

# the inside track

February - March 1998

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



**Sybrowski Conquers the HUFF . . . . . PAGE 16**

# 1998 FORT WAYNE TRACK CLUB

## Officers and Board Members

### OFFICERS

<b>President:</b>	Barrie Peterson	(219) 637-5717
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### Board Members

Lynn Armstrong	Alan Gilbert	Mark Brattoli
Linda Gorman	Linda Brooks	Jack Hilker
Jay Brower	Jerry Diehl	William Crane
Monica Maddalone	Don Anderson	Tim O'Connell

**DISTANCE COACHING AT NORTHROP HIGH SCHOOL--  
A 365-DAY-A-YEAR JOB****(Part One)**

As a youngster growing up in Moline, Illinois, my main and burning ambition in life was to become a pastor in the Lutheran Church. Some 33 years plus after graduating from college, here I am coaching high school cross country and track, something I have been doing at one level or another for 32 of these years. In the interim, many things happened in my life to bring this apparent transition about, including an aborted attempt at big business management. In actuality, my ambition has been realized to the fullest extent, as every day I have the golden opportunity of ministering to hundreds of young people, most specifically in my coaching situation. It is my real belief and philosophy that this is our real objective as coaches-to minister to the needs of young people, to mold them into the type of young people they are capable of becoming. All of athletics presents this opportunity, but perhaps the job is easiest in the area of distance coaching because there is a closeness and camaraderie that develops between athletes and between athlete and coach that is fantastically suited to a give and take kind of ministry. We as coaches are not doing these youngsters any justice if we turn our backs to their crying need for help in the classroom, in their families, in their social life, in their training habits, and in their moral standards. We do not need to be preachy in our approach unless the occasion or circumstance warrants it; but we lead by example and by being completely open to them-a sounding board for them to come to with their joys and sorrows, triumphs and problems, etc. Coaching does not begin at 2:35 and end at 5:00 each afternoon; it doesn't begin in August (cross-country) or February (track) and end in November or May. Coaching is a 365-day, 24-hour-a-day, full-time job! Once we as coaches realize this, many good things will begin to happen-win or lose. It is my firm philosophy that to be a winner does not always mean a winner in terms of a scoreboard or scorebook. A winner is a person and/or team that is able to get the most out of his and/or its abilities at any given point in time. I also believe very strongly that this is most likely to occur when good character, good training, and good athletic abilities go hand in hand. Although we do not have control over one's God-given abilities, we can help shape and develop the other two-good character and good training. My philosophy on how we can help develop good character by ministering to the needs of our athletes has been already briefly explained: get to know your runner and let him get to know you!

Now, let's talk about good training. The old adage that there are many ways to skin a cat was never truer than when applied to coaching distance runners. There are many ways to get the job done and all can lead to the desired results, as long as you start with the development of good character as explained earlier; as long as you train sensibly with moderation; and as long as both you and your athletes believe in your methods and in your total program.

Let me begin to convey the Northrop distance-training program to you by giving you some tips on summer training. I firmly believe that a sound distance program must begin with a proper mileage base during the summer months. Our summer program has evolved through a series of trial and error situations. Young people are no different from anyone else in that they need some kind of guidance and motivation to get a job accomplished. We are fortunate at Northrop to have a Summer Physical Education Class designed to condition all of our athletes. The program consists of team and individual sports competition (such as soccer, softball, basketball, tennis, volleyball, racquetball, weight training, and running). What an ideal way for our cross country prospects to meet together daily for recreation and running as well as meeting and working with athletes from other sports. Although I am not a paid instructor for the course, I have volunteered my time every morning to assist with the cross-country runners who are participating in the class. On Tuesday and Friday mornings, they meet with me for a running workout from 8:00 until 9:00; then they have some kind of sports activity from 9:00 until 10:00; followed by weight training from 10:00 until 11:00. The other three days are spent on various running activities; and every day is begun with calisthenics and lots of stretching drills. Our workouts consist mainly of various overdistance routes which I generally run with them, along with an interval or repetition workout once a week which I believe is necessary for keeping and developing the proper tone for later conditioning work and competition. All of our distance prospects are highly encouraged to participate in the P.E. program. Attendance is not

mandatory unless they expect to get a grade out of the course, but I would say we average 90~ attendance or better throughout the summer among our cross-country people. We are very flexible in attendance, allowing for individual and particularly family summer activities and vacations. We attempt to run in a track meet once every other week and in a road race once every other week if possible. We never get very rah-rah for these but only ask that each runner do his very best as he feels it that particular day, trying to keep on a schedule for peak performances in October and May. Finally, we encourage our runners to run twice a day during the summer as follows:

(freshmen and sophomores 2 or 3 times a week, juniors and seniors 3 or 4 times a week). In our two-a-day running, we try to get one 4-6 mile run in out of every three overdistance runs which is within 30-40 seconds per mile of our maximum racing capability at that point in time. Cardiac development and just plain basic conditioning will come much more quickly to those who train at these speeds rather than at slower running speeds. Our mileage builds from about 30-50 miles a week at the beginning of the summer to 40-60 at midsummer and finally to a maximum of approximately 50-80 miles per week. The real reasoning behind our summer running is, of course, the fact that much better quantities and qualities of anaerobic running can be withstood later on when it becomes a factor in our training. The better trained aerobically we are, the better trained anaerobically we can become and the longer we can maintain necessary speed over our racing distance, whether it be an 800 or up to a 5,000. As Arthur Lydiard stated, "The development of stamina is of the utmost importance; that is, to have the body in a near tireless state so that oxygen debts are not quickly created and that recovery ability is rapid." Throughout the summer, we try to intersperse as many fun group activities as possible, including an annual trip to Chicago.

One thing I cannot omit from our summer training is the culminating Bruin Harrier Training Camp which takes place the first actual week of practice in August. From the results of what we call our Mid-Summer Time Trial (a specified road race) the first 12 finishers have the privilege of attending our camp based at Anderson University. What a great way to come together as a team and to kick off our intensive August training program.

From the completion of our week at camp until the end of the Cross Country season, our runners train twice a day 3 or 4 times a week and once on the other days (on Sundays, they are requested to run a leisurely 60-80 minute run on their own, or rest if the need is there). Because distance coaching and training is a 365-day program at Northrop, the cross country season is treated as a definite sport, but one that plays a valuable part in the total training plan for all runners from the 400 on up to the 3200. We try to emphasize the competitive aspect of cross-country in order to enhance interest in the grueling grind of conditioning toward the track season. And because of all this, fun and variety must be interjected into the program. Even our periods of very intensive training are planned on a smorgasbord sort of basis to avoid any kind of staleness on the part of any of our runners. In fact, as I see it, one of the real challenges of coaching distance men today lies in the area of keeping the runner's enthusiasm, concentration, and interest at as keen a level as possible at all times. On the other hand, it takes a very special kind of individual to succeed at distance running-one who understands that the real satisfactions and rewards of participation in this area are those of the heart and inner-self. A good and positive attitude toward hard work and training is essential because these inner rewards do not come without dedicated, self-sacrificing, genuine 110~ effort! This goes back to my personal philosophy of coaching, based on the belief that a good athlete is molded from a sound moral base and that good character breeds good performance.

Continued next issue with "The Bruin 10-Part Distance Program"

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**Training Run - Meet at the YMCA Downtown Fort Wayne - 7 am Saturdays**

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**GUEST SPEAKER:  
LARRY MADDOX (ANDERSON  
UNIVERSITY TRACK AND CROSS  
COUNTRY COACH)**

**PLEASE BRING A FOOD ITEM OR TWO (MAIN DISH,  
SALAD, AND/OR DESSERT) AND YOUR OWN TABLE  
SERVICE. DRINKS WILL BE PROVIDED BY THE  
FORT WAYNE TRACK CLUB.**

**POTLUCK BANQUET FOLLOWS AT 5:00 (SOCIAL)  
AND 5:30 (DINNER) AT NORTROP HIGH SCHOOL,  
CAFETERIA. SHOWERS AVAILABLE AT NORTROP,  
IF YOU SO CHOOSE, BEGINNING AT 4:15 P.M.**

**5K RACE AT SHOAF PARK AT 3:00 P.M.--START  
AND FINISH AT LOWER PAVILION NEAR BASEBALL  
DIAMOND. NOMINAL ENTRY FEE.**

**HIGH SCHOOL RUNNERS:  
YOU ARE CORDIALLY INVITED  
TO PARTICIPATE IN THE  
1997 FORT WAYNE TRACK CLUB ANNUAL  
FANNY-FREEZER 5K  
ROAD RACE  
AND  
AWARDS BANQUET  
SATURDAY, FEBRUARY 14, 1998**

## ON THE FAST TRACK- HERE WE GO AGAIN!!

With the success of last year's Fort Wayne Track Club summer speed workout sessions at Northrop High School, we have decided to continue this series this summer. Beginning Thursday, June 11, Northrop High School and Coach Barrie Peterson (Ft. Wayne Track Club President) will again serve as site and host for 8 straight Thursday evenings of "fun" workouts making use of the Northrop track and cross-country course. The Ft. Wayne Track Club will again serve as the official sponsor of these events. The tentative schedule of workouts and events will be as follows:

- June 11: Warm up (jog 1/2 mile + stretching + sprint drills + build-ups/stride-outs) + timed 5k on CC course +5 x partner 220's + warm down and stretch
- June 18: Warm up (as above) + 3 x repeat miles + 5 x 110 + jog and stretch
- June 25: Warm up + 6 x repeat 800's + 5 x 110 + jog and stretch
- July 2: Warm up + 12 x 400 + 5 x 110 + jog and stretch
- July 9: Warm up + 4 x repeat miles + 5 x 110 + jog and stretch
- July 16: Warm up + 8 x repeat 800's + 5 x 110 + jog and stretch
- July 23: Warm up + 16 x 400 + 5 x 110 + jog and stretch
- July 30: Warm up + Bruin 5K Fund-raiser (\$7.00 entry fee) + warm down + awards for summer and for Bruin 5K.

There will be no cost for the June 11 through July 23 workouts. The fee on July 30 is to help as a Northrop Cross-Country fund-raiser and to pay for the awards. Hope to see you on June 11!

## RESOLUTION 5K

What better way for a runner to celebrate New Year's Eve than by running a race! The Ligonier Track Club did just that. They traveled four hours to Beaver Creek, Ohio, to participate in the annual Resolution 5K run. The race starts at 11:45 p.m. on New Year's Eve and winds its way through the darkened streets of Beaver Creek, a suburb of Dayton.

Over 900 runners attended this year's race. The Ligonier Club was led by Brian Shepherd. Brian won the race for the 7<sup>th</sup> time in a course record of 15:19. It was Shepherd's 13<sup>th</sup> victory in a row at the midnight races.

Mark Sanderson was next for the Ligonier Track Club. He finished in a time of 16:33. He was followed by Danny Butler 16:35, Sam Vargas 18:54, Matt Heizmen 20:11, and Andy Reed 20:21

In the team race, the Ligonier Track Club took home first place by one point.



