

the inside track

June 1997 - July 1997

A PUBLICATION OF THE FORT WAYNE TRACK CLUB

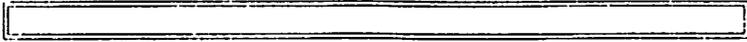


Running in June!

Road Race Application 6-pack . . . Centerfold

1997 FWTC OFFICER ROSTER

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<i>Secretary</i>	Jonathan Schlatter	(219)456-3331
<i>Treasurer</i>	Don Lindley	(219)432-5998



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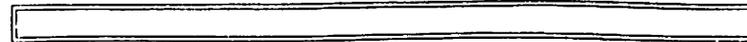
RRCA Liaison

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Legal Advisor

Board Members

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



After "retiring" from coaching following the 1991 cross country season at Concordia, I remained active in track and cross country as an official and/or announcer at several area, state-wide, and national events. Then, after the 1993 Track season, Bob Trammel resigned his position as Head Boys' Track Coach at Northrop, a position he had held since my own resignation from that position after the 1982 season. This position was immediately offered to me, but I initially turned it down. I thought retirement was fitting me like a glove! After some long, prayerful thought, and a kind of inspirational moment while returning from being a spectator at the 1993 semi-state cross country meet, I changed my mind and took this position once again. Just as soon as I made this decision, I knew that it was the right thing to do! After a couple of tough seasons trying to get my philosophy re-established, I am thoroughly enjoying the role of head track coach as much or more than ever.

After the 1994 cross country season, Fred Blanks resigned his position as head boys' cross country coach at Northrop. With little or no hesitation, I once again took over the reigns of the Northrop boys' cross country program. I firmly believe that I am doing what I was meant to do, and I am truly blessed by being able to be "working" in an area that I enjoy so very much!

During all of these years of coaching at Northrop, IPFW, and Concordia, and now back at Northrop again, Forest Gump (that's me!) continued to enjoy distance running on practically a daily basis. Most area road races will find me as a participant, partly because of the sheer enjoyment of participation, partly because it helps to motivate my athletes, but mostly because it makes me feel great about myself. Although as explained earlier I am only an average runner, I consider it a privilege to have the opportunity and health to be involved in this way.

In the very first year of the Three Rivers Festival Marathon (1982?), I decided to take on the challenge of completing a marathon (ME, THE SPINTER!). My finishing time was 3:28, even though it took me over an hour to finish the last 6 miles. What a feeling of exhilaration and accomplishment it was to finish this test! I ran in the next two races as well, each time finishing in about the same time of 3:27 to 3:29. In 1985, I took my marathoning to Detroit for their very fine marathon. Although my finishing time was almost identical once again, I spent about an hour in the first-aid tent, and vowed never to run a marathon again!

When I "retired" from coaching in the Fall of 1991 (after 26 years of coaching), I thought it would be a NEAT experience to run a marathon and dedicate each mile (26) to each year of coaching experience. I chose the Columbus Marathon in Columbus, Ohio, for my "marathon comeback". Although I really did not train properly for this marathon, the fact that it was dedicated

to my 26 years of coaching made it come relatively easy. Each mile, I would reflect on that particular year of my coaching and family life—the central years, the Northrop years, the IPFW years, the Concordia and Holy Cross years, the adoption of my oldest son, the birth of my other two sons, etc. It is amazing how this carried me through the pain and agony of even the last few miles. My finishing time was a surprising 3:45.

I told my wife after completing this race that I would like to run one marathon a year in some of the great cities across our country and take her with me whenever possible. She thought that was a great idea! In 1992, we went to New York City for the New York City Marathon. We had a great time, but I woke up on race day with a bad case of the flu and a temperature of 101 degrees. It took me nearly 5 hours (4:55) to complete the race (nearly one hour of which was spent on a first aid cot at the 12 mile mark). In 1993, we traveled to Washington, D.C., for the Marine Corps Marathon. I made the mistake of walking all over the city with my wife the day before the race. As a result, I cramped up badly during the later stages of the race and was in horrible shape following the race. My time was 4:25! Again, I declared (as after Detroit) that I would never run another marathon again!

Here comes the Lord at work in my life once again (actually, he is ALWAYS there). In the spring of 1994, I was contacted by the Leukemia Society of America to run a marathon as a part of their newly developed "Team in Training" program to help benefit this very worthy cause. So, I came out of "retirement" and traveled to San Francisco in July of 1994 for the San Francisco Marathon. Running for such a tremendous cause and having a patient to run for and having so many people support my effort made the race fun and easy once again (just like Columbus), and I finished in 3:55 without a problem. In 1995, my wife and I went to Anchorage, Alaska, for the Mayor's Midnight Sun Marathon. Again, I finished with ease in the time of 3:55. This year (October of 1996), we went to Chicago for the annual Chicago Marathon. My finishing time was 3:45 in spite of a very sore knee that caused me to run the last 8 miles in about 90 minutes! Next year, we will go to Milwaukee in October for the Milwaukee Lakefront Marathon.

So, the Barrie Peterson of 1997 might be identified and described as follows: Happily married to Judy for nearly 34 years; proud parent of 3 super sons; grandparent of two great kids (a third will be born by the time this is published); 32 year veteran school teacher (business and English); 32 year veteran coach; active member of Holy Cross Lutheran Church; 76-time blood donor; movie-holic (I love going to movies and am an active member of the Cinema Center); music lover (jazz and easy listening are my favorites); avid golfer and runner; mentor for the Leukemia Society of America Team in Training program; president of the Quarter-Century Club at Northrop (those who have worked at Northrop for 25 consecutive years or more); and PRESIDENT OF THE FORT WAYNE TRACK CLUB!

MINUTES

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

21 Present: L. Brooks, D. Lindley, M. Harper, L. Gorman, S. Bruner, R. Wilson, J. Schlatter, A. Gilbert, K. Disler, P Knott, B. Sohaski, J. Hockensmith, C. Brandt, J. Tillapaugh, M. Brattoli, J.P. Jones, B. Peterson, M. Yann, J. Brower, J. Diehl, L. Armstrong

1. Meeting called to order by Barrie Peterson and Don Lindley opened with a reading and prayer
2. The minutes from last meeting were reviewed and accepted.
3. The February Treasurer's and Membership report was given by Don Lindley.
 - a. There was an income of 3620.07, with expenses of 1114.82, for a balance of 11,822.66.
 - b. There are 349 members to date; Letters were sent to delinquent members.
4. Don Lindley gave the final report on the Fanny Freezer.
 - a. There was a net income of 280.00 with no expenses.
 - b. There were many positive comments about the course which was set up by J. Diehl.
5. Barrie Peterson Gave the final report on the banquet.
 - a. Jim Spivey was an excellent speaker; B. Peterson and J. Schlatter sent letters of thanks.
 - b. Some disappointment was expressed in the awards given out for the points races.
6. Barrie Peterson reviewed the Nutra Runs and the Parade Race being directed by M. McAvoy.
7. Jon Schlatter announced that he had received more race info from Brian Shepherd.
8. Don Lindley gave an update on the Hooser Marathon.
 - a. 12 registrations have already been received.
 - b. "Kicking Butts" will provide 40-50 volunteers.
 - c. We could still use some help in housing the marathoners from Gera, Germany
 - d. Vern Ceder has set up a beautiful site on the internet for the marathon
9. Joyce Hockensmith reminded all that the deadline for the newsletter is March 23.
10. After some discussion it was voted on to allow Don Lindley and Charles Brandt to purchase two 2-way radios for the least expense for use in race management.
11. Barrie Peterson announced that he had info on USATF trials in Indianapolis June 15, 1997, and a Dream Distance Day seminar to be held the same day.
12. J.P. Jones asked for help manning the booth at the IPFW health fair on April 2, 1997.
13. Lynn Armstrong discussed the idea of a 5k sponsored by Allen County MADD at Shoaff Park in Ft. Wayne.
14. Mitch Harper announced the Huntington Ultra Fifty/Fifty(HUFF) race on Dec. 27, 1997.
 - a. Will be at the Huntington Reservoir with the help of Kil-So-Quah running club.
 - b. The American Lung Assn. will be a major sponsor.
 - c. The Ft. Wayne Track Club, as a sponsor, will provide race insurance.
 - d. Many major details, including a race hotel, have been worked out.
15. Linda Brooks discussed the possibility of doing fitness evaluations for club members and also doing them at club sponsored races.

Meeting then adjourned. Next meeting Wednesday, April 9, 1997, 7:00 p.m., IPFW.

Respectfully submitted, Jon Schlatter, Club Secretary.



MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, April 9, 1997, 7:00 p.m., IPFW

19 Present: D. Lindley, B. Crane, J.P. Jones, S. Brunner, R. Wczilson, M. Yann, V. Ceder, B. Schmidt, B.&J. Hockensmith, B. Scroggum, P. Suelzer, B. Sohaski, J. Schlatter, G. Purcell, M. Brattoli, L. Gorman, B. Peterson, L. Brooks

1. Don Lindley called the meeting to order and opened in prayer.
 2. The minutes from last meeting were reviewed and accepted.
 3. The Treasurer's and Membership report was given by Don Lindley
 - a. There was beginning balance of \$11, 822.66, with an income of \$4,818.35 and expenses of \$3,063.48, for an ending balance of \$13,477.53.
 - b. There are 425 members to date.
 - c. Because of an inefficient order, money for FWTC T-shirts was refunded.
 4. Bob Hockensmith gave a Marathon update.
 - a. Finishing medals will be ready in 3-4 weeks.
 - b. Volunteers are being assigned positions.
 - c. T-shirts are here and will be printed soon.
 - d. 22 registrations have already been received
 - e. There may be music on the course - Jim Larson's calliope
 - f. Casa Deangelo's will provide the pasta dinner.
 5. Jon Schlatter gave an update on the race schedule.
 6. Bill Sohaski gave an update on the Triathlon.
 - a. .75k Swim, 20k Bike, 5k Run
 - b. The date is Aug 16, 1997 at Crystal Lake in Arlington Park, Ft. Wayne, Ind.
 - c. Will be limited to 100 entrants - 75 individuals and 25 teams.
 - d. TRIFED USA will provide insurance for a \$100 entry fee
 - e. Georgetown will be a sponsor
 - f. FWTC voted to be a sponsor of the Triathlon.
 7. Barrie Peterson read a card of thanks from the Hilliard Gates family for the FWTC donation to the IPFW athletic scholarship fund in his name.
 8. Barrie Peterson discussed the summer picnic.
 - a. Will be held after the one hour run, Aug. 7, 1997, at Northrup High School.
 - b. Judy Tillapaugh, Mike Yann, and Barrie Peterson will co-chair the event.
 - c. Don Lindley will do awards and Joyce Hockensmith will put ad in the newsletter.
 9. Barrie Peterson gave an update on the summer speed work out series.
 10. Barrie Peterson gave out info sheet on international running.
 11. Barrie Peterson gave Bag-A-Thon proposal.
 - a. Saturday, May 17, 1997 to clean up Rivergreenway
 - b. FWTC voted to clean up section near Lawton Park.
 12. Barrie Peterson gave out info sheet on NCAA track finals to be held in Bloomington, Ind.
 13. Mitch Harper gave an update on the HUFF ultra race.
 14. Tom Silinski a representative from "Do It Sports" gave a presentation for his company which is an Ann Arbor, Mich., based Internet provider for running clubs and for race promotion.
- Meeting then adjourned. Next Meeting is Wednesday, 14, 1997, 7:00 p.m., IPFW

Respectfully submitted, Jon Schlatter, Club Secretary.



TRACK CLUB MEMBER PROFILE

Name: Dave Broerman

Occupation: 5th Grade Teacher

Birthdate: August 15, 1972

Birthplace: Troy, Ohio

Family: Wife-Laura, Beagle-Tyler

Pets: Tyler & 2 Birds

Hobbies or interests: Refinishing furniture,
Antiques, Running

Favorite family Activities: Skiing

Running Shoe Brand: Asics

Yrs. running: 15 years

Favorite Distance to Run: 5K

Favorite After Race Food: Spaghetti &
Reece's Peanut Butter Cups

Favorite place to Train: Anywhere in the
countryside

Favorite Race: All 5K's

Why do you run?: Relieves Anxieties

Favorite item of Clothing: Running Clothes &
hat

Favorite Movie or TV program: Drew Carey
& Seinfeld

Favorite music: Classic Rock 80's & 90's

Collections: Antique Furniture

Favorite vacation destination: Virginia
Beach

Most prized possession: Victrola

**Has There Been An Inspiration To Your
Running?** Just something I wanted to do to keep
in shape.

Do You Have a Dream? Winning a marathon

TRACK CLUB MEMBER PROFILE

Name: William Crane

Occupation: President of Genesis Management
Services

Birthdate: February 26, 1942

Birthplace: Benton Harbor, Michigan

Family: Two daughters - 1 Granddaughter

Hobbies or interests: Running, Biking,
Running, Teaching CPR

Running Shoe Brand: Brooks & Reebok

Yrs. running: 3

Favorite Distance to Run: 5K & 10K

PR: 19:18 & 39:20

Favorite After Race Food: PASTA !

Favorite place to Train: Anywhere

Favorite Race: Blueberry & Indy Mini

Why do you run?: Health, but started for
stress

Favorite Movie or TV program: Groundhog
Day, Touched By an Angel, "No Wonder They Call
Him Savior" - Max Lucado

Favorite music: Classical & Gospel

Collections: Coins - All pennies from 1889 on

Favorite vacation destination: Nogale,
Arizona & Houston, Texas

Most prized possession: My Health

**Has There Been An Inspiration To Your
Running?** Jim Huffer, a Warsaw paramedic
Ironman who died by a rare cancer, was my
mentor and inspiration. I still think of him often.

Mastodon Stomp (Men) April 5, 1997

Number of men = 95

MEN 0 - 14

Age Group

Place No. Name

1 BoTyler Lcslic 32:02.6

OverAll

Place No.

137 Ft. Wayne ,In

MEN 15 - 19

Age Group

Place No. Name

1 Aaron Barton 17:35.7
2 Matthew Sneed 17:35.9
3 Chad Clevenger 17:38.6
4 Matt Beckley 17:39.1
5 Kevin Gfell 18:20.3
6 Chris Lowden 19:02.3
7 Michael Casiano 20:00.4
8 Artzai Morante 20:00.6
9 Wesley Cooper 21:20.2
10 Robert Clarke 22:29.0

OverAll

Place No.

7 Ft. Wayne ,In
8 Marion ,In
9 Ft. Wayne ,In
10 Ft. Wayne ,In
17 NewHaven ,In
23 NewHaven ,In
32 NewHaven ,In
33 Ft. Wayne ,In
45 Roanoke ,In
67 Auburn ,In

Age Group

Place No. Name

1 Chuck Schlemmer 16:19.9
2 Jerry Williams 16:43.5
3 Jay Prichard 18:25.1
4 Carl Risch 18:44.3
5 Paul Shaffer 19:03.2
6 Bryan Keister 19:04.4
7 Bob Berger 20:36.1
8 Dean Whitman 21:30.0
9 Kevin Richardson 21:35.5
10 Mark Lulling 21:40.3
11 Chuck Zumbun 21:58.0
12 Jeff Metzger 22:02.3
13 Steve Eyers 22:19.6
14 Tom Blauvelt 22:22.1
15 Chet Sivley 22:40.3
16 Mike McClaskey 26:48.7
17 John Osowski 27:15.6
18 Robert Thorne 30:58.0

OverAll

Place No.

1 Ligonier ,In
3 Ft. Wayne ,In
20 VanWert ,In
21 Decatur ,In
25 Decatur ,In
26 Ft. Wayne ,In
39 Ft. Wayne ,In
49 Ft. Wayne ,In
52 Ft. Wayne ,In
54 Ft. Wayne ,In
58 Ft. Wayne ,In
59 Ft. Wayne ,In
64 SouthWhitley ,In
65 Monroeville ,In
73 Albion ,In
109 Ft. Wayne ,In
112 Ft. Wayne ,In
134 Mansfield ,Oh

MEN 20 - 24

Age Group

Place No. Name

1 Adam Barton 16:47.7
2 David Foote 17:53.1
3 Rod Obregon 18:16.1
4 David Broerman 18:18.7
5 Randy Post 19:25.3
6 Lee Thompson 20:32.6
7 Doug Patrick 20:37.8
8 Matthew Byrd 21:18.3
9 Keith Richeson 23:13.5

OverAll

Place No.

4 Ft. Wayne ,In
11 Albion ,In
15 Pierceton ,In
16 NewHaven ,In
29 Ft. Wayne ,In
37 Ft. Wayne ,In
40 Ft. Wayne ,In
44 Ft. Wayne ,In
79 Ada ,Oh

MEN 25 - 29

Age Group

Place No. Name

1 Michael Fruchey 16:34.8
2 Troy Friedersdorf 16:55.9
3 Paul Richardson 19:00.5
4 Martin Schroeder 20:16.2
5 Jason Garrett 21:39.8
6 Mike Schoudcl 21:41.8
7 Richard Gamble 22:14.9
8 Scott Shaver 23:05.7
9 Kelly Mahoney 25:48.9
10 Tony Laux 26:46.7

OverAll

Place No.

