

the inside track

June - July 1998

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



**SATURDAY,
JUNE 13, 1998**

1998 FORT WAYNE TRACK CLUB

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OFFICERS

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Linda Gorman	Linda Brooks	Jack Hilker
Jay Brower	Jerry Diehl	William Crane
Monica Maddalone	Don Anderson	Tim O'Connell

DISTANCE COACHING—A 365-DAY A YEAR JOB**(Part 3—Conclusion)**

The period from early January to mid-February is the next phase of our distance training where we continue the same basic format of the previous two months but introduce a little more interval and repetition work (about once a week for each). It is at this juncture that each of our distance men is consulted with individually and a month-by-month date-goal objective is set up. Another point I might interject at this point is that it is very important to keep accurate records of workouts and competitions. I have most copies of every workout we have ever done at Northrop which is very helpful in determining an individual athlete's progress during a given season, and in making individual and team comparisons from one season to the next. I also have copies of individual and team results of every competition in which we have ever been involved, which is also great for comparison purposes, etc. All workouts and all indoor competitions are rigidly held to our date-goals, although we are realistic enough to make changes up or down where necessary. As with summer road racing, we do not get very rah-rah about early indoor competitions, but use them strictly to get a feel for their race and a chance to check their progress toward the all-important season-ending goal. Early indoor meets are also an excellent way to help relieve the boredom of practice with no meets.

The final three segments of our distance training program at Northrop simply divide the track season into thirds. The early track season (February and March) brings a slight step-up in our work, and workouts become more intensified in nature. Runners are again expected to begin 2-a-day training for at least 2-3 days per week. There is a great similarity between this period and our early cross country workouts, except that we are spreading the work over a longer period of time and that we often divide workouts among our 800, 1600, and 3200 groups. Again, throughout the track season, we attempt to individualize all workouts as much as possible. The mid-track season (generally the month of April) is very similar in nature to mid-cross country segment, but with even more emphasis on quality and speed work; and with even more division among the three distance events. And, finally, the last segment of our distance year is the late track season. Like the late cross-country season, this is a phase where volume and intensity are lightened in order for the runner to be ready to run his best races. A runner must be both mentally and physically ready for the big races of the year which come at this point in the season, so training is now of a more relaxing nature, realizing that the hard training is behind him. All maximum efforts and concentration should be now put upon racing and not practice.

All in all, I am certain that every coach who has had reasonable success with their distance program has a different philosophy and method of reaching the ultimate objectives for their runners. There is one common thread, however, that runs through all of the best programs, and that is the thread of being able to meet the needs of your runners at all levels of their life and building their character to the utmost to the best of your ability. The important thing is that you believe in your program and that you can get your runners to believe as strongly as do you. Always be willing to evaluate your program continually, looking for its strengths and weaknesses, ever ready to make the changes which will benefit your team or a particular runner. Every team is unique and every runner is unique! What has worked for one runner or team may not for other runners or teams. In other words, be firm and confident in your coaching, but always remain flexible and always be looking for new and better techniques and training methods. The dumbest coach in the world is the one who knows everything!

**VOLUNTEER OPPORTUNITY**

The Track Club is looking for a person or persons who will take over the mailing of the Fort Wayne Track Club Newsletter. It involves applying address labels, inserting fliers, if any, putting on sealing tabs, and delivering newsletters to the post office. There are six issues per year.

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, March 11, 1998, 7:00 p.m., IPFW

14 Present: C. Brandt, J. Schlatter, P. Knott, L. Gorman, J.P. Jones, M. Yann, M. McAvoy, M. Harper, L. Armstrong, J. Hockensmith, D. Lindley, J. Tillapaugh, B. Sohaski, P. Suelzer

1. Charlie Brandt called the meeting to order and Don Lindley opened in prayer.
2. The minutes from last meeting were reviewed and accepted.
3. Don Lindley gave the Treasure's and Membership report.
 - a. There was an income of 5,353.13, with expenses of 2,849.64, for a balance of 12,214.75.
 - b. The income includes over 2,000.00 set aside for the Nutri Runs and the Marathon.
 - c. There are 281 members to date.
4. Judy Tillapaugh said that she, Joyce, Don, and Mitch were finishing the final draft of the new FWTC applications. The board made some minor changes to application fee schedule to be included in the application and voted to have the new applications typeset and printed.
5. Judy Tillapaugh gave a report on the Mastodon Stomp 5k.
 - a. April 4, 1998 at IPFW
 - b. Asked for volunteers to help pass out flyers and to tabulate results.
 - c. Announced that volunteers need to show up at 7:30 am.
6. Jon Schlatter gave a race calendar update: Run for the Children 5k, Muncie, Mar 28, 9:00 am
7. Joyce Hockensmith announced that items for the newsletter will be due by March 23.
8. Mike McAvoy reported that the banquet went well and that he is already looking into speakers for next year and will ask Kim Davidson to oversee the banquet next year.
9. Mike McAvoy gave a report on the Nutri runs.
 - a. Expressed a need for more volunteers.
 - b. 79 entries so far.
 - c. He has talked to people about chaining up their dogs.
10. Mike McAvoy said that he has only one application so far for the bus trip and that the cutoff date is July first.
11. J.P. Jones gave a report on the Marathon.
 - a. 9 entries so far.
 - b. Mitch is working with Indiana-Ohio Heart Ass. in setting up the 6 person relay event.
12. Judy Tillapaugh announced that there is now new news on a new RRCA state rep.
13. Judy Tillapaugh said that Kim Davidson is setting up Indy-Mini trip.
 - a. Has prices for hotel rooms and will probably reserve some.
 - b. May put an ad in the next newsletter and set up a display at the Nutri Runs.
14. Mitch Harper talked about the race directors' workshop that he and Mike McAvoy are planning.
 - a. Will cover course certification.
 - b. Will talk about use of mailing list.
 - c. Want to set calendar and possibly eliminate scheduling conflicts.
 - d. Will put together race directors' manual.
 - e. Jon S. asked for help in compiling a list of local races.
15. Don Lindley proposed that the FWTC donate \$100 to help send the Northrop track team to a national track meet as a way of promoting high school running and the board approved.
16. The board voted to give \$25 to the scholarship fund of IPFW in honor of board member Ken Disler's friend Marge who recently passed away.
17. Mike McAvoy lead a discussion about sponsoring a relay race in the future at the Northside Relays and the board voted to give \$50 earmarked for improving awards.
18. Mike McAvoy said that the Zoo run asked for help in compiling the race results and the board agreed to do so at a cost of 50 cents per runner and a \$2 discount for FWTC members.

Meeting then adjourned. The next meeting is April 8, 1998, 7:00 p.m., IPFW.
Respectfully submitted, Jon Schlatter, Club Secretary.

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, April 8, 1998, 7:00 p.m., IPFW

14 Present: K. Disler, D. Anderson, M. Harper, L. Gorman, J. Hockensmith, S. Brunner, P. Knott, J. Schlatter, D. Lindley, M. Swenson, M. Maddalone, J. Tillapaugh, M. Yann, B. Peterson

1. Don Lindley called the Meeting to order and opened with prayer.
2. The minutes from last meeting were reviewed and accepted.
3. Don Lindley gave the Treasure's and Membership Report.
 - a. There was an income of 3,461.15, with expenses of 3,368.71, for a balance of 12, 307.19.
 - b. The book is not complete Nutri Run as there are some bills outstanding.
 - c. There are 316 members to date.
4. Judy Tillapaugh gave the final report on the Mastodon Stomp.
 - a. There were 260 finisher including 22 walkers.
 - b. She thanked all the FWTC volunteers.
 - c. Progressive Insurance, Aaron Chiropractic, Waterworks, and Pepsi, were the major sponsors.
 - d. There were some negative comments about medals and t-shirts that didn't match the race and that the course cones were taken up to soon.
5. Jon Schlatter gave a race calendar update; Slippery Elm 5k, Bowling Green, Ohio, May17.
6. Joyce Hockensmith said the next Newsletter due date is May 15.
7. J.P. Jones gave an update on the Marathon.
 - a. There are 13 entries so far.
 - b. Ohio-Ind. Heart putting finishing touches on the Marathon relay and will soon be mailing applications out to the area High Schools.
8. Don Lindley gave a report on the RRCA National Convention, which will be June 18-20 in Peoria, IL.
9. Bill Sohaski gave an update on the Triathlon. Fazzoli's will be one of the sponsors and would like to help other FWTC races.
10. Barrie Peterson announced that Mike McAvoy will be the race director for the Parlor City Trot.
11. Barrie Peterson gave the Nutri Run report for Mike McAvoy.
 - a. There were 217 finishers, which was the second highest ever.
 - b. Sponsors are lined up for next year.
12. Barrie Peterson gave the Parade Race update for Mike McAvoy.
 - a. Will still be right before the TRF parade.
 - b. It will be July 11 with a new course that has only one 180 degree turn.
13. Barrie Peterson gave an update on the Zoo race.
 - a. FWTC will rent finish line equipment
 - b. The Board authorized Mike McAvoy to negotiate the best price for FWTC doing results.
14. Judy Tillapaugh reported for Mike McAvoy that Rich Griffis, the sports editor for the News Sentinel, said the paper would like to sponsor the points race series for \$300, would like to publish the results of more races and that Mike McAvoy might do a weekly running column.
15. Mitch Harper said he would be able to take local race apps. to pass out at the Indy-Mini.
16. Sharon Brunner said that she may be moving and that someone will probably need to take over the mailing of the newsletter. Joyce will put an ad in the next Issue for a replacement.
17. Barrie Peterson announced the summer speed workout series starting June 11 at Northrop.
18. Barrie Peterson lead a discussion of a nominating committee for the FWTC officers and board members for 1999-2000. Don Lindley, Judy Tillapaugh, and J.P. Jones volunteered. Meeting then adjourned. Next meeting will be May 13, 1998, 7:00 p.m. at IPFW.

