

the inside track

December 1998 - January 1999

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Happy Holidays



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

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Wayne Davies	(219) 426-2917

Equipment Coordinators

JP Jones	(219) 745-7339
Don Lindley	(219) 432-5998
Paul Ausderan	(219) 436-444
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Don Lindley	(219) 432-5998
Mitch Harper	(210) 456-1381

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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

Just over two years ago, J.P. Jones and Judy Tillapaugh contacted me concerning the possibility of being nominated as president of the Ft. Wayne Track Club. After prayerfully and thoughtfully considering this offer and after talking with then FWTC President Mike McAvoy, I reluctantly accepted—reluctantly, because of my already very busy schedule and because I really didn't know if I would be able to handle this awesome responsibility. Now, some two years later, I am extremely proud and grateful that I took on this challenge—proud, because I feel the FWTC has continued to survive and grow in spite of me; and grateful, because of the many new friends that I have made and the old acquaintances that have been renewed.

One of the great things about distance running is the opportunity that racing in various road races brings toward meeting so many nice people. Having been involved in high school distance coaching in some capacity for the past 33 years, I can personally attest to the fact that good character and distance running seem to go hand in hand. There is a real respect and comraderie among distance runners that is hard to match in almost any other field of endeavor. With my two-year involvement as your president, this fact was continually reinforced to me. Thanks to all of you for making me feel so special as your friend.

Special thanks goes out to my fellow officers: Charlie Brandt, thanks for agreeing to be a part of my administration as vice-president and for getting re-involved with the FWTC. You are one of our founding fathers—a real rock; Jon Schlatter, thanks for your tireless work as our secretary—I really enjoyed our monthly Sunday get-togethers to plan upcoming meetings and to discuss our personal joys and problems; Don Lindley, thanks for being the real constant of our organization and for your continued work as treasurer—you have been a valued Christian friend for many years.

Thanks also to all of our tireless board members who contribute so mightily behind the scenes to make us all look good: Joyce Hockensmith, J.P. Jones, Bob Hockensmith, Paul Knott, Mike McAvoy, Paul Ausderan, Brian Shepherd, Mitch Harper, Phil Suelzer, Judy Tillapaugh, Linda Gorman, Lynn Armstrong, Jerry Diehl, Don Anderson, Bill Crane, Kim Davidson, Jeff Milleman, Ken Disler, John Powell, Gary Dexheimer, Mike Yann—all of you have become the backbone of our organization and part of my personal running family. Several other board members have also contributed by your interest in attending meetings and by your help and support at our FWTC events. Although I may not have come to know you as well as the aforementioned group, you are just as much appreciated; and, hopefully, we can get to know each other better in the future as I continue my association with the

FWTC as a board member.

I am especially proud of our summer speed workouts which I instituted and supervised for the past two years, and I can assure you that I will continue to hold these sessions each summer. My continued involvement will also include working on the Hoosier Marathon Board of Directors, helping with the Nutri-Run each March, and hosting the Fanny Freezer each February at Shoaff Park.

In closing, I wish God's continued blessings on this great organization, its members, and on our new leadership! Thanks for a GREAT (AND FAST) TWO YEARS!!



CHRISTMAS PARTY



Please Join Us

Wednesday, December 9

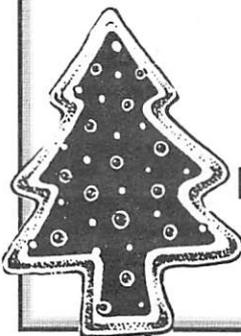
7:00 PM

IPFW - Hilliard Gates Activity Center

Good Friends, Food, Fun, Gift Exchange

Bring a food item to share & a wrapped gift.

(\$10.00-\$20.00)



MINUTES

**Fort Wayne Track Club Monthly Meeting
Wednesday, September 9, 1998, 7:00 p.m., IPFW**

**17 Present: D. Anderson, M. Harper, L. Gorman, J. Hockensmith, A. Gilbert, B. Sohaski,
J. Schlatter, J. Tillapaugh, J.P. Jones, M. Yann, B.Peterson, J. Milleman, K. Davidson,
B. Crane,
S. Kleinknight, J. Diehl, C. Brandt**

- 1. Barrie Peterson called the meeting to order and opened with prayer.**
- 2. The minutes from last meeting were reviewed and accepted.**
- 3. Jon Schlatter gave a race calender update: Scotty's Brewhouse 1/2 Marathon, Oct. 17, Muncie**
- 4. Joyce Hockensmith asked that items for the newsletter be given to her by next week.**
- 5. J.P. Jones gave an update on the Arts Fest race.**
 - a.It will be an 8k at 9:00 am on april 24, 1999.**
 - b.The course will be on the IPFW campus and the McKay farm.**
 - c.The committee is working on the course and applications.**
 - d.The committee consists of J.P. Jones, and 3 members of the Fine Arts Dept. of IPFW.**
- 6. Don Lindley gave the Treasurer's and Membership Report.**
 - a.There was an income of 2,032.80, with expenses of 3,759.64, for a balance of 16,268.38.**
 - b.A financial statements for the Narathon and Triathlon were presented.**
 - c.There are 476 members to date.**
- 7. Mitch Harper reported for Mike McAvoy that the Parlor City Trot had 60-80 pre-registered.**
- 8. Don Lindley reported that he will send in application for FWTC to the Ft. Wayne Sports Corp.**

The board voted to buy a table at the Ft. Wayne Sports Corp.'s annual banquet on Sept. 22.
- 9. Judy Tillapaugh talked about the IPFW x-country season, highlighting the fact that there are several former local high school runners on this year's team. She also reminded everyone of the Randall-Sullivan Fund Run at IPFW on Oct. 9 at 5:15 pm.**
- 10.Judy Tillapaugh reported for the nominating committee.**
 - a.The vote for new board members and officers will be at the November meeting.**
 - b.27 people responded to letters sent that they would like to be board members.**
 - c.They are still searching for officers and slate will be in next newsletter.**
- 11.Mitch Harper gave the Zoom Thru Zulu update.**
 - a.Applications have been sent out.**
 - b.There will be a first to Zulu award.**

- c. Will have home baked cookies again this year.
 - d. The door prizes are set and t-shirts will be optional this year.
12. Mitch Harper gave the HUFF update.
- a. Getting several inquiries, including from Alaska.
 - b. Race is set for Dec. 27 with a pasta dinner the night before in Huntington.
 - c. There may be running tights this as the application gift.
13. Don Lindley gave the Turkey Trot update.
- a. Working on a new course.
 - b. The date will be Nov. 21 at Fox Island County park.
14. Barrie Peterson mentioned that there are several good local high school x-country runners and encouraged us to go watch them.
15. Don Lindley mentioned that he and Mitch Harper attended a seminar on the media and non-profit organizations and learned some information that may be useful in the future.
16. Don Lindley reported that the Clear lake 10k may not be run next year because it lost both it's race director and primary sponsor, but also that he is looking into possible replacements.
17. Kim Davidson said that she is leading a FWTC caravan to the Nov. 8 Columbus Marathon and that she will put an ad in the next newsletter about it.

Meeting then adjourned. Next meeting. Oct. 14, 7:00 p.m., IPFW.
 Respectfully submitted, Jon Schlatter, Club Secretary.

MINUTES
Fort Wayne Track Club Monthly Meeting
Wednesday, October 14, 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, P. Suelzer, K. Disler, M. Yann, M. McAvoy, D. Anderson, D. Lindley

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 1,550.97, with expenses of 2,199.67, for a balance of 16,238.38.
 - b. Had to purchase 3 new stopwatches.
 - c. There are 485 members to date.
4. Jon Schlatter gave a race calendar update; 5k Shuffle, Auburn, Ind., Nov. 14, 1998, 9:00 am.

5. Joyce Hockensmith stated that mid November is the deadline for the next Newsletter.
6. J.P. Jones gave Arts Fest Update
 - a. Course is set as an out and back on hard surfaces.
 - b. Age groups will be done in 8 year increments
7. Mike McAvoy gave the final Parlor City Trot report
 - a. Had a high number of finishers on a very hot day.
 - b. Course will be changed slightly next year.
8. Don Lindley and Judy Tillapaugh gave a report on the Ft. Wayne Sports. Corp banquet.
9. Judy Tillapaugh reported that under the outstanding directing of Linda Gorman there were
 - 65 finishers at the IPFW fund run.
10. Mitch Harper gave the final report on Zoom thru Zulu.
 - a. There were 169 runners and 87 walkers, a 1/3 increase over last year.
 - b. The weather was perfect.
 - c. There were twice as many homemade cookies as last year.
11. Mitch Harper gave an update on the HUFF
 - a. There is now a proposed budget.
 - b. There have been 40-50 inquiries with 4 people already registered
 - c. An ad has been placed in Ultra Running magazine.
 - d. There will be a pre-race pasta dinner catered by Casa's at St. Mary's church in Huntington.
12. Don Lindley gave a Turkey Trot Update.
 - a. Applications will be in the next Newsletter
 - b. New course is set and measured.
 - c. There has been much interest in the kid's race.
13. Barrie Peterson gave out information on the RRCA national run to work day.
14. Judy Tillapaugh said that the slate of new officers will be presented at the next meeting.
15. Mitch Harper reported that the Van Wert Area runners are interested in joining the FWTC primarily because they feel they can no longer afford RRCA dues and Inns. Mitch will talk with their president, Mike Clay, to clarify more clearly as to what they want to do.
16. Mitch Harper gave a proposal of a Speed Golf Race.
17. Mike McAvoy stated that he wanted to be off the race management team but that he would still take care of Nutra Runs, Parade Race, and Parlor City Trot.
18. Mike McAvoy said that he would update the points race results.
19. Mike McAvoy reported that the Women's Bureau may want to take on the Parade Race themselves and the board voted to give Mike the authority to negotiate a deal with them.
20. Phil Suelzer asked for and the board voted to give \$100 per kid's race that he runs.

Meeting then adjourned. Next meeting December 9, 1998, 7:00 p.m., IPFW.
 Respectfully submitted, Jon Schlatter, club secretary

Letter written to RRCA President, Don Kardong from Judy Tillapaugh

Dear Don,

Caring, courageous, and committed to causes are words to describe our Fort Wayne Track Club (FWTC) President Barrie Peterson. His qualities of character are key reasons why the FWTC is running strong. During the past two years as president he has constantly dedicated time and talents to maintain successful member events and services plus promote improvements. As a Northrop High School teacher, track coach, and cross country coach he has also applied his skills in the classroom and on the field. Considering Barrie's contributions to FWTC and the Fort Wayne community I want to nominate Barrie Peterson for the 1998 RRCA Scott Hamilton Award.

Barrie's pure love of running and desire to help people be successful is proven through all his actions. Barrie benefits are many!

Club Contributions:

- * Reorganization and expansion of FWTC board
- * Host and moderator of the past two FWTC Annual Banquets at Northrop High School
- * Created new FWTC Summer Speed Workout Series
- * Race director for FWTC Fanny Freezer 5 km Run and Northrop High School 5 km "Fund Run"
- * Volunteer for many FWTC events
- * President's column in FWTC "Inside Track" newsletter
- * Member FWTC "Hoosier Marathon" committee

FWTC contributions are just a few miles within the ultra efforts Barrie gives to area runners. His past is vast. Consider these achievements: High school teacher (business and english) for 33 years, track and cross country coach for 33 years, Leukemia Society Team In Training Coach and Mentor for 4 years, established Fellowship of Christian Athletes at Northrop High School, official and announcer at several area and state wide sporting events, christian radio sports talk show host for 3 years, Holy Cross Lutheran Church Board of Elders, married to Judy for 38 years, and proud father of three sons.

These awards speak more about Barrie's abilities:

- * 1975 and 1983 Indiana Association of Track and Cross Country (IATCC) Cross Country Coach of the Year
- * 1997 IATCC Track Coach of the year
- * 1975, 1983, and 1997 Indiana Cross Country Team Runner Up
- * 1997 Indiana Track Champions
- * 1998 Indiana Track Runner Up

"What a tremendous blessing and opportunity this has been to have worked with so many young people through all those various experiences." Barrie Peterson

Constant christian like dedication to assist runners of all ages and abilities with their health and fitness goals...that's Barrie Peterson! A person with a true helpful heart. Do consider him the right leader to receive the 1998 RRCA Scott Hamilton Award for an outstanding club president.

Editor's Farewell

Twas a month before Christmas
And I'm at my keyboard
Preparing my last newsletter
While other tasks are ignored.

I have some mixed feelings
As I type into the night
Relief, tinged with sadness
Frustrations, mingled with delight.

My obligation's too many,
Something has to go,
And there is a good person
To take over the show.

Typing race results
I'll not miss a bit,
Nor the problems of getting
All the articles to fit.

Even though it takes hours,
When each issue is done
I have to admit
That it's been kind of fun.

But I'll be on the board
I'm not going away
And I can still do some writing,
With no deadlines in the way.

Changes are good,
And Linda's qualified
New and different ideas
She's sure to provide.

So, take it away Linda!
I'll look forward to the next issue.
And I'm wearing a smile,
I'll not need a tissue.

Thanks to all the members
Who've supported me in the past,
And you'll be hearing from me,
This isn't the last.

Merry Christmas to you all
And a Happy New Year
May this be the best one ever
For you, and those you hold dear.

the inside track
Dec 98 - Jan 99



HIGHWATER MARATHON REPORT

What's this?? Another marathon?? Not really, but sort of new. You may recall from the 1998 Hoosier Marathon Report in the August-September Inside Track that we had a little problem with the weather the night before the race. The result was that the course was completely flooded and unusable on Saturday morning. The Marathon Committee decided, during the late hours on Friday night and early Saturday morning that the only feasible way that the marathon could be run would be to change from three 8 mile loops to six 4 mile loops. Mission accomplished! Race completed!

However, with the change came a major concern for the speedsters who were planning to use our course as a Boston qualifier. Of course, that would not have been a problem on the regular course, since it has been certified by USA Track & Field. But, when we changed the course, we unfortunately lost the certification. All was not lost. As we had assured the runners who made an inquiry on race day, the alternate route that was used was measured accurately by Don Lindley and Jerry Diehl a few days after the race. Although Don and Jerry had estimated the change in the starting line, necessitated by using the main entrance road for the first loop instead of the rivergreenway path just north of the pavilion, that estimate could not support the accurate distance required for a Boston qualifying run. This is probably the place to say that there is good news and bad news. However, it is good news and good news.

