

the inside track

August 1998 - September 1998

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Steve Wilson wins Hoosier Marathon
Results ... page 11

1998 FORT WAYNE TRACK CLUB
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Board Members

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

With so many negative things written these days in local, regional, state, national, and international news, I thought it would be nice to share a really nice (and very typical) recent day for me here in the city of Ft. Wayne. On Tuesday, June 16, I woke up to the always friendly sounds of radio station WMEE, had a light breakfast at McDonald's on Dupont Road where everyone is always greeted with a warm smile and pleasant conversation. Thanks, everyone! Next, it was off to Northrop High School where I volunteer my time along with several other coaches (some paid and some volunteer like myself) to help run our summer physical education program for all of our athletes at Northrop which serves as a great conditioning program for their upcoming respective seasons. What a treat it is to see so many young men and women working together for the common purpose of furthering their athletic skills in a positive program where they learn discipline, create a hard-work ethic, and form a real family feeling for their sport and their school. It is a real joy to work with these athletes and to see them give their summertime mornings in such a willing and enthusiastic manner!

After Summer P.E., I worked in my classroom for a while and witnessed hundreds of youngsters in the building taking summer school—some out necessity and some just to get ahead in order to take more courses during their next academic year. Teachers and administrators hard at work, young people listening and learning, and having fun on their break! The atmosphere is great in the halls of Northrop High School even in the summer time! Thanks, students, athletes, teachers, and staff at Northrop!

At noon, I had to take my car for some brake work at Stemen's Brake and Alignment Shop on Wells Street. Steve Stemen, a former athlete of mine, now runs this business; and business is good! It is easy to see why. What a friendly atmosphere of hard working employees all dedicated to doing the very best job that they can, treating the customer with respect and dignity. While my car was being worked on, I borrowed Steve's truck and went to the Olive Garden for lunch. Talk about friendly, speedy service with a smile—everyone was absolutely great! I wanted to be seated in a non-smoking booth. When one was not readily available, the hostess asked a server if he would make a special effort to serve me in an area that was not yet open for service. The server not only graciously consented to do so, but he proceeded to give me super service in a genuine spirit of enjoyment and pleasantness. Thanks, Bob!

Upon returning to Stemen's, Steve gave me some advice on where I might go to get a tailpipe replaced and a warning about my front tires which are badly in need of replacement, a situation of which I was not aware. Steve and I also reminisced about his time at Northrop, some of his fellow athletes, and his current family status. This guy is the genuine article! Thanks, Steve!

After getting my brakes fixed, it was off to Ft. Wayne Orthopedics where I had an appointment with Dr. DeTamasso for a recurring foot problem I have been having. Thanks to one of our school trainers from FWO, Emily Trent, I was able to secure an appointment on the same day that I called! What a fantastic facility and staff await any patient at FWO. I was greeted promptly, had a brief but pleasant wait in a couple of very comfortable and beautiful waiting areas. After it was determined that I needed x-rays, it was off to the x-ray department where this job was done speedily and professionally. Only a few moments later, Dr. DeTamasso explained my x-rays, and very simply, but completely, informed as to what my foot problem really was. He prescribed some medication to help me temporarily get through a marathon that I would be running on Sunday, June 21, in San Diego for the Leukemia Society; then, he set up an appointment for me to get fitted for orthotics the next day! Thank you FWO and Dr. DeTamasso and staff! Thanks also to Pat Spahr (local director of the Leukemia Society of America) and her staff, for inspiring us all to be a part of fund-raising for this very worthy cause!

My next stop was Keltch's Pharmacy at Dupont Crossing to fill my prescription. Again, I was waited on in a very friendly and professional manner, with the pharmacist taking the time to very nicely explain to me the possible side-effects of my prescription and how to properly take the medication. Thanks, Keltch's!

My last stop of the day was ;New Haven School where a series of summer age-group track and field meets are taking place on Tuesday evenings at 6:00 p.m. Volunteer adults and young people work together to put on these meets for the benefit of track and field in the greater Ft. Wayne area. Everyone gets a ribbon;

everyone is a winner! Hundreds of boys and girls, men and women take part all for the sheer joy of competing and staying in shape. Thanks Pat Monahagn (New Haven Track Coach) for putting these on; and to the many volunteers who make it run smoothly each week!

Finally, it was home to wife of nearly 35 years (in August) who totally loves, understands, and supports me in all that I do. Thanks, Judy! In my car all day long, as in my classrooms at school, I tune in to radio stations WLAB, WHWD, WSHI, and aforementioned WMEE. What great positive and informative (and yet minimal) chatter and what super music that one can listen to with great enjoyment and no fear of embarrassment. Thanks to these and other local stations who emphasize this kind of format!

Today (Wednesday), Pat Riley (owner of Colonial Oaks Golf Course) greeted me with "Isn't it a great day, Barrie?" To which I responded, "All days are great, Pat; some are just better than others!"

RACE DIRECTORS

Fort Wayne Track Club

RACE DIRECTORS

Fort Wayne Track Club

Fazoli's has agreed to be a sponsor for all Fort Wayne Track Club races. The sponsorship would mean that they would give each race director gift certificates for complete dinners (good at any Fazoli's restaurant in the United States), and drinking cups to accommodate each individual race.

Each Race director is individually responsible for contacting Fazoli's for his/her own race.

The best time to contact Bryan Martin is from 9:30-10:00 A.M. and 2:30-3:00 P.M. at the Fazoli's on 6525 Stelhorn Road, Fort Wayne. The phone number is 219-486-9081.

If you have any questions please feel free to contact Bill Sohaski at 219-423-3411 or 219-749-5081 or Teresa Powell at 219-423-3411

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, May 13, 1998, 7:00 p.m., IPFW

15 Present: K. Disler, D. Anderson, M. Harper, L. Gorman, J. Hockensmith, J. Deihl, P. Knott, J. Schlatter, D. Lindley, L. Brooks, C. Brandt, J. Tillapaugh, B. Sohaski, P. Suelzer, J.P. Jones

1. Jon Schlatter called the Meeting to order and Don Lindley opened with 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 2,693.85, with expenses of 1,180.41, for a balance of 13,820.63.
 - b. 2,212.84 is set aside for the Nutra runs, the Marathon, and the Triathlon.
 - c. There are 377 members to date.
4. Jon Schlatter gave a race calendar update: Carmel Classic 15k, 7:30 am, May 23, Carmel Ind.
5. Joyce Hockensmith said the next Newsletter due date is May 18.
6. Jon Schlatter reported for Mike McAvoy that the Zoo officials now want to do the tabulation of the race results themselves and that he will need six people to work the finish line.
7. Jon Schlatter gave the Parade Race update for Mike McAvoy.
 - a. Will be July 11, 1998 at 8:00 am.
 - b. Course not completely set due to the construction of the last phase of Headwaters Park.
 - c. There is still a need for volunteers.
8. Jon Schlatter reported that the Bus trip to the Crim has been canceled due to a lack of interest.
9. Jon Schlatter reminded everyone that the Summer Speed Workout Series will start June 11.
10. The nominating committee reported that they hope to have a slate of officers and board members set to be published in the Aug./Sept. Newsletter.
11. J.P. Jones gave an update on the Marathon.
 - a. 54 entries so far plus 4 relay teams.
 - b. 17 volunteers still needed.
 - c. Ind.-Ohio Heart will give a pizza party for the volunteers at the Northcrest Pizza Hut on June 8 from 6:30-8:30 PM.
12. Bill Sohaski gave an update on the Triathlon.
 - a. Fazoli's will be one of the sponsors and would like to help other FWTC races.
 - b. 7 entries so far.
13. Judy Tillapaugh announced that she will be going to the RRCA national convention June 18-20 in Peoria ILL. and that FWTC will pay the registration fee.
14. Phil Suelzer said that he will have a mile race at Lakeside Middle School at 4:10 PM for grades 3-5 on June 2 and the board voted to donate \$25 to help cover expenses.
15. Don Lindley proposed that \$200 be spent to buy race management software and the board voted to spend the money.
16. Mitch Harper announced that he had a potential \$1500 sponsor for a new or existing race.
17. Mitch Harper said that he had talked to the editors of the Indiana Runner and that despite some changes and difficulties the magazine will continue to be published.
18. Phil Suelzer said that he still looking for one more person to join him and Lynn Armstrong on a relay team to Gera, Germany in late August.

Meeting then adjourned. Next meeting. June 10, 1998, 7:00 p.m., IPFW.

Respectfully submitted, Jon Schlatter, Club Secretary.

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, June 10, 1998, 7:00 p.m., IPFW

20 Present: C. Brandt, , L. Gorman, J.P. Jones, M. Yann, P. Knott, G. Dexheimer, J. Diehl, M. Harper, L. Armstrong, J. & B. Hockensmith, J. Tillapaugh, K. Sohaski, P. Suelzer, A. Gilbert, D. Anderson, M. Swensen, M. Maddalone, K. Davidson

1. Barrie Peterson called the meeting to order and Lynn Armstrong opened in prayer.
2. The minutes from last meeting were reviewed and accepted.
3. J.P. Jones gave the Treasurer's and Membership report.
 - a. There is a total of \$15,089.79 in the treasury with \$4,121.46 for specific races; Nutra Runs, Marathon and Triathlon.
 - b. There are 441 members to date compared to 444 at this date last year.
4. There was no race calendar update.
5. Bill Shohaski stated that Fazolli's will support FWTC races with cups and gift certificates. Each race director is to contact directly with Bryan Martin at 219-486-9081
6. Gary Dexheimer comment on the problems at the Canal days race which is a FWTC points race. This race should be taken off the points race list if not improved. Mitch Harper agreed to help this race. The Matthew 25 race wants to be a FWTC points race, a coordinator from FWTC is needed.
7. Bob Hockensmith gave a Marathon update.
 - a. 213 entrees so far
 - b. All volunteers are lined up and assigned places
 - c. Race will start at 6:30, Saturday morning, June 13.
8. Ken Sohaski reported that preparation for the Triathlon on July 25th is moving along smoothly, with a new course for the run portion.
9. Mike McAvoy gave a report on the Parade race set for 8:00 am, Saturday, July 11th, and passed around a sign up sheet for volunteers.
10. Joyce Hockensmith stated that the deadline for the next newsletter is July 15.
11. In addition to the Zoo Run is the Hamilton Lake race on July 4th and feed back was asked for on whether it should be a FWTC points race.
12. Barrie Peterson announced that he and Paul Knott are heading the Summer Speed Workout Series at Northrop H.S. starting June 11th at 6:00 PM.
13. Phil Shuelzer reported that 79 kids from grades 3,4, and 5 ran his June 2nd race and that he is planning a cross-country race for this fall.
14. J.P. Jones reported that the nominations committee has reviewed the entire FWTC membership and will make letter contacts to prospective board members and personal contacts to possible officers for 1999.
15. It was noted that Mike McAvoy has a Friday article in the News-Sentinel.
16. Judy Tillapaugh reported that she will attend the RRCA convention in Peoria. She plans to attend some workshops and encouraged members to fill out and mail in the Footnotes survey
17. Linda Gorman was recognized for completing the Kettle Moraine 100 miler in 26 hours and 4 seconds and happy birthday was sung to Kim Davidson still in her 20's.

Meeting then adjourned. Next meeting July 8, 1998, 7:00 p.m., IPFW.
Respectfully submitted, J.P. Jones, pseudo Club Secretary.

RRCA 40TH ANNIVERSARY CONVENTION

“HISTORY IN THE RUNNING”

JUNE 18-21, 1998

PEORIA, ILLINOIS

Four decades ago Browning Ross's passion to promote running prompted him to form the Road Runners Club of America (RRCA) in New York City. As the first RRCA President, Browning and nine others formed RRCA's initial foundation as a national organization of not-for-profit clubs dedicated to the needs of runners who enjoy running for health and/or competition. His first efforts were proudly supported by future RRCA presidents like Ted Corbit- RRCA President 1960-61, Scott Hamilton-RRCA President 1966, Harold Tinsley-RRCA President 1983-86, and Henley Gabeau-RRCA President 1986-90. Through the years these people and other running leaders shaped RRCA's programs and services so member clubs and individual members could keep going the distance.

To celebrate the past and make plans for the future over 400 running enthusiasts like race directors, club presidents, coaches, social coordinators, and newsletter editors all gathered on the banks of the Illinois River in downtown Peoria for RRCA's 40th Anniversary National Convention. The Illinois Valley Striders and The Starved Rock Road Runners hosted the event during their famous Steamboat Classic Weekend. High temperatures and high humidity just helped everyone enjoy hot topics at workshops and workouts. Steamy issues like finish lines 2000, men's and women's health issues, masters running, outdoor adventures, coaching guidelines, race sponsorships, and insurance were a part of the four day convention.

One struggle I faced was choosing from all the activity choices. Day by day from 6:30 am rise and shine time till 11:30 pm (1:30 am one night, blame Indy Runners) finish time there were many people to see and places to go. Here's a summary of the activities I attended.

1. Beginning Runner Programs

- * Lake Run Club, Illinois Valley Striders, Kansas City Express, and Albuquerque Road Runners discussed their club training programs.
- * Training, promotion, budget, costs, and materials were all covered.

