

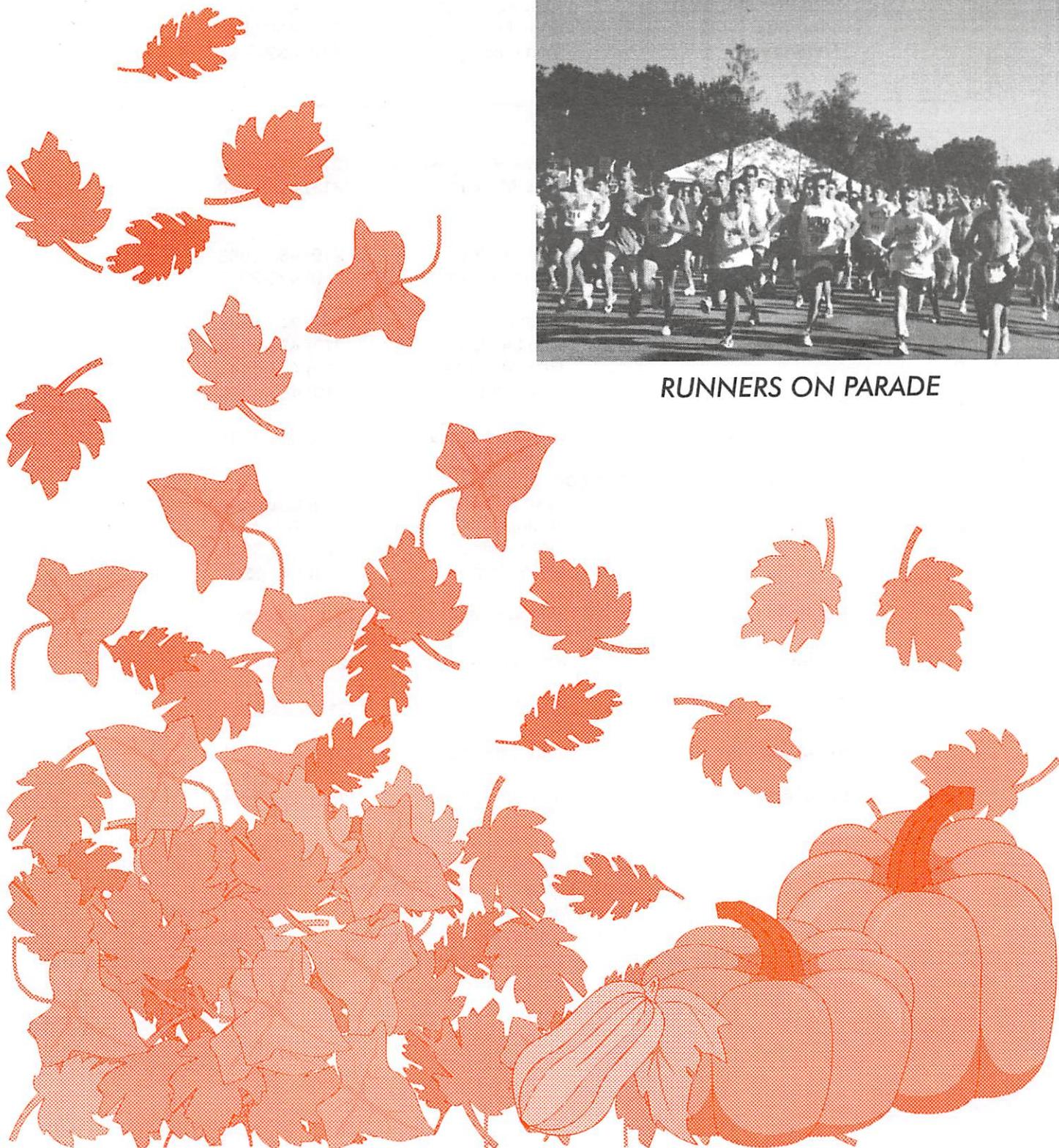
the inside track

October - November 1998

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



RUNNERS ON PARADE



1998 FORT WAYNE TRACK CLUB
Officers and Board Members

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

Inside Track

Editor	Joyce Hockensmith	(219) 426-3171
Mailing	Julie McNulty	(219) 483-3830

Membership Coordinators

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

Equipment Coordinators

JP Jones	(219) 745-7339
Don Lindley	(219) 432-5998
Paul Ausderan	(219) 436-444
Paul Knott	(219) 485-1917

Race Schedule

Jonathan Schlatter	(219) 456-3331
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Race Management Coordinators

Mike McAvoy	(219) 824-5158
JP Jones	(219) 745-7339
Don Lindley	(219) 432-5998
Mitch Harper	(210) 456-1381

Publicity Coordinator

Michael Yann	(219) 489-5265
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Social Coordinator

Kim Davidson	(219) 637-3436
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Children's Coordinator

Phil Suelzer	(219) 486-1745
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RRCA Liaison

Judy Tillapaugh	(219) 456-3277
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Legal Advisor

John Powell	(219) 484-7334
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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

Year number two of our annual FWTC Summer Speed Workout Series has now been completed. A total of 71 runners showed up at least one time out of our eight sessions (55 men and 16 women). Nineteen of these runners were present at least 6 out of the 8 sessions. Attendance ribbons were presented to the following for having been absent no more than one time throughout the summer: Tom Felger, Tom Felts, Jerry Gerig, Bill Harris, Paul Knott, Steve McMahon, John Powell, Mike Schoudel, Sam Stephens, Michael Yann, Linda Ianucilli, Kim Larsen, and Susan Thornton.

Among the female runners, our top workout awards went to Susan Thornton (first place) and Jackie Carr (second place); this same award among the male runners went to Sam Stephens (first place) and Mike Fruchey (second place). The workout award recognizes those runners who met or exceeded their workout goals on a consistent basis and were ranked high in our workout ratings.

This year's Most Improved awards went to Kim Larsen (female) and Carl Risch (male) for improving their 3200 meter time the most from the beginning of the workout series to the last race on July 30.

The final age group results for our end-of-summer 3200 meter run were as follows:

Female 15 & Under:	1st Place--Aubrey Gaffer 12:18
Female 16-19:	1st Place--Emily Hernandez 12:24 2nd Place--Heather Hanson 12:52
Female 20-29:	1st Place--Sally Godfrey 12:55
Female 30-39:	1st Place--Linda Ianucilli 13:31 2nd Place--Susan Thornton 13:52
Male 15 & Under:	1st Place--Scott Hardway 10:19 2nd Place--Cody Hannie 12:14
Male 16-19:	1st Place--Jerry Suelzer 11:12
Male 20-29:	1st Place--Brad Peterson 12:24
Male 30-39:	1st Place--Mike Schoudel 10:06 2nd Place--Sam Stephens 11:16 3rd Place--Jerry Gerig 11:45
Male 40-49:	1st Place--Carl Risch 10:55 2nd Place--Phil Suelzer 11:19 3rd Place--Mitch Harper 12:30
Male 50-59:	1st Place--Tom Felger 13:22
Male 60-69:	1st Place--Bill Harris 15:32

Also, all current Board members will expire at the end of 1998. A new list of Board members for 1999 has been already completed. Any member who is interested in serving in that capacity should make his or her preference known to the President at or before the December meeting.

At the Monthly meeting on December 9, 1998, an election will be held for the officers of the Fort Wayne Track Club for 1999. During the meeting in November, the nominating committee will present a slate of officers for the up-coming election. Other nominations can be made by any member, either in writing to the President, or in person at the December meeting.

ELECTION OF OFFICERS

I wish to personally thank all of the runners who showed up whether once or eight times or anything in between. You made my Thursday nights!! Again, the reward for hosting these summer speed sessions comes with seeing the runners present strive to reach or surpass their workout goals and hear them say "Thanks!" You can be sure that we will continue to host these summer speed workouts for as long as I am able to do so!

Male 70 & Older: 1st Place--Don Anderson 14:31

MINUTES

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

14 Present: D. Anderson, M. Harper, L. Gorman, J.& B. Hockensmith, P. Knott, M. McAvoy, J. Schlatter, J. Tillapaugh, J.P. Jones, M. Yann, B.Peterson, M. Swenson, K. Davidson

- 1. Barrie Peterson called the meeting to order and Mike McAvoy opened with prayer.**
- 2. The minutes from last meeting were reviewed and accepted.**
- 3. J.P. Jones gave the Treasurer's and Membership Report.**
 - a. There was an income of 5,015.32, with expenses of 5,017.93, for a balance of 14,764.12.**
 - b. A financial statement for the Nutra Runs was presented.**
 - c. There are 459 members to date.**
- 4. Jon Schlatter gave a race calender update: 5k Classic Race, Kruse Auction Park, Auburn, Ind,
8:00 am, Aug. 15; Bruin Alumni Open 5k, Shoaf Park, Ft. wayne, Ind., 8:30 am, July, 18.**
- 5. Joyce Hockensmith said the next Newsletter due date is July 15.**
- 6. Bob Hockensmith gave the final marathon report.**
 - a. Race course had to be changed at the last minute due to the river flooding.**
 - b. Questionnaire will be sent to finishers to see if they liked the 6 loop course.**
 - c. Due to increased expenses and less donations the profit will be a little less than \$800.**
 - d. 221 finishers, up over the 203 for last year.**
 - e. Use of real time video cameras at each turn around for next year discussed.**
 - f. June 12, 1999 will be the date of next year's Marathon.**
 - g. A need was expressed for more members on the marathon committee for next year's race.**
- 7. Mike McAvoy gave a Parade Race update.**
 - a. 150 people registered.**
 - b. Need for more course marshalls.**
 - c. Need for formal agreement between FWTC and the Women's Bureau for next Year's race.**
 - d. Course set with only one 180 degree turn.**
- 8. Mike MaCavoy reported that the FWTC did the finish line only for the Zoo race.**
- 9. Paul Knott and Barie Peterson gave a report on the Summer Speed Workout Series.**
- 10. Bill Sohaski gave an update on the Triathlon.**
 - a. 54 entries so far.**
 - b. Will have race day registration this year.**
 - c. Have had several large cash donations.**
 - d. Need for traffic control people.**
 - e. Will change the swim course slightly from last year.**
- 11. Judy Tillapaugh reported that the nominating committee has compiled a list for potential officers and board members and will contacting them soon by letter.**
- 12. Judy Tillapaugh passed out a report sheet on the RRCA national convention that she recently
attended and talked about several highlights.**

13. Barrie Peterson talked about his involvement with the Lukemia Society team in training program and encouraged the board members to consider joining it.
 14. Kim Davidson reported that Jeff Milliman wants to sponsor a new race possibly on the McKay farm on the IPFW campus and the board encouraged him to consider a 8k in May.
 15. The board voted to rent the finish line equipment to the Cantabury 5k and the FWO 5k at the reduce rate since their proceeds will go to charity.
 16. Mitch harper was recognized for his finishing the Mohican 100 mile run and Don Anderson and Joan Gary for qualifying for the national senior olympics in Orlando, Fla. by virtue of their finishes at the Frankanmuth, Mich. 5k and 10k races.
- Meeting then adjoured. Next meeting. Aug.12, 1998, 7:00 p.m., IPFW.