After the new measurements were taken, we discovered that the course was actually slightly longer than was required. At that time, we consulted with the representative of USA Track & Field to see if the new course layout could be certified retroactive to June 13, the race day. Our suspicions were confirmed, that retroactive certification was prohibited by the rules. We did learn that Pete Riegel, the official who certifies courses for this area, would write a letter to Boston on our behalf asking that the runners who ran a qualifying time be admitted to their marathon.

As a result of the extraordinary efforts of Don Lindley, who took the necessary measurements, prepared charts, maps and communicated with Pete Riegel many times to comply with USA Track & Field requirements, a final decision has been made. Late in October, Pete Riegel followed through with his promise and wrote a letter to the Boston Athletic Association requesting that they accept our results as qualifying finishes for those who met those Boston standards since USA T & F verified that the course met the minimum distance. Almost by return e-mail, the following letter was received from the BAA:

Dear Pete:

Thanks for your letter updating us on the Hoosier Marathon. Naturally we will accept the athletes who have qualified there, not their fault that parts of the course were flooded. We will accept even if you and/or the race director decide not to do all the paperwork for proper certification (I assume next year they will go back to the old course).

Then again, if certified, they always will have an alternate course! Must have been a race director's nightmare to make adjustments at the last moment.

Kind regards,
Marja Bakkar

So, there is the first good news that the 30 runners who ran a qualifying time for Boston on June 13 at the Hoosier, will have their times accepted. The second good news is that USA Track & Field has since certified the alternate course so that we can now offer a certified distance whether we use the original course or the alternate route.

Thus, the **HIGHWATER MARATHON** has been born. After considering many factors involving the two options, it has been the decision of the marathon committee that the original course will be used each year, except when weather conditions demand that we switch to the Highwater course. The great result of all of these problems is that we won't have to worry about rainy weather in the future.

The next time you see Don and Jerry and especially, Don Lindley, thank them for their tremendous efforts in bringing about this great result. Congratulation to the 30 runners who have performed admirably to run a Boston qualifier on our new Highwater Marathon course.

Bob Hockensmith
Race Director

**3rd Annual 5K Turkey Trot
November 21,
Fox Island**

Age		OVERALL		Age		OVERALL	
Pl	Name	Pl	Time	Pl	Name	Pl	Time
Women 14 & Under				Men 14 & Under			
1	Kyra Ritter	96	25:23	1	Kaleb VanOrt	10	18:21
2	Jenna Shaffer	107	27:09	2	Derek Leininger	13	18:33
Women 15 - 19				Men 15 - 19			
1	Megan Dexheimer	47	20:46	1	Jason Sorg	4	17:13
2	Janet Souder	63	22:07	2	Luke Hetrick	5	17:15
3	Carrie Nelson	94	25:05	3	Anthony David	6	17:50
4	Kristen Helm	113	28:15	4	Matt Vincent	8	17:59
Women 20 - 24				Men 20 - 24			
1	Holly David	102	26:03	1	Jason Osborn	3	17:10
Women 25 - 29				Men 25 - 29			
1	Kim Davidson	25	19:28	1	Michael Fruchey	1	16:39
2	Naomi Fruchey	57	21:34	2	Brad Peterson	65	22:13
3	Paula Rickerd	70	22:30				
4	Chris Barlow	118	30:51				
Women 30 - 34							
1	Anne Duff	35	20:01				
2	Kimberly Tomich	109	27:30				
Women 35 - 39							
1	Linda Gorman	68	22:25				
2	Ruth Dunn	54	21:26				
3	Kim Larsen	87	24:14				
Women 40 - 44							
1	Dori Meighan	120	32:07				
Women 45 - 49							
1	Kathy Pleus	101	25:55				
2	Barbara Duncan	108	27:26				
Women 50 - 54							
1	Mary Fennig	114	28:16				
Women 55 - 59							
1	Sharon Huss	110	27:38				
2	Sarah Kleinknight	121	32:27				
Women 60 - 64							
1	Joan Gary	111	27:41				

Volunteers
Paul Ausderan
Bill Sohaski
Paul Knott
Judy Tillapaugh
JP Jones
Jerry Diehl
Barrie Peterson
Linda Gorman
Ken Disler
John Gary

Thank You All,
Don & Rosann Lindley

3	Brad Heyneman	86	24:03
4	Steve Rhoades	93	25:04

Men 30 - 34

1	Mike Schoudel	2	17:01□
2	John Schnieders	9	18:11
3	Robert Minnich	15	18:51
4	Joe Cisna	77	23:32

Men 35 - 39

1	Sam Stephens	7	17:52
2	Jeffery Rowe	18	19:10
3	David Swenson	31	19:45
4	Dan Nestel	34	19:58
5	Bryan Keister	46	20:45
6	Ward Moya	50	21:07
7	Jim Dunn	53	21:22
8	Jeff Metzger	60	21:59
9	Dan Ritter	81	23:45
10	Rick Evans	88	24:18
11	Steve Conrad	91	24:36
12	Scott Mills	97	25:45
13	Tom Cleveland	100	25:54

Men 40 - 44

1	Carl Risch	12	18:29
2	Paul Shaffer	37	20:12
3	Jim Burkett	38	20:18
4	Jeff Milleman	40	20:27
5	Kim Lefever	45	20:42
6	Mark Brattoli	51	21:11
7	Ron Zartman	52	21:18
8	Kevin Lochner	56	21:30
9	Dennis Klopfenstein	61	22:02
10	Mitch Harper	67	22:19
11	Don Kramer	72	22:53
12	Mark Richardville	74	22:56
13	Randy Vachor	76	23:30
14	Jim Stranger	99	25:50

Men 45 - 49

1	Jed Pearson	21	19:22
2	Gary Dexheimer	32	19:49
3	Neil Tate	39	20:23
4	Tim Shown	59	21:57
5	John McPherson	66	22:18
6	Mike Barman	75	23:17
7	Bill Osterholt	95	25:06
8	Tom Fuelling	106	26:43
9	Don Keller	112	27:57
10	Bob Novy	115	28:26
11	Doug Lehman	122	32:54

Men 50 - 54

1	Gordon Pleus	36	20:10
2	Dick Shenfeld	48	20:47
3	Jack Seigel	78	23:34
4	Bob Fahl	83	23:51
5	Kent Ober	84	23:53
6	Joel Schartzter	92	24:51
7	Joe Clark	105	26:39

Men 55 - 59

1	Tom Brygider	49	20:55
2	Dave Boylan	55	21:27
3	Bill Crane	69	22:27
4	Barrie Peterson	79	23:36
5	Bill Sanders	119	31:49

Men 60 - 64

1	Joe Ziegler	85	23:55
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Men 65 - 69

1	Bob Loomis	103	26:04
2	Phil Wahls	116	30:25
3	Lex Dermire	117	30:26

Men 70 & Over

1	Don Anderson	82	23:50
2	Ken Disler	123	34:33
3	James P Jones	125	38:47

Pictured at right: Winners of the Noble County 5K Challenge

Left to Right-Back
 Peter Casaletto-1st
 Tammy Casaletto-1st
 Hal Pearson-Master
 Chuck Schlemmer-3rd
 Joan Gary-Master

Left to Right-Front
 Brian Shepherd-1st
 Alexis Shepherd-Brian's daughter
 Deb Byers-2nd
 Vi Wysong-3rd



1998 5 mile 1998
 PARLOR CITY TROT RESULTS
 presented by the
 Caylor-Nickel Medical Center



Male Winners	1 Mark Sanderson	27:24	Masters
	2 Keith Horton	28:16	1 Dan Moord 29:12
	3 Mark Furkis	29:04	2 Carl Hansen 30:20
Female Winners	1 Linda Gorman	35:20	Masters
	2 Darlene Cutrona	36:44	1 Marsha Reeves 40:08
	3 Roberta Dick	39:48	2 Marsha Schmidt 41:32

Age	Group	Sex	Name	City/State	Time	66 28	25-29				
								M	CONSTANTINE, VINCE	INDIANAPOLIS, IN	49:36
11	1-19	F	LEHMAN, CASSIE	DECATUR, IN	51:52						
12	1-19	F	VANDEVER, KATIE	FORT WAYNE, IN	60:32	02 34	30-34	M	HORTON, KEITH	FORT WAYNE, IN	28:16
						11 31	30-34	M	DEE, JOE	BERNE, IN	32:16
23	20-24	F	JONES, EMILY	INDIANAPOLIS, IN	44:16	25 34	30-34	M	KLINE, THOMAS	FORT WAYNE, IN	38:28
23	20-24	F	WILLIAMS, PAMELA	KEYSTONE, IN	47:06	55 34	30-34	M	BAUMGARTNER, KIRK	GRAPEVINE, TX	46:24
24	20-24	F	FERRY, ANGELA	INDIANAPOLIS, IN	50:02	63 34	30-34	M	SMITH, DAN	INDIANAPOLIS, IN	48:48
24	20-24	F	OTTENWELLER, MEGAN	INDIANAPOLIS, IN	50:04	64 34	30-34	M	KIPFER, KURT	INDIANAPOLIS, IN	49:20
20	20-24	F	BUTLER, MARGARET	BLUFFTON, IN	52:56						
						01 37	35-39	M	SANDERSON, MARK	VAN WERT, OH	27:24
29	25-29	F	DICK, ROBERTA	MONTPELIER, IN	39:48	05 35	35-39	M	MOYA, WARD	CHURUBUSCO, IN	29:36
29	25-29	F	CONSTANTINE, CHRISTINI	INDIANAPOLIS, IN	42:06	06 35	35-39	M	FREYGANG, ED	NOBLESVILLE, IN	30:04
27	25-29	F	LOUCKS, KATRINA	FORT WAYNE, IN	42:10	09 39	35-39	M	FREYGANG, JIM	FORT WAYNE, IN	32:02
25	25-29	F	FOREMAN, JILL	BLUFFTON, IN	43:08	14 37	35-39	M	STALEY, MARK	ZANESVILLE, IN	34:28
25	25-29	F	ARBUCKLE, JILL	BLUFFTON, IN	43:28	15 35	35-39	M	LOUISON, JAY	UNIONDALE, IN	34:36
25	25-29	F	MORTEMORE, MIRIAM	BLUFFTON, IN	54:08	21 36	35-39	M	GREENE, MIKE	HATTIESBURG, MS	37:56
						26 36	35-39	M	SCHOTT, VICTOR	BLUFFTON, IN	38:44
34	30-34	F	GORMAN, LINDA	FORT WAYNE, IN	35:20	29 38	35-39	M	CONRAD, STEVE	FORT WAYNE, IN	39:08
34	30-34	F	WEBB, BARB	WAPAKONETA, IN	46:20	40 37	35-39	M	ZAUGG, DAVID	BLUFFTON, IN	42:08
33	30-34	F	WHISLER, LAURIE	FORT WAYNE, IN	47:40	44 39	35-39	M	HEIMACH, ROBERT	BLUFFTON, IN	42:44
34	30-34	F	KIPFER, INGRID	INDIANAPOLIS, IN	49:22	47 37	35-39	M	KINCH, JIM	GALVESTON, IN	43:44
34	30-34	F	HEIMACH, JENNIFER	BLUFFTON, IN	49:46	52 36	35-39	M	NEFF, MARK	OSWEGO, IL	45:32
						73 37	35-39	M	VOGEL, ANDY	BLUFFTON, IN	51:20
36	35-39	F	CUTRONA, DARLENE	GRANGER, IN	36:44	83 35	35-39	M	HUNTER, KEVIN	FORT WAYNE, IN	60:36
36	35-39	F	HOLLENBERG, AMY	FORT WAYNE, IN	40:16						
						03 42	40-44	M	FURKIS, MARK	LIGONIER, IN	29:04
44	40-44	F	MC DERMOTT, MARSHA	FORT WAYNE, IN	51:48	04 41	40-44	M	MOORD, DAN	FORT WAYNE, IN	29:12
42	40-44	F	KNOWLES, VICKI	UNIONDALE, IN	53:52	07 42	40-44	M	HANSEN, CARL	AUBURN, IN	30:20
						12 40	40-44	M	PETERSON, CONRAD	MARKLE, IN	32:32
46	45-49	F	ZERBE, DIANE	LIMA, OH	41:52	19 41	40-44	M	GILBERT, RICK	MONROEVILLE, IN	37:08
49	45-49	F	TRAPP, PATRICIA	FORT WAYNE, IN	49:44	20 41	40-44	M	MC GUINE, PAT	FORT WAYNE, IN	37:20
						22 40	40-44	M	VACHON, RANDY	FORT WAYNE, IN	38:04
51	50-54	F	REEVES, MARSHA	HUNTINGTON, IN	40:08	27 40	40-44	M	VARIELL, MICHAEL	MIDDLEPOINT, OH	38:56
53	50-54	F	SCHMIDT, MARSHA	FORT WAYNE, IN	41:32	31 44	40-44	M	KRAMER, DONALD	VAN WERT, OH	39:52
52	50-54	F	OLIPHANT, BETTY ANN	PERU, IN	42:24	35 44	40-44	M	SCHUMACHER, TOM	BLUFFTON, IN	41:08
54	50-54	F	LEWANDOWSKI, JANE	NEW HAVEN, IN	48:12	37 42	40-44	M	STAMPER, JIM	HUNTINGTON, IN	41:40
50	50-54	F	SMITH, SARA	FAIRMOUNT, IN	52:44	74 43	40-44	M	TOWNE, GERALD	BLUFFTON, IN	51:44
						13 48	45-49	M	FORD, DON	BOULDER, CO	34:04
60	60-64	F	WHITESEL, MARGARET	BLUFFTON, IN	50:08	28 45	45-49	M	MC DONALD, DAVE	BRONSON, MI	39:04
						51 46	45-49	M	DURKIN, ROBERT	BLUFFTON, IN	45:16
						57 46	45-49	M	KNELL, DAVE	BERNE, IN	47:08
13	1-19	M	ZAUGG, CHRIS	BLUFFTON, IN	36:20	58 45	45-49	M	FURNISH, MICHAEL	SPEEDWAY, IN	47:16
12	1-19	M	GOUTY, ANDY	BLUFFTON, IN	40:56	59 45	45-49	M	COVINGTON, RON	FORT WAYNE, IN	47:20
14	1-19	M	ANDREWS, ASHLEY	MONROE, IN	44:12						
						24 51	50-54	M	OBREGON, ART	PIERCETON, IN	38:24
23	20-24	M	THOMAS, BRAD	FORT WAYNE, IN	31:16	62 53	50-54	M	MORTENSEN, PHIL	FORT WAYNE, IN	48:16
23	20-24	M	ADANG, CHRIS	FORT WAYNE, IN	32:04	71 50	50-54	M	SHORT, MARLIN	WAUSEON, IN	50:04
20	20-24	M	MC NEMAR, PHILLIP	DECATUR, IN	44:08						
						80 58	55-59	M	BUTLER, DAVID	BLUFFTON, IN	53:56
29	25-29	M	LOUCKS, BRIAN	FORT WAYNE, IN	42:12						
						23 60	60-64	M	CATHCART, DONALD	SALISBURY, MD	38:04
						53 64	60-64	M	PUGH, HARLEY	MARKLE, IN	45:44