2. Men's Health Issues

- * 60% of all men and women are couch potatoes (expend less than 500 activity calories weekly).
- * Speed work promotes changes in the muscle fibers, enzyme system and oxygen utilization.. Few benefits are possible after the first month of speed training. It takes 2 to 4 months to have much race time improvements.
- * Cardiac problems in America are likely to increase since obesity numbers continue to rise.
- * “Keep your car tuned up... be an example to other people. Tell your story on how you manage your blood pressure, blood cholesterol, and diabetes.” Dr. Schmitt

3. Coaching Certification Workshop Design By RRCA's Coaching Committee, Instructor: Carl Sniffen
 - * The workshop included 2 parts: general principles of coaching and technical knowledge of coaching. Many aspects of The American Sports Education Program were used.
 - * Goals: 1- To offer credentials to any coach who's interested in working with adult runners.
2- To promote clubs to have club coaching services.
 - * Successful Coaching by Rainer Martens, Precision Heart Rate Training by Edmond Burks, Better Training For Distance Runners by David Martin and Peter Coe and Nancy Clark's Sports Nutrition Guidebook were all mentioned as good references.

4. Masters and Senior Running
 - * Jack Nelson (17 minute 5 km runner at age 58, 1997 Illinois Masters Runner of The Year) shared these training tips: sleep at least 5 to 6 hours per night plus have a 1 to 2 hour nap, never work hard two days in the row, prevent overeating by having a BOA (banana, orange, or apple) Constrictor Snack before each meal, stay safe by avoiding use of head-sets, and listen to your body more to avoid doing too much.
 - * Ruth Wysocki who posted a 16:23 5 Km Master World and American Record last May at Freihofer's Run For Women stated that "My dad was a big inspiration. We love to compete."
 - * Wysocki tips- Have Goals! Have a support system! Make It Happen!

5. RRCA Business Meeting
 - * Election results:
 - Don Kardong, Spokane, WA was re-elected RRCA President
 - Freddi Carlip, Lewisburg, PA was elected RRCA Vice President
 - Everett Moulton, Portland, ME was elected Eastern Director
 - Mark Lidman, Blue Springs, MO was elected Central Director
 - * Jeff Hollister, CPA, RRCA Secretary/Treasurer, reported that for the year ending Dec. 1997 RRCA generated \$926,000 in revenues and spent \$881,000 in programs and services. Total 1998 budgeted revenues and expenses are \$1,016,045. Copies of RRCA's 1997 financial statements are available upon request from the national office. The RRCA board is talking about raising RRCA club dues in 2000. This will be voted on at the next RRCA convention. Notification of the change will come 90 days prior to the convention. Any questions or recommendations regarding due changes can be directed to the board.
 - * Henley Gabeau, RRCA Executive Director, reported that RRCA now has more than 625 clubs and 180,000 individual members. 97% of the clubs get the RRCA insurance. To meet the growing needs of member clubs, RRCA has expanded their national office staff to 5 full time employees and 2 part time employees. The past year Marisa Beam came on as a full time Office Manager and Mira Leland joined the staff as a part time Finance Manager
 - * RRCA National Run To Work Day will be Tuesday October 20, 1998. All clubs have been sent a participation kit. Don Kardong is making a list of people who regularly run to work. Send him names and addresses ASAP.
 - * RRCA Championships need re-fueling. Send any recommendations to the national office.

- * RRCA FootNotes has a brand new look!! Mary Boone, NEW Editor, would like club newsletters sent to her. She encouraged everyone to support our RRCA advertisers so they will be more motivated to keep supporting RRCA! RRCA clubs should send membership list updates quarterly to the national office so FootNotes gets to everyone who deserves one!
- * RRCA Roads Scholar Program to help elite athletes, provided \$4000 to these athletes for 1998: Deena Drossin, Kristine Beaney, Jeff Cambell, and Peter Julian. Funding is primarily through donations.
- * Harold Tinsley, Co-Chairperson for RRCA Rod Steele Memorial Award which honors outstanding club presidents stated that only 5 clubs out of 600 sent a nomination for the 1997 Rod Steele Memorial Award. He wants all clubs to make a 1998 nomination!! He stated " To be a nominee for this award is the ultimate reward a member can receive from his or her club."
- * New RRCA Women's 5 km Series sponsored by Avon began in 1998 with 18 races participating, with a goal of 40 in 1999. This is in addition to Avon's Global Women's Circuit (10 km Run/5 Km walk) and the up to 90 events in RRCA Women's Distance Festival Races .
- * The RRCA board continues to do strategic planning! Planning will focus on these categories: fund raising, marketing, and programs and services. The major question...Where do we want to go and how?? The board welcomes all comments and recommendations!!
- * 40th Anniversary Birthday Book which is a collection of essays and the history of RRCA will be ready for Christmas gift giving season!! Stay tuned on how to purchase this collectors item!!
- * 1999, 2000, and 2001 RRCA National Convention Locations
 - 1999- Spokane, Washington, April 29-May 1 on the same weekend as the 12 Km Bloomsday Run
 - 2000- Peach Tree City, GA, May 11- 14th
 - 2001- Albuquerque, NM , first weekend in May

6. NEW Indiana RRCA State Representative

- * Mark Renholzberger, Race Director and Publicity Coordinator for Indy Runners, was appointed the NEW Indiana RRCA State Representative. Congratulations Mark!!

RRCA's 40th Anniversary Convention definitely had much to offer all participants! Mark Doctor- Indy Runner President, Margaret Drew- Indy Runner Vice President, Greg Underwood- Indy Runner Volunteer, Mark Renholzberger- Camara Man and NEW Indiana RRCA State Rep, Terry Diller- RRCA Insurance Representative, and myself represented Indiana as we went to workshops, workouts, Bixby's Bagels., the river front restaurants... we just had a real good time! The Bloomin' Great Time Is Sure To Continue In Spokane!

Best,

Judy Tillapaugh
Fort Wayne Track Club RRCA Liaison

7/98

1998 HOOSIER MARATHON REPORT

After several days of anxiously watching the weather reports, on Friday morning, June 12, the Hoosier Marathon course seemed to be in excellent shape. Little did we know what was in store!

In the three previous years, rain had been a problem on the portion of the Rivergreenway just north of the Lower Huntington Road underpass. The course is low enough that it floods quite readily. However, the reports were favorable as long as it didn't rain before race time. As you know, that afternoon the skies opened and we were treated to hail, wind and heavy rains. By evening, the course was impassable. The year before, we did not have drinking water at race time and this year it looked like we wouldn't have a course at race time. After numerous telephone calls, the Marathon Committee decided to reduce the three loops of eight miles each, to six loops of four miles each, thus turning the runners before they came to the flooded portion. The alteration seemed feasible until we learned on Saturday morning that a portion of the Rivergreenway just north of the pavilion was also flooded. Up to that point we could still run the race on a certified course since all of the mileage markers were accurately measured. Necessity required that we adjust the starting line and turn the first trip around the golf course to come in the main entrance to Foster Park, bypassing the flooded area. Of course, that change of distance, which could not be accurately measured by race time, meant that the course would not be certified. After the race we learned that the course would have complied with certification rules, had time permitted an accurate measurement. One bright spot was the weather on race day. The sun came out bringing the temperature a little high for the runners, but great for spectators and volunteers.

The major obstacle to running the marathon having been solved, we started the race nearly on time and made minor adjustments as the race progressed. All in all, the majority of the runners seemed to take the change in good spirits. In fact, several of the runners suggested that we make the alternate course the only route in the future. For many reasons, we are taking the suggestions seriously and will soon make a decision for 1999.

Once again, the Fort Wayne Track Club members came out in force and provided the tremendous support that they have shown in the past. This is truly a track club sponsored event!! Congratulations to all of the members who took part in the 1998 Hoosier Marathon by competing in or working the race.

Although many of the expenses were higher this year than in 1997, due to reduced sponsorship, the preliminary figures indicates that we will again return a profit to the track club.

Once again, the participation has increased as in prior years. In the inaugural year of 1995, there were 186 finishers, with 190 finishing in 1996, and 203 last year. This year, there were 221 finishers in the marathon and 18 in the relay. It looks like the Hoosier Marathon is here to stay!!

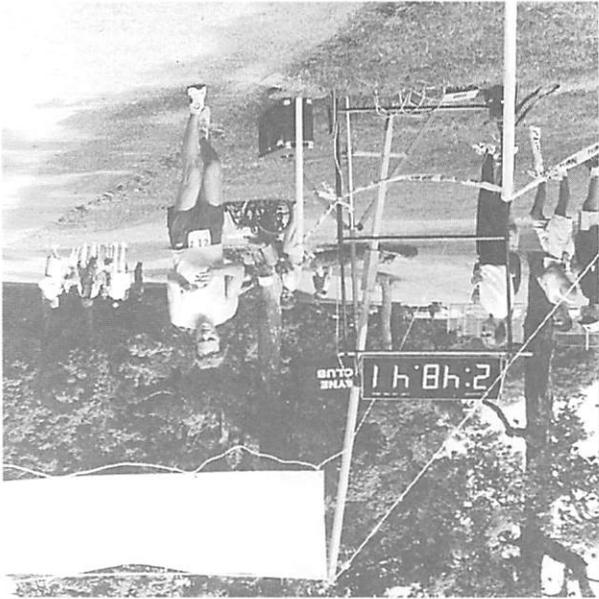
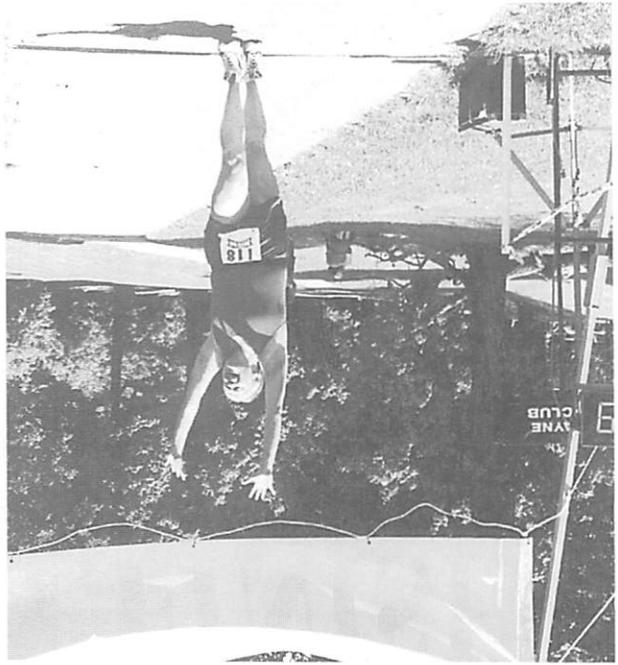
Thanks to all of the volunteers and sponsors for making it possible.

Bob Hockensmith
Race Director





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HOOSIER MARATHON

June 13, 1998

Overall Winners Male

Wilson	Steve	Lafayette	IN	1	2:37:00
Russell	Andrew	Martinsville	IN	2	2:40:48
Sundling	Doug	Bluffton	IN	3	2:48:41

Overall Winners Female

Powell	Sara	Edison	OH	1	3:31:01	53
Davidson	Kimberly	Ft Wayne	IN	2	3:32:44	57
Murphy	Michele	Ft Wayne	IN	3	3:34:54	63

10 to 19 Female

Madura	Kimberly	Whiting	IN	209	5:25:30
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10 to 19 Male

Cowan	Benjamin A	Van Wert	OH	16	3:13:01
Badger	Joshia	New Salisbury	IN	45	3:28:27
Skalski II	Craig	Livonia	MI	95	3:53:27
Oatess	R.Tyler	Bluffton	IN	101	3:57:03
McFarren	Jody M	Keystone	IN	105	4:00:13
Elliott	Alan	Bluffton	IN	106	4:00:13
Owen	Cris	DePauw	IN	118	4:08:15
Miller	Dustin L	Keystone	IN	169	4:40:51
Lefforge	Scott	Bluffton	IN	196	4:59:58
Floyd	Brenton T	Harrison	TN	222	7:36:29

20 to 24 Female

Wittman	Lydia	Rockford	IL	157	4:35:30
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20 to 24 Male

Esquivel	Louie Tod	Ft Wayne	IN	5	2:49:11.8
Burt	Ryan	Plymouth	IN	7	3:00:30
Stemen	Tad	Monroeville	IN	14	3:12:37
Cooper, Jr.	M.Townsend	Birmingham	AL	109	4:00:58
Hayes	Jason	West Lafayette	IN	128	4:15:01
Fletcher	Chuck	Birmingham	AL	134	4:18:17
McGee	Sean	Plattsburgh	NY	137	4:19:31
Hammond	Jeff	Knoxville	TN	146	4:26:33
Smith	Lester	Ft Wayne	IN	202	5:11:08