Respectfully submitted, Jon Schlatter, Club Secretary.

REFLECTIONS

I question if many track club members, other than Don Lindley, recall the day when adults were not seen running on the roads or streets. Of course, occasionally groups of high school track runners appeared.

The only distant running I ever did prior to 1973 was in the Air Corp, one and one half mile occasionally. At 22 years of age my heart raced at a rate I thought a heart attack was certain.

I was employed at International Harvester as a buyer in 1973. My work day consisted of 8 hours of desk duty. Time away from my desk was unproductive, usually. A fellow worker of my age and I commented frequently how we nearly fell on our face at rising to walk after a couple of hours of sitting. This concerned us at an early 50 years of age.

My friend, James Nonnier, came to work one day enthusiastic about an article he found in Readers Digest, by Kenneth Cooper, MD a cardiologist in the Institute for Aerobic Research in Dallas, Texas. Dr. Cooper stressed the necessity of 15 to 20 minutes of each day doing Aerobic exercise (methods of pumping air into the blood stream), running was emphasized. In a very few days Jim and I took heed.

Since I had never seen an adult running, my first problem was where can I perform this unusual activity, and avoid the appearance of an escaping institutional inmate either by my neighbors or a passing motorist. I first chose the basement. Can you imagine running around a 12 by 15 foot room? Running in place was done a couple of weeks. Eventually I conceived the idea of running after dark in my driveway, which was approximately 150 feet in length. I placed a glob of paint 2 feet out side my garage door and another glob 125 feet near the road. In a couple weeks I was up to 10 laps, nearly a quarter mile. I hadn't yet realized the affect this turning back and forth in a pair of worn out canvas basketball shoes would have on my feet and knees.

Late in my second year of driveway lapping and now up to 20 to 30 lap sessions, I met another fellow worker, Ron Motycka, who had recently taken up running. Ron lived 2 miles away. We were so elated to find another with whom we could share our enthusiasm. We soon arranged to met half way at the Arlington Park entrance, which had a well lit 1/2 mile loop.

We met here each morning before work, winter and summer, dark or light, and returned home after usually 8 to 12 laps together.

Ron learned of a marathon being promoted at Lafayette, Indiana sponsored by the Marathon Oil Company. This was the first organized road race we ever heard of and we were going to "DO IT". There was no entry fee, a tee shirt was given as well a framed certificate for each finisher. There was one requirement, a permit from our family doctor was required after a physical examination. My Doctor was perhaps nearly one half my age. When I informed him of the purpose of the physical he quickly advised he too had taken up the Cooper program when time permitted.

Ron and I had four months to prepare. We had no training techniques nor advice, so we decided on three runs to Woodburn and return, approximately 22 miles.

Ron finished the Marathon-Marathon before my 3 hours, 53 minutes, and 18 seconds, June 7, 1975, 155 finishers. That was one of the proudest and most humbling days of my life.

Roberta Weideman Foust and her Sunday afternoon competitive fun runs at St. Francis College, 1975-76, began generating a number of runners, perhaps 25 or 30. The entry fee was 25 cents. Sappenfield sporting goods store, as I recall, furnished her small 5 inch trophies. This was great. Roberta conducted the runs not only to further running but to aid her cross-country runners she coached at St Francis College. I think that she was encouraged by other city coaches, in addition to our current club president, Barrie Peterson.

Roberta has told me of the flack she had to endure during those years for not only running at her

age but also the fact she was a lady. (Ladies didn't run and sweat). I admit at that time I saw Roberta as one unusual person, which she was. This was the 1970's.

In contrast to this unusual person, recently in mid June on an exceptionally beautiful morning during my early, 6:30-7:00 AM run, I encountered 17 adult walkers and runners, 12 women and 5 men. How time has changed our attitudes.

Roberta joined up with Hilliard Gates to bring distant running to Ft. Wayne, through three marathons, which I participated and finished. I ran most of the last one with Roberta. Ask her, she will be quick to say, "Yes, and that old man wore yellow shorts."

Don Lindley somewhere during this time conceived the idea of the Ft. Wayne Track Club and running was becoming front page.

Every track club member should be reminded what Don has done for this club. He has accepted this thankless responsibility and done it with dedication.

As for Dons' dedication I recall a 3 mile race years ago during the winter months due on a day it had snowed the night before and which Don hand shoveled a 3 mile track of 4 inch snow for the runners.

I was not born a runner and, at 79, I cannot run any better now than years past but it is a part of nearly every day of my life. My current goal, again, is the same as it was when I left my 50's and then my 60's and again my 70's "Just to run at least one 5 K in a year, 1999, at age 80. It will probably be the Berne Swiss Days race in which I have participated every year since its beginning over 20 years past.

Health wise, I am perhaps one of the luckiest persons alive, not an ache or pain, not even a family Doctor, all of which I credit to a good sweat-out of at least 3 to 5 miles, daily. I will admit to cheating during a few winter months with only 2 or 3 miles.

The next day after finishing the New Haven 5K during Canal Days, a couch potato friend of mine in all sincerity inquired, "Did you win?" My reply as usual was, "YES". Finishing is winning, I had only one opponent, myself."

C. Fleetwood

JOSEPH M. KUHN, D. O
FAMILY MEDICINE

301 SOUTH MAIN STREET

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May 16, 1998

TO: The Inside Track
Fort Wayne Track Club

R.I.P. Soap Box Derby Hill, courtesy of the City of Fort Wayne's bulldozers. I witnessed the Hill coming down earlier this week. A sad day.

Joseph Kuhn, D.O.

**1998 SPRING FEVER 5K
WARSAW, IN
April 18, 1998**

OVERALL RESULTS

Name		City	State	Sex	Age	Finish	Overall	Grp
Esquivel	Tod	Fort Wayne	IN	M	20	16:45:0	1	1
Garcia	Vince	Ft. Wayne	IN	M	40	17:22:0	2	1
Garcia	Derek	Ft. Wayne	IN	M	16	17:43:0	3	1
Knuckles	Bob	Huntertownt	IN	M	41	18:30:0	4	2
Faulkner	Justina	Bourbon	IN	F	22	18:48:0	5	1
Duff	Lenny	Ft. Wayne	IN	M	33	19:00:0	6	1
Tarquino	A.J	Nashport	OH	M	48	19:33:0	7	1
Babbitt	Michael	Warsaw	IN	M	24	19:38:0	8	2
Schwartz	Thomas	Walkerton	IN	M	46	19:56:0	9	2
Gackenheimer	Chris	Warsaw	IN	M	17	20:13:0	10	2
Duff	Anne	Ft. Wayne	IN	F	33	20:20:0	11	1
Moore	Josh	Bourbon	IN	M	12	20:29:0	12	1
Fevig	Jason	Warsaw	IN	M	20	20:33:0	13	3
Cape	John	Warsaw	IN	M	36	20:40:0	14	1
Cobbs	DeWain	Warsaw	IN	M	53	21:02:0	15	1
Crane	William	Warsaw	IN	M	55	21:12:0	16	2
Boyd	Summer	Winona Lake	IN	F	16	21:58:0	17	1
Troup	Tom	Warsaw	IN	M	34	22:20:0	18	2
Stantz	Nancy	Warsaw	IN	F	32	22:27:0	19	2
Buyer	Jim	Warsaw	IN	M	36	22:40:0	20	2
Wiley	Paul	Warsaw	IN	M	28	22:40:0	21	1
Reinholt	Keith	Warsaw	IN	M	38	22:41:0	22	3
Schwartz	Patty	Syracuse	IN	F	45	22:44:0	23	1
Fugate	Bob	Plymouth	IN	M	29	23:15:0	24	2
Zolman	Eric	Warsaw	IN	M	36	23:28:0	25	4
Upchurch	David	North Webster	IN	M	38	23:32:0	26	5
Stephens	Robert	South Bend	IN	M	48	23:46:0	27	3
Ocock	Jon	Winona Lake	IN	M	29	24:08:0	28	3
Reichert	Jenny	Bourbon	IN	F	39	24:11:0	29	1
Hodges	Charles	Warsaw	IN	M	66	24:21:0	30	1
Loucks	Katrina	Ft. Wayne	IN	F	26	24:29:0	31	1
Loucks	Brian	Ft. Wayne	IN	M	28	24:30:0	32	4
Finch	Jennifer	Warsaw	IN	F	14	25:00:0	33	1
Albert	Melonie	Warsaw	IN	F	14	25:01:0	34	2
Cripe	Tracy	Warsaw	IN	M	34	25:09:0	35	3
Dervin	Joe	Goshen	IN	M	53	25:23:0	36	1
Draper	Jennifer	Warsaw	IN	F	34	25:38:0	37	3
Kruit	Chris	Warsaw	IN	F	25	25:54:0	38	2
Herring	Becky	Winona Lake	IN	F	24	25:59:0	39	2
Gackenheimer	Jerry	Warsaw	IN	M	43	26:19:0	40	3
Abel	Robert	Warsaw	IN	M	39	26:24:0	41	6
Jeffreys	Richard	Warsaw	IN	M	55	26:25:0	42	3
Jayne	David	Winona Lake	IN	M	40	26:38:0	43	4
Finch	Andy	Warsaw	IN	M	38	26:54:0	44	7
Miller	Jennifer	Warsaw	IN	F	27	27:02:0	45	3
Prichard	Tom	Warsaw	IN	M	45	27:09:0	46	4
Crager	James	Wabash	IN	M	29	27:23:0	47	5
Dick	Becky	Warsaw	IN	F	54	27:37:0	48	1
Jeffreys	Kathy	Warsaw	IN	F	51	27:41:0	49	2

Fugate	Darlene	Plymouth	IN	F	26	27:55:0	50	4
Braumberger	Jann	Syracuse	IN	F	33	27:58:0	51	4
Scheidt	Timothy	Warsaw	IN	M	40	28:20:0	52	5
Prichard	Judy	Warsaw	IN	F	41	29:10:0	53	1
Moffett	Don	Warsaw	IN	M	61	29:11:0	54	1
Plesher	David W.	Warsaw	IN	M	38	30:18:0	55	8
Dargis	Charleen	Ft. Wayne	IN	F	23	30:26:0	56	3
Hirsch	Daniel	Warsaw	IN	M	49	35:08:0	57	5
Baum	Monna	Warsaw	IN	F	44	35:55:0	58	2
Laughlin	Theresa	South Bend	IN	F	24	37:14:0	59	4
Laughlin	Laura	Warsaw	IN	F	40	37:14:0	60	3

3 States in 1 Day

Saturday a 40 mile Tri-State run turned out to be a great time and experience. Three of us started at 4 a.m. from near Defiance, Ohio and headed out on country roads across NW Ohio, the SW corner of Michigan and on to a finish in the NE corner of Indiana at Clear Lake.

