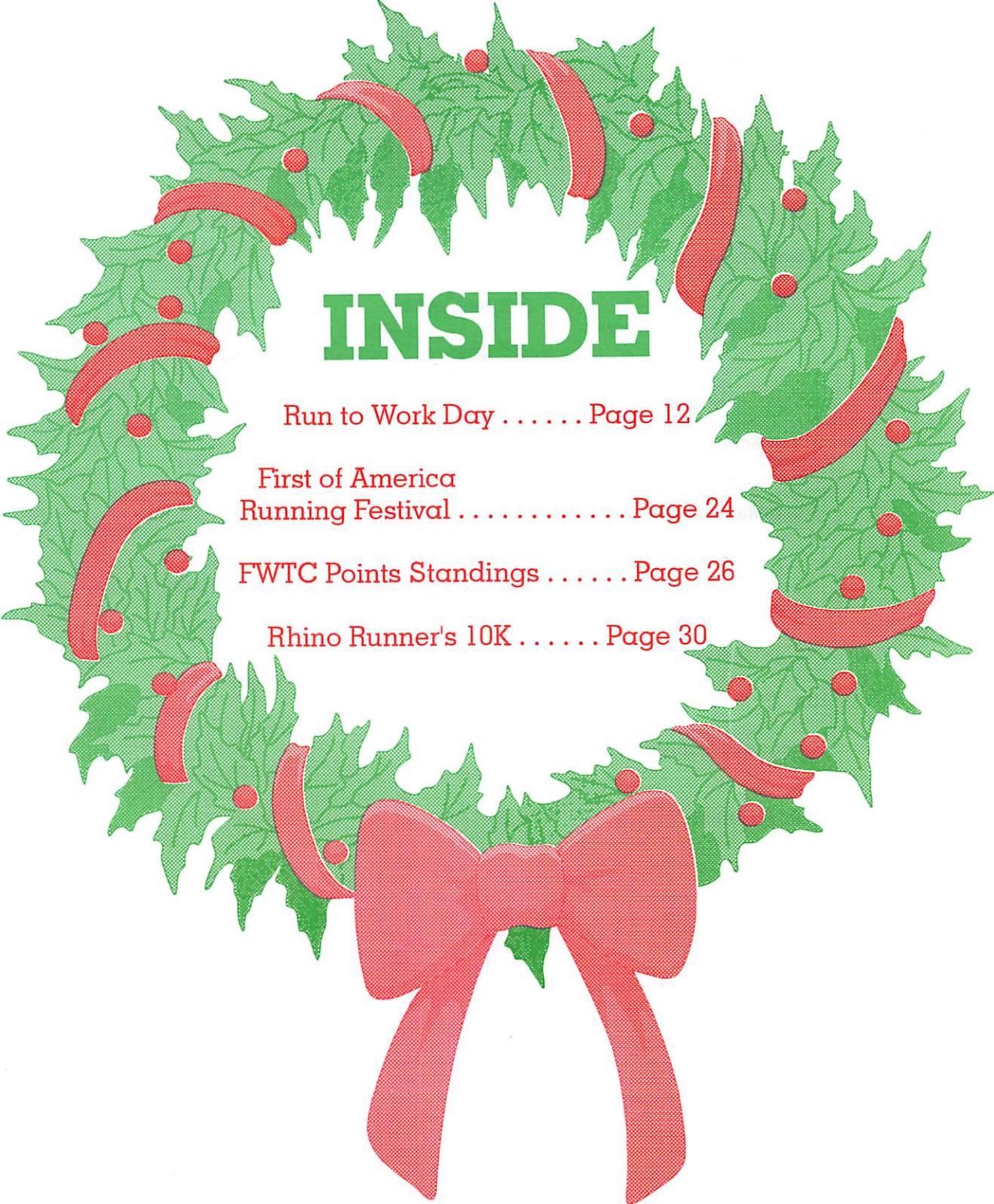


# the inside track

December 1997 - January 1998

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



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**1997 FORT WAYNE TRACK CLUB**  
**Officers and Board Members**

**OFFICERS**

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

**Inside Track**

Editor	Joyce Hockensmith	(219) 426-3171
Mailing	Sharon Bruner	(219) 432-9826
Mailing	Ed Dax	(219) 460-1456

**Membership Coordinators**

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

**Equipment Coordinators**

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

**Race Schedule**

Jonathan Schlatter	(219) 456-3331
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**Race Management Coordinators**

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

**Advertising Coordinator**

Mike McAvoy	(219) 824-5158
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**Publicity Coordinator**

Ken Disler	(219) 422-9984
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**Social Coordinator**

**Children's Coordinator**

Phil Suelzer	(219) 486-1745
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**RRCA Liaison**

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

**Board Members**

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

As a teacher and coach for the past 32 years, I have developed a definition of success for myself which I also try to instill in my students and athletes. To me, success in life is defined by, first of all, examining one's self to find your God-given talents and abilities (we ALL have them). Next, a person needs to work to polish these talents and abilities, searching for a career that will make the most of them. True happiness (and thus success) comes from finding that career and using those talents and abilities to the utmost and being pleased with the results.

I can honestly say that, by the above definition of success, I have found true success in my life! In 1965, when I made the very tough decision to leave the comforts of a very good job in industry and to return for further schooling which would enable me to become a teacher and coach, the foundations for today's feeling of success and accomplishment were laid. My wife and I made some adjustments in what our life's goals and aspirations would be, and she (my wife) supported me in my decision wholeheartedly—support that came in the form of emotional stability as well as in the form of finances, as she continued to work while I returned to school (St. Francis College) for a year. I cannot imagine what my life would be like today if I had continued in a career that was financially rewarding, but that had me feeling depressed and unfulfilled on almost a daily basis. Too many people find themselves in this trap at a stage in life when it is too late and/or too difficult to change. I thank God every day for giving me the courage and foresight to make this change in my career at a time when we (my wife and I) could handle it.

In the Fall of 1966, I was fortunate to be hired at Fort Wayne Central High School, under the leadership of H. Paul Spuller, with the help and support of long-time friend and associate, Buzz Doerffler. Since Business Administration was my original college major, it was a natural for me to teach in the business department; and, with my background as a high school and college athlete, and my innate love for sports and young people, it was also a natural to get involved in coaching.

As a youngster, I had always wanted to be a pastor in the Lutheran Church. Somewhere along the way I got sidetracked, but teaching and coaching in the public school system as a strong Christian gave me the opportunity to take my ministry in a subtle way to many young people who might not otherwise be so affected.

After five years at Central as a business teacher, assistant track coach and head cross country coach, the Fort Wayne Community Schools made the decision to close this great school and build two outlying high schools (Wayne and Northrop) to help with the integration process in Ft. Wayne. Being at the right place at the right time, as a 28-year-old relatively young and inexperienced coach, I was named as the original head boys' track

and cross country coach at Northrop High School where Mr. Spuller (Papa Bruin!) was selected as the first principal.

And now, some 27 years after Northrop opened its doors, I have had the opportunity to coach as follows:

1971-1983:	Head Boys' Cross Country at Northrop
1971-1982:	Head Boys' Track & Field at Northrop
1983-1985:	Head Mens' & Womens' Cross Country at IPFW
1984-1986:	Assistant Track at Holy Cross Lutheran Grade School
1986-1987:	Assistant Football Coach at Concordia Lutheran High School
1986-1990:	Assistant Track & Field Coach at Concordia
1988-1991:	Head Boys' & Girls' Cross Country Coach at Concordia
1994-Present:	Head Boys' Track Coach at Northrop
1995-Present:	Head Boys' Cross Country Coach at Northrop

What a tremendous blessing and opportunity this has been to have worked with so many young people through all of these various experiences! It is this involvement with high school and college athletics which has enabled me to come to the forefront as president of the Fort Wayne Track Club—another awesome, challenging, but FUN activity in my life.

Helping to establish the Fellowship of Christian Athletes and sponsoring a Bible Study have also been among my responsibilities at Northrop.

I praise and thank God each and every day for the talents and abilities with which I have been uniquely blessed which have allowed me to do something with my life which I truly enjoy and which brings me such daily satisfaction and happiness. What more could someone ask than to have a loving wife (Judy) for going on 38 years, 3 sons who have made us so very proud with their accomplishments and contributions to society, a strong church home (Holy Cross Lutheran), tremendous friendships established in and out of my profession, and being involved in a profession that brings me such happiness and joy (teaching and coaching at Northrop High School). What a success story!!

#### Newsletter Deadlines

January 15, 1998	July 15, 1998
March 15, 1998	September 15, 1998
May 15, 1998	November 15, 1998

## MINUTES

Fort Wayne Track Club Monthly Meeting  
Wednesday, September 10, 7:00 p.m., IPFW

18 Present: D. Lindley, M. Harper, L. Gorman, J. Schlatter, E. Dax, M. Yann, P Knott, B. Sohaski, J. Hockensmith, C. Brandt, J. Tillapaugh, J.P. Jones, B. Peterson, J. Diehl, M. McAvoy, M. Pfefferkorn, R. Wilson, P. Suelzer

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 Treasurer's and Membership report was given by Don Lindley.
    - a. There was an income of 2264.41, with expenses of 1455.16, for a balance of 13,759.40.
    - b. There are 480 members to date.
    - c. The Triathlon broke even.
  4. Jon Schlatter gave a race calendar update; Surrogate Mile, Sept. 20, 10:00am, Pontiac Mall
  5. B. Petterson announced that he could use some volunteers at the Bruin Invt. High School cross country meet this Sat. at 9:00 am.
  6. Joyce Hockensmith said the newsletter deadline is Sept. 15.
  7. Mike McAvoy gave an update on the Ft. Wayne Orthopedic 5k.
    - a. Will be Oct. 18, 1997.
    - b. Ft. Wayne Orthopedics will provide 30 volunteers.
  8. Mike McAvoy gave a report on a possible bus trip to Bobby Crim Races Aug. 23., 1997.
    - a. The bus would cost \$22 per person.
    - b. The hotel would cost \$80-90 double occupancy.
    - c. May do a side trip to Frankenmuth.
  9. Mike McAvoy asked for ideas for a speaker for next year's banquet.
  10. Mike McAvoy announced that FWTC Had join the Ft. Wayne Sports Corp. and that he had joined the youth committee with the idea of promoting youth running. Barrie Peterson said that he would probably attend their awards banquet and set up a FWTC display.
  11. Bill Sohaski gave a Triathlon final report.
    - a. There were 120 prepaid entrants and 108 finishers.
    - b. There were many positive comments from both the participants and the volunteers.
    - c. May do again next year at same location with a limit of 150-160 participants.
  12. Mitch Harper gave an update on the Zoom Thru Zula Race.
    - a. A new brochure was passed out.
    - b. A mailing list has been assembled from several races.
    - c. An internet site for the race has been set up.
    - d. A kid's fun run has been added.
    - e. The finish line will be done by FWTC.
  13. Mitch gave an update on the HUFF Race.
    - a. Race applications are being passed out at various ultra races.
    - b. A one loop race of approximately 11 miles has been added.
  14. Judy Tillapaugh gave a report on the IPFW cross country meet on Sept. 13, at 10:00 am.
  15. Don Lindley gave an update on the Turkey Trot Race.
    - a. Will be at 11:00 am, Nov. 22, 1997 at Fox Island Park.
    - b. The kid's race will be 10,000 cms.
  16. Don Lindley reported that one race clock has been sent to Calif. for repairs and that one Chromex print timer is being sent back to be exchanged.
- Meeting then adjourned. Next meeting Wednesday, October 8, 1997, 7:00 p.m., IPFW.  
Respectfully submitted, Jon Schlatter, Club Secretary.