Standing L to R: Matt Heizman, Brian Shepherd, Mark Sanderson  
Kneeling L to R: Sam Vargas, Danny Butler, Andy Reed

## MINUTES

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

18 Present: B. Crane, K. Disler, J. Schlatter, S. Bruner, R. Wilson, L. Gorman, J.P. Jones, J. Diehl, B. Sohaski, J. Brower, B.&J. Hockensmith, P. Suelzer, M. Yann, M. McAvoy, D. Lindley, J. Tillapaugh, B. Peterson

1. Barrie Peterson called the meeting to order and opened in prayer.
  2. The minutes from last meeting were reviewed and accepted.
  3. Jon Schlatter reported that he had no new races for the calendar.
  4. Joyce Hockensmith announced that the deadline for the newsletter is this weekend.
  5. Barrie Peterson showed the display that Mitch Harper had prepared for the Zoom Thru Zulu 10k race of which there were many positive comments.
  6. Don Lindley gave the Treasurer's and Membership report.
    - a. There was an income of \$670.40, with expenses of \$876.23, for a balance of \$11, 612.91.
    - b. There are 483 members to date.
  7. Don Lindley and Jerry Diehl gave an update on the HUFF race.
    - a. The applications are now available.
    - b. There will be a one loop practice run Nov. 29, 1997 starting in the Kil-So-Quah campground.
    - c. There is still a need for more volunteers and for one or two RVs to be used at aide stations.
  8. Don Lindley gave an update on the Turkey Trot.
    - a. 10 entries have been received so far.
    - b. Around 200 runners are expected.
  9. Mike McAvoy gave a report on the bus trip to the Crim on Aug. 23, 1997.
    - a. The bus will cost \$25 per person if full at 44 people.
    - b. The hotel cost at Red Roof Inn will approx. \$59 per double bed room.
  10. Mike McAvoy gave a report on the Awards Banquet.
    - a. Larry Mattax can be here Feb. 14, 1998 which the board voted to accept.
    - b. Will check into using the Northrup High School cafeteria.
    - c. The board voted to provide drinks for the event.
    - d. Awards will be given to the female and male High School runners of the year.
  11. Mike McAvoy gave a report on the points races for 1998.
    - a. Ward Moya will be doing most of the compilling.
    - b. The board voted on the 20 races that make up the points race schedule.
  12. Mike McAvoy proposed that FWTC pay for a second phone line into Don Lindley's house so that FWTC might have a listing in the white pages. After some discussion the board instructed Mike to investigate more and report back.
  13. Mike McAvoy proposed an idea from Mitch Harper that is to supplement a mailing list compiled from four different races that FTWC by an additional mailing list for \$250 for use as a marketing tool for future races. After some discussion the board voted to approve.
  14. J.P. Jones gave an update on the Just Plain 10k.
    - a. It will be Dec. 6, 1997 at 2:00 p.m. in Foster Park.
    - b. There have already been some inquiries.
  15. Barrie Peterson reminded everyone that next meeting is the annual Christmas Party to which everyone needs to bring food to share and a \$10 gift for the gift exchange.
  16. Barrie Peterson announced that he will do the Speed Workout Series again this coming summer with some x-country runs and no one hour run.
  17. Don Lindley announced that he will be dispersing FWTC's annual donation of \$500 to the IPFW cross country fund and \$100 to Taylor University.
  18. Barrie Peterson said that the current slate of club officers will be voted on at the next meeting
  19. Phil Suelzer reported that he had 136 participants at his annual elementary cross country meet for grades 3-5 and that 2 other elementary races probably will be held next fall.
- Meeting then adjourned. Next meeting December 11, 1997, 7:00 p.m., IPFW.

Respectfully submitted, Jon Schlatter, Club Secretary.

MINUTES  
Fort Wayne Track Club Monthly Meeting  
Wednesday, December 10, 1997, 7:00 P.M. IPFW

16 Present: B. Crane, .B. Scrogam, B. Peterson, C. Brandt, P. Suelzer, M. Yann, JP Jones, M. Harpe, P. Knott, B. Sohaski, L. Gorman, J. Hockensmith, B. Hockensmith, J. Diehl, D. Lindley and J. Tillapaugh.

Barry Peterson called the meeting to order with a Prayer/Grace and everyone loaded their plates with good food.

While still eating, the minutes of the November meeting were approved as mailed. Don Lindley reported the membership is up to 490 and the balance of the FWTC account is \$11,612.91. Budget for 1998 will be submitted at the January meeting. Newsletter in process of being mailed. February 15th is deadline for next newsletter. RRCA did not increase their fees for 1998.

Don Lindley reported on the Turkey Trot with no results as yet but with 110 runners and 4 young runners participating.

Jerry Diehl made it clear that students involved in races are not to receive any awards of value.

JP Jones reported on the Just Plain 10K race on December 6th with 56 runners and 2 walkers. Temperature was a mild 29 degrees and light snow, 112 T-shirts were received and we had "Just Plain Gu" donated for the race.

Mitch Harper reported on the HUFF. There are 37 entries so far, many of them top 50K runners, some from out-of-state. Van Dyne Crotty has donated the HUFF T-shirts and head bands. ARCH has donated first place award of a 40 pound stone statue. Kil-So-Quah Roadrunners is providing volunteers and communications. Bill Osterholt and Bob Loomis are providing aid station vehicles. More volunteers are needed to man the three aid stations for either 10 hours or five hours. Thanks to Vern Ceder for his putting out internet information. Banquet at Pizza Hut at Huntington to follow the event.

Bus trip to Bob Grim race events in Flint, Michigan in August 1998 is being developed to include group transported, plus dinner on the way back.

February 14, 1998 is the date for the Fanny Freezer at Shoaff Park at 3:00 PM Showers available at Northrop with Awards Banquet at Northrop at 6:00 PM.

Barry Peterson announced the slate for 1998 officers, the same as 1997. Mike Yann moved that the nominations be closed and that the slate be elected by acclamation. Judy Tillapaugh seconded and the motion passed.

Don Lindley reported that the new FWTC hotline number is 436-2234 and comes in to his home with cost of \$37.45 per month. He also suggested mailing any of the newsletters out of the 46800 zip code by 1st class since bulk is too slow.

Update of the FWTC membership application forms put in the hands of Judy Tillapaugh, Joyce Hockensmith with Bill Crane with the attempt to get printing costs down to nothing.

Don Lindley said he would wait until February to send out membership renewal notices. The Board regretfully accepted resignation of Board Member Greg Purcell.

After official adjournment, the Board members exchanged gifts. Next meeting January 14, 1998 7PM at IPFW.

Respectfully submitted

JP Jones, Psuedo Secretary

# **FWTC Bus Trip to CRIM Festival of Races**

**Dates: Leave**    **Friday, August 21, 1998 (afternoon, exact time to be determined)**

**Return**    **Saturday, August 22, 1998 (Will stop for lunch on way back)**

**COST:**            **Room and bus only**

**\$92 Single room & additional room tax**

**\$69 Double occupancy & additional room tax**

**\$61 Triple occupancy & additional room tax  
(2 double beds and roll out bed)**

**DEADLINES:**    **July 13, 1998 for \$40 initial deposit**

**\*Note that there will need to be a minimum of 31 signed up by this time. If not, the trip will be cancelled with all money returned.**

**August 14, 1998    Balance due**

**Please call MAC (H 824-5158) or (W 436-9710) NOW if you are interested.**

INDIANA UNIVERSITY-PURDUE UNIVERSITY FORT WAYNE

ATHLETICS, RECREATION, AND INTRAMURAL SPORTS

January 15, 1998

Dear Fort Wayne Track Club Members,

On behalf of IPFW's Men's and Women's Cross Country Program, "Thank You" for your kind contribution of \$500.00!! Nice! This financial support is greatly appreciated as it will help us cover some expenses. We plan to use it towards purchasing training shoes for all our runners.

Our men's and women's cross country teams are continually making strides of pride as they compete at an NCAA Division II level in the Great Lakes Valley Conference. The teams compete at sites like Southern Indiana University's Invitational, Big State/Little State Championship, and Great Lakes Valley Conference Championship. The runners gain experiences that complement their academic achievements.

Come meet the IPFW runners at our 1998 IPFW Mastodon Stomp which will be held Saturday, April 4, 1998 starting at 9:00 am. There will be both a 5 km walk and run! Event registration will be at IPFW's Hilliard Gates Sports Center. All event proceeds will go to further help our cross country fund raising needs.

Thank you again for your generosity!! Keep on running for fitness and friendships.

Best,

Judy Tillapaugh, R.D.  
IPFW Cross Country Coach

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

# Turkey Trot 97

November 22, 1997

Fox Island

Pl	Time	Name	Age	Sex
1	15:14	Brian Shepherd	32	m
2	15:25	Ron Sharp	32	m
3	15:32	Michael Fruchey	28	m
4	15:51	Noland Richhart	17	m
5	15:54	Michael Hobler	20	m
6	16:11	Chuck Schlemmer	36	m
7	16:19	Aaron Barton	18	m
8	15:56	Ben Cowan	18	m
9	16:23	Brad Thomas	22	m
10	16:24	David Hoffert	18	m
11	16:27	Mike Schouderl	29	m
12	17:04	Kethn Walter	31	m
13	17:09	Nathan Peffley	15	m
14	17:11	John Schnieders	33	m
15	17:16	Scott Armstrong	22	m
16	17:38	Dave Broerman	25	m
17	17:44	Mark Walker	32	m
18	17:45	Carl Risch	40	m
19	18:03	Jed Pearson	46	m
20	18:16	Gordon Pleus	51	m
21	18:26	Todd Thompson	16	m
22	18:26	Samuel Vargas	21	m
23	18:29	Thomas Bussen	35	m
24	18:29	Maury Winkler	14	m
25	18:31	Paul Shaffer	39	m
26	18:32	Kim Davidson	25	f
27	18:42	Ward Moya	34	m
28	18:43	Bryan Keister	38	m
29	18:51	Chris Adams	22	m
30	18:52	Paul Knott	34	m
31	18:53	Adam Knight	14	m
32	18:54	Jerry Diehl	46	m
33	19:04	Bruce Daugherty	43	m
34	19:20	Jeff Millesman	41	m
35	19:22	Bj Mckinley	16	m
36	19:27	David Swenson	35	m
37	19:33	Paul Sibray	49	m
38	19:43	Hans Ausderan	20	m
39	19:46	Chris Marks	27	m
40	19:51	Linda Gorman	34	f
41	19:53	Darcy Flora	15	f
42	19:54	Kaleb VanOrt	13	m
43	19:58	Mitch Harper	41	m
44	19:59	Howard Klingler	43	m
45	20:14	DeWain Cobbs	55	m
46	20:21	Mike Barman	48	m
47	20:25	Kevin Truelove	40	m
48	20:25	Erka Kamp	18	f
49	20:26	Wayne Knight	12	m
50	20:27	Dave Boylan	55	m
51	20:30	Mark Brattoil	42	m
52	20:32	Paula Rogers	28	f
53	20:32	Chris Fowler	43	m
54	20:33	Sean McKinley	12	m
55	20:35	Bryan Craycraft	40	m
56	20:40	Linda Janucilli	35	f
57	20:47	Matt Barton	13	m
58	20:50	Jack Morris	60	m
59	21:03	Jon Stoohey	17	m
60	21:07	Jon Schlatler	41	m
61	21:20	Don Karner	43	m
62	21:28	Stasi McCrory	15	f
63	21:29	Janel Souder	18	f
64	21:30	Chad Chevenger	19	m
65	21:33	Joel Scharter	50	m
66	22:00	Tom Kline	33	m
67	22:01	George Mills	35	m
68	22:04	Joe Ziegler	61	m
69	22:20	Brooke Balingger	15	f
70	22:22	Ty Murphy	49	m
71	22:23	Kim Larsen	36	f
72	22:24	Steve Eyers	38	m
73	22:35	Barrie Peterson	55	m
74	22:36	Karen Gerken	33	f
75	22:38	Sara Unsell	30	f
76	22:55	Cody Messmann	12	m
77	22:59	Kent Ober	52	m
78	23:06	Kathy Pleus	47	f
79	23:11	Valerie Huffman	40	f
80	23:14	Mike Vanell	41	m
81	23:21	Mike Flora	43	m
82	23:29	Megan Flora	12	f
83	23:31	Jenna Shaffer	12	f
84	23:49	Georgia Alken	58	f
85	24:05	Wayne Unsell	49	m
86	24:06	Bob Loomis	64	m
87	24:10	Jim Ballinger	42	m
88	24:17	Jared Messmann	11	m
89	24:18	Katrina Loucks	26	f
90	24:19	Valerie Wilm	36	f
91	24:20	Brian Loucks	28	m
92	24:58	Tom Cleveland	35	m
93	25:11	Joan Gary	61	f
94	25:28	Eugene Strigle	66	m
95	26:09	Jim Berghoff	37	m
96	26:44	Isaac Adams	17	m
97	26:44	Meg Ross	25	f
98	26:45	Angela Harding	17	f
99	26:57	Kathy Melchsner	20	f
100	27:08	Cindy Bgineke	22	f
101	28:13	Blaine Messmann	39	m
102	28:58	Ahton Myers	62	m
103	29:05	Russ Stook	58	m
104	30:31	Ken Disler	74	m
105	32:39	Mavanne Glick	34	f
106	32:40	Diana Dishop	31	f
107	42:06	Sharon Bruner	56	f

**CTA 5k**

This past Saturday the annual CTA 5k was held on the hilly West Noble Cross Country course. Leading the way was Powder runner Brian Shepherd. He was followed closely by Mike Fruehoy and Chuck Schimmer. The master's winner was Hal Pearson. The women's race was taken by Ligonier's Deb Dyers. She was followed by Joan Gary and Angela Harding. The master's winner was Cindy Furtis.