2 Ft. Wayne ,In
5 Ossian ,In
22 Auburn ,In
35 Ft. Wayne ,In
53 NewHaven ,In
56 Ft. Wayne ,In
63 Sweetser ,In
78 Ft. Wayne ,In
106 Elkhart ,In
108 Ft. Wayne ,In

MEN 30 - 34

Age Group

Place No. Name

1 Ward Moya 17:13.8
2 Keith Walter 18:21.3
3 John Schnieders 18:22.3
4 Ahmad Allaoui 19:02.8
5 Jon Schlemmer 20:34.4
6 Terry Teegardin 21:31.1
7 Steve McMahan 22:37.5
8 Jon Hapke 23:26.2

OverAll

Place No.

6 Ft. Wayne ,In
18 Kendallville ,In
19 Decatur ,In
24 Ft. Wayne ,In
38 Ft. Wayne ,In
50 Ft. Wayne ,In
71 Ft. Wayne ,In
82 Ft. Wayne ,In

MEN 35 - 39

Age Group

Place No. Name

1 Roger Wilson 17:56.7
2 Jeffrey Smith 18:07.4
3 Bill Moord 19:09.2
4 Jeffery Milleman 19:55.5
5 Mark Brattoli 20:27.9
6 Mitch Harper 21:21.0
7 Jeff Moord 21:22.2
8 Kevin Truelove 21:27.4
9 Vern Ceder 22:08.6
10 Don DeCook 22:31.9
11 Don Kramer 22:49.6
12 Christopher Fowler 23:54.3
13 Gene Wright 24:06.3
14 Peter Iadicola 24:09.5
15 Rick Sealscott 24:15.9
16 Paul Cochran 27:34.3
17 Bo Lcslic 32:02.8

OverAll

Place No.

12 Ft. Wayne ,In
13 Lawrenceburg ,In
27 NewHaven ,In
31 Ft. Wayne ,In
36 Ft. Wayne ,In
46 Ft. Wayne ,In
47 Ft. Wayne ,In
48 Ft. Wayne ,In
60 Ft. Wayne ,In
69 Argos ,In
76 VanWert ,Oh
86 Ft. Wayne ,In
87 Elkhart ,In
89 Ft. Wayne ,In
92 VanWert ,Oh
117 Ft. Wayne ,In
138 Ft. Wayne ,In

MEN 40 - 44

Age Group

Place No. Name

1 Michael Fruchey 16:34.8
2 Troy Friedersdorf 16:55.9
3 Paul Richardson 19:00.5
4 Martin Schroeder 20:16.2
5 Jason Garrett 21:39.8
6 Mike Schoudcl 21:41.8
7 Richard Gamble 22:14.9
8 Scott Shaver 23:05.7
9 Kelly Mahoney 25:48.9
10 Tony Laux 26:46.7

OverAll

Place No.

2 Ft. Wayne ,In
5 Ossian ,In
22 Auburn ,In
35 Ft. Wayne ,In
53 NewHaven ,In
56 Ft. Wayne ,In
63 Sweetser ,In
78 Ft. Wayne ,In
106 Elkhart ,In
108 Ft. Wayne ,In

MEN 45 - 49

Age Group

Place No. Name

1 Gary Rickner 18:08.5
2 Art Obregon 22:57.8
3 Keith DeMeritt 24:06.6
4 Jim Clarke 24:13.1
5 Steve Bruns 27:03.3
6 Mike Hendricks 30:34.7
7 Robert Krach 32:56.8

OverAll

Place No.

14 Ft. Wayne ,In
77 Pierceton ,In
88 Ft. Wayne ,In
91 Auburn ,In
110 RomeCity ,In
129 Ft. Wayne ,In
140 Grabill ,In

MEN 50 - 54

Age Group

Place No. Name

1 Ward Moya 17:13.8
2 Keith Walter 18:21.3
3 John Schnieders 18:22.3
4 Ahmad Allaoui 19:02.8
5 Jon Schlemmer 20:34.4
6 Terry Teegardin 21:31.1
7 Steve McMahan 22:37.5
8 Jon Hapke 23:26.2

OverAll

Place No.

6 Ft. Wayne ,In
18 Kendallville ,In
19 Decatur ,In
24 Ft. Wayne ,In
38 Ft. Wayne ,In
50 Ft. Wayne ,In
71 Ft. Wayne ,In
82 Ft. Wayne ,In

MEN 55 - 59

Age Group

Place No. Name

1 Mervin Koehlinger 19:09.4
2 William Craine 20:08.0
3 DeWain Cobbs 21:33.5
4 Dave Boylan 21:43.3
5 Wesley Sabins 23:48.7
6 Ken Reluc 27:20.5

OverAll

Place No.

28 Ft. Wayne ,In
34 Warsaw ,In
51 Warsaw ,In
57 Ft. Wayne ,In
85 Ft. Wayne ,In
113 Ft. Wayne ,In

MEN 60 - 64

Age Group

Place No. Name

1 Joe Ziegler 22:09.4
2 Robert Loomis 25:02.8
3 Bernie Huesing 25:31.1

OverAll

Place No.

61 NewHaven ,In
100 Monroeville ,In
103 Ft. Wayne ,In

MEN 65 - 69

Age Group

Place No. Name

1 Bill Patterson 26:01.9
2 Eugene Striggle 29:54.8
3 Vern Chovan 30:28.6

OverAll

Place No.

107 Angola ,In
124 Churubusco ,In
128 Ft. Wayne ,In

MEN 70 - 74

Age Group

Place No. Name

1 Tom Felger 22:28.0

OverAll

Place No.

66 Ft. Wayne ,In

Mastodon Stomp (Women) April 5, 1997
Number of Women = 48

WOMEN 0 - 14

Age Group	Place No.	Name	Time	OverAll Place No.	Location
	1	Susic Vandever	24:39.9	96	Ft. Wayne ,In
	2	Emily Sealcott	28:38.5	121	VanWert ,Oh
	3	Jennifer Dahl	30:40.3	130	Ft. Wayne ,In
	4	Katie Thorne	30:57.8	133	Mansfield ,Oh
	5	Rachel Schindler	31:34.6	136	Ft. Wayne ,In

WOMEN 30 - 34

Age Group	Place No.	Name	Time	OverAll Place No.	Location
	1	Lynette Love	22:47.5	74	BattleCreek ,Mi
	2	Julie McNulty	22:48.3	75	Ft. Wayne ,In
	3	Cheri Steigmeyer	27:47.9	118	Ft. Wayne ,In

WOMEN 15 - 19

Age Group	Place No.	Name	Time	OverAll Place No.	Location
	1	Kathy Weikel	20:51.8	42	Ft. Wayne ,In
	2	Andra Harding	21:41.5	55	Monoreville ,In
	3	Tara Haffenden	23:16.0	80	NewHaven ,In
	4	Angela Malcolm	24:34.9	95	Garrett ,In
	5	Angela Harding	24:40.1	97	Monroeville ,In
	6	Amy Marqueling	25:06.1	101	Ft. Wayne ,In

WOMEN 35 - 39

Age Group	Place No.	Name	Time	OverAll Place No.	Location
	1	Barbara Milleman	23:39.2	83	Ft. Wayne ,In
	2	Kim Larsen	23:46.0	84	Ft. Wayne ,In
	3	Betty DeWells	25:36.6	104	Ft. Wayne ,In
	4	Kimberly Aspacher	25:39.2	105	Churubusco ,In
	5	Melody Myers-Kinzie	33:12.7	142	Lafayette ,In

WOMEN 20 - 24

Age Group	Place No.	Name	Time	OverAll Place No.	Location
	1	Kim Sutton	20:41.9	41	Auburn ,In
	2	Kay Pulver	20:53.2	43	Ft. Wayne ,In
	3	Trina Harkenrider	22:37.7	72	Ft. Wayne ,In
	4	Erin Reid	24:10.5	90	Ft. Wayne ,In
	5	Holli Yager	27:29.3	115	Ft. Wayne ,In
	6	Darcy Altman	27:31.9	116	Huntington ,In
	7	Lisa Schaaf	27:52.9	119	Sweetsr ,In
	8	Paula Avila	29:50.9	123	Roanoke ,In
	9	Julie Guthier	31:19.2	135	Ft. Wayne ,In