## **MINUTES**

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

**17 Present: D. Lindley, S. Brunner, B. & J. Hockensmith, J. Schlatter, L. Gorman, J.P. Jones, M. McAvoy, G. Dexheimer, J. Tillapaugh, J. Diehl, M. Harper, T. Diller, B. Crane, C. Brandt, B. Peterson, 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 783.07, with expenses of 786.04, for a balance of 11,568.74.**
  - b. J.P. Jones and Bob Hockensmith asked monies for the 1998 marathon be given a separate accounting entry in the treasurer's report.**
  - c. There are 483 members to date.**
- 4. Barrie Peterson mentioned that the Leukemia Society Team in Training is having a celebrity waiter luncheon fund raiser at Summit Gardens on Lima Rd. on Nov. 14, 1997, 11:45-1:30.**
- 5. Special guest, Terry Diller, who is the underwriting insurance agent for the RRCA, gave a talk what the RRCA insurance does and does not cover and possible future insurance items.**
- 6. Jon Schlatter gave a race calender up date; 2 races in Van Wert, Ohio on Oct. 18 and 19.**
- 7. Joyce Hockensmith stated that Nov. 15, 1997 will be the deadline for the next newsletter.**
- 8. Mike McAvoy said that the Ft. Wayne Orthopedics 5k on Oct. 18 is basically all prepared and that they had 50 pre-registered.**
- 9. Mike McAvoy reported that he had no new news on the bus trip.**
- 10. Mike McAvoy presented a list of possible speakers for the Awards banquet in Febuary and the board voted to ask Larry Maddox, tha Anderson University cross country coach, to speak.**
- 11. Mitch Harper gave an update on the Zoom Thru Zula race.**
  - a. Mike McAvoy has measured and certified the course.**
  - b. 135 people are pre-registered.**
  - c. There are 28 volunteers.**
  - d. There are pumpkins and Dairy Queen gift certificates as door prizes.**
  - e. The T-shirts and award plaques are done.**
- 12. Mitch Harper gave an update on the HUFF race.**
  - a. An ad will be placed in Ultra Running magazine.**
  - b. There have been 21 inquires so far.**
  - c. Kil-So-Quah running club will handle race communications.**
  - d. Race day registration is being checked on.**
- 13. Judy Tillapaugh talked about the IPFW X-Country team.**
  - a. A letter of appreciation from Butch Perchan, IPFW athletic director, was read.**
  - b. Randall and Sullivan fund run open 5k this Friday at 5:15 at IPFW.**
- 14. Don Lindley gave an update on the Turkey Trot 5k.**
  - a. Applications will be in the next FWTC newsletter.**
  - b. Will be Nov. 22, 1997 at 11:00 AM, at Fox Island county park.**
- 15. Barrie Peterson gave a report on the FT. Wayne Sport's Corp. banquet and officially thanked the board for paying his way to go.**
- 16. Barrie Peterson talked about the area high school cross country sectionals and regionals.**
- 17. Mike McAvoy announced that Ward Moya will be helping do the points races.**

**Meeting then adjourned. Next meeting Wednesday, November 12, 1997, 7:00 p.m., IPFW**

**Respectfully submitted, Jon Schlatter, Club Secretary.**

## ELECTION OF OFFICERS

At the Monthly meeting on December 10, 1997, an election will be held for the officers of the Fort Wayne Track Club for 1998.

During the meeting in November a committee of the whole slated the officers for the up-coming election. The slate for 1998 will be:

President	Barrie Peterson
Vice President	Charles Brandt
Secretary	Jonathan Schlatter
Treasurer	Don Lindley

Other nominations can be made by any member, either in writing to the President, or in person at the December meeting.

Also, the terms of all current Board members will expire at the end of 1998. Any member who is interested in serving in that capacity should make his or her preference known to the President at or before the December meeting.

Our club has a large membership, but few members choose to get involved. Being on the Board involves only attending monthly meetings. Let's have a good turn out for this meeting. If, for no other reason, come for the good company, refreshments, and gift exchange.



# CHRISTMAS PARTY

Please Join Us

**Wednesday, December 10**

**7:00 PM**

**IPFW - Hilliard Gates Activity Center**

**Good Friends, Food, Fun, Gift Exchange**

**Bring a food item to share & a wrapped gift**

**(Around \$10.00)**



# ZOOM THRU ZULU 10K

## October 12, 1997

### New Haven, Indiana

The was first annual "Zoom Thru Zulu" 10K run. Zulu is located south/east of Fort Wayne, Indiana. The race actually started and finished in the historic French settlement of Besancon. The 10K course was run on the paved surface of the historic Old Lincoln Highway 30 through the small town of Zulu to a turnaround .5 miles east of Zulu. The runners then headed back west through Zulu guided by the steeple of the church at the St. Louis Academy in Besancon.

Temperature at the start of the race was in the 80's with a strong cross wind. After making the turn around it really warmed up and made the water stops very inviting. The course was flat and less than scenic unless you like looking at soybean fields being harvested. The race was well organized by the Fort Wayne Track Club under the able guidance of race director Mitch Harper.

Following the race, refreshments with great cookies were available in the church recreation hall. Bagpipers entertained before the start of the race which added to the atmosphere.

#### Female thru 19

1	Angela Homan	28	45:55
2	Lana Beregszazi	72	55:05
3	Susie Vandever	73	55:08

#### Male thru 19

1	John Homan	38	47:55
2	Sean Leffers	43	48:17
3	Stuart Neill	88	58:05
4	Nathan Clay	95	60:43
5	Dwight Castleman	105	64:54

#### Female 20-24

1	Laura Boeckman	32	47:10
2	Sarah Yager	115	75:25

#### Male 20-24

1	Brad Thomas	7	39:03
2	Kyle Minnich	8	39:18

#### Female 25-29

1	Kim Davidson	16	42:23
2	Paula Rogers	27	45:31
3	Laura Henkaline	52	49:46
4	Holly Johnson-Reese	57	51:15
5	Carla Ferretti-Hoover	61	52:44
6	Melissa Batt	114	75:24

#### Male 25-29

1	Michael Fruchey	4	36:11
2	Dave Broerman	9	39:41
3	Tim First	11	40:16
4	Chris Marks	14	41:38
5	Paul Richardson	17	43:13
6	Jeff Kintz	25	43:13
7	Bryan Saulis	77	55:54

8	Chad Baker	78	55:54
9	James Stokes	81	56:50
10	Scott Burkhardt	91	59:23

#### Female 30-34

1	Connie Mattax	13	41:17
2	Linda Ianucilli	33	47:13
3	Beth Goodale	70	54:43
4	Teresa Furniss	82	57:07
5	Marianne Glick	103	63:22
6	Cheri Steigneyer	107	65:19

#### Male 30-34

1	Ron Sharp	2	34:21
2	Ward Moya	5	37:12
3	Jeff Gerke	39	47:56
4	Kevin Man	40	47:56
5	Jim Lynch	48	49:17
6	David McGlennen	50	49:43
7	Todd Abels	56	50:35
8	Thomas Kline	58	51:21
9	Glenn Johns	93	60:03
10	Greg Hege	106	64:55
11	Kevin Hunter	110	67:39

#### Female 35-39

1	Linda Clay	74	55:21
2	Valerie Winn	79	56:22
3	June Mintchell	87	57:56
4	Sherry Venderley	89	58:22
5	Joy Dunno	98	61:58
6	Kandy Gay	99	62:12
7	Tammy Townsend	111	67:48

**Male 35-39**

1	Mark Sanderson	1	34:01
2	Jerry Williams	3	35:02
3	Steve Leffers	6	37:33
4	Pat Beuchel	18	43:29
5	Daniel Brugos	19	43:54
6	Bob Berger	26	45:27
7	Mark Lulling	29	46:37
8	Jesse Martinez	44	48:35
9	David Swenson	46	49:01
10	Bryan Keister	47	49:16
11	Jack Jeffery	49	49:26
12	Jeff Grothaus	55	49:49
13	Thomas Cleveland	66	53:21

**Female 40-44**

1	Mary Krouse	90	58:38
2	Laura Dunne	109	67:20

**Male 40-44**

1	Carl Hansen	10	40:00
2	Jeff Milleman	15	41:59
3	Tom Felts	30	46:42
4	John Powell	36	47:30
5	Geoff Anspach	51	49:44
6	Chuck Zumbrun	54	49:47
7	Mike Beard	59	52:00
8	Michael Variell	60	52:12
9	Denny Walker	64	52:50
10	Greg Ianucilli	68	54:23
11	Ray Krouse	75	55:28
12	David Shaner	80	56:30
13	Steve Ludwiski	97	61:02

**Female 45-49**

1	Kathy Pleus	69	54:30
2	Nancy Boyer	117	77:18

**Male 45-49**

1	Douglas Hohenberger	21	43:50
2	Louis Beregzazi	23	44:07
3	John Widomski	24	44:20
4	Mike Barman	31	46:58
5	Steve Corona	41	47:59
6	Dave Winters	45	48:45
7	Philip Cowan	53	49:46
8	Ty Murphy	67	54:01
9	Ed Reinemeyer	71	55:03
10	David DeVaughn	76	55:33
11	Terry Goodspeed	94	60:24
12	George Kirby	102	63:05
13	Reg Johnson	112	73:07

**Female 50-54**

1	Connie Hoverman	65	52:51
2	Barb Scrogam	86	57:20
3	Mary Fennig	96	60:47
4	Linda Benschneider	100	62:15
5	Joyce Hockensmith	101	62:33
6	Jane Lewandowski	104	63:55
7	Nancy Lambright	116	75:47
8	Lynne Huguenard	118	93:59

**Male 50-54**

1	Gordon Pleus	12	41:02
2	Giz Youngerman	20	43:36
3	Dave Wolff	37	47:39
4	Lynn Armstrong	42	48:15
5	Rich Cromwell	84	57:11

**Male 55-59**

1	William Crane	34	47:23
2	Dick Harnly	62	52:46
3	Bill Mack	85	57:13

**Female 60-64**

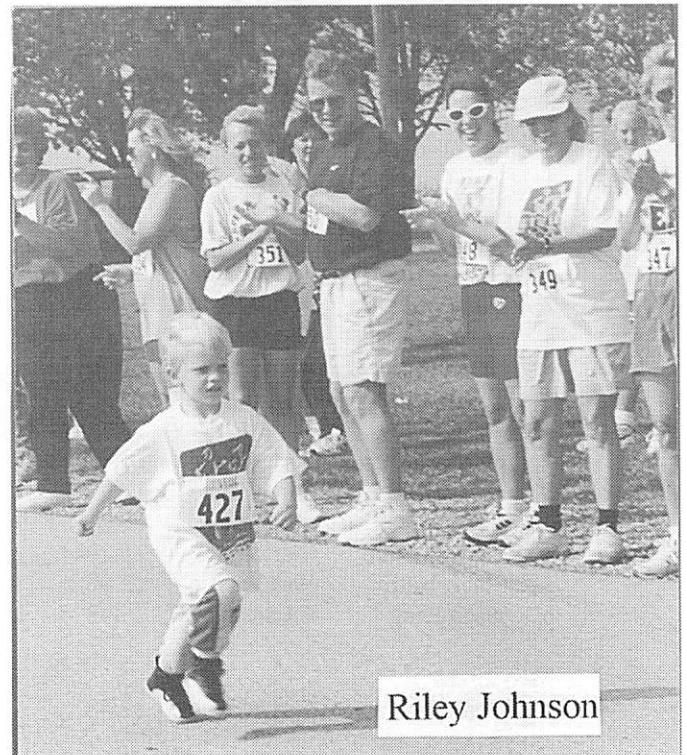
1	Joan Gary	83	57:09
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**Male 60-64**

1	Robert Loomis	63	52:48
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**Male 65 and up**

1	Don Anderson	35	47:29
2	Eugene Striggle	92	59:44
3	Ken Disler	108	66:05
4	JP Jones	113	74:40



Riley Johnson

# IPFW RANDALL & SULLIVAN FUND RUN

## October 10, 1997

### Women 0-14

1 Jennifer Dahl Fort Wayne 29:43

### Women 15-19

1 Kimberly Waite Van Wert 21:44  
 2 Angela Harding Monroeville 28:13  
 3 Kathryn Meichsner New Haven 30:07  
 4 Angie Krach Grabill 30:11

### Women 20-24

1 Staci Klutz Upland, IN 22:06  
 2 Allegra Stoetzel Fort Wayne 26:16

### Women 25-29

1 Tonya Black Fort Wayne 23:55  
 2 Katrina Loucks Fort Wayne 27:05

### Women 35-39

1 Betty DeWells Fort Wayne 28:03  
 2 Patricia Bodine Fort Wayne 30:14

### Women 40-44

1 Due Sipes Fort Wayne 28:23  
 2 Susan Peterson Albion 30:40  
 3 Carol Garcia Fort Wayne 32:39  
 4 Vicki Dahl Fort Wayne 33:48

### Women 45-49

1 Debbie Treleaven Fort Wayne 28:51

### Women 60-64

1 Joan Gary Fremont, IN 28:02

### Men 0-14

1 Sean Leffers Fort Wayne 22:22  
 2 Sam Leffers Fort Wayne 26:15  
 3 Jonathon Hubart Leo, IN 27:01  
 4 Nick Leffers Fort Wayne 32:16

### Men 15-19

1 BJ McKinley Fort Wayne 18:47  
 2 Chris Zepeda Fort Wayne 19:09  
 3 Jeremy Lesh Markle, IN 19:21  
 4 Chris Castillo Marion, IN 21:29  
 5 Stuart Neill Fort Wayne 22:08  
 6 Jason King E.Lansing,MI 26:42

