

# the inside track

October 1997 - November 1997

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



# 1997 FORT WAYNE TRACK CLUB

## Officers and Board Members

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Treasurer:	Don Lindley	(219) 432-5998

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#### RRCA Liaison

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

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

"Thanks for the workout, Coach!" "We really appreciate your time and effort!" "I have really noticed a difference in my conditioning and racing ability." "If you say I can do it, I will certainly try." "I never realized I could work this hard!" "It is really neat to have a time and place to get a good speed workout with the help of other runners." . . . . --These were just a few of the comments related to me and others who were a part of the 1997 Summer Speed Workout Series hosted by the Ft. Wayne Track Club at Northrop High School. Beginning on Thursday, June 12 and continuing through Thursday, July 31, these eight weeks of training were received very well by area runners.

When past FWTC President, Mike McAvoy, suggested to me that I institute these workouts as one of my contributions as your new president, I must admit that I was a little concerned about several things: 1. Would anyone actually show up? 2. Do I really want to commit myself to these 8 Thursday evenings along with the preparation involved? 3. Will runners really put forth the effort that I would expect of them? Etc., etc. . . . .

It didn't take very long for my doubts and anxieties to clear up. In fact, we had some 26 runners show up on the very first evening when we ran a 3200 meter time trial and then followed that up with 5 x partner 200's. Throughout the summer we averaged about 25 runners per session with a total of 49 runners showing up on at least one occasion. Adam Barton, Dennis Connor, Tom Felts, Kevin Richardson, and Mike Schoudel accumulated a perfect attendance record as they were present at all 8 workouts. Free pizzas, compliments of Northcrest Pizza Hut, were presented to these runners at our final session.

Speaking of our final session, other award winners were as follows:

Workout Awards--Mike Schoudel (male) and Kim Davidson (female). (Mike gave his award to the second place workout leader for men, Adam Barton.)

Most Improved--Dennis Connor (male) and Kim Larsen (female).

3200 Meter Run (July 31)--

Male 19 & Under--Eric Ade (10:36)  
 Female 19 & Under--Andrea Harding (14:28)  
 Male 20-29--Adam Barton (10:06)  
 Female 20-29--Kim Davidson (11:55)  
 Male 30-39--Jerry Williams (10:00)  
 Female 30-39--Linda Gorman (12:41)  
 Male 40-49--Carl Risch (11:01)  
 Youngest Competitor--Joe Suelzer (12 years old; 13:23)

All in all, the summer speed workout series was quite a success, and I thoroughly enjoyed setting up the workouts and hosting them at Northrop High School. I certainly want to thank Paul Knott, Mike Schoudel, and Judy Tillapaugh (and others) for their help and assistance.

At this point, we definitely plan to repeat these workout sessions during the summer of 1997 beginning with Thursday evening, June 11, 1998. If you were a satisfied participant this year, please talk it up among your running friends. Maybe we can double our participants next summer! My reward: "Thanks for the workout, Coach!"



# NORTHROP HIGH SCHOOL

## ATHLETIC DEPARTMENT

7001 COLDWATER ROAD • FORT WAYNE, INDIANA 46825 • PHONE 219/425-7555

PRINCIPAL - Mr. Timon Kendall

ATHLETIC DIRECTOR - Dean Doerffler

July, 1997

Fort Wayne Track Club  
P.O. Box 11703  
Ft. Wayne, IN 46860

Dear Ft. Wayne Track Club Members:

The Northrop High School Athletic Department and the Northrop High School Boys Track & Field Program would like to express our sincere thanks for your donation for the purchase of the State Championship Rings.

Your support of our program and your willingness to contribute financially so that these athletes and coaches can be rewarded for their tremendous accomplishment is certainly appreciated.

If there is any way that Northrop High School can be of service to you in the future, please do not hesitate to ask. We thank you again for your support of our program.

Sincerely,

Dean Doerffler  
Athletic Director  
Northrop High School

## MINUTES

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

23 Present: D. Lindley, J.P. Jones, S. Brunner, M. Yann, B.&J. Hockensmith, B Scrogam, B. Sohaski, J. Schlatter, L. Gorman, K. Disler, M. McAvoy, G. Dexheimer, J. Milleman, E. Dax, J. Tillapaugh, P. Knott, J. Diehl, M. Harper, R. Wilson, B. Crane, K. Davidson, C. Brandt

1. Charlie Brandt called the meeting to order and Don Lindley 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 an income of 519.76; with expenses of 4038.00, for a balance of 10,396.34.
  - b. 2500.00 went to D&L Communications for the purchase of two 2-way radios.
  - c. There are 462 members to date.
4. Mike McAvoy gave a parade race update.
  - a. Boy Scouts will provide volunteers.
  - b. Race course has been approved by 3RF committee.
  - c. 150 registrations have been received - 300 anticipated.
  - d. Registration will be at the main tent in Headwaters Park.
  - e. TRF committee has preapproved race for 1998.
5. Mike McAvoy stated that he has contacted Ft. Wayne Sports Corp. about possible membership, but that they have failed to return his calls.
6. Mike McAvoy stated that Ft. Wayne Orthopedics may sponsor a 10k this fall with FWTC doing course management. More definite info next meeting.
7. Mike McAvoy said that FWTC member Chris Marks is trying to start a triathlon club.
8. Bob Hockensmith gave a final Marathon report.
  - a. The race committee did an excellent job.
  - b. There were 203 finishers.
  - c. There were some problems with some contractors, yet Ind-Ohio Heart got water on course.
  - d. Were able to pay back anonymous donor.
  - e. There was an income of 8,556.00, with expenses of 5,581, for a balance of almost 3,000.
  - f. The Airport Holiday Inn will be race hotel for next year's marathon - June 13, 1998.
9. Jon Schlatter gave an update on the race schedule - N. Manchester 5k Aug. 9 at 8:00 am.
10. Jon Schlatter read a report from Barrie Peterson on the summer workout series.
11. Lynn Armstrong or Gary Dexheimer will be FWTC representative with IPFW Royal Dons Club.
12. Joyce Hockensmith stated that July 15, 1997 will be the deadline for the next newsletter.
13. Charlie Brandt gave an update on the One Hour Run.
  - a. Will be Aug. 7, at 6:30 p.m. on the Northrop track.
  - b. Each entrant will need a person to record laps on a tick sheet.
  - c. Jon Schlatter will do Pizza Party and Don Lindley and Judy Tillapaugh will do awards.
14. Bill Sohaski gave an update on the Triathlon.
  - a. Will be Aug. 16, at 8:00 a.m., at Lafayette Central Elementary School.
  - b. 20 individual and 2 teams entered so far.
  - c. 2130.00 of income and sponsorship to date.
15. Judy Tillapaugh gave a report on a seminar that she attend at the RRCA convention on finding and keeping race sponsors.

Meeting then adjourned. Next meeting Wednesday, August 13, 1997, 7:00 p.m., IPFW

Respectfully submitted, Jon Schlatter, Club Secretary.

## MINUTES

Fort Wayne Track Club Monthly Meeting  
Wednesday, August 13, 1997, 7:00 p.m., IPFW

21 Present: D. Lindley, S. Brunner, M. Yann, B.&J. Hockensmith, B. Sohaski, J. Schlatter, K. Disler, M. McAvoy, G. Dexheimer, E. Dax, J. Tillapaugh, P. Knott, J. Diehl, M. Harper, R. Wilson, B. Crane, C. Brandt, B. Peterson, L. Armstrong, A. Gilbert

1. Barrie Peterson called the meeting to order and Don Lindley 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 an income of 299.12, with expenses of 438.31, for a balance of 12,950.15.
    - b. The Marathon had a profit of 1696.84.
    - c. There are 474 members to date.
  4. Mike McAvoy gave a Parade Race final report
    - a. There were 167 preregistered, with 261 day of race registrations.
    - b. Many negative comments about 180 degree turns.
    - c. TRF committee may move race to the evening of the second saturday of the festival.
  5. Jon Schlatter gave a race calender up date; Angola Fallfest 5k, Sept. 21, 1997 at 10:00 am.
  6. Barrie Peterson said that he would write an article on the speed workout series for the next newsletter, but he thank Paul Knott for all his help and Mike McAvoy for giving him the idea.
  7. Charlie Brandt gave final report on the One Hour Run.
    - a. There were 15 runners with awards given in open and masters divisions.
    - b. Don Lindley and Judy Tillapaugh talk about the various track club awards that were given.
  8. Joyce Hockensmith stated that Sept. 15, 1997 will be the deadline for the next newsletter.
  9. Mike McAvoy announced that Ft. Wayne Orthopedics will sponsor a 5k on Oct. 18, 1997 to benifit the Arthritis Foundation; more details to follow.
  10. Mike McAvoy gave a propasal for FWTC to join the Ft. Wayne Sports Corp. at the special corporation fee of \$100 which was voted upon and approved.
  11. Bill Sohaski gave an update on the Triathlon.
    - a. Will be Aug. 16, at 8:00 a.m., at Lafayette Central Elementary School.
    - b. With a cap of 125 people 108 have regestered so far.
    - c. Application have come from Canada and several states with 14 calls just yesterday.
  12. Mitch Harper gave an update on the Zoom Thru Zula race.
    - a. All the sponsor have been signed up.
    - b. Ads have been placed Run Ohio and Indiana Runner.
    - c. Will do a mass mailing after Labor day.
  13. Mitch Harper gave an update on the HUFF race.
    - a. An add will be place in the next FWTC newsletter requesting volunteers
    - b. The course has been measured and will have to be adjusted.
    - c. An add will be in the Sept. issue of Ultra Running Magazine and on an internet site.
    - d. A shorter distance race will be added.
  14. Judy Tillapaugh talk about the IPFW X-Country team.
    - a. A committe has be form to get support and sponsorship.
    - b. Will need volunteers for some upcoming races.
  15. Barrie Peterson asked for some volunteers for an upcoming SAC X-Country meets.
  16. Mike NcAvoy Said that more people were needed to help will the transportation and setup of FWTC equipment when it is rented to various races. It was proposed and voted upon at this time to raise the equipment rental fee from \$125 to \$150 starting in 1998.
  17. Mike McAvoy submitted the idea of a FWTC bus trip to major weekend race next year. Interest was expressed in the Crim races in Flint, Mich., which Mac said he would check into.
- Meeting then adjourned. Next meeting Wednesday, September 10, 1997, 7:00 p.m., IPFW

Respectfully submitted, Jon Schlatter, Club Secretary.

HARLAN DAYS 10K Race  
 August 2, 1997  
 Harlan, Indiana

1.	Cameron Norris	35:28	45.	Julie McNulty	47:33
2.	Michael Fruchey	35:43	46.	Lon Braun	47:37
3.	Chuck Schlemmer	36:22	47.	Julie Manter	47:58
4.	Hal Pearson	36:22	48.	Ryan Rothert	48:11
5.	Jon Beasley	36:27	49.	Sandy Kenny	48:28
6.	Roger Wilson	36:39	50.	Andy Litzenberg	48:30
7.	Brad Thomas	36:55	51.	Barry Peterson	49:11
8.	Gary Rickner	37:48	52.	Ty Murphy	49:12
9.	Dave Broerman	39:27	53.	Barbara Milleman	50:02
10.	Jed Pearson	39:34	54.	Dick Harnley	50:35
11.	Ward Moya	39:55	55.	Bob Genscheimer	50:54
12.	Phil Rizzo	40:21	56.	Don Lindley	50:54
13.	M. Koehlinger	40:28	57.	Craig Barker	51:23
14.	Kim Davidson	40:41	58.	Ellen Osborn	52:04
15.	Andy O'Conner	40:57	59.	Steed Williams	52:30
16.	Chris Marks	41:10	60.	Valerie Winn	52:57
17.	Bryan Keister	41:24	61.	Randy Jenkins	53:10
18.	Jeffrey Milleman	42:05	62.	Cody Messman	53:24
19.	Pat Beuchel	42:14	63.	Bill Harris	54:23
20.	Mark Walter	42:29	64.	Fran Gangel	53:48
21.	Patrick Waggoner	42:39	65.	Lynn Bobay	54:49
22.	Linda Gorman	43:16	66.	Terry Goodspeed	54:57
23.	Robin Burkholder	43:22	67.	Kevin Sharp	55:08
24.	Joseph Ziegler	43:25	68.	Ken Silkworth	55:35
25.	Mitch Harper	43:29	69.	David Pettit	55:45
26.	Todd Bussen	43:37	70.	Mary Krouse	57:02
27.	Adam Knight	43:56	71.	Joan Gary	57:28
28.	Keith Walter	43:56	72.	Jennifer Berg	59:09
29.	Dave Boylan	44:01	73.	Marianne Glick	59:29
30.	Jeremy Lung	44:03	74.	Russell Shook	59:51
31.	Jon Schlatter	44:28	75.	Eugene Striggle	59:55
32.	K. Richardson	44:41	76.	Bev Saalfrank	1:00:44
33.	Andy James	44:59	77.	Belinda Sharp	1:01:04
34.	David Swenson	45:13	78.	Pam Joachim	1:01:13
35.	Tom Felger	45:26	79.	Alton J. Myers	1:02:30
36.	Paula Rogers	45:46	80.	Dean Sharp	1:03:34
37.	Josh Ashbaugh	45:58	81.	Bob Leeper	1:03:54
38.	Danny Gerbers	45:59	82.	Kelly Cornelius	1:04:19
39.	Jim Whitman	46:00	83.	Todd Joachim	1:04:19
40.	Deb Byers	46:28	84.	Sarah Kleinknight	1:05:09
41.	Don Anderson	46:34	85.	Julia Beal	1:07:03
42.	Chris Leeuw	46:36	86.	Dianne Post	1:09:10
43.	John Peterson	47:02			
44.	Tom Carpenter	47:31			