WOMEN 40 - 44

Age Group	Place No.	Name	Time	OverAll Place No.	Location
	1	Deb Byers	22:10.3	62	Ligonier ,In
	2	Denise Connelly	22:35.0	70	Ft. Wayne ,In
	3	Susan Peterson	28:05.7	120	Albion ,In
	4	Beth Monn	29:38.5	122	Ft. Wayne ,In
	5	Cheryl Stromski	30:42.8	132	Antwerp ,Oh
	6	Vickie Dahl	32:40.0	139	Ft. Wayne ,In
	7	Diane Post	32:58.9	141	Ft. Wayne ,In

WOMEN 25 - 29

Age Group	Place No.	Name	Time	OverAll Place No.	Location
	1	Naomi Fruchey	19:51.2	30	Ft. Wayne ,In
	2	Madeline Roser	23:16.5	81	Ft. Wayne ,In
	3	Amy Sivley	24:28.3	94	Albion ,In
	4	Laura Menheer	24:50.8	98	Ft. Wayne ,In
	5	Amy Baker	25:01.9	99	Ft. Wayne ,In
	6	Jennifer Steigmeyer	25:09.4	102	Ft. Wayne ,In
	7	Colleen McMasters	27:26.0	114	Ft. Wayne ,In
	8	Tracy Nikolaenko	30:06.5	125	Ft. Wayne ,In
	9	Lisa Bare	30:11.2	127	Ft. Wayne ,In
	10	Christine Barlow	30:41.0	131	Ft. Wayne ,In

WOMEN 45 - 49

Age Group	Place No.	Name	Time	OverAll Place No.	Location
	1	Sharon Yadon	27:07.5	111	Churubusco ,In
	2	Dee Howell	30:08.0	126	Convoy ,Oh

WOMEN 55 - 59

Age Group	Place No.	Name	Time	OverAll Place No.	Location
	1	Sharon Pauley	57:04.3	143	Ft. Wayne ,In

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F.W.T.C. One Mile Championships

This past weekend the Fort Wayne Track Club had their One Mile Road Race Championships. PowerBar Fueled Brian Shepherd defended his crown with a time of 4:22. He was followed closely by Fort Wayne's Mike Fruchey with 4:30. The top three was rounded out by Ligonier's Chuck Schlemmer in 4:35. Both Shepherd and Schlemmer had run a 10k in Benton Harbor that morning. They tied for first in 33:40. The master's crown was taken by Roger Wilson in 4:57.

The women's championship was taken by Fort Wayne's Naomi Fruchey in 5:28. She was followed by Linda Gorman's 5:59, and master sensation Deb Byers with 6:14.

The following are division results:

MALE

14-under	John Parsons	4:52
15-19	Adam Frick	4:53
20-24	Sam Vargas	5:14
25-29	Troy Friedersdorf	4:37
30-34	Keith Walter	4:59
35-39	Carl Risch	4:50
40-44	Paul Austeran	5:41
45-49	Jed Pearson	5:02
50-54	Dave Boylan	5:35
55-59	-----	----
60-69	Joe Ziegler	5:53
70-over	Ken Disler	8:09

FEMALE

19-under	Alissa Werst	7:33
50-59	Sara Klein Knight	8:59
60-over	Jean Leffers	10:30



Final Results Mother's Day Run 1997

<u>Place</u>	<u>Last Name</u>	<u>First Name</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>
1	Shepherd	Brian	M	31	28:12
2	Fruchey	Michael	M	28	28:50
3	Cassidy	Ryan	M	23	30:08
4	Almasi	Michael	M	35	30:26
5	Pearson	Jed	M	46	31:31
6	Hansen	Carl	M	41	32:24
7	Vargas	Samuel	M	20	32:34
8	Minnich	Robert Jr.	M	29	32:48
9	Troyer	Verton	M	48	34:19
10	Fruchey	Naomi	F	25	34:46
11	Grove	Terry	M	39	35:23
12	Smith	Trina Chapman	F	34	36:06
13	Christensen	Larry	M	59	36:27
14	Vautour	Tony	M	24	37:17
15	Schartzer	Joel	M	50	37:27
16	Truelove	Kevin	M	40	38:25
17	Mays	Amy	F	24	38:32
18	Cranston	Greg	M	21	39:52
19	Luttman	John	M	46	40:10
20	Manger	Julie	F	43	40:56
21	Yoder	Michael	M	49	40:58
22	Labuschagne	Lyndall	F	25	42:08
23	Peterson	Susan	F	42	45:24
24	Fuelling	Tom	M	46	45:54
25	Luttman	Dawn	F	45	47:11
26	Gary	Joan	F	60	47:33
27	Disler	Ken	M	74	48:40
28	Akerman	Julie	F	35	50:43
29	Palmer	Rose	F	41	50:45
30	Grate	Maria	F	29	50:47
31	Vieau	Bonnie	F	35	52:07
32	McBride	Becky	F	13	57:46

The River Preserve 4 Mile Road & Trail Run

The River Preserve Road & Trail Run was held Saturday April 5th near Benton, IN at Fairfield High School. The runners enjoyed the very scenic run along the Elkhart County River Preserve Park with light rain and 60 degree temperatures.

Powerbar's Brian Shepherd outdueled Bill Boguslaewski of Grand Rapids, MI by 3 seconds to win in 22:30. Tammy Casaletto of Goshen was the overall women's winner with a time of 27:05. Master's winners were Patty Schwartz of Syracuse and Jim Histan of Goshen.

The course is one of the more scenic runs in Northern Indiana. Following are age group winners:

Overall Mens:	Brian Shepherd, Ligonier	22:30
Womens:	Tammy Casaletto, Goshen	27:05
Masters Mens:	Jim Histan, Goshen	23:45
Womens:	Patty Schwartz, Syracuse	31:52

AGE	MENS	WOMENS
11-14	Collin Thilman	Jordan Hartman
15-19	Jason Hartman	Jaime Passchiier
25-29	Randy Smith	Sherry Hartman
30-34	Jeff Walters	
35-39	Bill Boguslawski	Ellen Fautz
40-44	Steve Caswell	Cindy Furkis
45-49	Jed Pearson	
50-54	Bruce Bordner	
55-59	Bill Parrott	Mary Connelly
60-64	Frank Bonn	Joan Gary
70-74	Ken Disler	
75-79	Paul Randall	

For more information call Clair Hostetler 219-831-4161 or
Jim Ellis 219-831-4107

Top Area Finishers in the Governpr's Cup 8K Run Mounds State Park May 10, 1997

Michael Fruchey	5th Overall	28:19
Brad Cooper	12th Overall	30:36
Phil Rizzo	21st Overall	33:02
Robin Burkholder	1st Woman	35:24

PEREZ, MOYA in Top 100 at Indy Mini-Marathon

Rowland Perez of Auburn and Ward Moya of Fort Wayne were among the top 100 finishers at the Indianapolis Life Mini-Marathon held on Friday, May 2, 1997. This places them among the top 1/2 of 1 per cent of the Indy Mini field. Nearly 20,000 runners participated in this year's event, one of the largest running events in the nation.

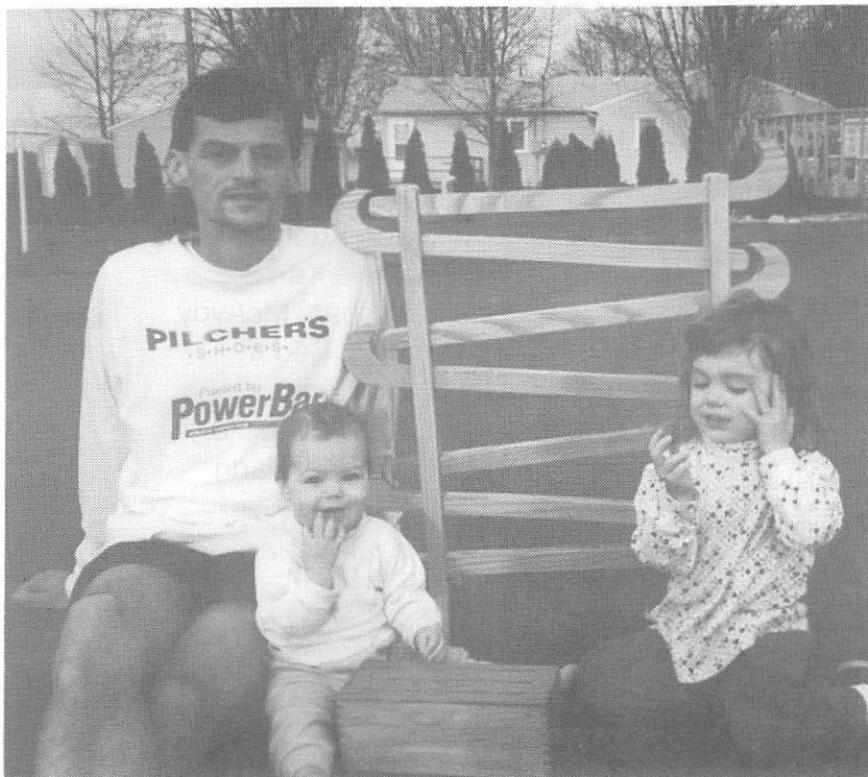
Perez, 36, finished in 55th place with a time of 1:16:16 (5:50 pace). Moya, 33, was in 90th place at 1:18:44 (6:01 pace). The day after the mini-marathon, Moya ran in the Fort Wayne Track Club's One-Mile Championship at Foster Park, where he won his age division.