Men's Results

PARLOR CITY TROT 1998
 presented by the
 Caylor-Nickel Medical Center
 13.1 mile half-marathon

9-26-1998

Male	Winners				Masters
	1	Brad Cooper	1:14:45		
	2	Ron Sharp	1:15:48	1.	Doug Sundling 1:23:40
	3	Michael Clay	1:21:12	2.	Hal Pearson 1:26:20
	4	Kevin Rigg	1:22:22	3.	Brad Yoder 1:35:14
	5	Tod Esquivel	1:22:45		
	6	Doug Sundling	1:23:40		

Female	Winners				Masters
	1	Kim Davidson	1:38:00		
	2	Tina Root-McLane	1:38:21	1.	Margaret Drew 1:39:07
	3	Margaret Drew	1:39:07	2.	Cathy Bux 1:53:29
	4	Karen Gerken	1:39:33	3.	Cheryl Claypool 1:53:40
	5	Paula Rickard	1:42:36		
	6	Julie McNulty	1:43:23		

Over-	all	Age	Group	Sex	Name	City/State	Time
	108	23	20-24	F	STEPHANIE ELLIOTT	BLUFFTON, IN	2:03:08
	136	24	20-24	F	HOLLY DAVID	FORT WAYNE, IN	2:12:14
	156	24	20-24	F	NICOLE GRAY	INDIANAPOLIS, IN	2:18:40

021	26	25-29	F	KIM DAVIDSON	FORT WAYNE, IN	1:38:00
039	29	25-29	F	PAULA RICKERD	NEW HAVEN, IN	1:42:36
049	28	25-29	F	JENNIFER STEIGMEYER	FORT WAYNE, IN	1:45:43
056	29	25-29	F	MELISSA FRIEDEN	GRABILL, IN	1:47:31
123	29	25-29	F	MARY NEWELL	FORT WAYNE, IN	2:07:39
126	26	25-29	F	TONYA AERTS	LAPORTE, IN	2:08:28
130	28	25-29	F	LISA SMITH	INDIANAPOLIS, IN	2:10:17
178	27	25-29	F	CHRISY CRAIG	FORT WAYNE, IN	2:34:32

028	34	30-34	F	KAREN GERKEN	FORT WAYNE, IN	1:39:33
043	33	30-34	F	JULIE MC NULTY	FORT WAYNE, IN	1:43:23
055	32	30-34	F	SUSAN THORNTON	FORT WAYNE, IN	1:47:30
106	30	30-34	F	HEIDI NOWAK	EAST LANSING, MI	2:02:46
120	34	30-34	F	MAUREN O'DOWD	ROCHESTER, MI	2:06:59
121	32	30-34	F	ROBIN RIZZO	FORT WAYNE, IN	2:07:04
131	31	30-34	F	KRIS KNOTT	MUNCIE, IN	2:10:17
150	33	30-34	F	ALEXANDRA COOPER	FORT WAYNE, IN	2:17:29
157	34	30-34	F	CAROLINE GERNAND	HUNTINGTON, IN	2:19:01
161	34	30-34	F	JOANNE MANNES	FORT WAYNE, IN	2:20:29
169	32	30-34	F	ANITA LEHMAN	DECATUR, IN	2:26:33
176	32	30-34	F	MONICA MADDALONE	FORT WAYNE, IN	2:34:17
177	32	30-34	F	MICHELLE SCHEELE	FORT WAYNE, IN	2:34:18

024	38	35-39	F	TINA ROOT-MC LANE	FAIRMOUNT, IN	1:38:21
052	39	35-39	F	LAURA BRADLEY-GAY	FORT WAYNE, IN	1:46:41
059	37	35-39	F	JANICE GRILE		1:48:13
085	36	35-39	F	BETH BERRY	FORT WAYNE, IN	1:54:55
101	35	35-39	F	ANGEL FRAIN	ORLAND, IN	2:01:03
102	37	35-39	F	CONNIE SIMS	FORT WAYNE, IN	2:01:52
135	37	35-39	F	LYNETTE CAHILL	AUBURN, IN	2:11:58
139	38	35-39	F	MELINDA KINDER	FORT WAYNE, IN	2:12:28
158	38	35-39	F	DIANE KAPLANIS	FORT WAYNE, IN	2:19:19
159	38	35-39	F	ROBIN MAUGER	COLUMBIA CITY, IN	2:19:47
166	38	35-39	F	JILL BOBAY	FORT WAYNE, IN	2:24:34

026	44	40-44	F	MARGARET DREW		1:39:07
076	42	40-44	F	CATHY BUX	FORT WAYNE, IN	1:53:29
078	42	40-44	F	CHERYL CLAYPOOL	FORT WAYNE, IN	1:53:40
104	43	40-44	F	PEG NORTH	FORT WAYNE, IN	2:02:20
110	42	40-44	F	SUSAN LIBEY	STERLING HGTS, M	2:03:37
167	40	40-44	F	KAREN DERICKSON	FORT WAYNE, IN	2:25:39
184	41	40-44	F	DIANE POST	FORT WAYNE, IN	2:47:10

087	46	45-49	F	DENISE CONNELLY	FORT WAYNE, IN	1:55:03
119	46	45-49	F	BOBBIE THOMPSON	WAPAKONETA, OH	2:06:40
127	45	45-49	F	PATTY SCHWARTZ	SYRACUSE, IN	2:09:01
170	45	45-49	F	KATIE GARLOCK	LIMA, OH	2:26:40
172	48	45-49	F	BEVERLY SAALFRANK	FORT WAYNE, IN	2:26:41

140	51	50-54	F	JOYCE HOCKENSMITH	FORT WAYNE, IN	2:12:35
152	52	50-54	F	DORIS GRIFFITH	LOGANSPOUT, IN	2:18:08
162	52	50-54	F	BARB SCROGHAM	FORT WAYNE, IN	2:20:56
171	52	50-54	F	MARY FENNIG	DECATUR, IN	2:26:40
182	50	50-54	F	SOOK-JA HANSEN	FORT WAYNE, IN	2:41:25

144	61	60 +	F	ANN BRIGGS	LIMA, OH	2:13:46
160	63	60 +	F	GLORIA NOLD	FORT WAYNE, IN	2:19:50

Men's Results

005	21	20-24	M	TOD ESQUIVEL	FORT WAYNE, IN	1:22:45
009	24	20-24	M	ROD OBREGON	PIERCEYON, IN	1:28:09
164	24	20-24	M	TAD BAUMGARTNER	BLUFFTON, IN	2:22:22

013	28	25-29	M	MICHAEL SPAHR	WARREN, IN	1:34:25
029	28	25-29	M	DAVE BRUCE	FORT WAYNE, IN	1:39:36
030	29	25-29	M	JEFF KINTZ	NEW HAVEN, IN	1:39:52
036	28	25-29	M	MATTHEW WERST	FORT WAYNE, IN	1:40:26
138	29	25-29	M	BRAD HEYNEMAN	FORT WAYNE, IN	2:12:27
155	29	25-29	M	SCOTT BURKHARDT	FORT WAYNE, IN	2:18:39

002	32	30-34	M	RON SHARP	FORT WAYNE, IN	1:15:48
003	30	30-34	M	MICHAEL CLAY	CONVOY, OH	1:21:12
004	31	30-34	M	KEVIN RIGG	ELIDA, OH	1:22:22
008	34	30-34	M	JOHN SCHNIEDERS	DECATUR, IN	1:26:45
010	33	30-34	M	MARK WHITED	LAGRANGE, IN	1:28:44
022	32	30-34	M	ROBERT EHERENMAN	ROANOKE, IN	1:38:03
042	30	30-34	M	STEVE NEWELL	FORT WAYNE, IN	1:42:58
053	34	30-34	M	MIKE MOYA	LAFAYETTE, IN	1:46:44
069	33	30-34	M	STUART AULT	BLUFFTON, IN	1:51:12
073	32	30-34	M	PETER OTERO	FORT WAYNE, IN	1:52:36
083	31	30-34	M	KEVIN MANN	NEW HAVEN, IN	1:54:48
091	31	30-34	M	JEFF GERKE	FORT WAYNE, IN	1:55:54
099	31	30-34	M	ROBERT NOWAK	EAST LANSING, MI	1:59:36
111	32	30-34	M	BROCK DOUGLASS	CRIDERSVILLE, OH	2:04:05
122	32	30-34	M	FRANK AERTS	LAPORTE, IN	2:07:38
141	30	30-34	M	WILLIAM HOLDER	WARSAW, IN	2:12:50

001	36	35-39	M	BRAD COOPER	FORT WAYNE, IN	1:14:45
011	36	35-39	M	SCOTT REILING	FORT WAYNE, IN	1:28:59
012	39	35-39	M	MIKE HALL	ANDERSON, IN	1:30:17
015	36	35-39	M	DAVE SWENSON	NEW HAVEN, IN	1:36:28
018	39	35-39	M	BRYAN KEISTER	FORT WAYNE, IN	1:36:57
023	37	35-39	M	STEPHEN MC NULTY	FORT WAYNE, IN	1:38:05
032	37	35-39	M	ZACK OTRUBA	FORT WAYNE, IN	1:40:00
033	39	35-39	M	MARC MUZZARELLI	ROCHESTER, MI	1:40:11
048	39	35-39	M	JOHN SCHUMACHER	FORT WAYNE, IN	1:45:34
054	37	35-39	M	PAUL BARBER	ROGERS CITY, MI	1:47:12
071	37	35-39	M	DAN CUMMISKEY	FORT WAYNE, IN	1:51:48
074	37	35-39	M	TONY MC CARROL	FORT WAYNE, IN	1:53:13
117	37	35-39	M	WILLIAM FREYGANG	FORT WAYNE, IN	2:05:58
134	36	35-39	M	STEVE WEBB	WAPAKONETA, OH	2:11:39
137	35	35-39	M	GREG JOHNSON	BLUFFTON, IN	2:12:17
153	38	35-39	M	RIC POORMAN	FORT WAYNE, IN	2:18:08
174	38	35-39	M	MARK RIEGE	URBANA, OH	2:28:39
175	39	35-39	M	DAVID GRANAY	FORT WAYNE, IN	2:31:40