Swan Creek Crawl 50Km  
Allegan State Forest, MI  
July 12, 1997

1. STEVE WILSON ,	38	IN	3:34:16	48. KAREN LEEEWIS,	39	5:36:15
2. MARTY KELLY,	35		4:02:15	49. BILL MOYER ,	48	5:36:33
3. RALF THOMAS,	33		4:03:48	50. MARCIA BENNETT,	37	5:36:34
4. JOHN NICHOLS,	33	OH	4:10:23	51. DONYEAGER,	48	5:36:51
5. MICHAEL WARD,	39		4:15:03	52. DEB WEBSTER,	41	5:36:58
6. MARV LAFLER,	52		4:24:55	53. KYRENE FORTUNE,	39	5:37:03
7. MAX ANTHOUARD,	38		4:25:11	54. THEODORE JOPPIE,	41	5:41:02
8. TOM MIKESELL,	42		4:25:53	55. JEFF ANDERSON,	35	5:43:06
9. BILL GROENDYK,	42		4:27:41	56. MICHAEL DEMARR,	41	IL 5:45:18
10. AL ZELLER,	50		4:30:54	57. ROBERT SHANGLE,	35	5:45:58
11. JANE MACLEOD,	39	CAN	4:34:23	58. KEVIN SHARP,	32	OH 5:51:07
12. KEVIN SWAN,	23	OH	4:34:40	59. PATRICK GORMAN,	38	IL 5:51:08
13. PARTICK DUFF,	43		4:38:02	60. BRUCE PURDY,	40	5:52:46
14. PHIL CUTRARA,	51		4:39:22	61. RICH BREAUX,	41	IL 5:53:32
15. BERNIE MOMBER,	44		4:41:43	62. SUSAN THIBODEAU,	48	5:54:17
16. TOM WILCOX ,	43		4:41:45	63. RAY ANTEL,	33	5:55:01
17. FRED PAIZ,	43		4:46:45	64. SUE KEMPEMA,	39	5:55:53
18. BILL LEIBFRITZ	40		4:47:08	65. DAVID JANOSKO,	39	OH 5:56:03
19. GARY FORTUNE,	47		4:47:34	66. DANIEL PADILLA,	31	6:13:24
20. JOHN EDGCOMB,	38		4:50:15	67. CHARLOTTE GERKIN,	51	IN 6:13:55
21. LINDA GORMAN,	33		4:54:54	68. JAMES MULRENIN,	60	6:14:54
22. ED MASTA,	35		4:56:18	69. DONALD TAYLOR,	56	6:20:25
23. BILL HILL,	54		4:56:27	70. CARL WELLS,	50	IN 6:25:52
24. STUART SCHULMAN,	58	IL	5:01:20	71. NORM KILLOP,JR.,	58	6:28:20
25. JIM YOUNG,	48		5:11:02	72. DONALD LINDLEY,	53	IN 6:28:50
26. DALE THIBODEAU,	48		5:11:02	73. SHAUN LLEWELLYN,	32	6:33:12
27. VERN VAN BEEK,	38		5:13:40	74. STAN FORTUNE,	49	6:33:30
28. KAREN KIPP,	39		5:14:06	75. AZIZ URAS,	36	IL 6:36:03
29. KEITH BROPHY,	35		5:14:06	76. SUSAN ROZANSKI,	43	IL 6:44:20
30. GEORGE PEN,	52		5:14:19	77. JACK THOMAS,	44	IL 6:44:21
31. KEN BURNS,	61		5:16:13	78. LESLIE YANG,	39	6:48:30
32. JIM BETZ,	47		5:17:26	79. THOMAS HUGHES,	40	6:49:28
33. CUTIS LINTVEDT,	49		5:17:26	80. BRUCE OSRAN,	47	6:56:48
34. DAVID WIERZBICKI,	37		5:18:32	81. MARY DEMATTIA,	56	7:02:48
35. RICHARD SMALEK,	43		5:18:57	82. KAREN STANDLEY,	43	7:14:19
36. CHUCK KEMPEMA,	49		5:19:49	83. WALLY YPMA,	70	7:14:20
37. CHARLIE CHANDONIA,	55	TX	5:21:31	84. GERALD OSBORN,	49	7:15:35
38. MITCH HARPER,	41	IN	5:23:02	85. STEVE CLARK ,	47	7:15:35
39. LISA CHAPPELL,	38		5:23:44	86. JOHN ROZANSKI,	50	IL 7:17:09
40. DON PFRUENDER	49		5:24:09	87. ALBERT MESAROSH,	59	IN 7:44:54
41. SANDRA LAKE,	31		5:26:37	88. JANICE NOVACHCOFF,	54	8:21:52
42. ROBERT BRECKLER	50	OH	5:27:20	89. JACKIE DONAHUE		8:21:52
43. LARRY ANDERSON,	54		5:28:43			
44. DONNA OLSON,	47		5:32:36			
45. SUSAN MASON,	51		5:34:37			
46. PETRA THOMAS,	32		5:34:50			
47. JONATHAN LEWIS,	42		5:36:09			

### Summer Nights 5k

Over 100 runners went to the line to participate in the Annual Summer Nights 5k and 1m run. To insure a fast start, local business Heavenly Snoballs offered a \$50 savings bond to the first male and female through the one mile mark. Ligonier's Brian Shepherd and Stephanie Brown, 4:38 and 6:11 respectively, won the Heavenly Snoball challenge. After the mile mark PowerBar runner Brian Shepherd went on to win the race in 15:01. Stephanie Brown tried to hold on, but was overtaken by Anne Duff. Anne's winning time was 19:50.

The Master's Championships were taken by Elkhart's John Reedy in a Master's record time of 15:46. Ligonier's Deb Byers took the female championship in 20:22.

Special thanks to the following business for supporting the run with their donations: Frick Services, Freudenberg/NOK, Ligonier Elementary School, Heavenly Snoballs, Annie Oakley, Dr. Dragoo, D&S Products, Zukes II, Sprague's Lawn Service, Ligonier Rec. Center, Sroufe Mfg., Dr. Cox, Lake City Bank, Cromwell-Kimmell Lions, Pilcher's Shoes, Pizza Hut, Charger House, Mr. Taco, Bowlway Lanes, Freed's IGA, Owens, Subway, Dairy Queen, PowerBar, Hummingbird Floral, Jan's Catering, Ace Hardware, NAPA, and Alco.

### Summer Nights 5k Results Total Runners - 107

#### Top 3 Males

1) Brian Shepherd	15:01
2) Ron Sharp	15:32
3) Chuck Schlemmer	15:56

Master - John Reedy 15:46

12-under	Eric Nestel	18:20
13-15	Scottie Schermerhorn	18:03
16-19	-----	-----
20-24	Sam Vargas	16:50
25-29	Mike Fruckey	16:01
30-34	Ward Moya	16:40
35-39	Steve Leffers	16:05
40-44	Hal Pearson	17:12
45-49	Dan Leffers	17:22
50-54	George Parrett	23:04
55-59	Harvey Hustle	19:52
60-69	Joe Zeigler	19:55
70-over	Ken Disler	27:08

#### Top 3 Females

1) Anne Duff	19:50
2) Stephanie Brown	20:13
3) Amy Mays	20:30

Master - Deb Byers 20:22

19-under	Dorothy Wysong	23:19
20-29	Teresa Furniss	24:43
30-39	Kandy Gary	27:17
40-49	Patty Schwartz	21:00
50-59	Marsha Schmidt	23:33
60-over	Joan Gary	26:22

## Onion Days 5k

The longest field ever at this year's Onion Days 5k was greeted by hot and humid conditions. After sleeping on the ground for the past week with his cross country team at Chain-O-Lakes State Park PowerBar runner Brian Shepherd took the victory in a time of 15:44. He was followed by Elkhart Baptist cross country coach Peter Casaletto in 16:02. The master's championship was taken by Albion's Hal Pearson with 17:53.

The women's championship was taken by Justina Faulkner. She was followed by Tammy Casaletto with 19:47. The female master's championship was won by Ligonier's Deb Byers in a time of 22:10.

Special thanks to Noble Press for supplying all open awards and division awards. Also to Pilchers Shoes for supplying the Masters awards.

The following are age group winners:

### MALE

#### 14-under

Andy O'Conner 19:07

#### 15-19

Greg Bender 19:45

#### 20-24

Brad Thomas 17:21

#### 25-29

Pete Casaletto 16:02

#### 30-34

Ron Jennings 21:38

#### 35-39

Chuck Schlemmer 17:34

#### 40-44

Calvin King 19:05

#### 45-49

Gary Rickner 18:35

#### 50-54

Bill Crane 23:30

#### 55-59

Fred Ross 21:33

#### 70-over

Don Anderson 22:51

### FEMALE

#### 19-UNDER

Rachel Couch 23:22

#### 20-29

Tammy Casaletto 19:47

#### 30-39

Jenny Reichert 25:04

#### 40-49

Patty Schwartz 22:17

#### 50-59

Gladys Crowl 27:49



## Dances With Dirt Sept 6, 1997

The Fort Wayne Track Club came, saw & conquered. 7th place overall. Don Lindley was masterful in matching the runners to the various segments - both physically and mentally.

Kim Davidson, Mike Schoudel, Jeff Milleman, Mitch Harper, Don Lindley

Team Name	Averaged Handicap	Actual Time	Pace Mile	Adjusted Time
1 LES VITES FEET	2.3%	6:38:29	06:26	6:29:19
2 Still Yet to Be Determined	6.4%	7:08:33	06:55	6:41:07
3 ONSTED RINGERS	0.0%	7:08:39	06:55	7:08:39
4 BUFFALO ROAM	4.7%	7:40:36	07:26	7:18:57
5 BRAVEHEARTS	11.6%	8:17:54	08:02	7:20:09
6 OPP GOLD TEAM	1.0%	7:26:51	07:12	7:22:23
7 Fort Wayne Filthy Five	6.0%	7:51:47	07:37	7:23:29
8 RUNNING FACTORY-REJECTED SALES	3.4%	7:42:18	07:27	7:26:35
9 TYE-DYES	4.4%	7:53:46	07:38	7:32:55
10 Running Factory - Windsor Ballet	1.4%	7:39:51	07:25	7:33:25
11 PHARAOHS OF THE FOREST (THE)	4.6%	8:06:10	07:50	7:43:48
12 TRAIL TRAMPS	12.6%	8:52:50	08:36	7:45:42
13 TEAM ZOOMA ZOOMA	0.0%	7:46:31	07:31	7:46:31
14 PRESTO-LITES	7.0%	8:22:29	08:06	7:47:19
16 CLUELESS, BUT NOT GU LESS	9.7%	8:39:44	08:23	7:49:19
17 Deep in the Bushwhackettes	10.8%	8:51:02	08:34	7:53:41
18 4 RUNNERS AND A BOAT ANCHOR	0.0%	7:54:24	07:39	7:54:24
19 WOLFPACK I	8.4%	8:41:02	08:24	7:57:16
20 FIVE QUALITY INDIVIDUALS	4.0%	8:19:00	08:03	7:59:02
21 PATHFINDERS	15.4%	9:27:51	09:10	8:00:24
22 CHASSIS RATS	5.0%	8:25:56	08:10	8:00:38
23 I JUST CRAPPED MY PANTS	5.6%	8:32:24	08:16	8:03:42
24 THE DURTLES	5.2%	8:32:38	08:16	8:05:59
25 RANCHO DELUXE	0.8%	8:17:19	08:01	8:13:20
26 WINDEMERE TRACK CLUB	7.6%	8:56:42	08:39	8:15:55
27 OPP BLUE TEAM	8.1%	9:01:09	08:44	8:17:19
28 Cpt. Not-So-Fantastic & the Brown Dirt	5.8%	8:50:36	08:33	8:19:50
29 RAPTORMULES	2.0%	8:30:14	08:14	8:20:02
30 RUNNING FIT BUCK NAKED	2.5%	8:34:51	08:18	8:21:59
31 Runs with a Twist	0.0%	8:22:18	08:06	8:22:18
32 TEAM JENISON	8.8%	9:13:54	08:56	8:25:09
33 MUD PUPPIES	6.2%	8:59:41	08:42	8:26:13
34 PUFFINS (THE)	4.6%	8:55:34	08:38	8:30:56
35 DIRT DANCERS R US!	6.2%	9:07:43	08:50	8:33:45
36 HOOTERVILLE WIND SUCKERS	9.6%	9:28:27	09:10	8:33:53
37 Forest Fanatics	0.4%	8:38:47	08:22	8:36:42
38 BUFFALO'S SLOW MOVING HERD	2.8%	8:54:10	08:37	8:39:13
39 TRAIL HOGS	12.3%	9:56:26	09:37	8:43:04
40 BEHIND BARS	5.6%	9:16:01	08:58	8:44:53
41 5-0 LITTLE PIGS X2	3.8%	9:06:31	08:49	8:45:45
42 The Peaceful Warriors	11.3%	9:54:02	09:35	8:46:54
43 RUNS WITH A FIST	10.6%	9:49:35	09:31	8:47:05
44 KENNEL CLUB	2.5%	9:06:06	08:48	8:52:27
45 SAC DRAGGERS	6.0%	9:27:02	09:09	8:53:01