Scott Colford, 26, of Logansport, past winner of the Hoosier Marathon, finished in 40th place in the Mini-Marathon with a time of 1:14:39.

Other Fort Wayne area runners among the top 250 finishers included:

105	Jim Ellert	Auburn IN	age 39	1:19:33
122	Terry Diller	Fort Wayne	age 39	1:20:39
123	Kurt Mattox	Peru	age 37	1:20:39
127	Hal Pearson	Albion	age 42	1:20:55
166	Gary Rickner	Fort Wayne	age 48	1:22:15
174	Jay Prichard	Van Wert OH	age 39	1:22:27
210	Tim Zumbaugh	Fort Wayne	age 44	1:23:41

Complete results are available through the Internet at <http://members.tripod.com/~FtWayneRUNNER/RUNindex.htm>



A Very Unique Award

Brian Shepherd received a handmade replica of an antique marble game for 1st place Overall in The River Preserve 4 Mile Road & Trail Run. The Division Winners received a handmade rhythm box. Pictured with Brian are his two daughters, Alexis (9 months) and Ashley (2 1/2 years). they both enjoy the box very much !!

Birthdays

June

July

David Devaughn
Michael McManus
Ian Rolland
Jay Lynn
Katie Nolting
Robert Hockensmith
Stan Lipp
Kim Sutton
Dave Upchurch
Jack Ade
Anthony Lehman
Charlie Backofen
Barbara Stedge
Wayne Davies
Robert Wyatt
Jon Beasley
Vincent Garcia
Mike Diss
James Thompson
Donald Anderson
Gary Aupperle
Donald Bashor
Chris Perrin
Steve Stucko
James Jones
Steve Adkison
Tammy Townsend
Dave Wolff



Lynn Armstrong
Alfred Gumbert
Bryan Keister
Sarah Kleinknight
Dan Daniel
Michael Engler
Gene Wright
Mary Beth Johnson
Dick Sive
Connie Treace
Larry Averbeck
Michael Grimes
Dewain Cobbs
John Jedinak
Sharon Bruner
Richard Dugan
Deborah Kiracofe
Chuck Zumbrun
Robert Gensheimer
David Myers
Kelly Clevenger
George Petersen
Bobbi Widman Foust
Carl Risch
Ken Sohaki
Joe Kuhn
Anne Karr
Michael McAvoy
Vern Cedar
Dan Frick
Kathie Stucko
Michael Yann



FWTC PIZZA PARTY

**Thursday, August 7
Following 1 Hour Run
Northrop High School**

Special Awards

(There will be a nominal charge to cover awards & pizza)

FWTC 20th Anniversary T-shirts on Sale \$15.00

This is one of a very few money-making projects for the club, so please purchase one, two, or three to help support the FWTC.

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**4-MILE RUN RESULTS
MAY 10, 1997**

**HEARTBEATS FESTIVAL
FAMILY FITNESS DAY**

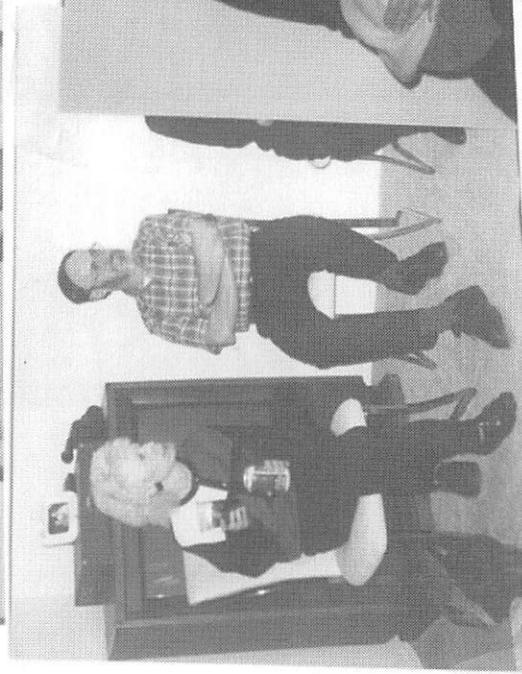
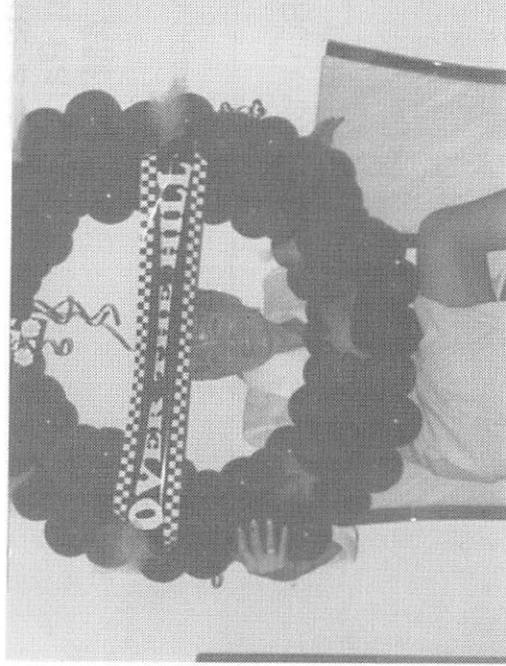
Sponsored by Whitley Memorial Hospital
Race start and finish at the 4-H Fairgrounds
Columbia City, Indiana

TIME	NAME	AGE GROUP			
1. 20:11.7	Brian Shepherd	30-39**			
2. 20:27.9	Ron Sharp	30-39			
3. 23:39.1	John Parson	14-under*			
4. 23:46.0	Sam Vargas	19-29*			
5. 23:48.0	Jed Pearson	40-49*	42.35:24.8	Deb Kunish	40-49
6. 23:52.9	Gordon Pleus	50-59*	43.36:16.3	Lisa Schnorr	30-39
7. 24:57.4	Gary Dexheimer	40-49	44.36:16.8	James Pepler	60-69
8. 25:35.4	David Foote	19-29	45.37:33.2	Robin Henry	30-39
9. 25:42.6	Chris Marks	19-29	46.37:41.6	E.A. Gebhart	50-59
10. 25:59.2	Fred Stoffel	40-49	47.37:43.3	Ty Murphy	40-49
11. 26:35.7	Andy Reed	15-18*	48.38:05.5	Ken Disler	70+*
12. 26:51.7	Paul Ausderan	40-49	49.40:30.8	Dan Daniel	60-69
13. 26:54-2	Mitch Harper	40-49	50.40:52.2	Sarah Kleinknight	50+
14. 27:20.9	Bill Crane	50-59	51.41:02.5	Kandy Gay	30-39
15. 27:28.1	DeWain Cobbs	50-59	52.41:03.2	Tammy Townsend	30-39
16. 27:29.3	Steve Eysers	30-39	53.41:33.7	Emily Ruse	15-18*
17. 28:05.6	Deb Byers	40-49**	54.43:17.7	Jana Lynch	30-39
18. 28:10.1	Joel Schartzler	50-59	55.43:33.3	Cynthia Zuercher	30-39
19. 28:15.0	Rebecca Minthorn	19-29*	56.43:59.5	Diane Post	40-49
20. 28:22.7	Eddie Lee	40-49			
21. 28:29.1	Betty Nelson	50+*			
22. 28:33.4	Christopher Fowler	40-49			
23. 28:36.3	Barry Baumbaugh	40-49			
24. 28:38.0	Troy Elder	30-39			
25. 29:54.3	Jay Lynn	30-39			
26. 30:45.6	John Sturtevant	60-69*			
27. 30:55.7	Eric McGinnis	19-29			
28. 31:05.2	Steve Henry	40-49			
29. 31:11.1	Tim Stoffel	14&under			
30. 31:21.8	Robbin Mauer	30-39*			
31. 31:22.9	Don Lindley	50-59			
32. 32:05.8	Liz Fergusson	29-29			
33. 32:06.2	Troy Sands	19-29			
34. 32:31.9	Chuck Hodges	60-69			
35. 32:39.6	Kathy Pleus	40-49			
36. 32:26.6	Susan Peterson	40-49			
37. 33:59.7	MaryBeth Johnson	19-29			
38. 34:21.0	Deb Straub	40-49			
39. 34:55.4	Jodi Chambers	19-29			
40. 35:10.7	Tony Hull	14&under			
41. 35:23.4	Joan Gary	50+			

"Muscle growth requires time, well-planned strength training, exercise and a healthy diet. The final ingredients are patience and consistency."

