

# the inside track

April - May 1998

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



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Tim O'Connell

## DISTANCE COACHING—A 365-DAY A YEAR JOB

## (Part Two)

As stated earlier, our distance training program at Northrop is on a year-round basis. This distance year is divided into 10 separate, but inter-related parts. Part one is the summer base conditioning program, already discussed. We have found that once a young man commits himself to the summer training aspect of his total conditioning, he is on his way toward total commitment to the total program. Segment number two of our distance program is what we call our late summer pre-cross country season phase which lasts for four weeks in August, beginning with camp week. This is a much more intensive situation with total mileage stepped up and more emphasis on fartlek, interval, and repetition work. All of our workouts from here on throughout the entire season are always individualized as much as possible, based on each particular runner's progress at that certain point in time and based on his next racing goal. The next three segments of our training divide the cross country competitive season into thirds. Our early cross country season training maintains the same basic daily mileage totals as during the pre-season August phase (averaging around 8-12 miles per day on 2-a-day practices at least three days per week) but we now have the addition of competition in several invitational meets. Our mid-season cross country phase of training (late September through early October) brings an emphasis on quality running, rather than quantity, with speed work brought more into play than it was in our earlier stages of conditioning. Our runners are told that times will not always improve much during this phase because of the lactic acid build-ups which commonly occur at this time. We explain it to our runners through the analogy of a runner performing in lead boots, and we convince them that we will be taking these boots off in our later stages of cross country work. Our late season training (mid-October until the State Meet) eases off of the anaerobic work and assumes the fact that our conditioning is basically behind us. We do continue some kind of speed work on almost a daily basis as a sharpening tool, saving the big efforts for competition. We still try to get one hard session in per week, but never pushing for anything but better group running and a building of individual and team confidence. Our basic order of training from August through the end of cross country is as follows: **Sunday** (long, easy overdistance); **Monday** (hard workout of speed, pace + speed, or volume interval); **Tuesday** (steady-state runs); (sometimes Monday and Tuesday workouts are switched) **Wednesday** (recovery day of easy running); **Thursday** (hard or medium hard day of speed or quality interval); **Friday** (easy overdistance or fartlek); **Saturday** (competition or pace + speed or repetitions and/or hill work). Before leaving the cross country phase, I would like to add one comment concerning cross country scheduling. In high school, I firmly believe that to keep young men enthused, we must have some form of competition to look forward to as often as possible; but there is a definite limit to this competition. The ideal situation would be a Tuesday and Saturday combination, which fits right into the natural progress of the workout schedule. In fact, currently most of our meets are scheduled on Saturdays only due to the rigors of competing at the 5K (3.1 miles) distance.

The sixth phase of our conditioning for distance men at Northrop is what I call our winter carry-over training—basically the months of November and December. I think I should interject at this point that it is my personal feeling that high school youngsters should have an opportunity to participate in more than one sport. Unfortunately, we seem to be in an age of specialization and youngsters are being brainwashed into thinking they must specialize in only one sport. This is unfortunate for a number of reasons. Athletes are missing out on meeting new friends in other sports, new opportunities and avenues to which their talents might even be better geared than that at which they have been convinced to specialize. Those athletes who, however, choose not to compete in a separate winter sport are encouraged to train through this period by basically rebuilding their distance base, with just enough interval or repetition work to keep the proper tone for later track training (perhaps once a week or every ten days). I believe the runners should be guided through this period but should be basically on their own until the track conditioning program formally begins. It is necessary for both coach and runner to have this period of time for mental relaxation, if nothing else. There are a few runners who need to take some time off and this becomes a good opportunity for them to do so and not feel guilty about it. Our suggested workouts are very similar to the summer base conditioning phase with the addition of some weekly hill-springing and/or downhill striding work. The weekly total mileage during this period never exceeds about 40-60 miles. Some of our runners cover as few as 30-40 miles a week all during this phase.

(conclusion next month)

**MINUTES**  
Fort Wayne Track Club Monthly Meeting  
Wednesday, January 14, 1998, 7:00 p.m., IPFW

17 Present: C. Brandt, J. Schlatter, S. Bruner, P. Knott, L. Gorman, J.P. Jones, D. Anderson, J. Diehl, M. Maddalone, M. Swenson, J. Brower, J. Hockensmith, M. McAvoy, M. Harper, D. Lindley, J. Tillapaugh, B. Peterson

1. Barrie Peterson called the meeting to order and Don Lindley opened in prayer.
2. Barrie Peterson talked about the Lukemia Society team in training program.
3. The minutes from last meeting were reviewed and accepted.
4. Don Lindley gave the Treasurer's and Membership report.
  - a. There was an income of 1233.71, with expenses of 3251.35, for a balance of 9711.26.
  - b. The bulk of the expenses were for the RRCA dues and insurance.
  - c. There were 483 members at the end of 1997.
5. Don Lindley gave the proposed 1998 budget which was discussed and passed.
  - a. Surplus income from races not included in the budget.
  - b. Newsletter expenses up \$1000 over 1997.
  - c. Equipment budget will go to either replacing 20 year old race clock or 2 new 2-way radios.
  - d. RRCA dues and insurance will go up slightly.
  - e. \$500 will be spent for the new FWTC telephone number.
6. Don Lindley lead a discussion on raising the club membership dues to \$16 per year and allowing payment for a partial year by quarters starting in July of 1999. The 2 and 3 year discounts and new member and student discounts would remain at \$12. The proposal passed.
7. Don Lindley gave the final report on the turkey report.
  - a. There were 110 runners.
  - b. One dollar per runner was donated to Fox Island Park.
8. Barrie Peterson lead a discussion of FWTC board members and appointed positions.
9. Judy Tillapaugh said that she is leading an effort to develop a new brochure for membership application and the board authorized her to hire a graphic artist and report back in a month.
10. Jon Schlatter gave a race calendar update: Winter Carnival 5k, Syracuse, Ind., Feb. 7.
11. Joyce Hockensmith said that items for the newsletter are due now and that she would like them to be sent to her by E-mail or given to her on disk.
12. Mitch Harper gave the final report on the HUFF.
  - a. 127 starters and 102 finishers put the race in the top ten trail 50ks in North America.
  - b. 16 states were represented by the starters.
  - c. The race will end in the black.
  - d. The DNR was happy with the race and promised to eliminate the skeet shooting next year.
13. Mike McAvoy gave a report on the bus trip to the Crim on Aug. 23, 1998.
  - a. The cost including the bus will be \$92 single, \$69 double, and \$61 triple.
  - b. There is a 31 person minimum and people must be signed up 6 weeks in advance.
14. Mike McAvoy gave a report on the Awards Banquet.
  - a. Will be Feb. 14, 1998 at 5:30 pm at Northrop High School cafeteria.
  - b. Barrie Peterson sent a letter to all area coaches inviting them and their runners to attend.
15. Barrie Peterson agreed to be race director for the Fanny Freezer 5k at Shoaff Park.
16. Mike McAvoy gave a report on the Nutra Runs.
  - a. The budget is \$4200 including \$1500 from Tony's Pizza.
  - b. Will do a mass mailing soon.
  - c. Will change the race course to avoid U.S. 14.
17. Mike McAvoy informed the board that he had meet with the TRF parade director, the police, and the Ft. Wayne Women's Bureau about changing either or both the race course and the date of the parade race. No success for now but he will keep trying.

Meeting then adjourned. Next meeting February 11, 1998, 7:00 a.m., IPFW.  
Respectfully submitted, Jon Schlatter, Club Secretary.

## MINUTES

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21 Present: C. Brandt, J. Schlatter, S. Bruner, P. Knott, L. Gorman, J.P. Jones, M. Yann, J. Diehl, M. Maddalone, M. Swenson, M. McAvoy, M. Harper, W. Moya, L. Armstrong, D. Lindley, J. Tillapaugh, B. Peterson, P. Shelzer, G. Dexhiemer, B. Sohaski

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. Don Lindley gave the Treasurer's and Membership report.
  - a. There was an income of 3,562.86, with expenses of 471.69, for a balance of 12,802.43.
  - b. The income included the net profit from the HUFF and a 1500.00 contribution from Tony's Pizza for the Nutra runs
  - c. There were 172 members at the start of 1998.
4. Judy Tillapaugh showed the new draft for the new FWTC application and said that it would be ready to hand out at the Nutra Runs.
5. Judy Tillapaugh gave a report on the Mastodon Stomp 5k.
  - a. April 4, 1998 at IPFW
  - b. Asked for Volunteers
  - c. Announced that Progressive Ins. as a sponsor.
6. Jon Schlatter gave a race calendar update: No new races.
7. Jon Schlatter showed an info sheet for passing out at future races that included information on the FWTC and updates on upcoming races.
8. Mike McAvoy gave a report on the bus trip to the Crim on Aug. 23, 1997.
9. Mike McAvoy gave a report on the Awards Banquet.
  - a. Will be Feb. 14, 1998 at 5:30 pm at Northrop high School cafeteria.
  - b. Ward Moya will assist handing out the points races awards.
10. Mike McAvoy gave a report on the Nutra runs.
  - a. Will spend more money on publicizing the race.
  - b. The new course is out and back that he hopes to have certified.
  - c. The county sheriff will provide some help on the course and there will be medical personnel.
  - d. Will have a budget of \$250 for cash awards.
  - e. NEIDA will set up a display.
11. Barrie Peterson gave a report on the Fanny Frezzer 5k.
  - a. The course is set and marked.
  - b. Need a few more volunteers.
  - c. Will pass out awards at the banquet.
12. Phil Suelzer introduced Jim Sack a representative from Germanfest who spoke about an invitation from the Gera, Germany running club to participate in a relay race in late August.
13. J.P. Jones gave a report on the Marathon.
  - a. 3 entries and 50 inquiries so far.
  - b. Indiana-Ohio will sponsor a 6 person relay event.
14. Judy Tillapaugh announced that Mark Doctor will be resigning as state RRCA rep. and that a search is on for a new one.
15. Judy Tillapaugh said that Kim Davidson is thinking of doing a club trip to the Indy-mini and that anyone who is interested should contact her.
16. Judy Tillapaugh said that Bishop Luers High School is looking for an asst. x-country coach.

## HOW TO HAVE A PERFECT MARATHON EXPO

by

Hal Lewis

Good was no longer good enough! I had been in charge of this marathon expo for six years now, and I had always had a success. At the finish of each, colleagues (and even complete strangers) had come up and shook my hand, or clapped me on the back or shoulder and said things like "good job, Derek" or "another fine expo, Derek" or "you did it again"- And the first few years, I had considered those comments high praise.. they were satisfying to me. But no longer. The past few years, I had found these same remarks lacking.. even annoying. I needed more. I wanted to hear "this was the best ever, Derek" or "the best I've ever seen" or "this was the greatest expo yet, Derek!" or "Derek, I don't know how you do it! You've eclipsed them all". I didn't want to settle for anything less! I wouldn't settle for anything less!

And so he had worked relentlessly for a year. He had begun the day following last year's marathon.

He had had all of the expo speaking slots filled six months ago! Everyone on his staff involved with the day's events had said at one time or another that he had done a terrific job. He had been efficient; a real pro. He had worked energetically and put in endless hours over the long months in preparation. He had been able to sign some of the best and most renowned people in their fields to come and speak in October. Sports therapists, a nutritionist, a panel of elite runners, a sports physiologist, and the most popular inspirational sports speaker in the country, and finally, a highly recommended representative from Worldwide Sportswear.

Worldwide Sportswear, a company which in recent years has taken all other sportswear competitors by storm. A company which has achieved financial ascendancy over all others in the world! They were sending their foremost representative! Expo director Derek Wall decided to put him in the final speaking slot of the day - the piece de resistance.

All had gone extremely well. Each one in the lineup had been well received by the runners. They had delivered their talks and when appropriate, had used demonstrations and visual aids. Some finished with Q & A. All had been knowledgeable, well prepared, qualified, and had been hearty and enthusiastic.

And then, this curse.. this disaster hit the stage. "What can I do?" thought Derek. "I am being humiliated and tormented. And I'm trapped. I can hardly give a speaker the hook as they had in the old vaudevillian days." The distressed expo director Wall forced himself to listen to more of the Reverend Obadiah Whizzwell: ".. and I know for a fact my friends, that when imaginative, robust young people see other young people in skimpy running shorts - shorts that expose so much of their supple developed bodies, it can't help but excite them and stimulate unhealthy and ungodly thoughts in their creative youthful minds. God warned us about this in the Bible. God says that it's a sin an abomination! He comes right out and tells us that seem' too much unholy skin corrupts us and tempts us and causes unnatural thoughts - especially among the youth -but of course it can do the same to adults - especially if they ain't been born again. It's all spelled out right there in one O' the books of the Old Testament. I'm not sure which. It coulda been Micah or Zechariah or Malachi. One O' them. It's been awhile since I seen it."