006	43	40-44	M	DOUG SUNDLING	BLUFFTON, IN	1:23:40
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7	43	40-44	M HAL PEARSON	ALBION, IN	1:26:20	016	51	50-54	M JOHN BUHLER	HUNTINGTON, IN	1:36:30
0	42	40-44	M JEFF MILLEMAN	FORT WAYNE, IN	1:38:00	019	50	50-54	M STEPHEN SMITH	FAIRMOUNT, IN	1:37:30
1	40	40-44	M DAVID LOWE	FORT WAYNE, IN	1:42:43	027	53	50-54	M MIKE TAYLOR	MUNCIE, IN	1:39:10
7	41	40-44	M RON ZARTMAN	FORT WAYNE, IN	1:45:04	037	51	50-54	M ROY CONNOR	MUNCIE, IN	1:40:50
0	41	40-44	M JOHN POWELL	FORT WAYNE, IN	1:45:47	040	53	50-54	M LARRY EULK	FORT WAYNE, IN	1:42:40
1	44	40-44	M THOMAS FELTS	FORT WAYNE, IN	1:48:51	046	53	50-54	M WES SABINS	FORT WAYNE, IN	1:44:10
3	41	40-44	M KEVIN KELLER	YORKTOWN, IN	1:48:55	062	51	50-54	M PHIL LUTTMAN	KENDALLVILLE, IN	1:48:50
7	43	40-44	M DANA GROVE	OTTUMWA, IO	1:50:49	065	52	50-54	M ED OLIPHANT	PERU, IN	1:49:50
0	42	40-44	M GARY KUHN	FORT WAYNE, IN	1:51:13	082	53	50-54	M AL HUTH	KENDALLVILLE, IN	1:54:40
9	44	40-44	M DAN SALMONS	KOKOMO, IN	1:53:44	096	54	50-54	M RICHARD CRISPEN	BLUFFTON, IN	1:58:40
0	42	40-44	M VERN CEDER	FORT WAYNE, IN	1:53:53	100	54	50-54	M DON LINDLEY	FORT WAYNE, IN	1:59:40
6	42	40-44	M KIM LEFEVER	COLUMBIA CITY, IN	1:54:57	107	50	50-54	M JERRY MADEN	KOKOMO, IN	2:03:00
8	43	40-44	M STEPHEN HILKER	FORT WAYNE, IN	1:55:07	116	50	50-54	M GARY DOVE	INDIANAPOLIS, IN	2:05:30
7	44	40-44	M FRED HANNAN	FORT WAYNE, IN	1:58:51	147	50	50-54	M RALPH EASTERHAUS	FORT WAYNE, IN	2:15:50
3	41	40-44	M CHUCK ZUMBRUN	FORT WAYNE, IN	2:01:58	148	50	50-54	M JACK REINKING	FORT WAYNE, IN	2:16:07
5	41	40-44	M ROBIN BITTING	FORT WAYNE, IN	2:02:31	149	51	50-54	M DOUGLAS WISELEY	MONTICELLO, IN	2:17:00
4	42	40-44	M KEVIN LOCHNER	N. MANCHESTER, IN	2:04:48	173	51	50-54	M KEN SILKWORTH	FORT WAYNE, IN	2:28:20
5	41	40-44	M RICHARD EDDIE	HUNTINGTON, IN	2:05:07						
8	41	40-44	M RICHARD NOWAKOWSKI	MUNCIE, IN	2:06:25						
8	44	40-44	M THOMAS JOHNSON	FORT WAYNE, IN	2:09:12	183	51	50-54	M MAX IRICK	LOUISVILLE, KY	2:42:10
2	44	40-44	M RAYMOND PAXSON	BRYANT, IN	2:13:26						
5	43	40-44	M HAL ATKINSON	FORT WAYNE, IN	2:14:51	014	56	55-59	M BRAD YODER	N. MANCHESTER, IN	1:35:10
1	40	40-44	M JERRY COOPER	FORT WAYNE, IN	2:17:29	044	56	55-59	M WILLIAM CRANE	WARSAW, IN	1:43:20
7	47	45-49	M FRED STOFFEL	LARWILL, IN	1:36:48	045	58	55-59	M LARRY AVERBECK	FORT WAYNE, IN	1:43:50
5	48	45-49	M DON RANSOME	WARSAW, IN	1:38:45	064	57	55-59	M REX REED	WARSAW, IN	1:48:50
1	46	45-49	M REX PIERCY	LOGANSPOUT, IN	1:39:59	077	58	55-59	M TOM FELGER	FORT WAYNE, IN	1:53:30
4	46	45-49	M PHIL RIZZO	FORT WAYNE, IN	1:40:20	092	55	55-59	M BERNIE BURGETTE	FORT WAYNE, IN	1:56:00
5	46	45-49	M TOM SHEARER	COLUMBIA CITY, IN	1:40:25	093	57	55-59	M GENE LIGHTNER	LIGONIER, IN	1:57:30
8	45	45-49	M JOHN MC PHERSON	FORT WAYNE, IN	1:42:07	112	57	55-59	M FRED ROSS	WARSAW, IN	2:04:30
1	49	45-49	M LEE PEARSON		1:45:54	143	58	55-59	M FLOYD LOBSIGER	BLUFFTON, IN	2:13:30
7	47	45-49	M MICHAEL FENTZ	MUNCIE, IN	1:47:37	154	59	55-59	M JIM BABCOCK	BLUFFTON, IN	2:18:20
8	46	45-49	M JOSEPH KOBIELA	AUBURN, IN	1:48:12	163	55	55-59	M HOWARD REED	LIMA, OH	2:21:10
0	48	45-49	M JERRY KIEHL	VAN WERT, OH	1:48:21	084	60	60-64	M RAY CONTRERAZ	PAULDING, OH	1:54:50
6	48	45-49	M LARRY KANTZ	MILFORD, IN	1:50:44	124	62	60-64	M JOSEPH ZIEGLER	NEW HAVEN, IN	2:07:50
8	47	45-49	M LON BRAUN	GARRET, IN	1:51:09	125	60	60-64	M DAVID DALE	BLUFFTON, IN	2:08:10
2	49	45-49	M STEVE CORONA	FORT WAYNE, IN	1:52:36	146	60	60-64	M BILL HARRIS	FORT WAYNE, IN	2:15:30
5	47	45-49	M BILL BOLANDER	KNIGHTSTOWN, IN	1:53:29	181	63	60-64	M DAVID TERRY	SELMA, IN	2:41:50
9	48	45-49	M DAVE WINTERS	HUNTINGTON, IN	1:55:38	185	64	60-64	M DON RHOADES	COLUMBIA CITY, IN	2:52:40
0	46	45-49	M LES BROWN	AUBURN, IN	1:55:39						
4	48	45-49	M GREG GLASS	KOKOMO, IN	1:57:42	129	65	65-69	M IAN ROLLAND	FORT WAYNE, IN	2:10:00
5	48	45-49	M DENNIS STRAYER	FORT WAYNE, IN	1:57:47	165	67	65-69	M CURTIS NOLD	FORT WAYNE, IN	2:22:50
8	46	45-49	M DON NICHOLS	FORT WAYNE, IN	1:59:26						
9	46	45-49	M DANNY THOMPSON	WAPAKONETA, OH	2:03:15	081	71	70 +	M DON ANDERSON	FORT WAYNE, IN	1:54:20
3	49	45-49	M MIKE BARMAN	FORT WAYNE, IN	2:04:41	179	70	70 +	M J.P. JONES	FORT WAYNE, IN	2:39:00
3	45	45-49	M MICHAEL SPURGEON	MUNCIE, IN	2:11:08						
8	47	45-49	M BILL OSTERHOLT	FORT WAYNE, IN	2:26:32	132	?	?	M JACK CHRUNISTA		2:10:30
0	49	45-49	M RICHARD SEXSON	INDIANAPOLIS, IN	2:39:01						

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



CTA 5k

What do you do the day after the state meet if you coach cross country at West Noble? Well, of course you see how fast you can run the course your kids have been running all year. Coach Schlemmer and Coach Shepherd did just that in the annual CTA 5k held on West Noble's cross country course.

Shepherd tied for first with Pete Casaletto and Coach Schlemmer came in third.

The women's race was won by Tammy Casaletto. She was followed by Deb Byers, second and Vi Wysong, third.

Over \$200 was raised for the CTA scholarship fund. Thanks to Parties 'N' More, Annie Oakley, Wilby's, Subway, Swank's, Daniel's Cafe, Lincolnway Motors, China Dragon, Charger Pizza, Jacob's Pizza, Village Video, Freed's IGA, CVS, Alco, Charger House, Cripe Chiropractic, Dairy Queen, Fashion Farm, and PowerBar for supplying awards.

The following are age group results...

<u>Male</u>		<u>Top 3 Males</u>
12-under	Josh McClure	1st Brian Shepherd
13-15	Jim Peterson	(tied) Peter Casaletto
16-19	Ernie Howder	3rd Chuck Schlemmer
25-29	Peter Casaletto	Master Hal Pearson
30-34	Brian Shepherd	
35-39	Chuck Schlemmer	
40-44	Hal Pearson	
45-49	Dave McDonald	<u>Females</u>
50-54	George Parrot	1st Tammy Casaletto
60-over	Freeman Herschberger	2nd Deb Byers
		3rd Vi Wysong
		Master Joan Gary

Light Up the Night 5k

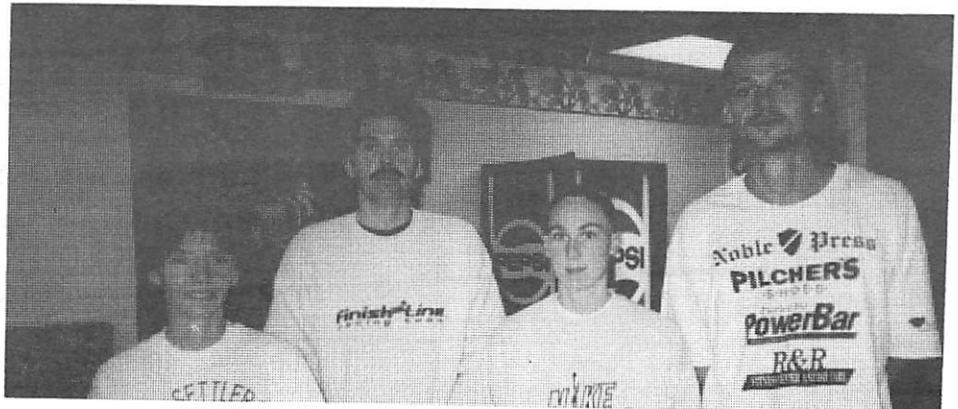
Overall Male

Master	Brian Shepherd	14:47
	Mark Furkis	16:02
<u>12-under</u>	Chuck Wysong	21:37
<u>13-15</u>	Chris Warren	19:09
<u>16-19</u>	Joe Vargas	22:05
<u>20-24</u>	Sam Vargas	18:11
<u>25-29</u>	Jeremy Wayman	17:24
<u>30-34</u>	Mark Whited	17:23
<u>35-39</u>	Chuck Schlemmer	16:25
<u>40-44</u>	Gene Wright	25:17
<u>45-49</u>	Steve Caswell	17:25
<u>50-59</u>	George Parrett	23:54
<u>60-69</u>	Eugene Striggle	28:19
<u>70-over</u>	Don Anderson	23:21

Overall Female

Master	Justina Faulkner	18:07
	Deb Byers	21:24
<u>19-under</u>	Reka Vereczkci	22:44
<u>30-29</u>	Justina Faulkner	18:07
<u>30-39</u>	Anne Duff	18:56
<u>40-49</u>	Vi Wysong	24:05

Pictured at Right L to R
 Deb Byers Mark Furkis
 Master Master
 Justina Falkner Brian Shepherd
 1st 1st



Noble County 5k Challenge

Top 3 Males

- | | | |
|----|----------------|--------|
| 1) | Pete Casaletto | 15:47 |
| 2) | Nick Kent | |
| 3) | Brian Shepherd | |
| | Mark Furkis | Master |

Top 3 Females

- | | | |
|----|------------------|--------|
| 1) | Justina Faulkner | 19:26 |
| 2) | Anne Duff | |
| 3) | Morra Harrington | |
| | Vi Wysong | Master |

MALE

- | | |
|-----------------|----------------|
| <u>12-under</u> | Luke Stoffel |
| <u>13-15</u> | Adam Knight |
| <u>20-24</u> | Rod Obregon |
| <u>25-29</u> | Mike Fruchey |
| <u>30-34</u> | Mike Schoudel |
| <u>40-44</u> | Doug Sundling |
| <u>45-49</u> | Steve Caswell |
| <u>50-59</u> | Art Obregon |
| <u>60-over</u> | Bill Patterson |

FEMALE

- | | |
|----------------|---------------|
| <u>20-29</u> | Naomi Fruchey |
| <u>30-39</u> | Anne Duff |
| <u>40-49</u> | Vi Wysong |
| <u>50-over</u> | Sharon Huss |

1st Mile Prime Winners

- | | | |
|---------------|--------------------|------|
| <u>Male</u> | - Brian Shepherd > | 4:30 |
| | Nick Kent | |
| <u>Female</u> | - Justina Faulkner | 5:44 |

Special Thanks To:

Noble Press - Major Sponsor

ALSO...

KFC, Pizza Hut, Little Ceasars, Wendys, Arbys, Taco Bell, Home Sweet Home, Stefano's Pizza, Dairy Queen, Culligan Water, and Captain D's for awards.

4th Annual Lakeside Invitational Cross Country Run

I would like to thank everyone who encouraged the children who participated in the 4th Annual Lakeside Invitational X-Country run. This year we had 208 participants, compared to 133 in 1997. Children from 14 (12 in '97) different schools participated, with 5 complete girls teams and 8 (7 in '97) boys teams. Although I sent notices of the race to most schools within Allen country (50+), I am afraid that the course cannot handle many more runners than we had finish in the boys race (123). I will consider other alternative ways to arrange the competition for 1999, and suggestions are always welcome.

The individual races were highlighted by Aleks Fansler's and Samantha Lee's victories. Aleks defended his title from the previous year, when he won as a third grader, and finishing only 2 seconds off the course record. As in previous races he was closely followed by at least one other runner and this year it was Lee Shannon of Aboite Elementary and Erik VanWagner of Forest Park, both finishing within 5 seconds of Aleks. Samantha Lee took command of the girls race around the half mile mark and steadily pulled away over the last half of the race. She easily established a course record (by about 20 seconds) and is the first female runner to come in under 7:00.

A special thanks to all my volunteers, who made the race go smoothly and the awards ceremony able to begin shortly after the last runner finished in the boys race.

Although winning is always fun, competing and taking part in a healthy sport is what is most important. I hope that the children that you sent or brought with you had fun, and helped to promote an interest in running and doing their best in other activities.

Girls Team Results

1998

Boys Team Results

SCHOOL	POINT TOTAL
Waynedale	58
Arlington	80
St. Jude	94
Lincoln	118
Fairfield	265

SCHOOL	POINT TOTAL
Arlington	64
Forest Pk	88
St. Charles	97
Perry Hill	121
St. John Bap	163
Lincoln	174
Waynedale	198
Fairfield	385

BOYS - Grade 3 Results

Athletes Name	School	Overall Place	Grade Place	Time
Yates, Nicholas D.	Arlington	14	1	7:14
Wegrecki, Chad	Arlington	15	2	7:14
Maringer, Matthew	Arlington	16	3	7:17
Strock, Travis	Arlington	18	4	7:18
Sanders, Kurt	St. Charles	27	5	7:28
Bookout, Colin	Arlington	29	6	7:30
Fuller, Ryan	Waynedale	36	7	7:37
Bradtmilller, Carlton	Bunche	39	8	7:41
Biggins, Jacob	St. John Bap	40	9	7:41
Christlieb, Tanner	Forest Pk	42	10	7:42
Weigand, David	Bunche	43	11	7:43
Bogenschutz, Joey	St. Jude	44	12	7:44
Rusatto, Anthony	Arlington	48	13	7:48
Roberts, Steve	Lincoln	51	14	7:53
Bartscht, Aaron	Perry Hill	58	15	8:05
Sommers, Chris	Arlington	64	16	8:12
Smith, Alan-Mich.	Arlington	65	17	8:22
Broyles, Danny	Arlington	70	18	8:30
Ashtary, Stephane	Arlington	74	19	8:33
Gambrell, Jared	Arlington	89	20	8:55
Ruiz, Joel	Fairfield	93	21	8:57
Sauchinelli, Aroldo	Fairfield	94	22	8:57
Carrillo, Angel	Fairfield	98	23	9:04
Hooker, John	Lincoln	100	24	9:09
Edgington, Cameron	Perry Hill	101	25	9:12
Hayes, Austin	St. John Bap	102	26	9:14
Duff, Aaron	St. Joe Cn	107	27	9:46
Stoudimire, Bradom	Arlington	108	28	9:47
Sparks, Ceighan	Fairfield	117	29	11:10
Gannon, Andrew	St. John Bap	120	30	11:35
Kelso, Steven	St. John Bap	121	31	11:39
Funk, Adam	Fairfield	123	32	12:27
Willke, David	Fairfield	124	33	12:27
Meeks, Jared	Forest Pk	125	34	12:54