* denotes age division winners
**denotes overall men's & women's winners

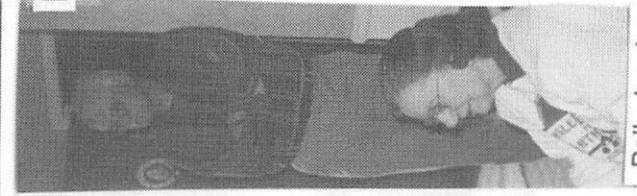
FWTC Members Help Surprise the Newsletter Editor on her 50th Birthday !



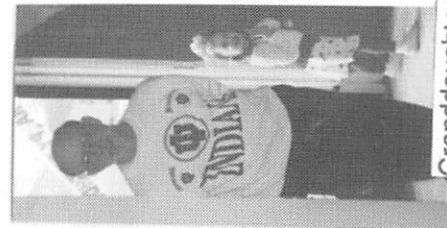
Barb Scrogam John & Jeanette Klein Granddaughter Megan



Bob



Polly Jacobs



Don Linaiey Granddaughter Marah



Judy Tilapaugh

Ken Disler

**Rib Festival 97 Fundraiser
"Round the Park 2 Mile Walk or Run"
Saturday, June 21, 1997
McMillan Park
10:00 AM**

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Pictures from St. Jude's "Run With the Spirit " 5K
April 26, 1997



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June 1997

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Nipmuck Trail Marathon - Connecticut	2	3	4	5	6	7 Training Run 7AM YMCA-Downtown Ridgerunner Marathon-West Virginia
8 Taos, New Mexico Marathon Steamboat Springs Marathon - Colorado	9	10 Run For the Kids 5K & 1 Mile - 6:45 PM-Ligonier	11 Run 6 PM Showers FWTC Mtg. 7PM FWTC Training Run at IPFW - 6 PM	12 Northrop H.S. Track Workout	13 Hoosier Marathon Pasta Dinner - Foster Park	14 Training Run 7AM YMCA-Downtown Hoosier Marathon - 6:30 AM-Foster
15 Manitoba Marathon - Winnipeg, Canada	16	17	18	19 Northrop H.S. Track Workout	20	21 Training Run 7AM YMCA-Downtown Rib Festival 2 Mile - 10 AM-McMillan Mermaid Festival 5K & 1 Mile
22 Park of Roses Marathon - Columbus, OH	23	24	25	26 Northrop H.S. Track Workout	27 Old Settler's 4 Mile - 6:30 PM- Columbia City	28 Training Run 7AM YMCA-Downtown Niagra-on-the-Lake Ultra
29 Rainbow Marathon - New York	30	1	2	3 Northrop H.S. Track Workout	4 Running Wild 4 Mile Zoo Run	5 Training Run 7AM YMCA-Downtown Flotilla Days 8 Mile & 3.3 - 8 AM - Syracuse

July 1997

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Rainbow Marathon - New York	30	1	2	3 Northrop H.S. Track Workout	4 Running Wild 4 Mile Zoo Run	5 Training Run 7AM YMCA-Downtown Flotilla Days 8 Mile & 3.3 - 8 AM - Syracuse
6 Nanisivik Northwest Territories Marathon & Ultra	7	8	9 Run 6 PM Showers FWTC Mtg. 7PM FWTC Training Run at IPFW - 6 PM	10 Northrop H.S. Track Workout	11	12 Runners on Parade 5K - 8:30 AM - Headwaters Park' Grandfather Mt. Marathon - NC
13 San Francisco Marathon	14	15	16	17 Northrop H.S. Track Workout	18	19 Training Run 7AM YMCA-Downtown Indiana Volkssport Walk - Lawton Park
20	21	22	23	24 Northrop H.S. Track Workout Deseret News Marathon-Utah	25 Main Street Mile - 7 PM - Auburn	26 Training Run 7AM YMCA-Downtown Wabash Cannonball 5K -8AM Kilauea Marathon-H Wabash Cannonball 5K -8AM Training Run 7AM YMCA-Downtown Cancer Society 5K & 1 Mile - 8 AM -
27 Nova Scotia Marathon	28	29	30	31 Northrop H.S. Track Workout	1	2 Training Run 7AM YMCA-Downtown Coldwater, MI Triath;pn Harlan Days 10K Potato Creek 8K

Shape up your fitness-nutrition know-how

Working out? Great! Don't forget to work out your nutrition know-how at the same time. Check out these questions and answers to stay nutritionally fit as well as physically fit.

What do you know?

1 Calorie expenditure charts are not a good way to determine my overall caloric intake needs.

- A. True B. False

A. True. Charts that detail the number of calories burned by different kinds of activity — 230 calories for 30 minutes of running, for instance — make up only a small piece of your body's total caloric puzzle. Keep in mind that *any* activity burns calories. In fact, 70 percent of daily caloric expenditure comes just from being alive. So rather than exercising to burn calorie for calorie, take a look at the bigger picture. Regular activity speeds up your resting metabolism and provides long-term health benefits. Aim for at least 30 minutes of physical activity a day and fuel your body with low-fat, carbohydrate-rich foods.

2 Energy bars can help me boost my energy level.

- A. True B. False

A. True. But why spend the money? Many energy bars are essentially pricey candy bars — they may contain as much as 300 calories and 14 grams of fat. For the most effective pre-exercise boost, nutrition and fitness experts recommend you choose high-carbohydrate, low-fat snacks. Have a bagel, some crackers, a bowl of cereal or a slice of bread to give you a little extra energy before exercising.

3 If I combine a diet pill with vitamin supplements, I can decrease my appetite and still get plenty of nutrients without all the calories and fat of actual food.

- A. True B. False

B. False. Nutritionists agree the best way to ensure you're getting plenty of the right nutrients is by eating a variety of foods as shown in the Food Guide Pyramid. Foods contain numerous trace nutrients not found in vitamin pills. Diet pills may suppress your appetite, but to keep up with your active lifestyle, you've got to eat! Plain and simple: Food is energy. After all, your car won't run properly without enough fuel, why would your body?

4 In preparation for an endurance event, I should "load up" on:

- A. Protein
B. Fat
C. Carbohydrates

C. Carbohydrates. For an endurance event that will consist of more than 90 minutes of intense exercise, gradually reduce your training the two weeks prior to rest your muscles and load up on carbohydrate-rich foods. Carbo-loading, by ensuring your diet is 60 to 70 percent carbohydrates, will allow your muscles to become saturated with glycogen, creating optimum training and competition results.

5 Protein is the only nutrient I need to build up my muscles.

- A. True B. False

B. False. Protein is important, but it's not the only nutrient you need to meet your fitness goal. In fact, nutritionists recommend you get 55 to 60 percent of your calories from carbohydrates, 15 percent from protein and limit fat to 30 percent or less. Why the emphasis on carbs? Because carbs give you the energy and endurance to get through your workout. Grain-based foods such as pasta, bread, cereal, or tortillas are great sources for complex carbs.

6 Which of the following foods fits into a balanced eating plan and will help me reach my fitness goals?

- A. Bread and grains
B. Steaks and burgers
C. Cookies and cakes
D. Fruits and vegetables
E. All of the above

E. All of the above. Depriving yourself of foods you love will only make you want them more. Using the Food Guide Pyramid as a tool for meal planning allows you to enjoy all foods. You can include your favorites and still get the nutrients you need. Eat a variety of foods, but monitor your portion sizes and frequency. If you're exercising regularly, it's especially important to get your grains. The more you work out, the more fuel you'll need — nine to 11 servings of grains daily for active people. The complex carbs that grains provide will keep you energized.

Lighten up!

What do pizza and pasta have in common with ready-to-eat sandwiches, bagels and pretzels? Besides being quick and convenient, all of these favorites made the list of the decade's fastest-growing foods.

Because these foods are quick and all build from a base of low-fat grains, they're a great way to help meet your daily goal of six to 11 grain food servings as recommended by the Food Guide Pyramid. That's good news because research shows most of us still don't eat enough grain foods. But beware: Hidden fat and calories in the toppings may sabotage your nutrition game plan. So next time you enjoy a sandwich or a plate of pasta, lighten up!

