY, OHIO, 45840  
CHERYL DOYLE (419) 424-3004 OR DAN HOTTINGER (419) 423-9488
- 10 SAT (R) COVERED BRIDGE, 5K, 8:30 AM, HOBERT, IND.,  
MARLENA LAGINA (219) 947-6980
- 10 SAT WHITEHOUSE OHIO 10K, WHITEHOUSE, OHIO  
ANGIE KUHN (419) 877-0296
- 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(R) MOTHER'S DAY RUN, 5 MILE X-COUNTRY RUN AND I MILE FUN RUN, 1 PM,  
KENDALVILLE, IND., RICK FREY, KENDALLVILLE YOUTH CENTER, 211 IDDINGS  
ST., PO BOX 516, KENDALLVILLE, IND., 46755 (219) 347-1064
- 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) GALLERY GALLOP, 10K, 6:30 PM, MILLER, IND.,  
J. EBERT DAVIS (219) 938-4566
- 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 2ND ANNUAL SLIPPERY ELM TRAIL 5K, 9:30 AM, WOOD COUNTY PARK  
DISTRICT, BRYAN CAVINS (419) 353-1897

- 17 SAT 3RD ANNUAL MORGAN-MONROE STATE FOREST "RUN WITH THE FOXES" MINI-MARATHON AND 5K R/W, CHERRY LAKE SHELTER, MORGAN-MONROE STATE FOREST, SUSAN MITTENTHAL (317) 349-0204
- 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
- 17 SAT TERRE HAUTE TRIATHLON (1K SWIM/40K BIKE/8K RUN), 7:30 AM, TERRE HAUTE, IND., KAREN KYPHAL, RACE DIRECTOR, UNOIN HOSPITAL, 1606 N. 7TH ST., TERRE HAUTE, IND., 47804 (812) 238-7311
- 17 SAT FOSTER BROOKS 5K, HURSTBOURNE, LOUISVILLE, KY, METRO PARKS TRACK CLUB, PO BOX 36452, LOUISVILLE, KY., 40233 (502) 456-8160
- 17 SAT UTICA RUN, 5K / 1 MILE, UTICA, MICH., LEE WOLKEN, 46076 STERRITT, UTICA, MICH., 48317 (810) 731-8310
- 18 SUN SPRING FEVER 5K, 13:30 PM, HENRY COUNTY HOSPITAL, NAPOLEON, OHIO (419) 592-4015
- 18 SUN ROCK ISLAND GAMBLERS 5K RUN/WALK, 8:00 AM, ROCK ISLAND, IOWA, JERRY TUTSKEY, (309) 788-PARK
- 18 SUN 86TH EXAMINER BAY TO BREAKERS, 12K, 8 AM, SAN FRANCISCO, CAL., (415, 408, 510) 808-5000, EXT. 2222
- 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
- 24 SAT CARMEL CLASSIC 15K RUN AND 5K WALK, 7:30 AM, CLAY JR. HIGH SCHOOL, CARMEL, IND., RUNNER'S FORM (317) 844-1558
- 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
- 26 MON CAMPBELL'S MEMORIAL DAY 5K RACE, 10:00 AM, T.P.A. PARK, FRANKFORT IND., RICHARD CAMPBELL, 203 ALHAMBRA AVE., FRANKFORT, IND., 46041 (317) 654-9463
- 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