BOYS - Grade 4 Results

Athletes Name	School	Overall Place	Grade Place	Time
Fansler, Aleks	Arlington	1	1	6:14
Collidge, Andy	St. Charles	7	2	6:56
Kumn, Zac	St. John Bap	8	3	7:01
Lowe, Andy	Perry Hill	11	4	7:10
Johnson, Casey	Lincoln	20	5	7:21
Morrieal, Eric	Black.Chr	27	6	7:28
Reynolds, Lee M.	Arlington	34	7	7:35
McBride, Jeremy	Bunche	38	8	7:40
Gay, Jumor	Waynedale	45	9	7:46
Handel, Robert	St. John Bap	46	10	7:46
Sodano, Tony	St. John Bap	52	11	7:54
Miller, Jonathan	Lafayette Cn	53	12	7:58
Hroma, Tim	Perry Hill	59	13	8:05
Flores, Bobby	Fairfield	63	14	8:11
Fadus, Bryan	Lincoln	67	15	8:25
Carpenter, Joseph	Lincoln	69	16	8:27
Niemeyer, Frank	Fairfield	71	17	8:31
Studimire, Timothy	Arlington	73	18	8:31
Lanning, Cameron	Perry Hill	78	19	8:38
Bivona, Michael	Perry Hill	81	20	8:44
Remster, Jeff	Arlington	83	21	8:46
Spires, Steven	Arlington	87	22	8:49
Carnahan, Justin	Perry Hill	88	23	8:52
Timmis, Patrick	Perry Hill	89	24	8:55
Tudor, Billy	Forest Pk	90	25	8:55
Smith, Joshua	Arlington	96?	26	9:00
Rowan, Alejandro	S. Heights	103	27	9:18
Flores, Brandon	Fairfield	105	28	9:34
Souers, Mike	Forest Pk	106	29	9:40
Hamilton, Eric	Fairfield	109	30	9:56
Snyder, Brett	Fairfield	110	31	10:01
Hiser, Zachary	Fairfield	112	32	10:21
Perez, Jovan	Fairfield	114	33	10:23
Anderson, Kristoph	Perry Hill	116	34	10:36

BOYS - Grade 5 Results

Athletes Name	School	Overall Place	Grade Place	Time
Shannon, Lee	Aboite	2	1	6:18
VanWagner, Erik	Forest Pk	3	2	6:19
Timmis, Ben	Perry Hill	4	3	6:41
Niner, Evan	Aboite	5	4	6:49
White, Mitchell	Perry Hill	6	5	6:54
Brunner, Austin	Forest Pk	9	6	7:04
Dill, Russell	Forest Pk	10	7	7:04
Hogan, Jordan	St. Jude	12	8	7:11
Milton, Charles	Lincoln	13	9	7:14
Blombach, Joe	St. John Bap	17	10	7:17
Jonas, Kyle	St. Charles	19	11	7:18
Digen, Patrick	St. Charles	22	12	7:22
Sowell, Chris	Lincoln	23	13	7:23
King, Jim	Forest Park	24	14	7:25
Mattes, Phillip	Weisser Pk	25	15	7:25
Dillon, Marc	Arlington	26	16	7:27
Mahlie, Bruce	St. Charles	28	17	7:30
Suever, Andy	St. Charles	30	18	7:31
Del Bello, Steven	St. Jude	31	19	7:32
Ludwiski, Tommy	St. Jude	32	20	7:32
Hoover, Tyler	Waynedale	33	21	7:33
Brehm, Alex	St. Vincent	35	22	7:35
Bilyk, Andy	Perry Hill	41	23	7:42
Keefer, Michael	St. Charles	57	24	8:03
Chapman, Jamison	Lincoln	80	25	8:40

GIRLS - Grade 3 Results

Athletes Name	School	Overall Place	Grade Place	Time
Gault, Anna	Perry Hil	7	1	7:46
Reiling, Megan	St. Jude	9	2	7:56
Olney, Micaila	Arlington	19	3	8:24
Gilbert, Lauren	Arlington	21	4	8:29
Didion, Kelsey	St. Jude	22	5	8:29
Lobrillo, Hollie	Lafayette Cn	24	6	8:37
Disterhoft, Perri	Perry Hil	27	7	8:43
Ludwiski, Christine	St. Jude	35	8	9:02
Houser, Caitlin	St. Jude	36	9	9:04
Gotschall, Alicia	Lincoln	38	10	9:14
Suryanarayanan, Ali	Arlington	40	11	9:19
Le, Hien	Fairfield	42	12	9:23
Allgeier, Margaret	St. Jude	44	13	9:26
Didion, Laurin	St. Jude	46	14	9:27
Phillips, Amanane	St. John Bap	52	15	10:01
Beckstedt, Monica	Waynedale	54	16	10:17
Nadasen, Quyeisha	Fairfield	54	17	10:17
McGowan, Emily	St. Jude	57	18	10:30
Davis, Lynsee	Lincoln	58	19	10:52
Meyers, Brandy	Fairfield	60	20	11:09
Vera, Vanessa	Fairfield	70	21	12:13
Nicolette, Alexis	Arlington	71	22	12:15
Ayala, Joanna	S. Height	75	23	12:30
Nakasen, Linda	Fairfield	80	24	12:38
Taylor, Cassandra	Lincoln	81	25	12:39
Trejo, Edith	Fairfield	82	26	12:45

GIRLS - Grade 4 Results

Athletes Names	School	Overall Place	Grade Place	Time
Metzger, Caitlyn	Arlington	5	1	7:40
Yates, Michelle	Arlington	12	2	8:08
Resor, Abby	Waynedale	13	3	8:16
Berger, Courtney	Lincoln	16	4	8:20
Pea, Katherine	Waynedale	26	5	8:39
Walker, RiKola	Arlington	33	6	8:57
Jinks, Samantha	St. Charl	37	7	9:10
Locke, Courtney	St. Jude	39	8	9:18
Petrie, Therese	St. Jude	41	9	9:21
Stopher, Jessica	Arlington	43	10	9:25
Sommers, Ashley	Arlington	47	11	9:36
Wilson, Lisa	Waynedale	49	12	9:50
Meussling, Thea	Arlington	50	113	9:59
Marsh, Rachael	Bunche	56	14	10:23
Ford, Laressa	Arlington	61	15	11:16
Aiford, Brittany	Fairfield	63	16	11:26
Erhardt, Jessica	Fairfield	64	17	11:26
Jones, Portia	Arlington	65	18	11:41
Pittman, Denise	Fairfield	69	19	12:04
Scherschel, Anna	Arlington	72	20	12:17
Ramirez, Melinda	Fairfield	73	21	12:27
Welling, Aleesha	Fairfield	74	22	12:27
Slayton, Khamya	Fairfield	76	23	12:32
Jackson, Katy	Fairfield	77	24	12:33
Nakasen, Precious	Fairfield	79	25	12:38

GIRLS - Grade 5 Results

Athletes Names	School	Overall Place	Grade Place	Time
Lee, Samantha	Aboite	1	1	6:56
Eckelbarger, Lauren	Black.Chr	2	2	7:19
Urbine, Kylie	St. Charl	3	3	7:24
Starks, Ebony	Waynedale	6	4	7:44
Zeigler, Molly	St. Jude	8	5	7:53
Feipel, Tara	Waynedale	10	6	7:59
Achenbach, Amie	Forest Pk	11	7	8:01
Robinson, Brittney	Waynedale	14	8	8:17
Fuller, Jessica	Waynedale	15	9	8:19
Roberts, Amy	Lincoln	17	10	8:20
Shaw, Nina	Forest Pk	18	11	8:23
Bobay, Sarah	St. Jude	20	12	8:25
Knepper, Brandee	Arlington	23	13	8:34
Cox, Shalee	Lincoln	28	14	8:49
Wilson, Danielle	Lincoln	29	15	8:51
Maples, Samantha	Perry Hil	30	16	8:52
Leffler, Abby	St. Charl	31	17	8:54
Scheele, Cassie	Perry Hil	32	18	8:55
Dominique, Nicole	Arlington	34	19	9:01
Reiling, Sarah	St. Jude	48	20	9:49
Clark, Jamie	St. John Bap	51	21	10:00
Anderson, Destini	Fairfield	53	22	10:12
Williams, Shoclynn	Lincoln	55	23	10:18
Bonihan, Allison	St. Jude	62	24	11:25
Pond, Samantha	S. Height	66	25	11:44
Warren, Shaquayla	Fairfield	67	26	12:03
Chavez, Ruth	Fairfield	68	27	12:03
Eley, Demetria	S. Height	78	28	12:33

December

Birthdays

January

JIM D. STAMPER	12-02	DALE STAMWITZ	01-01
GREG INGELMANN	12-03	PAUL SHAFFER	01-03
JIM MARTIN	12-03	STEVEN SUMMERS	01-04
EUGENE STRIGGLE	12 04	JEFF PERRY	01-04
TIM STOFFEL	12-05	JEFFREY METZGER	01-05
KEVIN TRUELOVE	12-05	JEFF SUELZER	01-06
BRAD ALTEVOGT	12-05	RUSSELL SHOOK	01-06
DENNIS STRAYER	12-05	CODY MESSMANN	01-07
JUDY TILLAPAUGH	12-08	MICHAEL CALLAHAN	01-08
KATHY WEIKEL	12-08	GARY ODEN	01-08
STEVEN LUDWISKI	12-09	AMY YODER	01-11
ROBERT CREIGHTON	12-12	POPPY-ANN CARDEN	01-14
JOEL SANDERS	12-12	DONALD LINDLEY	01-15
GARY HOOTEN	12-13	LINETTE BARRY	01-15
CHAD SPRUNGER	12-13	GREG JENNINGS	01-15
ROSEANN SIMMONS	12-14	KELLEY CATHER	01-17
KAREN LOUIS	12-14	JEFF KLINE	01-17
PHIL SUELZER	12-15	MICHAEL SPAHR	01-18
R WM SCHMIDT	12-15	PAM TIPPMANN	01-19
PAUL DEMERCHANT	12-15	ANN MIZE	01-20
KENNETH DISLER	12-16	BILL OSTERHOLT	01-20
PETER GERKEN	12-16	BRUCE DAUGHERTY	01-21
PAUL AUSDERAN	12-17	JAMES E BUSHEY	01-21
BOBBIE CLARK	12-18	DON ASHTON	01-22
STEVE ROTH	12-18	KARL DIETSCH	01-22
LORRAINEFOX	12-19	GARY SELKING	01-24
KELLY TIPPMANN	12-20	SUSAN GALLMEYER	01-26
JOE BOSSARD	12-20	JAMES J SOLON	01-28
MARK O'SHAUGHNESSY	12-22	CARL FIELDS	01-28
WESLEY SABINS	12-22	JOHN LANTZ	01-29
BETTY DEWELLS	12-22	ROBERT LOOMIS	01-30
COLTON JOHNSON	12-22	FRED ROSS JR	01-31
THOMAS LUDWISKI	12-23		
RICK PLUNKETT	12-23		
LINDA BROOKS	12-23		
JOE ZIEGLER	12-24		
DEB BYERS	12-24		
RALPH W EASTERHAUS	12-24		
MIKE BEARD	12-25		
JERRY GERIG	12-27		
JOHN KLEIN	12-28		
RAMON E BROWN	12-28		
BRAD COOPER	12-28		
DIANE POST	12-30		
KEN SILKWORTH	12-31		



GLOSSARY OF RUNNING TERMS BY PAUL BECKWITH

anaerobic threshold: physiological term for hurting unit

cool-down: post race beer

fartlek: Out of all of the languages and dialects on earth, somebody had to select Swedish for speedplay.

intervals: The only thing more painful than an all out 400 meter, many, many, many 400 meters.

lactic acid: sore muscles

lactate threshold: We are not talking about how many dairy products you can consume.

maximum heart rate: occurs when last in a long line at the porta john with race start 5 minutes away

negative splits: Coach is critical of your stretching.

pick-ups: Vehicles with gun racks, dead deer in bed, Confederate flag license plate, may or may not give you the shoulder of the road.

PR/PB: personal record / probably short course

repeats: going back over the portion of the course that you took a short cut

runner's high: Hell's Point, Pokagon State Park

running economy: entry fee for Bally Fit 5K = \$25, Chicago Hilton Towers = \$241, gas = \$20, parking = \$39, book at expo = \$19, cab fare, cover charges, meals, bar tab = undetermined, race photograph = \$25.

strides: politically correct term for the dreaded "jog."

taper: Number one girl on the cross-country team is injured and needed for big meet.

target heart rate: Let's hope that William Tell never saw this term.

tempo runs: Any training run when a watch is worn.

threshold runs: Running just to the point of, yet not exceeding the line of,....throwing up, tearing your Achille's tendon, tasting bile, heart monitor goes off like a smoke detector.

VO2 max: smaller than a V-8 or a V-6

warm-up: what the runner's do before a meet and the coaches and spectators do after the meet

REEBOK LOOKING FOR SHOE TESTERS

Do you run at least thirty (30) miles a week?
Would you be good at keeping a diary?

Reebok is looking for running wear testers. This is limited to certain sizes. Men must wear a size 7, 9, or 12; women must wear 5, 7, or 9.

Bill Macri, of the Reebok Product Testing Department, contacted the FWTC through its website looking for potential candidates for its running wear testing program. As he wrote, "We usually compensate testers with a free pair of shoes or apparel."

You may reach Mr. Macri at 1.888.631.9628, M-F 8:30 AM to 5:30 PM. He can be Emailed bill.macri@reebok.com.

CATCH THE WAVE

Finally...a way to stop *talking* about tofu and start *eating* the stuff. Tofu (soybean curd) is a good source of protein—without the cholesterol (and with hardly any of the saturated fat) of meat or poultry. And the protein comes



packaged with naturally occurring substances known as isoflavones.

The protein/isoflavone duo could lower your LDL ("bad") cholesterol and help reduce your risk of breast or prostate cancer, osteoporosis, and hot flashes.

But figuring out what to do with those wobbly white blocks of tofu can be unnerving. No more. A handful of companies now make great-tasting tofu that you can eat right out of the package or toss into your next stir fry.