46	MOONSHADOW	7.6%	9:37:03	09:18	8:53:12
47	TRAIL SLUGS	2.0%	9:04:05	08:47	8:53:12
48	FANUC FAN-AT-UCS	6.0%	9:28:52	09:11	8:54:44
49	Incarcerators	8.3%	9:45:37	09:27	8:57:18
50	JULIE'S RUNNING RELATIVES	4.0%	9:21:18	09:03	8:58:51
51	ORBIT BOUNCERS	6.0%	9:38:10	09:20	9:03:29
52	FLAT FOOTERS	1.2%	9:13:52	08:56	9:07:13
53	SUNDAY MORNING ?	4.0%	9:32:58	09:14	9:10:03
54	SNAP, CRACKLE, POP, KERPLUNK, & KERPLEWY	1.6%	9:19:35	09:02	9:10:38
55	ROODIES RABBITS	6.0%	9:49:28	09:30	9:14:06
56	IST	2.4%	9:31:39	09:13	9:17:56
57	HIGH FIVE	11.9%	10:35:33	10:15	9:19:55
58	BLUE CHIPS	4.4%	9:46:41	09:28	9:20:52
59	F-5's	1.8%	9:31:58	09:14	9:21:40
60	SNAILS	10.0%	10:24:32	10:04	9:22:05
61	TOTAL STRANGERS	5.0%	9:52:04	09:33	9:22:28
62	Dearborn Mudpuppies	2.2%	9:38:51	09:20	9:26:07
63	MANITOU'S	2.4%	9:55:00	09:36	9:40:43
64	TOLEDO TRAIL RUNNERS	5.8%	10:22:47	10:03	9:46:40
65	Victoria's Secrets	4.0%	10:11:55	09:52	9:47:26
66	Runnin' from the Law!	10.2%	11:03:41	10:42	9:55:59
67	SILVER PLATTERS	2.0%	10:18:58	09:59	10:06:35
68	BURGER FLIPPERS	2.2%	10:23:36	10:03	10:09:53
69	TRAILFREAKS	2.0%	10:44:56	10:24	10:32:02
70	YREKA YAHOO'S	5.0%	11:16:56	10:55	10:43:05
71	5-0 Little Pigs	6.8%	11:37:01	11:15	10:49:37
72	MUCK SLOGGERS	4.0%	11:25:08	11:03	10:57:44
73	SAMES STRIDERS	5.1%	11:45:03	11:22	11:09:06

## ONION DAYS CHAMPIONS



Deb	Justina	Brian	Hal
Byers	Faulkner	Shepherd	Pearson
Ligonier	Breman	Ligonier	Albion
Master	Overall	Overall	Master
Champ	Female	Male	Champ



# 1st ANNUAL RIBFEST 97

## 2 MILES ROUND THE PARK WALK/RUN

	<u>Name</u>	<u>Time</u>	<u>Age</u>	<u>Gender</u>
1	Vincent Garcia	10:57	17	M
2	Roger Wilson	11:27	45	M
3	Paul Ausderan	13:19	43	M
4	Andrew Garcia	13:33	13	M
5	Carolyn Causey	14:29	46	F
6	Robin Porter	14:33	35	F
7	Cody Messmann	15:38	12	M
8	Marvin Eddy	16:05	34	M
9	Jared Messmann	16:06	10	M
10	Kim Cross	16:56	37	F
11	June Mintchell	17:04	38	F
12	John Redmond	18:39	30	M
13	Gary Smith	18:41	30	M
14	Carol Garcia	19:02	41	F
15	Richard Lowden	19:12	44	M
16	Ian Ausderan	27:44	12	M

## Holiday Weekend Volunteers Needed

Volunteers will be needed December 27 to help spread holiday cheer (and electrolytes, cookies & pretzels) to freezing ultramarathon runners at the Huntington Reservoir.

Help be part of The HUFF, the Fort Wayne Track Club's ultramarathon event, a part of the Great Lakes Ultra Grand Prix Series. Three aid stations need to be staffed in two, five-hour shifts. If you have an RV or four-wheel drive vehicle which might come with you, you'll find an extra present under the tree this year.

Call Mitch Harper (456-1381) or Don Lindley (432-5998) if you can volunteer.

The HUFF is a 50K trail race consisting of approximately three loops around the Huntington Reservoir. A shorter distance run of 10-13 miles will be available for those who would like a taste of winter trail running.

# Birthdays

MARJORIE	HAINES	10 - 01
RUSTY	GROSE	10 - 01
JODY L	BLACKWELL	10 - 02
MIKE	FOWLER	10 - 02
ANDREA	HARDING	10 - 03
GARY L	KING	10 - 03
JILL	BOBAY	10 - 04
FRED	WEHRWEIN	10 - 05
KEITH	WALTER	10 - 05
SUSIE	VANDEVER	10 - 06
STEVEN M	LUDWISKI	10 - 07
HAL	PEARSON	10 - 08
TOM	LAIRD	10 - 09
JAY	BROWER	10 - 12
RANDY	ROBERTS	10 - 12
SUSAN	PETERSON	10 - 12
BEV	SAALFRANK	10 - 13
DONALD	BRANSTETER	10 - 13
TIM	ZUMBAUGH	10 - 13
LARRY	UELK	10 - 14
CHERYL	STROMSKI	10 - 15
LINDA K	GORMAN	10 - 15
STEVE	BEGHTEL	10 - 15
TOM	FELGER	10 - 16
RYAN	YANN	10 - 17
MARK A	BRATTOLI	10 - 18
MEGAN	DEXHEIMER	10 - 18
RON	SHARP	10 - 19
CALVIN	KING	10 - 21
HOWARD	BASH	10 - 21
LOU	BRIONES	10 - 22
STEPHEN P	SMITH	10 - 22
VERTON L	TROYER	10 - 22
JOYCE A	FUZY	10 - 23
MIKE	YODER	10 - 24
DAVID	LALLOW	10 - 25
WILLIAM R	CLARK JR	10 - 25
C WAYNE	UNSELL	10 - 26
CHRISTOPHER	FOWLER	10 - 26
RICK	HAWKS	10 - 29
CATHARINE	BREGE	10 - 31

JERRY	HILL	11 - 01
KEVIN	LOCHNER	11 - 01
JOHN E	HILKER	11 - 01
JOHNI	RASMUSSEN	11 - 03
GREG	HENDERSON	11 - 03
DON	JANTZ	11 - 03
ASHLEY	KEENER	11 - 03
RUSSELL	SHIVE	11 - 03
MIKE	ROBBINS	11 - 03
JEFF	BRAMAN	11 - 03
JOANA	FLENAR	11 - 04
KING	SULLIVAN	11 - 04
DANIEL	LEFFERS	11 - 04
DICK	HARNLY	11 - 05
FRED	STOFFEL	11 - 05
NANCY	VIRTUE	11 - 06
MARY	MCMANUS	11 - 07
MICHAEL	HENDRICKS	11 - 08
TY	MURPHY	11 - 08
ALAN	BRADLEY	11 - 09
LINDA	YODER	11 - 10
AMY L	MAYS	11 - 11
STEPHAN	LEFFERS	11 - 12
JIM	LYNCH	11 - 12
AMBER	HEIMANN	11 - 12
TERRY R	DILLER	11 - 12
JOHN	MILLIS	11 - 13
MONICA	MADDALONE	11 - 13
JENNY	SANDERS	11 - 13
DAVID L	WINTERS	11 - 13
CINDY	FURKIS	11 - 14
DICK	WATERFIELD	11 - 15
MATT	DEXHEIMER	11 - 16
BERNIE	HUESING	11 - 17
TODD	SEIMAN	11 - 18
CHUCK	SCHLEMMER	11 - 19
RICHARD	QUINTANO	11 - 20
DANIEL A	KAUFMAN	11 - 20
JEFF	KENNEDY	11 - 21
KAREN	MCCRACKEN	11 - 21
PAUL E	KNOTT	11 - 23
ROSE	YANN	11 - 23
SCOTT	KARR	11 - 25
ROBERT	GEBFERT	11 - 25
LENNY	DUFF	11 - 27
MICHAEL	LECHMAN	11 - 27
JOHN	STURTEVANT	11 - 27
JOE	SUELZER	11 - 28
ROBERT C	HALL, M.D.	11 - 28
LISA M	PESCI	11 - 29
MCLEAN	KARR	11 - 30

# CLEAR LAKE 10K/5K FOR THE BLIND

**10K OVERALL FEMALE: Amy Vernace 39:31:00**

18 & Under  
No entries

19-29

Amy Vernace	39:31:00
Julie Parent	50:27:00
Mandy Mahnesmith	50:44:00
Mary Newell	53:49:00
Karen Louis	54:02:00
Dawn McCague	54:55:00

30-39

Karen McCracken	42:50:00
Judy Tillapaugh	43:35:00
Trina Chapman-Smith	44:44:00
Bonnie Vieau	52:08:00
Susan Way	53:41:00
Mary Flickinger	53:46:00
Patrice Weber	55:07:00
Sue Hook	58:14:00
Marianne Glick	1:00:16:00
Diana Dishop	1:08:16:00

40-49

Denise Connelly	46:22:00
Kathy Hastings	53:21:00

50 & Over

Joan Gary	52:53:00
Sarah Kleinknight	1:05:37:00



**5K OVERALL FEMALE: LISA McNUTT 20:31:00**

18 & Under

Emily Balttes	22:56:00
Bobbi Firestone	24:13:00
Robin Knisely	24:31:00
Elizabeth Balttes	24:54:00
Jayna Sattison	26:09:00
Laura Zumbaugh	27:10:00
Kristin Steckbeck	30:49:00
Sara Tyler	30:57:00

19-29

Lisa McNutt	20:31:00
Andreà Hardy	23:04:00
Kelli Kunkel	24:24:00
Jill Norris	26:54:00
Meg Ross	28:05:00
Jessica Rogers	28:06:00
Kimberly Tolmich	29:01:00
Vanessa Guy	30:16:00

30-39

Lori Sander	20:53:00
Caroline Yamell	21:13:00
Dawn Smothers	22:13:00
Tonya Crow	30:49:00

40-49

Dawn Luttmann	27:23:00
Paula Stemen	29:16:00
Cindy Tyler	30:56:00

50 & Over

No entries

# CLEAR LAKE 10K/5K FOR THE BLIND

5K OVERALL MALE: Brian Shepherd 15:56:00

## 18 & Under

Ryan Desgrange	16:17:00
Jon Stoohey	19:15:00
Kyle Eller	19:21:00
Adam Knight	19:29:00
Austin Imm	19:50:00
Matthew Stevens	20:37:00
Wayne Knight	22:39:00
Cork Stultz	23:41:00
Adam Klopfenstein	23:53:00
Scott Tyler	26:08:00
Kevin Yamell	36:19:00
Riley Glasper	39:31:00

## 19-29

Moises Trejo	17:42:00
Samuel Vargas	17:49:00
Nathan Scheuman	19:13:00
Dan Vukimivouch	25:28:00
Don Hakes	27:54:00

## 30-34

Brian Shepherd	15:56:00
Paul Knott	18:57:00
Marty Retcher	20:29:00
Keith Walter	22:40:00

## 35-39

Joe Baker	17:10:00
Ed Cohen	18:49:00
John McDonagh	25:45:00

## 40-44

Jeff Tyler	17:52:00
Carl Hansen	18:11:00
Dennis Klopfenstein	22:15:00
Keith Miller	22:20:00
Gene Wright	22:28:00
Steve Levendoski	23:18:00
Alan Desgrange	24:23:00
John Carr	24:37:00
Paul Brummer	27:03:00
Tim Zumbaugh	27:11:00
Bill Yamell	37:27:00

## 45-49

Les Brown	21:46:00
John Luttmann	22:03:00
Rick Sherman	26:55:00
Thomas Ewing	29:03:00
Jim Preston	30:12:00