MINUTES

Fort Wayne Track Club Monthly Meeting Wednesday, August 12, 1998, 7:00 p.m., IPFW

15 Present: C. Brandt, L. Gorman, J.P. Jones, P. Knott, G. Dexheimer, J. Schlatter, M. Harper, J. Hockensmith, J. Tillapaugh, B. Sohaski, B. Peterson, J. McNulty, K. Davidson, J. Milleman, K. Disler

1. Barrie Peterson called the meeting to order and J.P. Jones opened with a devotional.
2. The minutes from last meeting were reviewed and accepted.
3. J.P. Jones gave the Treasurer's and Membership report.
 - a. There was an income of 6,296.39, with expenses of 3,669.35, for a balance of 18,614.22.
 - b. There are 472 members to date.
4. Jon Schlatter gave a race calendar update; Darrin Bryan 5k, Anderson, Ind., Sept 19, 8:00 am
5. Joyce Hockensmith stated that Sept. 15 is the deadline for the next Newsletter.
6. Ben Christy, dean of the Fine Arts Dept. from IPFW, presented a proposal for a Arts Fest Run

for Fine Arts 5k/10k fundraiser on the campus of IPFW next year on the 24th of April. J.P. Jones said that he would work with him in developing it further.
7. Mitch Harper reported for Mike McAvoy that the applications for Parlor City Trot are ready.
8. Mitch Harper showed a copy of the new Midwest Runner magazine which is a replacement for

the old Indiana Runner. The board approved the mailing to all FWTC member a free introductory copy with an offer of a yearly supscription rate \$ 7.50.
9. Mitch Harper gave the final report on the Runners on Parade.
 - a. There were 376 finishers.
 - b. The Women's Bureau will continue their sponsorship next year with 5 year age groups,

deeper awards, and some prize money.
10. Barrie Peterson gave the final report on the summer speed workout series.
 - a. 71 runners attended at least once.
 - b. 19 runners attended 6 out of 8 sessions.
11. Bill Sohaski and Phil Suelzer gave the final report on the FWTC Triathlon.
 - a. There were 178 finishers compared with 118 last year.
 - b. A thank you note to all the volunteers will be published in next issue of The Inside Track.
 - c. Phil and Bill put together a video of the Triathlon wich will be shown soon on channel 10.

- d. The board approved to use the profits from the Triathlon to possibly buy a laptop and barcode finishing line equipment; Don, Phil, and Mitch to investigate the possibility.
 - 12. Judy Tillapaugh said that a mailing would be done this coming Friday to contact potential board members and officers for the next term.
 - 13. Mitch Harper Gave an update on Zoom Thru Zulu.
 - a. Oct. 11 at 1:00 pm.
 - b. Has several sponsors lined up including Hampton Inn, Halls, and Mike's Carwash.
 - c. Will do a mass mailing soon.
 - 14. Mitch Harper gave an update on the HUFF
 - a. Has sponsors from last year.
 - b. Will put an ad soon in Ultra Running magazine and may put one in the Chicago Runner.
 - c. Will have a three person relay and a one loop fun run.
 - 15. Judy Tillapaugh reminded everyone of the IPFW fund run 5k on Oct. 9.
 - 16. Barrie Peterson gave a report on the Marathon.
 - a. Will keep it as a 3 loop race with the 6 loop as a backup.
 - b. The relay will use the 2 mile loop and open it up to all age groups.
 - c. All unclaimed awards will be mailed out.
 - 17. Judy Tillapaugh will mail in the applications for the RRCA volunteer award from the FWTC.
 - 18. Barrie Peterson noted that Oct. 20 will be RRCA national run to work day.
- Meeting then adjourned.

Next meeting September 9, 1998, 7:00 p.m., IPFW.

Respectfully submitted, Jon Schlatter, Club Secretary.

Mazock's 22nd Annual Thanksgiving Fun Run

8 am

Somewhat accurate 6 mile course**No Awards

Lots of old doughnuts, stale coffee, and great friends.

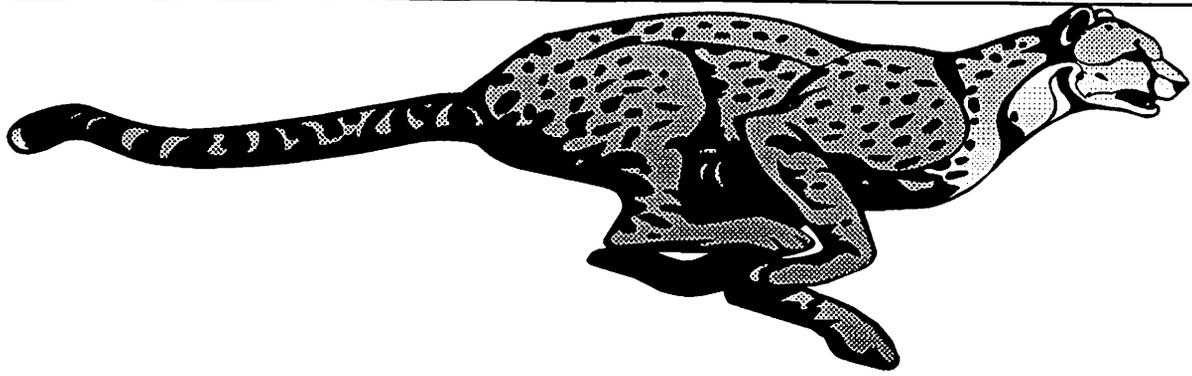
2828 Emerald Lake Drive,
Emerald Lake Addition

1.6 miles west off the Covington Rd/I69 overpass.

Doors open at 7 am

We turn the Christmas lights on at 7 pm on Thanksgiving night.

For Information 432-4755



FWTC SOCIAL EVENT COLUMBUS MARATHON ROAD TRIP!

COME JOIN THE FORT WAYNE TRACK CLUB ON SUNDAY, NOVEMBER 8TH TO RUN IN THE 19TH ANNUAL COLUMBUS MARATHON.

CARAVAN WILL BE LEAVING ON SATURDAY, NOVEMBER 7TH AT 12:00 P.M.

VISIT THE COLUMBUS MARATHON ON THE WEB AT WWW.COLUMBUSMARATHON.COM

CONTACT KIM DAVIDSON FOR MORE INFORMATION 637-3436 OR 481-5452.

VERMONT SETTLEMENT 5K
Orland, Indiana
July 25, 1998

Marilyn Ernsburger, Race Director
 Box 352, Orland IN 46776

RESULTS

OVERALL

Men - King Oberlin 17:01
 Women- Julie Stepien 19:28

14 and Under

Men- Travis Kyle	19:18	Women-Kelli Luttmann	20:47
Branden Kyle	20:47	Karen Miller	24:48
Kip Christlieb	23:56	Stephanie Fenstermacher	25:06

15 to 19

Men- Shane Ross	17:25	Women-Harmony Stuckey	21:42
Dan Grill	17:25	Laura Hammil	21:20
Mike Severs	17:35		

20-29

Men- Greg Cranston	21:26	Women-JoAnne Allshouse	20:52
Mike Nelson	25:06	Michelle Young	27:43
Shawn Rauch	25:50	Chris Cedars	26:56

30-39

Men- Jim Fosta	17:38	Women-Angel Frain	24:42
Jim Whitman	18:21	Kathy Thompson	25:11
Brian Breeden-Thomas	19:09		

40-49

Men- Doug Hohenburger	19:53	Women-Julie Manger	22:55
Mitch Harper	20:18	Kathy Hastings	24:28
Fred Wooley	20:41	Dawn Luttmann	24:50

50-59

Men- James Scott	20:59	Women-Sharon Huss	25:29	
Phil Tice	26:15	Marilyn Witke	32:35	John
Toenning	27:07			

60 and over

Men- Jim Lowen	26:45	Women- Joan Gary	27:35
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The Brueckenlauf - Or how to be treated like a king.

Chris Kauffman, Lynn Armstrong, and I were treated to a very special event and week on our visit in Fort Wayne's sister city of Gera. The race was held on August 29, a team relay event which lasted 12 hours. Our team finished 12th out of 20 teams, running slightly in excess of 150 kilometers, with the winning team covering about 177 kilometers. We knew from the first lap (2.15 miles with me running the first loop) that we would not be in the hunt for the top prize. By the 9th-10th hour we were praying that our team members would slow down even more than they had been, so that we would enjoy a longer rest before running again. Each of us covered about 31 miles (50 + kilometers) and were cheered on during the course of the event like we were leading, instead of running in the middle of the pack.

The people of Gera treated us like kings, giving us presents every time we turned around (I left a pair of training shoes in Germany to make room in my suitcase for all the presents). Spectators cheers for us like we were hometown heroes, and I believe that the people of Gera truly enjoy their visitors from their sister city of Fort Wayne. The sponsors, including Kostritzer Brewery, Opel Reissmann, and Ramada Inn were very generous in their support of this race. Thomas Seidel, race director for this second Annual Brueckenlauf, provided host families for our housing accommodations, private tours of Gera, Dresden, and Berlin, and in general, made our stay a most special visit/competition.

The race itself was very well planned and executed. Each team was aware of their distance and where their competitors were as the race progressed. The team race was close until the end, when the winning men's team pulled away to about a 2 kilometer victory. Strategy was interesting, with some teams have each member running as many as 4 laps continuously before tagging their next team member. The race was also open to single runners, with Berndt Kuehn running a world class distance of 130 kilometers (age 50+). There was one women's team and one woman who ran by herself, automatically winning the case of beer (Kostritzer of course) and special trophy!

Although I will not be attending the third edition of this race, please contact me if you have an interest in participating next year. I will make arrangements with Thomas Seidel for housing accommodations, etc. It will surely be an unforgettable event.

Phil Snelzer

Kennekuk Road Runners
Howl at the Moon 8 Hour Run & Walk
Danville, IL. August 8, 1998

<u>Name</u>	<u>Div</u>	<u>Distance</u>
Rob Smith	Open Male 1 st	54.61
Nikki Robinson	Open Female 1 st	45.44

FWTC Members:

Bud Stiffler	Grandmaster Male 6 th	39.02
Don Lindley	Grandmaster Male 7 th	39.02
David Bruce	Open Male 23 rd	35.81
Larry Averbeck	Grandmaster Male 13 th	35.31
Joyce Hockensmith	Master Female 6 th	34.51

1998 Running Fit 100K Relay and 100K Ultra
Dances With Dirt
Hell, MI. September 12, 1998

FWTC TEAM:

	<u>Actual Time</u>	<u>Pace/Mile</u>
7 th <i>Hey Mitch, Where is the Outhouse</i>	8:08:58	
7:53		
1. Ron Sharp		
2. Tod Esquivel		
3. Mitch Harper		
4. Jeff Milleman		
5. Kim Davidson		

A total of 93 teams completed the rough Dances With Dirt course and the FWTC team again finished in the top ten. Congratulations! The out and back course was tough! All legs had specific names, such as: Get the Hell Off The Road, Potto, Revenge Of The Dirt, It Don't Get No Better and It Don't Get No Worse, Morton's Mania, Twister, Take No Prisoners, The Breast, and Wretch. Also, team names were unique, everybody had unusual names. The FWTC team actually finished 1 minute and 3 seconds behind Ten Feet.