The weather at the start was in the 50 degree range with a slight wind and light humidity. There was almost a full moon to start but soon clouds hid the moon until near sun rise. Our support van went head and stopped about every 5 miles. This worked great and was a big help.

During the first 3 hours we only saw one vehicle on the roads so we seemed to be the only humans or otherwise out and about. Hearing the birds wake up at dawn as we passed by was neat. At about 10:30 we arrived at a Burger King near route 80/90 (Ohio Turnpike). We stopped here for a break and to meet up with another runner who was to join us for the remainder of the trip. We also meet up with 3 others who had started out a 7 a.m. on bicycles. The bikers actually passed us about 3 miles from the Burger King. Our hope was to beat them, but it did not happen. Actually the scheduling was excellent.

After the break it was off to the lake and the last 10 miles. This part of the run became rather hilly, but it just gave us more excuses to walk the uphill. The sun was out most of the time with a nice breeze. Perfect weather for running and enjoying the scenery. The run took us 8 hours and 43 minutes. This did not count the time spent at the Burger King break.

After arriving at the lake it was off with the shoes and into the lake, with beer in hand for a much-enjoyed soak of the feet and legs. The cold water did wonders to get the blood out of the legs and make everything feel relieved. Next it was into the hot tub, for a long soak.

Later in the day we enjoyed great food, more beer and a ride around the lake on a pontoon boat. It was a long but enjoyable day. For some reason I found myself in bed at 8:30 p.m.

Bill Mack
 Defiance, Ohio USA
 bamack@saa.net



A STOMPING SUCCESS

33 IPFW alumni, 227 other enthusiastic runners and walkers, 40 volunteers, and many spectators all gathered Saturday morning April 4th for the 3rd Annual IPFW 5 km Mastodon Stomp. Thanks to major sponsor PROGRESSIVE INSURANCE and contributing help from Pepsi, Waterworks, and Aaron Chiropractic Clinic, the Fort Wayne Track Club and IPFW Department of Athletics, Recreation, and Intramural Sports provided the Mastodon Stomp as a benefit for IPFW's Men's and Women's Cross Country Teams.

The course took the participants on a 3.1 mile campus tour following roads and sidewalks. Afterwards everyone enjoyed All Sport from Pepsi, water, fresh fruit, other snacks. Race awards included gift drawings, ribbons for walk finishers, and trophies for top runners.

The lead runner was Brian Shepherd from Ligonier, Ind. who's a current graduate student at IPFW. He finished with a time of 15:49. Talia Barwick, senior at Northrop High School, was the leading lady!! Her time was 19:10! IPFW runner Adam Barton was the top college employee plus he finished second in the male 20-24 age group with a time of 16:39. Diana Kuebler finished as the first female college employee with a time of 26:07. Mike Schoudel was the first male IPFW Alumni with a time of 16:25. Anne Duff was the first the first female IPFW Alumni with a time of 20:27.

22 walkers stomped the course!! Such fine people like IPFW Athletic Department Director Butch Perchan and his wife Dorothy, IPFW Chancellor Mike Wartell and his wife Ruth, and IPFW Physical Plant Director Dave Danielson and his wife Mary Lee walked with strides of pride.

Much thanks to all the volunteers, especially Fort Wayne Track Club helpers!! Success was only possible because of many willing hands and hearts!! Your great!!

Volunteers:

Don Lindley
Bill Sohaski
Howard Klinger
Mark Brattoli
Mel Hochsteller
Linda Gorman
Jeremy Lesh
Tom Felger
Stephanie Pickett
Patti Bodine
Sue Sipes
Butch Perchan

10 members of md. National Guard

Jerry Diehl
Mitch Harper
Jon Schlatter
Bob Berger
Wayne Unsel
Sara Unsel
Paul Knott
Don Anderson
Deb Treleaven
Dave Skelton
Polly Beasley
Diana Kuebler
Steve Fisher

It was a great day for a great activity!! People were stomping to help their health and help promote student success!!

Best,

Judy Tillapaugh, R.D.
IPFW Cross Country Coach

A great day for a great activity! People were stomping to help their health and help promote student success.

IPFW-MASTODON STOMP

5km Walk Run

April 4, 1998

PI	First	Last	Time	PI	First	Last	Time
Male 14 & Under				Male 25 - 29			
1	Eric	Nestel	19:16	1	Mike	Fruchey	16:40
2	Adam	Knight	19:39	2	Dave	Broerman	17:52
3	Andy	Garcia	20:26	3	Paul	Richardson	18:22
4	Jason	Beer	21:07	4	Mark	Rickerd	18:40
5	Kurt	Freuderstein	21:21	5	Kirk	Eisert	19:29
6	Alan	Richardson	22:02	6	George	Iakovon	20:42
7	Wayne	Knight	22:25	7	Jeff	Kintz	21:17
8	David	Harman	22:28	8	Richard	Gamble	22:30
9	Cody	Messman	22:57	9	Andy	Christ	23:26
10	Nathan	Clay	23:35	10	Scott	Shaver	23:36
11	Ryan	Stephens	26:21	11	Chris	Buyer	23:46
12	Richard	Wartell (w)	38:27	12	Scott	Burkhardt	26:11
Male 16 - 19				13	Andy	Martin	27:47
1	Matt	Miller	16:53	14	Rob	Lange	30:14
2	Aaron	Barton	17:02	Male 30 - 34			
3	Jeff	Nidlinger	17:07	1	Brian	Shepherd	15:49
4	Terry	Goodspeed	17:28	2	Mike	Schoudel	16:25
5	Brett	Tipton	17:31	3	John	Schnieders	17:39
6	Jon	Nidlinger	17:32	4	Robert	Minnick, Jr	17:59
7	Kurt	Pepple	17:45	5	Jon	Beasley	18:51
8	Andrew	Schmitz	17:50	6	Lenny	Duff	19:08
9	Derek	Garcia	17:54	7	Chris	Cone	19:09
10	Jordan	Shown	18:14	8	Mark	Walter	19:15
11	Chris	Leeuw	18:15	9	Keith	Walter	19:23
12	Chuck	Beaty	18:38	10	Sam	Stephens	19:46
13	Ardy	Litzeaberg	18:43	11	Mike	Engler	19:59
14	Chris	Zepdea	18:58	12	Jim	Martin	20:26
15	Ben	Ashby	19:04	13	Eric	Stine	22:22
16	Travis	Beaty	19:10	14	Jeff	Gerke	22:24
17	Andrew	Mossburg	19:21	15	Rodney	Alter	22:42
18	Jim	Miklas	20:03	16	Joe	Crusher	23:12
19	Adam	Culbertson	20:25	17	Thomas	Kline	23:28
20	Chris	Farr	20:48	18	Tom	Maupin	26:25
21	Rick	White	21:12	19	Bill	Cassoli	26:26
22	Chris	Welch	21:19	20	Scott	Johnson	27:32
23	Brad	Fisher	21:45	Male 35 - 39			
24	Paul	Bola	21:47	1	Jerry	Williams, Jr.	16:26
25	Justin	Wartell (w)	46:16	2	Rowland	Perez	16:35
Male 20 - 24				3	Chuck	Schlemmer	16:51
1	Tod	Esquivel	16:24	4	Mack	Curt	17:30
2	Adam	Barton	16:39	5	Michael	Clay	17:49
3	Doug	Showley	16:41	6	Scott	Beasley	18:18
4	Chad	Clevenger	17:29	7	Conrad	Peterson	18:21
5	Brad	Thomas	18:12	8	David	Swenson	19:06
6	Samuel	Vargis	18:32	9	Bryan	Keister	19:07
7	Nathan	Diehl	18:33	10	Jeffery	Rowe	19:47
8	David	Foote	18:41	11	Tom	Hinde	20:32
9	Chad	Dillinger	18:42	12	Rod	Wilson	20:36
10	Chris	Adang	19:28	13	Keith	Shumaker	20:43
11	Scott	Wagner	20:30	14	Bob	Berger	21:10
12	Jon	Byers	21:20	15	Daniel	Nestel	21:25
13	Dan	Coleman	24:55	16	Jeff	Metzger	22:00
14	Douglas	Pickett	26:51	17	Steve	Eyers	22:19
15	Phil	Starewich	29:04	18	Mike	Slaubaugh	23:08
16	Joseph	Frentzel	30:30	19	James	Buyer	23:45
17	Ben	Hammond	31:12	20	John	Pontecorlo	24:03
				21	Thomas	Cleveland	25:04
				22	Jim	Berghoff	25:40
				23	Michael	Cline	26:09
				24	Edward	Wood	27:03
				25	Robbin	Thorne	27:58
				26	Ken	Rockwell	30:28