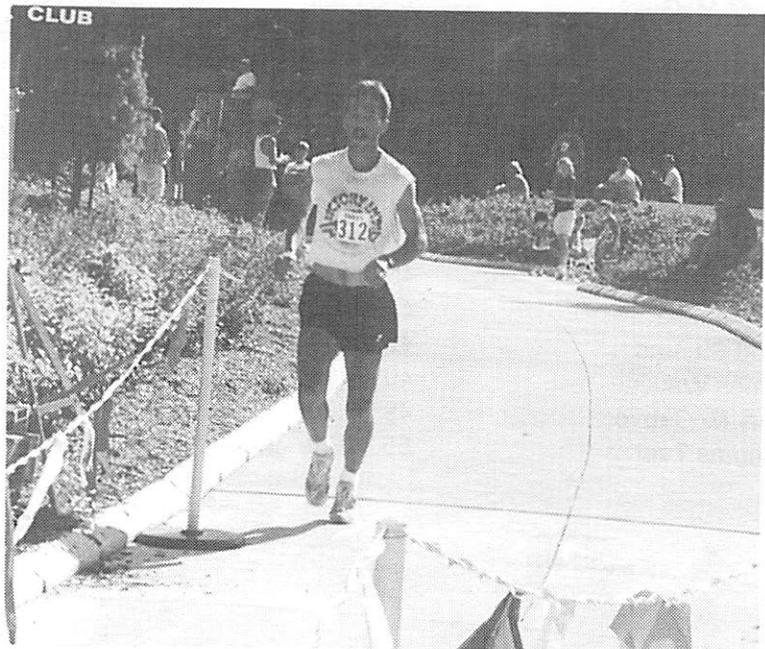
## 50-59

James Miller	20:18:00
Don Steininger	28:03:00

## 60 & Over

Jim Lowery	27:18:00
Al Baatz	31:01:00

Pictured at right - Mike McManus  
Winner of Runners on Parade



# CLEAR LAKE 10K/5K FOR THE BLIND

8-23-1997

10K OVERALL MALE - Adam Barton 34:07:00

## 18 & Under

Tyler Larson 53:26:00  
Jason Kaczor 57:03:00

## 19-29

Adam Barton 34:07:00  
Bill Culbertson 36:26:00  
Andy Winch 37:17:00  
Paul Richardson 37:31:00  
Chad Clevenger 37:32:00  
David Foote 38:23:00  
Chris Marks 40:00:00  
Jeremy Lesh 40:40:00  
Nathan Diehl 42:12:00  
Pete Stafford 42:34:00  
Trent Buehrer 42:59:00  
Mike Casiano 44:21:00  
Tom Carpenter 46:20:00  
Steve Newell 51:59:00  
Tony Hills 52:04:00  
Steve Fisher 57:54:00

## 30-34

Paul Fumiss 34:42:00  
Jon Beasley 35:32:00  
Patrick O'Beime 41:04:00  
Kent Buehrer 41:21:00  
John Wagner 44:27:00  
Terry Clark 50:25:00  
James McGuire 52:34:00

## 35-39

Terry Diller 36:43:00  
Marvin Retcher 37:22:00  
Ed Masta 37:25:00  
Jim Ferrier 38:10:00  
Bryan Keister 40:33:00  
Kelly McCormick 43:56:00  
Joe Kobiela 44:31:00  
Todd Stearns 47:16:00  
James Watkins 49:16:00  
Gary McCabve 49:28:00  
Thomas Teel 55:07:00

## 40-44

Hal Pearson 36:03:00  
Chuck Winke 41:29:00  
Doug Desgrange 43:10:00  
Jon Schlatter 43:43:00  
Vernon, Ceder 44:25:00  
David McDonald 46:58:00  
Rick Hawks 47:30:00  
Steve Kaczor 48:28:00  
Jim Wolff 49:37:00  
Gordon Stemen 54:20:00  
Terry Larson 1:07:08:00

## 45-49

Gary Rickner 37:00:00  
Larry Whitaker 42:35:00  
Tom Striggow 43:21:00  
Steve Quilty 46:39:00  
John McMunn 52:48:00  
Don Sherman 53:23:00  
Ralph Easterhaus 55:23:00

## 50-59

Gil Gilmore 43:31:00  
Dave Wolff 44:08:00  
Jeff Bertram 44:44:00  
Dick Hamly 48:50:00  
Larry Lee 49:07:00  
John Lewandowski 49:30:00  
Wayne Dawes 50:26:00  
Richard Waterfield 51:11:00  
Don Lindley 52:09:00  
Marty Erlenbaugh 52:42:00  
Dave Miller 57:24:00

## 60 & Over

Joe Ziegler 42:48:00  
Robert Loomis 51:13:00  
Eugene Striggle 56:18:00



# Fort Wayne: 8/16/97 - 1st Annual Progressive Insurance Triathlon

Name	Age	Swim	Bike	Run	Final
Female - 19 & under					
Clapp, Stacy	17	15:55	54:22	1:16:29	1:19:44
Fortuna, Bethany	12	11:27	53:15	1:22:20	1:19:48
20 - 29					
Colvin, Carolyn	28	17:36	57:50	1:20:42	1:23:04
Aulick, Amy	21	12:13	52:49	1:23:27	1:25:17
Menheer, Laura	27	16:28	1:01:37	1:24:01	1:26:19
Brown, Cara	22	14:07	1:05:09	1:30:16	1:29:30
Ferguson, Elizabeth	21	15:54	54:24	1:30:36	1:31:06
Christy, Shelly	20	17:40	1:05:22	1:33:19	1:31:10
O'Rourke, Aileen	24	19:21	1:02:16	1:34:52	1:34:17
Knueppel, Danielle	20	21:02	1:13:36	1:47:32	1:37:27
30 - 39					
Larsen, Kim	36	11:35	45:31	1:09:58	1:40:10
Sidner, Diane	37	13:22	48:54	1:13:22	1:57:24
Ianucci, Linda	34	14:35	50:52	1:16:53	1:58:18
Sears, Christie	38	14:44	53:08	1:21:54	1:11:59
Berry, Beth	34	16:19	58:15	1:24:45	1:14:57
Hollenberg, Amy	35	16:52	1:00:10	1:28:46	1:15:04
Male - 19 & under					
Christy, Robert	19	10:00	50:46	1:14:34	1:20:20
Trux, Adam	14	11:06	54:28	1:16:26	1:24:35
Every, Josh	15	18:53	1:02:37	1:28:22	1:27:54
Boehm, Michael	19	22:40	1:06:10	1:31:57	1:28:01
Suetzer, Joe	12	19:23	1:07:47	1:38:23	1:28:34
Chang, Jason	18	13:23	1:02:19	1:39:04	1:29:18
20 - 29					
Ottinger, Lance	29	10:03	40:53	1:00:31	1:33:39
Leimback, Owen	22	13:07	45:26	1:05:32	1:37:27
Richardson, Paul	25	13:42	49:20	1:11:21	1:08:23
Stine, Eric	29	13:06	48:37	1:12:51	1:28:32
Marks, Chris	27	17:13	55:07	1:18:37	1:28:32
Kintz, Jeff	36	14:32	51:37	1:18:46	1:23:26
Stafford, Peter	25	17:17	54:58	1:19:26	1:38:17
Brier, Dan	28	18:02	58:21	1:20:24	1:40:06
Davidson, Chad	27	15:59	56:42	1:21:36	1:53:12
Oakley, Paul	27	17:47	58:28	1:22:58	2:01:36
Suetzer, Jeff	20	16:40	57:08	1:23:01	
Patton, Kyle	20	17:03	55:36	1:23:53	
Schall, Michael	24	18:50	57:36	1:23:42	1:10:20
Martinez, Brandon	21	16:42	58:35	1:23:53	1:10:20
Kaufman, Chris	21	19:13	1:02:04	1:25:13	1:14:21
Anderson, Kurt	28	18:30	59:24	1:26:36	1:14:21
Dineen, David	29	12:35	56:09	1:30:41	1:16:34
DeBlay, Curt	27	15:52	1:00:49	1:36:32	1:16:34
Hirsch, Kyle	21	21:33	1:07:30	1:48:37	1:20:38
30 - 39					
Furniss, Paul	30	10:30	40:19	59:14	1:21:24
Fink, David	31	11:31	42:18	1:02:09	1:21:24
Beasley, Scott	35	12:50	46:32	1:07:33	1:25:45
Crabill, Larry	34	12:09	44:49	1:08:56	1:25:45
Schlegel, Christopher	32	11:38	45:21	1:09:02	
Petrie, John	33	13:08	47:28	1:10:01	1:05:57
Syfert, Tom	35	12:59	46:28	1:10:29	1:05:57
Damian, Greg	34	15:04	52:27	1:14:01	1:14:48
Lulling, Mark	38	17:19	51:54	1:16:06	1:14:48
Kline, Thomas	33	12:11	47:37	1:16:14	1:14:48
Otruba, Zdenek	35	12:49	51:23	1:17:14	1:23:28
Peron, Jack	35	16:46	53:59	1:17:56	1:28:13
Mitchell, Jerry	36	13:03	52:06	1:19:31	1:28:13
Cummskey, Dan	36	15:43	54:17	1:19:44	
Name	Age	Swim	Bike	Run	Final
Age 30 - 39 cont.					
Baker, Brad	36	18:33	55:10	1:19:44	
Upchurch, David	38	13:46	52:38	1:19:48	
20 - 29					
Young, Bruce	35	15:29	55:55	1:20:54	
Nelson, Ken	33	22:21	1:03:01	1:23:04	
McMahon, Steve	33	21:30	1:00:06	1:25:17	
McGlennen, David	33	15:34	59:03	1:26:19	
Lowe, David	39	19:07	1:03:36	1:29:30	
Gilbert, Jay	38	19:15	1:03:34	1:31:06	
VanGilder, David	38	15:37	1:00:35	1:31:10	
Gerke, Jeff	30	17:35	58:45	1:34:17	
Walter, Ed	30	19:05	1:04:07	1:37:27	
Freeman, David	35	17:15	1:01:30	1:40:10	
Smith, Brian Scott	34	29:55	1:20:06	1:57:24	
Thacher, Dan	31	17:27	1:18:50	1:58:18	
40 - 49					
Tiermon, Ted	43	14:47	49:33	1:11:59	
Sidner, Dick	48	11:54	49:26	1:14:57	
Sullivan, John	47	16:06	53:10	1:15:04	
Every, Robert	40	21:28	?	1:20:20	
Hake, Bob	40	15:16	53:50	1:22:27	
Lefever, Kim	41	19:56	59:45	1:24:35	
Landis, Tom	41	17:09	57:43	1:27:54	
Schultz, James	49	17:56	58:31	1:28:01	
Kramer, Donald	43	21:41	1:01:19	1:28:34	
Constin, Robert	45	19:18	1:02:42	1:29:18	
Seck, Bill	45	19:28	1:06:26	1:33:39	
Powell, John	40	22:33	1:08:49	1:37:27	
50 - 59					
Leffler, James	51	13:54	46:35	1:08:23	
Parrett, George	52	20:50	1:01:01	1:28:32	
60 - 69					
Ehrenman, Phil	66	17:02	57:32	1:23:26	
Fouts, Charles	64	25:12	1:07:09	1:38:17	
Loomis, Robert	64	22:55	1:10:51	1:40:06	
Minnefield, Art	61	24:17	1:15:26	1:53:12	
Jones, James P	69	29:55	1:24:05	2:01:36	
Teams - 74 & below					
Marentette, Christa	61	12:58	46:50	1:10:20	
Webber, Jay	61	12:58	46:50	1:10:20	
Drudge, Amber	53	12:55	47:18	1:14:21	
Drudge, Eddie	53	12:55	47:18	1:14:21	
Bowman, Doug	53	14:54	54:45	1:16:34	
Whitcomb, David	53	14:54	54:45	1:16:34	
Heck, David	62	13:37	53:55	1:20:38	
Reed, Dean	62	13:37	53:55	1:20:38	
Heck, Debbie	58	16:38	51:15	1:21:24	
Little, John	58	16:38	51:15	1:21:24	
Rakoczy, Mark	41	25:09	1:03:55	1:25:45	
Rakoczy, Matthew	41	25:09	1:03:55	1:25:45	
75 & above					
Rizzo, Phil	87	13:57	47:21	1:05:57	
Wilson, Roger	87	13:57	47:21	1:05:57	
Burkholder, Robin	78	14:02	52:31	1:14:48	
Peterson, Elaine	78	14:02	52:31	1:14:48	
Beasley, Polly	80	19:38	1:00:08	1:23:28	
Englett, Gerry	80	19:38	1:00:08	1:23:28	
Diem, Tom	79	21:13	1:04:16	1:28:13	
Harper, Mitch	79	21:13	1:04:16	1:28:13	

\*Bike time includes swim transition.

\*\*Run time includes bike transition.

## VAN WERT AREA ROAD RUNNERS HOT AIR AFFAIR RACE 8/9/97

The Van Wert Area Road Runners conducted its 12th annual Hot Air Affair 4 mile run. The top men's winner was Peter Casaletto of Goshen, IN, with a time of 19 minutes and 51.53 seconds. Keith Madaras of Pemberville, OH finished second in a time of 20 minutes, 09.25 seconds. Third place went to Matthew Miller of Van Wert, with a time of 20 minutes, 53.14 seconds. Top female finisher was Tammy Casaletto of Goshen, IN with a time of 24:03.26. Runner up was Elaine Steinhauser of La Salle, MI, with a time of 26 minutes, 9.51 seconds. Third female finisher was Sarah Lohrbach of Pemberville, OH, with a time of 27:08.68. Top Van Wert County finisher was Ben Cowan of Van Wert, with a time of 21 minutes and 11.58 seconds.

The race was sponsored by Van Wert National Bank, Pepsi Cola Bottling Company of Lima, Van Wert Jaycees, and Van Wert Area Road Runners.