The winners were awarded turkeys donated by Fred's IGA and perfume donated by Anita Oakley.

The following are age group results:

**MALE**

12-under	Eric Nestel	19:35	19-under	Angela Harding	30:24
13-15	John Parson	17:12		Tara Long	30:35
16-19	John Parson	19:18	40-44	Deb Dyers	23:07
20-24	John Parson	20:24	60-over	Joan Gary	28:27
25-29	John Parson	20:30			
30-34	John Parson	20:32			
35-39	John Parson	20:35			
40-44	John Parson	20:38			
45-49	John Parson	20:41			
50-54	John Parson	20:44			
55-59	John Parson	20:47			
60-69	John Parson	20:50			
70-over	John Parson	20:53			

**FEMALE**

12-under	Eric Nestel	19:35	19-under	Angela Harding	30:24
13-15	John Parson	17:12		Tara Long	30:35
16-19	John Parson	19:18	40-44	Deb Dyers	23:07
20-24	John Parson	20:24	60-over	Joan Gary	28:27
25-29	John Parson	20:30			
30-34	John Parson	20:32			
35-39	John Parson	20:35			
40-44	John Parson	20:38			
45-49	John Parson	20:41			
50-54	John Parson	20:44			
55-59	John Parson	20:47			
60-69	John Parson	20:50			
70-over	John Parson	20:53			

**CTA 5k Individual Results**

12-under	Eric Nestel	19:35	19-under	Angela Harding	30:24
13-15	John Parson	17:12		Tara Long	30:35
16-19	John Parson	19:18	40-44	Deb Dyers	23:07
20-24	John Parson	20:24	60-over	Joan Gary	28:27
25-29	John Parson	20:30			
30-34	John Parson	20:32			
35-39	John Parson	20:35			
40-44	John Parson	20:38			
45-49	John Parson	20:41			
50-54	John Parson	20:44			
55-59	John Parson	20:47			
60-69	John Parson	20:50			
70-over	John Parson	20:53			

**Ft Wayne Track Club  
Just Plain 10K  
Foster Park  
December 6, 1997**

PL	Time	Name	Age	Sex	PL	Time	Name	Age	Sex
1	33.45	Ron Sharp	32	m	29	47.05	Tom Felger	58	m
2	34.37	Jay Webber	35	m	30	47.24	LeAnn Buescher	15	f
3	34.39	Michael Fruchey	28	m	31	47.25	Justin Heaton	16	m
4	36.51	Paul Ceams	25	m	32	47.33	Talia Barwick	18	f
5	37.16	Brad Thomas	23	m	33	47.44	Joe Marden	15	m
6	38.19	Mike Clay	38	m	34	47.48	Bob Womack	40	m
7	38.34	Nathan Peffley	15	m	35	47.50	Christa Marenette	27	f
8	38.55	Jed Pearson	46	m	36	48.21	Jordan Wolf	16	m
9	40.01	Ward Moya	34	m	37	48.23	Don Anderson	70	m
10	40.03	Bill Moord	43	m	38	50.08	Jerimiah Simmons	17	m
11	40.18	Kim Davidson	25	f	39	50.17	Brooke Ballinger	15	f
12	41.01	Bryan Keister	38	m	40	50.29	Rick Eddie	41	m
13	41.08	Thomas Bussen	35	m	41	50.34	Mel Hochstetler	57	m
14	41.14	Verton Troyer	49	m	42	50.38	Tom Landis	41	m
15	41.16	Chris Adang	23	m	43	50.57	Jack Selgel	52	m
16	44.18	Mark Brattoli	42	m	44	51.08	Mike Moya	33	m
17	44.35	Linda Gorman	34	f	45	51.28	Ty Murphy	49	m
18	45.06	Jeffery Rowe	37	m	46	51.34	Stuart Neill	16	m
19	45.16	Joe Ziegler	61	m	47	51.40	Barrie Peterson	55	m
20	45.50	Mitch Harper	41	m	48	54.00	Valerie Winn	36	f
21	45.53	Vern Ceder	41	m	49	54.23	Lorraine Fox	36	f
22	46.04	Kevin Truelove	41	m	50	55.19	Joan Gary	61	f
23	46.05	Melissa Macmore	20	f	51	55.20	Bob Loomis	64	m
24	48.11	DeWain Cobbs	55	m	52	55.24	Bob Fahl	49	m
25	48.23	Jack Morris	60	m	53	55.55	Nathan Clay	12	m
26	48.29	Bill Crane	55	m	54	67.24	Lori Brehm	30	f
27	48.33	Dave Boylan	55	m	55	68.51	Sarah Kleinknight	54	f
28	46.48	Jon Schlatter	41	m					

**3.3 Mile Walk**



**CTA 5K:** Front Row Chuck Schlemmer 3rd    Brian Shepherd 1st    Mike Fruchey 2nd (Standing in Rear)  
 Second Row Deb Byers 1st    Cindy Furkis Master    Joan Gary 3rd

# RECORD BROKEN AT JINGLE BELL 5K

The course record at the annual Rochester Jingle Bell was 15:17. The record was held by Powerbar runner Brian Shepherd, who had won five of the past eight Rochester SK's. But the 1997 running of the Jingle Bell 5K promised to erase that mark!

Brian Shepherd, Peter Casaletto, and Charlie Fox, all of who had previously broke 15 minutes in the 5K, met at the starting line. As the gun went off the three runners surged right to the front. The pace was fast and the result was a new course record. Shepherd was able to pull away in the final mile to become the first runner to break 15 minutes. His time of 14:45 became the new course record. Peter Casaletto placed in 2nd in 15:15, and Charlie Fox was 3rd in 15:30.

The womens 5K was dominated by Keena Chardler. Her time of 19:25, nearly two minutes ahead of runner up Deb Beyers.

All proceeds for the race will go to the American Cancer Society.

"I came to this race to help remember Louise Hague. She gave me my first teaching job and taught me to give it my all. Cancer took her and I was very motivated to run hard for her today!" said Shepherd.

The following are age-group results:

Male  
14-U Josh Daughterty  
15-19 Danny Butler  
20-24 Jim Furkis  
25-29 Pete Casaletto  
30-34 Nick Pinkerton  
35-39 Charlie Fox  
40-44 Kevin Whiteman  
45-49 Mike Dubois  
50-59 Brad Yoder

60-over Eugene Striggle

Female  
14-U Sarah Hazemi  
15-24 Jaymi Hartzle  
25-34 Patti Lashbrook  
35-44 Deb Beyers  
45-54 Duretta Yoguellet  
55-over Judy Teel

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## TRACK CLUB MEMBER PROFILE

**Name:** Linda Gorman

**Occupation:** Mom, Tax Preparer, Ins. Agent, Student

**Birthdate:** October 15, 1963

**Birthplace:** Decatur, IN

**Family:** Hus. Joe, Joey-8, Jamie-6, Chris-6, Matt-4

**Pets:** Max, the dog

**Hobbies or int.** Running, Volleyball, Baking, Quilting

**Fav. Fam. activities:** Sports activities with the boys

**Run. Shoe Brand:** Saucony - **Yrs. running:** 9 years

**Favorite Distance to Run:** Ultras

**PR:** 50K-4:54, 50 mile-9:03

**Favorite Before Race Food:** Blueberry Muffins

**Favorite place to Train:** Driveway

**Favorite Race:** OPSF - 50 miler

**Why run?:** Stress Relief, Relaxation, Comaraderie

**Favorite item of Clothing:** My new hat from Colorado - I hope!

**Favorite Movie or TV program:** Is There Something on other than kid's programs

**Favorite music:** Adult Contemporary

**Collections:** Running shoes, shorts & wigwam socks

**Favorite vacation destination:** Colorado

**Most prized possession:** Finisher's Sweatshirt & plague- Kettle Moraine 100 Mile Run

**Has There Been An Inspiration To your Running?** Don Lindley and Jerry Diehl. They took me to my first ultra and they still invite me to run with them.

**Dream:** I would like to continue running injury free and healthy for many more years.

**Huntington Ultra Frigid Fifty**  
**December 27, 1997 Huntington, IN**  
 31.8 Miles High Temp. 32 degrees F

#	Name	Age	City	State	Time
226	Brandon Sybrowsky	27	Perry	UT	3:46:16
298	Steve Webster	44	West Olive	MI	3:50:56
293	Mark Godale	27		OH	3:54:34
237	Takayuki Kawamura	23	LaCrosse	WI	3:54:52
294	Stephen Godale	28		OH	4:02:24
257	Patrick Puckett	35	Noblesville	IN	4:04:15
372	Tom Possert	35	Cincinnati	OH	4:09:31
281	Joe Smindak	37	Centerville	OH	4:11:16
295	Tim Clement			OH	4:13:27
223	Jeff Tincher	41	Terre Haute	IN	4:17:09
273	John Ryder	48	LaPorte	IN	4:21:40
219	Aaron Leitner	36	Napoleon	OH	4:22:46
265	Kevin O'Grady	39	Columbus	OH	4:27:32
370	Scott Beasley	36	Fort Wayne	IN	4:29:55
292	Robert O'Donnell	35	Southfield	MI	4:32:04
289	Bryan Walker	38	Roseville	OH	4:35:19
379	Chip Parsons	43	Crown Point	IN	4:35:57
227	Aaron Lippelt	17	Valparaiso	IN	4:36:35
207	Mark Hartinger	40	Shoreline	WA	4:40:39
269	Ronald Hart	41	Eaton	OH	4:43:21
232	John Nichols	34	Perrysburg	OH	4:43:48
224	Dave Reimschisel	37	Leo	IN	4:55:40
244	Michael Girard	19	Novi	MI	4:55:44
238	Charles Skoog	47	Kokomo	N	4:56:54
216	Mark Rickerd	26	Huntington	IN	4:59:16
215	Phil Stuart	24	Holland	OH	4:59:24
239	Bill Antholine	8	Greenbush	WI	4:59:32
373	Kevin Swan	24	Toledo	OH	5:03:19
220	Bill Moord	43	New Haven	IN	5:07:49
297	Phil Cutrara	52	Hudsonsville	MI	5:08:54
380	Tom Moeller	45	LaPorte	IN	5:13:04
214	Ed Stuart	51	Holland	OH	5:15:22
260	Rodney Hammons	2	Sulphur	LA	5:17:12
211	Christina Ralph	46F	Seattle	WA	5:17:47
376	Andrew Kotulski	58	Montclair	NJ	5:20:26
242	Nick Karas	16	Valparaiso	IN	5:22:17
371	Jerry Bartram	51	Springfield	OH	5:22:50
377	Vince Varone	38	Milwaukee	WI	5:24:32
247	David Bruce	35	Sharpsville	IN	5:25:16