IPFW-MASTODON STOMP

5km Walk Run

April 4, 1998

Male 40 - 44			Male 70 - 74		
1	Mark Furkis	16:10	1	Don Anderson	23:23
2	Vince Garcia	17:27	Male 75 & Over		
3	Carl Risch	18:07	1	Ken Disler	29:44
4	Steve Caswell	18:10	Female 14 & Under		
5	Hal Pearson	18:20	1	Kelli Luttmann	23:27
6	Bill Moord	18:24	2	Katie Thorne	27:58
7	Roger Wilson	18:27	3	Jenny Dahl	29:00
8	Bob Knuckles	18:49	4	Chelsea Strickland	31:51
9	Paul Shaffer	18:54	Female 16 - 19		
10	Jeff Milleman	20:07	1	Talia Barwick	19:10
11	Bruce Daugherty	20:47	2	Janet Souder	24:04
12	Kim Lefever	20:55	3	Mishanna Woods	26:22
13	Tom Landis	21:01	4	Amy Spieth	28:24
14	Kevin Truelove	21:18	5	Lisa Bond (w)	48:08
15	Rick Gilbert	21:28	Female 20 - 24		
16	Vern Cedar	22:01	1	Holly Smith	23:34
17	Chuck Zumbrun	22:12	2	Kelli Kunkel	25:01
18	Kevin Richardson	22:14	3	Rebecca Herring	26:16
19	Pat McGuine	22:18	4	Hollie Christ	26:41
20	Fred Hannan, Jr	22:23	5	Cindy Beineke	28:34
21	Greg Lawrence	22:51	6	Ginger Holman	29:33
22	Michael Variell	23:03	7	Tiffany Subins	31:44
23	Joe Nycum	23:30	8	Shannon Michel	31:52
24	Jack Morris	25:45	Female 25 - 29		
25	Dean Russ	27:34	1	Paula Rickerd	20:45
26	Dan Vachon (w)	43:43	2	Amy Brandt	23:15
27	Dave Danielson (w)	53:47	3	Tonya Aerts	23:47
28	Louis Esquivel (w)	54:56	4	Michele Bergdall	25:35
Male 45 - 49			5	Joy Williamson	27:25
1	John Treleaven	18:57	6	Meg Ross	27:38
2	Jed Pearson	18:59	7	Chris Barlow	27:56
3	Phil Rizzo	19:31	8	Sharon Marts	28:17
4	Donald DeCook	22:21	9	Amanda Lombardo	29:21
5	John Luttmann	22:32	10	Suzanne Weldom	32:40
6	Ty Murphy	23:02	11	Lisa Shaver	39:36
7	James Clarke	25:05	12	Danielle Talarico	47:04
8	Tom Fuelling	26:52	Female 30 - 34		
9	David Jackson	27:55	1	Anne Duff	20:27
10	Marlin Short	28:02	2	Robin Rizzo	20:41
11	Michael Grimes	33:11	3	Julie McNulty	22:36
12	Antony Leedy (w)	44:51	4	Teresa Furniss	25:13
Male 50 - 54			5	Sue Miller	25:39
1	Lynn Armstrong	21:49	6	Monica Maddalone	25:50
2	Bernie Burgette	21:52	7	Pam Joachin	26:59
3	Wes Sabins	22:20	8	Wendy Solsrud	27:30
4	Tim Corcoran	22:21	9	Cheri Steigmeyer	27:57
5	Calvin Werling	25:16	10	Amy Maupin	31:35
6	Ken Relue	29:24	11	Caroline Germand	33:10
7	Tom Agness	31:15	12	Karri Blackwell (w)	47:05
8	Michael Wartell (w)	46:16	Female 35 - 39		
9	Bill Foote (w)	46:54	1	Karen McCracken	19:49
10	Butch Perchan (w)	53:45	2	Julie Stuckey	22:26
Male 55 - 59			3	Kim Larsen	23:19
1	Dave Boylan	21:24	4	Carma McPherson	24:29
2	Bill Crane	21:41	5	Robbin Mauger	25:17
3	Tom Felger	22:08	6	Linda Clay	25:44
4	Dick Joslin	25:38	7	Kalleen Ahee	26:05
Male 60 - 64			8	Colleen Graf	26:20
1	Joe Ziegler	21:56	9	Lynette Cahill	26:58
2	Karl Dietsch	24:56	10	Betty Dewells	27:00
3	Dick Hamly	25:21	11	Tammy Bockelman	28:05
4	Alton J Myers	28:52	12	Lauren Carroll	32:19
Male 65 - 69			13	Kim Lake	33:58
1	Bob Loomis	24:57	14	Luann Vachon (w)	43:42
2	Bernard Huesing	25:15			
3	Eugene Striggle	26:01			

IPFW-MASTODON STOMP

5km Walk Run

April 4, 1998

Female 40 - 44

1	Diana	Kuebler	26:07
2	Susan	Peterson	27:29
3	Charlotte	Frentzel	30:31
4	Carol	Garcia	30:52
5	Diane	Post	31:09
6	Diana	Bradford	31:25
7	Cheryl	Stramski	31:57
8	Jennifer	Johnson	33:09
9	Vickie	Dahl	35:17
10	Mary Lee	Danielson (w)	53:46

Female 45 - 49

1	Deb	Byers	21:36
2	Patty	Schwartz	22:46
3	Bobbie	Clark	27:08
4	Dawn	Luttman	27:15
5	Bev	Saalfrank	28:30
6	Vicki	Jacobs	28:33
7	Nancy	Grimes	33:05
8	Nancy	Huesing	33:30
9	Ruth	Wartell (w)	46:15
10	Kathleen	Benson-Chaney (w)	46:36

Female 50 - 54

1	Sarah	Kleinknight	31:18
2	Margaret	Klinger (w)	45:01
3	Judy	Joslin (w)	46:53
4	Myrna	Douglas (w)	52:15
5	Dorothy	Perchan (w)	53:43
6	Cathy	Menze (w)	53:44

Female 60 - 64

1	Joan	Gary	26:37
---	------	------	-------

Female 70 & Over

1	Polly	Jacobs	37:18
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FWTC ONE MILE CHAMPIONSHIP WINNERS

**Brian Shepherd
Overall**

**Deb Byers
Master**

**Linda Gorman
Overall**

**Carl Risch
Master**

**1998 FWTC ONE MILE CHAMPIONSHIP
MAY 2, 1998**

Overall Males

- | | |
|-------------------|------|
| 1. Brian Shepherd | 4:19 |
| 2. Mike Fruchey | 4:31 |
| 3. Brad Thomas | 4:34 |

Master

- | | |
|---------------|------|
| 1. Carl Risch | 4:48 |
|---------------|------|

12-Under

- | | |
|--------------------|------|
| 1. Tony Hull | 5:53 |
| 2. Tim Stoffel | 5:58 |
| 3. Joe Stoffel | 6:44 |
| 4. Pete Stoffel | 7:13 |
| 5. Carter Milleman | 7:52 |
| 6. Brian Lawrence | 8:24 |
| 7. Bobby Gault | 8:24 |
| 8. Kyle Milleman | 8:28 |

13-15

- | | |
|-----------------|------|
| 1. Mike Numtz | 4:52 |
| 2. Eric Nestle | 5:08 |
| 3. Sean Leffers | 5:38 |
| 4. Sam Lawrence | 6:29 |

16-19

- | | |
|-----------------|------|
| 1. Andy Sprague | 4:57 |
| 2. Dan Faucett | 5:49 |

20-24

- | | |
|-----------------|------|
| 1. Tod Esquivel | 4:45 |
| 2. Chris Adang | 5:09 |
| 3. Sam Vargas | 5:18 |

30-34

- | | |
|-----------------|------|
| 1. Mike Shoudel | 4:51 |
| 2. Mike Stahley | 5:12 |
| 3. Mark Walter | 5:14 |

35-39

- | | |
|--------------------|------|
| 1. Chuck Schlemmer | 4:41 |
| 2. Steve Leffers | 4:44 |
| 3. Bryan Keister | 5:13 |
| 4. David Swenson | 5:28 |

40-44

- | | |
|------------------|------|
| 1. Carl Risch | 4:48 |
| 2. Hal Pearson | 5:20 |
| 3. Jeff Milleman | 5:34 |
| 4. Mark Brattoli | 5:35 |
| 5. Tom Landis | 5:41 |
| 6. Gene Wright | 6:13 |
| 7. Greg Lawrence | 6:40 |

45-49

- | | |
|-----------------|------|
| 1. Jed Pearson | 5:11 |
| 2. Fred Stoffel | 5:48 |

55-59

- | | |
|----------------|------|
| 1. Dave Boylan | 5:43 |
|----------------|------|

60-69

- | | |
|----------------|------|
| 1. Joe Ziegler | 6:07 |
|----------------|------|

70-Over

- | | |
|-----------------|------|
| 1. Don Anderson | 7:11 |
| 2. Ken Disler | 8:43 |

Overall Females

- | | |
|------------------|------|
| 1. Linda Gorman | 5:51 |
| 2. Suzie Gilbert | 5:52 |
| 3. Anna Gault | 6:35 |

Master

- | | |
|--------------|------|
| 1. Deb Byers | 6:14 |
|--------------|------|

Newsletter Deadlines

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

TRAINING RUN - Meet at the Downtown YMCA, Fort Wayne - 7 AM Saturdays

St. Patrick's Day Run Held

March 17, 1998

6:00 PM starting near St. Patrick's Catholic Church
Arcola IN

Four hardy souls gathered on a cold, windy and wet St. Patrick's Day for the first annual St. Patrick's Day Run. The approximately three and one-half mile course is a "country block" on county roads until runners wend their way through the small town of Arcola before ending near the church.