Submitted by

Scott Mills, Phil Steinen, Sue Steinen  
Race registration/results committee

Mike and Linda Clay  
Race Directors



Phil and Don read the Riot Act !

# VAN WERT AREA ROAD RUNNERS HOT AIR AFFAIR RACE 8/9/97

FIN	SEX	AGE	TIME	NAME	CITY & ST	FIN	SEX	AGE	TIME	NAME	CITY & ST
1	M	28	19:51.5	Peter Casaletto	Goshen, IN	51	M	14	25:03.3	Matt Fuerst	Van Wert, OH
2	M	28	20:09.3	Keith Madaras	Pemberville, OH	52	M	18	25:03.8	Tom Zepeda	Rockford, OH
3	M	18	20:53.1	Matthew Miller	Van Wert, OH	53	M	53	25:13.9	Dave Mathew	Van Wert, OH
4	M	18	21:09.5	Matt Dunlavy	Elida, OH	54	M	15	25:16.2	Patrick Waltrimre	Van Wert, OH
5	M	18	21:11.6	Ben Cowan	Van Wert, OH	55	M	40	25:20.0	David Smith	Richmond, VA
6	M	37	21:16.5	Jerry Williams Jr.	Fort Wayne, IN	56	M	45	25:25.7	John Treleaven	Fort Wayne, IN
7	M	36	21:24.2	Mark Sanderson	Van Wert, OH	57	M	42	25:27.3	Dewey Fuerst	Van Wert, OH
8	M	40	21:35.7	Gary Bryan	Toledo, OH	58	M	40	25:30.1	Jeff Maus	Van Wert, OH
9	M	34	21:42.5	Danny Joseph	Lima, OH	59	M	16	25:43.3	Brian Pavel	Spencerville, OH
10	M	36	21:47.1	Steve Leffers	Fort Wayne, IN	60	M	16	25:47.9	Caleb Waltz	Venedocia, OH
11	M	26	22:04.7	Brian Kopack	Indianapolis, IN	61	M	16	25:49.3	Alan Hemmelgarn	St. Henry, OH
12	M	17	22:06.2	Ryan Schneider	Spencerville, OH	62	M	49	25:53.8	Brian McMichael	Spencerville, OH
13	M	32	22:22.6	Jon Beasley	Fort Wayne, IN	63	M	39	26:08.0	Dan Dardio	Spencerville, OH
14	M	19	22:31.5	Brian R. Elschen	Celina, OH	64	M	36	26:08.8	Mick Martz	Spencerville, OH
15	M	19	22:33.0	Dan Hemmelgarn	St. Henry, OH	65	F	21	26:09.5	Elaine Steinhauser	LaSalle, MI
16	M	17	22:35.5	Jason Maus	Van Wert, OH	66	M	42	26:15.0	Allen Whittington	Van Wert, OH
17	M	24	22:41.1	Dave Broerman	New Haven, IN	67	M	41	26:24.0	Mitch Harper	Fort Wayne, IN
18	M	18	22:42.5	Jerry Drennan	Morend, MI	68	M	25	26:28.8	Mark Dolde	Fort Wayne, IN
19	M	15	22:43.9	Josh Bowman	Convoy, OH	69	M	62	26:34.0	Bill Schmidt	Fort Wayne, IN
20	M	21	22:46.9	Eric Mueller	Delphos, OH	70	M	45	26:38.3	John E. Cramer	Middle Point, OH
21	M	42	22:52.5	Daniel Green	Fort Wayne, IN	71	M	16	26:41.3	Brett Wamecke	Delphos, OH
22	M	16	23:04.1	Josh Campbell	Van Wert, OH	72	M	16	26:43.3	Nick Wamecke	Delphos, OH
23	M	40	23:06.2	Jay Prichard	Van Wert, OH	73	M	51	26:45.9	Al Arnold	Van Wert, OH
24	M	45	23:10.2	Phil Suelzer	Fort Wayne, IN	74	M	40	26:46.3	Steve Laudick	Van Wert, OH
25	M	40	23:12.9	Carl Risch	Decatur, IN	75	M	13	26:47.8	Jordan Miller	Van Wert, OH
26	M	46	23:15.5	Dan Kaufman	Fort Wayne, IN	76	M	30	27:03.3	Don Petsche	Tiffin, OH
27	M	15	23:17.6	Josh Miller	Van Wert, OH	77	M	16	27:03.7	Tom Lammers	Spencerville, OH
28	M	42	23:22.2	Gary Schmunk	Antwerp, OH	78	M	43	27:07.1	Bob Hardman	East Liverpool, OH
29	M	46	23:23.9	Dan Leffers	Fort Wayne, IN	79	F	17	27:08.7	Sarah Lohrbach	Pemberville, OH
30	M	36	23:29.4	Gary Williams	Monroeville, IN	80	F	30	27:17.6	Leah Long	Lima, OH
31	M	34	23:36.6	Dave Arens	Sherwood, OH	81	M	35	27:36.7	David Bogart	Lakewood, OH
32	M	32	23:37.7	Paul Cearns	Convoy, OH	82	F	34	27:44.9	Karen McCracken	Ney, OH
33	M	16	23:54.6	Brendon Moody	Ohio City, OH	83	M	17	27:49.3	Phil Sanderson	Van Wert, OH
34	M	17	23:56.0	Carl Miller	Middle Point, OH	84	M	32	27:52.9	Troy Elder	Van Wert, OH
35	M	18	23:56.6	Phil Rader	Lima, OH	85	M	31	27:58.8	David Higgs	Van Wert, OH
36	M	35	23:57.9	Scott Beasley	Fort Wayne, IN	86	F	14	27:59.3	Kelli Branch	Paulding, OH
37	M	17	24:02.8	Jeremy Olson	Van Wert, OH	87	M	12	27:59.7	Zach Strayer	Spencerville, OH
38	F	27	24:03.3	Tammy Casaletto	Goshen, IN	88	M	15	28:00.3	Ben Girter	Haviland, OH
39	M	32	24:20.1	Quinn White	Van Wert, OH	89	F	16	28:03.7	Cyndi Bostdorff	Pemberville, OH
40	M	51	24:21.1	Mervin Koehfing	Fort Wayne, IN	90	M	14	28:04.6	Jared Ross	Van Wert, OH
41	M	37	24:25.4	Gary Rower	Lima, OH	91	M	48	28:06.1	Dennis Core	Lima, OH
42	M	23	24:26.1	Jason Freewalt	Ohio City, OH	92	M	13	28:10.9	Ryan Holliday	Van Wert, OH
43	M	22	24:30.0	Kyle Minnich	Van Wert, OH	93	F	23	28:12.9	Andrea DeVoe	Kalamazoo, MI
44	M	16	24:37.7	Matt Helzman	Van Wert, OH	94	F	15	28:14.2	Kylee Daeger	Van Wert, OH
45	M	18	24:44.6	Matt Frey	Van Wert, OH	95	F	45	28:17.6	Vicki Hughes	Lima, OH
46	M	17	24:51.0	J.R. Mollenkopf	Convoy, OH	96	M	45	28:25.8	Carl Lohrbach	Pemberville, OH
47	M	19	24:55.4	Curt Foust	Mark Center, OH	97	F	45	28:39.1	Denise Connelly	Roanoke, IN
48	M	14	24:57.4	Alan Vining	Ohio City, OH	98	F	25	28:42.6	Hope Raschke	Ada, OH
49	M	40	24:58.2	Toby Strayer	Spencerville, OH	99	F	16	28:44.3	Kimberly Waite	Van Wert, OH
50	M	14	24:59.7	Joey Maus	Van Wert, OH	100	M	46	28:44.9	Karl Waite	Van Wert, OH

# VAN WERT AREA ROAD RUNNERS HOT AIR AFFAIR RACE 8/9/97

FIN	SEX	AGE	TIME	NAME	CITY & ST	FIN	SEX	AGE	TIME	NAME	CITY & ST
101	M	47	28:47.7	Jerry Klehl	Van Wert, OH	152	M	38	32:52.8	Scott Roan	Van Wert, OH
102	F	16	28:48.5	Kimberly Minnich	Van Wert, OH	153	M	42	32:58.8	Phil Hofner	Rockford, OH
103	M	44	28:49.8	Troy Branch	Paulding, OH	154	M	43	33:07.2	Kevin R. Wurm	Monroeville, IN
104	F	13	28:59.9	Angela Homan	Delphos, OH	155	M	18	33:07.8	Jerry Keith Wurm	Monroeville, IN
105	M	12	29:04.1	Joe Suelzer	Fort Wayne, IN	156	F	52	33:15.1	Linda Benschneider	Van Wert, OH
106	F	26	29:05.6	Laura Herkallne	Van Wert, OH	157	F	40	33:21.4	Betty Holliday	Van Wert, OH
107	F	17	29:06.2	Krista Nuhfer	Pemberville, OH	158	F	16	33:28.5	Lindsay Stoll	Pemberville, OH
108	M	65	29:07.1	Walter Schimpf	New Washington, OH	159	M	15	33:35.4	Mark Frey	Van Wert, OH
109	M	50	29:16.2	Robert L. Breckler	Defiance, OH	160	F	13	33:35.9	Jennifer Sterling	Van Wert, OH
110	M	43	29:17.3	Gary Seibert	Sherwood, OH	161	M	47	33:37.4	William S. McGee	Veneobcla, OH
111	M	30	29:19.7	Todd Gaerke	Rockford, OH	162	M	37	33:39.8	Greg Miller	Lima, OH
112	M	39	29:21.7	Shelby Jordan	Cridersville, OH	163	M	16	33:43.8	Patrick McMichael	Spencerville, OH
113	F	15	29:23.6	Nicole Jacob	Van Wert, OH	164	F	17	33:47.0	Patty LaBounty	Payne, OH
114	M	39	29:24.3	Kris E. Nuhfer	Pemberville, OH	165	M	47	34:11.0	Bob Puthoff	Maria Stein, OH
115	M	23	29:30.7	Jason Goins	Toledo, OH	166	F	31	34:12.8	Tam Robinson	Middle Point, OH
116	M	43	29:31.1	Don Kramer	Van Wert, OH	167	F	15	34:13.8	Esther White	Spencerville, OH
117	M	13	29:34.5	Luke Uncapher	Spencerville, OH	168	F	44	34:20.8	Kata Moeller	New Bremen, OH
118	M	12	29:38.3	John Homan	Delphos, OH	169	F	14	34:31.2	Brittany Couch	Van Wert, OH
119	M	45	29:38.8	Ken Stump	Fort Wayne, IN	170	F	15	34:31.9	Kristy Laudick	Van Wert, OH
120	M	13	29:39.3	Kurt Price	Veneobcla, OH	171	M	14	34:43.0	Aaron Hofner	Rockford, OH
121	F	19	29:42.1	Elizabeth Snyder	Bowling Green, OH	172	F	38	34:55.0	Linda Clay	Convoy, OH
122	M	49	29:47.9	Phillip Cowan	Van Wert, OH	173	M	51	34:55.7	David Miller	Fort Wayne, IN
123	M	15	30:01.5	Brandon Cross	Delphos, OH	174	F	48	35:25.8	Debbie Treleven	Fort Wayne, IN
124	M	42	30:09.7	Jim Robideau	Van Wert, OH	175	F	44	35:33.1	Ann Harvey	Van Wert, OH
125	M	43	30:10.4	Rick Sealscott	Van Wert, OH	176	F	36	35:41.9	Joy Dunno	Convoy, OH
126	M	39	30:12.3	A. Rasian	Van Wert, OH	177	M	32	35:42.4	Robert L. Brinkman	Lima, OH
127	M	42	30:13.2	John Black	Liberty Center, OH	178	M	36	35:56.9	Gary Selking	Decatur, IN
128	M	38	30:18.0	Jay Lynn	Fort Wayne, IN	179	M	13	35:59.4	Neil Okuley	Van Wert, OH
129	F	26	30:22.4	Melissa Sinning	Endicott, NY	180	M	43	35:59.8	Bill Harvey	Van Wert, OH
130	M	36	30:36.8	Mike Jones	Continental, OH	181	M	42	36:00.3	Dennis Powell	Elida, OH
131	F	37	30:40.6	Sharon E. Eyink	Celina, OH	182	M	36	36:01.5	Rick McMickle	Van Wert, OH
132	M	29	30:42.5	Dan Kline	Van Wert, OH	183	F	13	36:17.6	Ana Placke	Van Wert, OH
133	F	13	30:57.8	Mindy Bryan	Van Wert, OH	184	M	47	36:19.0	Roger Okuley	Van Wert, OH
134	M	66	31:02.8	Ernest J. Stawarski	Elida, OH	185	F	40	36:35.2	Tavie Buhl	Van Wert, OH
135	F	27	31:03.8	Amy Kopack	Indianapolis, IN	186	F	37	36:43.2	Anita Branch	Paulding, OH
136	F	51	31:14.9	Connie Hoverman	Van Wert, OH	187	F	15	36:45.8	Theresa Lammers	Spencerville, OH
137	F	43	31:26.1	Janet Place	Shalimar, FL	188	M	48	36:51.4	Michael Andrews	Defiance, OH
138	M	14	31:30.5	Bryan Johnson	Van Wert, OH	189	F	13	36:54.8	Amanda Daeger	Van Wert, OH
139	M	25	31:36.5	Dave Sink	Van Wert, OH	190	M	66	37:03.6	Bill Meyers	Ottawa, OH
140	M	15	31:40.9	Andy Bindel	Spencerville, OH	191	F	14	37:04.8	Jennifer Cooper	Van Wert, OH
141	F	16	31:44.8	Heather Moritz	Pemberville, OH	192	M	14	37:49.4	Ian Miller	Middle Point, OH
142	F	16	31:45.3	Allison Schacht	Pemberville, OH	193	M	10	38:14.4	Matthew Place	Shalimar, FL
143	M	13	31:48.1	Gavin Mohr	Grover Hill, OH	194	M	18	38:16.1	Chad Schinder	Bryan, OH
144	M	64	31:50.6	Bob Loomis	Monroeville, IN	195	F	15	39:01.4	Katie Lohrbach	Pemberville, OH
145	F	51	31:58.9	Marsha K. Schmidt	Fort Wayne, IN	196	M	68	39:04.9	Jack M. Bickel	Muncie, IN
146	M	21	32:10.3	Matthew S. Pesci	Rossford, OH	197	F	44	41:18.6	Cindy Lohrbach	Pemberville, OH
147	M	28	32:19.0	Anthony Lindbo	Van Wert, OH	198	F	17	44:39.1	Brenda Sheets	Sherwood, OH
148	M	66	32:32.6	Bill Davis	Fostoria, OH	199	F	15	44:39.7	Maria Seibert	Sherwood, OH
149	M	45	32:33.4	Ed Reinemeyer	Van Wert, OH	200	F	21	46:10.5	Lisa Meyers	Ottawa, OH
150	M	13	32:41.9	Joel McMichael	Spencerville, OH	201	F	21	46:11.4	Sharon Lewis	Rossford, OH
151	M	46	32:52.0	Rex Fortney	Van Wert, OH						