25 to 29 Female

Shaheen	Kim J	Akron	OH	68	3:37:08
Branson	Terri	Noblesville	IN	90	3:51:20
Koch	Jonie	Columbus	IN	111	4:01:47
Onuoha	Natalie	West Caroliton	OH	112	4:01:55
Howell	Barb	Grayslake	IL	140	4:21:38
Brown	Shelly L	Indianapolis	IN	141	4:22:20
Knieser	Karin	Ft Wayne	IN	148	4:28:02
Bergdall	Michele	Ft Wayne	IN	163	4:39:09
Gordon	Angee M	Waterford	MI	178	4:46:44
Louis	Karen	Ft Wayne	IN	195	4:59:40
Lennon	Jennifer	Kalamazoo	MI	203	5:11:42

25 to 29 Male

Hendon	Rob	Nashville	TN	13	3:12:17
Rickerd	Mark A	Ft Wayne	IN	72	3:38:40
Hauswald	Jeff A	Corydon	IN	73	3:39:18
Twohig	Jeffrey	St Louis	MO	76	3:42:09
Miller	Todd	Parker City	IN	79	3:42:54
Bruce	Dave	Ft Wayne	IN	82	3:45:45
Raudenbush	Aaron D	Ft Wayne	IN	92	3:52:01
McGowan	Perry	Middletown	OH	115	4:06:01
Neumayer	Chris	Louisville	KY	129	4:15:13
Croghan	Lance T	Louisville	KY	159	4:37:44
Mata	Jose	Chicago	IL	185	4:53:02
Kovich	Joshua M	Dayton	OH	187	4:53:54
Dawson	Tim D	Ft Wayne	IN	188	4:54:23
Hennig	Jay	Royal Oak	MI	191	4:56:23

30 to 34 Female

Henry	Annette M	Toms River	NJ	88	3:49:21
Campbell	Paula K	Humble	TX	119	4:09:43
Downs	Victoria	Ft Wayne	IN	135	4:18:25
Glenn	Sherry	Elkhart	IN	153	4:30:16
Whisler	Laurie	Ft Wayne	IN	174	4:46:28

Furton	Joanne C	Menominee	MI	179	4:48:30
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30 to 34 Male

Hodgett	Brian	Cincinnati	OH	6	2:54:40
Walter	Mark E	Garrett	IN	12	3:11:16
Minnick	Robert J	Ft Wayne	IN	22	3:14:33
Mesalam	George	Fishers	IN	24	3:17:25
Freygang	Ed	Noblesville	IN	29	3:22:09
Schoudel	Michael	Ft Wayne	IN	36	3:25:36
Pfefferkorn	Michael	Ft Wayne	IN	40	3:27:36
White	Eric	Ft Wayne	IN	43	3:28:01
Lutes	David	Englewood	OH	47	3:28:45
Feeler	Scott W	Portage	IN	51	3:30:22
Sampson	Shane	Arcanum	OH	52	3:30:37
Best	Tim J	Toledo	OH	81	3:45:31
Rupe	Timothy A	Indianapolis	IN	87	3:48:59
Pahls	Joe	Cincinnati	OH	89	3:51:06
Kensinger	Robb	Greenville	OH	96	3:53:55
LaCaille	Rick	Fishers	IN	110	4:00:59
Diamond	Douglas	Indianapolis	IN	126	4:13:37
Drabenstadt	Scott	Louisville	KY	147	4:27:24
Hassett	Tim	West Chester	OH	149	4:28:50
Karpati	Dez	Cross Plains	WI	158	4:35:52
Roberts	Mark A	Nw Smyrna B	FL	193	4:58:09
Cruse	Craig A	West Paducah	KY	217	5:50:19

35 to 39

Casola	Judith M	Ft Wayne	IN	120	4:09:50
Schuler	Laurie Ann	Point Pleasant	NJ	127	4:13:40
Stellhorn	Robin	Ft Wayne	IN	143	4:24:33
Sullivan	Robin	Freeburg	PA	156	4:35:12
Abate	Susan	Cleveland	OH	180	4:49:13
Bobay	Jill	Ft Wayne	IN	183	4:51:54
Daley	Susan	Chicago	IL	197	5:04:21
Mintchell	June C	Ft Wayne	IN	213	5:33:39
DeWells	Betty	Ft Wayne	IN	216	5:46:47

35 to 39 Male

Clay	Michael	Convoy	OH	4	2:48:57
Sullivan	Mark	Freeburg	PA	8	3:01:10
Marks	John	Jasper	IN	17	3:13:09
Jerger	Rod	Jasper	IN	18	3:13:09.7
Freygang	James G	Ft Wayne	IN	28	3:22:09
Davis	Michael A	Greenfield	IN	37	3:26:10
Swenson	David L	New Haven	IN	38	3:26:12
McMahon	Chris	Indianapolis	IN	42	3:27:54
Holler	Steve	Greenville	IL	44	3:28:15
Daly	Fred	New York	NY	46	3:28:41
Danneke	Chuck A	Chillicothe	OH	48	3:28:58
Nichols	Todd	Columbia City	IN	50	3:30:12
Keister	Bryan	Ft Wayne	IN	54	3:32:02
O'Shaughnessy	Mark A	Ft Wayne	IN	55	3:32:28
Stinson	Bob	Indianapolis	IN	74	3:40:23
Faust	Mark	London Ont	Can	75	3:41:25
Shaffer	Jeff L	South Euclid	OH	77	3:42:24
Gestrich	Richard C	Bellbrook	OH	78	3:42:28
Vandenberg	Jeffrey T	Little Chute	WI	102	3:58:07
Anderson	Jeff S	Lansing	MI	114	4:05:31
Beam	Jeffrey A	Pewaukee	WI	116	4:06:59
Altstatter	Mark B	Van Wert	OH	144	4:24:51
Barnhart	Russ	Bloomington	IN	150	4:28:53
Dennull	Danny A	Lewisburg	OH	164	4:39:10
Sherline	Carter	Ann Arbor	MI	165	4:39:10
Strake	Timothy A	Middleville	MI	166	4:39:28
Stanger	Arthur R	Boca Raton	FL	168	4:40:41
Baker	Brad	Ft Wayne	IN	176	4:46:36

Furton	Tony D	Menominee	MI	192	4:56:25	Winters	David L	Huntington	IN	98	3:55:54
Weiker	Scott	Beavercreek	OH	205	5:12:11	Sharp	Greg	Newburg	IN	100	3:57:57
Sullivan	Jerry W	Metairie	LA	211	5:29:02	Troyer	Verton	Plymouth	IN	113	4:03:01
40 to 44 Female											
Grainger	Deborah S	Wichita	KS	69	3:37:16	Heft, Jr.	Frank W	Louisville	KY	122	4:11:05
Smith	Karen A	Cincinnati	OH	121	4:10:22	Maki	Ronald C	Lansing	MI	124	4:11:46
Fleming	Becky S	Coral Springs	FL	152	4:29:42	Osran	Bruce	Gridley	IL	162	4:38:47
Broadbridge	Nancy	Birmingham	MI	177	4:46:40	Piplani	Paul	Mesa	AZ	171	4:41:32
Derickson	Karen	Ft Wayne	IN	186	4:53:16	Stoffel	Fred A	Larwill	IN	172	4:45:05
Reibel	Layne E	Oviedo	FL	208	5:15:03	Stevens	Dan	Kentwood	MI	173	4:45:17
40 to 44 Male											
Jacob	Ed	Van Wert	OH	9	3:01:21	Holmes	Robert	Loda	IL	181	4:49:13
Bolin	Paul E	State College	PA	10	3:04:20	Heitkamp	David B	New Haven	IN	199	5:08:54
Stevens	Mark E	Richmond	KY	11	3:09:21	50 to 54 Female					
Lies	Mike	Cincinnati	OH	21	3:14:09	Demien	Caren J	Milwaukee	WI	221	7:25:56
Spencer	Perry	Brooklyn	MI	25	3:19:26	50 to 54 Male					
Coffee	David W	Wickliffe	OH	32	3:23:55	Sved	Bill	Marquette	MI	23	3:16:39
Strong	Earl	Kokomo	IN	34	3:24:43	Lintvedt	Curtis	Novi	MI	58	3:33:29
Pearson	Hal	Albion	IN	35	3:25:35	Sabins	Wesley A	Ft Wayne	IN	60	3:33:51
Stone	Wayne	London Ont	Can	41	3:27:42	Detore	Tom	Wilber	NE	94	3:52:43
Milleman	Jeffery L	Ft Wayne	IN	56	3:32:44	Downs	Joseph	Ft Wayne	IN	117	4:07:43
Herlan	Kim	Ft Wayne	IN	59	3:33:44	Kelley	Bill	Bloomington	IN	136	4:18:58
Foster	Bruce D	Ocala	FL	61	3:34:02	Bangs	Terry	Winter Park	FL	160	4:38:22
Zartman	Ron	Ft Wayne	IN	64	3:35:09	Frazier	Dennis	Holt	MI	167	4:40:26
Steinhoff	Jerry	Auburn	IN	83	3:47:11	Beeching	Robert	Ft Wayne	IN	204	5:11:42
Farrand	Brinton E	Martinsville	IN	85	3:47:55	Levine	Barry A	Cincinnati	OH	207	5:14:35
Hannan, Jr.	Fred B	Ft Wayne	IN	91	3:51:54	Breckler	Robert	Defiance	OH	104	3:58:56
Tiit	William K	Oxford	OH	93	3:52:18	55 to 59 Male					
May	Terry W	Greenville	OH	97	3:53:56	Fetterman	Tom	Penn Run	PA	30	3:23:02
Knapp	Marty	Columbus	OH	99	3:55:27	Boylan	David E	Ft Wayne	IN	62	3:34:14
Keal	Michael	Louisville	KY	125	4:12:45	Averbeck	Larry	Ft Wayne	IN	67	3:37:01
Purdy	Bruce E	Manchester	MI	131	4:17:36	Felger	Tom E	Ft Wayne	IN	70	3:37:28
Eddy	Richard	Huntington	IN	132	4:17:41	Johnson	Robert L	Yellow Springs	OH	80	3:44:26
Fowler	Christopher M	Ft Wayne	IN	142	4:24:03	Blaskiewicz	Richard	Pittsburgh	PA	103	3:58:27
Garrison	Richard	PenningtonGp	VA	145	4:25:28	Simpson	James G	Anaheim	CA	108	4:00:34
Cedar	Vern	Ft Wayne	IN	154	4:32:10	Maus	John	Bloomington	MN	130	4:15:21
Joens	Thomas H	Lombard	IL	155	4:34:27	Wilcox	Richard	Coldwater	MI	133	4:18:03
Broley	John David	Erlanger	KY	170	4:40:52	Little	Phil	Apopka	FL	138	4:19:33
Snyder	Daniel J	LaFontaine	IN	184	4:52:41	Adair	Tom	Atlanta	GA	212	5:32:54
Freygang	Ayn	Pine Bluff	AR	189	4:54:25	Kaufmann	Fritz	Madison	WI	215	5:40:48
45 to 49 Female											
Boomershine	Anne M	Lansing	MI	107	4:00:15	Haley	Keith N	Tiffin	OH	220	6:49:03
Dziamara	Sue	Annandale	NJ	175	4:46:36	60 to 64 Male					
O'Nan	Mary F	Bardstown	KY	182	4:50:49	Romain	Louis F	Ft Wayne	IN	123	4:11:12
Kelley	Anne	Bloomington	IN	200	5:10:19	Stiffler	Bud	Anderson	IN	139	4:20:25
45 to 49 Male											
Lopetrone	Anthony	Birmingham	MI	19	3:13:34	Misner	Larry	Ft Wayne	IN	151	4:29:28
Whitaker	Larry	Perrysburg	OH	26	3:20:00	Ziegler	Joseph	New Haven	IN	161	4:38:25
Surface	Rex	Portland	OR	27	3:20:31	Shane	James A	Marinette	WI	190	4:55:49
Harper	Gordon	Newmarket	Ont	31	3:23:54	Scharenbrock	Ray	S Milwaukee	WI	194	4:59:00
Weinhold	Lee	Stewartville	MN	33	3:24:06	DeFronzo	Eugene	Waterbury	CT	198	5:08:03
McPherson	John D	Ft Wayne	IN	39	3:27:28	Love	Wesley	Harvey	IL	206	5:12:39
Gonzales	Carlos	Piscataway	NJ	49	3:30:09	Herndon	Jerry	Cabin Creek	WV	210	5:26:23
Sanches	Edson L	New York	NY	65	3:35:51	65 to 69 Male					
Boone	Steve D	Humble	TX	66	3:36:33	Jones	James P	Ft Wayne	IN	218	6:18:29
Pearson	Jed	Columbia City	IN	71	3:37:58	70 to 79 Male					
Skoog	Charlie	Kokomo	IN	84	3:47:33	Rademaker	Dean B	Springfield	IL	214	5:40:00
Michael	Steve	Woodstock	GA	86	3:48:36	Burnham	Ed	Kansas City	MO	219	6:19:01

RELAY TEAMS

1st Place	Concordia	3:03:11				Coach: Mark Dolby
Jackie Carr	Adam Lehman	Scott Borchelt	Laura Meyer	Matt Vincent	Jon Arnt	
2nd Place	Canterbury	3:27:11				Coach: Katie Creighton
Jon Stookey	Emily Baltes	Jimmy Rider	Josh Ryan	Elizabeth Baltes	Robert Creighton	
3rd Place	Woodside	3:30:00				Coach: Tammy Panning
Maggie Rost	Christina Emmons	Darcy Flora	Megan Flora	Lisa Pesci	Laura Pesci	

1998 FWCS Invitational Mile Track Race Results

Race was run on Tuesday, June 2, under windy and mild temperatures. Records were set in all divisions with the exception of the 5th grade boys, which still stands at 6:00.5 (Derik Usina - Arlington 1996).