#	Name	Age	City	State	Time
277	Tom Henson	48	Grand Rapids	MI	5:26:14
248	Les Vaughan	57	Palatine	IL	5:26:49
252	Charles Evans	41	Indianapolis	IN	5:28:50
203	Brent Barta	43	Zionsville	IN	5:28:51
251	Murvin Norgaar	41	Danville	IL	5:31:41
212	Don Ford	47	Boulder	CO	5:31:52
465	Marc Laudeman	41	Bremen	IN	5:32:42
253	Bob Schlosser	60	Englewood	OH	5:34:31
210	Travis Sybrowsky	30	Grand Ledge	MI	5:36:52
234	Verton Troyer	49	Plymouth	IN	5:37:52
243	Nikki Robinson	35F	Chicago	IL	5:38:35
284	Mark Carroll	33	Deleware	OH	5:38:51
296	Tim Klooster	41	Jenison	MI	5:39:31
230	Jeffrey Milleman	41	Fort Wayne	IN	5:39:48
229	Kim Davidson	25F	Fort Wayne	IN	5:39:48
259	Mark Abraham	44	LaCrescent	MN	5:40:44
217	Richard Plezia	39	Morton Grove	IL	5:42:41
256	Laura Gough	46F	Plymouth	IN	5:44:48
221	Anong Pustow	36F	Louisville	KY	5:47:48
262	Marc Reddy	54	Danville	IL	5:48:06
381	David Hughes	52	Kokomo	IN	5:49:00
282	Jon Schlemmer	32	Fort Wayne	IN	5:49:30
245	Paula Rogers Rickerd	28F	New Haven	IN	5:50:49
287	Ken Burman	61	Kenosha	WI	5:53:03
382	Mike DeMarr	42	Chicago	IL	5:55:56
299	Deb Webster	41F	West Olive	MI	5:58:06
278	Walt Villers	46	Norton	OH	5:58:08
374	Robert Berger	38	Fort Wayne	IN	6:00:48
286	Don Yeager	48	Grand Rapids	MI	6:02:33
279	John O'Donnell	37	Sault St. Marie,	ONT	6:05:12
280	Sue Norwood	48F	Lilburn	GA	6:05:39
271	Erika Rosch	35F	Columbus	OH	6:22:30
291	Phil O'Donnell	38	Defiance	OH	6:24:52
222	Bill Pustow	49	Louisville	KY	6:25:45
246	Richard Eddie	41	Huntington	IN	6:27:44
263	Joe Kazakaitis (KAZ)	47	Oakwood	IL	6:36:33
285	Rich Breaux	41	Peoria	IL	6:37:19
264	Norm Carlson	64	Spencer	IN	6:39:53
254	Roy Heger	43	Medina	OH	6:43:34
213	Jim Espich	50	Enon	OH	6:44:02
378	Rich Limacher	47	Matteson	IL	6:45:24
272	Bud Stiffler	59	Anderson	IN	6:46:29
236	Diane Sidner	37F	Noblesville	IN	6:48:17
240	Dan Riegenbach	39	Seville	OH	6:48:47

#	Name	Age	City	State	Time
258	Bill Mack	56	Defiance	OH	6:50:11
233	Francisco Garcia	43	Chicago	IL	6:50:32
231	Lynn Karner	41	Wadsworth	IL	6:51:12
201	Tim Corcoran	53	South Bend	IN	6:51:21
205	Tom Dembinski	48	Fredericktown	OH	6:52:10
249	Scott Lantz	39	Minneapolis	MN	6:55:45
235	Jim Dill	55	Indianapolis	IN	6:58:05
383	Patrick Gorman	39	Barrington	IL	7:12:27
267	John Rozanski	50	Oak Park	IL	7:12:28
266	Susan Rozanski	44F	Oak Park	IL	7:12:29
255	Jack Thomas	45	Wheeling	IL	7:12:30
283	Bruce Osran	47	Gridley	IL	7:25:06
368	Manuel Lopez	59	Racine	WI	7:38:30
202	Lois Berkowitz	49F	Riverview	MI	7:41:32
270	David DeFord	45	Lincoln	NE	7:46:24
228	Terry Murray	46	Miamisburg	OH	7:49:52
241	Joyce Hockensmith	50F	Fort Wayne	IN	7:52:58
375	Cathy McCarty	41F	Tallahassee	FL	8:13:00
209	Paul Pelke	44	Winfield	IL	8:23:29
208	J.P. Jones	69	Fort Wayne	IN	9:36:40

**The HUFF FUN RUN**

**10.6 miles**

#	Name	Age	City	State	Time
456	David Swenson	35	New Haven	IN	1:29:30
463	Karen McCracken	35F	Ney	OH	1:33:05
460	Kim LeFever				1:35:20
461	Tom Landis				1:37:16
458	Doug Wielgat				1:38:18
478	Ty Murphy				1:38:18
467	Tom Fridrick	40	Toledo	OH	1:35:03
457	Don Hawes				1:41:25
475	Jim O'Donnell	35	Houston	TX	1:42:30
474	Dave Eckert	50	Fort Wayne	IN	1:43:45
454	Joe Kuhn	43	Payne	OH	1:47:25
459	Pam Wedig				1:48:40
469	Joel Schartzner	50	Goshen	IN	1:51:29
476	Sara Unsell	30F	Fort Wayne	IN	1:52:26
477	Wayne Unsell	49	Fort Wayne	IN	1:52:26
468	Stacey L. Haston	31F	Mooresville	IN	1:54:45
472	Doug Haston	35	Mooresville	IN	1:54:45
455	John Gough	47	Plymouth	IN	1:56:04
470	William Antholine Sr	54		WI	1:59:20
466	Claude Krempa	46	Woodville	OH	1:59:40
462	David Martensen				2:10:40
464	Dale Brewer	50	Springfield	OH	2:34:35
471	Lynn Antholine	55F		WI	3:33:17

### **The HUFF 50 km Trail on the Banks of the Wabash**

Indiana's HUFF 50K (Huntington Ultra Frigid Fifty) has, perhaps, the heaviest award presented at any ultra. It is a forty-pound cast stone reproduction of a gargoyle from a Fort Wayne historic building.

Three days before the inaugural running of The HUFF, I reviewed the past year's issues of Ultrarunning Magazine. The April, 1997, issue carried a profile of one of The HUFF entrants, Brandon Sybrowsky of Perry, Utah. The profile contained the following listing: "Collections: Gargoyles...."

On December 27, 1997, at Huntington, Indiana, Brandon Sybrowsky collected another gargoyle. He finished the 31.8 mile distance in 3:46:16.

Brandon finished the race to the cheers of his family. Older brother, Travis, another HUFF participant, paused at the completion of his second loop to join his Dad and younger brother, Dallas, in greeting Brandon at the finish line.

Veteran race director, Chris Ralph, 46, of Seattle, Washington, was the women's overall winner with a time of 5:17:47. She, too, was awarded a charming gargoyle.

Steve Webster, 44, W. Olive, Michigan, and Nikki Robinson, 35, Chicago, Illinois, took second place honors. Each received a bust of Chief Little Turtle. Steve finished in a time of 3:50:56. Nikki's time was 5:38:35.

Mark Godale, 27, of Aurora, Ohio, was the men's third place winner in 3:54:34. Kim Davidson, 25, of Fort Wayne, Indiana, took the women's third place win in 5:39:48. Jeff Tincher, Terre Haute, Indiana, was the men's master's winner. Jeff is race director of Indiana's other ultra, the Owen-Putnam State Forest 50/50. Deb Webster, 41, was the women's masters winner in 5:58:06.

Runners began right at daybreak under clear skies and a temperature of 28 degrees. The skies became overcast and remained so throughout most of the race. However, sun finally broke through as most people were completing the third loop. Given the large number of first time ultra runners, the sunshine provided a boost in spirits just when it was most needed.

The real drama developed between eventual winner Sybrowsky and first-time trail ultra participant, Takayuki Kawamura, 27, of LaCrosse, Wisconsin. Brandon and Taka traded off the lead until mile 26 on the final loop. Brandon maintained a speed between the aid stations at mile 25 and mile 29.1 that was close to his times on that section of the trail on the prior two loops. However, Taka, a veteran marathoner, lost 6 minutes to Brandon on that section. Steve Webster moved from third to second on that section.

Rain during the week preceding the event made the 10.6 mile loop around the J. Edward Roush Lake wetter than it had been all year. However, despite some muddy spots, the course remained runnable for each loop. Normal rainfall and temperatures next year should minimize the muddiness that affected the 1997 event.

Of more concern to runners were the sounds of gunfire from the Huntington Reservoir's firearms range next to the course. While some appreciated the effect on runner alertness, many will be pleased to know that the DNR site manager will ask that skeet shooting will be prohibited during next year's event. However, some rifle target practice will remain to preserve the special flavor of The HUFF.

110 runners started the 50K; 26 additional runners joined in the event for one-loop of the course. The 136 starters came from 15 states and one province. We were gratified by the large turn-out for this first-year event.

The one-loop event provided an opportunity to introduce new people to trail running. This year's one-loop participants included friends, spouses, and even parents of 50K participants. Fort Wayne Track Club members Dave Swenson of New Haven and Karen McCracken of Ney, Ohio, were the top men's and women's finishers.

The race's origins can be traced to two things. One was the oft-made observation by the Fort Wayne Track Club's ultra guru, Don Lindley, that the Huntington Reservoir would be a great place to hold an ultra event. The other was the invitation for a proposal made by Jay Hodde last January as he was putting together the finishing touches on the Great Lakes Ultra Grand Prix Series. His invitation, posted on the internet ultra lists, was for another ultramarathon, preferably in northern Indiana, to serve as an awards event for the Great Lakes Ultra Grand Prix.

That led me to take the idea to the Fort Wayne Track Club. The only limitation was that the event had to be held after the OPSF 50/50 but before the end of the year. We had originally thought that we would be lucky to draw approximately 35 runners from the Midwest. At our most optimistic, we talked of being prepared for 60 to 65 entrants. We were pleasantly surprised; we appreciated the many positive comments received from those who participated.

Those comments are a tribute to the great volunteers of the Fort Wayne Track Club and the Kil-So-Quah Roadrunners including: Linda Gorman (maker of the finest chicken soup at any ultra), Jerry Diehl, Don Lindley, Vern Ceder, Judy Tillapaugh, Bob Loomis, Paul Knott, Mike Schoudel, Bill Moord, Jon Schlatter, J.P. Jones, Gene Striggle, Steve Summers, Bill Osterholt, Sr., Bill Osterholt, Jr., Karen McCracken, Jack Morris, Dave Winters, Dennis Conner, Howard Klinger, Linda Conner, and Jack Moran.

And special thanks to: Tom Burkhardt and the Indiana Department of Natural Resources; and, Steve Cander and the Huntington County Convention and Visitor's Bureau.

Next year's running of The HUFF 50K will be held on Sunday, December 27, 1998.

We also wish to thank our sponsors: The American Lung Association of Indiana; First National Bank of Huntington; VanDyne-Croty; Ellison Bakery, maker of Archway and Darlington Farm cookies; Owens Supermarkets; United RIMC; WaterWorks; Pearl-Lizumi; G.U.; and PR Bar.