### Men 20-24

1 Brad Thomas Fort Wayne 17:48

2 Michael Lindley Fort Wayne 18:34  
 3 Scott Armstrong Fort Wayne 19:13  
 4 Michael Casiano New Haven 19:30  
 5 Chris Adams Fort Wayne 22:06

### Men 25-29

1 Michael Fruchey Huntertown 16:58  
 2 Dave Broerman New Haven 18:15  
 3 Tim First Fort Wayne 19:03  
 4 Chris Marks Churubusco 19:34  
 5 Brian Loucks Fort Wayne 27:05

### Men 30-34

1 Rueben Njau Indianapolis 15:15  
 2 Kevin Rigg Elida, OH 16:33  
 3 Ward Moya Churubusco 18:36  
 4 Thomas Kline Fort Wayne 23:32  
 5 Matt Emley Fort Wayne 24:06

### Men 35-39

1 Jerry Williams Fort Wayne 16:36  
 2 Steve Leffers Fort Wayne 16:44  
 3 Paul Shaffer Decatur 19:42  
 4 Bryan Keister Fort Wayne 20:05  
 5 Don Hardway Fort Wayne 21:03  
 6 George Mills Fort Wayne 22:26  
 7 Thomas Cleveland Fort Wayne 24:44  
 8 Darrell Wattle Fort Wayne 28:29

### Men 40-44

1 Vince Garcia Fort Wayne 17:42  
 2 Roger Wilson Fort Wayne 18:31  
 3 Bob Knuckles Huntertown 18:39  
 4 Mitch Harper Fort Wayne 20:57  
 5 Steve Summers Fort Wayne 22:27  
 6 Jack Morris Fort Wayne 23:10  
 7 Don Kortember Fort Wayne 24:12

### Men 45-49

1 John treleaven Fort Wayne 19:09  
 2 Dan Leffers Fort Wayne 19:36  
 3 Jim Weide Fort Wayne 20:38  
 4 Karl Waite Van Wert, OH 21:15  
 5 Mike Barman Fort Wayne 21:17  
 6 Kerry Hubart Leo, IN 29:55  
 7 Michael Hendricks Fort Wayne 30:01  
 8 Robert Krach Grabill, IN 31:36

**Men 50-54**

1	Marvin Kochlinger	Fort Wayne	19:19
2	Lynn Armstrong	Fort Wayne	21:31
3	Ray Casiano	New Haven	23:30
4	Larry Lee	Fort Wayne	24:54
5	Kenneth Relue	Fort Wayne	30:04

**Men 60-64**

1	Robert Loomis	Monroeville	25:41
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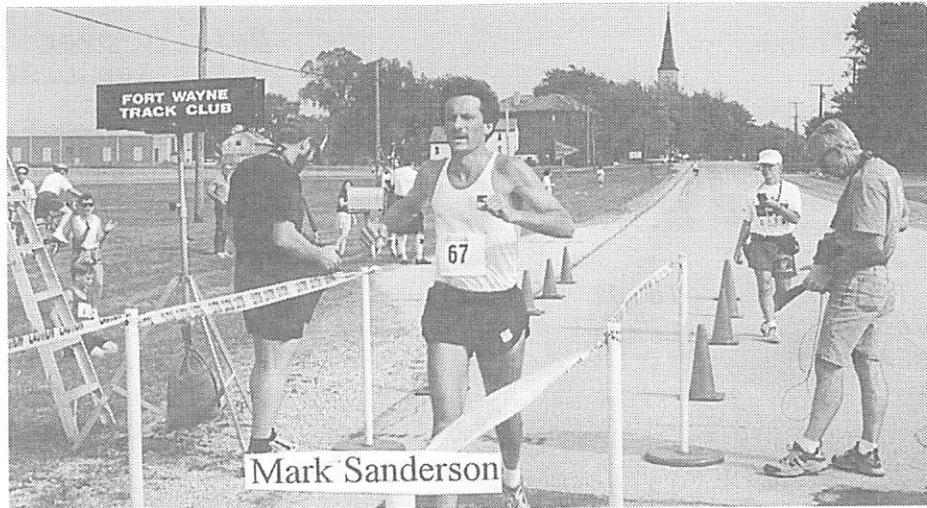
**Men 70-99**

1	Don Anderson	Fort Wayne	24:00
2	Ken Disler	Fort Wayne	30:18

**Men 55-59**

1	Dewain Cobbs	Warsaw	20:59
2	Dave Boylan	Fort Wayne	22:09
3	Lowell Beineke	Fort Wayne	26:00

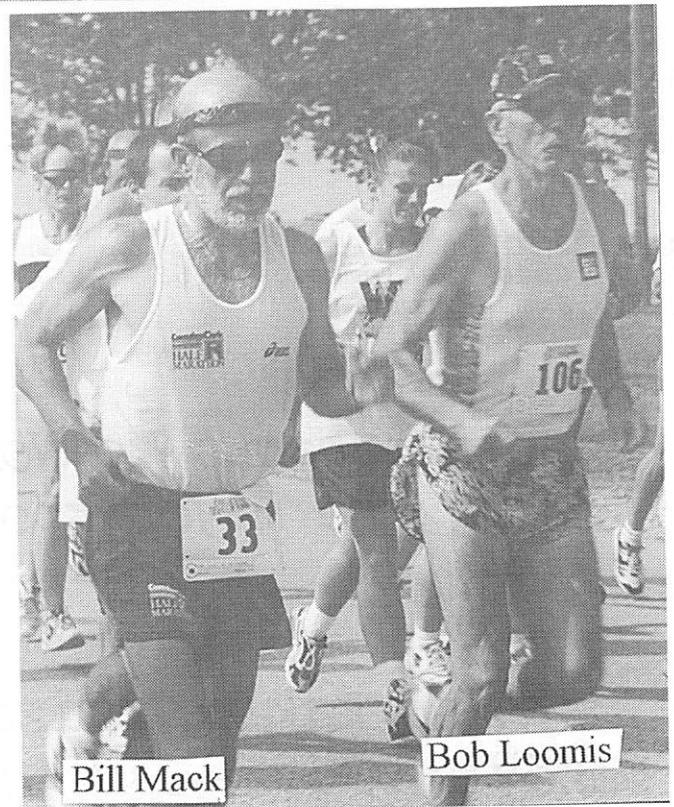
**Zoom thru Zulu 10K Run**



Mark Sanderson



Connie Mattix



Bill Mack

Bob Loomis

Noble County 5k Challenge  
Bixler Lake

Overall Male

1st	Pete Casaletto	\$200
2nd	Brian Shepherd	100
3rd	Matt Jones	50
Master	Mark Furkis	50

Male 40-44

1st	Steve Caswell	17:52
2nd	Hal Pearson	
3rd	Phil Wysong	
4th	Dave McDonald	
5th	Gene Wright	
6th	Jim Neill	

Male 14-under

1st	Chad Scott	17:59
2nd	Andy O'Conner	
3rd	Adam Knight	
4th	Josh Custer	
5th	Wayne Knight	

Male 50-54

1st	Lynn Armstrong	21:53
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Male 60-69

1st	Eugene Striggle	28:13
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Male 15-19

1st	Mike Nimtze	19:49
2nd	Dan Faucett	
3rd	Stuart Neill	

Male 70-over

1st	Ken Disler	30:59
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Female Overall

1st	Tammy Casaletto	\$200
2nd	Justina Faulkner	100
3rd	Anna Duff	50
Master	Deb Byers	50

Male 20-24

1st	Brad Thomas	18:01
2nd	Sam Vargas	
3rd	Chris Adang	

Female 19-under

1st	Rebekah Nimtze	26:18
2nd	Dorothy Wysong	
3rd	Angela Harding	

Male 25-29

1st	Mike Fruckey	17:03
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Female 40-49

1st	Julie Manger	24:33
2nd	V. Wysong	

Male 30-34

1st	Dave Cole	17:04
2nd	Keith Walter	

Female 50-over

Joan Gary	27:52
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Male 35-39

1st	Chuck Schlemmer	16:58
2nd	Jim Whitman	

**\*Special thanks to Noble Press and Dekko for being the major sponsors for this event.**

**\*Also making prize contributions were Wendy's, Pizza Hut, Burger King, Taco Bell, Arbys, and Home Sweet Home**

## OPF 50/50 Trail Run

### Ultramarathon World OPSF 50/50 Trail Run

Spencer, Indiana - 1 November 1997

(Hilly 12-mile loop, Owen-Putnam County State Forest)  
(Heavy rain, sloppy conditions, temperatures 50sF)

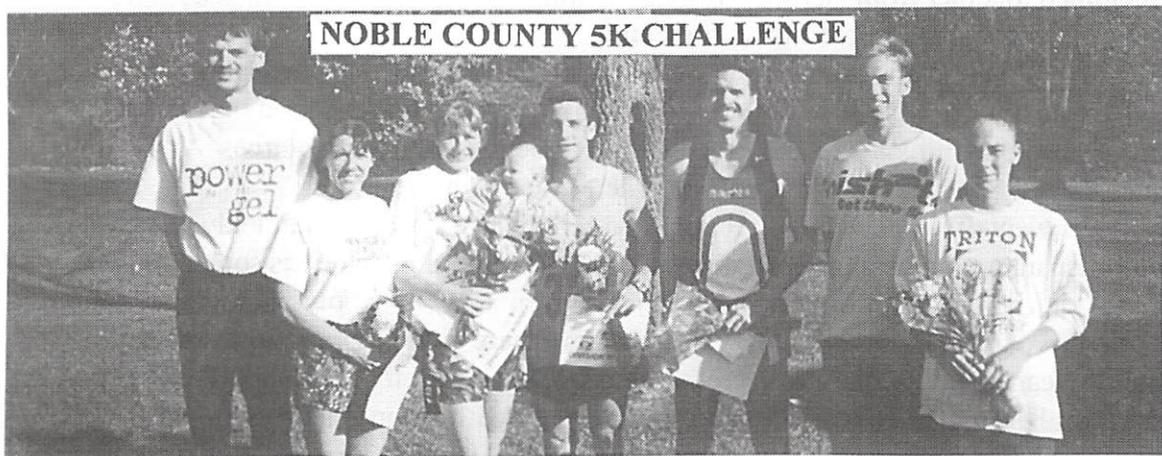
#### 50 miles

1. Mike Senour	33	8:41:38	13. Deb Webster(f)	41	6:14:40
2. Pat Puckett	35	10:10:50	14. Ken Mick*	39	6:19:23
3. Dan Whitmore	45	10:28:06	15. Marc Reddy	54	6:22:08
4. John Nichols	39	10:45:38	16. Tom Frazee*	48	6:42:18
5. Brian McGowan	40	11:24:02	17. Javier Cendejas*	54	6:43:30
6. Roy Heger	43	11:49:30	18. Vince Varone	38	6:48:15
7. Nikki Robinson(f)	35	11:49:30	19. William Hollihan*	67	6:49:50
8. Steve Kosachik	44	11:49:30	20. Joel Peterson	40	6:53:43
9. Mike Goldman	66	11:49:42	21. Wayne Jensen*	42	6:55:00
10. Del Ruckle	52	11:53:16	22. Jon Schlatter	41	6:55:30
11. Fred Davis	49	12:04:49	23. Harrison Smith*	71	7:21:10
12. Kevin Swan	24	12:09:30	24. Al Kralovansky*	49	7:24:40
13. Linda Gorman(f)	34	12:34:34	25. Rick Gill	42	7:25:20
14. Jerald Diehl	46	12:34:34	26. Mike Cornelison	48	7:28:09
15. Pat Gorma	39	12:39:33	28. Norm Carlson*	64	7:46:00
16. Jack Thomas	45	12:39:33	29. Ken Huffer	42	7:54:21
			30. Bob Wasson	51	8:21:40
			31. Len DeMoss*	50	8:21:40
			32. Paul Pelke*	44	8:28:22
			33. Paul Slakie	56	8:30:00
			34. Sarann Mock(f)	66	8:37:53
			35. Jay Bohnsack	40	9:06:06
			36. Don Lindley	53	9:49:39

#### 50 Kilometers

1. Joe Smindak	37	4:37:09
2. Rob Hruskovich*	29	5:01:24
3. Ron Hart	40	5:05:09
4. Dave Greenwood	46	5:26:46
5. Marvin Lafler	52	5:26:46
6. Rick Whicker	49	5:33:56
7. Anita Allen(f)	43	5:42:42
8. Bob Schlosser	60	5:55:54
9. Sue Kempema(f)	40	5:57:18
10. Murvin Norgaar	41	5:58:21
11. Rob Apple	36	6:14:00
12. Wes Fenton	36	6:14:00

(Ultramarathon World:  
<http://fox.nstn.ca/~dblaike>)  
(Jeff Tincher/Caitlin@aol.com) (5no97)



Brian  
Shepherd  
2<sup>nd</sup>

Deb  
Byers  
Master

Tammy  
Casaletto  
1<sup>st</sup>

Peter  
Casaletto  
1<sup>st</sup>

Mark  
Furkis  
Master

Matt  
Jones  
3<sup>rd</sup>

Justina  
Faulkner  
2<sup>nd</sup>

# RRCA National Run To Work Day

The First Annual Road Runners Club of America National Run to Work Day... Tuesday, October 21, 1997.....sounded appealing to me. I have walked to school. I have cross-country skied to school. I have cycled to school. I missed both Woodstocks and did not make it to the 100<sup>th</sup> running of the Boston Marathon. The Million Man March marched on by me. I had a runner that could not make afternoon practice that day. I recently moved and bought a house less than one mile from school. I was ready to run to work.