A mortified Derek Wall could do nothing about this calamity. He could only sit and wait and hope it would soon be over. He would have liked to explain to these hundreds of marathoners what had happened. But how could he get up after this speaker and explain that he had scheduled the top flight representative from Worldwide Sportswear, and that only five days ago he had gotten a telegram from the company regretting that their representative had a family emergency and was unable to speak at the expo. They also regretted that all of their other representatives were unavailable because of previous engagements. He couldn't explain all of this without appearing pusillanimous and craven.

A frantic Derek Wall had gone to his well-organized and thorough files to find a replacement for his lost speaker. After dozens of phone calls he had still been empty handed. Everyone was, at this late date, booked. Then three days ago - it seemed to him like a gift from heaven - the letter arrived out of the blue. It was a form letter simply

A frantic Derek Wall had gone to his well-organized and thorough files to find a replacement for his lost speaker. After dozens of phone calls he had still been empty handed. Everyone was, at this late date, booked. Then three days ago - it seemed to him like a gift from heaven - the letter arrived out of the blue. It was a form letter simply stating that a well-known authority with a special interest in the running apparel of the day was available to speak to runners - especially at marathon expos where large numbers of runners gathered. It was signed "O. Whizzwell". Derek asked among his staff. No one had ever heard of "O. Whizzwell".

Desperate people sometimes take chances. Chances they may regret. A desperate Derek Wall contacted Mr. O. Whizzwell and was assured that he - Mr. Whizzwell - could make the engagement and was indeed looking forward to speaking at the expo. He, in fact, sounded very enthusiastic. The expo director was tremendously relieved. He had been extricated. He had dodged a bullet.

His big day had arrived. He had done his work well. He had been able to sit back and savor - even luxuriate in his successful expo. His many months of hard work and long days had paid off. Big! Big, that is, before his expo had been cursed by the pathetic Reverend Obediah Whizzwell!

I can't even look up, thought Derek. All I can do is sit here on the dais among the other members of my staff. I long ago saw their furtive expressions of concern. And then their concern turned to dismay and then to incredulity. The passionate Obediah Whizzwell was a man on a mission. He was a man on a crusade. It was a crusade against carnal skin!

He was saying: "I tell you that to wear provocative godless running shorts and singlets in public, feeds the insatiable desires of our youth - it excites their passions beyond their control! To dress in this scanty manner is an act against Almighty God!"

Expo director Wall was a tormented man. By now he had his elbows on his thighs and held his head in his hands. He would have liked to crawl under a rock he was so humiliated. He prayed. He prayed for the Reverend Obediah Whizzwell to end his absurd sermon - for that's what it was - and get out of his life! The reverend was at moments in a frenzy. He continued to bemoan the deplorable state of the runner's wardrobe: "...and ladies and gentlemen, I beseech you to support me in my crusade to discontinue the use of the two most godless garments of all..." He paused long for dramatic effect. "I speak of the profane ungodly running bra and the unholy heathen running tights. Our callow, vibrant, nubile youth, in the flower of their lives, should not be wearing clothes - or seeing others wearing clothes - which define and emphasize their lithe, muscular, maturing, and sensuous young bodies. The unspeakable impious running bra and tights only stir-up the fires of carnal passions, feed our lusty youth's ravenous cravings, and provide the fuel for the turbulent and insatiable appetites and desires and ruling passions of our innocent children.

"Wearing these clothes will eventually eat away at the Christian spirit of our teens - ending in the surrender of their values. I beg of you in the name of God, to join with me in this great crusade against the devil's work. God bless you and thank you."

The Reverend Obediah Whizzwell stood behind the lectern with a huge pious satisfied smile on his face. He was waiting for his applause. Expo director Derek Wall was waiting for the applause too, but for a different reason - he wanted this nightmare to be over. He wanted the good reverend out of here so that he could also get out of here. But the applause didn't come. Nothing but silence filled the auditorium. The long silence was torture for director Wall.

But then slowly, something strange was beginning to take place. At first there were heard a few chuckles, and then a few more. Then some giggling, then tittering and snickering, and now a smattering of laughter. And it grew and grew. Then suddenly there were pockets of crowing and bursts of louder laughter and there was cheering and it all soon came together and grew into a loud and constant roar. And with all of this there was enthusiastic applause. Now the audience was standing and the laughing and hooting and the applause built to a rising crescendo.

By now the Reverend Obediah Whizzwell's expression had changed from his pious smile to one of fury. He stormed off the dais and out of the auditorium.

Expo director Derek Wall was stunned. Suddenly he was surrounded by colleagues slapping him on the back, and shaking his hand, and chuckling and laughing. He was hearing how innovative and creative he was by ending the expo with farcical humor, how we needed more of this kind of thing to spice expos up, and how they had never seen anything like it at any other expo. Some said

that this was an historic moment for marathon expos. He was hearing words such as satire, absurdity, ludicrous,

burlesque, and buffoonery. They laughed at the character of the Reverend Obediah Whizzwell and wanted to know where he had ever found such a treasure.

And then he heard the words he so longed for: "Dereck, this was the best expo we've ever seen! It was truly inspired! It was the greatest!" A most gratified and transported Derek Wall modestly accepted the plaudits for his creative and sagacious farsightedness.

Dear Track club members:

Two months ago the official invitation from our partner city, Gera-Germany, was placed in the FWTC newsletter. The event is a three-man team relay race, which lasts 12 hours. You might be expected to run anywhere from 20 to 40 miles depending on the pace of the team. The distance that each team member is required to run is at least 3.5 kilometers each leg, before handing off to one of the other team members. Having run several similar events (24 hr. Relays-28+ miles) in the past, I can say that the cumulative effect is not as deadening to the legs as running a full marathon.

Using that as an excuse to run the event myself, I have enlisted Lynn Armstrong as one of the members of the team. At this point, several club members have expressed an interest but each one has run into complications, including several injuries. At this point we are in search of one more team member. As mentioned in the original letter, the race director in Germany would like to have two teams from each partner city.

The cost of the flight, which unfortunately is during the most expensive time of the year (race is August 29th) would be about \$800. This might be reduced somewhat if we are able to qualify for a grant from Gera Club here in town. The remaining cost of the trip would be minimal, because accommodations and board would be provided for by the people of Gera. If you have ever considered going to Europe, Germany in particular, the trip would undoubtedly prove to be a very unique opportunity to visit the country and meet the people. Tours of the surrounding cities are usually planned by the Gera group to all those that would be interested. I am planning on leaving on the 22nd of August and visiting 3 or 4 cities that are within a two-hour drive. Please contact me at home if you want further information - 486-1745. Phil Suelzer

Officer's, Board Members & Members of FWTC

The family of Dr. Marjorie E. Person greatly acknowledges your Memorial to the William D. Perry Scholarship Fund at IPFW. We are changing the name of the fund to: Marjorie E. Person/William D. Perry Scholarship Fund.

Sincerely: William, Molly, Eric, Angie, & Tom Person

PS Don, I want to express my many thanks to you and the others of the FWTC for being so kind and considerate to Marjorie. She really enjoyed going to the meetings and races.

Signed: Ken Disler

# **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.**

## 1997 ULTRAMARATHON HIGHLIGHTS

Gorman and Beasley Make the Lists

The Huff 50K - by the numbers

submitted by Mitch Harper

In the March issue of each year, UltraRunning Magazine summarizes the prior year of ultramarathons in North America. This statistical look back is one of the great features of the magazine. The issue contains a list of the 100 largest North American Ultras in 1997, a compilation of the number of entrants and finishers in 1997 ultramarathons, and rankings of the top North American ultrarunners at various distances and times.

What are some of the highlights for the Fort Wayne Track Club?

Foremost is the performance of FWTC member Linda Gorman during 1997. She makes three different lists in UltraRunning. Linda was the women's winner of the 30th largest ultra in North America - the Howl at the Moon 8 Hour Run. Linda completed 51.86 miles in 8 hours; a new women's course record. Further, she is ranked 43rd on the list of fastest women for the 100 mile distance. She completed her first 100 mile race at Kettle Moraine in Wisconsin last June. Linda is ranked 110th among women at the 50 kilometer distance based on her performance at the Swan Creek Crawl in July. What a year, Linda! Congratulations!

FWTC Triathlete Scott Beasley decided to try something new this year. He entered his first ultramarathon at the FWTC HUFF 50K in December. He also ended up being one of the folks completing 50 kilometers in under 4 hours and 30 minutes. Scott finished The HUFF in 4:29:55. He made UltraRunning's list of 451 men's finishers by 5 seconds!

The HUFF provided the men's list with 13 competitors completing the 50K in under 4:30.

Number 90 was Steve Webster, MI, second place finisher at The HUFF. Number 109 is Mark Godale, OH; Number 111- Takayuki Kawamura, WI; Number 168- Stephen Godale, OH; Number 184- Patrick Puckett, IN; Number 222- Tom Possert, OH; Number 244- Joe Smindak, OH; Number 264- Tim Clement, OH (but former Fort Wayne resident); Number 297- Jeff Tincher, IN; Number 347- John Ryder, IN; Number 361 Aaron Leitner, OH; Number-417 Kevin O'Grady, OH. The HUFF men's winner, Brandon Sybrowsky of Utah, made the list at number 33 based on his winning performance at the High Desert 50K at Ridgecrest CA on December 7.

HUFF's women's champion, Chris Ralph, of Washington State, made the women's rankings at 201. The women's list ranks 265 competitors finishing the 50K distance in under 5 hours and 30 minutes. (Chris was also recently spotted on TV's "Bill Nye the Science Guy" talking about endurance sports.)

The HUFF itself made the lists as well. There were 335 ultra races held last year in North America. UltraRunning lists The HUFF as tied for largest new ultra of the year with the Holcomb Valley 50 Mile race in California. The list also shows The HUFF in a three way tie for the 33rd largest ultra. However, since the magazine credited the race with an additional finisher; the ranking can be more accurately put at 35th overall.

The HUFF is in the top ten of ultras east of the Mississippi. It is among the top fifteen 50 kilometer races in North America. It is a real tribute to the great numbers of FWTC volunteers and organizers who lent their talent and expertise to the race. Again, thanks!

Finally, those who are subscribers to Running Times magazine may have noticed a familiar face in the April issue. HUFF winner Brandon Sybrowsky appears on the calendar page. He is unidentified but you may be able to distinguish him by his beard.

The photo was taken shortly after his victory by FWTC member Bill Crane.

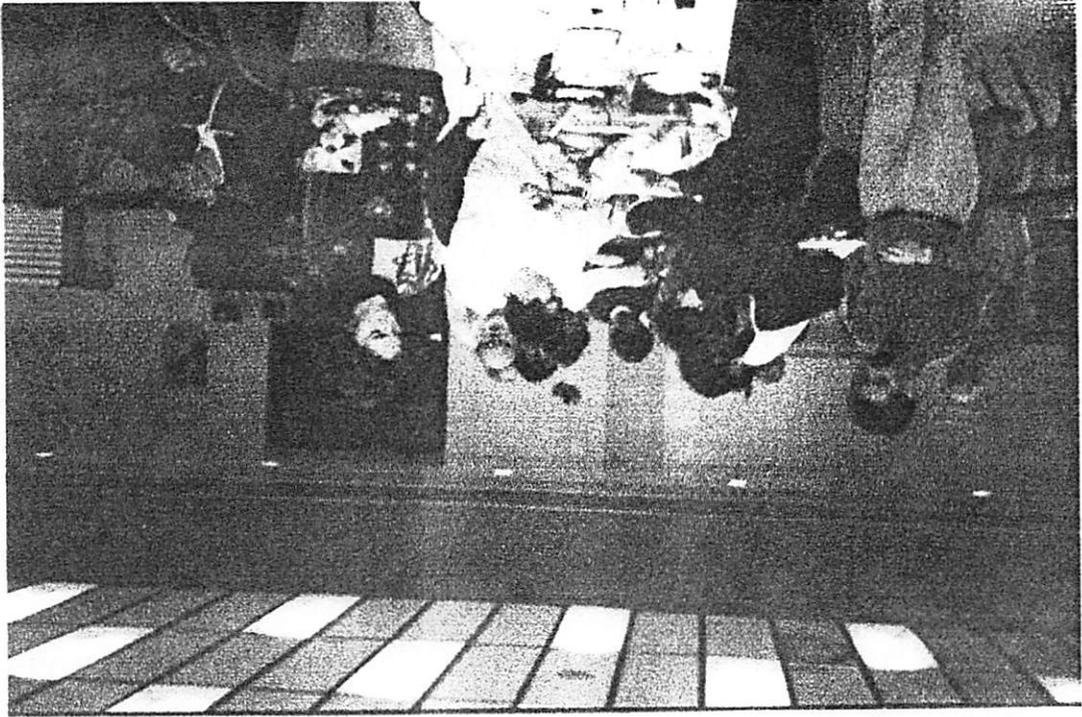
**FORT WAYNE TRACK CLUB  
FANNY FREEZER 5K  
Saturday, February 14, 1998**