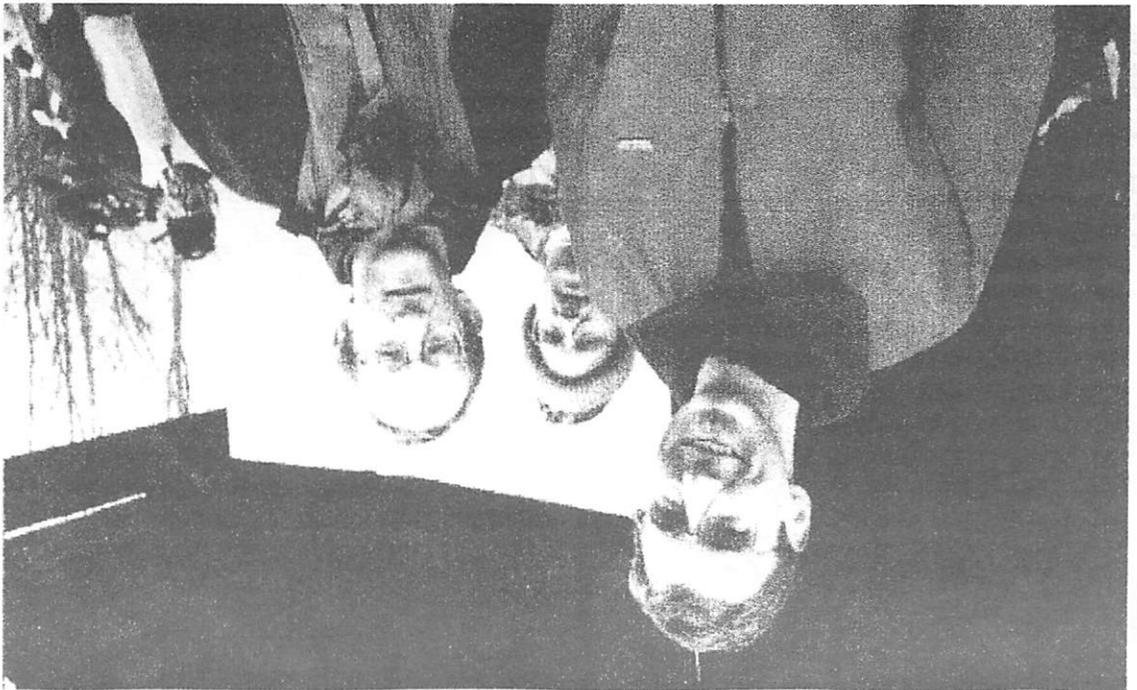
#226 Brandon Sybrowsky Overall Winner  
#298 Steve Webster 2<sup>nd</sup>, #293 Mark Godale 3<sup>rd</sup>



Christina Ralph Women's Winner



Mitch Harper HUFF Race Director





Runners on the HUFF Course



Mud, Mud, and More Mud

#### Comments from HUFF Participants

Sue Norwood "You did a great job! It was hard to believe that this was the first ultra the Fort Wayne and Kil-So-Quah groups sponsored. Your ad in Ultrarunning and the web site were very informative and well-done. I liked the course, despite the mud the third time around. The aid stations were well-stocked and the volunteers as cheerful the third time I got there as the first. It was nice to be able to clean up at the YMCA."

Tom Possert "Thanks again to all the volunteers that put together a good run. I'm glad I decided to come to your race."

Lois Berkowitz "The aid stations were excellent, there the whole time, and full of positive comments. I hope this race will continue."

Jay Hodde "I want this race to go down in the history books as a superbly-organized first-time event that drew runners to Huntington, IN from as far away as Seattle!"

## QUEST FOR 50 (Second Time Realized)

By Joyce E. Hockensmith

Being an obviously goal oriented individual, I am continually setting goals which are within attainable limits. Of course I realize that you may believe my thinking to be a little warped when it comes to a comparison with the average marathon runner. That is why it is dangerous to hang around with the megamarathon runners. It is either their influence, or the assault to the brain after so many miles of asphalt that convinces you into believing that running 20-30 marathons a year is really sane. My "obsession" has enabled me to become the second



woman in the United States to have run every state plus the District of Columbia two times. I am resigned to being happy about the number two spot. My nemesis is Sharon Mordorsky from Minneapolis, Minnesota. Not only has she run more marathons than me, she is also a few years younger. But Sharon (Sam) is one of the reasons that keeps me in the airports and on the roads. She, and the many other members of the 50 & DC Marathon Club with whom I have established friendships over the course of 137 marathons, is what keeps me motivated.

Reflecting on this second group of 51, there are some marathons that stand out as either, ones I would definitely want to do again, or as ones which were a truly unique experience.

\*Juneau, Alaska, run in August of 1996 was a rainy one, but a day in which I was able to set the Master's course record, which by wild twist of fate is still standing.

\*Qualifying for the 100<sup>th</sup> Boston Marathon at the Lakefront Marathon in Milwaukee, Wisconsin, and running, the 100<sup>th</sup> Boston Marathon was a definite runner's high.

\*Running the beautiful courses through the Smoky Mountains in Townsend, Tennessee and North Bend State Park in Cairo, West Virginia makes you glad you are a marathon runner.

\*Running the challenging course up Grandfather Mountain in North Carolina.

\*Running my 100<sup>th</sup> marathon at the Northern Shufflers Marathon in Marquette, Michigan.

\*Running on the beautiful resort island of Kiawah, South Carolina, and on the boardwalk of Atlantic City, New Jersey.

\*Running three doubles: New Orleans, Louisiana on Sat. and Houston, Texas on Sun.; Chikamauga, Georgia on Sat. and Birmingham, Alabama on Sun.; Bristol, New Hampshire on Sat. and Portland, Maine on Sun.

\*Running the Kilauea Marathon in the Volcano National Park in Hawaii.

There are likewise some marathoning experiences I would just as well forget.

\*Running in an almost blinding snowstorm in Denver, Colorado

\*Running in the heat and humidity in Tupelo, Mississippi.

\*Running anywhere in Iowa in July.

\*Running the Trail's End Marathon in Oregon through wind, rain, sleet, snow, a touch of sun, and very limited aid.

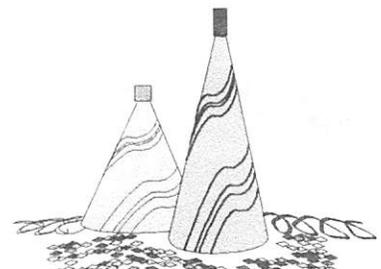
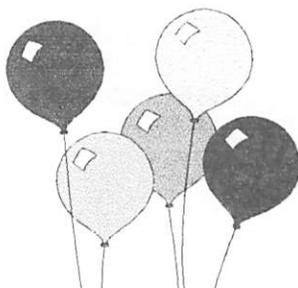
# Happy Birthday

## FEBRUARY

DICK	SHENFIELD	02 - 02
BILL	SOHASKI	02 - 03
RON	COVINGTON	02 - 03
PHILIP	WAHLS	02 - 04
HAL	ATKINSON	02 - 04
JULIE	LARY	02 - 05
DEAN	RUSS	02 - 07
CLEM	GETTY	02 - 07
LAURA A	PESCI	02 - 08
BILL	MACK	02 - 09
CHRIS	KOLKMAN	02 - 09
JEREMY	SCHMIDT	02 - 10
DAVID C	DALE	02 - 11
MARILYN	CASSELL	02 - 12
JILL	ASH	02 - 13
ANNE	DUFF	02 - 15
DIANE	KAPLANIS	02 - 15
J BERNARD	MOTYCKA	02 - 15
RICH	CLARK	02 - 16
MIKE	ZUROLO	02 - 16
DEAN	WHITMAN	02 - 16
CONNIE	MCDANIEL	02 - 17
STEVE	DICKMAN	02 - 18
CURTIS	NOLD	02 - 19
ANDY	O'CONNOR	02 - 20
WIN	MOSES JR	02 - 20
DONNIE	SHIVE	02 - 21
RICK L	GILBERT	02 - 21
TIM	O'CONNELL	02 - 23
MICHAEL	SCHOUEL	02 - 24
MARK	HERNDON	02 - 24
PHYLLIS	SUELZER	02 - 27
J. DAVID	REIMSCHISEL, JR	02 - 27
DAVID	FAIRCHILD	02 - 28
CHARLES	HORNADAY	02 - 28
LARRY	PALMER	02 - 29

## MARCH

TROY	FRIEDERSDORF	03 - 01
SEAN	ROBINSON	03 - 01
ELISABETH A	RICKNER	03 - 02
KEVIN	HUNTER	03 - 03
JACK	SEIGEL	03 - 03
SUE	SIPES	03 - 04
EDDIE	LEE	03 - 04
JEROME	PFEIFFER	03 - 06
PAM	COVINGTON	03 - 09
SARA	WYSS	03 - 09
MARK	WALTER	03 - 10
RANDALL P	POST	03 - 11
MERVIN	KOEHLINGER	03 - 11
CLARK K	WOODS	03 - 11
SARA C	SMITH	03 - 11
WILLIAM R	HIBBEN	03 - 12
MICHAEL	CAMP	03 - 13
ED	DAX	03 - 14
AMY K	SIVLEY	03 - 14
JOYCE	HOCKENSMITH	03 - 16
CHRISTOPHER	MARKS	03 - 16
DEBORAH	DEMERRITT	03 - 16
ROBIN	BURKHOLDER	03 - 19
KIRK	EISERT	03 - 20
JOHN	TRELEAVEN	03 - 20
DICK	JOSLIN	03 - 20
JENNIFER	STEIGMEYER	03 - 20
PAUL	SABRACK	03 - 20
BECKY	DEXHEIMER	03 - 21
JODI	CHAMBERS	03 - 22
LISA	YANN	03 - 22
JED	PEARSON	03 - 23
KARL	BEHRENS	03 - 24
MICHAEL	FRUCHEY	03 - 25
ANGELA	FRAIN	03 - 25
RONALD	MOTYCKA	03 - 26
RICHARD L	MORANDO	03 - 28
TOM	LANDIS	03 - 30
LEATHA L	BLAZETIC	03 - 30
DONALD	FORD	03 - 30
GEORGE	KIRBY	03 - 30



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## WEIGHT MANAGEMENT- "STEPS TO SUCCESS"

Diet Pills, The Scarsdale Diet, Beverly Hills Diet, Slim-Fast, The Zone... Shopping for weight loss is like shopping for shoes. There are plenty of options. Each one offers a special food mix and activity plan yet there's the same promise... weight loss. What works?

January 1998 issue of Tufts University Health And Nutrition Letter has a special report titled "What It Takes To Take Off Weight (And Keep It Off)". It highlighted six common living patterns that were identified from two surveys of 1000 successful dieters. One survey included almost 800 people who maintained a weight loss of at least 30 pounds for at least one year, research compiled from a National Weight Loss Control Registry at University of Pittsburgh School of Medicine. The other study was from Ann Fletcher, R.D. She identified 200 people who kept off at least 20 pounds for at least three years. Ann is the author of 2 books, Thin For Life and Eating Thin For Life.

### Common Weight Wisdom:

1. Past failures are not a reason to not try again.  
Many people tried at least five times before they were successful!
2. No pain, no loss.  
Know that all changes include some sacrifices yet the payoffs can be very valuable.
3. Focus less on an ultimate weight goal and more on small weekly lifestyle steps. Pace Thyself!!
4. Plan to have favorite foods.  
Never say never!! This can cause failure! All foods can fit in a healthful style of eating. What counts is what you eat 90% of the time.
5. Plan for fun physical activities.  
Most people in Ann's book exercised 3 to 7 times a week.
6. Do what you want to make it work.  
Personalize your weight management plan to match you schedule, likes, and dislikes. Then it more easily becomes you!

So if you are tired of dieting then stop!! Instead start more healthful eating and exercise habits! Take steps to serve yourself more nutritious meals and snacks. How about using less butter on your bread? Take steps for more exercise. How about running or walking for 20 to 30 minutes 3 to 5 times a week.

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

Be Fit!!

Judy Tillapaugh, R.D.

### Newsletter Deadlines

January 15, 1998

March 15, 1998

May 15, 1998

July 15, 1998

September 15, 1998

November 15, 1998

## HEALTHY HOLIDAY RECIPES

### 1. Dynamite Dill Dip

#### Ingredients:

1 cup light mayonnaise  
1 cup light sour cream  
3 Tbsp. Pampered Chef All Purpose Dill Mix or  
1-1/2 Tbsp. dill weed, crushed  
1 tsp. dried parsley, crushed  
1 tsp. dried onion flakes, crushed  
garlic powder to taste  
small pinch of dried oregano

#### Method:

Combine all ingredients, let set overnight, serve with raw vegetables. Enjoy!