The list of eighteen pioneers that showed up to my house at 622 Pine RUN could be placed in three groups. Group one: hard core runners. This included the Angola High School girls cross-country team, Angola's #1 runner from the boys team, three runners that competed in track and cross-country in college, three Boston Marathon runners, one recently qualified for the second time, one state high school cross-country participant, and those that flat out could care less if they shaved, showered, changed clothes, and applied deodorant for day at the office.

Group two: Those that were there because of guilt, shame, on a dare, or had lost a bet. These people were saying comments like , "Where is she? She called me last night and said that she would be here." " She said that she was going to walk. Now she tells me she wants to run." "It is cold." "It is dark."

Group three: People with staples in their head. Scott Hottell, language teacher.

Run- to-Workers had their choice of courses. US Highway 20. Advantage = shortest distance at .9 mile. Disadvantage = Sidewalk is .9 millimeters from a major US highway that is busy with truck traffic. Ralph Martin Walkway. Advantage = scenic, dusk to dawn lighting, and Ralph Martin is very much alive. Disadvantage = hills and no encouraging motivational inspiring words from the semi drivers. Trail head starts near Circle Hill Cemetery, an ominous sign. Monument City Classic 5K course. Advantage = 3.1 mile distance would get you back in time to work on that flip in the front of your hairstyle. Disadvantage = Dogs and Christmas light display wars between neighbors that draw so much electrical power that one can hear the meter boxes spin are not plugged in yet. Monument City Classic 10 K course. Advantage = Could someday bounce grandchildren on the knee and tell them the day that you were a brave soul, a rugged individualist, an avant garde risk taker that went the distance for the first day when road brothers and sisters joined together from across this great nation and openly sweated in peace and harmony. Disadvantage = 7:15 am staff meeting.

Ceremonial purple and gold gloves were handed out to the girls cross-country team. The Olympic torches were lit. They were really tikki torches like the kind that the castaways had on Gilligan's Island. They burn citronella to repel mosquitoes. At 36 degrees, the Olympic torches worked fine. There were no mosquitoes.

Runners went off in different directions and the miles passed by so quickly and easily on this crisp autumn morning. I had new shoes for the occasion. There is something about the first run in a pair of new shoes. There is a first day of school photograph, your first solo drive in the old man's car, your first kiss. There is the first run in a new pair of shoes, all clean and cushioned with well defined tread and even little nubbies on the waffles that have not even wore down yet. I joined up with Brian Zuercher, Angola High school chemistry teacher and we jabbered like we were at a quilting bee. We talked like two long lost brothers on a separated at birth episode on Sally Jesse Raphael. I read in a

National Geographic article about Ireland. The boys in the pub drinking the pints of stouts and bitters say that they drink to loosen their lips. Running with a good friend opens mouths wider than a one of those breathing strips on the nose.

Perfect weather. New shoes. Good friends. A scenic rolling course that I have run for more than twenty years. A beautiful sun rise. A run that starts at my humble abode and ends at a place that I have a hard time even using the term "work" or "job". How many people with masters degrees can sit at lunch and time a colleague to see how fast they can eat an ear of corn-on-the-cob ? Look out of a greenhouse and see a metric all weather track and an oak-hickory-maple forest with trails ?

It could not be better. Then as the school came into sight, a band got up early that morning to welcome me home. Brass was blaring, drums were pounding, flags were waving. To think that over 100 students would get up so early on a cold morning to carry me to the finish line was too much. Built it and they will come. I felt like I was in Scotland and I was hearing bagpipes. (EDITOR'S NOTE: The Marching Hornets always play in the morning and were rehearsing for their trip to the state band finals at the Hoosier Dome, and were not associated with the National Run to Work Day in any, way, shape, or form.

They did not even know that it was National Run to Work Day.)

Or so they say.

I made my meeting. I had no pen. I had no pencil. I had no paper. I could have run to my room and picked up my materials. I could. I did not because I had no keys with me. I selected a spot far from the others and immediately began sandbagging the sweat that was pouring off of me and the National Weather Service soon began to announce flood stage levels as a matter of public service. Staff members moved away from me. I could not move as my LL Bean windpants, black with reflective stripes- kind of like jumbo shrimp, became stuck to the black plastic chair.

After the staff meeting, I checked my teacher mailbox in the office. I saw Kris McCain, our girls physical education teacher picking up her mail. Kris is a marathoner and I was surprised that she missed our historic and symbolic event. She was already showered and changed and smelling all flowery after her twelve mile morning run. I felt like an anthropologist that just discovered a primitive tribe in Borneo. A primitive tribe with the members wearing Timex Ironman Triathlon digital watches, Nikes, and LL Bean black rainpants with reflective stripes.

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

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## TRACK CLUB MEMBER PROFILES

**Name:** Mark O'Shaughnessy  
**Occupation:** Physician/Cardiologist  
**Birthdate:** December 22, 1959  
**Birthplace:** Indianapolis, Indiana  
**Family:** Wife, Laura-Children, Mark, Hayden, Connor  
**Pets:** Dog/Cat  
**Hobbies or Interests:** Reading, Running, Swimming, Lake home  
**Favorite Family Activities:** Spending time at the lake  
**Running Shoe Brand:** Brooks Addiction  
**Years Running/Walking:** 25  
**Favorite after Racing/Training Food:** Junk Food Junkie  
**Favorite Place to Train:** Track  
**Why do you Run/Walk?:** Stress Release /Endorphin fix  
**Favorite Movie or TV Program &/or Book:** Pillars of the Earth - Ken Follett  
**Favorite Music:** Classical  
**Favorite Vacation Destination:** Lake  
**Most Prized Possession:** Family  
**Do you have a dream? If so, explain:** Qualify for Boston



**Name:** Laura Broerman  
**Occupation:** Secretary at Tom Gerbers Insurance  
**Birthdate:** June 19, 1974  
**Birthplace:** Fort Wayne, Indiana  
**Family:** Husband, Dave and their beagle, Tyler  
**Pets:** Two birds and fish  
**Hobbies or Interests:** Antiques, Gardening, Lighthouses, and Sailboats  
**Favorite Family Activities:** Gardening, Shopping, Going to the lake  
**Years Running/Walking:** 10  
**Running Shoe Brand:** Asics  
**Favorite Distance to Run/Walk:** 1-3 miles  
**Favorite after Racing/Training Food:** Spaghetti  
**Favorite Place to Train:** Countryside  
**Why do you Run/Walk?:** To relieve anxiety and stress  
**Favorite Item of Clothing:** Jeans and flannel shirt  
**Favorite Movie or TV Program &/or Book:** Seinfeld, National Lampoon's European Vacation  
**Favorite Music:** Sting, Bruce Springsteen, Chris Isaac  
**Collections:** Lighthouses, Antique furniture  
**Favorite Vacation Destination:** Cape Hatteras, NC  
**Most Prized Possession:** Antique piano and radio  
**Has there been an inspiration to your running/walking? If so, explain:** "It's just something I took on myself"  
**Do you have a dream? If so, explain:** To own a Victorian house with an ocean view and retire at 30

# Birthdays

## December

## January

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



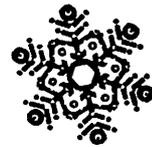
DALE	STAMWITZ	01 - 01
PAUL	SHAFFER	01 - 03
JEFF	PERRY	01 - 04
STEVEN	SUMMERS	01 - 04
DENNIS	WALTENBERGER	01 - 05
JEFF	SUELZER	01 - 06
MICHAEL	CALLAHAN	01 - 08
AMY	YODER	01 - 11
DAVID H	EGBERT	01 - 13
MELISSA	CRANE	01 - 13
STEVE	EYERS	01 - 14
DONALD	LINDLEY	01 - 15
GREG	JENNINGS	01 - 15
JON	FENNING	01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



**December 6, 1997**

**2:00 PM**

**JUST PLAIN  
10K RUN  
3.3K WALK**



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

**Low Key Race:**

**Sponsored by**

- **No Pre-registration**
- **No Awards - No aid stations**
- **No Toilet Facilities**
- **Refreshments after Race**



**Entry fee - Gift wrapped T-shirt/s with size  
Marked on the outside.**

**Donated to needy children**

**RACE DIRECTOR: J.P. Jones 219-745-7339**

# Fourth Annual Canterbury School Food Bank 5K

## Saturday, October 4, 1997

Blue skies and sunshine greeted the approximately 180 people who participated in this food/fund raising event for the Associated churches Food Bank. Fort Wayne track Club members manned the finish line for both the Pee Wee runs and the 5K Run/Walk. The event capped "Health Emphasis" week in Canterbury Lower and Middle Schools, as well as the weeklong food collection drive in each of the school divisions.

**Overall winners were Ward Moya, 19:19 and Katie Nolting, 22:54**

<u>Name</u>	<u>Age</u>	<u>Time</u>				
<b>10 &amp; under Female</b>			<b>11-14 Male</b>			
1	Stephanie Trenkner	8	39:19	1	ERIC Nestel	12 20:00
2	Mari Newlin	9	39:20	2	Chase Sullivan-Doyle	12 21:21
3	Kelly Karr	6	39:37	3	Rob Westfall	14 23:09
4	Katie Wehrli	9	41:05	4	Robert Creighton	12 23:11
5	Mary Horton	9	46:26	5	Mike Dusman	11 23:22
6	Aly Howard	9	48:40	6	Taylor Phillips	12 26:23
7	Katie Dusman	7	49:27	7	Russell Gates	13 26:26
8	Christina Schantz	10	50:37	8	Jordan Phillips	14 26:29
9	Jamie Trenkner	6	51:20	9	B.J. Hollars	13 26:35
10	Rachel Horton	6	55:40	10	Nick Hess	13 26:35
11	Sarah Hess	9	1:02:37	11	Joe Westfall	11 27:45
<b>10 &amp; under Male</b>				12	Troy Bixler	11 29:12
1	Alex Hancock	10	27:06	13	Ross Reichenbach	12 29:12
2	Frank DeSalvo	8	27:33	14	Joey Caldwell	11 29:26
3	JJ Perry	10	27:44	15	John caldwell	14 34:37
4	Ted Westfall	8	28:42	16	Jason Bixler	13 34:42
5	Ryan Mabry	8	29:53	<b>15-19 Male</b>		
6	Nick Matinez	8	31:54	1	Brad Bermes	15 22:45
7	William Martinez	10	32:38	2	Jack Westfall	15 22:59
8	Jacob Phillips	7	33:17	3	Spencer Feighner	15 34:44
9	Kyle Kraemer	9	33:41	<b>20-29 Female</b>		
10	Cameron Jordan	9	37:43	1	Christy Myers	25 50:56
11	Drew Kraemer	6	37:52	2	Kimberly Tolmich	28 51:25
12	Joey Gelvin	6	39:25	3	Katie Tunis	29 1:02:14
13	Adam Antalis	4	39:43	<b>20-29 Male</b>		
14	Jonathan Skekloff	6	41:27	1	Steve Addington	22 21:59
15	Sam Platt	6	46:27	2	Kelly Mahoney	28 22:01
16	Andrew Brooks	6	48:13	3	Chris Treace	28 24:36
<b>11-14 Female</b>				4	Michael summers	29 51:26
1	Katie Noting	13	22:54	<b>30-30 Female</b>		
2	Gabe Smith	11	24:25	1	Dawn Mabry	38 28:39
3	Kelli Luttman	13	25:13	2	Heather Loveman-Krelle	39 31:35
4	Addie Smith	13	26:00	3	Holly Skekloff	39 32:16
5	Kate Arata	12	29:11	4	Lee Ann Bixler	39 36:05
6	Erica Tunis	11	38:57	5	Amy Maupin	32 37:15
7	Nikki Perry	12	38:58	6	Jan Antallis	30 49:16
8	Eliza Eshelman	12	49:33	7	JoAnn Becker	30 1:02:13
9	Meredith Adam	12	55:41			
10	Danielle Gates	11	55:42			