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

- 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(LP)CANAL DAYS 10K AND 5K, 7:00 AM, SUMMIT AND ANN ST., NEW HAVEN, IND.,  
TOM GRAFT, 8088 SEILER RD., FT WAYNE, IND., 46806 (219) 749-0982
- 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(R) YMCA STRAWBERRY FESTIVAL 5K, LAFAYETTE, IND., WALBASH RIVER  
RUNNERS CLUB, PO BOX 2493, WEST LAFAYETTE, IND., 47906
- 07 SAT(R) KOPPER KLOPPER, 10K, 8:00 AM, HOBART, IND.,  
CAROLYN MEYERS (219) 947-2802
- 07 SAT(R) HAYNES APPERSON FESTIVAL 4 MILE, KOKOMO HIGH SCHOOL DOWNTOWN  
CAMPUS, CLUB KOKOMO, 611 S. WEBSTER, KOKOMO, IND., 46901
- 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
- 07 SAT CEREAL FESTIVAL-COMERICA CLASSIC, 10K/5K, 8 AM, BATTLE CREEK, MICH.,  
OBATTLE CREEK ROAD RUNNERS, PO BOX 2235, BATTLE CREEK, MICH.,  
49016-2235 (616) 966-5009
- 07 SAT MACKINAC ISLAND LILAC FESTIVAL 10K, 9:30 AM, MACKINAC ISLAND SCHOOL,  
RIVERBEND STRIDERS, PO BOX 233, FLUSHING, MICH., 48433 (810) 659-6493
- 08 SUN(R)YMCA TRIATHLON(1/4 MILE SWIM, 13 MILE BIKE, 5K RUN), LAFAYETTE, IND.,  
WABASH RIVER RUNNERS CLUB, PO BOX 2493, WEST LAFAYETTE, IND., 47906
- 08 SUN COLUMBUS 10K, COLUMBUS, OHIO, MATT MCGOWAN, PO BOX 238,  
GRANDVILLE, OHIO, 43023 (614) 587-03767
- 10 TUE(R) RUN FOR THE KIDS, 5K AND 1 MILE, 6:45 PM, WEST NOBLE ELEMENTARY  
SCHOOL, LIGONIER, IND., BRIAN SHEPHERD (219) 894-4638
- 14 SAT(LP)\*FORT WAYNE HOOSER MARATHON, 6:30 AM, FOSTER PARK, FT. WAYNE, IND  
FWTC, PO BOX 11703, FT. WAYNE. 46860 BOB HOCKENSMITH (219) 749-1237

- 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(R) HEBRON KANKAKEE CLASSIC, 10K, HEBRON, IND .  
MICHAEL HAUGHEE (219) 924-0080
- 14 SAT(R)\*NORRIS INS. 5 MILER, 8 AM, EASTERN ELEMENTARY SCHOOL, GREENTOWN IND., NORRIS INSURANCE, BOX 157, AMBOY, IND., 46911 (745) 395-7730
- 14 SAT(R) HOG JOG 10K, 8 AM, FLORA PARK, FLORA, IND., DALE OREM,  
PO BOX 131, FLORA, IND , 46929 (219) 967-3096
- 14 SAT LUDINGTON LAKESIDE HALF-MARATHON AND 5K, LUDINGTON, MICH.,  
SCOTT SITLER, 921 E. TINKHAM AVE., LUDINGTON, MI, 49431 (616) 845-6313
- 14 SAT RHINO WALK, 5K, 9:00 AM, POTTER PARK ZOO, LANSING, MICH.,  
JERRY BRADY (517) 483-4221
- 21 SAT BUZZARD'S ROOST 10K, HAMILTON HIEGHTS MIDDLE SCHOOL, ARCADIA, IND.  
EVAN ACHENBACH, 27435 CROOKED CREEK RD . ATLANTA, IND., 46031  
(317) 984-3019
- 21 SAT FAST FLASH 5K R/W, 8:00 AM, FRANKLIN CENTRAL HIGH SCHOOL,  
ERIC KELLISON (317) 594-0740 OR KEN SWANK (317) 862-2786
- 21 SAT(R) MERMAID FESTIVAL 5K AND 1 MILE, 8:00 AM, PILCHER'S SHOE BUILDING,  
NORTH WEBSTER, IND., bRIAN SHEPHERD (219) 894-4638
- 21 SAT GRANDMA'S MARATHON, 7:30 AM, DULUTH, MINN., GRANDMA'S MARATHON  
PO BOX 16234, DULUTH, MINN , 55816 (218) 727-0947
- 21 SAT ROSE FESTIVAL 10K AND 5K, PLUS 2 MILE FUN RUN/ KIDDIE RUN, RICHMOND,  
IND., RICHMOND PARKS DEPARTMENT (317) 983-7275
- 21 SAT MOHICAN TRAIL 100 MILE, LOUDONVILLE, OHIO, JOE JURCZYK, CLEVELAND  
WEST ROAD RUNNERS, 6644 WESTVEIW DRIVE, BRECKVILLE, OHIO, 44141  
(216) 546-0115
- 21 SAT (R) RIVER CITY TRIATHLON (500M SWIM/14 MILE BIKE/5K RUN), 8:00 AM, FRANCE  
PARK, LOGANSPOET, IND., PAUL VERSNICK, CASS COUNTY YMCA, 905 E.  
BROADWAY, LOGANSPOET, IND., 46947 (219) 753-5141
- 21 SAT LUDINGTON LAKESTRIDE, 1/2 MARATHON AND 5K, LUDINGTON, MICH.,  
LUDINGTON CHAMBER, 5827 W. US-10, LUDINGTON, MICH. 48431(800) 542-4600
- 22 SUN PARK OF ROSES MARATHON, COLUMBUS, OHIO, DENNY FRYMAN, 7581  
GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 27 FRI(RP) OLD SETLER'S DAY, 4 MILE, 6:30 PM, FIRST CHURCH OF GOD, COLUMBIA  
CITY, IND., BRIAN SHEPHERD ((219) 894-4638