<u>100K Ultra</u>	<u>Finish Time</u>	<u>Place/Mile</u>
2 nd - Overall Linda Gorman 1 st Female	12:55:13	12:30

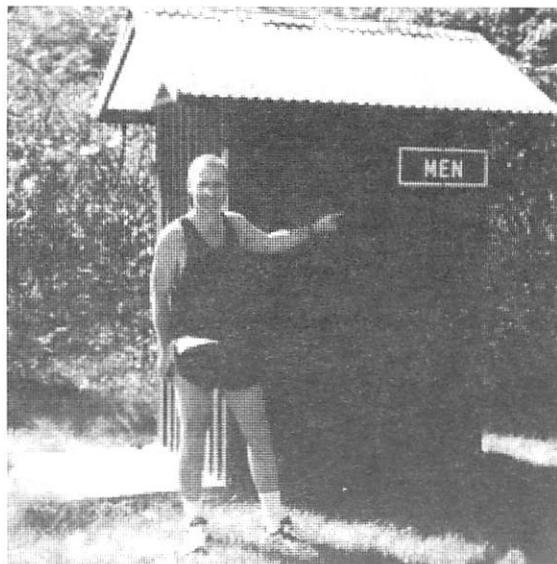
<u>50 Mile Ultra</u>
Don Lindley

13:43:00 16:48

A total of 23 started the 100K ultra, and Linda Gorman almost won the event. Congratulations Linda on an excellent finish!

DANCES WITH DIRT (DWD) 1998
FWTC TEAM: HEY MITCH! WHERE'S THE OUTHOUSE?
by Kim Davidson

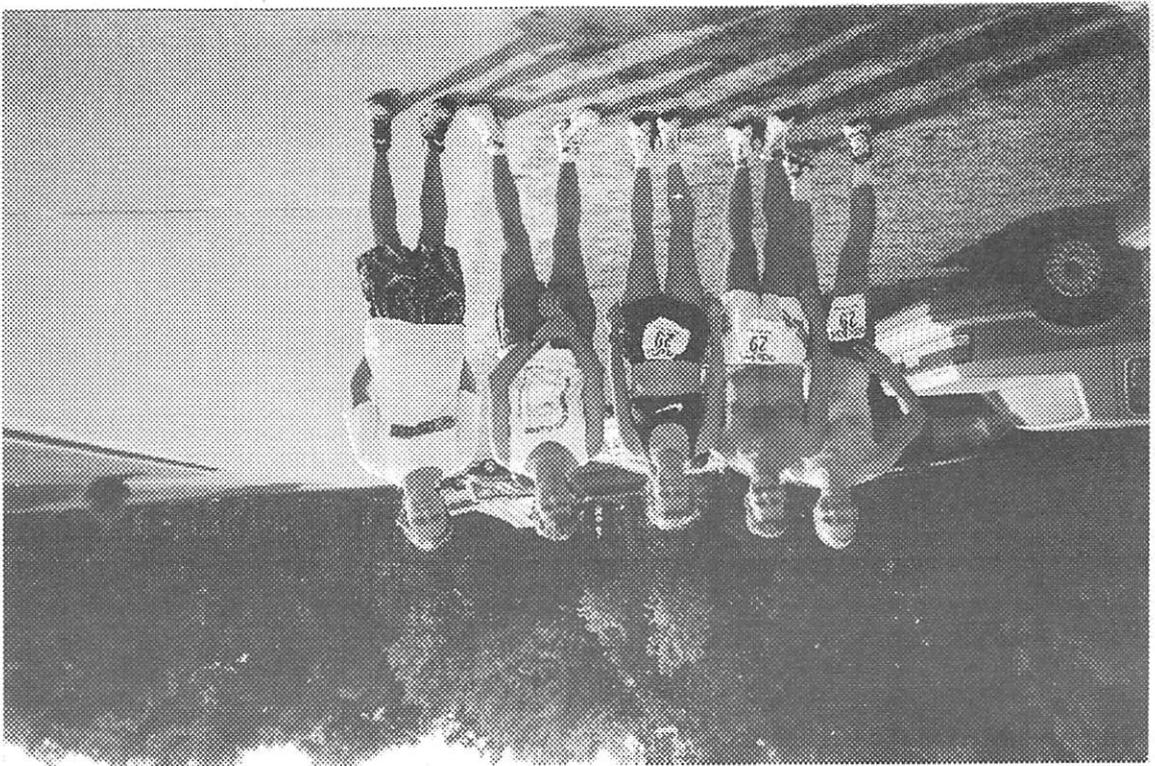
Who moved the flags? Which way do we go? Will this farmer get mad because we are standing in his back yard trying to figure out which way to go? These were all questions that plagued the lead runners of this year's DWD 100K relay in Hell, Michigan. It seems that some prankster decided to reroute the lead runners. Our own FWTC's Ron Sharp felt the frustration of not knowing where to go since he was leading the pack of 100 runners. Finally back on route, Ron decided to hold back and let someone else determine which way to go, or not to go. You can imagine the pressure I felt as Ron, holding onto second place, tagged off to me to run the second leg. Surrounded by guys with legs up to my eyebrow, I felt way out of my league! After I strayed off the beaten path and lost some places for the team, I tagged off to Todd Esquivel, a.k.a. Squirrel. Squirrel pulled our team back on track and tagged off to team captain, Jeff Milleman. Jeff managed to maintain our place by running steady and not getting lost. When Don Lindley put together the order in which everyone would run, he let his teammates from last year run **The Beast**, **The Wretch**, and **The Return of the Beast**. These legs are all appropriately named. Not even the pain that Barry Peterson can inflict during speed workouts can compare to the agony I felt running **The Beast**. Mitch Harper ran the next leg and pulled the team through another directional nightmare running **The Wretch**. Almost all the lead runners got lost on this one! He proceeded to hand off to Jeff who finished **The Repeat of the Beast** in record time and promptly said to me, "That hill wasn't THAT big." No doubt about it, the team relied on Ron and Squirrel for their awesome foot speed. Mitch and Jeff were the "stay on course and run smart" crew and I just got in the way. They wanted my 12% handicap. At the end of the day, after all the dust had settled, the team finished a whopping 7th place out of 93 finishing teams. Amidst the day's events, ALL WAS WELL BECAUSE MITCH FINALLY FOUND THE OUTHOUSE. Way to go team!



Triathlon
Cannondale Racing Team from Chicago Uptown



Hey Mitch, Where is the Outhouse Team



TRIATHLON

The 2nd annual Progressive Insurance Fort Wayne Track Club Triathlon took place on July 25, 1998. This year we had 178 register from 8 states compared to 118 in 1997. The weather was perfect.

The entire club, the board in particular, has been very helpful and supportive. You can look for the race on channel 10, in a couple of weeks. It should be on several times.

We would like to recognize and thank the following people for their help:

Jeff Ash	Dan Kaufman	Marsha Schmidt
Jill Ash	Dave Kroskie	Bill Schmidt
Angie Augustyniak	Kim Larsen	David Skinner
Polly Beasley	Don Lindley	Lisa Skinner
Joe Bowser	Berry Lucas	Mary Jo Skinner
Jeff Bowser	Mark Lulling	Ron Skinner
Jerry Diehl	Steve Manning	Sandy Skinner
Bob Everest	Chris Marks	Ken Sohaski
Clem Getty	Mike McAvoy	Mary Helen Sohaski
Diane Getty	Jason McMillan	Eugene Striggle
Getty Family	Sharon Meadows	Phyliss Suelzer
Linda Gorman	Rose O'Connell	Emma Suter
Doug Guillame	Tim O'Connell	Judy Tillapaugh
Neely Gumpert	Lori Piebel	Scott Vincent
Kevin Gurney	Derek Powell	Ken Walker
Blaine Harper	Teresa Powell	Eugene Whitacre
Dick Howe	Kristen Robertson	Pat Whitacre
Sherry Ingram-White	Brian Rowe	Mike Yann
Larry Jackson	Rich Rudisill	Southwest Allen County Fire Dept Scubba Team

If we missed anyone please accept our apology. The competitors had quite a lot of complementary things to say about the volunteers. Thank you all and we certainly hope we can do it again next year.

Phil Suelzer &
Bill Sohaski

Renewal Reminder

If your mailing label has 1998 on it, it is time to renew your membership. Please complete the application before December 31, 1998. Please call or write me if you have any questions. Thank you.

Fort Wayne Track Club or Call (219)- 436-2234
or E-Mail: lindleyd@fortwayne.infi.net
Don Lindley
PO Box 11703
Fort Wayne, IN 46860