JP Jones, Don Lindley, Linda Gorman, and Mitch Harper survived the run in fine fashion. Each received a green paper shamrock marked "1st Place" for the St. Patrick's Day event. There was an opportunity for participants to sample an imported product of Ireland after the run was completed.

29TH ANNUAL SAM COSTA HALF MARATHON

Carmel, IN March 22, 1998

1:00 P.M. Weather: 45, SUNNY

The Sam Costa Half-marathon was held on March 22, 1998 in Carmel, Indiana. Jon Schlatter, Jerry Diehl and Linda Gorman had not gotten enough miles in at the Nutri-Run so they decided to run the Sam Costa. Judy Tillapaugh and Don Lindley had served as volunteers at the Nutri-Run; the Sam Costa gave them an opportunity to run a weekend race. The race had 470 finishers.

Curt Carey of Freedom, Indiana was the race winner. Scott Colford, the multiple winner of the Hoosier Marathon finished in eighth place. Mike Clay of Van Wert, director of the FWTC points race "Van Wert Hot Air Affair," was in 18th place.

Mike had also participated at the Nutri-Run the day before.

HUFF 50K veterans Patrick Puckett, Charlie Skoog, David Bruce and Diane Sidner ran the Sam Costa as well. The results were:

Jon Schlatter had not gotten enough miles in at the Nutri-Run so he decided to run the Sam Costa. Judy Tillapaugh and Don Lindley had served as volunteers at the Nutri-Run; the Sam Costa gave them an opportunity to run a weekend race.

PLACE	NAME	AGE	S	CITY	ST	TIME	PACE
1	Curt Carey	34	M	Freedom	IN	1:13:17	5:36
8	Scott Colford	27	M	Logansport	IN	1:17:11	5:54
11	Patrick Puckett	35	M	Noblesville	IN	1:18:22	5:59
18	Michael Clay	38	M	Van Wert	OH	1:20:26	6:09
87	Charlie Skoog	47	M	Kokomo	IN	1:31:59	7:02
122	Judy Tillapaugh	39	F	Fort Wayne	IN	1:34:53	7:15
140	David Bruce	35	M	Sharpsville	IN	1:36:28	7:22
190	Jonathan Schlatter	41	M	Ft. Wayne	IN	1:41:50	7:47
221	Diane Sidner	37	F	Noblesville	IN	1:44:49	8:01
226	Linda Gorman	34	F	Decatur	IN	1:45:07	8:02
227	Jerald Diehl	46	M	Ossian	IN	1:45:07	8:02
394	Don Lindley	54	M	Fort Wayne	IN	2:02:30	9:22

MICHIGAN TRAIL MARATHON

APRIL 25, 1998

By Joyce Hockensmith

I had wanted for years to run the Michigan Trail Marathon, but it was always held at a time when I had another state beckoning. Now, having run it, I wonder what ever possessed me to think this was something I wanted to do. As I was huddled, in a futile effort to escape a driving cold wind, under a canvas canopy, trying to stay dry for whatever reason, while picking up my race number, I had a few moments to contemplate my sanity. We had been having unseasonably warm weather, so I had packed for the race with that in mind. Sunburn and heatstroke would definitely not be a factor, although hypothermia might be a possibility. Did I really have to do this race? Of course I did! There were friends from the FWTC there, along with 8-10 of my 50+DC group. They were all going to do this. This was no place for a wimp.

The race started in the rain, and the trails were wet, muddy, and very slippery. I immediately backed off my moderate pace. This would definitely be a sloooooow day. Whereas the mud might cushion my fall, the state I would be in after prying myself out of the oozy mess made it seem a most undesirable activity, so I resolved not to fall. That meant going even a little slower than I already was, but I really didn't care. My friends had long left me, so I had nobody around me to motivate me, but on the other hand, there was also nobody around to be unnecessarily cheery, so I could have my bad mood to myself.

The course for the marathon is two loops, so they also hold a half marathon, which begins thirty minutes after the marathon. I believe this is solely so the marathoners can have the degrading experience of having the half marathoners pass them. It was especially nice for slow me, slogging down the narrow, muddy trail, to have these kamikaze runners come up behind me. I would usually leap to one side clinging to whatever tree was available. This worked fairly well as long as the overtaking runners declared their intentions, otherwise I found that 2 zags, instead of a zig and zag, did nothing for either one of us.

Some things get better with age, but this race was definitely not one of those things. The rain continued, the puddles got deeper, and the mud got muddier. Somehow, despite all these deterring forces of nature, I was in sight of the finish line. Of course I was now over the six-hour time limit, but the only thing that mattered was to get dry and warm.

Then I spotted them, of course not standing out there cheering me in, but with a roof over their heads, and most had changed into warm, dry clothing. "We thought you probably dropped out!", said Don. (How's that for confidence?) J P got me some hot coffee, and Linda plied me with muffins and bagels. It was great to be done! Reflecting back on the experience, however, I can't really believe I did the whole thing.

Marathon

Jerald Diehl	Ossian	4:00:30
Linda Gorman	Decatur	4:13:43
Larry Averbeck	Fort Wayne	4:22:52
John McPherson	Fort Wayne	4:51:10
Mitch Harper	Fort Wayne	5:32:28
Don Lindley	Fort Wayne	5:58:27
Joyce Hockensmith	Fort Wayne	6:05:32

Half Marathon

Mike Shoudel	Fort Wayne	1:24:31
Dennis Conner	Huntington	2:13:21
Wayne Unsell	Fort Wayne	2:28:51
Sara Unsell	Fort Wayne	2:28:51
James Jones	Fort Wayne	3:21:43



TRACK CLUB MEMBER PROFILE

Name: Kimberly Aspacher

Occupation: Clerical IPFW Labor Studies

Birthdate: May 30, 1958

Birthplace: Gary, Indiana

Family: Husband Greg, Daughters, Kelly (16), Andrea (14), Ashley (8)

Pets: German short-haired pointer, barn cats, rabbits

Hobbies or interests: Casual running, Children's sports activities (coaching), Member of Huntertown Lion's Club, Church choir, Reading, Typing

Favorite family activities: Attending color guard competitions, basketball games, soccer, baseball (daughters are involved in)

Running Shoe Nike Air Yrs. running: 16 years

Favorite Distance to Run: 6 miles

PR: Not competitive, but 48 min. was a good finish time for me.

Favorite Afer Race/Training Food: apple, orange, banana

Favorite place to Train: Country rolling hills

Favorite Race: Nutri Run, 6 miles

Why do you run?: Get heart rate up, burn calories, Be fit.

Favorite item of clothing: Sports bra, tank tops

Favorite Movie or TV program: Titanic, Soul Man, Drew Carey, Home Improvement

Favorite music: Roger Whittaker, Musicals

Collections: I try hard not to, but if I must, Disney character statues

Favorite vacation destination: Colorado (yet to happen) or wherever there is family to visit.

Most prized possession: My love relationships

Has There Been An Inspiration To your Running? Just as of last year, Judy Tillapaugh, Kim Davidson, and Diana Kuebler have been inspiring.

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Member's Page

Birthdays

DAVID DEVAUGHN	06 - 01	CAROL HERNDON	07 - 01
BRIANNE JOHNSON	06 - 01	LYNN E ARMSTRONG	07 - 03
JOHN PETERSON	06 - 02	RYAN STEPHENS	07 - 03
IAN ROLLAND	06 - 03	BRYAN KEISTER	07 - 05
DENNY WALKER	06 - 04	TOM HAYHURST	07 - 05
KATIE NOLTING	06 - 04	SARAH KLEINKNIGHT	07 - 06
PAMELA AARON	06 - 05	DAN DANIEL	07 - 07
ROBERT HOCKENSMITH	06 - 07	MICHAEL J ENGLER	07 - 08
KIM DAVIDSON	06 - 09	GENE A WRIGHT	07 - 09
DAVID HEITKAMP	06 - 10	KARIN CLINE	07 - 09
CONNIE MATTIX	06 - 10	KENNETH M STEINER	07 - 09
JACK ADE	06 - 11	MARY BETH JOHNSON	07 - 10
ANTHONY L LEHMAN	06 - 11	DICK SIVE	07 - 10
JUNE MINTCHELL	06 - 11	MICHAEL GRIMES	07 - 13
BARBARA STEDGE	06 - 12	LARRY AVERBECK	07 - 13
CHARLIE BACKOFEN	06 - 12	DEWAIN COBBS	07 - 15
JIM WHITMAN	06 - 12	RANDY TIPPMANN	07 - 18
ROBERT E WYATT	06 - 15	JOHN JEDINAK	07 - 19
JON BEASLEY	06 - 16	SARA UNSELL	07 - 19
VINCENT GARCIA	06 - 16	DAVID SWENSON	07 - 20
TOD ESQUIVEL	06 - 17	TODD DETURK	07 - 20
BOB KNUCKLES	06 - 18	JOHN CARR	07 - 21
JAMES W THOMPSON	06 - 19	RILEY JOHNSON	07 - 21
CHET FLEETWOOD	06 - 19	SHARON BRUNER	07 - 22
MIKE DISS	06 - 19	CHUCK ZUMBRUN	07 - 22
DONALD A ANDERSON	06 - 20	BEATRICE LAIRD	07 - 22
CHRISTA MARENTETTE	06 - 21	RICHARD DUGAN	07 - 22
CYNTHIA SABRACK	06 - 21	TED TIERNON	07 - 23
GARY AUPPERLE	06 - 21	KELLY D CLEVINGER	07 - 25
DONALD E BASHOR	06 - 24	CARL A RISCH	07 - 26
JAMES P JONES	06 - 26	BOBBI WIDMAN FOUST	07 - 26
STEVE ADKISON	06 - 27	LOUIS BEREGSZAZI, JR	07 - 26
DAVE WOLFF	06 - 27	JOE KUHN	07 - 27
DOUG YODER	06 - 29	TOM STUMPS	07 - 27
DOUG SUNDLING	06 - 30	ANNE M KARR	07 - 28
		MICHAEL L MCAVOY	07 - 30
		KRISTINA STEPHENS	07 - 30
		VERN CEDAR	07 - 31
		MICHAEL YANN	07 - 31
		DAN FRICK	07 - 31
		MARCIA YODER	07 - 31

HAPPY BIRTHDAY!