Here are a few serving ideas to get going:

- If it's pasta you prefer, top it off with lightly sautéed and seasoned vegetables. Choose cream-based toppings *less* often and tomato-based red sauces (which tend to be lower in fat) *more* often.



- You can get three — three servings of grains, that is — by doing a triple-decker. Add an extra slice of bread instead of piling on



additional high-fat fillings for a sandwich that offers Dagwood-style fun. Because bread is typically low in fat, you can fill up on fewer calories from fat.



yourself. Take a slice of pita bread, add pizza sauce and fresh vegetables, then sprinkle with shredded, low-fat cheese. Place the pizza in the oven until cheese melts and the pita is crispy. Enjoy!

- Bring on the bagels — and keep it light. Try a dollop of your favorite jam or jelly, a swirl of honey or toast it and enjoy the flavor of the bagel *without* a topping.



- For a pretzel dip that won't stick to your hips, try blending plain, non-fat yogurt with your favorite chopped, fresh herbs.



Need more ideas? Check out the following list to see how easy it is to fuel up on grains:

A Serving Is:

- 1 slice of bread
- 1/2 regular bagel
- 1 small tortilla
- 1 ounce cold cereal
- 1 four-inch pancake
- 4 saltine or graham crackers
- 1/2 cup cooked couscous
- 1 small muffin
- 1 small waffle
- 1 slice of angel food cake
- 3 fig bar cookies
- 1/2 cup cooked bulgur or hot cereal
- 1/2 English muffin
- 1/2 cup cooked pasta

Great Toppings!

Under 20 Calories:

- 1 Tbsp. salsa
- 1 Tbsp. unsweetened applesauce
- 2 tsp. part-skim ricotta cheese
- 1 tsp. apple butter
- 1 tsp. jam or all-fruit spread
- 2 tsp. honey-flavored mustard
- 1 Tbsp. low-fat cottage cheese mixed with 1 Tbsp. grated carrots
- 1 tsp. chocolate syrup
- 1 tsp. reduced-fat cream cheese topped with 2 radish slices

Under 50 Calories:

- 1 tsp. butter sprinkled with 1 tsp. cinnamon-sugar
- 1 tsp. peanut butter
- 1 Tbsp. soft goat cheese
- 1 Tbsp. hummus (chickpea dip)
- 1 Tbsp. mashed banana drizzled with 1 tsp. honey
- 2 tsp. reduced-fat cream cheese drizzled with 1 tsp. maple syrup
- 1 tsp. cheddar cheese spread
- 1 Tbsp. mango chutney
- 1 Tbsp. chopped sun-dried tomatoes mixed with 1 Tbsp. low-calorie Italian dressing
- 1 Tbsp. cranberry-orange relish

RHINO RUNNER'S 10K

By Jonathan Schlatter

Road Racing's Ten Commandments

The seed for this article was planted in my mind with something that I observed during a race last summer in one of the local Ft. Wayne parks. A few moments into the race, I encountered a serpentine line of runners strung out the width of the park road effectively damming up other runners behind it. This appeared to be by accidental design as the whole line was talking back and forth oblivious to the tightening pack behind them. This caused a lot of indignation to the runners behind it as the main pack was still sorting itself out and some wanted to pass. After a few agitating seconds one runner elbowed her way passed, quickly followed by several other runners adding to the ugliness of the situation. By then the line took the blunt hint and dissipated into two smaller groups. After spending the remainder of the race pondering what I had seen play out before me it occurred to me that both those runners who had formed the line and those who had elbowed their way passed felt their actions justified and those of the other group not. It made me think that there could be some simple rules of courtesy and ethics so that races can be equally enjoyed by all. So here are my proposed rules of the road, as it were, modeled after the Biblical Ten Commandments.

1. Thou shalt take the time to honor the race director, volunteers, and sponsors; for without them you would only train and never race.
2. Thou shalt never set before thee an idol of a pace or time for a race that is unrealistic and thus place yourself in the starting pack falsely.
3. Thou shalt never take the name of a fellow runner in vain by saying that you shall always beat them, for who knows but that this may be their day and their race.
4. Thou shalt honor the day of the race by being a good sport in allowing fellow runners to pass uninhibited and offering them a word of encouragement.
5. Thou shalt honor all your fellow competitors by stopping to render them aid when they are injured or in need of your help.
6. Thou shalt not commit adultery against thy body by being unfaithful to listen to the signs of pain that it gives you so that you might be able to run all the days of your life.
7. Thou shalt not commit murder or other bodily harm against your fellow racers by intentionally pushing, flailing your elbows, or stepping on someone's feet.
8. Thou shalt not bear false witness against thyself by passing someone else in the chute, past the finish line, and thus take a place that is not yours.
9. Thou shalt not steal by "entering" a race as a bandit, for by doing so you take from by deception, and dishonor all those who have entered the race officially.
10. Thou shalt not covet more than thy fair share of the post race goodies and leave some for those that finish after you for someday you may be one of them.

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

-----JUNE-----

- 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) 424-6236
- 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
- 14 SAT JIM SAULS FOUNDATION 5K, 9:15 AM, CLERMONT YMCA, BATAVIA, OHIO, DON CONNOLLY, 1445 SIGMA CIRCLE, CINCINNATI, OH., 45255 (513) 474-1399
- 14 SUN RIVER HOP 10K/5K, 9:00 AM, SAWYER POINT, CINCINNATI, OHIO DON CONNOLLY, 1445 SIGMA CIRCLE, CINCINNATI, OH., 45255 (513) 474-1399

- 21 SAT *RIB FESTIVAL, 2 MILE, 10:00 AM, MCMILLEN PARK, FT. WAYNE, IND., MLK CLUB
PO BOX 13275, FT., WAYNE, IND., 46868-3275 (800) 993-6105 OR (219) 456-5124
- 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 I 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, 35 EXECUTIVE DRIVE, SUITE 1, LAFAYETTE, IND.,
47905 (765) 449-1415 OR (765) 463-0393
- 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 MIILE BIKE, 3 MILE RUN),
8:30 AM, EAGLE CREEK PARK, INDIANAPOLIS, IND., DON CARR, TUXEDO BRO.,
4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632

28 SAT *THE CHRONICLE SEAWAY RUN, 15K AND 5K, 8:00 AM, MUSKEGON, MICH.,
TOM SCHAUB, MUSKEGON CHRONICLE, PO BOX 59, MUSKEGON, MICH., 49443
(616) 725-6333

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.,

05 SAT *FOUNTAIN CITY 5K, 8:00 AM, WILLIAMS COUNTY COURTHOUSE, BRYAN, OHIO,
WILLIAMS COUNTY YMCA, ONE FABER DRIVE, BRYAN, OHIO, 43506

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, 8:30 AM, HEADWATERS PARK, FT. WAYNE, IND.,
MIKE MCAVOY, FWTC, PO BOX 11703, FT., WAYNE, IND, 46860 (219) 824-9710

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, CALF., SAN FRANCISCO MARATHON, PO BOX 77148, SAN FRANCISCO, CALF., 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
- 25 FRI (R) MAIN STREET MILE, 7:00 PM, AUBURN YMCA, AUBURN, IND., RICH TEIXEIRA, C/O YMCA, 310 N. MAIN STREET, AUBURN IND., 46706 (219) 925-YMCA
- 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 MATREA 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

26 SAT ROAD RUNNER CLASSIC, 8K AND 5K, 7:00 PM, NORTHVILLE, MICH.,
RUNNING FIT, 141 E. MAIN, NORTHVILLE, MICH., 48167 (810) 380-3338

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) 657-5187

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 RW/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 RAQUET RUN FOR RILEY, 10K AND 5K, 7:30 AM, INDIANA TENNIS CENTER,
INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE
CT., INDIANAPOLIS, IND., 46254 (317) 328-1632