Source: Dianne Bezdon  
Business Manager, ETCS

### 2. Chicken Fingers

#### Ingredients:

32 ounces chicken or turkey, one ounce slices  
32 green onions  
2- 8 ounces packages fat free cream cheese, softened

#### Method:

On each chicken or turkey slice spread on a little cream cheese.  
Place one green onion on each piece. Roll up each chicken or  
turkey slice and seal with a tooth pick. Serve and enjoy!

Source: Kim Davidson  
Clinical Dental Research Associate

### 3. Strawberry Holiday Party Drink

#### Ingredients:

1 cup frozen unsweetened strawberries  
1- 12 ounce can Fresca or diet lemon/lime soda

#### Method:

Place fruit and soda in a blender and blenderize. Serve in a nice tall glass.

Source: Kim Aspacher  
Secretary Labor Studies

## Resolute Maybes

This has traditionally been the season when many people reflect back upon the year that has past and in a desire to improve the year to come make resolutions. Many runners do the same thing with their training and racing and I fall into that category. It has been my practice, based upon a number of varying factors, to rank in descending order the races that I ran in the previous year. In 1997 I ran 17 races, which is a record number for me. At the top was the completion of my first ultra, my best 10k time in four years, a surprising 43:43 on a hilly course around Clear Lake, and participating in the oldest, continuing road race in Indiana, the Muncie 10 Miler. At the bottom was a left Achilles' tendon pull/tear that resulted in my first DNF at the Nutra 20k, despite five attempts my failure for the first time in my life to break 21 minutes in the 5k, and a very ugly performance at the Just Plain 10k. In essence in 1997 I really established in my mind that I love trail running more than pounding the pavement and that I will always be training for and running races over 10 miles. Yet on the flip side I was disappointed that I sacrificed a lot of whatever "speed" that I still had left in a pursuit of various running goals. Although age, numerous injuries, and an emphasis on long running also contributed greatly to this I still feel that there are some things that I can do to get some of it back. Thus I enter 1998 with the somewhat opposite desires of regaining some lost "speed" and still racing long, especially on trails. So out of this murky confusion comes my 10 running resolutions for 1998.

1. I will get my weight down under 200 lbs.; so here's hoping that I can avoid 2nd helpings and most junk foods and that I will always get Judy Tillapaugh's answering machine.
2. For a shot at redeeming myself for a frustrating and dismal performance at the 1996 Indy-Mini, I will once again skip the Potawatomi trail half-marathon for a shot at going under 1:40.
3. In keeping with a life long running pursuit of running at least one race all 92 counties in Indiana I want to add 5-8 more to the done column.
4. I will do "one" ultra in 1998, preferably the Howl at the Moon 8 hour run in Danville, Ill., on August 8, with a goal of 36-40 miles by using Mitch's rule of run 25 minutes and walk 5 minutes.
5. I want to at least one more time in my life run a 10k under a 7-minute mile split time and to run a 5k at 20:30 or if I am really dreaming breaking 20 minutes.
6. In a further step away from being a pure mileage junkie I will do some type of timed speed Workout once or twice a week, and maybe rediscover an old adversary, the track.
7. I will do whatever it takes, including silence and solitude, to get back that fearless attacking, aggressive attitude that I once had toward racing, especially at the 5k and 10k distance.
8. If one of my running buddies were going to do a hundred-mile race this year, I would like to be a member of their crew so that I might get a closer look for future consideration.
9. I would like to experiment with goos, gels, and other foods so that I might find some more easily digestible sources of energy other than just sports drink and bananas for long runs.
10. I will rerun one or more of the races that I ran in 1997 with the simple idea of running them faster so that my lasting memory of them will not be one of disappointment

## FORT WAYNE TRACK CLUB POINTS RACES FOR 1998

\*All dates are tentative

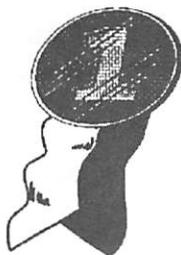
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|--|---|
| <p>1 FANNY FREEZER 5K<br/>-Ft. Wayne, IN , IPFW -February 3rd</p> <p>2 NUTRA-RUN 20K<br/>-Ft. Wayne, IN , Woodside MS-March 21st</p> <p>3 MASTODON STOMP 5K<br/>-Ft. Wayne, IN , IPFW -April 4th</p> <p>4 SHOESUCKER 7 7.2M<br/>-Huntington, 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 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) 436-2234

(L) LOCAL RACE IN THE GREATER FT. WAYNE AREA  
(R) REGIONAL RACE WITHIN 80 MILES (?) OF FT. WAYNE  
(P) FWTC 1998 POINTS RACE

\*ENTRY FORMS ARE AVAILABLE AT FT. WAYNE TRACK CLUB MONTHLY MEETINGS OR SEND A S.A.S.E. TO JON SCHLATTER, 535 KINSMOOR AVE., FT. WAYNE, IND., 46807. CALL JON AT (219) 456-3331 FOR ADDITIONAL RACE INFORMATION OR TO REPORT A RACE FOR INCLUSION IN THE RACE CALENDAR - I ALSO HAVE ADDITIONAL INFORMATION ON RACES IN OHIO, MICHIGAN, AND THE GREATER CHICAGO AREA

MORE RACE INFORMATION CAN BE FOUND AT THE FOLLOWING INTERNET WEB SITES

FORT WAYNE RUNNING PAGE

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

MIDWEST RUNNING

<http://www.bright.net/~gmike>

ROAD RUNNERS CLUBS OF AMERICA (RRCA)

<http://rrca.org/>

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### FEBRUARY

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- 14 SAT(LP)FANNY FREEZER 5K, 3:00 PM, SHOAF 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 5:00PM AND DINNER 5:30 PM.
- 14 SAT 21ST ANNUAL GASPARILLA DISTANCE CLASSIC, 15K AND 5K. TAMPA, FL.,  
GDCA-RT, PO BOX 1881, TAMPA, FL, 33601-1881 (813) 229-7866
- 14 SAT CARMEL-CLAY 4 MILER, CARMEL, IND., RUNNER'S FORUM, 2454 E. 116TH ST.,  
CARMEL, IND., 46032 (317) 844-1558
- 14 SAT SWEETHEART RUN/RELAY, 10K AND 5K RW, AND 10K COED RELAY, 10:00 AM,  
FLUSHING, MICH., RIVERBEND STRIDERS (810) 659-6493
- 15 SUN MOTOROLA AUSTIN MARATHON, AUSTIN TX., MOTOROLA AUSTIN  
MARATHON, PO BOX 684587, AUSTIN TX., 78768 (512) 505-8304
- 21 SAT THINK SPRING 5K, LIGONIER ELEMENTARY SCHOOL, LIGONIER, IND.,  
BRIAN SHEPHERD (219) 894-4638
- 21 SAT THE POLAR BEAR 5 MILER, 9:30 AM, INDIANAPOLIS, IND., KEN LONG AND  
ASSOCIATES, 451 N. NEW JERSEY, INDIANAPOLIS, IND., 46204 (317) 632-8812

- 22 SUN OLYMPIAD MEMORIAL MARATHON, ST. LOUIS, MO., MARATHON SPORTS,  
13453 CHESTERFIELD PLAZZA, CHESTERFIELD, MO., 63017 (314) 434-9577
- 22 SUN SMOKY MOUNTIAN MARATHON, TOWNSEND, TENN., SHERMAN AMES, 6401  
BAURN DR., KNOXVILLE, TENN., 37919 (423) 588-7465
- 28 SAT FLURRY FUN RUN, 4 MILES, 9:00 AM, CLINTON, IND., FITNESS CENTER, 777 S.  
MAIN, CLINTON, IND., 47842 (317) 832-1500
- 28 SAT BOP TO THE TOP, 37 FLOOR STAIRCLIMB, AMERICAN UNITED LIFE BUILDING,  
DOWNTOWN, INDIANAPOLIS, IND., 10:00 AM, DON CARR, TUXEDO BROTHERS,  
4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 28 SAT BLUE ANGEL MARATHON AND 5K, PENSACOLA, FL., PHYILIS HAM,  
MWR, 190 RADFORD, NAS PENSACOLA, FL., 32508 (850) 452-3318
- 28 SAT SMOKEY MOUNTAIN 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
- 07 SAT HILLIARD MEDEX 5K, 1:00 PM, HILLIARD MUNICIPAL PARK, HILLIARD, OHIO,  
PHYLLIS ERNST, 3800 CHERRYTREE DR., HILLIARD, OHIO, 43026 (614) 876-5200
- 07 SAT RUN FOR THE CHILDREN, 5K, 10:00 AM, CINCINNATI, OHIO, DON CONNOLLY,  
1445 SIGMA CIRCLE, CINCINNATI, OHIO, 45255 (513) 474-1399
- 07 SAT COOKIE CLASSIC 10K PREDICTION RUN, 10:00 AM, TOLEDO, OHIO,  
BILL LINDERMAN (419)693-3896
- 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, YRRC, 620 FAIRFIELD AVE., COLUMBIANA, OHIO, 44408  
(330) 482-9230
- 14 SAT BEER BOTTLE OPEN, 4 MILE, 10:00 AM, COLUMBUS GROVE, H.S., COLUMBUS  
GROVE, OHIO, JERRY BUNN, 206 HALL AVE., COLUMBUS GROVE, OHIO, 45830  
(419) 659-5702
- 14 SAT SHILLEIAGH 4 MILE RUN AND WALK, NOON, FLUSHING, MICH.,  
BAUMANN'S (810) 238-5981
- 15 SUN \*MAUI MARATHON, 5:30 AM, KAAHUMANU CENTER, KAHULUI, HI.,  
PO BOX 330099, KAHULUI, HI., 96733 (808) 871-6441
- 15 SUN(R) BETTELL COMMUNITY RUN, 5K RUN AND WALK, BETTELL COMMUNITY  
CENTER, MISHAWAKA, IND., MARY CZARNECKI (219) 258-1667

- 17 TUE THE FINISH LINE IAC SHAMROCK, 4 MILE RUN AND 5K WALK, DOWNTOWN INDIANAPOLIS, IND., KEN LONG AND ASSOC., (317) 632-8812
- 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 A SPRING THING 10K, CARMEL, IND., THE RUNNERS FORUM (317) 844-1588
- 21 SAT MOUTIAN GOAT HILL RUNS/WALK, DANVILLE, ILL., KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834 SUSAN (217) 733-2403
- 21 SAT NO FRILLS, ALL THRILLS TRAIL RUN, 10:AM, BRIGHTON, MICH., SUSAN BROWN (248) 486-1824
- 21 SAT SHAMROCK SPORTSFEST MARATHON, 8K, AND 5K WALK, VIRGINA BEACH, VA, JERRY BOCHIE, 2308 MAPLE ST., VIRGINA BEACH, VA, 23451
- 22 SUN SAM COSTA HALF MARATHON, 1:00 PM, CARMEL CLAY JR.HIGH, CARMEL, IND., TERRY TOWNSEND (312) 269-0708
- 22 SUN DALLAS TRAILS MARATHON, DALLAS, TEXAS, JAMES THURSTON, P.O. BOX 9306, WATERVEIW, TEXAS, 75218 (214) 324-4304
- 28 SAT GOVERNOR'S CUP SERIES, 8K R/W AND 5K WALK, MCCORMICK'S CREEK STATE PARK, SPENCER, IND., 10:00 AM, DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 28 SAT TRAIL BREAKER MARATHON, WAUKESHA, WIS., TRAIL BREAKER MARATHON, 2949 N MAYFAIR, STE. 106, WAUWATOSA, WIS., 53222 (414) 453-7600
- 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 LOR 1WO (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