Fruits and Vegetables: Look Beyond the Label

Most Americans have grown accustomed to seeing a little chart on boxes or cans of processed foods: this is the "Nutrition Facts" label that lists such things as calories and fat. Yet you may not have seen a label for fresh fruits and vegetables. Because they are sold in bulk, a label is not required. However, nutrition information is usually available in the produce department - you just need to ask.

Checking on the nutrition content of any food – including fruits and vegetables – is a good thing to do. But the "Nutrition Facts" for your favorite fruit or vegetable may not be complete; not all of the beneficial nutrients have to be listed there. With fruits and vegetables, it's actually important to look *beyond* what the label says.

What the Labels Don't Tell You

You may already know that fruits and vegetables contain vitamins, minerals and fiber. Some of these you will see on the "Nutrition Facts" label, but others aren't listed. Required information includes calories, fat, cholesterol, sodium, carbohydrates, protein, vitamin A, vitamin C, calcium and iron. Examples of important nutrients not required on the label are potassium and folate – to name just two!



Beyond Vitamins and Minerals

Fruits and vegetables contain other substances called *phytochemicals* that may protect the body against chronic diseases such as cancer and heart disease. Many phytochemicals have antioxidant properties which stop damage to our cells from everyday wear and tear,

as well as prevent cancer growth. You won't find phytochemicals listed on the "Nutrition Facts" label, but they are plentiful in most plant foods.

Fresh grapes, for example, contain a phytochemical called *resveratrol* that may prevent cancer. Grapes are also packed with phytochemicals called *flavonoids*, which appear to prevent heart disease by preventing the formation of blood clots.

Take Advantage of These Hidden Benefits

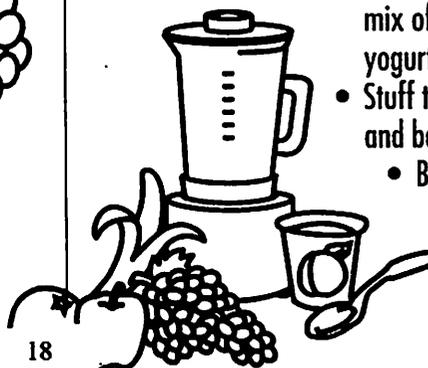
There are thousands of phytochemicals in plant foods. While nearly all fruits and vegetables contain phytochemicals, they won't all contain the *same* kinds of phytochemicals or have them in the same amounts.

To improve your chances of reaping the benefits:

- Eat a variety of fruits and vegetables; not all plants have the same nutrients.
- Eat foods with rich and diverse colors: certain phytochemicals are responsible for giving color to the fruit and vegetable. Their health benefits are a bonus!

Diversify Your Experience

Try using fruits and vegetables in ways you haven't tried before:



- Fruit getting a bit too ripe? Blend a mix of different fruits with a bit of yogurt to make a delicious smoothie.
- Stuff tortillas with potatoes, tomatoes and beans for a filling vegetarian meal.
 - Boost the nutrition of a Caesar salad: toss in fresh grapes!
 - Blend cooked cauliflower with garlic and capers and stir into pasta for a savory, healthy dish.

HEART HEALTHY CHICKEN RECIPES

Chicken Patties:

Ingredients-

4 cups cooked, diced, skin-free chicken
4 eggs or 1 cup cholesterol free egg substitute
1/2 cup Italian bread crumbs
1/2 cup Parmesan cheese

Method-Using a food processor, grind up the chicken. Then add remaining ingredients. Shape into 10 patties. Broil each patty till they test done. Serve immediately or freeze patties for a future meal. These patties taste great with a whole wheat bun, baked chips, salad, and fresh fruit.

Yield: 10 patties

Source-

Linda Gorman
Fort Wayne Track Club

Chicken Pasta Salad:

Ingredients-

1/3 to 1/2 cup applesauce
1/3 to 1/2 cup white vinegar
1 oz. package dry vinaigrette dressing blend
1 to 1 1/2 cups cooked, diced skin-free chicken
2 to 3 cups chopped raw vegetables of choice
8 oz. Rotini or other pasta, cooked and drained

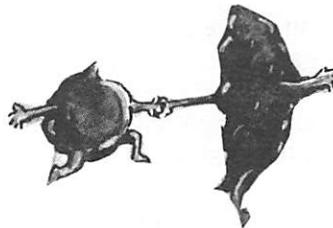
Method-

Combine dressing blend with applesauce and vinegar. Mix well. Toss dressing with cooked pasta, vegetables, and chicken. Cover and chill at-least 30 minutes. Toss before serving. Serve salad with fresh fruit and favorite roll.

Note: This could be made with turkey or tuna instead of chicken. To reduce sodium content, instead of using dry dressing mix use an herb blend like Mrs. Dash or Italian seasonings.

Source-Kim Davidson
IPFW Dental Research

4/98



Opposite Spectrums

In my position race calendar editor for the newsletter, I read a lot of running magazines and newsletters of other running clubs. One of my favorites is the Black & Gold, which is the club newsletter of a particularly fun and interesting group that someday I just gotta meet the Kennebec Road Runners of Danville, Illinois. The newsletter contains a section called the Answer Man in which an unknown running "expert" gives his opinion in response to questions directed to him. In the January/February issue he was asked to compare a 5k runner and an Ultra runner at the start of a race, which he answered in his usual humorous fashion. The comparison of the two vastly different types of runners reminded me of how much my running has changed in the last few years. In 1994, after more than ten years of running almost exclusively nickel and dime races (5k & 10k), I was bored with running, tired of always scrounging for race information, and more than slightly disturbed by unrelenting effects of aging. A friend suggested that joining the FWTC might help, but being a somewhat private fellow I was reluctant to join, yet my desire to rejuvenate my running overcame my initial hesitation and my enlistment had two positive effects. First I soon became the editor of the race schedule which opened up whole worlds of racing that I was unaware of. Joining the FWTC also introduced me to a wonderful group of people who were to radically change the manner in which I was to train and race. They taught me how to run long and now that I stand on the brink of being a part-time Ultra runner I can understand and appreciate the following differences between a 5k runner and an Ultra runner.

1. While a 5k runner cringes at even the thought of doing a half-marathon, an Ultra runner will schedule one as a timed and controlled training run done mostly for fun.
2. While a 5k runner will blow by most aide stations not wanting to waste even a second an Ultra runner will carry a water bottle and even stay a spell at aide stations.
3. While a 5k runner will consider the 5k the maximum distance for speed work an ultra runner is just getting warmed up after 4 or 5 miles.
4. While a 5k runner may own both racing flats and spikes an Ultra runner probably has at least one pair of road shoes and several pairs of trail shoes, all of them very dirty.
5. While a 5k runner hates a race that involves hills because of the potential loss of time an Ultra runner welcomes them as a chance to walk and rest.
6. While a 5k runner will answer a call of nature before a race so he won't have to during an Ultra runner doesn't worry because he knows that the trail is lined with nature's port-a-potties, trees.
7. While a 5k runner sees every race a potential opportunity to set a PR an Ultra runner knows that the ultimate goal of every race is to live and to finish under the time limit.
8. While a 5k runner considers walking during a race as a sign of failure an Ultra runner will walk early and often as part of a strategy to finish the race.
9. While a 5k runner doesn't like to run too much in severely inclement weather an Ultra runner relishes the challenge of going head to head with anything nature brings.
10. While a 5k runner will temporarily panic at the first sign of pain during a race an Ultra runner will analyze each new pain as it comes and calmly await the next.

NEW HAVEN HIGH SCHOOL Summer Track Meets 1998

1300 Green Road, New Haven, IN

New Haven High School will host six Tuesday nights of age group Track & Field meets. The meets will be June 9, 16, 23, 30, and July 7 and 14. Meets begin at 6:00 p.m., and the cost per event is \$0.50. Tickets will be sold at the concession stand on the north side of the stadium. All contestants will receive a ribbon as an award. New Haven is also the site of the Hoosier State Regional meet on June 21.

Events are as follows:

1. Hurdles: age groups 10-14, 15-18, 19-24, 25-29, 30-39, 40-49, and 50 and older.

100 and 110 meter hurdles will be run June 9, June 23, and July 7.

300 meter hurdles will be run on June 16, June 30, and July 14.

2. 60 Meter dash for pre-school and age 5-9
3. 100 Meter Dash for age groups 10-14, 15-18, 19-24, 25-29, 30-39, 40-49, & 50 up.
4. 800 Meter Run for age groups as listed above
5. 200 & 400 Meter Dash for the same age groups
6. 1600 Meter Run on June 9, June 23, and July 7
7. 3200 Meter Run on June 16, June 30, and July 14

All Field Events will be held for all age groups each week.

New Haven High School is located at Green Road and US #30 in New Haven, IN

Practice for those interested will be by appointment.

Hoosier State Games Regional Meet

New Haven is the site for the Hoosier State Games Regional Track Meet. The meet will start at 9:30 a.m. on June 20. Check in time is from 8-9:00 a.m. The Pole Vault will begin at 8:30 a.m. Entry forms for the Games are available by calling 1-800-HI-FIVES. Entries will not be accepted on site. Mail entry forms to: Hoosier State Games, P.O. Box 2730, Indianapolis, IN 46206-2730.