Girls 3rd grade

Pl.	Name	School	Time
1	Michelle Yates	Arlington	7:03.7
2	Chelsy Kimes	Weisser Pk.	7:33.3
3	Abby Resor	Waynedale	8:08.8
4	Katherine Pea	Arlington	8:16.2
5	Jessica Stopher	Arlington	8:31.2
6	Laressa Ford	Arlington	8:46.4
7	Melissa Nesbitt	Forest Park	9:10.7
8	Khamilya Slayton	Fairfield	9:11.1
9	Tiffany Warren	Fairfield	9:16.4
10	Ashley Sommer	Arlington	9:24.0
11	Alexis Clippinger	Fairfield	9:41.9
12	Brittany Huddleston	Forest Park	9:52.1
13	Karissa Schwartz	Arlington	9:52.7
14	Aleesha Welling	Fairfield	10:52.0
15	Chelsea Marsh	Fairfield	
16	Precious Nakasen	Fairfield	
17			
18			
19			

Boys 3rd grade

Pl.	Name	School	Time
1	Aleks Fansler	Arlington	6:27.9
2	Andy Coolidge	St. Charles	6:37.1
3	Thomas Mitchell	Weisser Park	6:53.9
4	Lee Reynolds	Arlington	6:55.4
5	Adam Friar	Waynedale	6:56.7
6	Jumar Guy	Waynedale	7:16.1
7	Anthony Oakley	Weisser Park	
8	Robert Hardest	Forest Park	
9	Timothy Stoudimire	Arlington	
10	Daniel Langston	St. Charles	
11	Jimmy Hyndman	Fairfield	
12	Brett Snyder	Fairfield	
13	Patrick Timms	Perry Hill	
14	Chris Todia	Weiser Park	
15	Matt Masseth	Arlington	
16	Michael Souers	Forest Park	
17	Hakeem Muhammad	Arlington	
18	Andre Reese	Fairfield	
19	Gale Shafer	Fairfield	

Girls 4th grade

1	Samantha Lee	Aboite	6:40.3
2	Natalie Taylor	Weisser Park	6:52.9
3	Aubrey Beeson	Weisser Park	7:19.7
4	Amie Achenbach	Forest Park	7:45.1
5	Shalanda Holley	Forest Park	7:52.2
6	Drameka Swain	Arlington	8:01.0
7	Brandee Knepper	Arlington	8:06.6
8	Ashtyn Langaster	Forest Park	
9	Samantha Rogers	Arlington	
10	Sara Wassell	Arlington	
11	Ann Dutkiewicz	Weisser Park	

Boys 4th grade

1	Ben Timmis	Perry Hill	6:22.4
2	Erik Vanwagner	Forest Park	6:28.8
3	David Piercy	Aboit	6:35.6
4	Russell Dill	Forest Park	6:44.7
5	Jordan Bopp	Forest Park	7:07.3
6	Nick Voirol	Forest Park	8:33.4
7	Yochzmin Hairston	Arlington	8:40.7

Girls 5th grade

1	Jessica Palevich	Weisser Park	6:20.5
2	Amanda Mitchell	Weisser Park	6:49.3
3	Killian Yates	Arlington	6:57.3
4	Amber Piercy	Aboite	7:01.0
5	Christine Stewart	Weisser Park	7:29.9
6	Megan Geary	Arlington	7:31.9
7	Mary Timm-Zimmerman	Forest Park	7:36.6
8	Amy Fisher	Arlington	7:45.1
9	Deedee Wynkoop	Glenwood Pk	7:58.8
10	Amy Wilson	Waynedale	8:27.1
11	Kaitlin Shawge	Forest Park	8:57.2
12	Monique Murdock	Forest Park	
13	Leonardra Hood	Forest Park	

Boys 5th grade

1	Andy Walker	Blackhk. Chr.	6:20.8
2	Keith Byram	Waynedale	6:38.8
3	David Smith	Waynedale	6:43.7
4	Derrick Smith	Waynedale	6:49.7
5	Doug Ables	St. Joe Cen.	6:51.0
6	Colin Roeth	Arlington	6:56.3
7	Jon Rocholl	Glenwood Park	7:00.3
8	Gentel McHee	Wiesser Park	7:59.0
9	David Holt	Forest Park	8:18.6
10	Brandon Skalicky	Weisser Park	8:57.8

Run Wild! 4-Mile Run
July 4, 1998
FORT WAYNE Indiana

Name	Time	OAP	City	St					
Females 14 and Under									
1 NOLTING,KATIE	30:05	108	FORT WAYNE	IN	13 TRIBOLET,SUE	39:12	241	FORT WAYNE	IN
2 STOFFEL,RACHEL	36:28	204	HUNTINGTON	IN	14 JIMENEZ,MELISSA	41:43	272	FORT WAYNE	IN
3 SANDERS,LEAH	37:16	216	FORT WAYNE	IN	15 DUFFNER,LAURA	41:45	273	FORT WAYNE	IN
4 PESCI,LAURA	37:43	225	FORT WAYNE	IN	16 WATSON,ALTHEA	43:30	282	FORT WAYNE	IN
5 NESTEL,EMILY	39:30	247	FORT WAYNE	IN	17 WELLMAN,NANCY	44:34	293	NEWHAVEN	IN
6 IRVIN,BROOKE	40:05	258	FORT WAYNE	IN	18 GERNAND,CAROLINE	44:51	294	HUNTINGTON,	IN
					19 COLLIER,LAURA	45:48	299	FORT WAYNE	IN
					20 GUPTA,NISHA	52:07	306	SYRACUSE	NY
Females 15 - 19					Females 35 - 39				
1 BARTH,SUSAN	25:49	26	BLUFFTON,	IN	1 STUCKEY,JULIE	30:08	111	DEFIANCE	OH
2 WIDMANN,MOLLY	26:42	37	FORT WAYNE	IN	2 FERRY,TAMARA	30:39	123	WAUWATOSA	WI
3 DEXHEIMER,MEGAN	27:43	50	FORT WAYNE	IN	3 LARSEN,KIM	31:43	146	FORT WAYNE	IN
4 CARR,JACKIE	27:44	51	FORT WAYNE	IN	4 KINDER,MELINDA	33:22	166	FORT WAYNE	IN
5 GEORGE,HEATHER	28:41	70	AUBURN	IN	5 KOSBERG,KAREN	36:07	196	FORT WAYNE	IN
6 HEIMANN,AMBER	28:57	78	DECATUR,	IN	6 BOBAY,JILL	36:10	197	FORT WAYNE	IN
7 PESCI,LISA	28:59	79	FORT WAYNE	IN	7 AHEE,KATHLEEN	37:19	219	FORT WAYNE	IN
8 SANDERS,MOLLY	29:13	81	FORT WAYNE	IN	8 ERICKSON,LIBBI	38:26	231	FORT WAYNE	IN
9 RHOADES,LINDSAE	29:18	83	AUILLA	IN	9 KAPLANIS,DIANE	39:28	246	FORT WAYNE	IN
10 SOUDER,JANET	31:16	137	FORT WAYNE	IN	10 MINTCHELL,JUNE	39:58	256	FORT WAYNE	IN
11 KLEINKNIGHT,A	32:13	153	BLUFFTON	IN	11 WALLACE,SHERYL	40:46	264	PIACETON	IN
12 SMITH,RACHEL	33:54	174	GRABILL	IN	12 BLACKWELL,JODY	43:50	285	FORT WAYNE	IN
13 SIMCOX,RACHEL	34:09	177	FORT WAYNE	IN	13 KOENEMAN,MARILYN	44:33	292	NEW HAVEN,	IN
14 MEYER,LAURA	34:57	185	FORT WAYNE	IN	14 BARRY,LINETTE	44:57	297	FORT WAYNE	IN
15 PARKER,TIFFANY	35:05	188	GARRETT	IN	15 NESTEL,CINDY	46:35	301	FORT WAYNE	IN
16 SOUDER,CANDICE	35:05	187	GARRETT	IN	Females 40 - 44				
17 GREEN,RACHEL	36:16	199	FORT WAYNE	IN	1 ASPACHER,KIMBERLY	33:48	171	CHURUBUSCO	IN
18 BRUSTER,JENNI	36:34	205	FORT WAYNE	IN	2 MILLS,JAN	37:15	215	FORT WAYNE	IN
19 ARNOLD,KYAN	37:16	217	LIBERTY CENTER	IN	3 KUEBLER,DIANA	37:26	221	LEO	IN
20 MOE,BECKY	37:24	220	GARRETT,	IN	4 DERICKSON,KAREN	38:46	233	FORT WAYNE	IN
21 KISIEL,NATALIE	37:54	227	FORT WAYNE	IN	5 GARLOCK,KATIE	38:59	238	LIMA	OH
22 HALL,AMANDA	41:03	269	LAOTTO	IN	6 INGLEMAN,JUDY	41:02	268	FORT WAYNE	IN
Females 20 - 24					7 SANDERS,JENNY	41:53	275	FORT WAYNE	IN
1 FERGUSSON,LIZ	30:27	117	COLUMBIA CITY, I		8 PETERSON,SUSAN	42:45	278	ALBION	IN
2 SPRUNGER,TARA	35:33	191	FORT WAYNE	IN	9 DAHL,VICKIE E	44:23	289	FORT WAYNE	IN
3 KLEINKNIGHT,K	40:33	262	BLUFFTON	IN	10 POST,DIANE	44:33	291	FORT WAYNE	IN
4 EVANS,HEATHER	43:32	283	FORT WAYNE	IN	11 JOHNSON,JENNIFER	44:53	295	FORT WAYNE	IN
5 LARSON,JILL	43:58	287	FORT WAYNE	IN	12 YODER,SHERRY	45:45	298	FORT WAYNE	IN
6 GRAY,KENNA	60:24	312	FORT WAYNE	IN	13 FRANKEN,CONNY	54:45	308	FORT WAYNE	IN
					14 MOE,CHRIS	61:17	314	GARRETT	IN
Females 25 - 29					Females 45 - 49				
1 PRICE,MICHELLE	30:41	124	HOWE	IN	1 CONNELLY,DENISE	33:07	164	FORT WAYNE	IN
2 BUCHANAN,DAWN	30:49	129	FORT WAYNE	IN	2 CLARK,BOBBIE	38:53	236	FORT WAYNE	IN
3 MAYS,AMY	31:34	142	FORT WAYNE	IN	3 MILLER,SARA	39:10	240	PERU	IN
4 PANNING,TAMMY	31:57	148	FORT WAYNE	IN	4 SHARP,BELINDA	39:36	249	HARLAN,	IN
5 BOGGS,HOLLY	32:21	155	FORT WAYNE	IN	5 TRELLEAVEN,DEBI	40:15	260	FORT WAYNE	IN
6 NEWELL,MARY	33:55	175	FORT WAYNE	IN	6 HUESING,NANCY	47:45	304	FORT WAYNE	IN
7 MORRIS,JACKIE	34:08	176	FORT WAYNE	IN	7 HADLEY,LESLIE	55:29	311	HARTSDALE,	NY
8 LOUIS,KAREN	34:37	181	FORT WAYNE	IN	8 PIANO,WENDY	61:18	315	FORT WAYNE	IN
9 DERLOSHON,ANGIE	36:11	198	FORT WAYNE	IN	Females 50 - 54				
10 NORRIS,JILL	36:49	210	AUBURN	IN	1 LEWANDOWSKI,JANE	42:54	279	NEW HAVEN	IN
11 BRAND,WENDY	41:26	271	CUMMING	GA	Females 60 - 64				
12 MOWAN,ANNE	43:57	286	FORT WAYNE	IN	1 SEAMAN,CAROL	55:26	309	FORT WAYNE	IN
13 ARNETT,LORI	46:49	302	FORT WAYNE	IN	Females 65 and Up				
14 HILL,MARTHA	48:53	305	FORT WAYNE	IN	1 JACOBS,FLORA	52:56	307	FORT WAYNE	IN
15 METZGER,BEVERLY	55:28	310	FORT WAYNE	IN	Males 14 and Under				
Females 30 - 34					1 O'CONNOR,ANDY	24:00	9	FORT WAYNE	IN
1 DUFF,ANNE	26:00	27	FORT WAYNE	IN	2 NESTEL,ERIC	24:32	11	FORT WAYNE	IN
2 GORMAN,LINDA	28:06	59	DECATUR	IN	3 KNIGHT,ADAM	25:38	22	KENDALLVILLE	IN
3 MURPHY,MICHELE	29:27	91	FORT WAYNE	IN	4 RYAN,PETER	27:22	45	FORT WAYNE	IN
4 GERKEN,KAREN	30:16	113	FORT WAYNE	IN	5 GARLOCK,JOSEPH	28:25	65	LIMA	OH
5 THORNTON,SUSAN	30:27	118	FORT WAYNE	IN	6 BENNETT,CHAD	29:26	90	GARRETT,	IN
6 GOODALE,BETH	31:03	134	MUNCIE	IN	7 KNIGHT,WAYNE	30:45	127	KENDALLVILLE	IN
7 ZEHRINGER,MARY	34:55	184	FORT WAYNE	IN	8 GREEN,VINCE	32:26	157	FORT WAYNE	IN
8 MCGOWAN,CHERYL	34:59	186	FORT WAYNE	IN	9 WELLMAN,PAUL	39:49	252	FORT WAYNE	IN
9 MADDALONE,MONICA	37:36	223	FORT WAYNE	IN					
10 LEHMAN,ANITA	37:47	226	DECATUR	IN					
11 WHISLER,LAURIE	37:56	228	FORT WAYNE	IN					
12 HARRIS,KRISTIN	38:48	234	FORT WAYNE	IN					