- 27 FRI (R) RUN IN THE MID YEAR '97, 4 MILES, 7:00 PM, WEST LAFAYETTE, IND.,  
MICHAEL J. WOODWORTH (317) 449-1415
- 28 SAT(R) CITY OF LAKES BALLONFEST TRIATHLON( 25 MILE SWIM/13.5 MILE BIKE/3  
MILE RUN), 8:00 AM, WINONA LAKE PARK, WARSAW, IND , PHIL EHERENMAN,  
8 FAIRLANE DR., WARSAW, IND., 46580 (219) 267-3992 OR (800) 800-6090
- 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 MILE 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
- 29 SUN PICTURE ROCKS RUN, 11 MILE AND 5 MILE, MUNISING, MICH., SUPERIOR  
ACCESS, PO BOX 16, CHATHAM, MICH , 49816 (906) 439-5919

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

- 04 FRI(LP) RUNNING WILD 4 MILE RUN, FT WAYNE ZOO, 7:30 AM, KAREN LEMIRE,  
3411 SHERMAN BLVD., FT. WAYNE, IND., 46808 (219) 427-6800
- 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
- 04 FRI (R) THE BRICKYARD RUN, 5 MILES, 7:30 AM, HOBART, IND.,  
GAIL PEMENT (219) 756-5360
- 04 FRI (R) JULY 4TH 5K R/W, 7:30 AM, HERITAGE PARK, COLDWATER, MICH., PAT  
MORRILL., 105 PIERSON ST . COLDWATER MICH . 49036 (517) 278-2444
- 04 FRI FOUR ON THE FOURTH, 4 MILE R/W, 9:00 AM, CARMEL HIGH SCHOOL,  
CARMEL, IND . RUNNER'S FORM (317) 844-1558
- 05 SAT(R) FLOTILLA DAYS 8 MILE AND 3.3 MILE, 8 AM, LAKESIDE PARK, SYRACUSE, IND.,  
BRIAN SHEPHERD, 850 E MORTON ST., LIGONIER, IND., 46767 (219) 894-4638
- 05 SAT MANISTEE NATIONAL FOREST, 10K/5K AND 1 MILE, RON GARDIN, 390 RIVER,  
MANISTEE, MICH , 49660 (616) 723-3080
- 05 SAT(R) HAYNES-APPERSON FESTIVAL 4 MILE RUN, 8 AM, KOKOMO H.S. MEMORIAL  
GYMNASIUM, KOKOMO, IND.,
- 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(LP)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
- 12 SAT 3RD ANNUAL SWAN CREEK CRAWL, 50K TRAIL RUN, 7 AM, ALLEGEN, MICH.,  
PAUL GRESHAW 767-84TH ST S W BYRON CENTER MI, 49315 (616) 878-3242
- 13 SUN SAN FRANCISCO MARATHON, SAN FRANCISCO CALIF., SAN FRANCISCO  
MARATHON, PO BOX 77148, SAN FRANCISCO CALIF. 94107 (800) 722-3466
- 16 WED(R)FRIENDSHIP RACES, 5K 6:30 AM, HAMMOND, IND.,  
JOE MIS (219) 931-6587
- 17 THUR RUN FOR YOUTH 5K WALK AND 8K RUN, 8 AM, EAGLE CREEK PARK BEACH,  
INDIANAPOLIS, IND., PATTY CUSHINGBERRY, 2451 N. KEYSTONE AVE.,  
INDIANAPOLIS, IND., 46218 (317) 924-7490
- 19 SAT (L) INDIANA VOLKSSPORT WALK, LAWTON PARK, FORT WAYNE, IND.,  
ED MASLOOB, THREE RIVERS STROLLERS (219) 432-9370
- 19 SAT TACO TROT 5K 6:30 PM, DAVENPORT, IOWA,  
RUNNING WILD (319) 323-7025
- 19 SAT RIVERFRONT FAMILY RUN, 10K/5K, 9 AM, BATTLE CREEK, MICH., SUZI ADAMS,  
FAMILY Y-CENTER, 182 CAPITAL AVE. N E BATTLE CREEK, MICH., 49017  
(616) 962-7551
- 19 SAT(R) IRON HORSE FESTIVAL 4 MILE R/W, 8 AM, CASS COUNTY YMCA,  
LOGANSPORT, IND., (MORE INFO TO FOLLOW)
- 19 SAT HUDSON BOOSTER 5K X-COUNTRY, 8:30 AM, HUDSON, MICH., RONALD  
CARPENTER, 7857 DILLION HWY., HUDSON, MICH., 49247 (517) 448-8086
- 26 SAT(RP)CANCER SOCIETY 5K AND 1 MILE 8 AM, WAWASEE MIDDLE SCHOOL,  
SYRACUSE, IND. BRIAN SHEPHERD (219) 894-4638
- 26 SAT(R) "TOM KESSLER MEMORIAL" CANNONBALL RACE, 5 MILES, 8 AM, HONEYWELL  
CENTER, WABASH, IND., BRAD PERROTT, PO BOX 262, 275 W MARKET,  
WABASH, IND., 46992 (219) 563-1917
- 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 MATEA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 26 SAT TUURI 10,000, 10K/5K, 7:30 AM, FLINT, MICH., HURLEY FOUNDATION,  
1 HURLEY PLAZZA, FLINT, MICH., 48503 (810) 257-9930