Finals for the Hoosier-State Games Track Meet will be held in Indianapolis, July 18 & 19 at Carmel High School.

Questions: Call Pat Monaghan, home, 747-0709, or New Haven High School, 446-0220.



10K/5K RUN FOR THE BLIND

SEE MAP ON REVERSE

- **EVENT:** 10K Run (6.2 miles)/5K Run (3.1 miles)
Net Proceeds to the Lions Club for the benefit of the Blind
- **PLACE:** Races will start at Clear Lake Lutheran Church
270 Outer Drive • Clear Lake, IN
- **DATE:** Saturday, July 18, 1998 ■ **TIME:** 8:00 a.m. both races (IN time)
- **COURSE:** Official 6.2 mile course around scenic Clear Lake with aid stations, mile splits & restrooms. Official 3.1 mile race out and back course with aid station.
FWTC Finish Clock.
- **AWARDS:** Trophies to Overall Male & Female Winners & Age Division Winners.
Refreshments provided.
- **PRE-REGISTRATION UNTIL JULY 3, 1998 - COST: \$9.00**
- **RACE DAY REGISTRATION JULY 18, 1998 - 7:00-7:45 A.M. - COST: \$11.00**
- **ALL REGISTERED RUNNERS RECEIVE A SPECIALLY DESIGNED POLY/COTTON ATHLETIC TANK TOP.**
- **DONATIONS TO THE LIONS CLUB WILL BE ACCEPTED ON RACE DAY**

OFFICIAL REGISTRATION-CLEAR LAKE 10K/5K RUN FOR THE BLIND

Release and Waiver Statement: (Must be signed): I have read the application and understand the policies of the event. I know that running and walking in a road race is a potentially hazardous activity. I should not enter 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 or walk. I also know that while police protection may be provided, there may be traffic on the course. I assume all risks associated with my voluntary participation in this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including extreme heat, traffic, and all conditions of the road, all such risks being known by me.

Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and Waive Release and Discharge all race officials, Lions Club members, workers or volunteers, their representatives, successors or assigns for ANY AND ALL claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

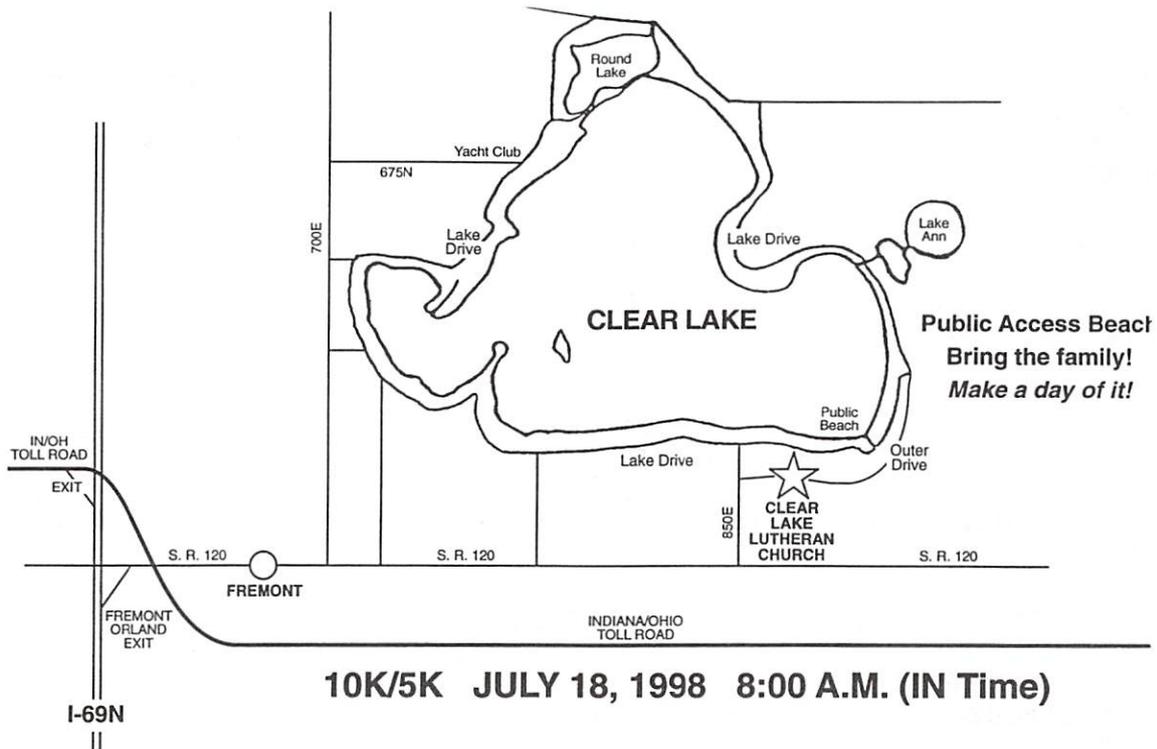
Phone: _____ Date: _____ Race: 10K 5K

Age (on race day): _____ Sex: _____ Tank Top Size: S M L XL

Signature: _____ Signature of guardian: _____
(If under 18 years of age)

Complete this waiver and enclose with registration fee of \$9.00 made payable to Clear Lake 10K/5K. Mail by July 3, 1998 to:

Clear Lake 10K/5K Run for the Blind
Attn: Leann Yagodinski
P.O. Box 12925
Fort Wayne, IN 46866



ICE AGE TRAIL 50 MILE RUN
May 17, 1998
Kettle Moraine State Forest
25 Miles southwest of Milwaukee, Wisconsin
By Joyce Hockensmith

The challenging course is runnable trail through wooded hills and meadows that were left when the glaciers melted thousands of years ago. Help! What am I doing here? I neither consider myself a trail runner or an ultra runner. I guess it went something like this. There was this group going from Fort Wayne, and Don was taking his van. We could all ride up together and Linda had a room reserved, so surely we could get seven in one room. That's right, it was an adventure. I decided to go without much hope of completing the distance, but more to see how far I could go. Clear in my mind was my attempt two years ago when the temperature reached the 90's and I made the wise decision to drop out at 26.5 miles.

This year was also hot, in the low 80's, and it took its toll once again. I had only fallen once, but my toes were very sore from stubbing them on the plentiful rocks strewn on the trail, and from jamming them into the toes of my shoes on the downhill. At just shy of 41 miles I had traversed the entire course and had only to return back down the trail to the finish, but I had had enough. Uncle,, enough fun for one day! "I'm dropping out," I said to the cheerful volunteers manning the aid station.

"Are you sure? Maybe if you rested a little?"

"No, I'm positive, I'm quitting, I've had it. I refuse to go back down that trail," I stated with conviction. She finally believed I was serious and called the meat wagon. I would live to run another day. Congratulations to Linda, Jerry, Mitch, Larry, and Don who all completed the run within the 12 hour time limit. Bob Berger also went along for the adventure. He ran the first part, and then finished the last 18 miles with Mitch.

- Linda Gorman 9:40:11**
- Jerald Diehl 9:40:11**
- Larry Averbek 9:42:36**
- Mitch Harper 11:15:16**
- Donald Lindley 11:53:40**
- Joyce Hockensmith DNF (Wimped out 40+miles)**

WE TRY TO PROVIDE THE MOST ACCURATE 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/>

-----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, (317)392-5128

- 07 SUN *THE COLUMBUS 10K, COLUMBUS, OHIO, MATT MCGOWAN, THE COLUMBUS 10K, PO BOX 238, COLUMBUS, OHIO, 43023 (740) 587-0376
- 09 TUE(L) NEW HAVEN TRACK SERIES, 6:00 PM, NEW HAVEN HIGH SCHOOL, NEW HAVEN, IND., PAT MONAGAHAN (219) 749-0709 OR (219) 446-0220
- 10 WEN FLUSHING EVENING 5K RUN/WALK, 6:30 PM, FLUSHING, MICH., RIVERBEND STRIDERS (810) 659-6493
- 11 THUR(L)SUMMER SPEED WORKOUT SERIES, 6:00 PM, NORHTROP HIGH SCHOOL, FT. WAYNE, IND., BARRIE PETERSON (219) 637-5717
- 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
- 13 SAT FREMONT CAMELBACK 10K/5K, 10:00 AM, FREMONT, OHIO, BOB SEMER (419) 332-9223 OR GLEN BOWEN (419) 665-2019
- 14 SUN(L) RADICAL RENEWAL WALK-A-THON AND 1 MILE FUN RUN, NEW LIFE CHURCH OF GOD, 1201 MCKEE ST, FT. WAYNE, IND., 46807 (219) 744-2756
- 14 SUN BRUCE JONES MEMORIAL RUN FOR HOSPICE, 5K AND 10K, 8:30 AM, BLISSFIELD, MICH., ART WEEEBER (517) 486-2141
- 16 TUE(L) NEW HAVEN TRACK SERIES, 6:00 PM, NEW HAVEN HIGH SCHOOL, NEW HAVEN, IND., PAT MONAGHAN (219) 749-0709 OR (219) 446-0220
- 18 THUR(L)SUMMER SPEED WORKOUT SERIES, 6:00 PM, NORTHROP HIGH SCHOOL, FT. WAYNE, IND., BARRIE PETERSON (219) 637-5717
- 18-20 RRCA 40TH ANNIVERSARY CONVENTION, PEORIA, ILL., CO-HOSTED BY ILLINIOS VALLEY STRIDERS AND STARVED ROCK RUNNERS