10	LUDWISKI,THOMAS	39:57	255	FORT WAYNE	IN	18	MANN,KEVIN	31:36	143	NEWHAUN	IN
11	SANDERS,KURT	41:18	270	FORT WAYNE	IN	19	MARTIN,DAN	31:59	149	AVILLA	IN
Males 15 - 19											
1	HARDWAY,SCOTT	22:37	2	FORT WAYNE	IN	20	GUIDO,TONY	34:42	182	FORT WAYNE	IN
2	BARTON,AARON	23:02	3	FORT WAYNE	IN	21	WALTER,CLINT	34:54	183	AUBURN	IN
3	FENNIG,JON	23:35	6	DECATUR	IN	22	MILNER,DAVID	35:12	189	FORT WAYNE	IN
4	MILLIS,JOHN	24:29	10	FORT WAYNE	IN	23	PFEIFFER,JEROME	35:35	192	FORT WAYNE	IN
5	QUINTANA,JOSH	24:47	12	DECATUR	IN	24	VERWEISE,RICHARD	40:03	257	SYRACUSE	NY
6	HEIMANN,KYLE	24:48	13	DECATUR	IN	25	BARRY,ANDREW	44:56	296	FORT WAYNE	IN
7	PETTIGREW,NATHAN	25:07	15	FORT WAYNE	IN	Males 35 - 39					
8	BENNETT,CHESTER	25:36	20	GARRETT	IN	1	ARENS,DAVE	25:29	18	SHERWOOD	OH
9	LEEUW,CHRIS	25:40	24	FORT WAYNE	IN	2	ROWE,JEFF	26:14	29	GARRETT	IN
10	DEXHEIMER,MATT	25:47	25	FORT WAYNE	IN	3	SHELLEN,TED	26:56	39	FORT WAYNE	IN
11	LEFFORGE,SCOTT	26:12	28	BLUFFTON	IN	4	KEISTER,BRYAN	27:12	42	FORT WAYNE	IN
12	RUBLE,ZACH	26:19	30	MONROEVILLE,	IN	5	SWENSON,DAVID	27:19	43	NEW HAVEN	IN
13	McFARREN,JODY	26:30	34	KEYSTONE	IN	6	HARDWAY,DON	27:50	53	FORT WAYNE	IN
14	WELCH,BRIAN	26:54	38	FORT WAYNE	IN	7	NESTEL,DAN	28:11	60	FORT WAYNE	IN
15	GOUTY,ALEX	27:20	44	BLUFFTON	IN	8	FERRY,PATRICK	28:38	69	WAUWATOSA,	WI
16	ELLIOTT,ALAN	27:23	46	BLUFFTON	IN	9	JACKSON,ARTIE	29:16	82	FORT WAYNE	IN
17	LUNG,JEREMY	27:25	47	GARRETT	IN	10	GOODALE,KEITH	29:23	86	FLUSHING	MI
18	GRIDER,SEAN	27:35	48	FORT WAYNE	IN	11	SCHROEDER,KEVIN	29:32	93	FORT WAYNE	IN
19	RASOR,JONATHAN	27:48	52	FORT WAYNE	IN	12	METZGER,JEFFREY	29:41	97	FORT WAYNE	IN
20	CRONIN,ANTHONY	27:51	54			13	BUYER,JAMES	29:45	99	WARSAW	IN
21	PINKERTON,MARK	27:58	57	WARREN	IN	14	GRIMES,DAVID	30:07	110	FORT WAYNE	IN
22	GEARHEART,LOGAN	28:00	58	HENDERSON	TX	15	KRAEMER,ROB	30:32	121	FORT WAYNE	IN
23	ESHELMAN,PAUL	28:16	63	LEO	IN	16	HULLINGER,TOBY	30:50	130	MONROEVILLE	IN
24	HALE,ANDREW	28:30	67	FORT WAYNE	IN	17	BOUGHER,JIM	30:54	133	FORT WAYNE	IN
25	LEAS,CORY	28:53	74	PONETO	IN	18	KURTZ,GREGG	31:13	136	FORT WAYNE	IN
26	WOLTER,JONATHAN	29:25	88	FORT WAYNE	IN	19	VACHON,RANDY	31:28	140	FORT WAYNE	IN
27	EVANS,ANDY	30:25	115	FORT WAYNE	IN	20	CONRAD,STEVE	32:12	152	FORT WAYNE	IN
28	ZEPEDA,CHRIS	30:51	131	FORT WAYNE	IN	21	SCHUMACHER,JOHN	32:38	160	FORT WAYNE	IN
29	MEYER,JASON	31:26	139	HUNTINGTON,	IN	22	EVANS,RICK	33:47	170	FORT WAYNE	IN
30	GUIDO,GEORGE	32:58	163	FORT WAYNE	IN	23	HUCK,NICHOLAS	33:49	172	FORT WAYNE	IN
31	MILLER,DUSTY	34:11	178	KEYSTONE	IN	24	KUCHER,PAUL	35:46	193	WESTERVILLE	OH
Males 20 - 24											
1	MYERS,MARK	25:33	19	COLUMBIA CITY	IN	25	LEHMAN,ANTHONY	36:17	200	NEW HAVEN	IN
2	STEMEN,TAD	25:39	23	MONROEVILLE	IN	26	BURKE,BILL	36:35	206	TARRYTOWN	NY
3	FOOTE,DAVID	26:31	35	ALBION	IN	27	RHOADES,STEVEN	37:17	218	AVILLA	IN
4	LESH,JEREMY	26:35	36	MARKLE	IN	28	HAWKINS,THOMAS	38:05	229	NEW HAVEN,	IN
5	CARPENTER,BROOKS	27:56	56	FORT WAYNE	IN	29	MOREL,MICHAEL	40:26	261	FORT WAYNE	IN
6	CAREY,DON	33:16	165	BRYAN	OH	30	DERLOSHON,DAVID	41:01	267	FORT WAYNE	IN
7	PETTIT,DAVID	37:05	212	FORT WAYNE	IN	31	THOMPSON,JAMES	42:11	276	FORT WAYNE	IN
Males 25 - 29											
1	FRUCHEY,MICHAEL	23:04	4	HUNTERTOWN,	IN	32	RIDER,MATT	43:18	281	ANGOLA	IN
2	BROERMAN,DAVE	23:58	8	NEW HAVEN	IN	33	GRIEBEL,BOB	44:32	290	FORT WAYNE	IN
3	ECCLES,NICK	28:12	61	WABASH	IN	34	ROCKWELL,KEN	45:56	300	FORT WAYNE	IN
4	KINTL,JEFF	28:52	73	NEW HAVEN	IN	Males 40 - 44					
5	DANNING,DAVID	29:10	80	FORT WAYNE	IN	1	SUNDLING,DOUG	23:55	7	BLUFFTON	IN
6	CARPENTER,BRUCE	29:22	85	FORT WAYNE	IN	2	TIERNON,TED	26:58	40	FORT WAYNE	IN
7	LEPPER,BRAD	30:06	109	FORT WAYNE	IN	3	LEFEVER,KIM	28:15	62	COLUMBIA CITY	IN
8	STINSON,MATTHEW	30:47	128	FORT WAYNE	IN	4	LANDIS,TOM	28:27	66	CHURUBUSCO	IN
9	SPRUNGER,CHAD	35:31	190	FORT WAYNE	IN	5	FELTS,THOMAS	29:21	84	FORT WAYNE	IN
10	CRAGER,JIM	38:34	232	WABASH	IN	6	GILBERT,RICK	29:54	103	MONROEVILLE	IN
11	OVERDORF,RYAN	39:54	253	TIPTON	IN	7	TRUELOVE,KEVIN	29:56	104	FORT WAYNE	IN
Males 30 - 34											
1	SHOUDEL,MIKE	22:07	1	FORT WAYNE	IN	8	HUBER,GEORGE	29:57	105	FORT WAYNE	IN
2	SCHNIEDERS,JOHN	23:29	5	DECATUR	IN	9	HILKER,STEPHEN	30:03	107	FORT WAYNE	IN
3	DUFF,LENNY	24:51	14	FORT WAYNE	IN	10	MCKINLIE,DOUG	30:18	114	FORT WAYNE	IN
4	GERIG,JERRY	25:11	16	FORT WAYNE	IN	11	SENSIBAUGH,ROLLAN	30:31	120	FORT WAYNE	IN
5	STEPHENS,SAM	25:23	17	FORT WAYNE	IN	12	PATTERSON,JOE	30:42	125	FORT WAYNE	IN
6	WALTER,KEITH	25:37	21	KENDALLVILLE	IN	13	BENNETT,JOHN	30:52	132	GARRETT	IN
7	KERSCHNER,KRAIG	26:21	32	COLUMBIA CITY	IN	14	RYAN,PATRICK	31:31	141	FORT WAYNE	IN
8	PFEFFERKORN,MIKE	27:54	55	FORT WAYNE	IN	15	RENKEN,RANDY	31:37	144	FORT WAYNE	IN
9	PLATT,JIM	28:46	71	FORT WAYNE	IN	16	BITTING,ROBIN	31:39	145	FORT WAYNE	IN
10	DUDLEY,BART	28:55	77	BLUFFTON	IN	17	POWELL,JOHN	31:47	147	FORT WAYNE	IN
11	NEWELL,STEVE	28:55	76	FORT WAYNE	IN	18	ANDERSON,JIM	32:06	151	FORT WAYNE	IN
12	GERKE,JEFF	29:25	89	FORT WAYNE	IN	19	MURPHY,MIKE	32:29	158	FORT WAYNE	IN
13	EMLEY,MATT	29:33	94	FORT WAYNE	IN	20	CLARK,RICHARD	32:41	161	FORT WAYNE	IN
14	DAMMAN,CHUCK	29:38	96	FORT WAYNE	IN	21	EDDIE,RICK	33:33	168	HUNTINGTON	IN
15	MEISER,MATT	29:43	98	ROANOKE	IN	22	ATKINSON,HAL	34:25	179	FORT WAYNE	IN
16	CARPENTER,BRETT	29:47	100	FORT WAYNE	IN	23	WHITMAN,DEAN	34:29	180	FORT WAYNE	IN
17	JENNINGS,RON	29:49	101	WOLCOTTVILLE,	IN	24	BOSTON,ROBERT	36:48	209	NASHVILLE	TN
						25	RUSS,DEAN	36:51	211	FORT WAYNE	IN
						26	RYAN,BILL	38:51	235	FORT WAYNE	IN
						27	MORGAN,JOHN	39:05	239	FORT WAYNE	IN
						28	LUDWISKI,STEVE	39:18	243	FORT WAYNE	IN
						29	ALBRIGHT,THOMAS	39:31	248	FORT WAYNE	IN

30 HILKER,RICHARD 39:55 254 FORT WAYNE IN

Males 45 - 49

1 PEARSON,JED 26:20 31 COLUMBIA CITY IN
 2 MORANDO,RICH 26:24 33 FORT WAYNE IN
 3 TRELEAVEN,JOHN 27:02 41 FORT WAYNE IN
 4 DEXHEIMER,GARY 27:42 49 FORT WAYNE IN
 5 HOHENBERGER,D 28:17 64 SHERWOOD OH
 6 NICHOLS,DONN 28:54 75 FORT WAYNE IN
 7 WEIKEL,DAVID 29:29 92 FORT WAYNE IN
 8 MURPHY,TY 29:36 95 COLUMBIA CITY IN
 9 CORONA,STEVE 30:01 106 FORT WAYNE IN
 10 BALMAN,MIKE 30:29 119 FORT WAYNE IN
 11 BRAUN,LON 30:37 122 GARRETT IN
 12 BRUGGEMAN,RICK 30:43 126 WARSAW IN
 13 COLLENTINE,SEAN 31:12 135 FORT WAYNE IN
 14 HADLEY,SAM 32:52 162 GRABILL IN
 15 RIMSTIDT,DAN 33:26 167 CARMEL IN
 16 SHERBURNE,STEVE 35:49 194 FORT WAYNE IN
 17 YANN,MICHAEL 36:06 195 FORT WAYNE IN
 18 CONNER,DENNIS 36:19 202 HUNTINGTON, IN
 19 KENNERK,PHILIP 36:38 207 FORT WAYNE IN
 20 WALKER,DENNY 37:40 224 FORT WAYNE IN
 21 HEATH,DANIEL 38:14 230 FORT WAYNE IN
 22 CARTWRIGHT,T 38:57 237 FORT WAYNE IN
 23 EWING,THOMAS 40:43 263 FORT WAYNE IN
 24 RYAN,TOM 43:08 280 FORT WAYNE IN
 25 KELLER,DON 44:15 288 FORT WAYNE IN