**Food Bank 5K Continued.....**

**30-39 Male**

1	Ward Moya	34	19:19
2	Bryan Keister	38	20:21
3	Jim Whitman	35	20:26
4	Bob Nicholson	38	22:45
5	Rob Kraemer	38	23:07
6	Thomas Kline	33	23:33
7	Jim Arata	39	24:25
8	Robert J Stone	33	24:35
9	Tom Cleveland	35	24:55
10	Brian Prechtl	35	25:26
11	Steve Hatch	33	25:28
12	Tim Newlin	34	26:56
13	Tom Maupin	34	27:36
14	John Gelvin	34	39:29
15	Ed Platt	36	46:34

**40-49 Female**

1	Sawn Luttmann	46	28:55
2	Jeanette Schouweiler	40	30:31
3	Kim Howard	40	34:29
4	Jenifer Tobalski	41	38:13
5	Margy Feighner	43	44:48
6	Jane Caldwell	43	45:19
7	Kathy Gates	46	49:17
8	Peggy Trekner	41	51:30
9	Jeannie Phillips	49	52:13
10	Mary Hess	47	1:02:36

**40-49 Male**

1	John Treleven	45	20:06
2	Rick Phillips	40	21:23
3	Jonathan Schlatter	41	22:23
4	John Luttmann	47	23:33
5	George Huber	40	24:15
6	Bob Schantz	45	24:59
7	Tom Belleperche	48	24:59
8	Scott Karr	42	26:10
9	Edward C. Weber	48	28:22
10	Jim Gates	46	28:27
11	Dan Skekloff	43	29:26
12	Rick Reichenbach	44	30:36
13	John Westfall	44	31:21
14	John Feighner	46	42:56
15	Ron Caldwell	45	45:18
16	Andy Brooks	41	48:22

**50-59 Female**

1	Eunice Schoaff	53	44:45
2	Sue McCollum	51	48:38
3	Sue Horton	52	57:17

**50-59 Male**

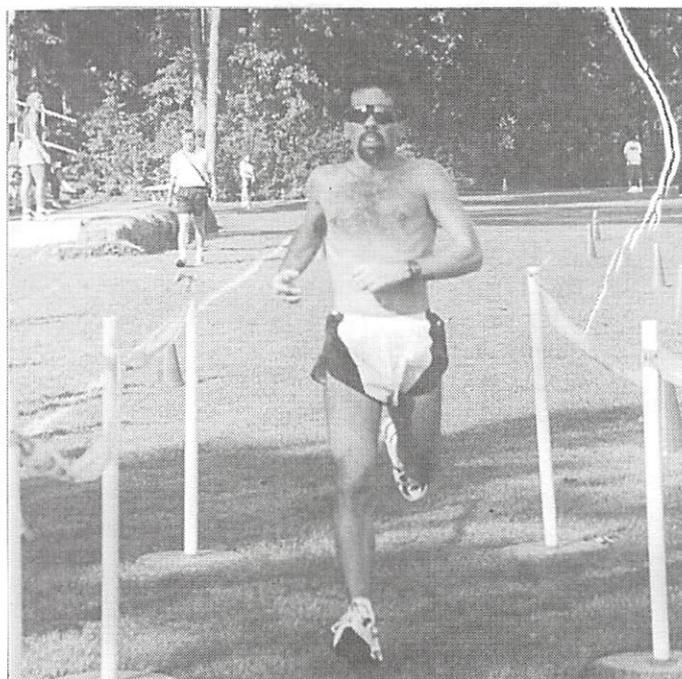
1	Don Lindley	53	25:53
2	Paul DeMerchant	57	30:10
3	Frank Johnson	50	42:59
4	Mike Horton	52	55:43
5	Vern Graham	52	57:18

**60 & over Female**

1	Ruth Dumas	82	56:29
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**60 & over Male**

1	JP Jones	69	31:54
2	Marvin Phillips	63	48:54



Ward Moya



Stephanie Trenkner

# 23<sup>rd</sup> PARLOR CITY TROT - 1997

## Half Marathon

### Female Overall - Top 10

1	Kimberly Davidson	Fort Wayne	1:31:32
2	Robin Burkholder	Fort Wayne	1:36:25
3	Kathy Weikel	Fort Wayne	1:36:38
4	Karen McCracken	Ney,OH	1:38:03
5	Claudia Sursa	Yorktown,IN	1:42:52
6	Susan Huxhold	Fort Wayne	1:44:13
7	Patty Schwartz	Syracuse	1:44:28
8	Jennifer Abrell	Muncie	1:50:40
9	Laura Weikel	Fort Wayne	1:51:36
10	Angel Frain	Orland	1:52:21

### Female 30-34

1	Anita Lehman	Decatur	1:57:59
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### Female 35-39

1	Jan M Harris	Muncie	1:53:32
2	Jill Bobay	Fort Wayne	1:59:56
3	Bonnie Vicau	Angola	2:00:44
4	Linda Clay	Convoy,OH	2:03:35
5	Susan Way	Auburn	2:08:38

### Master Overall

1	Karen Taylor	Anderson	1:53:15
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### Female 40-44

1	Cathy Bux	Fort Wayne	2:04:11
2	Cheryl Claypool	Fort Wayne	2:04:12

### Female Grandmaster Overall

1	Doris Griffith	Logansport	2:01:13
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### Female 50-54

1	Mary Steinhauer	LaSalle	2:07:50
2	Jane Lewandowski	New Haven	2:12:10

### Female Senior Overall

1	Joan Gary	Fremont	2:01:58
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### Male Overall - Top 10

1	Ron Sharp	Fort Wayne	1:13:28
2	Steve Leffers	Fort Wayne	1:17:13
3	Louie Esquivel III	Fort Wayne	1:17:13
4	Paul Harris	Cincinnati	1:21:12
5	Ward Moya	Fort Wayne	1:23:07
6	John Schnieders	Decatur	1:24:16
7	Gordie Chauvin	Muncie	1:24:21
8	Peter Fussle	Warsaw	1:24:42
9	Jay Prichard	Van Wert	1:24:53
10	Mark Walter	Garrett	1:25:18

### Male 1-19

1	Peter Ryan	Fort Wayne	1:49:47
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### Male 20-24

1	Scott Armstrong	Fort Wayne	1:30:01
2	Aaron Demeritt	Fort Wayne	1:31:59
3	Jamey Gordon	Warsaw	1:38:48

### Male 25-29

1	Michael Spahr	Warren,IN	1:26:19
2	Chris Marks	Churubusco	1:32:39
3	Eric Stine	Fort Wayne	1:43:16
4	Aaron Raudenbush	Fort Wayne	1:43:20
5	Jeff Kintz	New Haven	1:43:23

### Male 30-34

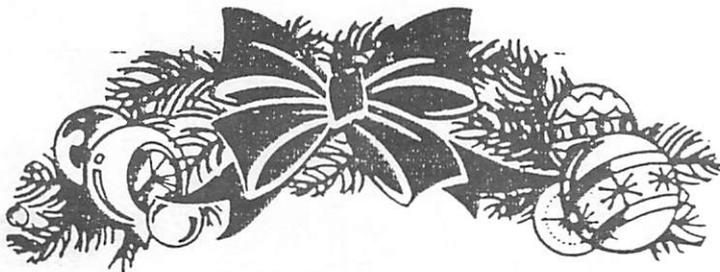
1	Michael McManus	Fort Wayne	1:30:23
2	Eric White	Fort Wayne	1:32:10
3	Mike Shutt	Fort Wayne	1:33:29
4	Jeff Gerke	Fort Wayne	1:47:18
5	Kevin R Man	New Haven	1:48:57

### Male 35-39

1	Michael Clay	Convoy	1:27:46
2	Ken Steiner	Roanoke	1:28:51
3	Don Branstetter	Fort Wayne	1:29:46
4	Bryan Keister	Fort Wayne	1:35:39
5	Lonnie Smith	Anderson	1:35:51

### Male Master Overall

1	Charles Sursa	Yorktown,IN	1:25:49
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**Male 40-44**

1	Bill Moord	New Haven	1:27:49
2	Tim Zumbaugh	Fort Wayne	1:28:29
3	Jeff Milleman	Fort Wayne	1:31:10
4	Ronale Zartman	Fort Wayne	1:31:56
5	Joseph Holland	Landisville,PA	1:32:45

**Male 45-49**

1	Don Ransome	Warsaw	1:36:14
2	Jerald Diehl	Ossian	1:38:15
3	Larry Kantz	Milford	1:43:36
4	Dennis Strayer	Fort Wayne	1:44:14
5	Jerry Kiehl	Van Wert	1:44:58

**Male Grandmaster Overall**

1	Brad Yoder	N Manchester	1:29:09
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**Male 50-54**

1	Dave Reichwage	Fort Wayne	1:34:49
2	Ed Oliphant	Peru	1:36:46
3	Wesley Sabins	Fort Wayne	1:42:05
4	Mike Diss	Fort Wayne	1:43:51
5	Phil Luttman	Kendallville	1:43:59

**Male 55-59**

1	Lynn B Smith	Fort Wayne	1:33:28
2	Rex Reed	Warsaw	1:39:53
3	Ned Reece	Galion,OH	1:40:25
4	Tom Felger	Fort Wayne	1:40:49
5	Melvin Hochstetler	Fort Wayne	1:48:06

**Male Senior Overall**

1	Lee Dye		1:33:06
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**Male 60-64**

1	Joe Ziegler	NewHaven	1:42:45
2	Ted Hartshorn	Batesville,IN	1:50:06
3	Ian Rolland	Fort Wayne	1:57:00

**Male 65-69**

1	Curtis Nold	Fort Wayne	2:18:55
2	James P Jones	Fort Wayne	2:42:51

\*\*\*\*\*

Dear sport friends,

I thank you warmly for the results of the 1997 Marathon (I sent Thomas a copy of our newsletter). In 1997 I competed in my first marathon in Fort Wayne and was very impressed with the competition.

In Gera I am responsible for the organization of sporting events, for I work in a sport office in the city of Gera.

On 8-23-1997 the 1st Bruckenlauf took place in Gera. At the race, starters (competitors) from all over Germany participated as well as a team from our partner city in Poland. This race is a 12 hour team relay event. Each team is composed of three starters independent of age and sex. The course is 3.5 kilometers (2.2 miles) long and will be run for 12 hours. Naturally, individual competitors are also possible.

The best team in 1997 reached about 180 km (112.5 miles) and the individual winner reached about 130 km (81.2 miles).

In 1998 all partner cities will be invited to the 2nd Bruckenlauf. Each city should start with two teams. Room and board will be put in place by organizations in Gera. Naturally, the participants from Fort Wayne, France, and Poland will be invited to stay for a week and will be provided accommodations.

From the city of Gera all partner cities are officially invited.

The 2nd Bruckenlauf takes place on August 29 (Saturday).

It would please me if I could greet you in Gera. Presently, I have contact with Phil Suelzer in Fort Wayne.