26 SAT BIX 7 ROAD RACE, 7 MILES, DAVENPORT, IOWA  
CORNBELT RUNNING CLUB (302) 326-1942

28 MON FAST FLASH 5K RUN AND WALK, FRANKLIN CENTRAL HIGH SCHOOL,  
INDIANAPOLIS, IND. KEN SWANK (317) 862-2786

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

02 SAT(LP) HARLAN DAYS 10K, 7:00 AM, TOWN PARK, HARLAN, IND.,  
T.A. BUNNER, PO BOX 255, HARLAN, IND. 46743 (219) 657-5167

02 SAT(R) GOVERNER'S CUP SERIES, 8K RUN AND 5K WALK, POTATO CREEK STATE  
PARK, LIBERTY, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE  
CT., INDIANAPOLIS, IND., 46254 (317) 328-1632

02 SAT(R) COLDWATER MICH. MINI-IRONMAN TRIATHLON(300 YD /6 MILE BIKE/3 MILE  
RUN), COLDWATER LAKE MARINA, 1872 LAKE DR. COLDWATER, MICH.,  
49036, KARON BURDETTE (517) 278-5994 OR BARB MOSHER (517) 278-2601

02 SAT(R) \*NORRIS INS. 5K, 8:00 AM, FIRST FARMERS BANK & TRUST, CONVERSE, IND.  
NORRIS INS., BOX 157, AMBOY, IND., 46911 (765) 365-7730

02 SAT(R) RUN FOR SHELTER, 5K, 8:00 AM, VALPARAISO, IND.,  
KATHIE BABCOKE (219) 531-2382

02 SAT ST. IGNATIUS 5K, OREGON, OHIO  
TONY ROMANO (419) 683-5322

03 SUN SUMMER SPREE MARATHON AND 6 HOUR RUN, VANDALIA, OHIO, DENNY  
FRYMAN, 7851 GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015

03 SUN SUMMER BIATHLON, 5K RUN WITH TWO SHOOTING STOPS, 8:00 AM, EAGLE  
CREEK PISTOL RANGE, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS,  
4314 MATREA MORE CT. INDIANAPOLIS, IND. 46254 (317) 328-1632

08 FRI PEMBERVILLE 5 MILER, PEMBERVILLE, OHIO  
MITCH FREEMAN (419) 287-3889

09 SAT(R) ONION DAYS 5K, 8:00 AM, TOWN PARK, WOLF LAKE, IND., BRIAN SHEPHERD,  
850 E. MORTON ST., LIGONIER, IND., 46767 (219) 894-4638