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# No Train, No Gain.

# October 1997

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4 Training Run 7AM YMCA-Downtown
5	6	7	8 Run 6 PM Showers FWTC Mtg. 7PM FWTC Training Run at IPFW - 6 PM	9	10 Open 5K X-Country	11 Training Run 7AM YMCA-Downtown R/W For Children X-Country 5 Miles
12 Zoom Into Zulu Dayton 1/2 Marath. Lakefront Marathon- Milwaukee	13	14	15	16	17	18 Training Run 7AM YMCA-Downtown FWO R/W For Arthritis 5K
19 Detroit Free Press Marathon Chicago Marathon	20	21	22	23	24	25 Training Run 7AM YMCA-Downtown Parkview Pumpkin Run 5K
26 Callithumpian Canter 5K Marine Corps Marathon	27	28	29	30	31 HAPPY HALLOWEEN !	1 Training Run 7AM YMCA-Downtown Owen-Putnam 14 M, 50K, 50 Mi.

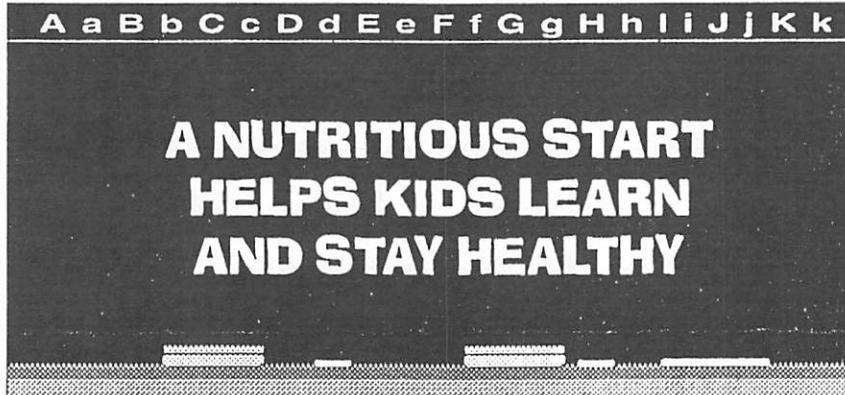
# November 1997

Sun      Mon      Tue      Wed      Thu      Fri      Sat

26 Callithumpian Canter 5K Marine Corps Marathon	27	28	29	30	31 HAPPY HALLOWEEN !	1 Training Run 7AM YMCA-Downtown Owen-Putnam 14 M, 50K, 50 Mi.
2 Mounds State Pk.-5Mi. NYC Marathon Zoy Run 7+ Mi.	3	4	5	6	7	8 Training Run 7AM YMCA-Downtown Outback Scramble Wacky 5 Mi.
9 Columbus Marathon Jingle Bell Run 5K-Chicago Fall Frolic 4 Mi.	10	11	12 Run 6 PM Showers FWTC Mtg. 7PM FWTC Training Run at IPFW - 6 PM	13	14	15 Training Run 7AM YMCA-Downtown
16	17	18	19	20	21	22 Training Run 7AM YMCA-Downtown Turkey Trot 5K Trail-Fox Island
23	24	25	26	27 Mazock's Fun Run Atlanta Marathon HAPPY THANKSGIVING !	28	29 Training Run 7AM YMCA-Downtown
30 Jingle Bell 5K-Franke Pk. Almost Heaven Marathon-WV	1	2	3	4	5	6 Training Run 7AM YMCA-Downtown Just Plain 10K-Foster Pk. Louisville Marathon

# Child Nutrition and Health Campaign

Sponsored by The American Dietetic Association/Foundation and Kellogg Company



## **PARENTS, HERE'S YOUR WAKE-UP CALL!**

Children's nutrition is no small issue. And there is no better time than the early years to make an impact on the lifelong eating and exercise habits that can contribute to health maintenance and disease prevention. Here are some realistic strategies to encourage healthful eating and physical fitness in your family.

## **EAT BREAKFAST EVERYDAY!**

Like throwing a log on a dying fire, breakfast stokes the brain after a long night without fuel. After a long night's fast, youngsters need breakfast to stay alert and do well in school throughout the day.

Breakfast is an important first step toward meeting the recommendations of the Food Guide Pyramid. Typical breakfast foods like ready-to-eat cereal, fruit, juice, dairy products and breads are excellent sources of low-fat calories, carbohydrates and protein. Breakfast skippers have a hard time getting sufficient fiber and adequate amounts of vitamins and minerals. Experts recommend that children older than the age of two consume fiber totaling their "age + 5" grams each day. That means a five-year-old needs 10 grams of fiber daily.

## **AT THE STARTING GATE: QUICK PICKS FOR BREAKFAST**

- \* High-fiber special — Whole-grain or wheat bran cereal with strawberries
- \* Fruit-filled breakfast bars and fresh orange and apple wedge "smiles"
- \* Bagel or English muffin with your child's favorite spread — jam, jelly, peanut butter, cream cheese, etc.
- \* Leftover pizza from the previous night's dinner
- \* Grilled cheese sandwich on whole-grain toast
- \* Toaster waffle topped with sliced bananas and maple syrup

## **FAMILY-TIME OPPORTUNITY**

Busy parents or caregivers who are looking for ways to regain control of their family life can claim breakfast as a time to be together with their children. Breakfast is a great time for families to check schedules, share words of advice or discuss an upcoming athletic event.

## **CAN-DO CHANGES, CHOICES AND ROUTINES TO MAKE BREAKFAST RUN SMOOTHLY**

- \* Get clothes and schoolwork ready the night before.

- \* Allow time for breakfast — wake up 10 minutes earlier!
- \* Sit down together at the table.
- \* Turn off the television or radio.
- \* Keep the menu simple, but provide enough choices to please everyone's taste.
- \* Avoid controversial table conversation — accentuate the positive.

## **GET UP AND GET MOVING — FOR THE FUN OF IT!**

Children who are physically active and engage in active play have more stamina and energy and exhibit better motor coordination, strength, dexterity, balance and flexibility than those who are not active. An active lifestyle helps prevent obesity and may build defenses against certain diseases. Fitness encourages a feeling of competence and control that will help children be happy and healthy.

## **PHYSICAL ACTIVITY — EVERY LITTLE BIT COUNTS**

Experts recommend a total of 30 minutes of daily physical activity. That goal can be reached in small increments throughout the day. Children can try:

- \* Walking to and from school or the bus stop

- \* Jumping rope or playing tag at recess
- \* Rollerblading or riding bikes after school
- \* Walking the dog
- \* Playing Frisbee or shooting hoops after supper
- \* Joining Mom and Dad at an aerobics class

### SMALL CHANGES, CHOICES AND ROUTINES THAT BOOST CHILDREN'S ACTIVITY

#### Parents

Limit television, video and computer time \* Hold birthday parties at a roller rink, miniature golf course or bowling alley \* Give children rewards and gifts that encourage play.

#### Children

Walk or bike instead of riding in the car \* Play after school and do homework in the evening \* Participate in a team sport or other organized activity \* Join your friends in a fund-raising walk or run

### BE A GOOD ROLE MODEL!

Parents and caregivers who are positive role models for healthful eating and physical activity have a great

impact on youngsters. If you want your children to enjoy the benefits of a healthful lifestyle, set a good example. What are you eating? How much television do you watch? How active are you? Your children are watching.

### GOOD ROLE MODELS ENCOURAGE HEALTHY GROWTH AND FITNESS

1. Eat breakfast.
2. Drink your milk.
3. Allow children to participate in food selection and food preparation.
4. Be mindful of the comments and criticisms you make that can shape a child's image or view of healthy body weight.
5. Turn off the television at meal-time.
6. Complete a round of exercise before dressing in the morning.
7. Talk about the days you exercise, not the days when you miss.
8. Purchase family gifts that encourage activity — croquet set, tennis racquets, basketball hoop, etc.
9. Coach a youth athletic team.
10. Encourage participation, not just performance.
11. Attend children's games and events.

Finally, show children the fun of physical fitness and the benefits of a healthy lifestyle!

### FOR MORE INFORMATION

For answers to your food and nutrition questions or for a referral to a registered dietitian in your area, call The American Dietetic Association's National Center for Nutrition and Dietetics Consumer Nutrition Hot Line at 800-366-1655 (9 a.m. to 4 p.m. Central Standard Time).

The Child Nutrition and Health Campaign is sponsored by The American Dietetic Association/Foundation and the Kellogg Company.

Child Nutrition

and

Health Campaign

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### THE BOTTOM LINE

- If **constipation** troubles you—by itself or because of diverticulosis or irritable bowel syndrome—try adding three tablespoons of wheat bran to your food every day. Wheat bran cereals like All-Bran and fiber-rich vegetables should also help, but maybe not as much.
- If you're trying to cut your **cholesterol**, load up on beans, oat bran, barley, and psyllium.
- To reduce your risk of colon—**cancer**, eat lots of vegetables, fruits, and whole grains.



# Nutrition

## FACT • SHEET

### Make Fitness Fun for Kids!

Do your children spend more time inside the house watching television or playing computer games than they spend playing outside? Do you know that motivating your children to be active not only improves their health and well-being now, but may also benefit their health later in life?

**T**oo many kids today are not active!

Inactivity is becoming an epidemic among children. Children today are less active than they were just a few years ago because of many factors, including less participation in daily physical education classes at school.

**K**ids need to be active!

Did you know that:

■ **Lack of exercise is a major reason for the growing rate of obesity among children.**

Watching TV for even as few as two to five hours per week is linked to being overweight. Sadly enough, the number of

children who watch five or more hours of television per day has increased dramatically in recent years. Instead of just watching TV, encourage your children to spend time each day in play that requires them to be physically active. Health professionals agree that physical activity is essential to helping children not only reach, but more importantly *maintain*, a healthy weight.

■ **Exercise can strengthen children's bones now as well as later in life.** Children who participate in weight-bearing, impact sports such as running, gymnastics, tumbling, and dance have higher bone density than children who are not active or children whose major activity is a non-weight-bearing exercise such as swimming. Building strong bones in childhood helps to maintain bone health later in life.

■ **Active children may increase their chance of becoming healthy adults.** Children who enjoy exercise may develop a lifelong, healthy habit of being physically active. If they stay

active as adults, they will enjoy better health and may live longer than their less active peers. Physical activity can decrease the risk of obesity, cancer, diabetes, high blood pressure, stroke, and heart disease among adults. People who remain active on a regular basis tend to live longer than people who are not regularly active.

■ **Children need to consume a healthy diet and plenty of fluids for active play.** Children need to consume adequate calories to provide them with the energy to be active. Foods provide children with the energy and nutrients they need to grow and the energy they need for active play. Active children also need to drink plenty of fluids before, during, and after exercise.

The U.S. government and numerous health professional organizations recommend that children and adolescents participate in 30 minutes or more of moderate-intensity physical activity on most, if not all, days of the week.

## Motivate your kids to move for the fun of it!

The key word to motivating kids to be active is "fun." According to experts, children participate in physical activity for enjoyment.

Take one step at a time. Encourage your child to swim, bike, or play ball with friends, or take a 10-minute activity break while doing homework, watching TV, or playing computer or video games. Motivate your child to participate in school-organized sports and physical education classes!