Many greetings from Gera

Thomas Seidel

\*\*\*\*\*

The letter above is the original invitation from Thomas Seidel to the Bruckenlauf run in our partner city (Gera) and the translation. Our family hosted Thomas when he visited Fort Wayne and he encouraged me to try and organize two teams to participate in their race next August. The race is geared toward the relay portion which consists of three runners, taking turns running at least 3.5 kilometers each time until they drop dead or complete 12 hours of running (walking, etc.). I am planning on going, trying to convince Dan Kaufman and Tim O'Connell to complete one team, and would like to hear from anyone else that might be interested. I have asked Thomas about the possibility of having more than 2 teams if there is enough interest. I will check on Airline ticket prices and maintain contact with Thomas about accommodations in Gera. That will undoubtedly consist of host families putting up the runners, and will be a very interesting and fun experience. If you have an interest in participating, please contact me at home - 486-1745 after 7:00. Phil Suelzer

# 23<sup>rd</sup> PARLOR CITY TROT - 1997

## 10K RUN

### Male Overall Top 5

1	Keith Horton	Fort Wayne	33:50
2	Mark Sanderson	Van Wert	34:05
3	Jon Beasley	Fort Wayne	35:30
4	Brad Cooper	Fort Wayne	35:38
5	Keith A McCool	Alexandria, IN	36:24

### Male 1-19

1	Joe Eley	Bluffton	41:48
2	Chris Zaugg	Bluffton	43:28
3	Joseph Foltz	Muncie	44:08

### Male 20-24

1	Roger Whittaker Jr	Windham, OH	46:43
2	James Hotchkiss	Bremen, IN	54:16

### Male 25-29

1	Paul Richardson	Auburn	37:47
2	Daniel Lipp	Markle	59:08

### Male 30-34

1	Paul cearns	Convoy, OH	37:11
2	Bill Butcher	Westchester, OH	37:28
3	Ken Nelson	Fort Wayne	37:40

### Male 35-39

1	Ron Rabebstein	Muncie	38:20
2	James Freygang	Fort Wayne	39:27
3	Conrad Peterson	Markle	40:02

### Male 40-44

1	Tom Landis	Churubusco	46:18
2	Tom Schumacher	Bluffton	49:51
3	Thomas Foltz	Mincie	52:46

### Male 45-49

1	Karl Waite	Van Wert	46:11
2	Gary McFarreu	Keystone	45:45
3	Robert Durkin	Bluffton	54:12

### Male 50-54

1	Lynn Armstrong	Fort Wayne	46:11
2	Gary Oden	N Manchester	50:27
3	Ed Beckner	Huntington	50:28

### Male 55-59

1	Fred Ross	Warsaw	45:49
2	Luther Dore	Muncie	48:47
3	Dick Harnley	Fort Wayne	51:03

### Male 60-64

1	David Forman	Elida, OH	41:34
2	Harley Ough	Markle	55:08
3	Gene Biberstein	Bluffton	56:07

### Male 65-69

1	Ernest Stawarski	Elida	51:41
2	Lex Dormire	Uniondale	57:38
3	P.F. Wahls	Fort Wayne	1:00:18

### Female Overall Top 5

1	Linda Gorman	Decatur	42:56
2	Mary C. McManus	Fort Wayne	44:32
3	Kimberly Waite	VanWert	45:06
4	Paula Rogers	Fort Wayne	45:09
5	Lorraine Fox	Fort Wayne	47:55

### Female 1-19

1	Lydia Flora	N Manchester	56:20
2	Marie Weller	N Manchester	57:12
3	Jill Kams	N Manchester	57:14

### Female 20-24

1	Stephanie Elliott	Bluffton	50:06
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### Female 25-29

1	Tonya Black	Fort Wayne	48:29
2	Tarini Ramaprakash	Fort Wayne	56:50

### Female 30-34

1	Jo Ellen Earhart	Huntington	48:46
2	Beth Goodale	Muncie	53:33
3	Laurie Whisler	Fort Wayne	54:57

### Female 35-39

1	Claire Aytak	Fort Wayne	1:27:10
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### Female 45-49

1	Barb Lochner	N Manchester	58:49
2	Sook-Ja Hansen	Fort Wayne	1:11:37

### Female 50-54

1	Marsha Reeves	Huntington	48:53
2	Betty Ann Oliphant	Peru	50:51
3	Susan K Johnson	Fort Wayne	1:01:31

**FEBRUARY 14, 1998**  
**FANNY FREEZER**  
**5K**  
**Foster Park 3:00 PM**

**FWTC BANQUET**  
**Northrup**  
**H.S.**  
**5:00 PM Social**  
**5:30 Potluck**

**Bring one dish and a salad or dessert,**  
**And own table service**

Ty Murphy ran the Columbus Marathon on November 9, 1997 in 4:08:08. It was Ty's first marathon and he has only been running a couple of months. The day was cool and overcast for the 5000+ runners. Ty describes the race as well organized. The location is convenient to everything downtown. There was lots of community and volunteer support. Ty wishes he could have broken 4 hours, but he was still pleased with finishing his first marathon.

## FIRST OF AMERICA RUNNING FESTIVAL

Marsha Schmidt

During our Florida vacation, Bill and I ran in the Inaugural First of America Running Festival which was held on October 18, 1997 in St. Petersburg. This Festival Event included a 10 Mile and 5K Run. The 10 Mile Run offered \$50,000 in prize money to the top 15 overall Male and Female Runners. In addition to a Running Clinic with Bill Rogers and a Running Expo, this event brought in several Kenyan and Russian runners with Kenyans dominating both the 10 Mile and 5K Runs. There were approximately 2000 runners in the 10 Mile Run and 800 Runners in the 5K Run.

On October 18, we awoke to harsh rain showers, gusting winds and suffocating humidity. This weather continued during the 10 Mile Run. In spite of this poor weather, Kenyan runner, Ondoro Osoro completed the 10 mile run in 45:37 to set an unofficial world record for a loop course. Joyce Chepchumba from Kenya won the Women's Division with a time of 53:32.

The 5K Run began 2 1/2 hours after the 10 Mile start which gave Bill and me time to see some of the 10 Mile finishers. Fortunately, the rain stopped for the 5K but the humidity was still excessive. The course was scenic and the finish line was close to the St. Petersburg Pier with a lovely view of sailboats and water. Bill was the Senior Grand Masters Winner with a time of 20:37 and I finished 2<sup>nd</sup> in my age division with a time of 24:02. Based on the poor weather conditions (and Bill running with bronchitis), we were pleased with our times and awards.

The Awards Ceremony was held in the St. Pete Bayfront Center which gave us the opportunity to be in close proximity to international runners. Prior to the Awards Ceremony, and unknown to us at the time, Bill and I were sitting at the same table with three female Russian runners with one being the 1992 Womens' Olympic Marathon Winner. As they were not talking, we were unaware of this until their names were announced during the awards. As they left after receiving their awards, I was unable to take any pictures.

Another high point and pleasant surprise that day was the opportunity to spend time with Myron and Rosie Myer of Ft. Myers Beach, Florida. For those of you who didn't know Myron, prior to his retirement and move to Florida, he was one of the premier runners in Fort Wayne and the state of Indiana for over 20 years. He is continuing this winning tradition during his retirement and received 1<sup>st</sup> place in the 70-74 age division for the 10 Mile run with time of 1:15:32.

Bill and I enjoyed our day at the Inaugural Running Festival, spending time with Rosie and Myron and being with truly international elite athletes. My calendar is marked for October 17, 1998.



# FORT WAYNE TRACK CLUB POINTS RACES FOR 1998

\*All dates are tentative

- |  |   |
|--|---|
| <p>1 FANNY FREEZER 5K<br/>-Ft. Wayne, IN , IPFW -February 3rd</p> <p>2 NUTRA-RUN 20K<br/>-Ft. Wayne, IN , Woodside MS-March 21st</p> <p>3 MASTODON STOMP 5K<br/>-Ft. Wayne, IN , IPFW -April 4th</p> <p>4 SHOESUCKER 7 7.2M<br/>-Huntington, IN -April 11th</p> <p>5 MILE CHAMPIONSHIP<br/>-Ft. Wayne, IN , Foster Park -May 2nd</p> <p>6 WARSAW RUN FOR FUN<br/>-Warsaw, IN -May 9th</p> <p>7 CANAL DAYS 10K<br/>-New Haven, IN -June 6th</p> <p>8 HOOSIER MARATHON<br/>-Ft. Wayne, IN , Foster Park -June 13th</p> <p>9 OLD SETTLERS DAYS 4M<br/>-Columbia City, IN -June 19th</p> <p>10 ZOO RUN 4M<br/>-Ft. Wayne, IN , Franke Park -July 4th</p> | <p>11 PARADE RACE 5K<br/>-Ft. Wayne, IN , Headwaters Park -July 11th</p> <p>12 CLEAR LAKE RUN FOR THE BLIND<br/>-Clear Lake, IN -July ??</p> <p>13 HOT AIR AFFAIR 4M<br/>-Van Vert, OH -August 8th</p> <p>14 ROANOKE 5M<br/>-Roanoke, IN -September 5th</p> <p>15 PARLOR CITY TROT HALF MARATHON<br/>-Bluffton, IN -September 19th</p> <p>16 IPFW CROSS COUNTRY OPEN 5K<br/>-Ft. Wayne, IN , IPFW -October 9th</p> <p>17 ZOOM THRU ZULU 10K<br/>-Zulu, IN -October 11th</p> <p>18 CALLITHUMPIAN CANTER 5K<br/>-Decatur, IN , Belmont HS -October 25th</p> <p>19 TURKEY TROT 5K<br/>-Ft. Wayne, IN , Fox Island -November 21st</p> <p>20 JP JONES 10K<br/>-Ft. Wayne, IN , Foster Park -December 5th</p> |
|--|---|

## Selected Rules:

- \* Participant must be a FWTC member at the time of the race.
- \* Points awarded are based on your finish time as compared to other FWTC members only in races as listed above
- \* Age group will be based on your age as of 1-1-98
- \* Double Points are awarded to the Hoosier Marathon finishers.

Points are awarded as follows

- 1st - 100
- 2nd - 85
- 3rd - 75
- 4th - 65
- 5th - 55
- 6th - 45
- 7th - 35
- 8th - 25
- 9th - 15
- 10th - 5



# FORT WAYNE TRACK CLUB POINTS STANDINGS

RESULTS ARE FROM RACES 1 THRU 16

X - 1 - FANNY FREEZER 5K *	X - 11 - CANCER SOCIETY 5K		1ST -	100
X - 2 - NUTRA-RUN 20K *	X - 12 - HARLAN DAYS 10K		2ND -	85
X - 3 - MASTODON STOMP 5K *	X - 13 - SUMMER NIGHTS 5K	FWTC POINTS	3RD -	75
X - 4 - SHOESUCKER 7 7.2M	X - 14 - ROANOKE 5M	SYSTEM	4TH -	65
X - 5 - MILE CHAMPIONSHIP *	X - 15 - PARLOR CITY TROT HALF MARATHON		5TH -	55
X - 6 - CANAL DAYS 10K	X - 16 - IPFW CROSS COUNTRY OPEN 5K ***		6TH -	45
X - 7 - HOOSIER MARATHON (*) (**)	X - 17 - CALLITHUMPIAN CANTER 5K ***		7TH -	35
X - 8 - OLD SETTLERS DAYS 4M	X - 18 - CTA SCHOLARSHIP 5K ***		8TH -	25
X - 9 - ZOO RUN 4M	- 19 - TURKEY TROT 5K ***		9TH -	15
X - 10 - PARADE RACE 5K	- 20 - JP JONES 10K		10TH -	5
X = RACE COMPLETED AS OF 11/17/97			C = PARTICIPATED	

- \* RESULTS CAN BE FOUND VIA THE INTERNET AT, [HTTP://members.tripod.com/~FtWayneRUNNER/RUNindex.htm](http://members.tripod.com/~FtWayneRUNNER/RUNindex.htm)
- \*\* DOUBLE PTS AWARDED FOR HOOSIER MARATHON
- \*\*\* CROSS COUNTRY COURSE

	FEB	MAR	APR	APR	MAY	JUN	JUN	JUN	JUL	JUL	JUL	AUG	AUG	SEPT	SEPT	OCT	OCT	NOV	NOV	DEC	
	15th	22nd	5th	12th	3rd	7th	14th	21st	4th	12th	26th	2nd	30th	6th	20th	10th	26th	9th	22nd	6th	
DISTANCE	5K	20K	5K	7.3M	1M	10K	26.2	4M	4M	5K	5K	10K	5K	5M	13.1	5K	5K	5K	5K	10K	
RACE NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	TOTAL

## MALE

### 19 & UNDER

MIKE CASIANO	100	100								65						100					365	
JON FENNIG						100			100	100												300
MATT DEXHEIMER								100	85	75												260

### 20 - 29

MIKE FRUCHEY	100	100	100		100	100		100	100	100		100	100	100		100						1200
CHRIS MARKS		55		100		85	170		35	75		75			100	55						750

### 30-39

WARD MOYA	75	85	85		55	75		65	75		75	75	55	75	75	85						955
CHUCK SCHLEMMER	85	100	100	100	85	85		85			85	100	75									900
KEITH WALTER	55	55	75	85	65	55	110	15	65	45	55	45	35	55								815
BRYAN KEISTER	45	35	45		45	65		55	55	35	65	65			35	65						610
RON SHARP						100	200							85	85	100						570
BRIAN SHEPHERD	100				100			100			100		100									500
STEVE LEFFERS								75		85			65		85	100						410
PAUL SHAFFER		45	55				150			25			15			75						365
MARK WALTER		25					170					55			65							315
JON BEASLEY	65								85	65		85										300
CARL RISCH	35		65		75					55			25									255
MIKE MCMANUS										100				100	45							245

### 40-49 MASTERS

HAL PEARSON	65	75		100		100		100	100	100	100	100	100	100								1040
ROGER WILSON	100		100		100	85				85		85		85		85						725
JED PEARSON	85	65		75	85	55		55		45		65	65	65								660
TIM ZUMBAUGH		85				75		85	85	75					100							505
GARY RICKNER		100	85			65		65	75			75										465
VERTON TROYER	45			65			150	25	35				55	45								420
FRED STOFFEL	35			55	55		70	15		15			45	55								345
PHIL SUELZER	55				65			75		65				75								335
DAN LEFFERS				85	75								85			65						310
VINCE GARCIA							200									100						300
JEFF MILLEMAN				75					45			55		85								260
MITCH HARPER	15	25	55		35			5	5			45			45							230



# Nutrition

## FACT • SHEET

### A Dozen Directions for a Healthful Year

Do you want to eat better and become more fit, but think it's too tough? It's easier than you imagine. Make one change at a time, and when that's a habit, try something new. Use these "tip of the month" ideas to get started, then add your own!