- 09 SAT(R) ROTARY RAMBLE 5K, 8:30 AM, DEMOTTE ELEMENTARY SCHOOL(US 231),
DEMOTTE, IND., CHARLENE GROET, 9731 W 1200 N., DEMOTTE, IND., 46310
(219) 987-2875
- 09 SAT RUN THRU HELL, 4.8 AND 10 MILES, 8 AM, PINCKNEY, MICH., HARRISON
HENSLEY, PO BOX 830, PINCKNEY, MICH., 48169 (313) 878-6640
- 09 SAT(R)*12TH ANNUAL HOT AIR AFFAIR 4 MILE RUN, VAN WERT COUNTY
FAIRGROUNDS, VAN WERT, OHIO, VANWERT AREA ROAD RUNNERS, 1032
INDIAN HILL DRIVE, VAN WERT, OHIO, 45891 MICHAEL CLAY (419) 749-4034
- 16 SAT(L) *FWTC TRIATHLON, (.75K SWIM, 20K BIKE, 5K RUN), LAFAYETTE CENTRAL
ELEMENTARY SCHOOL, 11015 LAFAYETTE CEBTER ROAD, ROANOKE, IND.,
BILL SOHASKI, C/O FWTC, PO BOX 11703, FT., WAYNE, IND., 46860
BILL (219) 749-5081 OR PHIL (219) 425-7100
- 16 SAT MILLINGTON OLD-FASHIONED SUMMER FESTIVAL, 4 MILES, MILLINGTON,
MICH, SHELIA HEBNER, 9333 SHERIDAN RD., MILLINGTON, MICH., 48746
- 16 SAT NIFS RUN AND WALK, 5 MILE RUN AND 4 MILE WALK, DOWNTOWN INDY,
KEN LONG & ASSOCIATES, 451 N. NEW JERSEY ST., INDIANAPOLIS, IND.,
46204 (317) 632-8812
- 16 SAT WALBASH VALLEY CLASSIC, 5K, 7:30 AM, OHIO & 25TH, TERRE HAUTE, IND.,
CHRIS DAVIES, 1606 N. 7TH STR., TERRE HAUTE, IND., 47804 (812) 462-8389
- 17 SUN PIKES PEAK MARATHON, MANITOU SPRINGS, COLO., PIKES PEAK MARATHON
PO BOX 38235, COLORADO SPRINGS, COLO., 80937 (719) 473-2625
- 17 SUN RAILS/TRAILS MARATHON, BROOKVILLE, OHIO, DENNY FRYMAN, 7581
GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 17 SUN GREAT TRAIN RACE, 10K/5K, 8 AM, YPSILANTI, MICH, TOM WOODSIDE,
PO BOX 7551, YPSILANTI, MICH., 48107 (313) 663-9740
- 23 SAT(RP)CLEAR LAKE RUN FOR THE BLIND, 10K/5K, 8:00 AM, CLEAR LAKE LUTHERAN
CHURCH, 270 OUTER LAKE DR., CLEAR LAKE, IND., LEANN, YAGODINSKI,
PO BOX 12925, FT. WAYNE, IND., 46866 LARRY LEE (219) 747-7411
- 23 SAT CRIM FESTIVAL OF RACES, 10 MILE/8K/5K, 8 AM, FLINT, MICH.,
110 MOTT FOUNDATION BLDG., FLINT, MICH., 48502
- 23 SAT (R) RUN-TO-READ, 5K, 8:30 AM, HAMMOND, IND.,
MARY CONOVER (219) 473-4280
- 30 SAT(RP)SUMMER NIGHTS 5K AND I MILE (FORMER MARSHMELLOW 5K), 6:30 PM,
LIGONIER ELEM. SCHOOL, LIGONIER, IND., BRIAN SHEPHERD (219) 894-4638
- 30 SAT (R) BIPPUS COUNTRY BLOCK BOP, 4 MILE RUN, 8:30 AM, ELDON BRUNER,
8414 N. 300 WEST, HUNTINGTON, IND., 46750 (219) 344-1478
- 31 SUN SCOTTY HANTON MARATHON, PORT HURON, MICH., DOUG SEVILLE, PO BOX
7036, PORT HURON, MICH., 48061 (519) 542-2153

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

- 01 MON(R) BLUEBERRY STOMP, 15K/5K, PLYMOUTH, IND.,
(MORE INFO TO FOLLOW)
- 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
- 06 SAT MACKINAC ISLAND EIGHT MILE RUN AND WALK, 9:30 AM MISSION POINT
RESORT, MACKINAC ISLAND, MICH., RIVERBEND STRIDERS, PO BOX 233,
FLUSHING, MICH., 48433 (810) 659-6493
- 06 SAT DANCES WITH DIRT, 100K AND 50K, 100K 5 PERSON RELAY, 6:30 AM
PICKNEY, MICH., (313) 769-5016
- 07 SUN TRIATHLON CHMPSHPS AT EAGLE CREEK (1.5K SWIM, 40K BIKE, 10K RUN)
7:30 AM, EAGLE CREEK PARK, INDIANAPOLIS, IND., DONN CARR, TUXEDO
BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 3281632
- 13 SAT SUGAR RIVER TRAIL MARATHON, BRODHEAD, WIS., CHRIS ROBERTS,
N. 2644 RED CEDAR LN., BRODHEAD, WIS., 53520 (608) 897-4516
- 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 IFO TO FOLLOW)
- 14 SUN FALL FANTASY MARATHON AND 6 HOUR RUN, VANDALIA, OHIO, DENNY
FRYMAN, 7851GLENHURST DAYTON, OHIO, 45414 (937) 898-7015
- 20 SAT DICK LUGAR RUN AND WALK, 5K R&W, 10K R, 9:00 AM, BUTLER UNIVERSITY,
INDIANAPOLIS, IND, DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT.,
INDIANAPOLIS, IND., 46254 (317) 328-1632
- 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 CARP 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
- 28 SUN BUCKEYE HALF-MARATHON, 8:30 AM, CVNRA SPECIAL EVENT SITE,
CUYAHOGA FALLS, OHIO, BOB LANG, PO BOX 1015, CUYAHOGA FALLS, OHIO,
44223 (613) 433-0395

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

- 04 SAT(L) CANTERBURY SCHOOL 5K, CANTERBURY SCHOOL, FT. WAYNE,
KATIE CREIGHTON, 3210 SMITH RD., FT. WAYNE, IND., 46804 (219) 436-0746
- 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(R)*DONER DUATHLON, 5K RUN, 24K BIKE, 5K RUN, 8:30 AM, LAKEVIEW MIDDLE SCHOOL, WARSAW, IND., AMERICAN RED CROSS, 320 NORTH BUFFALO, WARSAW, IND., 46580 (219) 267-5244
- 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
- 05 SUN DINOSAUR DASH, 5K R/W, 10:00 AM, E. LANSING, MICH., KIM OR SUSAN CHRISTIAN, DINOSAUR DASH, C/O PLAYMAKERS, 1782 W. GRAND RIVER, OKEMOS, MICH., 48864 (517) 349-3803
- 11 SAT(R)RUN/WALK FOR CHILDREN, X-COUNTRY 5 MILES, 10:00 AM, VALPARAISO, IND., CLARK GLOYESKE (219) 853-4124
- 11 SAT *CINERGY INDIANAPOLIS MARATHON AND HALF-MARATHON, 8:00 AM, LAWRENCE, IND., JOEL SAUER, PO BOX 36214, INDIANAPOLIS, IND., 46236 (317) 826-1670
- 12 SUN(R)ZOOM THRU ZULU, 10K, 1:00 PM, ZULU, IND., MITCH HARPER, (219) 456-1381
- 12 SUN JCC BAGEL 10K AND 1 MILE FUN RUN, SYLVANNIA, 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., DARCI (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(R)JINGLE BELL RUN FOR ARTHRITIS 5K, 9:00 AM, INDIANA DUNE STATE PARK, CHESTERTON, IND., LISA BETH FREIDMAN, DIRECTOR OF SPECIAL EVENTS, ARTHRITIS FOUNDATION, GREATER CHICAGO CHAPTER, 303 WACKER DR., SUITE 300, CHICAGO, ILL., 60601 (312) 616-3478
- 09 SUN ROSEVILLE BIG BIRD, 10K AND 4K, 10:00 AM, ROSEVILLE, MICH., KEVIN WALEWSKI, PARKS AND REC. DEPT., 18185 SYCAMORE, ROSEVILLE, MICH., 48066 (810) 445-5480
- 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
- 31 WED NEW YEAR'S RESOLUTION 8K R/W, 2 PM, FLINT, MICH., RIVERBEND STRIDERS
PO BOX 233, FLUSHING, MICH., 48433 (810) 659-6493
- 31 WED NEW YEAR'S EVE 5K, JACKSON, MICH.,
TED HILLARY (517) 788-0695

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 !!!**

Coming Events...

HOOSIER MARATHON

Saturday, June 14, 6:30 AM

*****Points Race *****

Foster Park, Fort Wayne

NORTHROP HIGH SCHOOL SPEED WORKOUTS

Thursday June 12 6 PM

8 Thursdays through July 31

RUNNING WILD 4 MILE ZOO RUN

Friday, July 4 7:30 AM

Fort Wayne Zoo ***** Points Race *****

FWTC MEETINGS

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

Wednesday, July 9, 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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