09 SAT WABASH VALLEY CLASSIC, 5K R/W/ROLLERBLADE 7:30 AM, WABASH AND  
FRUITBRIDGE, TERRE HAUTE, IND., CHRIS DAVIES, 1606 N 7TH ST., TERRE  
HAUTE, IND., 47804 (812) 238-7311

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

The Inside Track would like to hear from FWTC Members. Fill out this profile form and return it to Joyce Hockensmith (805 Three Rivers East, FW, 46802)

### 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} \_\_\_\_\_

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

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

01 MON LABOR DAY RUN 5K TIMED HANDICAPPED 9 AM HILLSDALE, MICH  
MARK REYNOLDS, 43 MCCOLLUM, HILLSDALE, MICH. 49242 (517) 437-3579

06 SAT(RP) 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 CHMPSPHS 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

13 SAT(R) THE HOME TOWN RUN, 5K, 9:00 AM, GRIFFITH, IND.  
DAN GOVERT (219) 924-7904

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(R) COLE PORTER FESTIVAL 15K/5K, 2 PM, CIRCUS BLDG., PERU, IND.,  
(MORE INFO TO FOLLOW)

14 SUN FALL FANTASY MARATHON AND 6 HOUR RUN, VANDALIA, OHIO, DENNY  
FRYMAN, 7851 GLENHURST 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

20 SAT(R) DEEP RIVER RUN, 5K, 8:30 AM, HOBERT, IND.  
DALE POLOMCHAK (219) 942-2183

20 SAT BARS HOPPIN', 8K, 8:30 AM, BRIGHTON, MICH., SUSAN BROWN,  
PO BOX 1141, BRIGHTON, MICH. 48116 (810) 486-1824

20 SAT 6TH ANNUAL Z-MAN 5K R/W, LAWTON, MICH.,  
RON CORNISH (616) 624-6434

20 SAT THE GREAT CARRP RUN 5K, CREDIT ISLAND PARK, DAVENPORT, IOWA  
RUNNING WILD (319) 323-7025

21 SUN TOLEDO CLASSIC, 10K, TOLEDO, OHIO  
PETE BUEHLER (419) 472-0164

27 SAT (R) SOUTH WHITLEY CELEBRATION DAYS 5K, 8 AM, SOUTH WHITLEY, IND.,  
GINNY GABLE, 7745 W SR14, SOUTH WHITLEY, IND. 46787 (219) 723-6773

27 SAT(R) HOSPITAL HUSTLE, 5K, 9:00 AM, MERRILLVILLE, IND.  
MARK SAVAGE (219) 738-3500

27 SAT HACKLEY HEALTH TRAIL RUN, 5K, MUSKEGON STATE PARK,  
DEREK BAILEY (616) 728-4820

27 SAT(R) KOKOMO SYMPHONY 5K R/W, 8 AM, HIGHLAND PARK, KOKOMO, IND.,  
(MORE INFO TO FOLLOW)

27 SAT PEAK PERFORMANCE RUN AND WALK, 20K AND 4 MILE RUN, 4 MILE WALK,  
INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES, N. NEW JERSEY ST.,  
INDIANAPOLIS, IND., 46204 (317) 632-8812

28 SUN FOX CITIES MARATHON, NEENAH, WIS. FOX CITIES MARATHON, PO BOX  
1487, APPLETON, WIS. 54913 (414) 954-6790

28 SUN TUXEDO BROTHERS DUATHLON (5K RUN, 3K BIKE, 5K RUN), 8:30 AM, EAGLE  
CREEK PARK, INDIANAPOLIS, IND. DON CARR, TUXEDO BROTHERS, 4314  
MATREA MORE CT, INDIANAPOLIS, IND. 46254 (317) 328-1632

28 SUN PORTLAND MARATHON, PORTLAND, OREG. LES SMITH, PO BOX 4040,  
BEAVERTON, OREG. 97076 (503) 226-1111

28 SUN WILD, WILD WILDERNESS 7.6 MILE RUN, DANVILLE, ILL., KENKUK ROAD  
RUNNERS, PO BOX 1701, DANVILLE, ILL. 61834 (217) 733-2403, (217) 431-4243

-----OCTOBER 1997-----

04 SAT(R) \*BUNKER HILL 4 MILER, 8:00 AM, 200 W 650 S (1 MILE NORTH OF BUNKER HILL,  
IND.), NORRIS INSURANCE, BOX 157, AMBOY, IND. 46911 (765) 365-7730