#### **J**anuary: Set New Year's Resolutions That Stick!

Start the year off right! Set resolutions that are specific, realistic, and enjoyable. Eat a piece of fruit for an afternoon snack, or take a ten-minute walk after dinner three times a week. Small, concrete changes like these can add up to big results over the year!

#### **F**ebruary: Heart-Healthy Meals

Keep warm and healthy during the cold winter months.

Try a new recipe for low-fat soup, stew, or chili.

Short on time but high on health? Microwave a savory low-fat frozen entree, and round out the meal with a salad, roll, nonfat milk, and fresh fruit for dessert.



#### **M**arch: Celebrate National Nutrition Month

Good news! All foods can fit into a healthful eating plan. Even indulgent favorites fit with a bit of portion control. If ice cream's your thing, make it a single dip rather than a double. Or split that cheesecake with a friend.



#### **A**pril: Showers of Sensible Snacks

Snacks can be an important part of a healthful diet. They can keep you from getting overly hungry so you don't overeat at mealtime, and can boost good nutrition, too. Be creative — snack on frozen grapes or banana slices, pretzel bits with low-fat yogurt, or wedges of baked sweet potato.

#### **M**ay: Summer Shape-up

Get fit for summer! Start with a few minutes and build up to 30 minutes of moderate physical activity daily. You can even break up your routine into three 10-minute chunks. And you don't have to bike, hike, walk, or run to shape up! Cleaning house, mowing the lawn, and other "everyday" activities count, too.

#### **J**une: Garden Goodies

Summer is the perfect time to enjoy fresh fruits and vegetables. If you don't have a garden of your own, scout out the farmer's market or the produce section of your supermarket. Why not try a new fruit or veggie each week? How about mango or kiwi? Or swap your usual carrot sticks for some crunchy jicama.

#### **J**uly: Barbecue Basics

Fire up the barbecue, but bone up on food safety first. Wash your hands before preparing and serving food and don't leave foods out for more than two hours. Use different plates and utensils for raw and cooked foods, and cook all meat, poultry and fish thoroughly.



#### **A**ugust: Summer Coolers

In the summer heat, be sure to drink plenty of fluids. Plain water is terrific, but why not add some fun and fizz? Try fruit juice with seltzer water or fruit

slushies (fruit and ice mixed in the blender). Don't wait until you're thirsty to drink. Enjoy eight glasses of caffeine-free beverages, such as fruit juice, water, and decaffeinated tea, every day, more if you're physically active.

### **S**eptember: Back-to-School (or Work) Bag Lunches

Start fall off on the right foot — pack a healthful bag lunch for school or work. Include salads, yogurt, fresh fruits, veggies, even tasty low-fat frozen entrees for the microwave. Toss a frozen juice box in your lunch bag to keep foods cold.



### **O**ctober: Trick-or-Treat Trade-offs

It's Halloween and the kids have just hauled home a stash of sweets. How can you and the kids enjoy those goodies without overdoing it? Choose a

treat or two each day, and freeze extras for another time.

### **N**ovember: Turkey Trot

Are you among the many Americans who gain an average of six pounds over the holidays? You don't have to be. Balance out an occasional holiday favorite by eating lighter at your next meal and being a bit more active — take a few extra turns around the mall while shopping. Munch on a low-fat snack such as air-popped popcorn and drink plenty of water before you go to parties to avoid overindulging. Once there, focus on the people rather than the food.

### **D**ecember: Holiday Presents for Yourself

During the holidays, do you get so busy doing for others that you forget to take time out for yourself? Schedule some private time to window shop, sleep late, or take a long walk. You deserve it!

### For more information

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

For food and nutrition information and a referral to a registered dietitian in your area, call the Consumer Nutrition Hot Line at 800/366-1655.

For customized answers to your nutrition questions, call 900/CALL-AN-RD (900/255-5267). Visit ADA on the World Wide Web at <http://www.eatright.org>

■ For a Stouffer's® Lean Cuisine® nutrition information brochure and menu plan, call 800/225-1180 and mention offer "M.P."

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**Lean Cuisine.**

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**START THE  
NEW YEAR  
RUNNING!**



## **IRRHINO RUNNER'S 10K**

*By Jonathan Schlatter*

### **The Order of the Red Bandanna**

Since I have been running it has been my habit, at the beginning of each year, to select a race to strive for. Then I tailor all of my training and racing throughout the year in preparation for it. In my early years the choice was always the same, the Home Loan/Summit City 10k. Since that race's demise I have wandered from race to race as my goal race. I began this year with considerations of doing an ultra for I was content with what I had accomplished in the marathon and one cannot be associated with Don Lindley for long without being intrigued with the notion. Yet I hesitated even though I felt that I had the capacity to do it, for my limited trail experience warned me of the probable brutality of doing a race of this type and length. But I also knew that I was so captured by the thought of doing one that if I did not choose to do one now when I already had a good training base established I might never do one. I choose the OPSF 50k(31 miles) on Nov. 1, 1997 because having run a shorter race on this looped course I was comfortable with it. My year long preparation was peppered with the frustration of nagging injuries and illnesses ending with a non-running inflammation of my right knee a week before the race. Still, since my doctor assured me that with medication I could race, I found myself in a motel room in Spencer, Ind., on the verge of my first 50k getting very little sleep. So let me take you through 10 selected highlights.

1. In honor of my mentor, Don Lindley, I tie a red bandanna around my neck and start the race by not running with him as he wants to do 8 hours and I want to break 7 hours.
2. At 3 miles I team up with Linda Gorman and Jerry Deihl, both running 50 miles, and I make it my pattern for most of the race to run, walk, and drink when they do.
3. It has been raining for nearly two hours and will continue do so for most of the race, deteriorating the hilly forest trails into worsening quagmires with each completed loop.
4. Upon completion of the first loop, 11.6 miles, in a futile effort to keep warm and dry and to avoid blisters, I towel off and change hat, shirts, and socks.
5. At around 18 miles I fall for the second time, landing on my right knee which explodes in pain, and I think it is over until Jerry calms me down and I continue.
6. I change shoes and socks after the second loop, 21.2 miles, and I enjoy dry feet for nearly 3 miles with relish of dieter with a candy bar until a mud hole takes it away.
7. Because I have braked too much on muddy downhills my quads finally cramp up severely at 27 miles, but Jerry rescues me again by urging me walk sideways on hills.
8. I am alone now running less and walking more as I nervously glance at my watch continuously and look for familiar landmarks that never seem to come soon enough.
9. I climb the last hill for the last time and I run from the woods toward the finish line with a shout of joy, I hear 6:55:30, and in disbelief and relief I revel that I am done.
10. I have found the running beyond the marathon to be glorious and I shall do more, for there are ultras with strange names that whisper and beckon me to come and run.

## 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 1998 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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-----DECEMBER 1997-----

- 13 SAT SNOWFLAKE DERBY, 4K R/W AND 8K X-COUNTRY, 10 AM, EVANSVILLE, IND., BILL STEGEMOLLER, 8600 UNIVERSITY BLVD, EVANSVILLE, IND., 47712 (812) 464-1710 OR (812) 464-1701
- 13 SAT JINGLE BELL RUN 5K, 8:00 AM, LIMA OHIO, ARTHRITIS FOUNDATION, 309 N. REYNOLDS RD., TOLEDO, OHIO, 43615 (419) 537-0888
- 13 SAT JINGLE BELL RUN 5K, 10:00 AM, CINCINATI, OHIO, DON CONNOLLY, 1445 SIGMA CIR, CINCINATI, OHIO, 45255 (513) 474-1399
- 13 SAT JINGLE BELL CHASE, 3 MILES, 9:00 AM, KEN COMBS RUNNING STORE, LOUISVILLE, KY., (502) 895-3410
- 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, TOLEDO ROAD RUNNERS CLUB, PO BOX 5656, TOLEDO, OHIO, 43613 (419) 475-0731
- 14 SUN HOLIDAY RUN 4 MILER, 9:00 AM, COLUMBUS, OHIO, ULTRAFIT USA, PO BOX 06358, COLUMBUS, OHIO, 43206 (614) 444-3832
- 20 SAT 25TH HOLIDAY 5K R/W, 10 AM, BAY CITY MICH., TED DAVENPORT (517) 893-1093 OR JOHN METEVIA (517) 832-2267

- 20 SAT RUNNERS FORUM WINTER RUN, 5K R/W, CARMEL, IND.,  
RUNNERS FORUM, CARMEL, IND., (317) 844-1558
- 21 SUN HOLIDAY 20K AND 4 MILER, 9:30 AM, CENTRAL PARK, NYC, NY, NEW YORK  
RRC, 9 EAST 89TH ST., NEW YORK, NY, 10128 (212) 860-4455
- 27 SAT (R) HUNTINGTON UTRA FRIGID FIFTY(HUFF), 50K TRAIL RUN, 8:00 AM,  
KIL-SO-QUAH CAMPGROUND, HUNTINGTON RESEVOIR, IND, (219) 456-1381  
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

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JANUARY 1998

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- 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
- 10 SAT CHARLOTTE OBSERVER MARATHON AND 10K, CHARLOTTE, NC, DON KING,  
BOX 30294, CHARLOTTE, NC, 28230 (704) 358-5425
- 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
- 17 SAT FREEZE YER GIZZARD BLIZZARD RUN, 10K, INTERNATIONAL FALLS, MN,  
KALLIE BRIGGS, C/O CAMBER OF COMMERCE, 301 SECOND AVE.,  
INTERNATIONAL FALLS, MN., 56649 (800) FALLS-MN
- 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
- 18 SUN BERMUDA INT'L MARATHON AND HALF MARATHON, DEVONSHIRE, BERMUDA,  
BERMUDA MARATHON, 397 DEVONSHIRE DV BX, BERMUDA (441) 236-6086
- 24 SAT(R) \*FURNISS FREEZER, 5K, 10:00 AM, HERSHEY HALL GYMNASIUM, TRI STATE  
UNIVERSITY, ANGOLA, IND., PAUL AND THRESA FURNISS (219) 833-6931
- 31 SAT WINTER RUN, 5K AND 15K, NORTH MYRTLE BEACH, SC, GREGG BARNHILL,  
1015 2ND AVE., NORTH MYRTLE BEACH, SC, 29582 (803) 280-5570

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FEBRUARY 1998

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- 01 SUN LAS VEGAS INT'L MARATHON AND HALF MARATHON, LAS VEGAS, NV,  
AL BOKA, PO BOX 81262, LAS VEGAS, NV, 89180 (702) 876-3870
- 07 SAT 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
- 07 SAT ST. PAUL WINTER CARNIVAL HALF MARATHON AND 5K, ST. PAUL, MN,  
RHONDA PAPE / CAROLYN BALDAS, 322 MINNESOTA ST., STE 102E,  
ST. PAUL, MN, 55101 (612) 223-4700
- 08 SUN FREEZE YOUR HALF OFF HALF MARATHON, 8:30 AM, BIRMINGHAM, AL'  
VALERIE MCLEAN, 2415 CRESCENT AVE., BIRMINGHAM, AL, 35209
- 08 SUN VALENTINE 5K R/W, 2:00 PM, VALPARAISO, IND.,  
MIKE PROW, 159 PINEVEIW LANE, VALPARAISO, IND., 46383
- 14 SAT(LP)FANNY FREEZER 5K, 3:00 PM, SHOAFF PARK, FT. WAYNE, IND.,  
DON LINDLEY, (219) 432-5998 OR MIKE MCAVOY (219) 436-9710
- 14 SAT(L) FWTC 21ST ANNUAL AWARDS BANQUET, NORTHRUP H. S. CAFETERIA,  
FT. WAYNE, IND., POTLUCK DINNER, BRING MAIN DISH, A SALAD OR DESSERT  
AND OWN TABLE SERVICE, SOCIAL HOUR 5:00 PM AND DINNER 5:30 PM
- 14 SAT 21ST GASPARILLA DISTANCE CLASSIC, 15K AND 5K, TAMPA, FL, GDCA-RT,  
PO BOX 1881, TAMPA, FL, 33601-1881 (813) 229-7866
- 15 SUN MOTOROLA AUSTIN MARATHON, AUSTIN, TX, MOTOROLA AUSTIN  
MARATHON, PO BOX 684587, AUSTIN, TX, 78768 (512) 505-8304
- 28 SAT BLUE ANGEL MARATHON AND 5K, PENSACOLA, FL, PHYILIS HAM, MWR,  
190 RADFORD, NAS PENSACOLA, FL, 32508 (850) 452-3318
- 28 SAT SMOKY MOUNTIAN MARATHON AND 8K, TOWNSEND, TN, SHERMAN AMES,  
KNOXVILLE TRACK CLUB, 6401 BAUM DR, KNOXVILLE, TN, 37919 (423) 588-7465