PLACE	NAME	SEX	AGE	TIME
1	Brian Shepherd	M	32	15:32.6
2	Ron Sharp	M	32	15:43.2
3	Brandon Weiss	M	18	16:09.0
4	Mike Fruchey	M	28	16:17.2
5	Todd Esquivel	M	20	16:24.7
6	Aaron Barton	M	18	16:26.0
7	Chuck Schlemmer	M	37	16:28.0
8	Terry Goodspeed	M	18	16:47.5
9	Michael Clay	M	38	16:49.7
10	Jeff Nidlinger	M	18	17:11.5
11	Vince Garcia	M	43	17:12.6
12	Jason Voorhies	M	19	17:25.9
13	Chad Clevenger	M	20	17:30.5
14	Nathan Peffley	M	15	17:34.0
15	Tim O'Connell	M	41	17:35.2
16	Brad Thomas	M	23	17:37.9
17	Jay Prichard	M	40	17:56.3
18	Tim Bronom	M	16	18:10.0
19	Conrad Peterson	M	39	18:12.9
20	Carl Risch	M	40	18:14.6
21	Jed Pearson	M	46	18:16.4
22	Ardy Litzenberg	M	15	18:18.6
23	Mark Walter	M	32	18:29.7
24	Chris Adang	M	23	18:42.0
25	Paul Shaffer	M	40	18:43.0
26	Kim Davidson	F	25	18:49.2

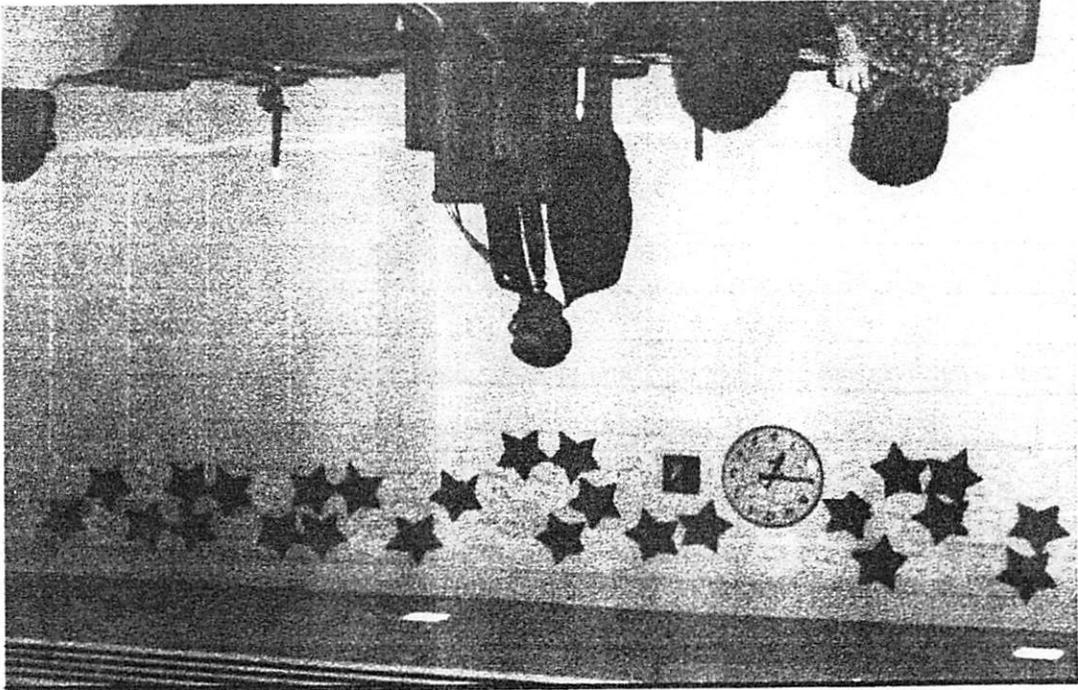
27	Jeff Rowe	M	37	19:20.2
28	Phil Rizzo	M	45	19:28.8
29	David Swenson	M	38	19:32.6
30	Hal Pearson	M	43	19:35.5
31	Joe Marden	M	16	19:38.7
32	Mike Engler	M	30	19:42.9
33	Jay Louison	M	34	19:44.8
34	Hans Ausderan	M	20	19:47.8
35	Kcith Walter	M	30	19:48.8
36	David Foote	M	21	19:50.6
37	Verlon Troyer	M	49	19:53.9
38	Ward Moya	M	34	19:56.1
39	Bruce Daugherty	M	44	20:07.4
40	Jerry Diehl	M	46	20:16.9
41	Mike Henry	M	33	20:23.4
42	Robin Rizzo	F	31	20:28.0
43	Jon Byers	M	22	20:30.3
44	Adam Knight	M	14	20:35.0
45	Chester Bennett	M	15	20:36.0
46	Jeremy Lane	M	17	20:36.9
47	Christopher Fowler	M	43	20:42.5
48	Jon Schlatter	M	41	20:44.5
49	Kim LeFever	M	41	20:45.4
50				
51	Mitch Harper	M	41	20:46.7
52	Paul Ausderan	M	44	20:47.5
53	Mervin Kochlinger	M	51	20:52.7
54	Steve Summers	M	43	20:53.7
55	Bill Freygang	M	36	20:57.7
56	Bill Crane	M	55	20:59.3

57	Nathan Clay	M	12	21:06.9
58	Rick White	M	15	21:14.6
59	Tom Zaucha	M	43	21:18.9
60	Joe Ziegler	M	62	21:19.5
61	Tom Landis	M	41	21:31.7
62	Hope Raschke	F	26	21:37.0
63	Steve Evers	M	39	21:38.2
64	Dave Boylan	M	55	21:39.2
65	Don Kramer	M	44	21:42.2
66	LeAnn Buescher	F	15	22:09.8
67	Gene Wright	M	43	22:13.5
68	Julie McNulty	F	32	22:18.5
69	Mark Altstaetter	M	35	22:19.6
70	Michael Variell	M	41	22:28.0
71	Jenna Shaffer	F	12	22:33.7
72	Tom Laird	M	61	23:06.6
73	Ty Murphy	M	49	23:07.8
74	Angel Frain	F	34	23:17.4
75	Jason Evers	M	18	23:29.3
76	Kelly Mahoney	M	28	23:34.0
77	Andrea Harding	F	20	23:39.7
78	Lorraine Fox	F	37	23:42.2
79	Colleen Graf	F	37	23:44.5
80	Ken Stump	M	45	23:53.2
81	John Bennett	M	42	23:55.0
82	Monica Maddalone	F	32	24:07.4
83	Tom Felge	M	58	24:15.1
84	Larry Lee	M	53	24:25.7
85	Katrina Loucks	F	26	24:28.0

86	Brian Loucks	M	28	24:29.8
87	Jenni Lee	F	15	24:30.5
88	Don Lindley	M	55	24:35.3
89	Jonathan Lamb	M	17	24:36.2
90	Thomas Cleveland	M	36	24:49.7
91	Linda Clay	F	38	24:51.0
92	Janet Souder	F	18	24:57.8
93	Stephanie Peterson	F	16	25:01.3
94	Dean Russ	M	41	25:21.5
95	Naomi Fruchey	F	26	25:22.5
96	Davin Harman	M	13	25:30.9
97	Steve Ludwiski	M	41	25:41.1
98	Eugene Striggle	M	67	25:43.7
99	Terri Gross	F	42	25:48.0
100	Jim Stamper	M	42	26:03.3
101	Joan Gary	F	61	26:12.3
103	Kathy Swenson	F	44	26:24.2
104	Martin Swenson	M	45	26:24.7
105	Martina Swenson	F	25	26:30.1
106	Kathleen Ahee	F	35	26:42.8
107	Mishana Wood	F	19	26:44.4
108	Chris Barlow	F	28	26:54.9
109	Tom Ludwiski	M	10	26:59.6
110	Cindy Beineke	F	22	28:50.4
111	Ashley Henry	F	11	28:55.9
112	Sam Sipes	M	12	29:14.4
113	Sue Sipes	F	41	29:46.2
114	Carol Garcia	F	42	29:51.4
115	Sarah Klienknicht	F	54	30:11.3
116	J.P. Jones	M	69	30:47.7



FWTC Banquet Speaker Larry Maddox



Scenes from the FWTC Banquet

# Tony's Pizza Nutri-Run 1998

Morning dawned and the message from Mother Nature wasn't good, not that it mattered to the runners getting ready for this year's edition of the Nutri-Run. Race headquarters ( Don L's house ) did receive 4 calls wondering if the race was still on. Even considering the persistent north wind, the turnout for this year's event was great. In fact, this was the second highest total number of finishers in the 20km and 5 mile event. Thanks runners!

The winners this year all had impressive times in spite of the weather. All cracked the top 20 in the all-time lists, led by Brian Sheperd's 5 mile win. Brian's time of 26:22 ranks 3rd all-time behind only... surprise, two of Brian's previous victories. Ann Duff was the women's winner with a time of 35:54.

Kim Davidson ran the new, out and back 20km course in a time of 1:25:55 and with the men's winner, Ron Sharp, clocking a time of 1:08:29.

This year the volunteers were appreciated even more. Special thanks to the following individuals, as well as our sponsors Tony's Pizza, Imperial Trophy, Pyromation, and Waterworks.

Mike McAvoy - RD

Sarah Kleinknight  
 Mitch Harper  
 Judy Tillapaugh  
 Don Lindley  
 Bill Sohaski  
 Ward Moya  
 David Neely  
 Jon Schlatter  
 Michael Yann  
 Tom Deal  
 Arm Mize and biking partner

Ian Rolland  
 Paul Knott  
 Jack Adc  
 Phil Suelzer  
 Scott Beasley  
 Jack Hilker  
 Ann Karr and family  
 Linda Gorman  
 Joyce Hockensinith  
 Bud Stiffler

## FWTC/Tony's Pizza 18th Annual 20K Nutri-Run March 21, 1998

PI	First	Last	Time	PI	First	Last	Time
<b>Male 15 - 19</b>				<b>Male 40 - 44</b>			
1	Kurt	Pepple	1:19:22	1	Doug	Sundling	1:15:49
2	Justin	Vermillion	1:21:08	2	Hal	Pearson	1:21:25
3	Ben	Taylor	1:36:59	3	Richard	Thomas	1:23:50
4	Stuart	Neill	1:40:46	4	Bill	Moord	1:25:38
<b>Male 20 - 24</b>				5	Richard	Morando	1:26:19
1	Tod	Esquivel	1:11:32	6	Kevin	Lochner	1:34:12
2	Chad	Clevenger	1:19:05	7	Kim	LeFever	1:35:49
3	Nathan	Diehl	1:25:21	8	Kevin	Truelove	1:37:49
4	Kyle	Minnich	1:27:42	9	Tom	Landis	1:38:04
5	Brad	Thomas	1:28:03	10	Tom	Felts	1:41:21
6	Chris	Adang	1:28:03	11	Mitch	Harper	1:41:24
7	Ben	Inniger	1:33:46	12	Tom	Johnson	1:44:43
8	Philip	Hilger	2:15:04	13	John	Powell	1:50:23
<b>Male 26 - 29</b>				14	Britt	Sather	1:59:38
1	Mike	Fruchey	1:13:38	15	Patrick	Ryan	1:59:40
2	Tim	First	1:25:37	16	Richard	Clark	2:03:24

3	Mark	Rickerd	1:28:38
4	Jeff	Kintz	1:45:03
5	Robert	Wells	1:48:45
<b>Male 30 - 34</b>			
1	Ron	Sharp	1:08:29
2	Ed	Freygang	1:14:53
3	Enil	White	1:24:58
4	Jeff	Wagner	1:28:08
5	Ward	Moya	1:37:20
6	Rod	Alter	1:48:39
7	Kevin	Mann	1:49:12
8	Todd	Abels	1:51:53
9	Tim	Newlin	1:55:52
<b>Male 35 - 39</b>			
1	Chuck	Schlemmer	1:11:35
2	Rowland	Perez	1:12:09
3	Keith	Roberts	1:20:33
4	Don	Branstetter	1:27:04
5	David	Swenson	1:27:15
6	Mark	O'Shaughnesy	1:27:30
7	Stephen	McNulty	1:28:43
8	Ken	Steiner	1:30:33
9	Bryan	Keister	1:31:05
10	William	McNeely	1:34:14
11	Bob	Berger	1:35:39
12	Daniel	Nestel	1:37:37
13	Zack	Otruba	1:38:48
14	Greg	Damian	1:42:16
15	Scott	Wagner	1:43:16
16	Anthony	Lehman	1:47:07
17	Robert	Nicholson	1:47:12
18	Randy	Shepler	1:50:23
19	Shelly	Clark	2:03:22
20	Michael	Cline	2:05:50