04 SAT EMILY'S SCHOLARSHIP RUN AND WALK, 5K, 9:00 AM, ORCHARD COUNTY DAY  
SCHOOL, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA  
MORE CT, INDIANAPOLIS, IND. 46254 (317) 328-2887

05 SUN CAL CITY MINI-MARATHON, 13.1 MILES, 8:30 AM, CALUMET CITY, ILL.,  
CMPD (708) 747-7373

05 SUN TWIN CITIES MARATHON, ST. PAUL, MINN. TWIN CITIES MARATHON, 708 N.  
FIRST ST., STE. CR-33, MINNEAPOLIS, MINN. 55401 (612) 673-0778

05 SUN 18TH ANNUAL MICHIGAN BIG TEN RUN, 10 MILE/10K, 8 AM ANN ARBOR, MICH.,  
AMERICAN LUNG ASSOC. RACHEL F. STONE (313) 973-6730

11 SAT(R) RUN/WALK FOR CHILDREN, X-COUNTRY 5 MILES, 10:00 AM, VALPARAISO, IND.,  
CLARK GLOYESKE (219) 853-4124

- 11 SAT INDIANAPOLIS MARATHON, LAURENCE, IND. JOEL SAUER, PO BOX 36214,  
INDIANAPOLIS, IND., 46236 (317) 826-1670
- 12 SUN JCC BAGEL 10K AND 1 MILE FUN RUN SYLVANIA OHIO  
NANCY(?) (419) 885-4485
- 12 SUN TOE TO TOW TRAIL MARATHON, NORTH CUYAHOGA VALLEY, OHIO, MICHELE  
ANGERMEIER 5525 WARRENSVILLE CENTER RD MAPLE HEIGHTS, OHIO  
44137 (216) 663-2282
- 12 SUN CAPITAL CITY RIVER RUN, 10 MILW/5K, 2 PM, LANSING, MICH. DICK MILES,  
1990 WINCHESTER DR EAST LANSING, MICH. 48823 (517) 332-2681
- 18 SAT MONSTER MASH DASH, 5K R/W, 5:00 PM, EAGLE CREEK PARK, INDIANAPOLIS,  
IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT, INDIANAPOLIS,  
IND., 46254 (317) 328-1632
- 19 SUN CHICAGO MARATHON CHICAGO, ILL. CHICAGO MARATHON, PO BOX 10597  
CHICAGO, ILL., 60610 (312) 243-0003 OR (888) 234-3344
- 19 SUN DETROIT FREE PRESS MARATHON, DETROIT, MICH. DETROIT FREE PRESS  
MARATHON, 300 STROH RIVER PL. STE. 4000, DETROIT, MICH. 48207  
(313) 393-7749
- 25 SAT(R)OMNI 41 PUMPKIN PRANCE, 5K, 10:00 AM, SCHERERVILLE, IND.,  
DARCIE (219) 865-6969
- 25 SAT 3RD ANNUAL KNOBSTONE TRAIL MINI-MARATHON/5K R/W, 9:00 AM, MORGAN-  
MONROE STATE FOREST, SUZANNE MITTENTHAL (317) 349-0204
- 25 SAT PLEASANT RUN RUN 5 MILE RUN AND 3 MILE WALK, 10:00 AM, HISTORIC  
IRVINGTON, INDIANAPOLIS, IND. DON CARR, TUXEDO BROTHERS, 4314  
MATREA MORE CT INDIANAPOLIS, IND. 46254 (317) 328-1632
- 26 SUN MARINE CORPS MARATHON WASHINGTON D.C. MARINE CORPS MARATHON  
PO BOX 188, QUANTICO, VA. 22134 (703) 784-2225 OR (800) 786-9762

-----NOVEMBER 1997-----

- 02 SUN LEPRECHAUN MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581  
GLENHURST DR DAYTON OHIO, 45414 (937) 898-7015
- 02 SUN HALF CRAZY RACES 1/2 MARATHON AND 5K, 1 PM, VASSER, MICH., DOUGLAS  
GARNER 7933 W. SINILAC RD., VASSER, MICH. 48768 (517) 823-3832
- 02 SUN NEW YORK MARATHON, NEW YORK, NY, MARATHON ENTRIES, PO BOX 1388  
G P O., NEW YORK, NY 10116 (212) 423-2249
- 08 SAT OUTBACK SCRAMBLE, WACKY 5 MILE CROSS-COUNTRY RUN, EAGLE'S CREST  
INDIANAPOLIS, IND. DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT  
INDIANAPOLIS, IND. 46254 (317) 328-1632