Our favorite was **White Wave Baked Tofu**. Its five flavors tasted like nicely seasoned chicken breast. Others worth checking out: **SoyBoy** (especially mild), **Smoke & Fire** (its Lemon Garlic variety reminded the New Yorkers among us of smoked whitefish from the deli), and **Soy Deli** (go easy...some flavors have 400 mg of sodium or more).

Okay. Talk's over. Time to start eating.

BURGERS WITH ATTITUDE

The Original Gardenburger, with its scrumptious medley of mushrooms, brown rice, onions, and mozzarella, was the first mainstream veggie patty that didn't taste like meat and



couldn't have cared less. Now it's got some pretty elegant company.

Resist the temptation to gobble up the Fire Roasted

Vegetable Gardenburger with Roasted Garlic and Sundried Tomato right out of the skillet or toaster. That's so you can sauté it with yellow squash, top it with marinara sauce and grated Parmesan, and slap it between two slices of whole-grain focaccia bread.

Eat the **Savory Mushroom Gardenburger with Portabella Mushrooms and Wild Rice** plain or use it for the base of a Caesar Salad sandwich. And all the **Classic Greek Gardenburger with Kalamata Olives and Feta Cheese** needs is a toasted whole wheat pita (pocket) bread.

All three are low in fat and cholesterol, though the Classic Greek's 310 mg of sodium is a bit much for its 120 calories.

Who says it's too much work to cook vegetarian meals?

Food Bank 5K Results

Name	Time	Sex	Age	Name	Time	Sex	Age
1 Ron Sharp	16:25	M	Overall	53 Jan Mills	31:11	F	40-49
2 Brad Cooper	16:30	M	30-39	54 Kendy Osborn	31:12	F	-10
3 Brad Thomas	17:54	M	20-29	55 Phil Wahls	31:31	M	60-69
4 Doug Sundling	18:01	M	40-49	56 Holly Skeloff	31:33	F	40-49
5 Tad Stemen	18:04	M	20-29	57 Kacie Gelvin	31:34	F	-10
6 Terry Diller	18:30	M	40-49	58 James Applegate	32:45	M	11-14
7 Joe Dee	18:51	M	30-39	59 Abigail Newlin	33:07	F	-10
8 Ward Moya	19:22	M	30-39	60 Frank Johnson	33:38	M	50-59
9 Chris Adams	19:45	M	20-29	61 William Weber	34:19	M	-10
10 Jimmy Rider	19:58	M	11-14	62 Jay Gelvin	35:01	M	-10
11 John Treleaven	20:06	M	40-49	63 Steph.Trenkner	35:02	F	-10
12 Rich Phillips	20:10	M	40-49	64 David Trenkner	35:05	M	40-49
13 Bob Brickner	20:15	M	50-59	65 Ryan Armstrong	35:06	M	-10
14 Jonathon Hancock	20:30	M	40-49	66 Priya Mathew	35:40	F	11-14
15 DeWain Cobb	21:30	M	50-59	67 Jess.Stephenson	35:44	F	11-14
16 Bob Nicholson	21:36	M	30-39	68 Emily Barrett	35:49	F	11-14
17 Robert Creighton	21:45	M	11-14	70 Rachel Treleaven	36:47	F	11-14
18 Mike Barnum	22:30	M	40-49	71 Sam Platt	37:17	M	-10
19 Steve Zacher	22:52	M	30-39	72 Christopher Lee	37:48	M	-10
20 Justin Henderson	22:53	M	11-14	73 Shep Moyle	37:49	M	30-39
21 Vern Ceder	22:56	M	40-49	74 Scott Walker	38:58	M	-10
22 Joel Schartzzen	22:59	M	50-59	75 Kelly Karr	40:54	F	-10
23 Brad Heyneman	23:01	M	20-29	76 Jon.Skekloff	41:16	m	-10
24 Russell Gates	23:15	M	11-14	77 Danielle Gates	43:05	F	11-14
25 Kim Larsen	23:25	F	Overall	78 Nicole Davlantes	43:07	F	11-14
26 Tim Newlin	23:28	M	30-39	79 Mike Weber	43:08	M	-10
27 S.Fenstermacher	23:20	F	11-14	80 K. Gates	43:25	F	40-49
28 Gabe Smith	23:45	M	11-14	81 Beth Ring	44:05	F	40-49
29 Ted Westfall	24:30	M	-10	82 Karen McFarren	44:49	F	40-49
30 Matt Fisher	24:43	M	-10	83 Jodi PeGan	44:51	F	40-49
31 Scott Mills	24:44	M	30-39	84 Terry Scott	44:52	F	30-39
32 Ann Osborn	25:16	F	30-39	85 Judy Anderson	47:18	F	?
33 Claire Kinsey	25:17	F	30-39	86 Gale eller	47:19	F	?
34 Tom Stanley	25:21	M	60-69				
35 Rob Snow	25:43	M	40-49				
36 Andrew Creighton	26:01	M	-10				
37 David Osborn	26:10	M	-10				
38 Nicole Callahan	26:32	F	11-14				
39 Ben Fisher	27:16	M	11-14				
40 Penney Phillips	27:28	F	40-49				
41 Kimberly Tolmich	27:36	F	20-29				
42 Debi Treleaven	27:46	F	40-49				
43 Kim Gelvin	27:50	F	30-39				
44 John Reeves	28:41	M	40-49				
45 John Westfall	29:07	M	40-49				
46 Anita O'Reilly	30:17	F	40-49				
47 David Santiago	30:25	M	20-29				
48 Sam Berger-Butler	30:27	M	11-14				
49 Jacob Phillips	30:30	M	-10				
50 R.Fenstermacher	30:37	F	40-49				
51 Kate Arata	31:09	F	11-14				
52 John Pasalich	31:10	M	50-59				

FOOD BANK 5K

Katie Creighton ran the Food Bank 5K on a rainy Friday October 3rd. About 86 runners came out for this event. This was the fifth annual race to benefit the Associated Churches Food Bank. Katie believes in this worthy cause and says it is a fun event. In spite of the dreary weather, no one's spirits were dampened.

Zoom Thru Zulu 10K

Zulu, IN

October 11, 1998

Place	Name	Age	Time	Division
1	Rigg, Kevin	31	32:44	1
2	Cooper, Brad	36	33:20	2
3	Sanderson, Mark	37	34:44	3
4	Fruchey, Mike	29	35:01	1
5	Esquivel, Todd	21	36:10	1
6	Hisner, Randy	40	36:17	1
7	Schneiders, John	34	36:35	1
8	Moya, Ward	35	36:54	1
9	Stephens, Sam	35	37:21	2
10	Beasley, Jon	33	38:21	2
11	Axe, Denny	32	38:29	3
12	Green, Daniel	43	38:33	1
13	Beebe, Chris	17	39:12	1
14	Eisert, Kirk	29	39:18	2
15	Horstman, Kevin	26	39:20	3
16	Williams, Gary	37	39:30	3
17	Cearns, Paul	34	39:36	4
18	Quintero, Carlos	38	39:46	4
19	Treleaven, John	46	39:54	1
20	Maus, Jeff	41	39:55	2
21	Shaffer, Paul	40	40:21	3
22	Davidson, Kim	26	40:29	1
23	Schoudel, Mike	30	40:29	5
24	Stone, Mike	38	40:42	5
25	Brattoli, Mark	42	41:01	4
26	Leon, Craig	13	41:25	1
27	Horstman, Ryan	21	41:29	2
28	Dexheimer, Gary	49	41:35	2
29	Milleman, Jeff	42	41:40	5
30	Keister, Bryan	39	41:46	6
31	First, Tim	26	42:06	4
32	Nichols, Donn	47	42:53	3
33	Henry, Mike	34	43:11	6
34	Beuchel, Pat	39	43:26	7
35	Landis, Tom	42	44:06	6
36	Berger, Bob	39	44:15	8
37	Felts, Tom	44	44:18	7
38	McNulty, Julie	33	44:22	2
39	Boylan, Dave	56	44:34	1
40	Millhouse, Dave	32	44:43	7

41	Rickerd, Paula	29	44:47	3
42	Sullivan, Frank	48	44:52	4
43	Whittington, Allen	43	44:53	8
44	Hullinger, Toby Jo	39	45:50	9
45	Obregon, Art	50	46:09	1
46	Ianucilli, Linda	35	46:11	1
47	Cowan, Philip	50	46:17	2
48	DeCook, Don	45	46:25	5
49	Waite, Karl	48	46:39	6
50	Larsen, Kim	37	46:41	2
51	Klopfenstein, Dennis	41	46:43	9
52	Ziegler, Joe	62	46:54	1
53	Luttman, Phil	51	47:05	3
54	Sullivan, Dale	57	47:31	2
55	Schumacher, John	39	47:42	10
56	Gabet, Greg	43	47:48	10
57	Gottschalk, Daniel	30	47:51	8
58	Wilson, Tyrone	37	48:03	11
59	Murphy, Ty	49	48:04	7
60	Armstrong, Lynn	51	48:21	4
61	Cisna, Joe	32	48:30	9
62	Vachon, Randy	40	48:37	11
63	Clevenger, Kelly	46	48:39	8
64	Upchurch, Dave	39	48:48	12
65	Hopen, Bruce	46	48:57	9
66	Hege, Greg	34	49:05	10
67	Young-Reese, Holly	27	49:07	1
68	Conrad, Steve	38	49:08	13
69	Richardville, Mike	44	49:09	12
70	Burnison, Randy	51	49:13	5
71	Anderson, Don	71	49:21	1
72	Heyneman, Brad	29	49:43	5
73	Metzger, Jeffrey	37	50:06	14
74	Hoverman, Connie	52	50:06	1
75	Freygang, Bill	37	50:08	15
76	McCague, Gary	38	50:17	16
77	Wells, Rob	39	50:23	17
78	Shaner, David	41	50:37	13
79	Waite, Kimberly	18	50:43	1
80	Ausderan, Paul	44	50:52	14
81	Fox, Lorraine	37	51:02	3
82	Grimes, Michael	48	51:11	10
83	Hochstettler, Mel	58	51:39	3
84	Graney, David	39	51:42	18
85	Harry, Dick	60	51:51	2
86	Loucks, Katrina	27	52:02	2
87	Loucks, Brian	29	52:02	6
88	Diller, Steve	43	52:03	15
89	Smith, Dan	31	52:08	11

90	Tippman, Steve	38	52:24	19
91	Clay, Nathan	12	52:37	2
92	Crim, Greg	34	52:46	12
93	Lupien, David	40	52:48	16
94	Clay, Linda	39	52:51	4
95	Allen, Georgia	59	52:54	1
96	Mack, Bill	57	53:16	4
97	Walker, Denny	45	53:38	11
98	Ryan, Diane	38	53:54	5
99	Louis, Karen	29	54:03	3
100	Etchison, Cyndy	39	54:15	6
101	Marner, Brent	40	54:15	17
102	Johns, Glenn	35	54:23	20
103	Bobay, Jill	38	54:28	7
104	Norris, Jill	26	54:38	4
105	Flora, Pam	31	54:46	1
106	O'Keefe, Deb	31	54:46	2
107	Whisler, Laurie	33	54:54	3
108	Bitting, Robin	41	55:01	18
109	Benschneider, Linda	53	55:02	1
110	Fortney, Rex	48	55:03	12
111	Didion, Josh	19	55:31	2
112	Anderson, Ann	33	55:32	4
113	Scrogham, Barb	52	55:38	2
114	Marner, Cheryl	39	55:49	8
115	Huss, Sharon	59	55:50	2
116	Bockey, Destri	13	55:55	1
117	Derickson, Karen	40	56:30	1
118	Ruhl, Tavia	42	56:37	2
119	Masters, Tasha	13	56:40	2
120	Ahee, Kathy	36	57:20	9
121	Treleaven, Debi	48	57:21	1
122	Stemen, Gordon	45	57:43	13
123	Hawkins, Thomas	40	58:32	19
124	Reeves, John	55	58:34	5
125	Nold, Gloria	63	59:22	1
126	McIntire, Michael	50	59:23	6
127	Dunno, Joy	37	59:31	10
128	Bossard, Dan	48	59:41	14
129	Bossard, Julie	39	59:50	11
130	Piano, Larry	50	59:50	7
131	Carpenter, Billy	56	59:52	6
132	DeMerchant, Paul	58	1:00:15	7
133	Dobson, Jennifer	30	1:00:35	5
134	Wattley, Darrell	36	1:01:00	21
135	Hendricks, Michael	48	1:01:04	15
136	Nold, Curtis	67	1:01:05	1
137	Harvey, Ann	45	1:01:28	2
138	Johnson, Reg	49	1:02:00	16

139	Steigmeyer, Cheri	32	1:03:21	6
140	Selking, Gary	37	1:03:44	22
141	Harvey, Bill	45	1:04:05	17
142	Castleman, Alan	38	1:04:09	23
143	Castleman, Dwight	15	1:04:56	3
144	Volk, David	34	1:04:57	13
145	Kleinknight, Sarah	55	1:05:41	3
146	Post, Diane	41	1:06:22	3
147	Disler, Ken	75	1:06:25	1
148	Johnson, Jennifer	43	1:06:45	4
149	Gernand, Caroline	34	1:06:52	7
150	Grimes, Nancy	45	1:06:53	3
151	Jones, James P	70	1:08:26	2
152	Stephenson, John	27	1:08:36	7
153	Ryan, Tom	50	1:08:50	8
154	Longsworth, Jean	69	1:12:14	1
155	DeRose, Karen Ann	28	1:12:52	5
156	Dougherty, Hope	42	1:17:17	5
157	Dannenfenser, Sue	49	1:21:16	4
158	Wagner, Debbie	32	1:26:49	8
159	Winchester, LeRoy	60	1:28:15	3
160	Phantom, phantom		1:28:19	

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

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

TRACK CLUB MEMBER PROFILE

Name: Santa Claus

Occupation: Self-Employed

Birthdate: Too long ago to recall

Birthplace:North Pole

Family: Mrs. Claus, Elves

Pets: 8 Tiny Reindeer

Hobbies or interests: Making toys

Favorite family activities: Caroling

Running Shoe Custom made boots

Favorite Distance to Run: From the workshop to the barn

PR: 3 minutes

Favorite Afer Race/Training Food: Cookies and Milk

Favorite place to Train: On snow

Favorite Race: Reindeer Dash

Favorite Item of clothing: Red suit

Why do you run?: Too cold to walk

Favorite Movie or TV program: Santa Claus. The Movie

Favorite music: Christmas Carols

Collections: Letters from children

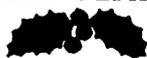
Favorite vacation destination: Hawaii, right after Christmas

Most prized possession: My sleigh

Has There Been An Inspiration To your Running? Dasher

Do you have a dream? Yes, mostly visions of sugarplums dance in my head

**MERRY FITNESS
AND A HEALTHY
NEW YEAR!**



TRACK CLUB MEMBER PROFILE

Name: Rudolph

Occupation: Corp. Lead reindeer on Santa's sleigh

Birthdate: The day I was born

Birthplace: North Pole

Family: Dasher, Dancer, Prancer, Vixon, Comet, Cupid, Donder, Blitzen

Pets:Yes, enjoy getting tem from Santa

Hobbies or interests: Playing reindeer games

Favorite family activities: Traveling around the World on Christmas Eve

Running Shoe Never use them

Yrs. running: Since I was a young buck

Favorite Distance to Run: the Polar Mile

PR: 2:36:18

Favorite Afer Racing/Training Food: Tender fresh leaves

Favorite place to Train:

Favorite Race: Reindeerathlon

Favorite Item of Clothing: Warm blanket

Favorite Movie or TV program: Rudolph, the Red-Nosed Reindeer

Favorite music: Sleigh bells

Collections: Antlers, for we shed them every year

Favorite vacation destination: christmas Island

Most prized possession: 1st place trophy won in the 1996 Reindeerathlon

Has There Been an Inspiration to Your Running?: Yes, Dasher

Do you have a dream?: To be able to guide Santa's sleigh forever.