**Hand-Cycler**

1	Sue	Dannenfelser	1:19:15
---	-----	--------------	---------

17	Michael	Beard	2:08:44
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**Male 45 - 49**

1	Jed	Pearson	1:24:45
2	Jerry	Diehl	1:26:44
3	Phil	Rizzo	1:27:03
4	Gary	Hartman	1:30:05
5	Greg	Hartman	1:34:30
6	Verton	Troyer	1:34:52
7	Fred	Stoffel	1:35:51
8	Dave	Winters	1:42:29
9	Joseph	Hilger	1:43:01
10	Dennis	Strayer	1:46:53
11	Fred	Hannan, Jr	1:48:48
12	Ty	Murphy	1:50:02
13	Michael	Yann	2:01:06
14	Ralph	Waite	2:06:52

**Male 50 - 54**

1	Wes	Sabins	1:36:35
2	Bernie	Burgette	1:41:29
3	Larry	Uelk	1:42:05
4	Ralph	Easterhaus	1:54:42
5	David	Miller	2:23:27

**Male 55 - 59**

1	Ray	Contreraz	1:38:59
2	Tom	Felger	1:39:07
3	Bill	Crane	1:41:05
4	Bud	Stiffler	1:48:16
5	Barrie	Peterson	1:52:04
6	William	Harris	1:56:08

**Male 60 - 64**

1	Joe	Ziegler	1:36:12
2	Jack	Morris	1:43:12
3	Don	Rhoades	2:26:02

**Male 65 & Over**

1	Don	Anderson	1:43:20
---	-----	----------	---------

PI	First	Last	Time
<b>Female 15 - 19</b>			
1	Megan	Dexheimer	1:29:58
<b>Female 20 - 24</b>			
1	Laura	Boeckman	1:41:46
2	Carrie	Combs	2:16:01
<b>Female 25 - 29</b>			
1	Kim	Davidson	1:25:55
2	Paula	Rickerd	1:34:47
3	Shelly	Brown	1:50:39
4	Karen	Louis	1:53:15
5	Michele	Bergdall	1:54:55
6	Karin	Knieser	1:57:13
7	Jenny	Rollins	2:02:20
8	Martina	Swenson	2:05:48

PI	First	Last	Time
<b>Female 35 - 39</b>			
1	Sue	Cleveland	1:42:21
2	Robin	Mauger	1:51:55
3	Connie	Sims	1:57:35
4	June	Mintchell	1:59:56
<b>Female 40 - 44</b>			
1	Denise	Connelly	1:43:38
2	Kathy	Swenson	2:02:21
3	Susan	Peterson	2:13:43
<b>Female 50 - 54</b>			
1	Joyce	Hockensmith	1:56:54
2	Sarah	Kleinknight	2:22:41
<b>Female 60 - 64</b>			
1	Joan	Gary	1:58:57

9 Jennifer Holmes	2:30:41
Female 30 - 34	
1 Connie Mattix	1:27:52
2 Robin Rizzo	1:28:30
3 Linda Gorman	1:32:05
4 Karen Gerken	1:41:15
5 Julie McNulty	1:43:27
6 Carla Ferretti-Hoover	1:50:50
7 Laurie Whisler	1:52:26
8 Beth Skinner	1:58:48
9 Caroline Gernard	2:26:04

**FWTC/Tony's Pizza 18th Annual  
5-Mile Nutri Run  
March 21, 1998**

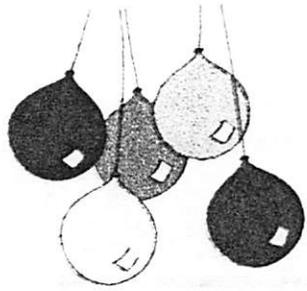
Pl	First	Last	Time	Pl	First	Last	Time
Male 14 & Under				Male 60 - 64			
1	Andy	O'Connor	31:37	1	Tom	Laird	40:06
2	Eric	Nestle	32:01	2	Dick	Harnley	44:15
3	Anthony	Goens	36:56	3	Alton	Myers	52:17
4	Nathan	Clay	41:46	Male 65 & Over			
Male 15 - 19				1	Bill	Patterson	44:43
1	Matt	Dexheimer	31:49	2	Eugene	Striggle	46:14
2	Brian	Trece	32:42	Female 14 & Under			
Male 20 - 24				1	Susie	Vandever	42:37
1	Adam	Barton	27:58	Female 15 - 19			
2	David	Foote	32:19	1	Janet	Souder	40:22
3	Tony	Teats	37:19	2	Mishann	Wood	46:51
4	David	Pettit	42:58	Female 20 - 24			
Male 25 - 29				1	Caroline	Seigel	42:00
1	Paul	Richardson	31:05	2	Stephan	Pickett	44:01
2	Joe	Cohen	38:54	Female 25 - 29			
3	Jason	Balgoayen	41:32	1	Dawn	Buchanan	39:58
1	Timothy	DeGroot	49:56	2	Meg	Ross	49:53
Male 30 - 34				3	Jennifer	DeGroot	49:58
1	Brian	Shepherd	26:22	4	Eleni	Angelopolous	55:24
2	Paul	Furniss	29:50	5	Susan	Wetzel	56:53
3	Lenny	Duff	33:35	6	Marybeth	Johnson	69:27
4	Jay	Louison	33:53	Female 30 - 34			
5	Ken	Nelson	35:13	1	Anne	Duff	35:54
6	Rob	Norwalk	36:16	2	Teresa	Furniss	39:41
7	Thomas	Klink	43:43				
8	Jim	Lenz	44:17				
Male 35 - 39							
1	Jerry	Williams, Jr.	27:33				
2	Conrad	Peterson	31:51				

3 Keith Shumaker	37:00	3 Amy Young	40:09
4 Jeff Metzger	38:07	4 Tammy Bockelman	46:50
5 Lance Miller	60:44	Female 35 - 39	
Male 40 - 44			
1 Jay Prichard	30:11	1 Linda Ianucilli	37:16
2 Jeffrey Milleman	33:49	2 Kim Larsen	38:41
3 Jeff Maus	34:02	3 Nancy Goens	41:08
4 Jonatha Schlatter	36:01	4 Kim Aspacher	41:22
n			
5 Donald Kramer	36:58	5 Colleen Graf	42:11
8 Michael Variell	38:37	6 Linda Clay	42:38
9 Greg Lawrence	39:13	7 Lynette Cahill	44:11
10 Kevin Warren	41:26	8 Tammy Maroney	48:10
11 Hal Atkinson	45:01	9 Tammy Townsend	59:07
12 Rich Mintchell	46:40	10 Kandy Gay	59:15
Male 45 - 49			
1 John Treleaven	31:44	Female 40 - 44	
2 Michael Barman	35:49	1 Julie Manger	40:02
3 Michael Grimes	38:13	2 Kathy Bergeron	45:40
4 Donald DeCook	38:31	3 Cheryl Deep	47:09
5 Tom Belleperche	43:59	4 Diane Post	51:45
Male 50 - 54			
1 Jack Seigel	41:36	5 Nancy Grimes	54:41
2 Ed Beckner	42:56	6 Sherry Yoder	55:26
3 Gary Oden	42:57	Female 45 - 49	
4 Ken Relue	56:32	1 Patty Schwartz	37:50
5 Chuck Hyland	59:59	2 Phyllis Suelzer	42:37
Female 50 - 54			
1 Shirley Shenefield 56:47			
2 Susan Johnson 56:56			

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

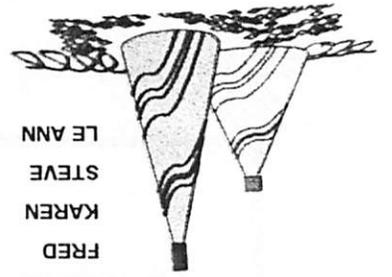
**Newsletter Deadlines**

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



05 - 01 NANCY BOYER  
 05 - 01 PHIL HARTMAN  
 05 - 01 JULIE BEREGZAZI  
 05 - 02 VERN SENK  
 05 - 02 PAUL FURNISS  
 05 - 05 JOHN B POWELL  
 05 - 05 KAREN GERKEN  
 05 - 07 VALERIE WINN  
 05 - 07 MICHAEL D COLE  
 05 - 08 THOMAS WAGNER  
 05 - 09 CHELSEA STRICKLAND  
 05 - 10 WENDY BLACK  
 05 - 10 SEAN KARR  
 05 - 13 DENNIS C SCOTT  
 05 - 14 MARLENE SCOFIELD  
 05 - 14 KAREN L DERICKSON  
 05 - 15 SUE DANNFELSER  
 05 - 15 SANDY WYATT  
 05 - 16 TIM FIRST  
 05 - 17 JIM WEIDE  
 05 - 17 CAROL WEIDE  
 05 - 17 DAVE MILLHOUSE  
 05 - 17 MANDY KNUCKLES  
 05 - 19 WILLIAM A RYAN  
 05 - 19 MICHAEL CASIANO  
 05 - 20 POLLY JACOBS  
 05 - 20 KURT MATTOX  
 05 - 21 DANIEL CRANE  
 05 - 21 ALISSA WERST  
 05 - 23 MIKE PESCI  
 05 - 24 JEANNETTE KLEIN  
 05 - 25 ANITA LEHMAN  
 05 - 26 KIM GINDER  
 05 - 27 GARY MULLENDORE  
 05 - 28 ERIC MOORE  
 05 - 30 KIMBERLY ASPACHER  
 05 - 30 PETER FASOLO  
 05 - 30 PAULA RICKERD  
 05 - 30 NAOMI FRUCHEY  
 05 - 31 JACK SHIFLETT

04 - 02 ERIC BAKER  
 04 - 03 ELLEN SCHWENDEMAN  
 04 - 03 JERRY SUELZER  
 04 - 04 WILLIAM E HARRIS  
 04 - 04 MEL HOCHSHETLER  
 04 - 05 SHARON PAULEY  
 04 - 05 MIKE YATES  
 04 - 05 JULIE MANGER  
 04 - 05 JAMES BABCOCK  
 04 - 07 JERRY PERKINS  
 04 - 07 JOHN WAGNER  
 04 - 07 REG JOHNSON  
 04 - 08 TOM YODER  
 04 - 08 JONATHAN SCHLATTER  
 04 - 09 JERRY MAZOCK  
 04 - 11 JOEL SCHARTZER  
 04 - 13 EUGENE G HAINES  
 04 - 13 ED BECKNER  
 04 - 14 GLORIA J NOLD  
 04 - 15 JIM DEITLE  
 04 - 18 DENIS CONNELLY  
 04 - 19 LYNN B SMITH  
 04 - 19 TONYA BLACK  
 04 - 21 L. THOMAS DEAL  
 04 - 21 DENNIS CONNER  
 04 - 21 MICHAEL DUCY  
 04 - 21 LISA BALDWIN  
 04 - 22 KEN L HENDERICKS  
 04 - 23 PHILLIP YODER  
 04 - 24 JERALD DIEHL  
 04 - 24 MITCH V HARPER  
 04 - 25 DAVID L WILSON  
 04 - 25 BUD STIFFLER  
 04 - 26 RACHEL WEIDE  
 04 - 27 FRED HANNAN, JR.  
 04 - 27 KAREN TIPPMANN  
 04 - 28 STEVE BUTLER  
 04 - 29 LE ANN BUESCHER



# No Train, No Gain.

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**Call 485-9527 for brochure.**

Learn more with the people who have fun in the snow, work, words or whatever. The pursuit of happiness takes time. (Good for 25 years of age.)

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**Member's Page**



## **NUTRITION**

## **IT'S ALL ABOUT YOU!**

Pause a moment and think about your special qualities! What makes you unique? Consider your smile, eyes, teeth, skin, heart, and lungs. Consider your ability to sing, dance, paint, listen, write, and run. We all have personal traits that deserve blue ribbons!

One key ingredient that promotes personal qualities is nutrition!

### **Nutrition Can:**

- \* Provide energy for action
- \* Provide strength for power
- \* Provide endurance for long runs
- \* Build and repair body tissues
- \* Promote total health
- \* Prevent diseases

We need more than 40 nutrients daily to help us be the best we can be! These are categorized as either carbohydrates, protein, fats, vitamins, minerals, or water.

\* Carbohydrate foods like breads, cereals, fruits, and vegetables are the main fuel sources for working muscles.

\* High protein foods like beef, poultry, fish, beans, and milk products provide essential amino acids which are the building blocks of body tissues.

\* Fat sources like oils, nuts, seeds, and tub margarines provide essential fatty acids which help transport nutrients and provide energy.

\* Vitamins and minerals do not provide calories but they have vital functions like vitamin C for wound healing, vitamin A for vision and healthy skin, calcium for bone strength and muscle contractions, and magnesium for heart function and blood pressure regulation.

Every nutrient has an important health enhancing activity. Every healthful meal that we choose helps us maximize our potential qualities. Nutrition...it's all about you!!

Yet too often we take good nutrition too lightly! We skip fruits and vegetables. We quench our thirst on pop and beer instead of milk, juice, and water. We choose a fried meal over a baked or grilled option. Instead of giving ourselves high quality food fuel we invest in empty calories.