**1998
Progressive Insurance
Fort Wayne Track Club
Triathlon**

Overall Results

Male:			Female:		
1	Todd Briggs	0:59:27	1	Kim Larsen	1:10:15
2	David Fink	1:00:27	2	Robin Rizzo	1:11:45
3	Andrew Holton	1:00:44	3	Linda Ianucilli	1:13:55
4	Mark Bush	1:00:56			
5	Scott Beasley	1:04:26			
Master Male:			Master Female:		
1	Craig Brumwell	1:09:27	1	JoAnn Brooks-Brunn	1:24:13
Age Group Results			Grand Master Male:		
Female 19 & Under:			1	Dale Sullivan	1:21:34
1	Ellen Hall	1:14:10	Female 20-24:		
2	Audrey Wintin	1:21:38	1	Tara Schroering	1:20:18
3	Tina Newton	2:09:32	2	Andrea Wolff	1:24:23
Female 30-34:			3	Jennifer Conner	1:24:45
1	Debbie Browning	1:14:36	4	Becky Deitle	1:35:58
2	Tracy Rudisill	1:22:22	Female 35-39:		
3	Carla Ferretti-Hoover	1:23:57	1	Beth Berry	1:24:48
4	Leslie Hiemenz	1:30:46	2	Robbin Mauger	1:28:15
5	Sue Tribolet	1:32:03	3	Karen Burns	1:29:38
6	Julie Cardman	1:32:58	Male 20-24:		
7	Michele Wagner	1:33:22	1	Clint LeClair	1:05:48
Male 19 & Under:			2	Andrew Flynn	1:09:30
1	Jerry Suelzer	1:11:07	3	Christopher Stafford	1:12:10
2	Patrick Gross	1:13:10	4	Mark Myers	1:13:09
3	Maurice Winkler	1:15:11	5	Ryan Dear	1:14:42
4	Kaleb Vanort	1:16:24	6	Ryan Langeland	1:15:33
5	Andy Helfrich	1:16:34	7	Paul Balthrop	1:19:36
6	Matthew Parfee	1:16:55	8	Dan Brier	1:20:47
7	Chad Hermiller	1:17:12	9	Michael Boehm	1:26:32
8	Christopher Barhorst	1:20:07	10	James Bolint	1:27:49
9	Joe Suelzer	1:23:25	11	Gavin Smith	1:28:20
10	Thomas Fisher	1:23:37	12	Jeff Henney	1:32:00
11	Jim Warrenner	1:34:03	13	Andrew Schimmoeiler	1:34:58
12	Darnell Newton	1:42:21	14	Jeff Suelzer	1:35:09
13	Ben Deitle	1:45:17	15	Eric Atnip	1:37:17
14	Cornelius Taylor	2:23:57	Male 35-39:		
Male 30-34:			1	Larry Grabill	1:12:09
1	Curt Cardman	1:08:35	2	Zack Otruba	1:12:16
2	John Petrie	1:09:03	3	David Upchurch	1:16:36
3	Ward Moya	1:09:48	4	Scott Relling	1:20:21
4	Thomas Kline	1:12:29	5	Buck Miller	1:20:38
5	Buck Smith	1:12:32	6	Daniel Cummsiskey	1:20:39
6	Eric Stine	1:14:30	7	Barchen McCuroy	1:21:02
7	Jeff Gerke	1:15:28	8	Todd Welch	1:22:16
8	David McGlennen	1:17:51	9	Richard Morris II	1:27:03
9	Eric Albright	1:18:49	10	Terry Cooper	1:28:38
10	Scott Nieveen	1:19:53	11	Jim Bougher	1:30:27
11	Tim Staley	1:20:30	12	Scott Mills	1:31:01
12	Peter Otero	1:23:29	13	Richard Liwosz	1:31:16
13	Roderick MacLaghlan	1:23:29	14	John Podzielinski	1:34:59
14	Jim Maddalone	1:25:34	15	Matthew Rider	1:36:06
15	Sean McConnell	1:29:45	Male 50-54:		
16	Matt Misner	1:34:03	1	Rudy Kleinknight	1:24:31
17	Randy Hockemeyer	1:34:42	2	George Parrot	1:25:44
18	Todd Etzler	1:36:46	3	Jack Whitlow	1:36:16
19	Dan Thacher	1:45:17	4	Jim Deitle	1:56:13
Male 45-49			Male 60 & Over:		
1	John Sullivan	1:10:21	1	Phil Eherenman	1:23:07
2	Charles Steinke	1:14:31	2	Ed Phillips	1:31:22
3	Chuck Chokel	1:16:58	3	Robert Loomis	1:44:06
4	William Knisley	1:17:37	4	J P Jones	1:58:54
5	Ty Murphy	1:22:36	Team 75 & Above:		
6	Scott Miller	1:27:04	1	Roger Wilson	1:06:20
7	David Lewin	1:27:14	1	Phil Rizzo	1:06:20
8	David Webb	1:27:18	2	Bill Bridenbaugh	1:11:24
9	Mike Webb	1:29:15	2	Michael Wallen	1:11:24
10	David Legg	1:43:31	3	Gerry Englert	1:24:42
	Wayne Crowther	1:54:29	3	Dean Reed	1:24:42
			Female 25-29:		
			1	Paula Rickard	1:22:45
			2	Julia MacLaghlan	1:25:50
			3	Milinda Phillips	1:26:52
			4	Valerie Vinyard	1:32:07
			5	Kimberly Tolmich	1:43:54
			6	Katherine Dorsett	2:02:24
			7	Janet Kafkas	2:09:29
			Female 40-44:		
			1	Beth Spradlin	1:30:50
			2	Anne Fremion	1:39:07
			3	Susan Markey	1:40:26
			Male 25-29:		
			1	Sam Terrel	1:05:00
			2	Paul Richardson	1:07:02
			3	Brian Schultz	1:09:42
			4	Kirk Eisert	1:12:13
			5	Jeff Kintz	1:12:31
			6	Mick Thiel	1:15:45
			7	Chris Marks	1:16:20
			8	Brian Hixenbaugh	1:17:16
			9	Dave Long	1:19:38
			10	Mark Rickerd	1:21:57
			11	Joshua Kesler	1:23:14
			12	Aaron Raudenbush	1:23:44
			13	Eliot Dicinson	1:23:50
			14	Scott Blood	1:25:58
			15	David Wulff	1:27:12
			16	Jim Coughlin	1:32:28
			17	Henry Tyson	1:42:22
			18	Brad Heyneman	1:43:59
			19	Mark Colligan	2:23:57
			Male 40-44:		
			1	Bill Moord	1:13:25
			2	Kim Lefever	1:22:43
			3	Tom Landis	1:22:52
			4	Steve Hatlem	1:23:53
			5	Mark Hoover	1:27:10
			6	Don Kramer	1:27:19
			7	Robert Gibson	1:29:32
			8	Phil Hershberger	1:30:47
			Male 55-59:		
			1	John Skevinton	1:48:34
			Team 74 & Below:		
			1	Christa Marentette	1:07:33
			1	Jay Webber	1:07:33
			2	Pam Joachim	1:22:59
			2	George Joachim	1:22:59
			3	Amy Lynn Mays	1:27:17
			3	Dan Sonell	1:27:17
			4	Emma Suter	1:38:31
			4	Mike Summers	1:38:31

150th Celebration 5K
August 1, 1998
Montpelier, OHIO

"I will not enter and run/walk unless I am medically able. I assume any and all risks associated with running or walking".....sounds familiar, should be, all waivers contain this language and the West Bethesda Presbyterian 150th Celebration 5K Run in Montpelier, OH was no exception. Even though they had only twenty-nine finishers, they still put on a first class race.

I observed that the field was not loaded with top elite runners, and maybe, I could win this race (wishful thinking). It was an out and back course and very flat. The day was cool and sunny with two aid stations evenly space on the course. The start of the race began with all of the younger runners sprinting out in front and getting a head start. They soon slowed down and they realized that they started out too fast. A master runner from Bryan took over the lead and I stayed close behind him at the halfway point, thinking that I could overcome the difference in the last half. We lost the lead somewhere between the one and two mile mark by faster runners that were younger than us. Even though I gained on him in the last half, I still didn't have the kick to outrun him and we both finish fourth and fifth, respectively. A female eventually won overall in 20:28. If Linda Gorman was here I'm sure that she would have won. Watch out guys, the females have won two of the last four races I participated in. I finished in 22:30 and that was the best I could do.

The quota of the day is not only did they have a first class race, also they had an ambulance, a church, a minister, and a graveyard at the finish line and I said, " No thank you" pertaining to all four services at once.

Don Lindley

CHANGE OF ADDRESS:

If you have moved the post office will not forward THE INSIDE TRACK. So please send us your change of address to:

Fort Wayne Track Club

PO Box 11703

Fort Wayne, IN 46860

or

Call 219-

436-2234

E-Mail:

lindleyd@fortwayne.infi.net

4TH ANNUAL SWAM CREEK CRAWL 50KM

JULY 11, 1998, ALLEGAN, MI

To those that missed out on the fastest 50km Trail Run in U.S. in 1996 (UltraRunner Jan/Feb '97) will have to wait until next year. This scenic course is 99% trail and is flat to gently rolling. The run is comprised of three loops of a 10.35 mile loop with five aid stations. Steve Wilson, winner of our Hoosier Marathon, won again in 3:28:33, he has the course record of 3:16:27 (1996). Aaron Leitner, Napoleon, OH, Toledo Road Runners, was second in a time of 3:45:48.

Many runners came back from last year to actually see if all of those mosquitoes died. Last year, Mitch Harper, Linda Gorman and I gave more blood that day than we gave all year to the American Red Cross. The day was without mosquitoes (ps, a few deer flies were a nuisance) and the course was in excellent shape. Linda Gorman, who finished 13th overall and 2nd place woman, ran in 4:39:45. Other FWTC members were David Bruce, 44th, 5:46:03 and Bud Stiffler, 53rd, 5:52:20. Mitch Harper, considering the fact that he just finished the Mohican 100, dropped out after one loop. I finished in 5:36:04, 36th, fifty-two minutes faster than last year. It was an excellent run for me. My goal was to run harder this year and not be lapped by Steve or Aaron and I did it! A total of 99 runners started with the temperature approximately 62 degrees and 84 finished.

Don Lindley

OPPORTUNITY

Help shape the future look of the Fort Wayne Track Club newsletter.

A new editor is needed for the Inside track.

If you can spare some time every other month and have a computer, consider making a contribution to your club.

Joyce Hockensmith will assist you in getting started.

If you have an interest please contact one of the following:

Joyce Hockensmith	426-3171	RunningJoy@aol.com
Don Lindley	432-5998	lindleyd@fortwayne.infi.net
JP Jones	745-7339	

1. I love being outside. I walk from my house with air conditioning and central heat into an attached garage to get into my air conditioned car with a heater to walk a few paces to work to sit in a heated air conditioned office. I really believe that people need to feel the wind in their hair, sunshine on their shoulders makes me happy as long as they don't get too many UV rays, track some mud on the carpet, and run on an all weather track in all weather.**page 37, section4-A, exception is lightning. Motoring around in snow, zipping up and down hills, slipping and sliding on ice, and taking curves at breakneck speed is fun, and my running shoes cost a lot less than a sport utility vehicle.

2. I love that running is a fountain of youth. I have never outgrown my need for recess. I went to my 25 year high school reunion and was asked if I was STILL running. I said yes, I was and then asked them if they were still cheerleading.

3. I love that running has the thrill of the hunt. You see that runner in front of you and you become the caveman chasing down tonight's mammal du jour. You are part of a calvary charge. You are one big winding, expanding and contracting herd or pack. You are playing tag and you're it.

4. I love that running has the thrill of being chased. When I was a kid, a buddy of mine lived on a highway. The snow belt along Lake Erie provided us with plenty of material to make snowballs to throw at passing cars. Every once in a while, brake lights, followed by a U-turn, and a cross-country dashing through the snow, laughing all the way. Part of running is being the predator, part of running is being the prey. When one is exhausted at the end of the race and feels like there is nothing left and your race form looks more like race walking form and then footsteps are heard and you begin to feel like Harrison Ford in The Fugitive. There is not too much at work that duplicates this feeling. You are playing tag and they're it.

5. I love running because of the friendships. I have run into people that beat me in high school cross-country races in Ohio and were still beating me years later in marathons in Florida. I have stood at starting lines with 14,500 others and bumped into skinny little kids that are now pointing out which floor of the skyscraper their law offices are located. Even if your car has Arizona plates, I'll remember that you ran for the Rootstown Rovers. At times my house has resembled a homeless shelter because of running buddies from Oregon, Arkansas, and Connecticut passing through.

6. I love running because I can take a vacation every day. No phones are ringing. No e-mail to delete. No meetings. I can visit the beach, the woods, the golf course, the city, the country, the lakes, and the hills. It is a cheap vacation and I do not need to pack much. Parking is not a problem. There is always a vacancy.