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- 04 SAT(LP)MASTODON STOMP, 5K, 9:00 AM, HILLIARD GATES SPORTS CENTER, IPFW, FT. WAYNE, IND., JUDY TILLAPPAUGH (219) 481-6647
- 04 SAT INDIANAPOLIS ZOO PRIDE STRIDE, 15K RUN AND 4 MILE WALK, INDIANAPOLIS ZOO, KEN LONG AND ASSOCIATES (317) 632-8812
- 04 SAT BADGERLAND STRIDERS SOUTHSORE 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 CHARLESTOWN, SC, MUSC HARPER CTR., 45 COURTENAY DR., CHARLESTOWN, SC, 29401 (803) 792-2533
- 05 SUN ATHENS MARATHON, ATHENS, OHIO, ATHENS MARATHON, PO BOX 5780, ATHENS, OHIO, 45701 (800) 878-9767

- 05 SUN INDIANAPOLIS ZOO PRIDE STRIDE, 15K RUN AND 4 MILE WALK, DOWNTOWN INDIANAPOLIS, IND., KEN LONG AND ASSOC. (317) 632-8812
- 05 SUN THE RACE FOR THE GOOD LIFE, 5K, 9:00 AM, OAK PARK HOSPITAL, OAK PARK, ILL., (708) 386-2535
- 05 SUN NORTEL CHERRY BLOSSOM 10 MILE RUN, WASHINGTON D.C., NORTEL CHERRY BLOSSOM, PO BOX 98, CALLAWAY, VA, 24067
- 11 SAT CRESENT CITY CLASSIC 10K, 9:00 AM, NEW ORLEANS, LA, RICK LUSKY, PO BOX 13587, NEW ORLEANS, LA, 70185 (504) 861-8686
- 18 SAT(RP)SHOESUCKER 7, 7.2 MILE TRAIL RUN, 9:00 AM, KIL-SO-QUAH CAMPGROUND, HUNTINGTON, IND., RICHARD BEEMER, 4068 E. MAHON RD., ROANOKE, IND., 46783 (219) 672-8323
- 18 SAT RACE FOR THE CURE, 5K RW, 9:00 AM, MILITARY PARK, DOWNTOWN, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317)328-1632
- 18 SAT NOBLESVILLE SUNRISERS KIWANIS RUN, 15K AND 2 MILE FUN RUN, 9:00 AM, NOBLESVILLE H.S., NOBLESVILLE, IND., JIM SHONKWILER (317) 773-1087
- 19 SUN GLASS CITY MARATHON, TOLEDO, OHIO, PAT WAGNER, 130 YALE DR., TOLEDO, OHIO, 43614 (419) 385-7025
- 19 SUN CAESAR CREEK OHIO DUALTHON, (2 MILE RUN, 20 MILE BIKE, 2 MILE RUN), 9:00 AM, CAESAR CREEK STATE PARK, WAYNESVILLE, OHIO, HEALTH AND FIRNESS PROMOTIONS, (614) 577-9854
- 19 SUN MIAMI UNIVERSITY RED BRICK RUN, 5K, 1:00 PM, OXFORD, OHIO, DOUG CURRY, RECREATIONAL SPORTS CENTER, OXFORD, OHIO, (513) 529-8175
- 19 SUN IN THE NEIGHBORHOOD, 5K AND 1 MILE FUN RUN, MOLINE, ILL., BOYS AND GIRLS CLUB, 350 THIRD ST., MOLINE, ILL., 61265, JIM FARBER (309) 757-5770
- 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, KY, 8:00 AM, KENTUCKY DERBY FESTIVAL, 1001 S. 3RD. ST., LOUISVILLE, KY, 40203 (800) 928-3378
- 25 SAT(L) RUN WITH THE SPIRT 5K, 9:00 AM, ST. JUDE SCHOOL, 2110 PEMBERTON RD., FT. WAYNE, IND., ELIZABETH BROWN, 5701 REED RD., FT. WAYNE, IND., 46835 (219) 485-1504
- 25 SAT PINE LINE TRAIL MARATHON, MEDFORD, WIS., PINE LINE TRAILMARATHON, PO BOX 172, MEDFORD, WIS., 54451 (800) 257-4729
- 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

- 01 FRI INDIANAPOLIS LIFE MINI-MARATHON, 9:00 AM, DOWNTOWN INDIANAPOLIS, IND., INDY FESTIVALS, 201 S. CAPITAL, STE. 201, INDIANAPOLIS, IND., 46225 (800) 638-4296 OR (317) 328-1632
- 02 SAT(LP)FWTC MILE CHAMPIONSHIP, 6:30 PM, FOSTER PARK, FT. WAYNE. IND., (RACE TENTATIVE, MORE INFO TO COME)
- 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 SPRING FLING MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 03 SUN UPMC/CITY OF PITTSBURGH MARATHON AND 5K, PITTSBURGH, PA, LARRY GROLLMAN, 200 LOTHLOP ST., PITTSBURGH PA, 15213 (309) 691-6909
- 09 SAT(RP)WARSAW RUN FOR FUN, WARSAW, IND., (RACE TENTATIVE, MORE INFO TO COME)
- 09 SAT BANK ONE ROOKIE RUN, YOUTH RUNS(AGES 13 AND UNDER), 8:30 AM DOWNTOWN, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 09 SAT RACE FOR THE CURE WOMAN'S 5K, PERIA, ILL., SUSAN G. KOMEN MEMORIAL CHAPTER OF PEORIA, PO BOX 9695, PEORIA, ILL., 61612 (309) 691-6909
- 09 SAT BELLBROOK MARATHON AND HALF-MARATHON, 8:30 AM, BELLBROOK-SUGARCREEK COMMUNITY CENTER, BELLBROOK, OHIO, KEVIN OR CHARI WALSH (937) 496-7802
- 11 SUN(R)MOTHER'S DAY RUN, 5K CROSS COUNTRY AND 1 MILE STREET RUN, RICK FREY (219) 347-1064
- 16 SAT GOVERNOR'S CUP SERIES, 8K RW AND 5K WALK, 9:00 AM, MOUNDS STATE PARK, ANDERSON, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 16 SAT TERRE HAUTE TRIATHLON,(1K SWIM/40K BIKE/8K RUN), 7:30 AM, HAWTHORNE PARK, TERRE HAUTE, IND., JENNY CONDER, CENTER FOR FITNESS AND PERFORMANCE, UNION HOSPITAL, 1606 N. 7TH ST., TERRE HAUTE, IND., 47804
- 17 SUN 86TH EXAMINER BAY TO BREAKERS 12K, 8:00 AM, SAN FRANCISCO, CA, PO BOX 429200, SAN FRANCISCO, CA, 94142 (415) 808-5000, EXT. 2222
- 17 SUN TIFFIN DUATHLON, (5K RUN/40K BIKE/5K RUN), 9:00 AM, TIFFIN, OHIO, HEALTH AND FITNESS PROMOTIONS (614) 487-1916
- 23 SAT FIRST BANK OF AMERICA RUN HALF MARATHON, 10K AND 5K, DEXTER-ANN ARBOR, MICH, RENEE RIENNAS, FIRST BANK OF AMERICA RUN, 241 SUNSET, ANN ARBOR, MICH., 48103 (313) 633-0124

- 23 SAT BAYSHORE MARATHON, TRAVERSE CITY, MISH., DAVE TAYLOR, 1211  
E. FRONT, BOX 116, TRAVERSE CITY, MICH., 49684 (616) 941-5743
- 24 SUN MADISON MARATHON AND HALF MARATHON, 5K AND 10K, MADISON, WI,  
KEN MACKENZIE, PO BOX 5088, MADISON , WI, 53705 (608) 256-9922
- 25 MON(R)THE TEUTH 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., PO BOX 9125,  
BOULDER, COLO., 80301 (303) 444-RACE
- 30 SAT RIVERVEIWHOSPITAL DUATHLON, (2 MILE RUN, 14 MILE BIKE, 2 MILE RUN),  
9:00 AM, NOBLESVILLE, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA  
MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632

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JUNE 1998

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- 06 SAT(LP)CANAL DAYS, 10K AND 5K, 7:00 AM, SUMMIT AND ANN ST., NEW HAVEN, IND.,  
TOM GRAFT, 8088 SEILER RD., FT. WAYNE, IND., 46806 (219) 749-0982
- 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
- 06 SAT(R) YMCA STRAWBERRY FESTIVAL 5K, LAFAYETTE, IND.,  
MICHAEL J. WOODWORTH (765) 449-1415
- 06 SAT FIT FROG RUN AND WALK, 4 MILE RUN AND WALK, GARFIELD PARK,  
INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 07 SUN(R) YMCA TRIATHLON, (1/4 MILE SWIM/ 13 MILE BIKE/ 5K RUN), LAFAYETTE, IND.,  
MICHAEL J. WOODWORTH (765)441-1415
- 07 SUN GOVERNOR'S CUP SERIES, 8K RW AND 5K WALK, 9:00 AM, SPRING MILL  
STATE PARK, MITCHELL, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA  
MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 07 SUN SHELBYVILLE TRIATHLON SERIES I, FAIRLAND RECREATION PARK,  
SHELBYVILLE, IND., SHELBYVILLE PARKS DEPT., 945 S. TOMPKINS,  
SHELBYVILLE, IND., 46176 (317) 392-5128
- 07 SUN THE COLUMBUS 10K, COLUMBUS, OHIO, MATT MCGOWAN, THE COLUMBUS  
10K, PO BOX 238, COLUMBUS, OHIO, 43023 (740) 587-0376
- 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

- 13 SAT DUCKLING DASH, 8K RUN AND 5K WALK, 8:00 AM, PARK TUDOR, BROAD RIPPLE, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 18-20 RRCA 40TH ANNIVERSARY CONVENTION, PEORIA, ILL., CO-HOSTED BY ILLINIOS VALLEY STRIDERS AND STARVED ROCK RUNNERS
- 20 SAT 25TH STEAMBOAT CLASSIC, 15K AND 4 MILES  
PEORIA, ILLINIOS
- 20 SAT DOVE HARBOR RUN AND WALK FOR SHELTER, 5 MILE RUN AND 5K WALK, ANDERSON, IND., KEN LONG AND ASSOCIATES (317) 382-1632
- 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 DO RUN RUN, 5 MILE RUN AND 5K WALK, 8:00 AM, DOWNTOWN INDIANAPOLIS IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 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) 727-0947
- 21 SUN KALAMAZOO KLASSIC, 9:00 AM, KALAMAZOO, MICH., (616) 344-2891
- 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, CANADA R3C 4M2
- 27 SAT DUCKLING DASH 8K RUN AND 5K WALK, 8:00 AM, PARK TUDOR SCHOOL, INDIANAPOLIS, IND., TUXEDO BROTHERS (317) 328-1632
- 27 SAT(R) RUN IN THE MID YEAR, 4 MILE RUN, 8:00 AM, TRAIN DEPOT @ RIEHLE PLAZZA LAFAYETTE, IND., MICHAEL J. WOODWORTH (765) 449-1415
- 27 SAT INDIANAPOLIS SPRINT TRIATHLON, (500 YD. SWIM, 10 MILE BIKE, 3 MILE RUN) 8:30 AM, EAGLE CREEK PARK, INDIANAPOLIS, IND., DONN CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT, INDIANAPOLIS, IND, 46254 (317) 328-1632

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JULY 1998

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04 SAT(LP)RUNNING WILD 4 MILE RUN, FT. WAYNE ZOO, 7:30 AM,  
(RACE TENTATIVE, MORE INFO TO COME)

04 SAT GEIST SETRTOMA FORD 4X4 RUN AND WALK, 4 MILE RUN AND WALK, FT. BEN, LAWRENCE, IND., KEN LONG AND ASSOCIATES (317) 632-8812