Challenge yourself to change!! You can effect how you feel and look by what foods you eat. Your meals and snacks can be rich with nutrients. Discover nutrition anytime, anywhere! American Dietetic Association's 1998 nutrition campaign theme is "Make Nutrition Come Alive! It's All About You!" Make time today to commit to healthful meal and snack choices!  
Choose To:

- \* Check the vending machine for lower fat goodies like pretzels and animal crackers.
- \* Add calcium to your daily diet by including milk or yogurt at breakfast.
- \* Dig into a different grain or beans! Consider mixing one with chopped tomatoes, green onion, garlic, basil, and oregano.
- \* Enjoy your steak twice. Eat half in a restaurant and take the rest home to enjoy the next day.

\* Go surfin'.. <http://www.eatright.org>. ADA's web site. It's a great resource for accurate nutrition information.

Day by day make health smart choices. It's all about you!! Be You, Be Fit!!

Prepared by.

Judy Tillapaugh, R.D.  
IPFW Wellness/Fitness Coordinator  
3/98

### Fettuccine with Mushrooms

- 4 oz. fettuccine
- 2 tsp. butter or margarine
- 1 1/2 cups sliced mushrooms
- 1/2 tsp. minced garlic
- 1 Tbsp. Nonfat milk
- 1/3 cup grated Parmesan cheese

Add a vegetable salad, a glass of nonfat milk, and a fresh fruit dessert for a nutritious meal.

Cook fettuccine according to package directions.

In a saucepan, heat butter/margarine. Add mushrooms and garlic. Cook until tender.

Add milk and Parmesan cheese. Toss gently until fettuccine is well coated.

SERVES 4. Per serving: 148 calories and 4.6 grams of fat.

Source: One Year of Healthy, Hearty, & Simple One Dish Meals  
by Pam Spaude and Jan Owan-McMenamin, RD

## **CEREAL KILLER**

Which is worse for your heart: a bowl of granola or three slices of bacon? If Sunbelt does the baking, chalk one up for the granola, and one down for you.

A half cup of Sunbelt Banana Nut Granola Cereal with Bananas & Almonds packs nine grams of fat, four of them saturated. Add a cup of 2% milk and it's like tossing your poor arteries another three slices of bacon.

Congratulations. Thanks to Sunbelt (and the milk), you've just blown a third of your day's sat fat before you hit the streets.

The cereal's artery-clogging coconut oil (in the banana chips) and coconut flakes will do that. And it's got as much sugar (three teaspoons in a half cup) as a serving (3/4 cup) of Kellogg's Frosted Flakes.

For a better breakfast, add sliced bananas or blueberries to whole-grain low-sugar cereals like Wheaties or shredded wheat.

From Nutrition Action Healthletter

## TRACK CLUB MEMBER PROFILE

**Name:** Phil Luttman

**Occupation:** Machine Operator

**Birthdate:** September 16, 1947

**Birthplace:** Garrett, IN

**Family:** Andrea-22, Adam-18, Allison-15

**Pets:** Lenny, the Liaspo Apso

**Hobbies or interests:** Running, Golf, Watching East Noble & Purdue basketball, & Notre Dame football

**Favorite family activities:** Going to church together

**Running Shoe Asics** Yrs. running: 17 years

**Favorite Distance to Run:** 15K to 1/2 Marathon

**PR:** 15K-1:08, 1/2 Marathon-1:33

**Favorite After Race/Training Food:** Pizza

**Favorite place to Train:** Streets of Kendallville

**Favorite Race:** Blueberry Stomp

**Why do you run?:** Enjoyment, fitness

**Favorite Movie or TV program:** Blues

**Brothers,** Sienfeld

**Favorite music:** About anything except RAP

**Favorite vacation destination:** Hawaii & Cancun

**Most prized possession:** My children

**Has There Been An Inspiration To your Running?** Ken Disler, because I hope I'll be able to run when I'm his age. Brian Shepherd, for his dedication to running and his work with youth

**Do you have a dream?** I hope that some day I'll be able to play golf and run and do many

## TRACK CLUB MEMBER PROFILE

**Name:** Gary Dexheimer

**Occupation:** President-Continental Petroleum Corp. (Marketing Consultant)

**Birthdate:** august 9, 1949

**Birthplace:** Fort Atkinson, WI

**Family:** Spouse, Becky, Learning Disabilities & Reading Recovery Teacher at Deer Ridge Elem., Megan-18, Homestead H.S. Senior (Cross Country & Track-will be running in college, Matt-16, Homestead H.S. sophomore (Cross Country & Track)

**Pets:** Cayman (named after the islands, our golden retriever

**Hobbies or interests:** Everything to do with track & running. Downhill skiing, Family vacations, & inspiring my children and their friends to get the most out of running.

**Favorite family activities:** Skiing vacations & Running & racing together

**Running Shoe Whatever works!**

**Yrs. running:** 35 years

**Favorite Distance to Run:** 5K-25K

**PR:** 5K-14:24, 25K-1:24:05

**Favorite After Racing/Training Food:** Anything sweet

**Favorite place to Train:** In traveling, I have probably trained in every state plus various foreign countries-Oregon would be my favorite

**Favorite Race:** Past-Old Kent 25K, Present-Cooper River 10K

**Favorite Item of Clothing:** A singlet & racing flats

**Favorite Movie or TV program: anything about running, For business, the Wall Street Journal**

**Favorite music:** I like anything from classical to contemporary, except I'm not into RAP

**Collections:** College mugs and old 50's & 60's music

**Favorite vacation destination:** Hilton Head, SC, Oregon, Colorado for skiing and anywhere in the Caribbean

**Most prized possession:** WI HS State Cross Country Championship trophy

**Has There Been An Inspiration to your**

**Running?:** I was mentored as a freshman in HS

by a senior on my team who help all our HS distance records, which I ultimately broke. Tom Hoffman went of to run international times for the 10,000 and ran the 68 Olympics marathon trials. I was also inspired by all of the great milers of the 60's.

**Do you have a dream?:** It used to be to share my love of running with my children and to see them acquire all the wonderful memories I have found through my running. Fortunately they already seem to be well on their way. My other desire would be to run well into the later years of my life.

### **Smokey Mountain Marathon, Townsend, Tennessee February 28, 1998**

Brad Compton ran this marathon in a time of 4:05.

The weather conditions were beautiful, sunny, around 60 degrees which was warmer than normal.

There were over 300 for the marathon.

Brad liked the beautiful scenery and friendly people.

The race was carefully organized, not too many runners, yet always somebody to run with.

**Other FWTC:** None I was aware of.

**Brad's also comments:** "It was my first marathon, so it will always be special.

I would recommend this race to anyone who likes moderate hills, small crowds, and the chance at warm weather in February."

**Editor's Note:** This is one of the most scenic marathons in the Eastern part of the country. It is one of my favorites.

## FORT WAYNE TRACK CLUB POINTS RACES FOR 1998

All dates are tentative

- |   |  |
|---|--|
| 1 Fanny Freezer 5K<br>Ft. Wayne, IN, IPFW - February 3 <sup>rd</sup>    | 11 Parade Race 5K<br>Ft. Wayne, IN, Headwaters Park - July 11 <sup>th</sup>      |
| 2 Nutri Run 20K<br>Ft. Wayne, IN, Woodside MS - March 21 <sup>st</sup>  | 12 Clear Lake Run For The Blind<br>Clear Lake, IN - July 18 <sup>th</sup>        |
| 3 Mastodon Stomp 5K<br>Ft. Wayne, IN, IPFW - April 4 <sup>th</sup>      | 13 Hot Air Affair 4M<br>Van Wert, OH - August 8 <sup>th</sup>                    |
| 4 Shoesucker 7 7.2M<br>Huntington, IN, - April 18 <sup>th</sup>         | 14 Roanoke 5M<br>Roanoke, IN - September 5 <sup>th</sup>                         |
| 5 Mile Championship<br>Ft. Wayne, IN, Foster Park - May 2 <sup>nd</sup> | 15 Parlor City Trot Half Marathon<br>Bluffton, IN - September 19 <sup>th</sup>   |
| 6 Warsaw Run For Fun<br>Warsaw, IN, - May 16 <sup>th</sup>              | 16 IPFW Cross Country Open 5K<br>Ft. Wayne, IN - October 9 <sup>th</sup>         |
| 7 Canal Days 10K<br>New Haven, IN, - June 6 <sup>th</sup>               | 17 Zoom Thru Zulu 10K<br>Zulu, IN - October 11 <sup>th</sup>                     |
| 8 Hoosier Marathon<br>Ft. Wayne, IN, - June 13 <sup>th</sup>            | 18 Callithumpian Canter 5K<br>Decatur, IN, Belmont HS - October 25 <sup>th</sup> |
| 9 Old Settler's Days 4M<br>Columbia City, IN - June 26                  | 19 Turkey Trot 5K<br>Ft. Wayne, IN, Fox Island - November 21 <sup>st</sup>       |
| 10 Zoo Run 4M<br>Ft. Wayne, IN, Franke Park - July 4 <sup>th</sup>      | 20 JP Jones 10K<br>Ft. Wayne, IN, Foster Park - December 5 <sup>th</sup>         |

### 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 groups 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

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

## **T-Shirt Musings**

T-Shirts, whether short sleeve, long sleeve, or singlet, they are one of a handful of features that most races, regardless of type or distance, have in common. New runners tend to show surprised appreciation for them, while veteran runners sometimes have no emotional reaction at all and wish that some race directors could have a little more creativity. Back in the late sixties and early seventies when road racing was still in it's infancy and ready to burst upon the general populace it seems that the T-shirt became the item of choice to give to race participants. With a racing career that spans a smidge more than half that time I can give two obvious reasons born out of observation and speculation as to why the T-shirt tradition began and why it continues. The first is a simple economic reality, races cost money to stage, and to charge runners enough to cover the cost thereof would be prohibitive to all but the elite runners. A much easier way is through corporate sponsorship, and few are the business that will hand out money without expecting some advertising in return. Most runners could care less if they become mobile billboards because they understand it is the price that is to be paid to make races affordable to all. The second reason is one of the psyche; although most runners race for the pleasure of the experience they still want something tangible for their effort. Few runners will win even an age group award so the T-shirt becomes the race reward, a memento to remind them later in life of what they have accomplished. Although 17 plus years of racing have bred a familiarity that has lessened the "WOW" factor of receiving a race T-shirt into an occasional yawn, I am one runner who still value his racing T-shirts. Their meaningfulness to me is directly proportional to the significance and success of the race that they represent, as well as the aesthetics of the design. Here are ten more thoughts that demonstrate the place and value of race T-shirts.

1. When my two girls were little they took to calling my race T-shirts "daddy shirts", since that time they have not had to ask permission to borrow one of them.
2. In order to show my pride in, and my gratefulness to my running club I always try to run races, especially those out of town, in a FWTC singlet.
3. If you have so many T-shirts that you can no longer stuff them all into your dresser there seems to be three options: give some away, make some into a quilt or buy another dresser.
4. If you run a race, such as the Just Plain 10k, in which the entry fee is a race T-shirt which will be donated to charity, keep with the spirit of the event and give of the best that you have.
5. When I first started running, when most entries were \$5, I felt that the T-shirt made the race a bargain because that was the cost of a T-shirt in a store and I still think the same way.
6. Some race T-shirts, such as the one from the HUFF, are so graphically well done that I have deemed them worthy of wearing on a date with my wife.
7. My first trail race T-shirt means a lot to me, yet my oldest daughter likes it so much that she has nicknamed it the "froggy shirt"; for her upcoming 16th birthday it will be one of my gifts to her

8. When I DNF at the Nutra Run 20k last year I choose not to wear the T-shirt until I had rerun the course by myself because then I felt that I had earned the right to do so.
9. If I am given a T-shirt as a gift from a friend or for working a race as a volunteer I will train in it but not race in them because to do so would be a misrepresentation of accomplishment.
10. A memo to race directors: Some runners have accumulated so many T-shirts that they would sometimes appreciate the option of entering a race without a T-shirt at a reduced fee.

### **My Trip to Myrtle Beach, Or How Not to Prepare for a Marathon** By Joyce Hockensmith

I left Fort Wayne about 7 PM Friday night with high expectations for the weekend. I had never been to Myrtle Beach and was looking forward to a new experience. Flying out of Fort Wayne by the all too popular indirect route, I traveled first to Cincinnati, then to Atlanta, and from there I was scheduled to go to Myrtle Beach, arriving there around 12:30 AM. That was not ideal by any means, but I been known to make similar trips. After boarding the plane on Atlanta, we were informed that due to fog in Myrtle Beach we would have to wait in the plane until midnight to get the next update. At midnight, the pilot informed us that there was still fog in Myrtle Beach, so they were canceling the flight. I was disappointed, but since I had been up since 5 AM, I was too tired to throw a fit. A group of golfers wanting to make their 8:00 tee time made a bit of a scene and the airline decided that they could bus us to Myrtle Beach. Let's see, The marathon begin at 8 AM and it is at least a 6 hour drive in good weather. So at 1:19 AM our bus left the Atlanta airport. The endurance test was worsened by extremely uncomfortable seats and a bus full of male smoking, beer drinking golfers. The driver did a superb job and we arrived at the Myrtle Beach airport at 7:30 AM. Would it be possible to make the marathon start? I leaped from the bus, gear in tow, and managed to get a van driver to take me to the hotel where a friend had left my race number. The van driver was young and rose to the challenge, arriving at the hotel at 7:45. I then did the fastest change of clothing in the history of the world, and the awaiting driver, ignoring all traffic rules and speed limits, rushed me toward the start. As we were approaching the area, we saw wheelchairs coming our way, so that meant that there was now less than 5 minutes until the start. It was raining pretty good and traffic was completely blocked for the race start, so I sprung from the van and made a run for the start, arriving with almost 40 seconds to spare. During the first 8 miles I was charged with adrenaline, but I found that after that wore off, there was nothing left. Lightning, thunder, a torrential downpour, and splashing through water several inches deep comprised the first third of the run. Then with everything thoroughly soaked, the sun came out which turned out not be blessing because it was so hot and humid, it quickly zapped what teeny tiny bit of energy I had remaining. Fortunately later it did cloud over, and by sheer determination I did finish the marathon. However memorable, I don't ever want to repeat that experience. The worst part was getting into the shower afterward to find that I had gotten some pretty bad chafing.