Become a role model! Get the whole family involved in games, bicycling, or other active play. If you're involved,

your child is more likely to get involved. Participating in physical activities together may also increase the amount of quality time you spend with your child.

For more information on the health benefits of physical activity, you may wish to contact the following organizations:

■ **American College of Sports Medicine**, 317/637-9200

■ **American Council on Exercise**, 619/535-8227

■ **The American Dietetic Association/National Center for Nutrition & Dietetics**. For answers to your food and nutrition questions and to get a referral to a registered dietitian in

your area, call the Consumer Nutrition Hot Line at 800/366-1655.

### ■ **National Dairy Council®**

To locate the office nearest you or to order materials, call 800/426-8271.

This fact sheet is supported by a grant from The National Dairy Council.



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Triathlon Photos Continued.....



The transition area starts to fill up.

## TRACK CLUB MEMBER PROFILE

**Name:** Ty Murphy

**Occupation:** Real Estate Broker

**Birthdate:** November 8, 1948

**Birthplace:** Muncie, IN

**Family:** Wife-Candi

**Pets:** 2 Toy Poodles, Ginger-13, A.J.-10

**Hobbies or interests:** Skydiving

**Favorite family activities:** Shopping & Going  
out to eat

**Running Shoe Brand:** Reebok/Adidas

**Yrs. running:** 3 months

**Favorite Distance to Run:** 4 miles

**P R:**

**Favorite After Race Food:** Fruit

**Favorite place to Train:** In the country -  
around home

**Favorite Race:**

**Why do you run?:** For health & exercise

**Favorite item of Clothing:** Old sweats &  
comfy tennis shoes

**Favorite Movie or TV program:** CH 39 -  
nature shows

**Favorite music:** Oldies

**Collections:** Some coins

**Favorite vacation destination:** Hawaii

**Most prized possession:** My Health

**Has There Been An Inspiration To Your  
Running?** A promise to my late son (Ryan) to  
quit smoking

## TRACK CLUB MEMBER PROFILE

**Name:** June Mintchell

**Occupation:** Dog Trainer (Own Riju Dawg Skool)

**Birthdate:** June 11, 1959

**Birthplace:** Fort Wayne

**Family:** Husband, Rich, & 4 footed "kids"

**Pets:** Borzoi (R.Wolfhound), Weimaraner, 2 Labs

**Hobbies or interests:** Training & showing

dogs, jogging with dogs, and judging dog obedience  
fun matches

**Favorite family activities:** Being active,  
spending time with husband (sometimes being lazy  
burns, and being Colts fans

**Running Shoe Brand:** Nike, Asics

**Yrs. running:** Started Jan '96

**Favorite Distance to Run:** 2-13 miles

**P R:** Never wear a watch

**Favorite After Race Food:** Food in general

**Favorite place to Train:** Foster Park

**Favorite Race:** '97 Run Wild

**Why do you run?:** Health benefits, for the  
sheer joy of it, and because I can.

**Favorite item of Clothing:** that little black  
dress I can get into

**Favorite Movie or TV program:** Star Trek

**Favorite music:** Soft Rock & New Country

**Collections:** Dogs

**Favorite vacation destination:** Anywhere,  
as long as it's with my husband

**Most prized possession:** My poor, brow  
beaten, lovable husband

**Has There Been An Inspiration To Your  
Running?** Rich has always been incredibly  
supportive of me in everything I've done.

Recently he took up jogging too. It's fun to run  
together.

**Do You Have a Dream?** To be independently  
wealthy

## Quest for 50 States Plus DC Times 2

by  
Joyce Hockensmith

This quest, hopefully is on it's final approach. I have just four states remaining to complete the goal which I plan to culminate in Delaware in December. My last marathon, although not counting toward this end, is a marathon worth mentioning. It took place in Dayton, Ohio at Wright Patterson Air Force Base. Obviously the air Force does not want to be outdone by the Marines for they put on an exceptional first time marathon. The one thousand volunteers helped to smooth the way for the 2700 runners. The course, in spite of having a few loooog hills was run without concern for traffic. Aid stations were present every mile and water and gator ade were offered. Oranges, Powerbars, and Powergel were offered at various points along the course. Four hundred pizzas fed some of the runners at the finish, along with fruit , bagels, and from the looks of the remains, maybe even yogurt. Many supporters came out to cheer the runners on, and runners were announced at the finish line. Nice, long sleeved shirts were given to all runners, but the crowning glory of this event was the finisher's medal. This was marathon 131 for me, and this was by far the nicest medal I have ever received. It is in the plans for this to become an annual event, so you might want to make space on your calendar for this marathon. It is truly one of the best in our area.

Another marathon for fun was Scotty Hanton in Port Huron, Michigan the last Sunday in August. Check the internet at michiganrunner.com for a picture of yours truly at that event.

Next it's on to Albuquerque NM, Richmond VA, Rhode Island, and Delaware. There may be a couple of others thrown in to round out the schedule. See you on the Roads.....



Pictured L to R Amy & Hu Goldstein from California, Carolyn Defonso & fellow track club member from Kansas City, Kansas, Eugene Barker from Louisville, KY, Tom Adair from Atlanta, GA  
Kneeling L to R Joyce Hockensmith FWTC, Gayle Barker from KY

# Road Runners Club of America

## Why Run?

1. Running is the most efficient path to cardiovascular fitness. 30 minutes a day, 4 days a week will yield an excellent level of fitness in the shortest possible period of time.

2. Running is the most accessible of aerobic sports. No matter where you live or travel, an excellent area for running is almost always close by. No need to find a health club or worry about bringing along bulky equipment.

3. Running is inexpensive and simple to learn. You need good shoes, decent clothing, and not much else to participate. Everyone knows how to run, and information on training is widely available.

4. Running is the best method of stress reduction on the market. 30 minutes of running will work wonders in dissolving stress accumulated on the job.

5. Running is an excellent component of any weight control program. Few activities burn calories as quickly.

6. Running is a flexible method of training. You can run at your own pace, with or without company, at whatever time of day suits you.

7. Running makes you feel

good. Fitness, self-esteem and confidence all increase with a good training program.

8. The sport offers a unique opportunity for recreational runners to mix with world class athletes. You can't play in the Super Bowl or the NBA playoffs, but on almost every weekend runners compete in the same events with the fastest human beings ever to inhabit the planet. There are also low-key social events that emphasize fun and friendship.

9. Running is for families and individuals of all ages. There are running programs for kids, "masters" programs for those 40 and over, and events for families.

10. You'll be in good company. Millions of people already run for health, fun, fitness and competition, including 3 of the last 4 presidents of the United States. There are running clubs in almost every community in the country.





September 16, 1997

**An Open Letter to Members of the Fort Wayne Track Club:**

On behalf of the entire Athletic Department, members of the Men's and Women's Cross Country teams, and the University Administration, a **VERY BIG THANK YOU** for helping run our home events at IPFW. Many of you have chosen to give time to us so that we can provide high quality events on the campus. Your generosity and hard work enhance our program and the University.

**A special thanks to:** Don Lindley, Jerry Diehl, Linda Gorman, Deb Treleaven, Paul Knott, Rose Fitzinger, Jim Fitzinger, Mitch Harper, Jessica Rogers, Linda Connor, Dennis Connor, David Winters, Jon Schlatter, Bill Sohaski, Dave Boylan, Howard Klinger, John Powell, J.P. Jones, Kathryn Meichsner.

There is nothing more exciting on a college campus on weekends than sporting events!! We hope you will continue to support us in the years ahead.

Sincerely,

Stanley "Butch" Perchan  
Director of Athletics

**ATTENTION RACE DIRECTORS:**

Send your race results for publication in the Inside Track along with photos, if available, and a short race write-up to the Inside Track Editor.

**NEWSLETTER DEADLINE DATES:**

January 15, 1997	March 15, 1997
May 15, 1997	July 15, 1997
September 15, 1997	November 15, 1997

IPFW CROSS COUNTRY

1997 SCHEDULE

SAT.	9/6/97	AT	SOUTHERN INDIANA INVITATIONAL EVANSVILLE, IN	WOMEN-9:00 AM MEN-9:45 AM
SAT.	9/13/97	AT	IPFW INVITATIONAL FORT WAYNE, IN	MEN-10:00 AM WOMEN-10:45 AM
FRI.	9/19/97	AT	MANCHESTER COLLEGE NORTH MANCHESTER, IN	MEN-3:30 PM WOMEN-4:15 PM
SAT.	9/27/97	AT	INDIANA WESLYAN UNV. MARION, IND.	WOMEN-11:00 MEN-11:45 AM
SAT.	10/4/97	AT	EARLAM COLLEGE RICHMOND, IND.	WOMEN- 11:00 AM MEN- 11:45 PM
FRI.	10/10/97	AT	IPFW CONDITIONER FORT WAYNE, IND.	MEN-4:00 PM WOMEN-4:45 PM OPEN 5 KM-5:15 PM
FRI.	10/17/97	AT	BIG STATE/LITTLE STATE INDIANA STATE TERRE HAUTE, IND.	WOMEN-3:45 PM MEN-4:30 PM OPEN-3:00 PM
SAT.	10/25/97	AT	GLVC CONFERENCE ST. JOSEPH COLLEGE RENSSELAER, IN	WOMEN-10:30 AM MEN-11:30 AM
SAT.	11/8/97	AT	NCAA II REGIONAL UNV. WISCONSIN- PARKSIDE KENOSHA, WI	WOMEN-10:00 AM MEN-11:00 AM
SAT.	11/22/97	AT	NCAA DIV. II NATIONAL UNV. WISCONSIN- PARKSIDE KENOSHA, WI	MEN-11:00 AM

PREPARED BY,

JUDY TILLAPAUGH  
CROSS COUNTRY COACH  
4/11/97

## FWTC Points Races 1997

February	1	Fanny Freezer 5K	Fort Wayne
March	2	Nutri- Run 20K	Fort Wayne
April	3	Mastodon Stomp 5K	Fort Wayne
	4	Shoesucker 7 7.2 Mile	Huntington
May	5	FWTC 1 mile Championship	Fort Wayne
June	6	Canal Days 10K only	New Haven
	7	Hoosier Marathon	Fort Wayne
	8	Old Settlers 4 Mile	Columbia City
July	9	Zoo Run 4 mile	Fort Wayne
	10	Parade Race 5K	Fort Wayne
	11	Cancer Society 5K	Syracuse
August	12	Harlan Days 10K	Harlan
	13	Marshmallow Days 5K	Ligonier
September	14	Roanoke 5 Mile	Roanoke
	15	Parlor City 1/2 Marathon	Bluffton
October	16	IPFW Cross Country Open	Ft. Wayne
	17	Callithumpian Canter 5K	Decatur
November	18	CTA Scholarship 5K	Ligonier
	19	Turkey Trot	Ft. Wayne
December	20	J.P.Jones 10K	Fort Wayne

### Selected Rules:

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

<u>Points Awarded</u>			
<b>1st</b>	100	<b>6th</b>	45
<b>2nd</b>	85	<b>7th</b>	35
<b>3rd</b>	75	<b>8th</b>	25
<b>4th</b>	65	<b>9th</b>	15
<b>5th</b>	55	<b>10th</b>	5

- -Marathon is awarded double points
- -Age Group will be based on your age as of 1-1-97

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

*By Jonathan Schlatter*

### **The Why of The Why.**

"Why do you run?" This question was asked of me a while back by a co-worker. I was stunned, for I had never given much thought as to why I ran, I just ran. So I stumbled around for the words and finally muttered, "I'll think about it and get back to you." So I commenced to traipsing through my mind as to why I pursue this thing called running. I look at myself and know that there is nothing that indicates a runner, for I do not have the pure athletic talent of say a Linda Gorman or a Brian Shepherd. I have named myself the "Rhinno Runner" because at 5'11" and 200+ lbs I do not have the prototype body of a runner. My PR's of a 40:54 10k and a 19:07 5k are but of modest accomplishment and were done many moons ago. So after much travail of thought, the simple answer is that deep within the belly of my being there rages a relentless passion of love for running. How it came to be and why it still burns I can only speculate upon. Perhaps I was born with it and then it was nurtured on a high school team of five members that had no home track and raced meets on cinder tracks. And upon further thought I have discovered that that my love of running takes as many and as varied forms as the races that I run. So some of the reasons that I love running are..

1. The gentle sting of a snowflake upon a whiskered cheek and the warm rush of my breath against the winter cold as my shoes crunch first tracks in a woods silent and still.
2. That except for the occasional arrogant speed merchant runners will accept and appreciate one another regardless of athletic ability and accomplishment.
3. Getting to a race an hour early so I can meander my way through the increasing throng enjoying the camaraderie of runners swapping tales of training and other races.
4. The sight of an artist's palette of uniformed cross country runners skylined against a backdrop of rusted trees and sun-sharpened whisps of clouds.
5. The odd assortment of runners that gather at the "Y" or a trailhead for a long training run accompanied by storytelling and allowances of silence.
6. Maneuvering my way through a milling starting pack trying to calm the excitement that has now deserted me to become the twin foes of fear and doubt.
7. Due to a family history of heart disease I take great comfort in the fact that running is one of the things that enables my pulse to be under 50 and my BP around 120/80.
8. Running and the 5 senses; the sight of a finish line, the aroma of a new race t-shirt, the encouraging words of a runner, running sips of water, and the feel of new shoes.
9. Pushing a race so hard that I fear that I can go no further or any faster, then pressing the envelope and finding another pool of reserve or a higher gear.
10. Those quiet moments of a solitary early evening run after work in which the stress of the day fades and the worries of life lessen and disappear for awhile.