7. I love running because the superstars are so approachable. In 1977 I visited Boulder, Colorado. Of course, I stopped at the then newly opened Frank Shorter Sports. Not only was he in the store HE asked me if I wanted to go on a run. Some young runner recovering from an injury ran with us. Mary Decker. I ran in the first Wheeling, West Virginia 20 kilometer race and Bill Rogers came up to me and started talking to me. How many basketball players will never play Michael Jordan one on one ? How many golfers will be in a foursome with Tiger Woods ?

8. I love the way that running makes me feel from a physiology standpoint. I love sleeping like a rock, drinking like a shipwreck victim, eating like some like some locomotive engine getting stoked with fuel, and feeling tight and tired, yet energized the whole time. When I do not run because of injury, my whole body feels like an amoeba. It is almost a full body cast and every part is all jello.

9. I love the feeling of satisfaction of working hard, having fun, and knowing the sense of accomplishment. Yesterday I ran 12 times 400 meters, plus warm-up and cool-down, did 150 push-ups and 100 sit-ups. I have lessons to prepare, papers to grade, lawn to mow, dishes, laundry, housework, errands, and I will get that done also. I just do not get the same she-bang from those chores.

10. I love running because I can feel like I am the first man on earth and the last man on earth.

NO, I WILL NOT ATTEST TO THE FACT THAT MY FAMILY IS CRAZY!!

It is true that they did go on an 18-hour voyage to South Dakota, but with all good reason. It all began with my dad's troubled childhood...er...I mean it all began when my dad began the usual routine of reading through the races in *Runner's World* magazine. He then saw a short article in which a lady had said her favorite race was the *Wall to Wall* in Wall, South Dakota. It suggested that the race was worth its admission just in the handcrafted T-shirts and the unusual trophies. Immediately, my dad was enamored with the thought of going back to South Dakota, seemingly this family's favorite state, and running an unusual race.

Those who went were my dad, Vince Garcia, Andy Garcia, 14, Derek Garcia, 17, and the family's friend Tod Esquivel (a.k.a. Squirrel). My mom, Carol wasn't able to get out of work without calling in claiming she had Ebola (even then they would have expected her back the next day). As for me, I didn't feel like embarrassing myself in another state (and I had to work), so I stayed back with my 6-year old brother Luke.

¹The race was held on Saturday, July 11, at 7:30 AM. The whole race was organized by one lady (has anyone seen her and Wonder Woman at the same time- I'm a little suspicious). However, this wasn't to the advantage of the runners as there were no splits taken, no drinks, and no one to steer you in the right direction. That's right, the front runner is probably running through Idaho as we speak. As for the conditions, they weren't much better. The temperature was in the high 80's and the wind was roaring across the prairie where they raced. Even better, rattlesnakes are one of the occupants of this particular prairie, which in and of itself is a reason to run faster.

I know what you're thinking- "Why don't I just find a deserted prairie of my own with hordes of rattlesnakes, 90 degree heat, wind, and have my own race?" I'm glad you asked. The article was right when it said "unusual". The trophies were made of a wood base, and a wire coiled around the rattle of a rattlesnake, the real rattle of what was a real rattlesnake. The refreshments included brownies, lice crispy treats, water, Gatorade, and iced tea. It was enjoyable for them, with the fantastic scenery and friendly runners encouraging them to come back for other races in the area. They took a quick detour to Mt. Rushmore and the legendary Chef Louie's before heading back home. Tod and Vince finished first in their age groups (20-29 and 40-49 respectively), so they were proud owners of rattlesnake trophies. All of them received the shirts, which means for once they can go around in a shirt without seeing all the other runners wearing the identical shirt. And the memories will probably keep them smiling and laughing for years.

If someone is looking for an unusual race, this probably gets a good second. If someone is looking to find the most unusual, I saw in the news a race called the "Bare Buns run", where all participants run... well... those of you looking for a good second, this would be the place to find it.

Written by
Vincent Garcia

¹ I cannot be held accountable for inaccurate accounts of the trip, as I was not a witness

FEMALES 13 & UNDER		AGE	TIME
341	KARISTEN MCCAGUE	10	28:48
328	SANDERS LEAH	11	27:58
184	M & M FOWLER-FINN	12	21:48
209	WHITNEY BEESON	12	23:12
250	MEGAN FLORA	12	24:45
287	FAITH EVANS	12	25:25
327	BROOKE IRVIN	12	27:50
222	BRITTANY HARVEY	13	23:37
237	JENNA SHAFFER	13	24:10

FEMALES 14-16		AGE	TIME
252	CASSI MCINTYRE	14	24:48
281	THERESA SCHWARTZ	14	25:03
285	SUSIE VANDEVER	14	25:22
95	TRICIA BOHAN	15	20:03
116	AUBREY GAFFER	15	20:37
155	LACY REX	15	21:32
184	STEFANIE DETOMMASO	15	22:29
249	ANNE DIDIER	15	24:42
97	AMBER HEIMANN	16	20:08
111	DARCY FLORA	16	20:34
128	EMILY HERNANDEZ	16	20:49
140	HEATHER HANSON	16	21:09
151	LINDSAE RHODES	16	21:27
180	SANDERS MOLLY	16	21:41
206	BROOKE BALLINGER	16	23:09
211	RHOLONDA ASH	16	23:16
233	KATIE SCHWARTZ	16	24:05
238	LAURA MEYER	16	24:09
244	BECKY MOE	16	24:32
285	NICKY CHOLN	16	25:59
302	JILL KLLINE	16	28:40

FEMALES 17-19		AGE	TIME
62	MOLLY WIDMANN	17	18:41
104	JACKIE CARR	17	20:25
163	SARAH WEIDE	17	21:46
179	LISA PESCI	17	22:24
279	RACHAEL SHEPLER	17	25:51
134	HEATHER GEORGE	18	21:01
142	TERI JENNINGS	18	21:10
157	ERIKA KAMP	18	21:33
183	JANET SOUDER	18	22:28
182	MOLLY SHEEHAN	18	22:40
284	KYAN ARNOLD	18	25:58
314	RACHEL SMITH	18	27:10
324	KELLY BEARD	18	27:39

FEMALES 20-24		AGE	TIME
12	NICK RORICK	20	17:04
64	MARK MYERS	20	18:42
188	DAN BOFF	20	22:33
51	TAD STEMEN	21	18:18
3	DOUG SHOWLEY	23	18:14
39	KYLE MINNICH	23	18:07
33	PHIL STEINER	24	17:51
304	ERIC PARENT	24	28:45

FEMALES 25-29		AGE	TIME
239	JILL NORRIS	25	24:19
254	JACKIE MORRIS	25	24:49
308	MICHELLE FRENGER	26	28:58
331	MARTINA SWENSON	26	28:08
185	TAMMY PANNING	28	22:30
189	JENNIFER STEIGMEYER	28	22:38
352	KIMBERLY SEATTER	28	29:31
175	DAWN BUCHANAN	29	22:17
282	KAREN LOUIS	29	25:08

FEMALES 30-34		AGE	TIME
278	JANETTE BOWERS	30	25:49
332	MELISSA JIMANZ	30	28:18
344	JENNIFER DOBSON	30	29:07
351	TRACY NIKOLAENKO	30	29:28
320	CHERI STEIGMEYER	31	27:25
348	LAURA COLLIER	31	29:08
145	JULIE MCNAULTY	32	21:13
301	MONICA MADDALONE	32	28:37
305	KAREN EDGERTON	32	28:50
358	MELISSA KISER	32	30:01
59	ANNE DUFF	33	18:28
322	KRIS OHLSON	33	27:30
333	LAURA DUFFNER	33	28:18
337	MICHELLE HERR	33	28:35
181	SHELLY ROBINSON	34	22:28
325	CAROLINE GERLAND	34	27:44
348	MARIA HARKENRIDER	34	29:20

FEMALES 35-39		AGE	TIME
297	FLAVA TITUS	35	28:33
323	TAMMY MARONUI	35	27:34
303	KATHY AHEE	36	28:43
283	DIANE KAPLANIS	36	28:28
232	JENNY REICHERT	39	24:00
343	SHERYL WALLACE	39	29:03

R U N N E R S O N P A R A D E

R U N N E R S N O N P A R A D E

AGE	TIME	NAME
8	27:08	KURT SANDERS
10	27:15	TOMMY LUDWISKI
12	22:05	LUKE PINKERTON
12	24:08	MATT SUEVER
12	25:41	NICK STUBBS
13	18:22	DEREK LEININGER
13	22:25	JUSTIN BARMAN
13	25:23	JOE SUEZLER
13	25:38	KOBI PETERS
14	21:28	VINCE GREEN
14	21:51	JOSH RYAN
14	22:50	BRAD THOMAS
14	23:09	JASON BEER
14	23:37	SHANE WISSING
14	25:52	PAT WHITE
15	18:01	JOSH QUINTANA
15	18:11	CHRIS LENON
15	18:25	JON BRANSON
15	19:20	ZACH RUBLE
15	19:57	MARK PINKERTON
15	20:04	JOE PERKINS
15	20:14	CHRISTOPHER WELCH
15	20:35	JONATHAN WOLTER
15	21:03	ANTHONY MAURICIO
15	21:28	ANDY EVANS
15	21:30	BO LESUE
15	22:23	SARAH DALEY
15	23:20	ADAM HAWKS
15	23:22	ROSS STANLEY
15	17:35	JON FENNIG
15	17:39	DAN GRILL
16	17:40	BRENDON MOODY
16	17:41	IAN WILSON
16	17:50	BRANDON REICHERT
16	18:11	NATHAN PERLEY
16	18:20	BRANDON JOHNSON
16	18:21	CHESTER BENNETT
16	18:25	MARK DOEPNER
16	18:39	JOHN ENTERLINE
16	18:48	SHANE STUCKY
16	18:50	TODD HACK
16	19:13	JOSHNER SHAKER
16	19:38	JON AMT
16	20:30	MANOS VISSING
16	20:37	TREVOR DAWSON
16	21:03	ANDY HARRINGTON
16	21:40	BRIAN COLLENTINE
16	21:52	RICK WHITE
16	21:55	JASON YOUNG
16	23:30	BRAIN BOKMART
16	24:38	MATT RILEY

AGE	TIME	NAME
40	22:42	UBBY WLADECKI
40	31:07	DORIS MEIGHAN
40	30:28	DIANE POST
41	30:28	SARAH JORDAN
42	25:35	MARY KROUSE
42	29:31	JENNIFER JOHNSON
42	29:57	CHERYL STROMSKI
42	30:09	CONNOR FRANKER
42	32:56	JUDY INGELMAN
43	28:02	JACKIE STUBBS
43	30:00	SUE FOWLER-FINN
44	22:56	PHYLLIS SUEZLER
45	24:12	KATHY SWENSON
45	25:57	ROSE O'CONNELL
45	29:07	JAN FISHER
45	30:53	DENISE CONNELLY
46	28:30	BARB LOCHNER
46	28:44	JUDY HEY
46	29:45	SUE KAUFMAN
47	25:02	PEGGY FLYNN
48	28:28	BOBBIE CLARK
48	28:58	VICKI JACOBS
48	29:09	BEV SAULFRANK
48	29:55	PATRICIA TRAPP
52	24:34	MARSHA SCHMIDT
52	28:33	MARY FENNIG
72	31:42	POLLY JACOBS