**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/>

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

- 10 FRI TAKE BACK THE NIGHT 5K, 8:00 PM, GRAND RAPIDS YMCA,  
25 SHELDON BLVD. SE, GRAND RAPIDS, MICH., 49503**
- 11 SAT(R) \*RIVER PRESERVE TRAIL AND ROAD RUN, 4 MILE, 9:00 AM, FAIRFEILD HIGH  
SCHOOL, 6 MILES SE OF GOSHEN, IND., ON U.S. 33, CLAIR HOSTETLER,  
67339 CR 21, GOSHEN IND., 46526 (219) 831-4161**
- 11 SAT SCRAMBLED EGG RUN, 10:00 AM, CENTERVILLE, MICH.,  
KURT RITCHIE, (616) 435-7732**
- 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, RES., RICHARD BEEMER, 4088 E. MAHON RD., ROANOKE, IND.,  
46783 (219) 672-8323**
- 18 SAT(R) SPRING FEVER 5K, WARSAW, IND., MYLAND CUMBERLAND, PO BOX  
650, WINONA LAKE, IND., 46590**

- 18 SAT HEALTH TRACKS LOCOMOTION, 4 MILE RUN AND 2 MILE WALK, 10:00 AM,  
AVON PARK, AVON, IND., NANCY LAFON (317) 745-3420
- 18 SAT \*RACE FOR THE CURE, 5K R/W, 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
- 18 SAT PIETRO'S RUN FASTA EAT PASTA 5K' 8:00 AM, GRAND RAPID'S, MICH, MARK  
NADER, 201 MONROE NW, GRAND RAPIDS, MICH., 49503 (616) 969-0270
- 18 SAT JUST A LITTLE RUN, 4 MILE, 9:30 AM, LANSING, ILL.,  
MIKE SITTLING (708) 474-8552
- 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(R) DOOR TO DOOR, 10K, 9:30 AM, LAPORTE, IND.,  
TOM KONIENCZY (219) 362-6215
- 25 SAT \*THE MONON RUN-WALK, 10K AND 5K, 8:00 AM, WESTFEILD BLVD AND  
WINTHROP AVE., INDIANAPOLIS, IND., BRVA, PO BOX 30361, INDIANAPOLIS,  
IND., 46230 (317) 251-2782
- 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(R) \*SPRING FLING FOUR, 4 MILE, 10:00 AM, OSU/LTC CAMPUS, LIMA, OHIO,  
LIMA RUN AND JOG CLUB, 1590 CR 15, RR#2, HARROD, OHIO, 45850  
HAROLD VERGIELS (419) 634-6985

25 SAT PINE LINE TRAIL MARATHON, MEDFORD, WIS., PINE LINE TRAIL MARATHON,  
PO BOX 172, MEDFORD, WIS., 54451 (800) 257-4729

25 SAT ROADS END 5 MILE TRAIL RUN, 2:30 PM, PINCKNEY, MICH.,  
RANDY STEP (313) 769-5016

25 SAT BORGESS RUN FOR THE HEALTH OF IT, 5K, 10K, AND 15K, KALAMAZOO,  
MICH., RICHARD WILCOX, BORGESS MEDICAL CENTER, (616) 226-8067

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

-----MAY 1998-----

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 C HAMPIONSHIP, 6:30 PM, FOSTER PARK, FT. WAYNE. IND.,  
BRIAN SHEPHERD (219) 894-4638

02 SAT(R) RUN/WALK FOR LIFE, 4 MILE, 10:00 AM, HIGHLAND, IND.,  
GAIL PEMENT (219) 756-5360

02 SAT RACE JUDICATA, 5K AND 10K, 9:30 AM, BIRMINGHAM, MICH.,  
BECKY OR DENNISE (248) 334-3400

03 SUN 19TH BURNS PARK RUN, 5K AND 10K, 8:30 AM, ANN ARBOR, MICH., TOM  
BOURQUE, 1615 KEARNEY, ANN ARBOR, MICH., 48104 (313) 761-9967

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(R)COVERED BRIDGE, 5K, 8:30 AM, HOBART, IND.,  
MARLENA LAGINA (219) 647-6980

- 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 ARTS FEST RIVER RUN,  
PAT SHOULDERS, PO BOX 916, EVANSVILLE, IND., 47706
- 09 SAT OLD KENT RIVER BANK RUN, 10K AND 25K, PLUS JUNIOR EVENTS, 8:00 AM,  
GRAND RAPIDS, MICH., (616) 771-1590
- 09 SAT \*CHERRY FEST, 10K, 9:00 AM, WHITEHOUSE, OHIO, WHITEHOUSE CHERRY  
FEST 10K, PO BOX 2408, WHITEHOUSE, OHIO, 43571
- 09 SAT CHARITY RACE 5K RUN AND WALK, 8:30 AM, YPSILANTI, MICH.,  
JILL HUNSBERGER (313) 741-4762
- 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
- 10 SUN(R)MOTHER'S DAY RUN, 5K CROSS COUNTRY AND 1 MILE STREET RUN,  
RICK FREY (219) 347-1064
- 10 SUN \*QUAD CITIES DISTANCE CLASSIC, HALF-MARATHON, 7:45 AM, AUGUSTANA  
COLLEGE, ROCK ISLAND, ILL., (319) 326-1942
- 16 SAT(RP)\*LEUKEMIA SOCIETY RUN FOR FUN, 10K AND 5K RUN AND 2 MILE WALK,  
9:00 AM, KOSCIUSKO COUNTY FAIR GROUNDS, WARSAW, IND., (219) 422-8389
- 16 SAT(R)GALLERY GALLOP, 10K, 6:30 PM, MILLER IND.,  
J. EBERT DAVIS (219) 938-4566
- 16 SAT(R)\*TROMP THRU THE SWAMP, 5K, 9:00 AM, HISTORIC SAUDER VILLAGE,  
ST. RT. 2, ARCHBOLD, OHIO, 5K RUN, SAUDER VILLAGE, PO BOX 235,  
ARCHBOLD, OHIO, 43502
- 16 SAT \*GOVERNOR'S CUP SERIES, 8K R/W 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
- 16 SAT CRANBROOK RUN, 5K AND 10K, 9:00 AM BLOOMFIELDS, MICH., JANET  
JOHNSON, 1221 N. WOODWARD, BOX 801, BLOOMFIELD HILLS, MICH., 48303  
(248) 645-3225
- 16 SAT ICE AGES 50 MILE RUN, 6:00 AM, SOUTHERN KETTLE MORAIN STATE PARK,  
WIS., KARL KING (414) 355-9541

- 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 ROCKET DOG ANKLE BITTER, 10K, 9:00 AM, BRIGHTON, MICH.,  
JIM BETZ (248) 348-5866
- 17 SUN \*RUN FOR THE ROSES, 5K, 9:00 AM, ST CHARLES HOSPITAL, OREGON, OHIO,  
OREGON FESTIVAL '98, 5330 SEAMAN RD., OREGON, OHIO, 43616
- 17 SUN TIFFIN DUATHLON, (5K RUN/40K BIKE/5K RUN), 9:00 AM, TIFFIN, OHIO,  
HEALTH AND FITNESS PROMOTIONS (614) 487-1916
- 23 SAT(R)JIM RYUN MILE, 6:00 PM, ELKHART CENTRAL HIGH SCHOOL, ELKHART, IND.,  
RON SCHMANSKE (219) 293-8324
- 23 SAT \*CARMEL CLASSIC, 5 MILE, 8:00 AM, CLAY JUNIOR HIGH SCHOOL, CARMEL  
IND., RUNNERS FORUM/CARMEL CLASSIC 5, 2454 E. 116TH STREET,  
CARMEL, IND., 46032
- 23 SAT(R)\*BLUFFTON COLLEGE MAY DAY RUN, 4 MILE, 8:30 AM, BURCKY GYM,  
BLUFFTON COLLEGE, BLUFFTON, OHIO, (800) 488-3257 EXT. 5
- 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, MICH., DAVE TAYLOR, 1211  
E. FRONT, BOX 116, TRAVERSE CITY, MICH., 49684 (616) 941-5743
- 23 SAT RIVERPOINTES RUN, 10K, 8:00 AM, LOUISVILLE, KY., METRO PARKS, P.O. BOX  
36452, LOUISVILLE, KY., 40233 (502) 456-8160
- 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 TENTH 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
- 25 MON BIGFOOOT 5 M9LE RUN AND WALK, DANSVILLE, MICH.,  
DENNIS McCANN (517) 589-8843
- 25 MON MEMORIAL MILE, I MILE RUN, 9:40 AM, BOARDMAN, OHIO, DON WHITMAN,  
7373 MARKET ST. YOUNGSTOWN, OHIO, 44512 (330) 276-8407
- 30 SAT(L) MATTHEW 25 CLINIC RUN, 10K RUN AND 5K RUN/WALK PLUS KID'S EVENT,  
9:00 AM, MAIN PAVILLON, FOSTER PARK, FT. WAYNE, IND.,  
DR. MARK O'SHAUGHNESSY (219) 432-3136 OR (219) 481-4700

- 30 SAT RIVERVIEW HOSPITAL 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
- 30 SAT OAK APPLE, 10K AND 2 MILE, 9:00 AM, ROYAL OAK, MICH.,  
ED KOZLOFF (248) 544-9099
- 30 SAT HEART AND SOLE, 2 MILE, 5K, AND 10K, CHELSEA, MICH., RUSS BILAU,  
CHELSEA COMMUNITY HOSPITAL, 775 S. MAIN, CHELSEA, MICH., 48118
- 31 SUN REDFORD MEMORIAL DAY 5K, 12:45 PM, REDFORD, MICH., DAN RYAN,  
15111 BEECH DALY, REDFORD, MICH., 48239 (313) 538-1243

-----JUNE 1998-----

- 06 SAT(LP)CANAL DAYS, 10K AND 5K, 7:00 AM, SUMMIT AND ANN ST., NEW HAVEN, IND.,  
CHARLES MCCLORY (219) 489-4451
- 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(R) THE GRAND PRIX, 5K, 8:30 AM, PORTAGE, IND.,  
JAMIE SIDDALL (219) 762-3191
- 06 SAT FIT FROG RUN AND WALK, 4 MILE RUN AND WALK, GARFIELD PARK,  
INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 06 SAT \*GOVERNOR'S CUP SERIES, 8K R/W 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(R) YMCA TRIATHLON, (1/4 MILE SWIM/ 13 MILE BIKE/ 5K RUN), LAFAYETTE, IND.,  
MICHAEL J. WOODWORTH (765) 441-1415
- 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
- 10 WEN FLUSHING EVENING 5K RUN/WALK, 6:30 PM, FLUSHING, MICH.,  
RIVERBEND STRIDERS (810) 659-6493