Males 50 - 54

1 LEWIS,MIKE 28:51 72 CORUNNA IN
 2 UELK,LARRY 29:53 102 FORT WAYNE IN
 3 SABINS,WESLEY 30:15 112 FORT WAYNE IN
 4 BURGETTE,BERNIE 30:26 116 FORT WAYNE IN

5 CAMP,MICHAEL 32:25 156 FORT WAYNE IN
 6 SCHULENBURG,D 36:18 201 FORT WAYNE IN
 7 ODEN,GARY 36:20 203 N MANCHESTER IN
 8 MILLER,DAVE 36:40 208 FORT WAYNE IN
 9 ROLF,TED 37:15 214 FORT WAYNE IN
 10 AGNESS,TOM 39:13 242 FORT WAYNE IN
 11 SHERMAN,RICK 39:19 244 FORT WAYNE IN
 12 SHARP,DEAN 39:44 251 HARLAN IN
 13 PIANO,LARRY 40:08 259 FORT WAYNE IN
 14 MEYER,ROBERT 43:40 284 HUNTINGTON, IN
 15 RELUE,KENNETH 60:26 313 FORT WAYNE IN

Males 55 - 59

1 BOYLAN,DAVE 28:36 68 FORT WAYNE IN
 2 CRANE,WILLIAM 29:24 87 WARSAW IN
 3 FELGER,TOM 32:03 150 FORT WAYNE IN
 4 FOLEY,BILL 37:34 222 FORT WAYNE IN
 5 ASHTON,DON 39:23 245 FORT WAYNE IN
 6 INGLEMAN,JON 39:40 250 FORT WAYNE IN
 7 BRAND,JOE 41:00 266 NORCROSS GA

Males 60 - 64

1 ZIEGLER,JOE 32:16 154 NEW HAVEN IN
 2 STIFFLER,BUD 32:30 159 ANDERSON IN
 3 HARRIS,BILL 33:51 173 FORT WAYNE IN
 4 ANDERSON,NEIL 40:59 265 FORT WAYNE IN
 5 GEBHART,E. 41:52 274 ALBION IN

Males 65 and Up

1 ANDERSON,DON 31:17 138 FORT WAYNE IN
 2 HUESING,BERNIE 33:41 169 FORT WAYNE IN
 3 WHITACRE,GENE 37:06 213 FORT WAYNE IN
 4 DISLER,KEN 42:28 277 FORT WAYNE IN
 5 JONES, JAMES P 46:59 303 FORT WAYNE IN

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**

TRACK CLUB MEMBER PROFILE

Name: Sarah M. Jordan
Occupation: Paraoptometric
Birthdate: September 7, 1955
Birthplace: Fort Wayne, IN
Family: Daughter, Billie C. Merritt,
Boyfriend, Roger
Pets: Shazzy the cat &
boyfriend's 3 dogs & 3 cats
Hobbies or interests: Reading, Exercising,
Swimming, Outdoors & Wildlife
Favorite family activities: Backpacking in
Montana. Spending time with my daughter &
Sisters
Running Shoe Saucony **Yrs. running:** 8 years
Favorite Distance to Run: 6-7 miles
Favorite After Race/Training Food: Bananas
& Gatorade
Favorite place to Train: Country roads
Why do you run?: Ease my spirit &
Jumpstart my day
Favorite item of clothing: Sports bra
Favorite Movie or TV program: Historical
fiction-Sacajewea
Favorite music: Classical
Collections: Books
Favorite vacation destination: Montana
Most prized possession: Daughter
**Has There Been An Inspiration To your
Running?** The elderly folks I see in
competitions. Also myself, I was a previous
smoker, caffeine, junk eating, overweight gal
with several damaged body parts who
completely changed her lifestyle. (I still have a
weakness for "treats")
Do you have a dream? To spend the last of
my life in peace & quiet in Harmony with Nature.

TRACK CLUB MEMBER PROFILE

Name: David Heitkamp
Occupation: Accountant, CPA
Birthdate: June 10, 1950
Birthplace: Celina, Ohio
Family: Wife: Roxanne, Kids: Shannon,
Michelle, Jeremy, Therrin, Reece (Ages 5 to 24)
Pets: 2 Dogs, Shelby & Panda
Hobbies or interests: Running,
Las Vegas Gambling
Favorite family activities: Camping, Movies
Running Shoe New sBalance
Yrs. running: 20 years
Favorite Distance to Run: Marathon
PR: 3:59:59
Favorite After Race/Training Food: Bananas,
Chips, English Muffins, Reece's Chocolate
Favorite place to Train: Back Roads
Favorite Race: Columbus
Why do you run?: I enjoy it. This is Living!
Favorite item of clothing: Old Columbus
Marathon Training T-shirt
Favorite Movie or TV program: "Death Be Not
Proud" By John Gunther
Favorite music: As long as I can run to it,
Happy Rock N Roll
Collections: Running Certificates, Medals, &
t-shirts
Favorite vacation destination: Van Buren
State Park in Michigan
Most prized possession: MBA Class Ring
**Has There Been An Inspiration To your
Running?** First started when I became a single
parent to help deal with stress. It gave me a
constant in my life
Do you have a dream? To run "Death Valley"

INDY MINI REPORT

Karen Gerken ran the Indy Mini 13.1 Mile Race on May 1, 1998. She reports that it rained almost the entire race, but 17,843 runners completed the run.

Karen says there were more than enough water stops, and great food and drink after the race. Karen had an enjoyable time and plans to run it every year.

The Fort Wayne Track Club members attending from the Saturday morning 7 am YMCA group were Lynn Smith (1:47), Larry Uelk (1:41), Jack Hilker, Don ?, Tim Bolen, Mark Backofen, Charlie Backofen, Steve Heker (1:47), Dennis Strayer (1:46), Andy Ferris (1:47), Susan Thornton (1:47), Karen Gerken (1:45), Scott Wagner, and Beth Battell (1:40).

A highlight was dinner the night before with the Pope! (See picture)

Karen says THANKS to all who organized the hotel rooms!



Member's Page



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Birthdays

AUGUST

Tim Berry	1
Michael McClaskey	1
Georgia Allen	2
Charles C. Brandt	3
Tom Fuelling	4
Michael Gilland	4
Sharon K. Yadon	5
Rex Reed	5
Lana Beregszazi	5
Scott Wagner	5
Kevin Warren	6
Julie McNulty	7
Jeffrey G. Raff	7
Adam Knight	8
Gary Dexheimer	9
Leland Sibrel	9
Thomas Elyea	10
Barrie Peterson	11
Molly Widmann	12
Joan Gary	14
Michael Barman	14
Dan Spangler	15
Thomas J. Felts	15
Gary Kuhn	16
Stephen M. Hilker	16
Rose O'Connell	16
Danielle Sullivan	17
Scott Beasley	17
Richard Mintchell	18
Terry Teegardin	19
Kent C. Ober	19
Paul Beckwith	20
Cheri Steigmeyer	20
Bill Patterson	21
Robbin Mauger	21
Julie Bossard	22
Molly Sanders	23
Elizabeth Herndon	24
Linn A. Mangano	24
William A. Crane	26
Ward Moya	27
Ken Nelson	27
Alan Gilbert	27
John Sullivan	28
Jack Morris	29
Leonard V. Stango	30
Brad Compton	31

SEPTEMBER

Melina Kinder	1
Michael Kast	2
Lawrence Lee	2
John Brier	2
Tara Sprunger	2
Sarah Weide	3
Rick Knuth	4
Kenneth Relue	4
Julie Stuckey	4
Bruce Hopen	6
Teresa L. Furniss	8
Jeffrey Lee Milleman	9
Terri Gross	9
Sher Dearmond	9
Keith Roberts	9
Vicki Jacobs	10
Gregory A Fahl	10
Roger L. Wilson	10
Katie Creighton	11
Cheryl Gerard	12
Mike Pfefferkorn	12
David E. Boylan	14
John Luttmann	14
Tom Blauvelt	16
Phil Luttmann	16
Howard J. Klinger	16
Sara C. Jordan	17
Sam Beregszazi	20
Marsha Schmidt	21
Barb Scrogam	22
Lisa Beregszazi	23
David S. Weikel	23
Phil Rizzo	25
Jacob Weide	25
Joseph Downs	25
Greg Purcell	26
Eric E. Zolman	27
Karen Kosberg	27
Steve McMahon	28
Tim Bolin	29
Joy K. Williamson	30
Brian Shepherd	30



Greetings From South Africa

I finally made it back from S. Africa last Sunday evening after about 35 hours of travel. The going and coming was worse than running Comrades!

Due to a number of people on the plane having colds I managed to pick up the bug. The past week has been mostly spent sneezing, blowing and just feeling rotten. Things are finally looking up today and I feel like living again. Beer is even starting to taste good!

As for Comrades - it is just one great race. It is hill after hill all the way from Durban to Pietermaritzburg. There are five major hills with names, but lots of smaller ones I would like to name too and did during the course of the race. I made it to the half-way point and first cut off in 5:20 (5:30 was the cut off). The second cut off was at 20k to go and I was there in 8:40 (9:00 was the cut off). At that point I thought I could make it under 11 hours, but with 10k to go I only had 65 minutes left and didn't think I could make it.

When the gun sounded at 11 hours I had 3k to go. I was disappointed, but a S. African runner and I continued walking to and did manage to cross the finish line in 11:30. No medal, but at least we finished under I own power and did not break anything.

I felt fortunate to be able to just finish and come so close to making the time after having a foot problem for weeks before and a couple other problems that developed before and during the race. Do not eat butter fish if you ever visit S. Africa. I ate it on Sun. before the race and the on Mon. discovered why it is called butter fish! Not a good way to spend the day before an ultra. Thank God, for Imodium.

Just before the half way mark my right hamstring started grabbing, and every few Kilometers I would have to stop and rub it. This took valuable time that I could not spare. The crowds and support for the race were fabulous. There were 52 aide stations all along the course and people almost the whole distance. The

Comrades to S. Africa is like the Super Bowl in the states. It was televised from 6 am to 5 pm. start to finish. The expo before the race was as big as any big marathon with lots of room and displays. I would recommend this race, for an experience you will never forget.

I am already thinking of going back. The rest of the trip was filled with a two day visit to a game reserve where we saw many wild animals, visit to a winery, a trip to Cape Hope and a stay in Cape Town and Johannesburg.

Bill Mack

LeCosta Family Massage & Sports Therapy

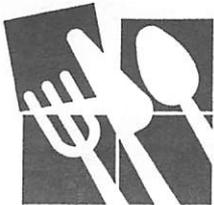
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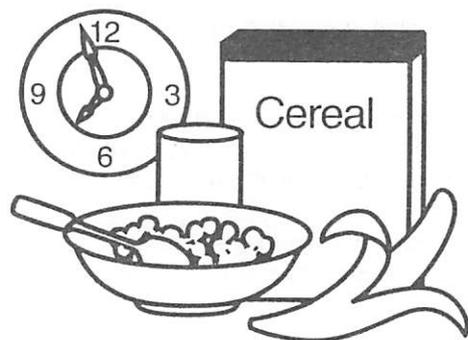


Eating on the Run

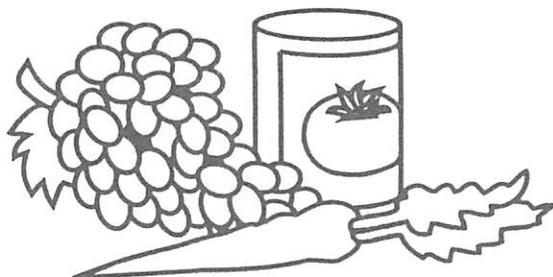
When you're in a rush, it's easy to forget about eating right – or even eating at all. In our haste, we don't always make the best food choices. But it's possible to meet the demands of your day and still eat in a healthy way. The secret: plan ahead. Just one half hour of planning can give you a week's worth of healthy, tasty meals and snacks.

Think Now, Eat Well Later

- For a fast start in the morning, set out non-perishable breakfast items the night before: dry cereal, fruit, bowl, spoon, glass for juice. Time saved in preparation can let you slow down and eat.



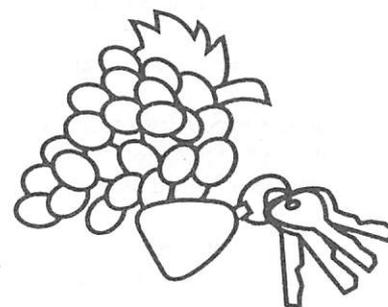
- Grate or chop ingredients, then store in the freezer for use later: onions, peppers, nuts, cheese, dried fruits and citrus peel.
- Make extra servings of your favorite entree over the weekend, then freeze for meals during the week.
- Keep your kitchen stocked with staples. A basic list might include milk, eggs, bread, tortillas, pita bread, canned beans, jars of spaghetti sauce, rice, pasta or noodles, potatoes, onions, canned soups and broth, margarine, cooking oil and frozen vegetables.
- Keep fresh fruits or vegetables on hand for easy-to-grab snacking.