FEMALES 65 & OVER

FEMALES 50-54

FEMALES 45-49

FEMALES 40-44

MALES 13 & UNDER

MALES 14...16

MALES 17...19

	AGE	TIME
14 SHANE ROSS	17	17:10
17 JOHN MILLIS	17	17:24
28 NATHAN PETTIGREW	17	17:45
42 ANDREW SCHMIDT	17	18:09
52 JUSTIN HEATON	17	18:19
58 ANDREW HALE	17	18:28
63 JODY MCFARREN	17	18:41
69 THOMAS FISHER	17	18:58
72 ANDY MOSSBURG	17	19:05
81 SCOTT LEFFORGE	17	19:23
82 J. J. COMBS	17	19:30
84 JEREMY LUNG	17	19:37
87 GERRY VANHORN	17	19:45
89 KURT FREUDENSTEIN	17	19:51
90 CHRIS BEEBE	17	19:52
101 PETER WEST	17	20:17
110 ALAN ELLIOTT	17	20:33
119 TODD THOMPSON	17	20:39
121 BRAD SHOWALTER	17	20:42
143 STUART NEILL	17	21:12
208 MATT MOSSBURG	17	23:10
280 JAY ESHELMAN	17	25:52
4 MATT MILLER	18	18:20
5 NOLAN RICHHART	18	18:22
8 KYLE HEIMANN	18	18:47
13 TERRY GOODSPEED	18	17:07
29 AARON BARTON	18	17:45
30 ANTHONY DAVID	18	17:48
37 BEN GARCIA	18	18:03
49 BRENDON WASS	18	18:13
61 LUKE HETNICK	18	18:39
75 MATT VINCENT	18	19:17
78 JERRY SUELZER	18	19:18
109 BRIAN WALLACE	18	20:32
205 DUSTY MILLER	18	23:08
229 SANDERS CHARLIE	18	23:52
362 DOUG GRIFFITH	18	30:34
6 DOUGH KITCHEN	19	18:27
10 KING OBERLIN	19	16:57
15 JOE BRUNSON	19	17:18
19 BRIAN BLACKFORD	19	17:31
174 PAUL ESHELMAN	19	22:14

MALES 20-24

	AGE	TIME
12 NICK FORICK	20	17:04
64 MARK MYERS	20	18:42
188 DAN BOFF	20	22:33
51 TAD STEMEN	21	18:18
3 DOUG SHOWLEY	23	18:14
39 KYLE MINNICH	23	18:07
33 PHIL STEINER	24	17:51
304 ERIC PARENT	24	28:45

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127 HOWARD KLINGER	43	20:49
130 TOM FELTS	43	20:52
147 JOE PATTERSON	43	21:23
23 ROGER WILSON	44	17:38
122 FRED HANNANER	44	20:42
138 MIKE FLORA	44	21:05
198 STEVE BOGENSCHULTZ	44	22:54
258 JEFF KEELING	44	24:53
340 REX LAWRENCE	44	28:45

MALES 45-49

	AGE	TIME
132 TIM ZUMBUAGH	45	20:58
133 DAVID WEIKEL	45	21:00
204 RICK HAWKS	45	23:07
300 DAN HEATH	45	28:38
317 MARTIN SWENSON	45	27:18
48 PHIL SUELZER	46	18:12
214 TIM SHOWN	46	23:24
288 TOMMY EVANS	46	25:34
282 TERRY GOODSPEED	46	25:57
282 JEFF SCHAFER	46	28:28
385 GORD FISHER	46	30:59
73 BILL BLOSSER	47	19:08
288 LYNN BOBAY	47	28:08
309 THOMAS EWING	47	27:01
313 LARRY SMITH	47	27:06
178 GARY HEFARAN	48	22:18
187 MIKE PARMAN	48	22:32
108 DOUGLAS HOHENBERGER	49	20:28
115 VERTON TROYER	49	20:36
154 TY MURPHY	49	21:31
330 DON KELLER	49	28:04
363 THOMAS RYAN	49	30:48
387 KENNETH MINNICH	49	31:07

MALES 50-54

	AGE	TIME
185 TOM FOWLER-FINN	50	21:50
235 RUSS SUEVER	50	24:09
291 RICK SHERMAN	50	28:27
338 LARRY PIANO	50	28:38
105 DICK SHENFELD	51	20:27
277 KEN SILKWORTH	51	25:49
100 BOB BRUCKNER	52	20:15
203 DALE STAMWITZ	52	23:08
287 DAAVID MILLER	52	26:13
310 TOM FIELDS	52	27:02
375 CHUCK BROCK	52	35:41
158 WESLEY SABINS	53	21:38
180 JACK SEIGEL	53	22:25
148 BERNIE BURGETTE	54	21:23
231 DAVID LEATHERMAN	54	23:559

MALES 55-59

		AGE	TIME
114	WM.A CRANE	55	20:36
190	DAVE BOYLAN	55	22:36
194	BAME PETERSON	55	22:42
230	KEN MILLER	56	26:26
321	JON INGLEMAN	56	27:27
173	FRED ROSS	57	22:10
131	DEWAIN COBB	59	20:54

MALES 60-64

		AGE	TIME
149	FREEMAN HERSHBERGER	60	21:25
123	BILL SCHMIDT	63	20:42
370	ALTON MYERS	63	31:16

MALES 65 & OVER

		AGE	TIME
247	ROBERT LOOMIS	65	24:35
210	DON ANDERSON	71	23:13
294	GENE WHITACRE	71	26:30
374	CHET FLEETWOOD	79	33:55

Q: What about the social pressure to eat? Has junk food become synonymous with fun?

A: As in most cultures, food has tremendous social meaning. People can feel like they aren't part of the group if they don't eat like everybody else does.

Food also has personal meaning. It can be a person's best friend, and it allows some people to numb out from a difficult world. Some people look forward during the day to being alone with their food in the evening. It represents comfort, soothing, and nurturance that may not come from other people.



Cinnabon
670 calories & 34 grams of fat

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**

Nutrition

FACT • SHEET

Fats and Oils in the Diet: The Great Debate

Fat is a hot topic. For well over a decade, the attention of health experts and consumers has focused on issues related to fat and cholesterol. The evidence is clear that a lower total fat, saturated fat, and cholesterol diet reduces the risk of chronic health problems, such as heart disease, some types of cancer, diabetes, and obesity. However, the debate continues about how much and what type of fat to consume. It's becoming increasingly clear that the type of fat is just as important as the total amount of fat you eat.

Know your fats

Fats that are solid at room temperature are mostly saturated fat. Animal products, such as beef, pork, poultry, whole milk, cheese, sour cream, and yogurt, as well as coconut, palm and palm kernel oils, contain mostly saturated fats. Saturated fats can increase blood cholesterol levels. Higher levels of blood cholesterol increase the risk of heart disease. Fats and oils that are liquid at room temperature are mostly unsaturated, either mono-unsaturated or polyunsaturated. Examples of monounsaturated

fats are canola, olive, and peanut oils. Corn, soybean, and sunflower oils are high in polyunsaturated fats. Foods that contain mostly unsaturated fats include avocado, olives, and peanuts. Mono-unsaturated and polyunsaturated fats, have a blood-cholesterol-lowering effect and can lower the risk of heart disease. Reducing total fat and replacing some saturated fat with unsaturated fats can help lower your risk of heart disease.

The good and the bad

Ideally, the following blood lipids should be within normal ranges: total cholesterol, low-density lipoprotein (LDL) cholesterol, high-density lipoprotein (HDL) cholesterol, and triglycerides. LDL is known as "bad cholesterol" because it deposits fats and cholesterol on the lining of arteries. HDL is called "good cholesterol" because it carries the fat and cholesterol away. Ask a registered dietitian or your physician about your blood lipids to see if you are at risk for heart disease.

What is the "fats and oils debate"?

Nutrition experts are concerned that some people are cutting

dietary fat too drastically. That is, they're choosing eating patterns that are too low in fat and too high in carbohydrate, especially simple sugars. While very low fat diets lower total cholesterol and LDL levels, they also lower the beneficial HDL levels and may raise blood triglycerides, which is not desirable. Also, calorie intake may still be too high, leading to obesity, another risk factor for heart disease.

Researchers are finding that if you replace some saturated fat with monounsaturated fat, LDL cholesterol and total cholesterol are lowered without decreasing HDL cholesterol levels or raising triglyceride levels.

Calories still count

Too many calories from any source—fat, carbohydrate, or protein—can lead to weight gain, even if the diet is low in fat. Be sure to check the number of calories per serving on nutrition facts labels when you choose foods. A registered dietitian can determine the right calorie intake for you and tailor a healthful eating and physical activity plan to meet your individual needs.

The Bottom Line

Follow the Food Guide Pyramid to choose a healthful eating pattern. Select a wide variety of foods, include com-

plex carbohydrates such as fruits, vegetables, and whole-grain products, replace some saturated fat with mono- or polyunsaturated fat and enjoy regular physical activity.

Peanutty Vegetable Medley



8 ounces couscous, rice, or pasta
2 teaspoons vegetable oil
1 large onion, chopped
2 cloves garlic, minced
8 ounces tomato sauce
1/2 cup water

2 teaspoons chili powder
2 1/2 pound head of cauliflower, broken into florets
2 carrots, cut into 1/2-inch slices
1 green pepper, sliced
1/2 cup regular or reduced-fat creamy peanut butter

Cook couscous, rice, or pasta and keep warm. In a large saucepan, heat oil over medium-high heat. Add onion and garlic and cook 3-5 minutes, stirring often. Stir in rest of ingredients except peanut butter and bring to a boil. Reduce heat, cover, and simmer 15 minutes. Stir in peanut butter and simmer 5 minutes longer, covered. Serve over couscous, pasta, or rice. Optional: Sprinkle with chopped peanuts.

Makes 4 servings.

Each serving (using couscous) provides 419 calories, 12 grams fat, 2 grams saturated fat, 10 grams unsaturated fat, 65 grams carbohydrates, 17 grams protein, 12 grams fiber, 535 mg sodium, 0 mg cholesterol.

■ **The American Dietetic Association/National Center for Nutrition and Dietetics** For food and nutrition information and a referral to a registered dietitian in your area, call the Consumer Nutrition Hot Line at 800/366-1655. For customized answers to your nutrition questions, call 900/CALL-AN-RD (900/225-5267). Calls are \$1.95 for the first minute and \$.95 for each additional minute. Visit ADA on the World Wide Web at <http://www.eatright.org>.

■ **The Peanut Institute** For information about how peanuts and peanut products fit into a healthful eating pattern, call toll-free 888/8PEANUT, or write to The Peanut Institute, PO Box 70157, Albany, GA 31708. World Wide Web address: <http://www.peanut-institute.org>.

This fact sheet is supported by a grant from the Peanut Institute. Acceptance of this grant does not constitute an endorsement by ADA of any company's products or services.