- 12 FRI FRAMINGTON YMCA INVEST IN YOUTH, 5 MILES, 6:45 PM, FARMINGTON HILLS, MICH., KATHY STABELL (248) 553-1983
- 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
- 13 SAT FAST FLASH, 5K, 8:00 AM, INDIANAPOLIS, IND., KEN KELLISON, 7748 E. 71 STREET, INDIANAPOLIS, IND., 46256 (317) 594-0740
- 13 SAT(R) NORRIS INSURANCE/GREENTOWN GLASS FESTIVAL 5 MILE RUN, 8:00 AM, GREENTOWN ELEM., GREENTOWN, IND., (317) 395-7761
- 13 SAT(R) HEBRON KANKAKEE CLASSIC, 10K, 8:00 AM, HEBRON, IND., MICHAEL HAUGHEE (219) 924-0080
- 13 SAT RHINO WALK, 5K AND KIDS RUN, POTTER PARK ZOO, LANSING, MICH., JERRY BRADY (517) 483-4221
- 13 SAT CEREAL FESTIVAL CLASSIC, 5K AND 10K, 8:00 AM, BATTLE CREEK, MICH., BATTLE CREEK-Y CENTER, SUZI OR BARB (616) 962-7551
- 14 SUN BRUCE JONES MEMORIAL RUN FOR HOSPICE, 5K AND 10K, 8:30 AM, BLISSFIELD, MICH., ART WEEEBER (517) 486-2141
- 18-20 RRCA 40TH ANNIVERSARY CONVENTION, PEORIA, ILL., CO-HOSTED BY ILLINIOS VALLEY STRIDERS AND STARVED ROCK RUNNERS
- 20 SAT(R) MERMAID FESTIVAL, 5K, 8:00 AM, PILCHER BLDG., NORTH WEBSTER, IND., BRIAN SHEPHERD (219) 894-4638
- 20 SAT(R) ROTARY RUN AROUND, 10K, 8:00 AM, MUNSTER, IND., JEROME GARDBERG (219) 924-9062
- 20 SAT \*BUCK CREEK 5K, 9:00 AM, YORKTOWN LIONS CLUB PARK, YORKTOWN, IND., RANDY SAUNDERS, 10900 W STATE RD, YORKTOWN, IND, 47396 (765) 759-7393
- 20 SAT 25TH STEAMBOAT CLASSIC, 15K AND 4 MILES, 7:00 AM, PEORIA, ILL., JOY KESSLER (309) 688-7313
- 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
- 20 SAT KALAMAZOO KLASSIC, 5K AND 10K, 7:30 AM, KALAMAZOO, MICH., JOHN WACHTER (616) 373-6891
- 21 SUN 5TH RIVER RUN CLASSIC, 5K, 1/2 MILE, AND 1/4 MILE YOUTH, 8:30 AM, BAY CITY, MICH., AARON KNIEPER (517) 895-8596
- 21 SUN HARD ROCK CAFE 5K RACE, 8:00 AM, SUPERIOR & CLARK ST., CHICAGO, ILL., HARD ROCK CAFE 5K, PO BOX 5709, CHICAGO, ILL., 60680-5709`
- 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
- 26 FRI(R) OLD SETTLERS DAYS, 4 MILE, 6:30 PM, FIRST CHURCH OF GOD, COLUMBIA CITY, IND., BRIAN SHEPHERD (219) 894-4638
- 27 SAT(R) KOPPER KLOPPER, 5 MILE, 8:00 AM, HOBART, IND., CAROLYN MEYERS (219) 947-2802
- 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
- 28 SUN PICTURED ROCKS RUN WALK WHEEL, 11 MILE RW, 5 MILE RW WHEELCHAIR, 8:00 A, MUNISING, MICH., ADAM WINKLER, BOX 16, CHATHAM, MICH., 49816 (906) 387-4190

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JULY 1998

04 SAT(LP)RUNNING WILD 4 MILE RUN, FT. WAYNE ZOO, 7:30 AM, KAREN LEMIRE, 3411 SHERMAN BLVD., FT. WAYNE, IND., 46808 (219) 427-6800

- 04 SAT(R) \*HAMILTON LAKE ROAD CLASSIC, 5K, 9:00 AM, HAMILTON, IND., CARL AKERS,  
PO BOX 131, HAMILTON, IND., 46742 (219) 488-3257
- 04 SAT(R) FLOTTILA DAYS, 3.3 AND 8 MILES, 8:00 AM, LAKESIDE PARK, SYRACUSE, IND.,  
BRIAN SHEPHERD (219) 894-4638
- 04 SAT(R) HAYNES-APPERSON FESTIVAL 4 MILE RUN, KOKOMO HIGH SCHOOL,  
DOWNTOWN CAMPUS, KOKOMO, IND.,
- 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(R) THE BRICKYARD RUN, 5 MILE, 7:30 AM, HOBART, IND.,  
GAIL PEMENT (219) 756-5360
- 04 SAT INDEPENDENCE DAY 5K, 1 MILE FUN RUN, COLDWATER, MICH., 8:10 AM, DEB  
ZAKRZEWSKI, RR1, QUINCY, MICH., 49082 (517) 639-4370 (EVE.)
- 04 SAT FESTIVAL OF THE HILLS, 5K RW AND 1/2 MILE KIDDIE RUN, 8:00 AM,  
ROCHESTER HILLS, MICH., 1-(800) 753-9820
- 04 SAT STARR SPANGLED 5K, 8:00 AM, OREGON, OHIO,  
JOHN GRAY (419) 691-8641
- 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
- 05 SUN CRIM FIRECRACKER 5K RUN AND WALK, 9:30 AM, CRIMFESTIVAL OF RACES,  
BOX 910, FLINT, MICH., 48502 (810) 235-3396
- 11 SAT(LP)PARADE RACE 5K, HEADWATERS PARK, FT. WAYNE, IND.,  
(RACE TENTATIVE, MORE INFO TO COME)
- 11 SAT 4TH ANNUAL SWAN CREEK CRAWL, 50K TRAIL RUN, ALLEGEN, MICH., PAUL  
GRESHAW, 767 84TH ST. SW, BYRON CENTER, MICH., 49315 (616) 878-3242
- 11 SAT OLD NORTHWEST QUEST RUN AND WALK, 4 MILE RUN & WALK, DOWNTOWN  
INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 11 SAT \*GOVERNOR'S CUP SERIES, 8K RUN/WALK, 9:00 AM, SHAKAMAK STATE PARK  
JASONVILLE, IND., HOOSIER STATE GAMES - RUNNING/WALKING, PO BOX  
2730, INDIANAPOLIS, IND., 46206-2730, DON CARR (317) 328-1632
- 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
- 12 SUN GALLUP-GALLOP-HURON RIVER MILE, 5K AND 1 MILE, 8:30 AM, ANN ARBOR,  
MICH., RON OLSON, 100 N. FITH., ANN ARBOR, MICH., 48107 (313) 994-2780
- 15 WED(R)FRIENDSHIP RACES, 5K, 6:30 PM, HAMMOND, IND.,  
JOE MIS (219) 931-6587
- 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  
INIANAPOLIS, IND., 46254 (317) 328-1632
- 18 SAT THE PERCH RUN, 4 MILE RUN AND 2 MILE WALK, 10:00 AM, ANCHORVILLE,  
MICH., RIC WELLMAN (810) 725-1762
- 19 SUN THE HEART AND SOLE, 10K, 7:35 PM, OLYMPIA FEILDS, ILL.,  
MARK MCKEIGUE (708) 747-7653
- 19 SUN ELLEN'S RACE, 5K RW AND I MILE FUN RUN, 9:00 AM, EAST LANSING, MICH.,  
ANN FORSHEE-CRANE (517) 332-7580
- 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(R) CANCER SOCIETY 5K, 8:00 AM, WAWASEE MIDDLE SCHOOL, SYRACUSE, IND.  
BRIAN SHEPHERD (219) 894-4638
- 25 SAT QUAD-CITY TIMES BIX 7, 8:00 AM, DAVENPORT, IOWA, ED FROELICH,  
2685 KIMBERLY RD., DAVENPORT, IOWA, 52722 (319) 324-8647
- 25 SAT STEVE'S RUN, 5K AND 10K, 9:00 AM, DOWAGIAC, MICH., RON GUNN,  
SOUTHWESTERN MICHIGAN COLLEGE (616) 782-1209
- 25 SAT THE RED DEVIL CHALLENGE, 5K, 9:30 AM, HOLTON, MICH., RAY MCLEOD,  
5810 HOLTON DUCK LAKE ROAD, TWIN LAKE, MICH., 49457 (616) 821-2729
- 25 SAT HUDSON BOOSTER 5K CROSS COUNTRY OPEN, 9:30 AM, HUDSON, MICH.,  
RON CARPENTER, 7857 DILLON HWY., HUDSON MICH., 49247 (517) 448-8086
- 25 SAT THE I CAN RACE, 5K, 8:00 AM, MATTERSON, ILL.,

MATT MCCORMICK (708) 283-0631

26 SUN DOG DAYS SIZZLER RUN 5K, 8:30 AM, ANN ARBOR, MICH.,  
JOHN JACKSON (313) 994-4800, EXT. 5205

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-----

01 SAT(R) HARLAN DAYS 10K, 7:00 AM, TOWN PARK, HARLAN, IND.,  
T.A. BUNNER, PO BOX 255, HARLAN, IND., 46743 (219) 657-5197

01 SAT OAK PARK YMCE RUN/WALK, 5 MILE RUN AND 5K WALK, 8:00 AM,  
LANSING, MICH., YMCA/CHAD (517) 694-3901

01 SAT(R) \*GOVERNOR'S CUP SERIES, 8K RUN/WALK, 9:00 AM, POTATO CREEK STATE  
PARK, NORTH LIBERY, IND., HOOSIER STATE GAMES - RUNNING/WALKING,  
PO BOX 2730, INDIANAPOLIS, IND., 46206-2730 DON CARR (317) 328-1632

01 SAT(R) RUN FOR SHELTER, 5K, 8:00 AM, VALPARAISO, IND.,  
KATHIE BABCOKE (440) 933-5665

01 SAT(R) NORRIS INSURANCE 5K, 8:00 AM, DOWNTOWN AMBOY, IND.,  
(317) 395-7761

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(R) ROTARY RAMBLE, 5K, 8:00 AM, DEMOTTE, IND.,  
CHARLENE GROET (219) 987-2875

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

08 SAT RUN THRU HELL, 4.8 MILES AND 10 MILES, PINCKNEY, MICH., H. HENSLEY,  
BOX 830, PINCKNEY, MICH., 48169 (313) 878-6640

09 SUN SUMMER SPREE MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581  
GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015

15 SAT(R) FUN FEST 5K AND FUN RUN, 8:00 AM, NORTH MANCHESTER, IND.,

KEVIN LOCHNER (219) 982-6105 OR NEIL TATE (219) 982-8216

- 15 SAT RUN AROUND SUTTONS BAY, 5 MILE RUN AND 2 MILE RW, 8:15 AM, GRAND RAPIDS, MICH., DAN EBRIGHT, 1201 EAST PARIS SE, GRAND RAPIDS, MICH., 49546 (616) 458-2002
- 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
- 16 SUN SOMERSET CLASSIC, 5K AND 10K, 8:15 AM, TROY, MICH., STEVE TOTH, C/O BOYS & GIRLS CLUB OF TROY, 4970 JOHN R, TROY, MI, 48098 (248) 689-1687
- 22 SAT CRIM FESTIVAL OF RACES, 10 MILE, 8K, 5K, 1MFR, TEDDY BEAR RUN, 8:00 AM, FLINT, MICH., CRIM FESTIVAL OF RACES, BOX 910, FLINT, MICH., 48502 (810) 235-3396
- 22 SAT BEARS OF BLUE RIVER FESTIVAL, 5K/10K, DOWNTOWN SHELBYVILLE, IND., SHELBYVILLE PARKS DEPT., 945 S. TOMPKINS, SHELBYVILLE, IND., 46176
- 23 SAT THE GREAT TRAIN RACE, 5K & 10K, 8:00 AM, YPSILANTI, MICH., TIM LAUNIUS, 901 PLEASANT DR., YPSILANTI, MICH., (313) 480-7325
- 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
- 29 SAT SHOWCASE RACE, 5K, 8:45 AM, ST. JOSEPH, MICH., STEVE BANYON, 2792 SANDRA TERRACE, ST. JOSEPH, MICH., 49085 (616) 429-4616
- 30 SAT METAMORA COUNTY DAYS FOXTROT, 4 MILE, 8:30 AM, METAMORA, MICH., JOHN HUNYADY, 200 W. SUTTON, METAMORA, MICH., (810) 667-7364

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-----SEPTEMBER 1998-----

- 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
- 06 SUN SCOTTY HANTON ROAD RACES, MARATHON, HALF-MARATHON, AND 8K, 7:00 AM, PORT HURON, MICH., BECKY LAPINE OR JOHN HASS (810) 364-4550
- 07 MON(R)BLUEBERRY STOMP, 15K AND 5K, 10:00 AM, PLYMOUTH, IND.,  
(MORE INFO TO COME)