You Can Take It With You

Many of us spend a lot of time away from home during the week. Anticipate your schedule, then bring your next meal or snack along with you.

- Pack away dinner leftovers in individual-sized freezer-safe plastic bags or storage containers so you can grab them in the morning and heat them at lunchtime.
- Take a plastic bag of dry cereal and some fruit with you on busy mornings. This portable breakfast is easy to eat on your way in to work.
- Bring fruits and vegetables along as snacks for mid-morning and mid-afternoon. Fresh grapes make for quiet eating at your desk – with no telltale mess.
- Keep food portable and easy to carry by packing in small containers or plastic bags. Choose foods that don't require constant refrigeration and that don't leave a mess to clean up.



Anytime Munchies

Pre-packaged baby carrots or broccoli cuts, grapes, bananas, bagels, graham crackers, lowfat string cheese, cans of fruit or vegetable juice.

Get Two or Three Meals Out of One

When preparing food for one meal, try to make it work for another too!

- Roast a turkey breast, or skinless, boneless chicken breasts, and use half for dinner and the rest for lunches – in sandwiches, tortillas, or salads. For variety, add fresh grapes to your recipe.
- Leftover chili is a delicious topping for baked potatoes, rice or tortillas. Or spoon it into steamed bell peppers and top with a little grated cheddar.
- Pasta and sauce keeps well – up to three months in the freezer. Pasta sauce can also be used as pizza sauce; spread it on ready-made pizza crust, French rolls, or even refrigerator biscuits and top with lowfat cheese and vegetables.

Mentoring in Passing

What inspired you to start running? If you are like many runners the what is actually a who, usually more than one. In my case it was my father and an older teammate in high school who were instrumental in my start in running. Many times my preacher father took time out of his busy schedule to volunteer to drive the team bus just to watch me run. The older teammate had set the school record for the event that I ran, the 2 mile, as a freshman and because I could not match his times he began to ridicule my effort. I eventually became so angry that I wanted to improve just to shut him up and in so doing almost beat one of the best area runners in a big meet. Eight years after high school when I picked up running again I discovered a wonderful aspect of the running community that I continue to benefit from even to this day, that there were many fellow runners who will always encourage you regardless of your accomplishment. It is not easy to make the transition from being a high school and maybe a college runner to one who runs for a lifetime. Many become burned out or reach a certain level of accomplishment and become discouraged because they cannot get the times any faster. These younger runners may continue to do the sport that they love if we as older runners would take the time to inspire and encourage them and help them see that running is something that they can enjoy for a lifetime. Thus here are ten ways that we can inspire the generation of runners coming in behind us.

1. Phil Suelzer organizes several cross-country and track meets for grades 3-5 in Ft. Wayne and he is always looking for volunteers to help organize and staff them.
2. If you have children that are still young, invite them to ride their bike beside you on training runs and who knows but that someday they may actually run with you.
3. Many of the area colleges have cross-country programs to which you can donate money either for scholarship funds or for training and equipment expenses.
4. If you have ever volunteered at a race you know how much your help was needed and liked, so you might consider asking an area coach if you can do the same at one of their meets.
5. The Leukemia Society Team in Training mentoring program is good way to help a runner to continue their sport in the post school years.
6. Many local high school runners participate in summer race as part of their off season training, an appropriate word of encouragement would probably be appreciated.
7. Attending a local high school or college cross-country or track meet to cheer on the participants is a wonderful way to share your love of the sport.
8. If you know a younger runner well enough, invite them to join you or your group on training runs where you might be able to pass on some of the "wisdom" of your experience.
9. If you happen to have a son or daughter in cross-country or track, ask their coach if there is something that you can do to help out the program.
10. Encouraging younger runners to a running club, FWTC e.g., is good way to introduce and give them access to the infinite variety of track, road, and trail running.

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/>

AUGUST 1998

05 WED BUTLER BULLDOG XC CIRCUIT, 5 MILE FOR MEN AND 5K FOR WOMEN,
6:30 PM, BUTLER UNIVERSITY, INDIANAPOLIS, IND., (317) 940-9378

08 SAT(RP)*COMMUNITY FIRST HOT AIR AFFAIR 4 MILE RUN, 9:00 OHIO TIME, 8:00
INDIANA TIMEVAN WERT COUNTY FAIRGROUNDS, VAN WERT, OHIO, MICHAEL
CLAY, 6637 LINCOLN HIGHWAY, 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 CICERO TRIATHLON, (2/10 MILE SWIM, 10.5 MILE BIKE, 3.1 MILE RUN)
RED BRIDGE PARK, CICERO, IND.,

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 MIDSUMMER MADNESS, 5 MILES, 8:00 AM, CROWN HILL CEMETARY,
INDIANAPOLIS, IND., RUNNER'S FORUM (317) 844-1558

- 09 SUN SUMMER SPREE MARATHON, VANDALIA, OHIO, DENNY FRYMAN, 7581
GLENHURST DR., DAYTON, OHIO, 45414 (937) 898-7015
- 15 SAT(R) *AUBURN 98 CLASSIC, 8:00 AM, KRUSE AUCTION PARK, AUBURN, IND., YMCA
OF DEKALB CO., INC., 310 N. MAIN ST., AUBURN, IND., 46706
- 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(R) POTAWATOMI ZOO STAMPEDE, 9:00 AM, 2K (AGES 7-12) AND 1K (AGES 3-6),
POTAWATOMI ZOO, SOUTH BEND, IND., (219) 235-7621
- 15 SAT RUN AROUND SUTTONS BAY, 5 MILE RUN AND 2 MILE RW, 8:15 AM, GRAND
RAPIDS, MICH., DAN E BRIGHT, 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
- 22 SAT BEARCAT RAMBLE, 5 MILES, 8:00 AM, FALL CREEK VALLEY MIDDLE SCHOOL,
INDIANAPOLIS (AREA), IND., RUNNER'S FORUM (317) 844-1558
- 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(L) MDA CHARITY RUN, 5K, 8:30 AM, CANTERBURY GREEN APTS., FT. WAYNE,
IND., CAROLINE CASSIDY (219) 486-2582
- 29 SAT(R) BIPPUS COUNTRY BLOCK BOP, 4 MILE RUN, 8:30 AM, BIPPUS, IND.,
ELDON BRUNNER, 8414 N. 300 WEST, HUNTINGTON, IND., 46750 (219) 344-1478
- 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, IN, 46254 (317) 328-1632

29 SAT SHOWCASE RACE, 5K, 8:45 AM, ST. JOSEPH, MICH., STEVE BANYON,
2792 SANDRA TERRACE, ST. JOSEPH, MI, 49085 (616) 429-4616

30 SAT MAHOMET RUN, HALF MARATHON, AND 5K, MAHOMET, IL,
(217) 355-5437

30 SAT METAMORA COUNTY DAYS FOXTROT, 4 MILE, 8:30 AM, METAMORA, MI,
JOHN HUNYADY, 200 W. SUTTON, METAMORA, MI., (810) 667-7364

-----**SEPTEMBER 1998**-----

05 SAT NIFS FEST RUN & WALK, 5 MILE RUN & 5K WALK, WHITE RIVER STATE PARK,
INDIANAPOLIS, IN, 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, 9:30 AM, PLYMOUTH, IND.,
MARSHALL COUNTY BLUEBERRY FESTIVAL, 22- N. CENTER ST. P.O. BOX 529,
PLYMOUTH, IN 46563, (219) 936-5020, www.blueberryfestival.org

07 MON CARMEL CLAY COMMUNITY CHALLENGE, 8K RUN AND 5K WALK, 8:00 AM,
ST. VINCENT HOSPITAL, CARMEL, IND., TUX. BROS., (317) 328-1632

07 MON LABOR DAY RUN, 5K TIMED HANDICAPPED, 9:00 AM, HILLSDALE, MI,
MARK REYNOLDS, HILLSDALE PARKS & REC. DEPT., (517) 437-3579

07 MON PARK FOREST SCENIC 10, 10 MILE, 8:00 AM, PARK FOREST, IL,
BUD JAMES (708) 957-7824

12 SAT(RP)ROANOKE FALL FEST 5 MILE RUN, 7:30 AM, ROANOKE, IN, DAVE WINTERS,
3402 E. 716 N, HUNTINGTON, IN, 46750 (219) 659-6493

12 SAT(R) *FREEDOM RUN, 5K, 8:30 AM, MATTER PARK, MARION, IN, FREEDOM RUN,
118 LOCUST DRIVE, GAS CITY, IN, 46933

12 SAT(R) THE HOME TOWN RUN, 5K, 8:00 AM, GRIFFITH, IN,
DAN GOVERT (219) 924-7904

12 SAT CORPORATE CHALLENGE, CORPORATE TEAM EVENTS, 7:30 AM, DOWNTOWN
INDIANAPOLIS, IN, DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE
CT., INDIANAPOLIS, IN, 46254 (317) 328-1632

12 SAT FOOTE HOSPITAL RUN, 5 MILE, 5KRW, 8:00 AM, JACKSON, MIC,
KATHY THOMAS (517) 787-0319

12 SAT DANCES WITH DIRT, 100K & 50K, 100K 5 PERSON RELAY, 6:30 AM, PINCKEY,
MI, RANDY STEP, (313) 769-5016

12 SAT MACKINAC ISLAND RUN AND WALK, 8 MILE, 1/2 MILE KIDS RUN, 9:30 AM,
MACKINAC ISLAND, MI, RIVERBEND STRIDERS (810) 659-6493

- 12 SAT SUGAR RIVER TRAIL MARATHON, BRODHEAD, WIS., CHRIS ROBERTS, N. 2644
RED CEDAR LN., BRODHEAD, WI., 53520 (608) 897-4516
- 13 SUN THE WOLF RUN, 5K, 8:00 AM, CHICAGO, IL,
ROBERT WISZ (773) 646-4734
- 13 SUN TROT FOR TOTS, 5K, 9:30 AM, ROYAL OAK, MI,
ED KOZLOFF (248) 544-9099
- 19 SAT(R) COLE PORTER, 15K AND 5K, 2:00 PM, CIRCUS BUILDING, PERU, IN,
(MORE INFO TO COME)
- 19 SAT(R) DEEP RIVER RUN, 5K, 8:30 AM, HOBART, IN,
DALE POLOMCHAK (219) 942-2183
- 19 SAT Z-MAN 5K, 5K R/W, 9:00 AM, LAWTON, MI, RON COMISH, 30465 62ND AVE.,
LAWTON, MI, 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, IN, 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, IN (MORE INFO TO COME)
- 19 SAT PEACOCK STRUT, 10KR AND 5KW, 8:00 AM, PORTAGE, MI, DIANE, 7130
S. WESTNEDGE, PORTAGE, MI, 49002 (616) 323-1942
- 20 SUN ANGOLA FALL FEST 5K, 10 AM, ANGOLA COMMONS PARK, PAUL & TERESA
FURNISS, 4775 N. 300 W, FREMONT, IN 46737, (219) 833-6931
- 20 SUN 15TH ANNUAL R. HARRIS HALF MARATHON AND 7 MILE RUN, RAMONA PARK,
KALAMAZOO, MI, GLEN KELLAM (616) 327-9544
- 20 SUN RUN WILD RK, 8:00 AM, DETRIOT ZOO, ROYAL OAK, MI,
ED KOZLOFF (248) 544-9099
- 20 SUN *QUAD CITIES MARATHON AND 5K, 7:30 AM, MOLINE, IL, QUAD CITIES
SPORTS COMMISION, 2021 RIVER DRIVE, MOLINE, IL, 61265 (800) 373-9609
- 26 SAT(LP)PARLOR CITY TROT, HALF MARATHON, BLUFFTON, IN, 8:30 AM
MIKE MCAVOY (219) 436-9710
- 26 SAT(R) KOKOMO SYMPHONY 5K, 8:00 AM, HIGHLAND PARK, KOKOMO, IN,
(MORE INFO TO COME)
- 26 SAT TUXEDO BROTHERS DUATHLON, (5K RUN, 33K BIKE, 5K RUN), 8:30 AM, EAGLE
CREEK PARK, INDIANAPOLIS, IN, DON CARR, TUXEDO BROTHERS, 4314
MATREA MORE CT., INDIANAPOLIS, IN, 46254 (317) 328-1632