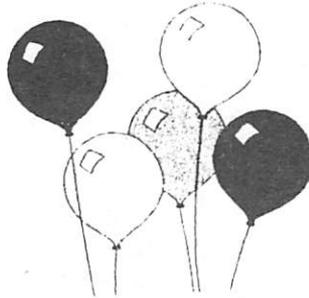


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Happy Birthday

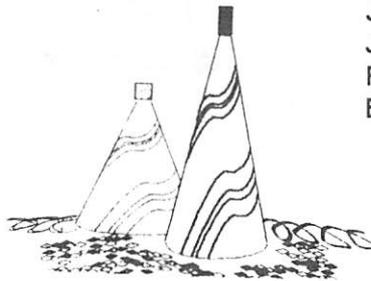
OCTOBER

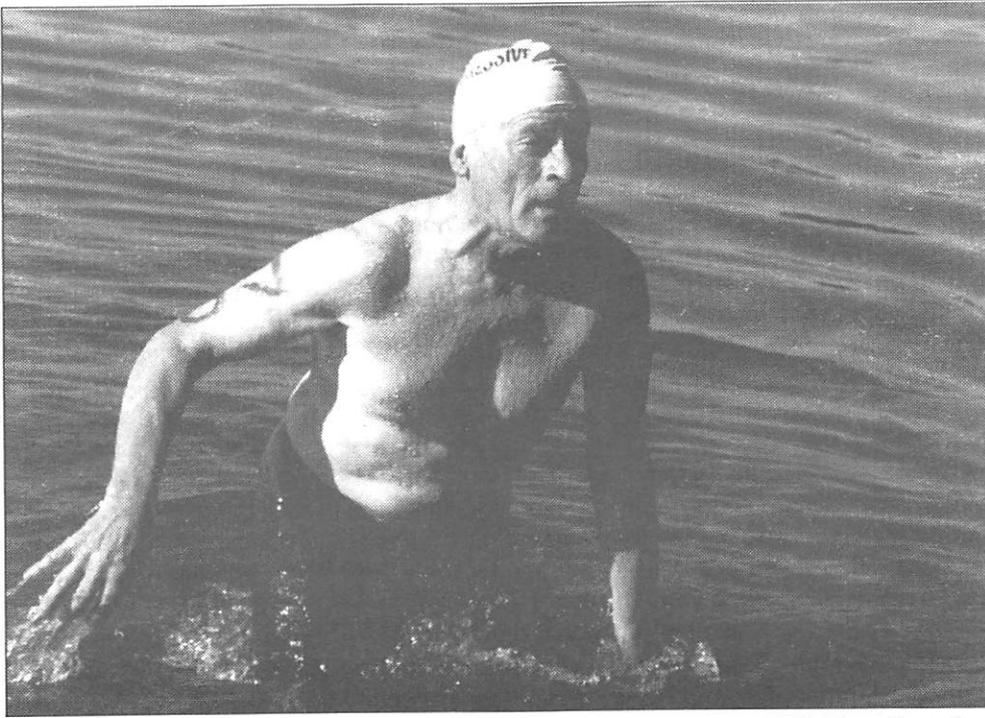
Marjorie Haines	1
Dawn Luttmann	2
Jody L Blackwell	2
Jay Bruster	2
Jenny Bruster	2
Gary King	3
Robert Meikle	3
Thomas Hawkins	3
Jill Bobay	4
Fred Wehrwein	5
Sam Stephens	5
Keith Walter	5
Susanne Vandever	6
Louis Beregszazi	8
Hal Pearson	8
Robert Krach	8
Tom Laird	9
Daniel Bossard	9
Susan Peterson	12
Randy Roberts	12
Jay Brower	12
Don Bransteter	13
Bev Saalfrank	13
Tim Zumbaugh	13
Larry Uelk	14
Linda Gorman	15
Cheryl Stromski	15
Steve Beghtel	15
Linda Ianucille	16
Tom Felger	16
Mark Brattoli	18
Megan Dexheimer	18
Ron Sharp	19
Vicki Downs	20
Howard Bash	21
Verton Troyer	22
Stephen Smith	22
Joyce Fuzy	23
Michael Yoder	24
William Clark Jr	25
Aileen O'Rourke	25
C Wayne Unsel	26
Michelle Bergdall	26
Christopher Fowler	26
David McGlennen	28
Rick Hawks	29



NOVEMBER

Jerry Hill	1
John Hilker	1
Kevin Lochner	1
Jeff Braman	3
Mike Robbins	3
Greg Henderson	3
Daniel Leffers	4
Dick Harnley	5
Fred Stoffel	5
Walter Post	5
Jeffrey Rowe	6
Mary McManus	7
Joe Dee	7
Michael Hendricks	8
Ty Murphy	8
Ron Bonar	8
Alan Bradley	9
Linda Yoder	10
Amy Mays	11
Terry Diller	12
David Winters	13
Monica Maddalone	13
John Millis	13
Jenny Sanders	13
Cindy Furkis	14
Colleen Graf	15
Matt Dexheimer	16
Bernie Huesing	17
Todd Seiman	18
Chuck Schlemmer	19
Paul Tippman	20
Daniel Kaufman	20
Richard Quintano	20
Karen McCracken	21
Rebecca Minthorn	22
Paul Knott	23
Rodney Alter	23
Hannah Weide	23
Allen Tippman	24
Robert Gebfert	25
Lenny Duff	27
John Sturtevant	27
Joe Suelzer	28
Richard Eddie	29
Brad Thomas	30





The SportsPage photo

Athletes of all ages participated in the Fort Wayne Track Club Progressive Insurance Triathlon on July 25. The thirty-somethings led the winners.

IRONMAN

Hey, we now have Scott Beasley's IRONMAN time. He just turned in the performance of a lifetime. After 4 IRONMAN'S this is his slowest, but his best finish I think.

Swim 1:00:41
Bike 5:37:55
Run 3:46:33

Total 10:25:07

67 out of 1469 overall
10 out of 247 in his age group

*he also qualified for Hawaii's 20th anniversary, but do not know if he accepted. I was told by his friend Brian Schultz that it was hot in 90's with a lot of DNF's on the day, but Scott prevailed.

Thanks
Mark Lulling
TRI FORT TRIATHLETES

Shall The Rhino Run Again?

To never be able to run again, oh the horror of the thought, the frightfulness of a runner's worst nightmare, but for me the dream has become reality. There is now the most frustrating possibility that I will never be able to run again without experiencing severe pain. My current situation started around the first of the year when I began to have some pain in my lower back and hip joints. From there it continued to ebb and flow in an ever changing variety and intensity until it cascaded down both legs to the point where all the joints hurt at once. With the eternal optimism that all runners seem to possess, I struggled forward trying all manner of non-medical advise while trying to ignore the gnawing fact that this injury was serious. I bargained with God that if He would get me through to the Indy-Mini I would take some definite time off to allow my body to heal. He allowed this yet less than three weeks later I was not only running again I was also racing and this time I knew the time had come that I could no longer shove the pain to the edges of my mind, I needed medical help. After three doctors and 2 MRIs the end result is that I have some arthritis in my back and three slightly bulging disks which I am told is not unusual for my age, 42, and for my profession, plumbing. The key discovery in all of this is that one of the disks appears to be pressing on nerves that go down into the legs. Soon I will have what is call a lumbar epidural block on my lower back in hopes curing the inflammation and relieving the pressure on the nerves. This plus the following 10 mental and physical aspects of therapy means that running again is a possibility but not a guarantee.

1. I have developed with assistance of several friends and professionals a regimen of over thirty stretching and strengthening exercises that I will have to be faithful to daily for the rest of my life.
2. I have learned to become pro active in my treatment, that if something is not working I mention it and if my research has revealed an alternative I suggest it to my doctors.
3. For the continued purpose cardio-vascular fitness I cross train daily with either biking, swimming, or walking. (Hum, sort of sounds like a triathlon, I wonder if.....?)
4. I have to get serious about nutrition and losing weight, being obedient to the order of my orthopedic specialist by getting my weight down to 180 lbs and keeping it there.
5. Not being a naturally patient person I have to avoid the tendency to push the pace of my recovery beyond the current recommendations of my doctors and therapists
6. I am learning the painful lesson of letting go all my running dreams, trying to remember that the goal now is neither time or distance but running and waking up the next day pain free.
7. I am trying to make it my daily habit to take certain nutritional supplements and vitamins and to add others promoted by my continuing research.
8. With a running peer group of mainly maniac trail runners I must avoid the temptation of comparing my situation with theirs and instead take comfort in their continued friendship.
9. I am experimenting to find the most comfortable sleeping surface and sleep position that will put the least amount of stress on my lower back and hip joints.
10. Throughout my recovery I have to be comforted by what Dr. Joachim once told me; that since this injury occurred over a long time it will take a long to heal to the point were I can run again.

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/>

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

- 03 SAT GERMANTOWN 50K TRAIL RUN, 8:30 AM, METRO PARK, GERMANTOWN, OHI
JOE SMINDAK, 222 LIBERTY STR., DAYTON, OHIO, 45402 (937) 285-6064
- 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
- 07 WED TRRC FALL BASH 5K RUN, 6:15 PM, OLANDER PARK, SYLVANIA, OHIO,
DAVE JANKOWSKI (419) 381-6652
- 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
- 10 SAT IMMANUEL LUTHERAN CHURCH RUN FOR THE PRIZE 5K R/W, 10:00 AM, AT
THE CHURCH, 2300 N. RIDGE RD, FINDLAY, OHIO, DAVE BRAUN (419) 365-5770
- 11 SUN(RP)*ZOOM THRU ZULA 10K, 1:00 PM, ST. LOUIS CATHOLIC CHURCH, ZULA, IND.,
MITCH HARPER (219) 456-1381
- 11 SUN(R) KEYBANK SALMON CHASE, 5K AND 10K, 1:30 PM, SOUTH BEND, IND.,
MADISON FOUND., 403, E. MADISON ST., SOUTH BEND, 46628 (219) 283-1136
- 11 SUN JCC BAGEL RUN, 10K RUN AND 5K WALK, 8:30 AM, JEWISH COMMUNITY
CENTER, SYLVANNIA, OHIO, NANCY BURHAMS (419) 885-4485
- 11 SUN OAK HARBOR APPLE FEST 5K RUN AND KID'S 1MILE RUN, 1:30,
OAK HARBOR, OHIO, PAULETTE (419) 898-1303
- 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) FWO SPINEWAY 5K, FWO, 7601 W. JEFFERSON BLVD., FT WAYNE IND.,
GREGG INGERMANN OR TODD DETURK (219) 436-6326
- 17 SAT FENVILLE WILD GOOSE CHASE, 5K, 10:30 AM, FENVILLE, MICH., G. FORTUNE,
PO BOX 369, PULLMAN, MICH., (616) 236-5530
- 18 SUN(R)SCOTTY'S BREWHOUSE MUNCIE MINI-MARATHON, MUNCIE, IND., SCOTTY'S
BREWHOUSE, 1700 W. UNIVERSITY AVE., MUNCIE, IND., 47303
- 18 SUN DETROIT MARATHON, DETROIT, MICH., JAMES MINELLA, 300 STROH RIVER
PL., DETROIT, MICH, 48207 (313) 393-7749