- 20 SAT(L) HOOSIER STATE GAME REGIONAL TRACK MEET, 8:00 AM, NEW HAVEN HIGH SCHOOL, NEW HAVEN, IND., PAT MONAGHAN (219) 749-0709 OR (219) 446-0220
- 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 BUZZARDS ROOST 10K, 6:00 PM, HAMILTON HIEGHTS JUNIOR HIGH, ARCHADIA, IND., EVAN ACPENBACK (317) 984-3019
- 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
- 23 TUE(L) NEW HAVEN TRACK SERIES, 6:00 PM, NEW HAVEN HIGH SCHOOL, NEW HAVEN, IND., PAT MONAGHAN (219) 749-0709 OR (219) 446-0220

- 25 THUR(L)SUMMER SPEED WORKOUT SERIES, 6:00 PM, NORTHROP HIGH SCHOOL,
FT. WAYNE, IND., BARRIE PETERSON (219) 637-5717
- 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
- 30 TUE(L) NEW HAVEN TRACK SERIES, 6:00 PM, NEW HAVEN HIGH SCHOOL, NEW
HAVEN, IND., PAT MOGANHAN (219) 749-0709 OR (219) 446-0220

-----JULY 1998-----

- 02 THUR(L)SUMMER SPEED WORKOUT SERIES, 6:00 PM, NORTHROP HIGH SCHOOL,
FT. WAYNE, IND., BARRIE PETERSON (219) 637-5717
- 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, 8:00 AM, KOKOMO HIGH SCHOOL,
DOWNTOWN CAMPUS, KOKOMO, IND., MARK STORTER (765) 452-2616
- 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, I 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
- 07 TUE(L) NEW HAVEN TRACK SERIES, 6:00 PM, NEW HAVEN HIGH SCHOOL, NEW
HAVEN, IND., PAT MONAGHAN (219) 749-0709 OR (219) 446-0220
- 09 THUR(L)SUMMER SPEED WORKOUT SERIES, 6:00 PM, NORTHROP HIGH SCHOOL,
FT. WAYNE, IND., BARRIE PETERSON (219) 637-5717
- 11 SAT(LP)PARADE RACE 5K, 8:00 AM, HEADWATERS PARK, FT. WAYNE, IND.,
MIKE MCAVOY (219) 436-9710
- 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,
KENNEKUK COVE COUNTY PARK, DANVILLE, ILL., KENNEKUK ROAD RUNNERS
PO BOX 1701, DANVILLE, ILL., 61834 (217) 733-2403
- 11 SAT UPPER SANDUSKY FAMILY FEST 5K, 9:00 AM, UPPER SANDUSKY, OHIO,
JOHN GRUNDTISCH, 515 PARKVIEW DR., UPPER SANDUSKY, OHIO, 43351
- 12 SUN SHELBYVILLE TRIATHLON SERIES II, FAIRLAND RECREATION 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
- 14 TUE(L) NEW HAVEN TRACK SERIES, 6:00 PM, HEW HAVEN HIGH SCHOOL, NEW
HAVEN, IND., PAT MONAGHAN (219) 749-0709 OR (219) 446-0220
- 15 WED(R)FRIENDSHIP RACES, 5K, 6:30 PM, HAMMOND, IND.,
JOE MIS (219) 931-6587

- 16 THUR(L)SUMMER SPEED WORKOUT SERIES, 6:00 PM, NORTHROP HIGH SCHOOL,
FT. WAYNE, IND., BARRIE PETERSON (219) 637-5717
- 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(R) IRON HORSE FESTIVAL 4 MILE RW, 8:00 AM, CASS COUNTY FAMILY YMCA,
LOGANSPOUT, IND., PAUL VERSNIK (219) 753-5141
- 18 SAT CAMERON SPRINGS INDY TRIATHLON, (1K SWIM, 33K BIKE, 8K RUN), 8:00 AM
EAGLE CREEK PARK, INDIANAPOLIS, IND., DON CARR, 4314 MATREA MORE CT
INDIANAPOLIS, IND., 46254 (317) 328-1632
- 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 1 MILE FUN RUN, 9:00 AM, EAST LANSING, MICH.,
ANN FORSHEE-CRANE (517) 332-7580
- 23 THUR(L)SUMMER SPEED WORKOUT SERIES, 6:00 PM, NORTHROP HIGH SCHOOL,
FT. WAYNE, IND., BARRIE PETERSON (219) 637-5717
- 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(R) *VERMONT SETTLEMENT CLASSIC, 5K RUN AND 2 MILE WALK, 8:00 AM,
ORLAND AMERICAN LEGION, ORLAND, IND., MARYLYN ERNSBERGER,
PO BOX 352, ORLAND, IND., 46776 (219) 829-6744
- 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

30 THUR(L)SUMMER SPEED WORKOUT SERIES, 6:00 PM, NORTHROP HIGH SCHOOL,
FT. WAYNE, IND., BARRIE PETERSON (219) 637-5717

-----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)COMMUNITY FIRST HOT AIR AFFAIR 4 MILE RUN, VAN WERT COUNTY
FAIRGROUNDS, VAN WERT, OHIO, MICHEAL CLAY, 6637 LINCOLN HOGHWAY,
CONVOY, OHIO, 45832 (419) 749-4034

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(L) *YWCA BIATHLON, 4 MILE RUN AND 15 MILE BIKE, 8:00 AM, OAK VIEW ELEM. SCHOOL, 13121 COLDWATER RD., FT WAYNE, IND., YWCA, C/O BIATHLON, 2000 N. WELLS STR., FT WAYNE, IND., 46806, LIZ (219) 424-4908
- 15 SAT RUN AROUND SUTTONS BAY, 5 MILE RUN AND 2 MILE R/W, 8:15 AM, GRAND RAPIDS, MICH., DAN EBRIGHT, 1201 EAST PARIS SE, GRAND RAPIDS, MICH., 49546 (616) 456-2002
- 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 R/W 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

-----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, CORPORATE TEAM EVENTS, 7:30 AM, DOWNTOWN
INDIANAPOLIS, IND., DON CARR, TUXEDO BROTHERS, 4314 MATEA MORE
CT., INDIANAPOLIS, IND., 46254 (317) 328-1632
- 12 SAT FOOTE HOSPITAL RUN, 5 MILE, 5KRW, 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.,
MIKE MCAVOY (219) 436-9710
- 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 (616) 323-1942

- 20 SAT 15TH ANNUAL R. HARRIS HALF MARATHON AND 7 MILE RUN, RAMONA PARK,
KALAMAZOO, MICH, GLEN KELLAM (616) 327-9544
- 20 SAT RUN WILD RK, 8:00 AM, DETRIOT ZOO, ROYAL OAK, MICH.,
ED KOZLOFF (248) 544-9099
- 20 SAT *QUAD CITIES MARATHON AND 5K, 7:30 AM, MOLINE, ILL., QUAD CITIES
SPORTS COMMISION, 2021 RIVER DRIVE, MOLINE, ILL., 61265 (800) 373-9609
- 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(L) 5TH ANUAL FOOD BANK 5K RUN/WALK, 8:45 AM, CANTERBURY HIGH
SCHOOL, 3210 SMITH ROAD, FT. WAYNE, IND., ANNE KARR OR
KATIE CREIGHTON (219) 436-8786
- 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
- 03 SAT KILLER BEE 5K, 8:00 AM, DAVENPORT, IOWA
LAURA EKIZIAN (319) 333-6290
- 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, 5:15 PM, HILLIARD GATES SPORTS
CENTER, IPFW, FT. WAYNE, IND., JUDY TILLAPAUGH (219) 481-6647
- 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(L) FT. WAYNE ORTHOPEDICS 5K, FT WAYNE IND.,
MIKE MCAVOY (219) 436-9710
- 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 RW, 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, WASHINGTON 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, VAPARAISO, 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., KENNENKUK 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)
- 26 THUR TURKEY TROT 5K PREDICTION, 10 AM, KALAMAZOO VALLEY COMMUNITY
COLLEGE, KALAMAZOO, MICH., DON HOOGST RATEN (616) 665-9544
- 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.,

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 st Quarter
75%-Apr.-May-June-	2 nd Quarter
50%-July-Aug.-Sept.-	3 rd Quarter
125%-Oct.-Nov.-Dec.-	4 th 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)

THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

- OFFICER
- President Vice President Secretary Treasurer
- RACE DIRECTOR
- Major Race Fanny Freezer Fun Run Training Run
- ASSISTANT RACE DIRECTOR
- EQUIPMENT COORDINATOR
- Assist Transportation of Equipment to Races
- 1st Quarter 2nd Quarter 3rd Quarter 4th Quarter
- RACE SCHEDULE COORDINATOR
- Monitor Maintenance of Equipment
- RACE WALKING COORDINATOR
- MEMBERSHIP
- BOARD MEMBER
- FINISH LINE
- Timer Results
- COURSE TIMER
- WATER STATIONS
- MEASURE & SET UP COURSE
- Certified Uncertified
- CO-ORDINATE CLUB TRIP TO RACE
- Carpool Transportation for Handicapped Runners
- NEWSLETTER
- Editor
- Typing race results
- Advertising Coordinator
- Race Applications Businesses
- Mailing
- Feature Writer
- FWTC BANQUET
- Decorations
- Program
- FWTC PICNICS
- ADVERTISING - Obtaining Potential Race Sponsors
- PUBLICITY COORDINATOR
- Send Weekly Schedules to Newspaper
- ANYWHERE NEEDED
- OTHER {Specify}

SHOW YOUR SUPPORT FOR YOUR FORT WAYNE TRACK CLUB

Coming Events...

HOOSIER MARATHON
Saturday, June 13, 1998, 6:30 AM
Foster Park, Fort Wayne, IN

RUNNING WILD 4 MILE
Saturday, July 4, 1998 7:30 PM
Fort Wayne Zoo

PARADE RACE 5K
Saturday, July 11, 1998, 8 AM
Headwaters Park, Fort Wayne, IN

FWTC MEETINGS
Wednesday, June 10, 7:00 PM, Run, 6:00
Wednesday, July 8, 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

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