WARNING SIGNS THAT YOU MAY HAVE BEEN COACHING HIGH SCHOOL CROSS-COUNTRY FOR TOO MANY SEASONS.....

by Paul Beckwith

1. You see three houses in a row and you realize that you have coached runners from all of them.
2. You notice pennants, flags, and streamers at fast food restaurants and car dealerships, and you think how cool they would look at your finish chute.
3. When driving by any golf course, you start laying out a map for an imaginary invitational.
4. You have enough safety pins to make a chain link fence around the school grounds.
5. You completely ignore international events in the newspaper because you just want the meet scores, places, and times.
6. You mix Gatorade with the skill of a French wine maker.
7. Your gym bag is packed with clothes for any condition between tropical rainforest and tundra.
8. The local newspaper is writing a story about old coaches and they want quotes from you.
9. Your wardrobe is almost entirely purple and gold - school colors.
10. You can sleep on a school bus.
11. On a romantic get away weekend with your wife to Chicago, you take Amtrak. You notice that the line goes right by Bixler Lake Park in Kendallville, sectional course and Oxbow Park in Goshen, regional course, and New Carlisle, New Prairie Invitational course.
12. You eat pasta every Friday night in September and October.
13. If you are not at practice or a meet, you are watching a middle school meet, your college team meet, or your former high school runners running in a meet.
14. At every meet, you know all of the mile marks, the best viewing spots, and the camp sites of each team.
15. The stock market dropping does not upset you as long as the pack time from 1 - 5 does too.
16. Your wife rakes leaves and puts in the storm windows.
17. Since you ran high school cross-country the race distance has changed three times.
18. Since you started coaching, your home course has changed places four times.
19. You remind your runners to remove their jewelry before the race, both girls and boys teams.
20. The runners that used to beat your team years ago are still beating your team.....as coaches.

HUFF Volunteers Needed Again! **(or "What I Did on My Christmas Vacation")**

Our own HUFF 50K trail run on the Banks of the Wabash is scheduled for December 27, 1998 at 8:00 A.M. Last year's event drew competitors from 16 states and provinces to Huntington, Indiana. And questionnaires that participants returned uniformly praised the volunteers of the Fort Wayne Track Club!

The Huntington Ultra Frigid Fifty was tied for the largest new Ultramarathon in north America according to UltraRunning Magazine.

Help be a part of this national running event. Volunteers are needed for staffing aid stations, registration, trail marking, split time recorders, packet pick-up and parking. Some jobs require availability throughout the event; others, such as assisting in parking or packet pick-up, only require a few hours.

This is a chance to meet some of the top folks in ultrarunning and to listen to some of the best adventure stories of runners. Helpers will be needed the day before the event for set-up and trail marking. The evening before requires volunteers to help with packet pick-up, late registration, and the pasta dinner. (Indoor work, folks!) On Sunday, December 27, we will need folks early for check-in and parking. During the race we will need aid station volunteers.

This year's event will add a three-person 50K relay option to the individual 50K event and one-loop "fun run." Call Mitch Harper at 456-1381, Don Lindley at 436-2234, or talk with Linda Gorman, Jerry Diehl, Judy Tillapaugh or Jon Schlatter. You may email to HUFF50K@aol.com. And if you had been putting it off, now is the time to think about ordering some new long underwear and warm boots!

Of course, you are also encouraged to consider entering one of the three events. The 50K course consists of three laps around the J. Edward Roush Lake at the Huntington Reservoir. The headquarters site is the Kil-So-Quah Campground which you may enter on US 224 approximately 2 miles west of the interchange with I-69 at Markle.

The above named folks are known to meet for training runs at the Reservoir. Give a call if you would like an introduction to the trail. Race Information is available at <http://members.tripod.com/~FtWayneRUNNER/HUFF.htm>

MASTERS RUNNER QUIZ by Paul Beckwith

PLEASE CHECK ALL THAT APPLY. IF YOU CHECK MORE THAN HALF, YOU MAY BE A MASTERS RUNNER.

1. You have a road race t-shirt, Charleston, West Virginia Distance Run dated 1974.
2. You have paid \$25 entry fees at races and 25 cents entry fees at races.
3. You used to buy your running shoes from some guy that sold them from the trunk of his car or his apartment.
4. Your first running experience was on a cinder track, five laps to the mile, and rectangular.
5. Offspring of your road racing rivals are beating you now too.
6. You have checked the boxes on entry forms in seven different age groups and in three different decades.
7. You have forgotten some of your PRs.
8. You have race results on the internet and ditto masters.
9. You have been timed with a computer chip on your shoelace and a stopwatch with a sweep second hand.
10. The first question asked by your physical therapist is, "How old are you ?"
11. You wore a singlet with a satin diagonal slash.
12. You rode to a college cross-country meet in a VW micro bus.
13. Before you gave away your road race trophies to Special Olympics, there were some with names of the races, dates, and distances, and you still can not recall ever participating.
14. The saplings at Goodyear Park, your first cross-country meet, are now a climax forest.
15. High school runners kick hard at the end of a race because they do not want to get beat by the old guy with the gray hair.
16. You do not care if you get passed at the end of a race.
17. You own enough t-shirts that it takes a hydraulic jack, two crow bars, and a steak knife to open your dresser drawer.
18. You had a pair of Mexico 68's, named after the 68 Olympics. They were made by Tiger Shoes, a company that has changed it's name three times since.
19. You competed against Dave Wottle.
20. You ran in a road race that was a fundraiser for the Olympics,
the 1972 Olympics.

Combroggi

At first glance of the title word I can image that the reaction of most is an intellectual "Huh." It is a word that I picked up from the book *Beloved Exile*, which is a novel based upon the timeless story of King Arthur and the Knights of the Round Table but told from the viewpoint of Gwenivere. Combroggi, according to the novel, is supposed to be an old Italian word of friendship meaning "one associated with." Now whether combroggi is an actual word or merely a product of the creative imagination of the author is not something that I have researched. It is also something that I would rather not know for I am afraid that this is one time where the potential harshness of reality may tarnish the romance of a word that I have come to endear. This word speaks of the thing that I most appreciate about running and the missing of which has made my present state most difficult, the friendships that it has provided me. Since I have been put in a position not of my own choosing, that of not being able to run, there is much about running that now brings pains that are both emotional and mental and much that I miss.

The races of the past haunt me in the odd moments of day and the races of others taunt me at their mention while the races I hoped for become like smoke grasped for. I miss deeply the loneliness of solitary training runs and pushing myself while on empty during races. But the thing that pains me the most and that I miss the most are the lost opportunities to run with the friends that running has given to me. It is the sweetest of dreams for me to be able to gather once again at Kil-So-Quah and to run once more the trails with these my combroggi.

1. J.P. "the cookie man" Jones. You have embraced me often with that hidden smile of yours that is always ready to burst upon ancient lines of your face with a bright laugh.
2. Judy "the guru" Tillapaugh. Whenever I have question about running or related matters all I have to do is ask you and I know that I will get an answer that is both wise and practical.
3. Mitch "Mr. Mo" Harper. It was my honor to be witness to and to be part of your crew as you completed the Mohican 100 mile trail race this past summer.
4. Joyce "la machine" Hockensmith. It took me six months to mentally and physically prepare for each of the three marathons that I have done, yet you crank one out every few weeks. WOW!!!!
5. Jerry "Mr. Yeehaw" Deihl. Without you I would have never completed my 50k, and none were more proud of me for completing it and for that I am eternally grateful.
6. Kim "the bulldog" Davidson. When you decide to take hold of a run or race there are few things that can keep you from turning a powerful performance.

Points Races Selected Rules:

- *Participant must be a FWTC member at the time of the race.
- *Points awarded are based on your finish time as compared to other FWTC members only in races as listed above.
- *Age groups will be based on your age as of 1-1-99
- *Double Points are awarded to the Hoosier Marathon finishers.

Points are awarded as follows

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

FORT WAYNE TRACK CLUB POINTS RACES FOR 1999

All dates are tentative

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

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/>

-----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.,
MARK SHORTER (317) 452-2616

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 WINTER RUN 5K, 10:00 AM, CLAY JUNIOR HIGH SCHOOL, CARMEL, IND.,
(317) 844-1588
- 12 SAT(R)POLAR BEAR RUN 5K, 10:00 AM, DEFIANCE, OHIO
(419) 784-4747
- 12 SAT(R)JINGLE BELL RUN 5K, 9:00 AM, LIMA, OHIO
(419) 537-0880
- 12 SAT ROCKET CITY MARATHON, HUNTSVILLE, ALA., MALCOLM GILLS, 1001 OPP
REYNOLDS RD., TONEY, ALA., 35773 (205) 828-6207
- 13 SUN DOMINO'S FESTIVAL OF LIGHTS 5K, 3:45 PM, ANN ARBOR, MICH.,
ANN J. BOYD (734) 332-3981
- 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
- 20 SAT(R)CHRISTMAS LIGHTS FUN RUN, 5:30 PM, HIGHLAND PARK, KOKOMO, IND.,
MARK SHORTER (317) 452-2616
- 20 SAT ARRC 2 LAPPER (5.3 MILES), 1:00 PM, SHADYSIDE PARK, ANDERSON, IND.,
(765) 643-6304
- 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, 2:00 PM, HIGHLAND PARK, KOKOMO, IND.,
MARK SHORTER (317) 452-2616
- 31 THUR NEW YEARS EVE MIDNIGHT 5K RUN/WALK, 9:00 PM, DOWNTOWN,
JACKSON, MICH., RISA WILKERSON (517) 788-4376

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

- 01 FRI(R) RUN IN THE NEW YEAR, NOON, RIECHE PLAZZA, LAFAYETTE, IND.,
(765) 296-2610
- 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
- 10 SUN 26TH ANNUAL DAVE'S SHOE RUN, 10 MILES, 2:00 PM, DELTA, OHIO
(419) 822-3498
- 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(R)WINTER CARNIVAL 5K, 10:00 AM, LAKESIDE PARK, SYRACUSE, IND.,
BRIAN SHEPHERD (219) 894-4338
- 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, 2:00 PM, SHOAFF PARK, FT. WAYNE, IND.,
BARRIE PETERSON (219) 637-5717
- 13 SAT(L) FWTC 22ND ANNUAL BANQUET, NORTHRUP HIGH SCHOOL, FT. WYANE,
IND.,
OWN POTLUCK DINNER-BRING ONE MAIN DISH, A SALAD OR DESSERT, AND
TABLE SERVICE, SOCIAL HOUR 5:00 PM AND DINNER 5:30 PM
- 13 SAT GASPARILLA DISTANCE CLASSIC, TAMPA, FLA., GDCA-RT, P.O. BOX 1881,
TAMPA, FLA., 33601-1881 (813) 229-7866
- 14 SUN MOTOROLA MARATHON, AUSTIN, TEXAS
(512) 505-8304
- 20 SAT(R)THINK SPRING 5K, 10:00 AM, LIGONIER ELEMENTARY, LIGONIER, IND.,
BRIAN SHEPHERD (219) 894-4638
- 27 SAT SMOKY MOUNTIAN MARATHON, TOWNSEND, TN, SHERMAN AMES,
KONXVILLE
TRACK CLUB, 6401 BAUM DR., KNOXVILLE, TN, 37919 (423) 588-7465
- 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

-----MARCH 1999-----

- 06 SAT GATE RIVER RUN, 15K, JACKSONVILLE, FLA., 1ST PLACE SPORTS,
3853 BAYMEADOWS RD., JACKSONVILLE, FLA., 32217
- 07 SUN OHIO RIVER ROAD RUNNERS, MARATHON AND HALF-MARATHON, XENIA, OH,
KEVIN 7 CHARI WALSH, 5741 HITHERGREEN DR., DAYTON, OH., 45429
- 14 SUN L.A. MARATHON AND 5K, LOS ANGELES, CA., L.A. MARATHON, 11110 W. OHIO
AVE., STE. 100, LOS ANGELES, CA., 90025 (310) 444-5544

- 20 SAT MOUNTIAN GOAT RUNS/WALK, KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834, MARC (217) 431-4243
- 20 SAT SHAMROCK SPORTSFEST MARATHON AND 8K, VIRGINA BEACH, VA, SHANROCK SPORTSFEST, 2308 MAPLE ST., VIRGINA BEACH, VA., 23451 (757) 481-5090
- 27 SAT(L) NUTRA RUNS, 20K AND 5 MILES, 2:00 PM, WOODSIDE MIDDLE SCHOOL, FT. WAYNE, IND., MIKE MCAVOY (219) 824-5158 (DATE TENATIVE)
- 28 SUN AROUND THE BAY, 30K AND 5K, HAMILTON, ONTARIO, CANADA, MIKE ZAJCZENKO OR LAURA DUNPHY, 2-558 UPPER GAGE AVE., STE. 216, HANILTON, ONTARIO, CANADA, L8V 4J6 (905) 574-8982