## 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

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### OCTOBER 1997

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- 10 FRI(L) OPEN 5K X-COUNTRY, 5:15 PM, GATES SPORTS CENTER, IPFW, FT. WAYNE, IND., JUDY TILLAPPAUGH (219) 481-6647
- 11 SAT(R) RUN/WALK FOR CHILDREN, X-COUNTRY 5 MILES, 10:00 AM, SUNSET FARMS PARK, 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
- 11 SAT THE NOTABLE, 5 MILE RUN AND 5K WALK, TIPTON LAKE ATHLETIC CLUB, 4000 W. GOELLER RD., COLUMBUS, IND., BILL POOR, PO BOX 1262, COLUMBUS, IND., 47202, (812) 372-1960
- 11 SAT HEALTHY HARVEST 15K RUN/5K WALK, USI CAMPUS, EVANSVILLE, IND., BARB DYSKTRA (812) 423-9622
- 11 SAT TYLER'S RUN, 5K AND DUATHON, 9:00 AM, LEBANON, OHIO, BOB DUNCAN, 408 McCLURE, LEBANON, OHIO, 45069 (513) 933-0860
- 11 SAT RACE FOR THE FUTURE, 5K, WHITELAND HIGH SCHOOL, WHITELAND, IND., SUE KOCH, 300 MAIN ST., WHITELAND, IND., 46184 (317) 535-7562
- 12 SUN(L) ZOOM THRU ZULU, 10K, 1:00 PM, ST. LOUIS CHURCH, LINCOLN HIGHWAY EAST OF NEW HAVEN IND., MITCH HARPER, 210 W. SHERWOOD TERRACE, FT. WAYNE, IND., (219) 456-1381
- 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
- 12 SUN \*LAKEFRONT MARATHON, MILWAUKEE, WIS., LAKEFRONT MARATHON, C/O BAGERLAND STRIDERS, 9200 W. NORTH AVE., MILWAUKEE, WIS., 53226 (414) 476-7223 OR (414) 783-5009
- 12 SUN DAYTON RIVER CORRIDOR HALF MARATHON AND 5K, 9:00 AM, DAYTON CONVENTION CENTER, THOMAS SCHOMMER, PO BOX 9154, DAYTON, OHIO, 45409-9154 (513) 233-1021
- 18 SAT \*FWO RUN/WALK FOR ARTHRITIS, 5K RW, 10:00 AM, FT. WAYNE ORTHOPAEDICS MUSCULOSKELETAL INSTITUTE, 7601 WEST JEFFERSON BLVD., FT., WAYNE IND., TODD DETURK OR GREG INGERMANN (219) 436-6326
- 18 SAT MONSTER MASH DASH, 5K RW, 5:00 PM, EAGLE CREEK PARK, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 18 SAT WABASH VALLEY RACE FOR THE CURE, 10:00 AM, ST MARY OF THE WOODS COLLEGE, TERRE HAUTE, IND., KAY HANLEY (812) 235-6547
- 18 SAT NO BARRIERS 5K RW, 8:00 AM, TRI-STATE REHABILITATION HOSPITAL, EVANSVILLE, IND., CHERIE LEONHARDY (812) 476-9983
- 18 SAT CITIZENS GAS RACE FOR HEAT, 10K RUN AND 5K WALK, DOWNTOWN INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 18 SAT VOSH OF INDIANA UNIV. 5K RW, 8:30 AM, 7TH ST. AT THE I.U. AUDITORIUM, BLOOMINGTON, IND., MISSY RICE, VOSH PRESIDENT, I.U. OPTOMETRY SCHOOL 800 E. ATWATER, BLOOMINGTON, IND., 47405
- 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
- 19 SUN 21ST ANNUAL IOWA CITY HOSPICE ROAD RACES, IOWA CITY, IOWA (319) 338-8108
- 19 SUN \*THE 1997 GREAT PUMPKIN RACE, 10K, ST. CHARLES CENTER, 1001 ISSAC STREETS DR., OREGON, OHIO, KRISTIN SWARTZ (419) 698-7203
- 19 SUN ALZHEIMER MEMORY 5K RW, 2:00 PM, MCCURDY CENTER, EVANSVILLE, IND., CATHY SCHAFFSTEIN (812) 985-9604 OR (812) 422-1440

- 25 SAT(L) PARKVIEW HOSPICE RUN FOR THE CARE PUMPKIN RUN, 5K R/W AND PEE  
WEE RUN, 9:00 AM, CAREW MEDICAL PARK, 1818 CAREW ST., FT. WAYNE, IND.,  
TIM MILLER (219) 422-9911
- 25 SAT(R)OMNI 41 PUMPKIN PRANCE, 5K, 10:00 AM, OMNI CENTER, SCHERERVILLE, IND.,  
DARCIE (219) 865-6969
- 25 SAT RUN FOR THE SON, 5K R/W, 9:00 AM, BETHESDA BAPTIST CHURCH, 7950  
N. 650 E, BROWNSBURG, IND., BILL SAMPEN (765) 852-3101
- 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(RP)CALLITHUMPIAN CANTER 5K X-COUNTRY, 2:00 PM AND 1 MILE RUN, 1:30 PM,  
BELLMOUNT HIGH SCHOOL, DECATUR, IND., CARL RISCH (219) 724-8588
- 26 SUN \*MARINE CORPS MARATHON, WASHINGTON, D.C., MARINE CORPS MARATHON,  
PO BOX 188, QUANTICO, VA., 22134 (703) 784-2225 OR (800) 786-9762
- 31 FRI RUN LIKE HELL 5K, CINCINNATI, OHIO, DON CONNOLLY, 1445 SIGMA CIR.,  
CINCINNATI, OHIO, 45255 (513) 474-1399

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

- 01 SAT \*OWEN-PUTMAN 50/50 TRAIL RUN, 14 MILE, 50K, AND 50 MILES, 7 AM, OWEN  
PUTMAN STATE FOREST, SPENCER, IND, JEFF TINCHER, 10525 E. DALLAS  
DR. TERRE HAUTE, IND., 47802 (812) 894-3394
- 01 SAT HARVEST 5K R/W, 9:00 AM, EVANSVILLE, IND., SHELLY HORTON,  
SWIRCA, EVANSVILLE, IND.,
- 01 SAT RUN FOR SHELTER 5K, 10:00 AM, KING'S ISLAND PARK, OHIO,  
MASSON DON CONNOLLY (513) 474-1399
- 02 SUN(R)ZOY RUN, 7+ MILES, 9:30 AM, INDIANA DUNES STATE PARK, CHESTERTON,  
IND., AL MUSSMAN (219) 762-5680
- 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

- 02 SUN 16TH ANNUAL RUN FOR THE MOUNDS, 5 MILES AND 1 MILE FUN RUN, 2:00 PM, MOUNDS STATE PARK, ANDERSON, IND., BOB HART, PO BOX 282, ANDERSON, IND., 46015 (765) 643-6304
- 08 SAT COMMODORE RUNS, HALF MARATHON AND 5K, 9:00 AM, NAVAL SURFACE WARFARE CENTER, CRANEIND., ROBERT E. LEE, (812) 854-6158
- 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) 328-1832
- 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
- 22 SAT TURKEY TROMP, HANDICAP 5K AND POKER RUN/WALK, KENNEKUK COVE COUNTY PARK, DANVILLE, ILL., MARC (217)431-4243
- 22 SAT(LP)TURKEY TROT, 5K TRAIL RUN AND 10,000 CM FOR KIDS, 11:00 AM, FOX ISLAND PARK, FT. WAYNE, IND., DON LINDLEY (219) 432-5998
- 23 SUN RANDY'S 10 MILE RUN AND 5K RUN/WALK, PERRYSBURG, OHIO BRUCE BEVERAGE (419) 865-4131
- 27 THUR(L)MAZOCK'S 21TH ANNUAL THANKSGIVING DAY FUN RUN, APPROX. 6 MILES, 8 AM; 2828 EMERALD LAKE DR., FT. WAYNE, IND., NO AWARDS/NO SPLITS/ JUST OLD COFFEE AND STALE DONUTS, JERRY MAZOCK (219) 432-4755
- 27 THUR EASTSIDE TRACK CLUB THANKSGIVING DAY TURKEY TROT 5K, OREGON, OHIO, DAN REARDON (419) 693-4058
- 28 FRI FANTASY 5K, 6:00 PM, HOWEL, MICH., CHARLOTTE SWAN (517) 546-2439
- 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
- 30 SUN SUN ALMOST HEAVEN MARATHON, CHARLESTON, WV, PAT BOARD, 19 RIVERSIDE DR., SOUTH CHARLESTON, WV, 2503 (304) 744-6502

-----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 14TH ANNUAL CHIPPEWA TROPHY WINTER RUN 5K, LAKEVEIW ELEMENTARY  
SCHOOL, LAKEVEIW, OHIO, 2 PM, VINCENT PLIKERD (9317) 599-6633
- 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

-----JANUARY 1998-----

- 01 THUR(R)RUN IN THE NEW YEAR, 4 MILES, MIDNIGHT, LAFAYETTE, IND.,  
MARK DENO (317) 589-7732
- 03 SAT SIBERIAN EXPRESS, 7.6 MILES, DANVILLE, ILL., KENNEKUK ROAD RUNNERS,  
PO BOX 1701, DANVILLE, ILL., 61834 (217) 733-2403 OR (217) 431-4243

11 SUN(R) DAVE'S 10 MILE SHOE RUN, DELTA, OHIO,  
DAVE AND SANDY MASON (419) 822-3498

11 SUN \*WALT DISNEY WORLD MARATHON, LAKE BUENA VISTA, FL., WALT DISNEY  
TRAVEL CO., ATTN: MARATHON, PO BOX 22094, LAKE BUENA VISTA, FL.,  
32830 (407) 939-7810

18 SUN \*METHODIST HEALTH CARE HOUTON MARATHON, HOUSTON, TEXAS,  
METHODIST HEALTH CARE, 720 N. POST OAK ROAD, SUITE 335, HOUSTON,  
TEXAS, 77024 (713) 957-3453

24 SAT(R) FURNISS FREEZER, 5K, 10:00 AM, ANGOLA MIDDLE SCHOOL, ANGOLA, IND.,  
PAUL AND THRESA FURNISS (219) 833-6931

-----FEBRUARY 1998-----

SAT 07 CLEAR LAKE 5K, KICKAPOO STATE RECCREATION AREA, DANVILLE, ILL.,  
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834  
SUSAN (217) 733-2403 OR MARC (217) 431-4243

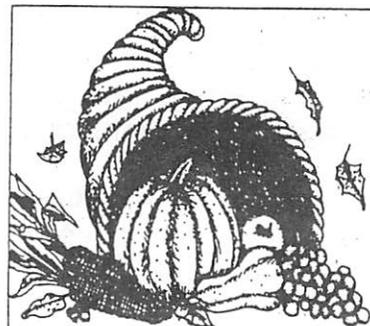
-----MARCH 1998-----

SAT 21 MOUNTIAN GOAT HILL RUNSWALK, DANVILLIE, ILL., KENNEKUK ROAD  
RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834 SUSAN (217) 733-2403

## Everyone Can Be a Writer

The Inside Track Editor welcomes member contributions. Send any running/walking related  
article, short story, or poem to:

Joyce Hockensmith  
805 Three Rivers East  
Fort Wayne, IN 46802  
e-mail: RunningJoy@aol.com



Happy Thanksgiving

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)

(e-mail: RunningJoy@aol.com)

### 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  
805 Three Rivers E  
Fort Wayne, IN 46802

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} \_\_\_\_\_

SHOW YOUR SUPPORT FOR YOUR FORT WAYNE  
TRACK CLUB

# Coming Events...

CALLITHUMPIAN CANTER 5K & 1 MILE  
Sunday, October 26, 1997, 2 PM & 1:30 PM  
Bellmount High School, Decatur

PARKVIEW HOSPICE PUMPKIN RUN 5K R/W  
Saturday, October 25, 1997, 9 AM  
Carew Medical Park, Carew Street, Ft. Wayne

TURKEY TROT 5K TRAIL RUN & 10,000CM for KIDS  
Saturday, November 22, 1997, 11:00 AM  
Fox Island Park, Fort Wayne

## FWTC MEETINGS

Wednesday, October 8, 7:00 PM, Run, 6:00  
Wednesday, November 12, 7:00 PM, Run 6:00

IPFW - Hilliard Gates Activity Center  
Park in the far lot to avoid being ticketed

## ADVERTISING RATES

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

Insert Race Application (Includes printing results)  
12 X Entry fee, minimum \$35.00 (10 X Entry fee paid in  
advance)

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

All race applications must be supplied for insertion.  
Inside Track publishes 450 issues bi-monthly.

Bulk Rate  
U.S. POSTAGE  
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Fl. Wayne, IN  
Permit No. 1799



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