- 26 SAT(R) HOSPITAL HUSTLE, 5K, 9:00 AM, MERRILLVILLE, IN,
MARK SAVAGE (219) 738-3500
- 26 SAT CITIZENS GAS RACE FOR HEAT, 10K RUN/5K WALK, DOWNTOWN
INDIANAPOLIS, IN, KEN LONG AND ASSOC., (317) 632-8812
- 26 SAT VASA TRAIL RUN, 11K AND 25K, 9:00 AM, TRAVERSE CITY, MI,
GEORGE KUHN (616) 947-6417
- 26 SAT SILVER VALLEY TRAIL RUNS, 10K AND 5K, 10:00 M, TAWAS CITY, MI, TIM
HEREK AND BUTCH SHORT, 402 E. LAKE ST., TAWAS CITY, MI, 48763
- 26 SAT HACKLEY TRAIL RUN, 5K TRAIL RUN, MUSKEGON STATE PARK, MI,
JON ROMKEMA (616) 728-4820
- 27 SUN CAL CITY MINI-MARATHON, 13.1 MILE, 9:00 AM, CALUMENT CITY, IL,
TERRI COLLINS (708) 862-0880
- 27 SUN WILD, WILD, WILDERNESS 7.6 MILE RUN, DANVILLE, IL, KENNEKUK ROAD
RUNNERS, PO BOX, 1701, DANVILLE, IL, 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, MI,
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, IN, 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, IN, DON CARR, TUXEDO BROS.,
4314 MATREA MORE CT., INDIANAPOLIS, IN, 46254 (317) 328-1632
- 03 SAT(R) NORRIS INSURANCE 4 MILE RUN, 8:00 AM, BUNKER HILL, IN,
(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, MI,
ED KOZLOFF (248) 544-9099
- 03 SAT(R) RUN/WALK FOR CHILDREN, 5 MILE X-COUNTRY, 10:00 VALPARAISO, IN,
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, MI,
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, MN, SCOTT SCHNEIDER, 708 FIRST ST,
MINNEAPOLIS, MN, 55401 (612) 673-0778
- 09 FRI(LP)IPFW CROSS COUNTRY OPEN 5K, 5:15 PM, HILLIARD GATES SPORTS
CENTER, IPFW, FT. WAYNE, IN, JUDY TILLAPAUGH (219) 481-6647
- 10 SAT *INDIANAPOLIS MARATHON, LAWRENCE, IND., JOEL SAUER, PO BOX 36214,
INDIANAPOLIS, IN, 46236 (317) 826-1670
- 11 SUN(RP)*ZOOM THRU ZULA 10K, 1:00 PM, ST. LOUIS CATHOLIC CHURCH, ZULA, IN,
MITCH HARPER (219) 456-1381
- 11 SUN(R) KEYBANK SALMON CHASE, 5K AND 10K, 1:30 PM, SOUTH BEND, IN,
MADISON FOUND., 403, E. MADISON ST., SOUTH BEND, 46628 (219) 283-1136
- 11 SUN JCC BAGEL RUN, 10K RUN AND 5K WALK, SYLVANNIA, OHIO
(419) 885-4485
- 11 SUN *CHICAGO MARATHON, CHICAGO, IL, 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, WI, 53226
- 17 SAT(L) FWO SPINEWAY 5K, FWO, 7601 W. JEFFERSON BLVD., FT WAYNE IN,
GREGG INGERMANN OR TODD DETURK (219) 436-6326
- 17 SAT FENVILLE WILD GOOSE CHASE, 5K, 10:30 AM; FENVILLE, MI, G. FORTUNE,
PO BOX 369, PULLMAN, MI, (616) 236-5530
- 18 SUN DETROIT MARATHON, DETROIT, MI, JAMES MINELLA, 300 STROH RIVER
PL., DETROIT, MI, 48207 (313) 393-7749
- 18 SUN GREAT PUMPKIN 10K, 9:00 AM, OREGON, OHIO,
KRISTEN SWARTZ (419) 698-7203
- 24 SAT MONSTER MASH DASH, 5K RW, 5:00 PM, EAGLE CREEK PARK, INDIANAPOLIS,
IN, DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT, INDIANAPOLIS
IN, 46254 (317) 328-1632
- 24 SAT(R) OMNI 41 PUMPKIN PRANCE, 5K, 10:00 AM, SCHERERVILLE, IN,
DARCY STRACK (219) 865-6969
- 25 SUN(RP)CALLITHUMPIAN CANTER 5K X-COUNTRY, 2:00 PM AND 1 MILE RUN 1:30 PM,
BELLMONT HIGH SCHOOL, DECATUR, IN, CARL RISCH (219) 328-8588

- 25 SUN BAY AREA FAMILY Y HALLOWEEN RUN, 3 MILE, 1:00 PM, BAY CITY, MI,
AARON KNIEPER (517) 895-8596
- 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 RW AND 3 MILE WALK, 10:00 AM, HISTORIC
IRVINGTON, INDIANAPOLIS, IN, DON CARR, TUXEDO BROTHERS, 4314
MATEA MORE CT., INDIANAPOLIS, IN, 46254 (317) 328-1632
- 31 SAT GREAT TURTLE HALF-MARATHON AND 5.7 MILE RUN, 1:30 PM, MACKINAC
ISLAND, MI, RIVERBEND STRIDERS, (810) 659-6493

NOVEMBER 1998

- 01 SUN(R) ZOY RUN, 7+ MILES, 9:30 AM, CHESTERTON, IN,
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, MI,
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, IN, DON CARR, TUXEDO BROTHERS, 4314 MATREA
MORE CT., INDIANAPOLIS, IN, 46254 (317) 328-1632
- 07 SAT JINGLE BELL RUN/ WALK FOR ARTHRITIS, 5K, 9:00 AM, INDIANA DUNES STATE
PARK, CHESTERTON, IN, CHICAGO SPECIAL EVENTS MRMT. (773) 868-3010
- 07 SAT HOFFMASTER TRAIL RUN, 4.5 MILE, 10:00 AM, NORTON SHORES, MI, DAVE
PAULSEN, 2081 HILLSDALE, NORTON SHORES, 49441 (616) 780-1399
- 08 SUN 17TH ANNUAL RUN FOR THE MOUNDS, 5 MILES AND 1 MILE FUN RUN, 2:00 PM
MOUNDS STATE PARK, ANDERSON, IN (TENTATIVE, MORE INFO TO COME)
- 08 SUN(R) THE FALL FROLIC, 4 MILE, 9:30 AM, HAMMOND I.,
JIM AGELOPOULUS (219) 845-1977
- 08 SUN COLUMBUS MARATHON, COLUMBUS, OHIO, JOAN RIEGEL, PO BOX 26806,
COLUMBUS, OHIO, 43226 (614) 433-0395
- 14 SAT UNION FUN AND FITNESS FESTIVAL, 4K AND KIDS RUN, 10:30 AM, UNION HIGH
SCHOOL, 8707 W. US 36 MODOC, IN, DAN HARRIS (765) 289-9301
- 15 SUN(R) VALPARAISO CROSS COUNTRY RUNS, 5K & 10K, 2:00 PM, SUNSET HILLS
FARM COUNTY PARK, VAPARAISO, IN, MIKE PROW (219) 531-3131

- 15 SUN 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, IN,
(RACE TENTATIVE, MORE INFO TO COME) DON LINDLEY (219) 432-5992
- 21 SAT TURKEY TROMP, HANDICAP 5K AND POKER RUN, KENNEKUK COVE COUNTY
PARK, DANVILLE, ILL., KENNENKUK ROAD RUNNERS, PO BOX 1701, DANVILLE,
IL, 61834 (217) 733-2403 OR (217) 431-4243
- 22 SUN ELMO'S TURKEY TROT, 5K, 10:00 AM, ANN ARBOR, MI,
ELMO MORALES (734) 994-9898
- 22 SUN RANDY'S 10 MILER AND 5K, 11:00 AM, PERRSBURG, OHIO
BRUCE BEVERAGE (419) 865-4131
- 22 SUN HOLIDAY 5K RUN/WALK, JACKSON, MI,
DEBBIE LAZAROFF (517) 788-7977
- 26 THUR(L)MAZOCK'S 22ND THANKSGIVING DAY FUN RUN, APPROX. 6 MILES, 8:00 AM,
2828 EMERALD LAKE DR., FT WAYNE, IN, NO AWARDS/NO SPLITS/
JUST OLD COFFEE AND STALE DONUTS, JERRY MAZOCK (219) 432-5998
- 26 THUR INDY PARKS TURKEY TROT, 5K AND 5 MILE FUN RUN, RIVERSIDE PARK,
INDIANAPOLIS, IN, 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, IN,
(MORE INFO TO COME)
- 26 THUR TURKEY TROT 5K PREDICTION, 10 AM, KALAMAZOO VALLEY COMMUNITY
COLLEGE, KALAMAZOO, MI, DON HOOGSTRA滕EN (616) 665-9544
- 27 FRI FANTASY FIVE-K RUN, 6:00 PM, HOWELL, MI, CHARLOTTE SWANN,
127 SWANN CT., HOWELL, MI, 4843 (517) 546-2439

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

- 05 SAT(LP)JUST PLAIN 10K, 2:00 PM, FOSTER PARK, FT. WAYNE, IN,
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, IN, 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, IN,
(MORE INFO TO COME)
- 06 SUN JINGLE BELL RUN FOR ARTHRITIS, 5K, 3:30 PM, LANSING, MI, CAMILLE
JOHNSON, 241 E. SAGINAW ST., SUITE 402, E. LANSING, MI, 48823
- 06 SUN MEMPHIS MARATHON, MEMPHIS, TN., KIM CHERRY, FIRST TENNESSEE
MEMPHIS MARATHON, PO BOX 84, MEMPHIS, TN., 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, AL, MALCOLM GILLS, 1001 OPP
REYNOLDS RD., TONEY, AL, 35773 (205) 828-6207
- 13 SUN POLAR BEAR, 5 MILE, 10:00 AM, MAIN BEACH, CRYSTAL LAKE, IL,
RICHARD ESCHMAN (815) 459-1823
- 13 SUN REINDEER RUN, 4MR, 4KW AND 1K TOT TROT, 10:00 AM, ROCHESTER, MI,
1-(800) 753-9820
- 13 SUN BALLY'S INDOOR MARATHON, 8:00 AM, TOLEDO, OHIO,
TOM FALVEY (419) 475-0731
- 19 SAT CHRISTMAS RUN, 5K, 10:00 AM, KETTERING, OHIO
(937) 436-1371
- 27 SUN *THE HUFF 50K TRAIL RUN, 8:00 AM, KIL-SO-QUAH CAMPGROUND,
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, IN,
(MORE INFO TO COME)

JANUARY 1999

- 01 FRI NEW YEARS DAY 5K, 11:00 AM, LINCOLN PARK, CHICAGO, IL,
CHICAGO SPECIAL EVENTS (773) 868-3010
- 02 SAT SIBERIAN EXPRESS, 7.6 MILES, 12:00 NOON, KICKAPOO STATE PARK,
DANVILLE, IL, MARC REDDY (217) 431-4243
- 17 SUN METHODIST HEALTH CARE HOUSTON MARATHON, 8:00 AM, HOUSTON, TX,
CINDY BERKMAN (713) 957-3453
- 17 SUN SAN DIEGO MARATHON, 7:30 AM, CARLSBAD, CA,
IN MOTION INC., (888) 792-2900

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 _____

FWTC RUNNERS, WALKERS, and SPECTATORS

Make checks to: Fort Wayne Track Club, P.O. Box 11703, Fort Wayne, IN 46860-1703

ANNUAL MEMBERSHIP DUES: January 1 - December 31

One Year: \$15.00 Two Years: \$28.00 Three Years: \$36.00

New Members: First year only \$12.00

Members under 21: \$12.00 per year until 21

Membership Fee After June 1: \$9.00 for remainder of year

Family Rate: \$6.00 for each additional family member (\$12.00 maximum)

The Fort Wayne Track Club has obtained an insurance policy through the Road Runners Club of America which gives coverage for various events. Through this insurance we are covered for weekly runs, picnics, socials, and volunteers at races and other club functions. Please sign a waiver if you have not already done so. The waiver will be kept on file.

CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself, and any other person named on this application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record for any legitimate purpose. I understand and will abide by the guidelines that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club races.

Primary Member Signature: _____ Date: _____

Parent Signature: _____ Date: _____
(if under 18)

THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

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

**SHOW YOUR SUPPORT FOR YOUR FORT
WAYNE TRACK CLUB**

Coming Events...

COMMUNITY FIRST HOT AIR AFFAIR 4 MILE RUN
Saturday, August 8, 1998, 9:00 OH Time (8:00 IN)*Points Race*****
Van Wert County Fairgrounds

ROANOKE FALL FEST 5 MILE RUN
Saturday, September 12, 1998 7:30 AM*Points Race*****
Roanoke, Indiana

PARLOR CITY TROT HALF MARATHON
Saturday, September 26, 1998, 8:30 AM*Points Race*****
City Hall, Market St. Bluffton, IN

FWTC MEETINGS
Wednesday, August 12, 7:00 PM, Run, 6:00
Wednesday, September 9, 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
<p>Insert Race Application (Includes printing results) 12 X Entry fee, minimum \$35.00 (10 X Entry fee paid in advance)</p>			
<p>Advertising must be supplied, camera ready art, or layout charges will be incurred.</p>			
<p>All race applications must be supplied for insertion. Inside Track publishes 450 issues bi-monthly.</p>			



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

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