- 18 SUN GREAT PUMPKIN 5K, 9:00 AM, ST CHARLES CENTER FOR REHABILITATION,
OREGON, OHIO, KRISTEN SWARTZ (419) 698-7203
- 18 SUN CIRCLEVILLE CLASSIC, 5 MILE RUN, 9:00 AM, CIRCLEVILLE HIGH SCHOOL, 380
CLARK DR., CIRCLEVILLE, OHIO, JEFF MCGOWAN (614) 755-9575
- 24 SAT MONSTER MASH DASH, 5K R/W, 5:00 PM, EAGLE CREEK PARK, INDIANAPOLIS,
IND., DON CARR, TUXEDO BROTHERS, 4314 MATREA MORE CT, INDIANAPOLIS
IND., 46254 (317) 328-1632
- 24 SAT(R) OMNI 41 PUMPKIN PRANCE, 5K, 10:00 AM, SCHERERVILLE, IND.,
DARCY STRACK (219) 865-6969
- 25 SUN(RP)CALLITHUMPIAN CANTER 5K X-COUNTRY, 2:00 PM AND 1 MILE RUN 1:30 PM,
BELLMOUNT HIGH SCHOOL, DECATUR, IND., CARL RISCH (219) 328-8588
- 25 SUN BAY AREA FAMILY Y HALLOWEEN RUN, 3 MILE, 1:00 PM, BAY CITY, MICH.,
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 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 OWEN-PUTMAN 50/50 TRAIL RUN AND 14 MILE RUN, OPSF, SPENCER, IND.,
JEFF TINCHER, 10525 E. DALLAS DR., TERRE HAUTE, IND., 47802

- 07 SAT JINGLE BELL RUN/ WALK FOR ARTHRITIS, 5K, 9:00 AM, INDIANA DUNES STATE PARK, CHESTERTON, IND., CHICAGO SPECIAL EVENTS MRMT. (773) 868-3010
- 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 SUN 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 SUN(R) THE FALL FROLIC, 4 MILE, 9:30 AM, HAMMOND IND., 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, IND., DAN HARRIS (765) 289-9301
- 15 SUN(R) VALPARAISO CROSS COUNTRY RUNS, 5K & 10K, 2:00 PM, SUNSET HILLS FARM COUNTY PARK, VAPARAISO, IND., 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, IND., (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, 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
- 22 SUN HOLIDAY 5K RUN/WALK, JACKSON, MICH., 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, IND., 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, 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 HOOGSTRATEN (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 OPP REYNOLDS RD., TONEY, ALA., 35773 (205) 828-6207

13 SUN POLAR BEAR, 5 MILE, 10:00 AM, MAIN BEACH, CRYSTAL LAKE, ILL., RICHARD ESCHMAN (815) 459-1823

13 SUN REINDEER RUN, 4MR, 4KW AND 1K TOT TROT, 10:00 AM, ROCHESTER, MICH., 1-(800) 753-9820

13 SUN BALLY'S INDOOR MARATHON, 8:00 AM, TOLEDO, OHIO, TOM FALVEY (419) 475-0731

19 SAT CHRISTMAS RUN, 5K, 10:00 AM, KETTERING, OHIO (937) 436-1371

26 SAT FAT ASS 50 V4.O, 50K TRAIL RUN, 9:00 AM, SILVER LAKE BEACH, PICKNEY RECREATION AREA, MICH., BILL (734) 878-5118 OR (248) 685-5885

27 SUN *THE HUFF 50K TRAIL RUN, 8:00 AM, KIL-SO-QUAH CAMGROUND, HUNTINGTON RESERVOIR, MITCH HARPER (219) 456-1381

- 29-31 MARATHON SIX-PACK, VANDALIA, OHIO, DENNY FRYMAN, 7581 GLENHURST DR., DAYTON OHIO, 45414 (937) 898-7015C.
- 31 THUR RESOLUTION REVOLUTION, 9:00 AM, 2.65 MILE LOOP, 1, 2, OR 3 LOOPS, RESIDENCE INN, 350 W. NEW YORK STR., INDIANAPOLIS, IND., KEN LONG AND ASSOCIATES (317) 632-8812
- 31 THUR MADD DASH TO MIDNIGHT, 11:00 PM, TUTTLE CROSSING MALL, DUBLIN, OHIO, HEALTH AND FITNESS PROMOTIONS, (614) 487-1916
- 31 THUR(R)CKRT NEW YEAR'S EVE 5K, HIGHLAND PARK, KOKOMO, IND., (MORE INFO TO COME)

JANUARY 1999

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

FEBRUARY 1999

- 06 SAT BRRRY SCURRY, 10K AND 5K, CLINTON COMM. COLLEGE, CLINTON, ILL., ANNE SCHMIDT (319) 244-7050
- 07 SUN WINTERFEST 5K, 1:00 PM, CIVIC AUD., KANKAKEE, ILL., DAN GOULD (815) 937-2926
- 07 SUN LAS VEGAS INTERNATIONAL MARATHON AND HALF MARATHON, LAS VEGAS, NV, AL BOKA, PO BOX 81262, LAS VEGAS, NV, 89180 (702) 240-2722
- 13 SAT(L)FANNY FREEZER, 5K, FT. WAYNE, IND., (MORE INFO TO COME)
- 14 SUN MOTOROLA MARATHON, AUSTIN, TEXAS (512) 505-8304
- 27 SAT OFFICAL ALL STAR CAFE MYRTLE BEACH MARATHON, MYRTLE BEACH, S.C., PO BOX 8780, MYRTLE BEACH, S.C., 29578-8780 (843) 349-2733

December 5, 1998

2:00 PM



JUST PLAIN

10K RUN

3.3K WALK

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

Low Key Race: Sponsored by:

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

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

Donated to needy children

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



FORT WAYNE TRACK CLUB 5 KM TURKEY TROT

November 21, 1998

Saturday, 11:00 am

To Benefit Fox Island County Park Nature Center



FWTC Points Race

ENTRY FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

Telephone Number _____ Age (11-21-98) _____

Entry Fees:

Pre-Registration
\$2.00 FWTC Member
\$3.00 Non-Members

Race Day Registration
\$3.00 FWTC Member
\$4.00 Non-Members

Free - 15,000 cm for boys and girls, 10 years & Under



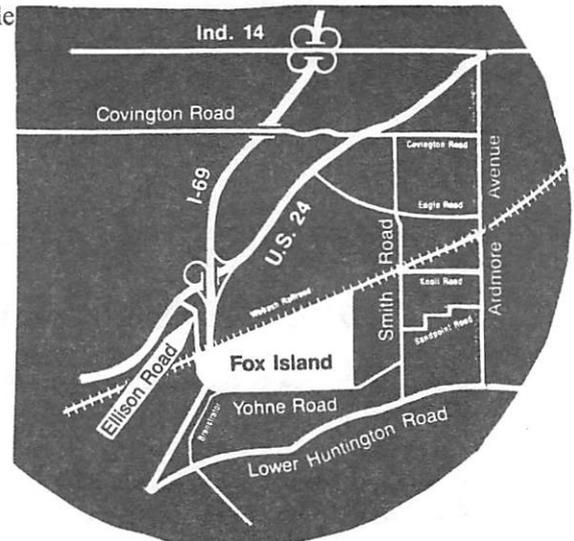
Awards: Top Overall Male & Female and Master Male & Female
12 Age Divisions: 1st Place Male & Female

Distance: 5K Run and 15,000 cm Turkey Toddlers
Time: 10:45 am, 15,000 cm 11:00 am, 5K Run
Course: Scenic Flat Trails

Race Director: Don Lindley (219) 436-2234
Co-Race Dir: Paul Ausderan

Make Checks Payable To: Fort Wayne Track Club

Please complete form and mail to:
FWTC
PO Box 11703
Fort Wayne, IN 46860



Liability Waiver:

I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For the safety I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in con-sideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and re-lease the Fort Wayne Track Club, Allen County Park and Recreation, RRCA and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature _____ Date _____

Parent's Signature if under 18 yrs _____ Date _____

The Inside Track would like to hear from FWTC Members. Fill out this profile form and return it to Joyce Hockensmith (805 Three Rivers East, FW, 46802)

**(e-mail: RunningJoy@aol.com)
TRACK CLUB MEMBER PROFILE**

Name: _____

Occupation: _____

Birthdate: _____ Birthplace: _____

Family: _____

Pets: _____

Hobbies or interests: _____

Favorite family activities: _____

Running Shoe Brand: _____ Years running/walking _____

Favorite Distance to run/walk: _____ PR: _____

Favorite After Racing/Training Food: _____

Favorite Place to train: _____ Favorite Race: _____

Why do you run/walk?: _____

Favorite item of Clothing: _____

Favorite Movie or TV program, or book: _____

Favorite music: _____

Collections: _____

Favorite vacation destination: _____

Most prized possession: _____

Has There Been An Inspiration To Your Running/Walking? If so, explain: _____

Do You Have a Dream? If so, what? _____

FWTC RUNNERS, WALKERS, and SPECTATORS

The Inside Track would like to hear about the races you attend. Please take a few minutes and complete the following form, or write an article about the event and mail, along with pictures, to:

**Joyce Hockensmith
805 Three Rivers E
Fort Wayne, IN 46802**

Your name: _____

Race: _____

Date: _____ Distance: _____

Your time (optional): _____ Weather conditions: _____

Approximately number of runners: _____

What you liked about the race: _____

Other FWTC members attending:

Other comments:

FWTC MEMBERSHIP APPLICATION
Fort Wayne Track Club - For Runners and Walkers

Name: _____ Date of Birth _____ / _____ / _____ Sex _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Occupation: _____ Business Affiliation: _____

Type of Membership: Single: _____ Family: _____ New Member: _____ Renewal: _____
 Family Members:

Spouse: _____ Birthdate: _____ Sex _____

Children: _____ Birthdate: _____ Sex _____

_____ Birthdate: _____ Sex _____

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

ANNUAL MEMBERSHIP DUES: January 1 - December 31

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

New Members: First year only \$12.00

Members under 21: \$12.00 per year until 21

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

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

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

CLUB MEMBERSHIP APPLICATION WAIVER

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

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

Primary Member Signature: _____ Date: _____

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

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
- 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...

IPFW CROSS COUNTRY OPEN 5K
Friday, October 9, 1998, 5:15 PM***Points Race***
Hilliard Gates Sports Center, IPFW, Ft. Wayne, IN

ZOOM THRU ZULU 10K
Sunday, October 11, 1998, 1:00 PM***Points Race***
St. Louis Catholic Church, Zulu, IN

CALLITHUMPIAN CANTER 5K X-COUNTRY
Sunday, October 25, 1998, 2:00 PM***Points Race***
Bellmount High School, Decatur, IN

FWTC MEETINGS
Wednesday, October 14, 7:00 PM, Run, 6:00
Wednesday, November 11, 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