- 04 SAT RUN THROUGH THE WOODS, WEST MILTON, OHIO  
(937) 698-7362
- 04 SAT PEACHTREE ROAD RACE 10K, 7:30 AM, ATLANTA, GA, SEND S.A.S.E. BY  
MARCH 1 TO: ATLANTA TRACK CLUB, 3097 E. SHADOWLAWN AVE.,  
ATLANTA, GA, 30305
- 11 SAT(LP)PARADE RACE 5K, HEADWATERS PARK, FT. WAYNE, IND.,  
(RACE TENTATIVE, MORE INFO TO COME)
- 11 SAT OLD NORTHWEST QUEST RUN AND WALK, 4 MILE RUN & WALK, DOWNTOWN  
INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 11 SAT YMCA BLOOD, SWEAT AND GEARS DUATHON, 5K RUN/20 MILE BIKE/5K RUN,  
KENNRKUK COVE COUNTY PARK, DANVILLE, ILL., KENNEKUK ROAD RUNNERS  
PO BOX 1701, DANVILLE, ILL., 61834 (217) 733-2403
- 12 SUN SHELBYVILLE TRIATHLON SERIES II, FAIRLAND RECCREATION PARK,  
SHELBYVILLE, IND., SHELBYVILLE PARKS DEPT., 945 S. TOMPKINS,  
SHELBYVILLE, IND., 46176 (317) 392-5128
- 18 SAT(RP)CLEAR LAKE RUN FOR THE BLIND, 5K/10K, 8:00 AM, CLEAR LAKE LUTHERAN  
CHURCH, 270 OUTER LAKE DR., CLEAR LAKE, IND., LEANN YAGODINSKI, PO  
BOX 12925, FT. WAYNE, IND., 46866, LARRY LEE (219) 747-7411
- 18 SAT IRON HORSE FESTIVAL 4 MILE RW, 8:00 AM, CASS COUNTY FAMILY YMCA,  
LOGANSPORT, IND., PAUL VERSNIK (219) 753-5141
- 18 SAT CAMERON SPRINGS INDY TRIATHLON, (1K SWIM, 33K BIKE, 8K RUN), 8:00 AM  
EAGLE CREEK PARK, INDIANAPOLIS, IND., DON CARR, 4314 MATREA MORE CT  
INDIANAPOLIS, IND., 46254 (317) 328-1632
- 25 SAT(L) FWTC 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) 324-8647
- 26 SUN WHARF TO WHARF 10K, 8:30 AM, SANTA CRUZ, CA, WHARF TO WHARF,  
PO BOX 307, CAPITOLA, CA, 95010 (408) 475-2196

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AUGUST 1998

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- 02 SUN SHELBYVILLE TRIATHLON SERIES III, FAIRLAND RECREATION PARK,  
SHELBYVILLE, IND., SHELBYVILLE PARKS DEPT., 945 S. TOMPKINS,  
SHELBYVILLE, IND., 46176 (317) 392-5128
- 08 SAT(RP)HOT AIR AFFAIR 4 MILE RUN, VAN WERT, OHIO  
(RACE TENTATIVE, MORE INFO TO COME)

- 08 SAT RCA CHAMPIONSHIPS, 10K AND 5K, 7:30 AM, INDIANA TENNIS CENTER, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 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
- 09 SUN SUMMER SPREE MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 16 SUN TRIATHLON CHAMPIONSHIPS AT EAGLE CREEK, (1.5K SWIM, 40K BIKE, 10K RUN), 7:30 AM, EAGLE CREEK PARK, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 16 SUN RAILS/TRAILS MARATHON, BROOKVILLE, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 22 SAT BEARS OF BLUE RIVER FESTIVAL, 5K/10K, DOWNTOWN SHELBYVILLE, IND., SHELBYVILLE PARKS DEPT., 945 S. TOMPKINS, SHELBYVILLE, IND., 46176
- 29 SAT GOVERNOR'S CUP FINALE, 8K RW AND 5K WALK, 8:00 AM, FORT HARRISON STATE PARK, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632

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SEPTEMBER 1998

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- 05 SAT(RP)ROANOKE 5 MILE RUN, ROANOKE, IND.,  
(RACE TENTATIVE, MORE INFO TO COME)
- 05 SAT NIFS FEST RUN & WALK, 5 MILE RUN & 5K WALK, WHITE RIVER STATE PARK, INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 12 SAT CORPORATE CHALLENGE, CORPORATE TEAM EVENTS, 7:30 AM, DOWNTOWN INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 12 SAT SUGAR RIVER TRAIL MARATHON, BRODHEAD, WIS., CHRIS ROBERTS, N. 2644 RED CEDAR LN., BRODHEAD, WIS., 53520 (608) 897-4516
- 19 SAT(RP)PARLOR CITY TROT, HALF MARATHON, BLUFFTON, IND.,  
(RACE TENTATIVE, MORE INFO TO COME)
- 19 SAT DICK LUGAR RUN AND WALK, 10K RUN AND 5K RW, 9:00 AM, BUTLER UNIVERSITY, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 19 SAT USAF MARATHON, WRIGHT-PATTERSON AFB, DAYTON, OHIO, USAF MARATHON, 88 SPTG/SVF, 5215 THURLOW ST., STE., 2, WRIGHT-PATTERSON OHIO, 45433 (937) 656-0470
- 19 SAT APPLE POPCORN RUN 5K  
BROOKSTON, IND. (MORE INFO TO COME)

- 26 SAT TUXEDO BROTHERS DUATHLON, (5K RUN, 33K BIKE, 5K RUN), 8:30 AM, EAGLE CREEK PARK, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 27 SUN WILD, WILD, WILDERNESS 7.6 MILE RUN, DANVILLE, ILL., KENNEKUK ROAD RUNNERS, PO BOX, 1701, DANVILLE, ILL., 61834 (217) 733-2403
- 27 SUN FALL FANTASY MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015

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OCTOBER 1998

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- 03 SAT EMILY'S SCHOLARSHIP RUN AND WALK, 5K RW, 9:00 AM, ORCHARD COUNTRY DAY SCHOOL, INDIANAPOLIS, IND., DON CARR, TUXEDO BROS., 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 04 SUN TOE TO TOW MARATHON, CLEVELAND, OHIO, PACIFIC SPORTS, 1900 E. NINTH ST., LOCATOR 7000, CLEVELAND, OHIO, 44114 (216) 575-3439
- 04 SUN TWIN CITIES MARATHON, ST. PAUL, MINN., SCOTT SCHNEIDER, 708 FIRST ST, MINNEAPOLIS, MINN., 55401 (612) 673-0778
- 09 FRI(LP)IPFW CROSS COUNTRY OPEN 5K, IPFW, FT. WAYNE, IND.,  
(RACE TENTATIVE, MORE INFO TO COME)
- 10 SAT INDIANAPOLIS MARATHON, LAWRENCE, IND., JOEL SAUER, PO BOX 36214, INDIANAPOLIS, IND., 46236 (317) 826-1670
- 11 SUN(RP)ZOOM THRU ZULA 10K, ZULA, IND.,  
(RACE TENTATIVE, MORE INFO TO COME)
- 11 SUN CHICAGO MARATHON, CHICAGO, ILL., CHICAGO MARATHON, PO BOX 10567, CHICAGO, ILL., 60610 (312) 243-0003 OR (888) 243-3344
- 11 SUN LAKEFRONT MARATHON, MILWAUKEE, WIS., STEVE HARTMAN, C/O BADGERLAND STRIDERS, 9200, W. NORTH AVE., MILWAUKEE, WIS., 53226
- 18 SUN DETROIT MARATHON, DETROIT, MICH., JAMES MINELLA, 300 STROH RIVER PL., DETROIT, MICH, 48207 (313) 393-7749
- 24 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
- 25 SUN(RP)CALLITHUMPIAN CANTER 5K, BELLMOUNT HIGH SCHOOL, DECATUR, IND.,  
(RACE TENTATIVE, MORE INFO TO COME)
- 25 SUN MARINE CORPS MARATHON, WAHINGTON DC, MARINE CORPS MARATHON, PO BOX 188, QUANTICO, VA., 22134 (703) 784-2225 OR (800) 786-8762
- 31 SAT PLEASANT RUN RUN, 5 MILE RW AND 3 MILE WALK, 10:00 AM, HISTORIC IRVINGTON, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATEA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632

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NOVEMBER 1998

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- 01 SUN NEW YORK CITY MARATHON, NEW YORK, NY, MARATHON ENTRIES, PO BOX 1388, G.P.O. NEW YORK CITY, NY, 10116 (212) 423-2249
- 01 SUN LEPRECHAUN MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON OHIO, 45414 (937) 898-7015
- 07 SAT OUTBACK SCRAMBLE, WACKY FIVE MILE X-COUNTRY RUN, 9:34 AM, EAGLE'S CREST, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 08 SAT COLUMBUS MARATHON, COLUMBUS, OHIO, JOAN RIEGEL, PO BOX 26806, COLUMBUS, OHIO, 43226 (614) 433-0395
- 21 SAT(LP)TURKEY TROT 5K, FOX ISLAND COUNTY PARK, FT. WAYNE, IND., (RACE TENTATIVE, MORE INFO TO COME)
- 21 SAT TURKEY TROMP, HANDICAP 5K AND POKER RUN, KENNEKUK COVE COUNTY PARK, DANVILLE, ILL., KENNENKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834 (217) 733-2403 OR (217) 431-4243
- 26 THUR INDY PARKS TURKEY TROT, 5K AND 5 MILE FUN RUN, RIVERSIDE PARK, INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812

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DECEMBER 1998

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- 05 SAT(LP)JUST PLAIN 10K, FOSTER PARK, FT. WAYNE, IND., (RACE TENTATIVE, MORE INFO TO COME)
- 05 SAT JINGLE BELL RUN FOR ARTHRITIS, 5K R/W, 10:00 AM, NATIONAL INST. FITNESS AND SPORT, INDIANAPOLIS, IND, DON CARR, TUXEDO BROTHERS, 3414 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 05 SAT KENTUCKY MARATHON, LOUISVILLE, KY., STU MCCOMBS, 7004 BEACHLAND BEACH, PROSPECT, KY., 40059 (502) 228-1133
- 06 SUN MEMPHIS MARATHON, MEMPHIS, TENN., KIM CHERRY, FIRST TENNESSEE MEMPHIS MARATHON, PO BOX 84, MEMPHIS, TENN., 38101 (800) 893-7223
- 12 SAT ROCKET CITY MARATHON, HUNTSVILLE, ALA., MALCOLM GILLS, 1001 OPP REYNOLDS RD., TONEY, ALA., 35773 (205) 828-6207
- 29-31 MARATHON SIX-PACK, VANDALIA, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON OHIO, 45414 (937) 898-7015C.
- 31 THUR MADD DASH TO MIDNIGHT, 11:00 PM, TUTTLE CROSSING MALL, DUBLIN, OHIO, HEALTH AND FITNESS PROMOTIONS, (614) 487-1916

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)

# 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.

# **Coming Events...**

**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

**NUTRI RUN 20K and 5 Mile**  
Saturday, March 21, 1998, 2:00 PM  
Woodside Middle School Fort Wayne, IN

**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**

	<b>1 Issue</b>	<b>3 Issues</b>	<b>6 Issues</b>
Full Page	\$75.00	\$200.00	\$325.00
Half Page	40.00	110.00	175.00
Quarter Page	25.00	65.00	100.00
Business Card	na	na	50.00
Cover (Inside front or back)	300.00	750.00	1200.00
Insert Race Application (Includes printing results) 12 X Entry fee, minimum \$35.00 (10 X Entry fee paid in advance)			
Advertising must be supplied, camera ready art, or layout charges will be incurred.			
All race applications must be supplied for insertion. Inside Track publishes 450 issues bi-monthly.			



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

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