-----APRIL 1999-----

- 03 SAT(L) IPFW MASTODON STOMP 5K, 9:00 AM, HILLARD GATES SPORTS CENTER, IPFW CAMPUS, FT. WAYNE, IND., JUDY TILLAPAUGH, (219) 481-6647
- 03 SAT BADGERLAND STRIDERS SOUTHSORE HALF MARATHON, MILWAUKEE, WIS,
KRISTINE HINRICHS 1425 N. CASS, STE. 103, MILWAUKEE, WIS., 53202
- 10 SAT CHARLOTTE OBSERVER MARATHION AND 10K, CHARLOTTE, NC, DON KING, PO BOX 30294, CHARLOTTE, NC., 28230 (704) 358-5425
- 11 SUN ATHENS MARATHON AND HALF MARATHON, ATHENS, OHIO, ARNIE LAGRAFF (740) 594-3825
- 19 MON 103TH BOSTON MARATHON, THE STARTING LINE, ONE ASH STREET, HOPKINTON, MASS, 01748-1897
- 24 SAT(L) FINE ARTS FEST, 8K, IPFW, FT. WAYNE, IND., J.P. JONES (219) 745-7339
- 24 SAT KENTUCKY DERBY FESTIVAL MINI-MARATHON, LOUISVILLE, KY., KENTUCKY DERBY FESTIVAL, INC., 1001 S. THIRD ST., LOUISVILLE, KY., 40203 1-800-928-FEST
- 25 SUN LAKE COUNTY RACES, VARIOUS DISTANCES, HIGHLAND PARK, ILL., ANN SHAW, LAKE COUNTY RACES, 3100 SKOKIE VALLEY RD., @2N, HIGHLAND PARK, ILL., 60035 (847) 266-RACE

25 SUN GLASS CITY MARATHON, 8:00 AM, TOLEDO, OHIO,
TOM FALVEY, 3743 WOODMOUNT RD., TOLEDO, OHIO, 43613

-----MAY 1999-----

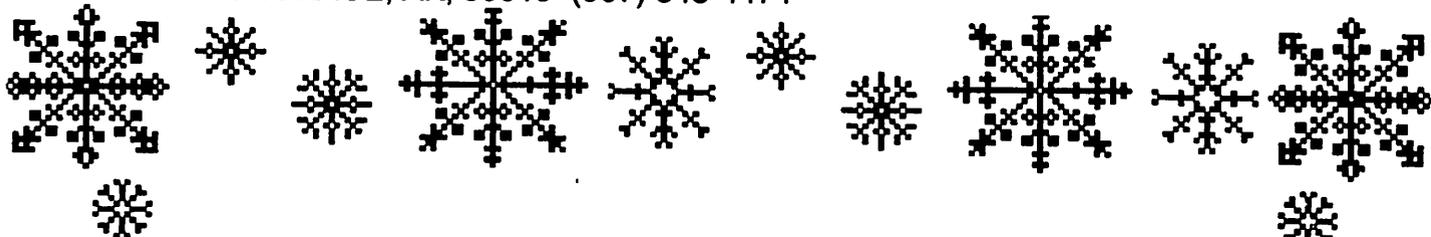
- 01 SAT INDIANAPOLIS LIFE 500 FESTIVAL MINI-MARATHON, INDIANAPOLIS, IND.,
500 FESTIVAL 201 S. CAPITAL, STE. 201, INDIANAPOLIS, IND., 46225
(317) 636-4556
- 02 SUN CVS-CLEVELAND MARATHON, CLEVELAND, OHIO, CVS-CLEVELAND
MARATHON, 29525 CHARGIN BLVD., STE. 316, CLEVELAND, OHIO, 44122
- 02 SUN UPMC/CITY OF PITTSBURGH MARATHON, PITTSBURGH, PA, LARRY
GROLLMAN, CITY OF PITTSBURGH MARATHON, 200 LOTHOP ST.,
PITTSBURGH, PA, 15213 (412) 647-7866
- 08 SAT LAKE GENEVA MARATHON, 25K AND 5K, 8:00 AM, LAKE GENEVA, WIS.,
(414) 248-4323
- 09 SUN FLYING PIG MARATHON, CINCINNATI, OHIO, CINCINNATI MARATHON,
644 LINN ST., STE. 835, CINCINNATI, OHIO, 45203 (513) 721-PIGS
- 29 SAT FIRST OF AMERICA RUN HALF-MARATHON, DEXTER-ANN ARBOR, MICH.,
FIRST OF AMERICA RUN, PO BOX 8615, ANN ARBOR, MICH., 48107
- 31 MON(R) THE TRUTH NBD BANK GREAT RACE, HALF-MARATHON AND OTHER RACES,
GOSHEN-ELKHART, IND., RON SCHMANSKE, GREAT RACE, PO BOX 682,
ELKHART, IND., 46515 (219) 296-5862

-----JUNE 1999-----

- 05 SAT(R) SUNBURST MARATHON, 6:00 AM, SOUTH BEND, IND., SUNBURST
MARATHON,
C/O MEMORIAL HOSPITAL, 615 N. MICHIGAN ST., SOUTH BEND, IND., 46601
(219) 674-0900, EXT. 6262
- 12 SAT(L) HOOSIER MARATHON, 6:30 AM, FOSTER PARK, FT. WAYNE, IND., FWTC,
PO BOX 11703, FT. WAYNE, IND., 46860 (219) 436-2234
- 12 SAT LAKE MINGO TRAIL RUN, 7.1 MILES, 9:00 AM, DANVILLE, ILL., KENNEKUK
ROAD RUNNERS, PO BOX 1701, DANVILLE, ILL., 61834, MARC (217) 431-4243

19 SAT GRANDMA,S MARATHON, DULUTH MINN, GRANDMA,S MARATHON,
PO BOX 16234, DULUTH, MINN, 55816 (218) 727-0947

19 SAT MAYOR,S MIDNIGHT SUN MARATHON AND HALF-MARATHON, ANCHORAGE,
AK, JOHN MCCLEARY, ANCHORAGE PARKS AND REC, PO BOX 196650,
ANCHORAGE, AK, 99519 (907) 343-4474



FEBRUARY 13, 1999

Fanny Freezer 5K

Shoaff Park 2:00 PM

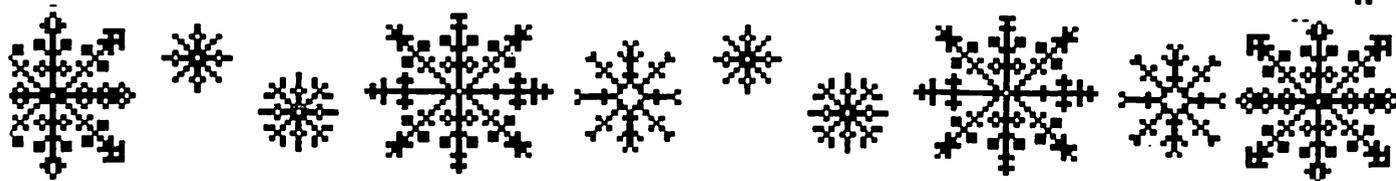
22nd Annual FWTC Banquet

Northrup High School

5:00 Social 5:30 Potluck

6:00 Speaker

**Mark this date on your calendar and stay
turned for details.**



Are people less generous when they make their own sandwiches? One stomach.

up getting stuffed, of course, is your salads, or other fillings. What ends much meat, mayonnaise-drenched stuff their sandwiches with fat too "money's worth." Translation: They problem by trying to give you your Most restaurants compound the (See back cover.)

Mayo on your sub roll. Nice goin' asks if you'd like light or regular tuna and other salads and always And the chain uses light mayo in its fatty meats (or with cheese or oil). grams of fat didn't get there with six-inch subs with no more than six ton. Its heavily advertised line of Subway is the most notable excep-

Grandé. every supermarket north of the Rio that crowd the aisles of just about fat luncheon meats and mayonnaises Most haven't discovered the low- What are restaurants doing wrong? You touch the pickle.

third to a full day's sodium before sandwich you pick, expect at least a the bread). And no matter what overstuffing tuna salad with mayo on 63 grams of fat and 975 calories (for ranges from six grams of fat and 370 calories (for turkey with mustard) to A typical restaurant sandwich

(April 1995, cover story). like Wall Street Deli and Schlotzsky's lyzed sandwiches from restaurants found three years ago when we ana-half a day's fat? That's what we ries? A chicken salad sandwich with A tuna salad sandwich with 700 calo-

The Usual

There are only so many things you can put between two slices of bread. And sometimes it feels like you grew tired of most of them in the middle of the fourth grade. Worse yet, you may actually miss some of your old favorites—like egg salad or ham or peanut butter—that you've kept out of your lunch bag because you don't want too much fat or salt or cholesterol. Don't despair. Well, despair if you want to. Just don't give in and settle for Lunchables for your kids or a Big Mac for yourself. Here are our suggestions for renovating the old standbys...and rustling up a few newcomers. At least we think they're new. For all we know, you've been eating them since junior high.

Unlike most sandwiches, our veggie versions supply at least a serving of vegetables and all the fiber, vitamins, and phytochemicals that come with them. All for just 200 to 300 calories and less than seven grams of fat.

Raita.

Cucumber and tomato in a garlic yogurt dressing? Try our **Right-on Horseradish Heaven**. Check radish inside the same pita? marinaded red pepper, and horse-

Be bold. Raw spinach, mushrooms, three or four per sandwich.) Be bold. Raw spinach, mushrooms, waste—small if you only use but the cost—to your pocketbook or give and the marinade has some oil, for. (Yes, the artichokes are expensive. (Yes, the artichokes are expensive. (Yes, the artichokes are expensive.)

choke hearts, red onion, and any bread with chopped marinated artichokes, etc. sandwich by stuffing a toasted whole wheat pita (pocket) You can make the most delicious heavy on cheese or dressing.

Vegetable Sandwiches

Never heard of a vegetable sandwich? In restaurants, the "veggie" is usually heavy on cheese or dressing.

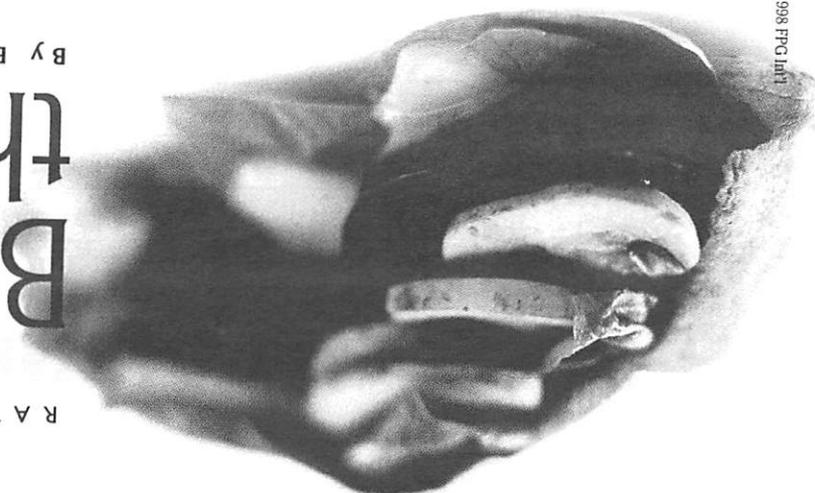
Here's how to turn a typical sandwich into a healthier sandwich. You'll find the recipes for all the sandwiches in bold on page 11.

can only hope. In our chart, we assumed that some folks pile on four ounces of meat or other filling when they pack a lunch (because that's what many sandwich shops do and we can't come to your kitchen to measure).

Between the Slices

By Bonnie Liebman & Jayne Hurley

RATING SANDWICHES



1998 PFC Ltd.

The Inside Track would like to hear from FWTC Members. Fill out this profile form and return it to Linda Ianucilli 6208 Blackstone Drive Fort Wayne 46818
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:

Linda Ianucilli
6208 Blackstone Drive
Fort Wayne, IN 46818

Your name: _____

Race: _____

Date: _____ Distance: _____

Your time (optional): _____ Weather conditions: _____

Approximately number of runners: _____

What you liked about the race: _____

Other FWTC members attending: _____

Other comments: _____

FWTC MEMBERSHIP APPLICATION

Fort Wayne Track Club - For Runners and Walkers

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

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Occupation: _____ Business Affiliation: _____

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

Family Members:

Spouse: _____ Birthdate: _____ Sex _____

Children: _____ Birthdate: _____ Sex _____

_____ Birthdate: _____ Sex _____

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

ANNUAL MEMBERSHIP DUES: January 1 - December 31

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

New Members: First year only \$12.00

Members under 21: \$12.00 per year until 21

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

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

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

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

CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself, and any other person named on this application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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

Primary Member

Signature: _____ Date: _____

Parent Signature: _____ Date: _____

(if under 18)

THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

- OFFICER
- President Vice President Secretary Treasurer
- RACE DIRECTOR
- Major Race Fanny Freezer Fun Run Training Run
- ASSISTANT RACE DIRECTOR
- EQUIPMENT COORDINATOR
- Assist Transportation of Equipment to Races
- 1st Quarter 2nd Quarter 3rd Quarter 4th Quarter
- Monitor Maintenance of Equipment
- RACE SCHEDULE COORDINATOR
- RACE WALKING COORDINATOR
- MEMBERSHIP
- BOARD MEMBER
- FINISH LINES
- 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...

JUST PLAIN 10K

Saturday, December 5, 1998, 2:00PM***Points Race***
Foster Park, Ft. Wayne, IN

WINTER CARNIVAL 5K

Saturday, February 6, 1999, 10:00AM
Lakeside Park, Syracuse, IN

FANNY FREEZER 5K

Saturday, February 13, 1999, 2:00 PM
Shoaff Park, Fort Wayne,

FWTC MEETINGS

Wednesday, December 9, 7:00 PM, Run, 6:00 - Christmas Party
Wednesday, January 13, 7:00 PM, Run 6:00
IPFW - Hilliard Gates Activity Center

ADVERTISING RATES

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



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

Bulk Rate
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