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MARCH 1998

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- 07 SAT GATE RIVER RUN, 15K RUN AND 5K WALK, JACKSONVILLE, FL, GATE RIVER  
RUN, 3853 BAYMEADOWS RD., JACKSONVILLE, FL., 32217 (904) 739-1917
- 08 SUN OHIO RIVER ROAD RUNNERS MARATHON AND HALF MARATHON, 8:30 AM,  
BELLBROOK, OHIO, KEVIN AND CHARI WALSH, 5741 HITHERGREEN DR.,  
DAYTON, OHIO, 45429 (937) 436-1802
- 08 SUN YRRC DISTANCE CLASSIC HALF MARATHON AND 5K, YOUNGSTOWN, OHIO,  
JIM HENDERSON, YOUNGSTOWN ROAD RUNNERS CLUB, 620 FAIRFIELD AVE.,  
COLUMBIANA, OHIO, 44408 (330) 482-9230
- 15 SUN \*MAUI MARATHON, 5:30 AM, KAAHUMANU CENTER, KAHULUI, HI.,  
PO BOX 330099, KAHULUI, HI., 96733 (808) 871-6441

- 21 SAT(LP)18TH ANNUAL NUTRA RUNS, 20K AND 5 MILE, 2:00 PM, WOODSIDE MIDDLE SCHOOL, FT. WAYNE, IND., MIKE MCAVOY (219) 436-9710
- 21 SAT MOUNTIAN GOAT HILL RUNS/WALK, DANVILLIE, ILL., KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834 SUSAN (217) 733-2403
- 21 SAT SHAMROCK SPORTSFEST MARATHON, 8K, AND 5K WALK, VIRGINA BEACH, VA, JERRY BOCRIE, 2308 MAPLE ST., VIRGINA BEACH, VA, 23451
- 29 SUN THE BARN AROUND THE BAY ROAD RACE 30K AND THE BAY AND BACK 5K, HAMILTON, ONTARIO, CANADA, LAURA DUNPHY, 191 ALDERLEA AVE., MOUNT HOPE, ON, CANADA L0R 1W0 (905) 679-2219
- 29 SUN CITY OF LOS ANGELES MARATHON AND 5K, LOS ANGELES, CA, L.A. MARATHON, 11110 W. OHIO AVE., STE. 100, LOS ANGELES, CA, 90025 (310) 444-5544

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-----APRIL 1998-----

- 04 SAT(LP)MASTODON STOMP, 5K, 9:00 AM, HILLIARD GATES SPORTS CENTER, IPFW, FT. WAYNE, IND., JUDY TILLAPAUGH (219) 481-6647
- 04 SAT BADGERLAND STRIDERS SOUTHSHORE HALF MARATHON, MILWAUKEE, WI, KRISTINE HINRICHS, 1425 N. CASS. 103, MILWAUKEE, WI, 53202 (414) 291-0368
- 04 SAT COOPER RIVER BRIDGE 10K, 8:00 AM, CHARLESTON, SC, MUSC HARPER CTR., 45 COURTENAY, DR., CHARLESTON, SC, 29401 (803) 792-2533
- 11 SAT CRESCENT CITY CLASSIC 10K, 9:00 AM, NEW ORLEANS, LA, RICK LUSKY, PO BOX 13587, NEW ORLEANS, LA, 70185 (504) 861-8686
- 19 SUN 19TH ANNUAL NOBLESVILLE SUNRISERS KIWANIS SPRING RUN, 15K AND 2 MILE RUN, (317) 773-1087 (TENATIVE)
- 20 MON 102ND BOSTON MARATHON, BAA BOSTON MARATHON, THE STARTING LINE, ONE ASH ST., HOPKINTON, MA, 01748-1897
- 25 SAT 25TH KENTUCKY DERBY FESTIVAL MINI-MARATHON, LOUISVILLE, 8:00 AM, KENTUCKY DERBY FESTIVAL, 1001 S. 3RD. ST., LOUISVILLE, KY, 40203 (800) 928-3378
- 26 SUN LAKE COUNTY RACES, HIGHLAND PARK, ILL., 8:15 AM, ANN SHAW, LAKE COUNTY RACES, 3100 SKOKIE VALLEY RD., HIGHLAND PARK, ILL., 60035 (847) 266-RACE
- 26 SUN RUNNING FIT TRAIL MARATHON AND HALF MARATHON, PINCKNEY, MICH., RUNNING FIT, 123 E. LIBERTY, ANN ARBOR, MICH., 48104 (313) 769-5016

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MAY 1998

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- 01 FRI INDIANAPOLIS LIFE MINI-MARATHON, 9:00 AM, INDIANAPOLIS, IND., INDY FESTIVALS, 201 S. CAPITAL, STE. 201, INDIANAPOLIS, IND., 46225 (800) 638-4296
- 03 SUN LILAC BLOOMSDAY 12K, 9:00 AM, SPOKANE, WASH., BLOOMSDAY BOX 1511, SPOKANE, WASH., 99210 (509) 838-1579
- 03 SUN CVS-CLEVELAND MARATHON AND 10K, CLEVELAND, OHIO, CVS-CLEVELAND MARATHON, PO BOX 530, TWINSBURG, OHIO, 44087 (330) 425-9811
- 03 SUN UPMC/CITY OF PITTSBURGH MARATHON AND 5K, PITTSBURGH, PA, LARRY GROLLMAN, 200 LOTHROP ST., PITTSBURGH, PA, 15213 (412)-647-7866
- 09 SAT RACE FOR THE CURE WOMAN'S 5K, PEORIA, ILL., SUSAN G. KOMEN MEMORIAL CHAPTER OF PEORIA, BOX 9695, PEORIA, ILL., 61612 (309) 691-6909
- 11 SAT ARTS FEST RIVER RUN, 12K RUN, EVANSVILLE, IND., PAT SHOULDERS, (812) 424-7575 (TENATIVE)
- 17 SUN 86TH EXAMINER BAY TO BREAKERS 12K, 8:00 AM, SAN FRANCISCO, CA, BOX 429200, SAN FRANCISCO, CA, 94142 (415) 808-5000, EXT. 2222
- 23 SAT FIRST OF AMERICA RUN HALF MARATHON, 10K, AND 5K, DEXTER-ANN ARBOR MICH, RENEE RIENAS, FIRST OF AMERICA RUN, 241 SUNSET, ANN ARBOR, MICH, 48103 (313) 633-0124
- 24 SUN MADISON MARATHON AND HALF MARATHON, PLUS 5K AND 10K, MADISON, WI KEN MACKENZIE, PO BOX 5088, MADISON, WI, 53705 (608) 256-9922
- 25 MON(R)THE TRUTH NBD BANK GREAT RACE HALF MARATHON, PLUS OTHER RACES, GOSHEN-ELKHART, IND, RON SCHMANSKE, GREAT RACE, PO BOX 682, ELKHART, IND., 46515 (219) 294-1661
- 25 MON BOLDER BOULDER 10K, 7:45 AM, BOULDER, COLO., BOX 9125, BOULDER, COLO., 80301 (303) 444-RACE

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JUNE 1998

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- 06 SAT(R) SUNBURST MARATHON, 10K AND 5K, SOUTH BEND, IND., SUNBURST MARATHON, C/O MEMORIAL HOSPITAL, 615 N. MICHIGAN ST. SOUTH BEND, IND., 46601 (219) 280-8121
- 13 SAT(LP)FT. WAYNE HOOSIER MARATHON, 6:30 AM, FOSTER PARK, FT. WAYNE., IND., FWTC, PO BOX 11703, FT. WAYNE, IND., 46860 BOB HOCKENSMITH (219) 424-6236 OR DON LINDLEY (219) 432-5998
- 20 SAT LUDINGTON LAKESIDE HALF MARATHON AND 5K, LUDINGTON, MICH., LUDINGTON AREA CHAMBER OF COMMERCE, 5827 W. U.S. 10, LUDINGTON MICH., 49431 (800) 542-4600

- 20 SAT GRANDMA'S MARATHON, DULUTH, MN, GRANDMA'S MARATHON, PO BOX 16234, DULUTH, MN, 55816 (218) 727-0947
- 20 SAT MAYOR'S MIDNIGHT SUN MARATHON AND HALF MARATHON, ANCHORAGE, AK, JOHN MCCLEARY, ANCHORAGE PARKS AND REC. DEPT., PO BOX 196650, ANCHORAGE, AK, 99519 (907) 343-4474
- 21 SUN ROCK N' ROLL MARATHON, SAN DIEGO, CAL., ELITE RACING, 10509 VISTA SORRENTO PKWY., STE. 102, SAN DIEGO, CAL., 92121
- 21 SUN MANITOBA MARATHON AND 5K, WINNIPEG, MANITOBA, CANADA, MANITOBA MARATHON, 200 MAIN ST., WINNIPEG, MANITOBA R3C 4M2, (204) 925-5751

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~~JULY 1998~~

- 04 SAT PEACHTREE ROAD RACE 10K, 7:30 AM, ATLANTA, GA, SEND S.A.S.E. BY MAR. 1 TO: ATLANTA TRACK CLUB, 3097 E. SHADOWLAWN AVE., ATLANTA, GA, 30305
- 11 SAT YMCA BLOOD, SWEAT, AND GEARS DUATHLON, 5K RUN/20 MILE BIKE/5K RUN, KENNEKUKUK COVE COUNTY PARK, DANVILLE, ILL., KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834 (217) 733-2403
- 18 SAT(L) TWTC TRIATHLON, (.75K SWIM, 20K BIKE, 5K RUN) LAFAYETTE CENTRAL ELEMENTARY SCHOOL, 11015 LAFAYETTE CENTER ROAD, ROANOKE, IND., BILL SOHASKI, C/O FWTC, PO BOX 11703, FT WAYNE, IND., 46860 BILL (219) 749-5081 OR PHIL (219) 425-7100
- 25 SAT QUAD-CITY TIMES BIX 7, 8:00 AM, DAVENPORT, IOWA, ED FROELICH, 2685 KIMBERLY RD., DAVENPORT, IOWA, 52722 (319) 324-8657
- 26 SUN WHARF TO WHARF 10K, 8:30 AM, SANTA CRUZ, CA, WHARF TO WHARF, BOX 307, CAPITOLA, CA, 95010 (408) 475-2196

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~~AUGUST 1998~~

- 08 SAT HOWL AT THE MOON, 8 HOUR RUN, KENNEKUK COVE COUNTY PARK, DANVILLE, ILL., KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834 SUSAN (217) 733-2403 OR MARC (217) 431-4243

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~~SEPTEMBER 1998~~

- 27 SUN WILD, WILD WILDERNESS 7.6 MILE RUN, DANVILLE ILL., KENNEKUK ROAD ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834 (217) 733-2403

**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)



# SHOW YOUR SUPPORT FOR YOUR FORT WAYNE TRACK CLUB

- 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}

THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"  
Please indicate your areas of interest.

# 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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**LOOKING FOR A LONG TRAINING RUN?**  
Join Runners at the Central YMCA every Saturday - 7 AM  
For more Details: Contact Jack Hilker, 432-2933



# Coming Events...

## HUNTINGTON ULTRA FRIGID FIFTY (HUFF) 50K TRAIL RUN

Saturday, December 27, 1997, 8:00 AM  
Kil-So-Quah Campground, Huntington Reservoir

## FANNY FREEZER 5K

Saturday, February 14, 1998, 3:00 PM  
Shoaff Park Fort Wayne, IN

## FWTC 21<sup>st</sup> ANNUAL AWARDS BANQUET

Saturday, February 14, 1998 5 PM Social, 5:30 Dinner  
Northrup H.S. Cafeteria Fort Wayne, IN  
Bring a main dish & salad or dessert & table service

## FWTC MEETINGS

Wednesday, December 10, 7:00 PM, Run, 6:00  
Christmas Party-Gift Exchange  
Wednesday, January 14, 7:00 PM, Run 6:00  
IPFW - Hilliard Gates Activity Center

### ADVERTISING RATES

	1 Issue	3 Issues	6 Issues
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  
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Ft. Wayne, IN  
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FWTC NEWSLETTER  
P.O. Box 11703  
Fort Wayne, IN 46860