- 08 SAT HOFFMASTER TRAIL RUN, 4.5 MILES, 10 AM, NORTON SHORES, MICH., DAVID PAULSEN, 2081 HILLSIDE. NORTON SHORES. MICH. 49441 (616) 780-1399
- 09 SUN(R) THE FALL FROLIC, 4 MILES, 9:30 AM, HAMMOND, IND., JIM AGELOPOULUS (219) 845-1977
- 09 SUN COLUMBUS MARATHON, COLUMBUS, OHIO, COLUMBUS MARATHON, PO BOX 26806, COLUMBUS, OHIO 43226 (614) 652-2521
- 23 SUN RANDY'S 10 MILE RUN AND 5K RUN/WALK, PERRYSBURG, OHIO BRUCE BEVERAGE (419) 865-4131
- 27 THUR EASTSIDE TRACK CLUB THANKSGIVING DAY TURKEY TROT 5K, OREGON, OHIO, DAN REARDON (419) 693-4058
- 30 SUN(L) JINGLE BELL RUN THROUGH THE FANTASY OF LIGHTS, 5K R/W, 4:30 PM, FRANKE PARK PAVILION, FT WAYNE, IND. SALLY RANG (219) 744-6145

-----DECEMBER 1997-----

- 06 SAT(LP) JUST PLAIN 10K, 2 PM, FOSTER PARK, FT WAYNE, IND., J.P. JONES. (219) 745-7339 ENTRY FEE IS A GIFT WRAPPED T-SHIRT
- 06 SAT JINGLE BELL RUN FOR ARTHRITIS, 5K R/W, NATIONAL INST. FITNESS AND SPORT, INDIANAPOLIS, IND. DON CARR, TUXEDO BROTHERS. 4314 MATREA MORE CT., INDIANAPOLIS, IND. 46254 (317) 328-1632
- 06 SAT KENTUCKY MARATHON, LOUISVILLE, KY. STU MCCOMBS, 7004 BEACHLAND BEACH, PROSPECT, KY 40059 (502) 228-1133
- 07 SUN JINGLE BELL RUN FOR ARTHRITIS, 5K R/W, ANN ARBOR, MICH., RITA COMBEST (313) 572-3224
- 07 SUN MEMPHIS MARATHON, MEMPHIS, TENN. KIM CHERRY, FIRST TENNESSE MEMPHIS MARATHON, PO BOX 84, MEMPHIS, TENN., 38101 (901) 523-4726
- 13 SAT ROCKET CITY MARATHON HUNTSVILLE ALA. MALCOLM GILLIS, 1001 OPP REYNOLDS RD. TONEY, ALA. 35773 (205) 828-6207
- 13 SAT JINGLE BELL RUN, 5K R/W, 9 AM, BATTLE CREEK, MICH., ARTHRIRIS FOUNDATION, KATHLEEN HAUSKNECHT (616) 349-2770
- 14 SUN BALLY'S INDOOR MARATHON, TOLEDO, OHIO TOM FALVEY (419) 475-0731
- 20 SAT 25TH HOLIDAY 5K R/W, 10 AM BAY CITY MICH. TED DAVENPORT (517) 893-1093 OR JOHN METEVIA (517) 832-2267
- 27 SAT (R) HUNTINGTON UTRA FIFTY/FIFTY(HUFF), 50 MILE/50K TRAIL RUN, 7:30 AM, HUNTINGTON RESEVOIR IND. MITCH HARPER (219) 456-1381

# Coming Events...

## NORTHSIDE RELAYS

Saturday, April 19 Alumni Mile  
Open to anyone who has ever participated  
in Northside Relays

## FWTC One Mile Championship

Saturday, May 3 6:30 PM  
Foster Park, Fort Wayne, Indiana \*\*\*\*\*Points Race\*\*\*\*\*

## CANAL DAYS 5K & 10K

Saturday, June 7 7 AM  
New Haven, Indiana \*\*\*\*\* Points Race \*\*\*\*\*

## FWTC MEETINGS

Wednesday, April 9, 7:00 PM, Run, 6:00  
Wednesday, May 14, 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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