- 07 MON LABOR DAY RUN, 5K TIMED HANDICAPPED, 9:00 AM, HILLSDALE, MICH.,  
MARK REYNOLDS, HILLSDALE PARKS & REC. DEPT., (517) 437-3579
- 07 MON PARK FOREST SCENIC 10, 10 MILE, 8:00 AM, PARK FOREST, ILL.,  
BUD JAMES (708) 957-7824
- 12 SAT(R) THE HOME TOWN RUN, 5K, 8:00 AM, GRIFFITH, IND.,  
DAN GOVERT (219) 924-7904
- 12 SAT CORPORATE CHALLENGE, CORPERATE TEAM EVENTS, 7:30 AM, DOWNTOWN  
INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE  
CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 12 SAT FOOTE HOSPITAL RUN, 5 MILE, 5KR/W, 8:00 AM, JACKSON, MICH.,  
KATHY THOMAS (517) 787-0319
- 12 SAT DANCES WITH DIRT, 100K & 50K, 100K 5 PERSON RELAY, 6:30 AM, PINCKEY,  
MICH., RANDY STEP, (313) 769-5016
- 12 SAT MACKINAC ISLAND RUN AND WALK, 8 MILE, 1/2 MILE KIDS RUN, 9:30 AM,  
MACKINAC ISLAND, MICH., RIVERBEND STRIDERS (810) 659-6493
- 12 SAT SUGAR RIVER TRAIL MARATHON, BRODHEAD, WIS., CHRIS ROBERTS, N. 2644  
RED CEDAR LN., BRODHEAD, WIS., 53520 (608) 897-4516
- 13 SUN THE WOLF RUN, 5K, 8:00 AM, CHICAGO, ILL.,  
ROBERT WISZ (773) 646-4734
- 13 SUN TROT FOR TOTS, 5K, 9:30 AM, ROYAL OAK, MICH.,  
ED KOZLOFF (248) 544-9099
- 19 SAT(RP)PARLOR CITY TROT, HALF MARATHON, BLUFFTON, IND.,  
(RACE TENTATIVE, MORE INFO TO COME)
- 19 SAT(R) COLE PORTER, 15K AND 5K, 2:00 PM, CIRCUS BUILDING, PERU, IND.,  
(MORE INFO TO COME)
- 19 SAT(R) DEEP RIVER RUN, 5K, 8:30 AM, HOBART, IND.,  
DALE POLOMCHAK (219) 942-2183
- 19 SAT Z-MAN 5K, 5K R/W, 9:00 AM, LAWTON, MICH., RON COMISH, 30465 62ND AVE.,  
LAWTON, MICH., 49065 (616) 624-6434
- 19 SAT DICK LUGAR RUN AND WALK, 10K RUN AND 5K R/W, 9:00 AM, BUTLER  
UNIVERSITY, INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314  
MATEA 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)**

- 19 SAT PEACOCK STRUT, 10KR AND 5KW, 8:00 AM, PORTAGE, MICH., DIANE, 7130  
S. WESTNEDGE, PORTAGE, MICH., 49002 (6160 323-1942
- 20 SAT RUN WILD RK, 8:00 AM, DETRIOT ZOO, ROYAL OAK, MICH.,  
ED KOZLOFF (248) 544-9099
- 26 SAT(R) KOKOMO SYMPHONY 5K, 8:00 AM, HIGHLAND PARK, KOKOMO, 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
- 26 SAT(R) HOSPITAL HUSTLE, 5K, 9:00 AM, MERRILLVILLE, IND.,  
MARK SAVAGE (219) 738-3500
- 26 SAT VASA TRAIL RUN, 11K AND 25K, 9:00 AM, TRAVERSE CITY, MICH.,  
GEORGE KUHN (616) 947-6417
- 26 SAT SILVER VALLEY TRAIL RUNS, 10K AND 5K, 10:00 M, TAWAS CITY, MICH., TIM  
HEREK AND BUTCH SHORT, 402 E. LAKE ST., TAWAS CITY, MICH., 48763
- 26 SAT HACKLEY TRAIL RUN, 5K TRAIL RUN, MUSKEGON STATE PARK, MICH.,  
JON ROMKEMA (616) 728-4820
- 27 SUN CAL CITY MINI-MARATHON, 13.1 MILE, 9:00 AM, CALUMENT CITY, ILL.,  
TERRI COLLINS (708) 862-0880
- 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
- 27 SAT AUTUMN CLASSIC 5K, 8:30 AM, GRAND RAPIDS, MICH.,  
GARY DICKERSON (616) 363-4585

-----OCTOBER 1998-----

- 03 SAT EMILY'S SCHOLARSHIP RUN AND WALK, 5K R/W, 9:00 AM, ORCHARD  
COUNTRY DAY SCHOOL. INDIANAPOLIS, IND., DON CARR, TUXEDO BROS.,  
4314 MATREA MORE CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 03 SAT(R) NORRIS INSURANCE 4 MILE RUN, 8:00 AM, BUNKER HILL, IND.,  
(317) 395-7761
- 03 SAT FLOWER HOSPITAL 5K, 10:00 AM, SYLVANNIA, OHIO  
TERESA LEGG (419) 824-1918

- 03 SAT DOCS AND JOCKS 4 MILE RUN, PONTIAC SILVER DOME, PONTIAC, MICH.,  
ED KOZLOFF (248) 544-9099
- 03 SAT(R) RUN/WALK FOR CHILDREN, 5 MILE X-COUNTRY, 10:00 VALPARAISO, IND.,  
CLARK GLOYESKE (219) 926-1179
- 04 SUN MICHIGAN BIG TEN, 10 MILE, 10K, AND 2 MILE, 8:00 AM, ANN ARBOR, MICH.,  
AMERICAN LUNG ASSOC., RACHEL SLOAN (800) LUNG-USA
- 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, 1:00 PM, ST. LOUIS CATHOLIC CHURCH, ZULA, IND.,  
MITCH HARPER (219) 456-1381
- 11 SUN JCC BAGEL RUN, 10K RUN AND 5K WALK, SYLVANNIA, OHIO  
(419) 885-4485
- 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 BADGER-  
LAND STRIDERS, 9200, W. NORTH AVE., MILWAUKEE, WIS., 53226
- 17 SAT FENVILLE WILD GOOSE CHASE, 5K, 10:30 AM, FENVILLE, MICH., G. FORTUNE,  
PO BOX 369, PULLMAN, MICH., (616) 236-5530
- 18 SUN DETROIT MARATHON, DETROIT, MICH., JAMES MINELLA, 300 STROH RIVER  
PL., DETROIT, MICH, 48207 (313) 393-7749
- 24 SAT MONSTER MASH DASH, 5K R/W, 5:00 PM, EAGLE CREEK PARK, INDIANAPOLIS,  
IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT, INDIANAPOLIS  
IND., 46254 (317) 328-1632
- 24 SAT(R) OMNI 41 PUMPKIN PRANCE, 5K, 10:00 AM, SCHERERVILLE, IND.,  
DARCY STRACK (219) 865-6969
- 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 R/W 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

31 SAT GREAT TURTLE HALF-MARATHON AND 5.7 MILE RUN, 1:30 PM, MACKINAC  
ISLAND, MICH., RIVERBEND STRIDERS, (810) 659-6493

-----NOVEMBER 1998-----

01 SUN(R) ZOY RUN, 7+ MILES, 9:30 AM, CHESTERTON, IND.,  
AL MUSSMAN (219) 762-5680

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 HALF CRAZY RACES, MARATHON AND 5K, 1:00 PM, VASSAR, MICH.,  
DOUG GAMER (517) 823-3832

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

07 SAT HOFFMASTER TRAIL RUN, 4.5 MILE, 10:00 AM, NORTON SHORES, MICH., DAVE  
PAULSEN, 2081 HILLSDALE, NORTON SHORES, 49441 (616) 780-1399

08 SAT 17TH ANNUAL RUN FOR THE MOUNDS, 5 MILES AND 1 MILE FUN RUN, 2:00 PM  
MOUNDS STATE PARK, ANDERSON, IND (TENTATIVE, MORE INFO TO COME)

08 SAT(R) THE FALL FROLIC, 4 MILE, 9:30 AM, HAMMOND IND.,  
JIM AGELOPOULUS (219) 845-1977

08 SAT COLUMBUS MARATHON, COLUMBUS, OHIO, JOAN RIEGEL, PO BOX 26806,  
COLUMBUS, OHIO, 43226 (614) 433-0395

15 SAT(R) VALPARAISO CROSS COUNTRY RUNS, 5K & 10K, 2:00 PM, SUNSET HILLS  
FARM COUNTY PARK, VALPARAISO, IND., MIKE PROW (219) 531-3131

15 SAT COLD TURKEY TROT FOR A SMOKE FREE 2000, 5K, 1:00 PM, E. LANSING,  
JON KERMIET (517) 353-7868

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., KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE,  
ILL., 61834 (217) 733-2403 OR (217) 431-4243

22 SUN ELMO'S TURKEY TROT, 5K, 10:00 AM, ANN ARBOR, MICH.,  
ELMO MORALES (734) 994-9898

- 22 SUN RANDY'S 10 MILER AND 5K, 11:00 AM, PERRSBURG, OHIO  
BRUCE BEVERAGE (419) 865-4131
- 26 THUR INDY PARKS TURKEY TROT, 5K AND 5 MILE FUN RUN, RIVERSIDE PARK,  
INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 26 THUR TURKEY TROT, 5 MILES, 9:00 AM, DAVENPORT, IOWA  
DAVENPORT YMCA (319) 322-7171
- 26 THUR(R)THANKSGIVING DAY 5K FUN RUN, 9:00 AM, HIGHLAND PARK, KOKOMO, IND.,  
(MORE INFO TO COME)
- 27 FRI FANTASY FIVE-K RUN, 6:00 PM, HOWELL, MICH., CHARLOTTE SWANN,  
127 SWANN CT., HOWELL, MICH., 4843 (517) 546-2439

-----DECEMBER 1998-----

- 05 SAT(LP)JUST PLAIN 10K, 2:00 PM, FOSTER PARK, FT. WAYNE, IND.,  
J.P. JONES (219) 745-7339 ENTRY FEE IS A GIFT WRAPPED T-SHIRT
- 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(R)CKRT CHARITY 4 MILE RUN, 2:00 PM, DELCO PARK, KOKOMO, IND.,  
(MORE INFO TO COME)
- 06 SUN JINGLE BELL RUN FOR ARTHRITIS, 5K, 3:30 PM, LANSING, MICH., CAMILLE  
JOHNSON, 241 E. SAGINAW ST., SUITE 402, E. LANSING, MICH., 48823
- 06 SUN MEMPHIS MARATHON, MEMPHIS, TENN., KIM CHERRY, FIRST TENNESSEE  
MEMPHIS MARATHON, PO BOX 84, MEMPHIS, TENN., 38101 (800) 893-7223
- 06 SUN JINGLE BELL RUN FOR ARTHRITIS, 5K, 5:00 PM, TOLEDO, OHIO,  
LISA LONGFELLOW (419) 437-0888
- 12 SAT ROCKET CITY MARATHON, HUNTSVILLE, ALA., MALCOLM GILLS, 1001 0PP  
REYNOLDS RD., TONEY, ALA., 35773 (205) 828-6207
- 13 SUN POLAR BEAR, 5 MILE, 10:00 AM, MAIN BEACH, CRYSTAL LAKE, ILL.,  
RICHARD ESCHMAN (815) 459-1823
- 13 SUN REINDEER RUN, 4MR, 4KW AND 1K TOT TROT, 10:00 AM, ROCHESTER, MICH.,  
1-(800) 753-9820

- 13 SUN BALLY'S INDOOR MARATHON, 8:00 AM, TOLEDO, OHIO,  
TOM FALVEY (419) 475-0731
- 27 SUN \*THE HUFF 50K TRAIL RUN, 8:00 AM, KIL-SO-QUAH CAMGROUND,  
HUNTINGTON RESERVOIR, MITCH HARPER (219) 456-1381
- 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
- 31 THUR(R)CKRT NEW YEAR'S EVE 5K, HIGHLAND PARK, KOKOMO, IND.,  
(MORE INFO TO COME)

-----JANUARY 1999-----

- 01 FRI NEW YEARS DAY 5K, 11:00 AM, LINCOLN PARK, CHICAGO, ILL.,  
CHICAGO SPECIAL EVENTS (773) 868-3010
- 02 SAT SIBERIAN EXPRESS, 7.6 MILES, 12:00 NOON, KICKAPOO STATE PARK,  
DANVILLE, ILL., MARC REDDY (217) 431-4243

**TRAINING RUN - Meet at the YMCA Downtown Fort Wayne - 7 am Saturdays**

Newsletter Deadlines

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

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

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: \$16.00 Two Years: \$28.00 Three Years: \$36.00

**New Members:** First year only \$12.00

**Members under 21:** \$12.00 per year until 21

**Family Rate:** \$4.00 for each additional family member (\$8.00 maximum)

**New Members:** If you join during the year, you pay as follows:

- 100%-Jan.-Feb.-Mar.- 1<sup>st</sup> Quarter
- 75%-Apr.-May-June- 2<sup>nd</sup> Quarter
- 50%-July-Aug.-Sept.- 3<sup>rd</sup> Quarter
- 125%-Oct.-Nov.-Dec.- 4<sup>th</sup> Quarter & following year

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...

## SHOESUCKER 7

Saturday, April 18, 1998, 9:00 AM  
Kil-S0-Quah Campground, Huntington, IN

## FWTC MILE CHAMPIONSHIP

Saturday, May 2, 1998 6:30 PM  
Foster Park Fort Wayne, IN

## CANAL DAYS 10K & 5K

Saturday, June 6, 1998, 7:00 AM  
Summit & Ann Streets, New Haven, IN

## FWTC MEETINGS

Wednesday, April 8, 7:00 PM, Run, 6:00  
Wednesday, May 13, 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.			



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

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