

the inside track

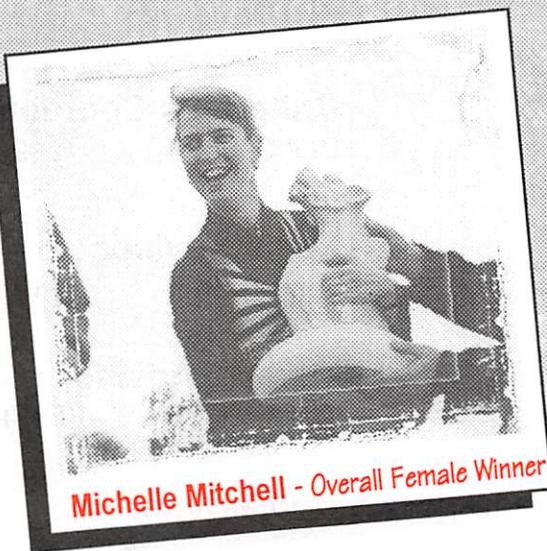
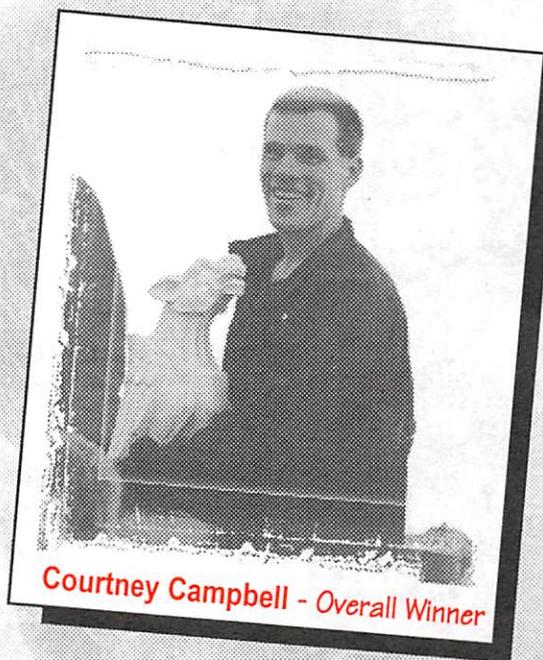
February 1999 - March 1999



A PUBLICATION OF THE FORT WAYNE TRACK CLUB

HUFF Huntington Ultra

50K Race along the Banks
of the Wabash Sunday,
December 27, 1998
Huntington, Indiana



Join The
Fort Wayne
Track Club on
Saturday, February
13th for the
22nd Annual FWTC
Banquet at Northrop HS.
This years guest speaker will be
Melina Kennedy, former NCAA
runner and wife of Bob Kennedy.

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1999



FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

President	Bill Sohaski	(219) 749-5081
Vice-President	Paul Knott	(219) 485-1917
Secretary	Katie Creighton	(219) 637-1102
Treasurer	Don Lindley	(219) 432-5998

Board Members

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Alan Gilbert
Tim O'Connell
Lynn Armstrong
Kim Ginder
Barrie Peterson
Jay Brower
Linda Gorman
John Peterson
Vern Cedar
Fred Hannan, Jr.
Mike Pfefferkorn
Gary Dexheimer
Bill Harris
Bill Schmidt
Jerry Diehl
Jack Hilker
Marsha Schmidt
Bobbi Widman
Foust
Joyce Hockensmith
Eugene Striggle
Michael Fruchey
Jeffrey Metzger
Brad Thomas
Roger Wilson

Newsletter

Editor - Linda Ianucilli
(219) 489-4176

Mailing

Julie McNulty (219) 483-3830

Membership Coordinators

Don Lindley (219) 432-5998

Equipment Coordinators

JP Jones (219) 745-7339
Don Lindley (219) 432-5998
Paul Ausderan (219) 436-4446
Paul Knott (219) 485-1917

Race Schedule

Chairperson - Jonathan Schlatter
(219) 456-3331

RRCA Liaison

Judy Tillapaugh (219) 456-3277

Club Historian

Don Lindley (219) 432-5998

Race Management Coordinators

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

Advertising Coordinator

Mike McAvoy (219) 824-5158

Publicity Coordinator

Michael Yann (219) 489-5265

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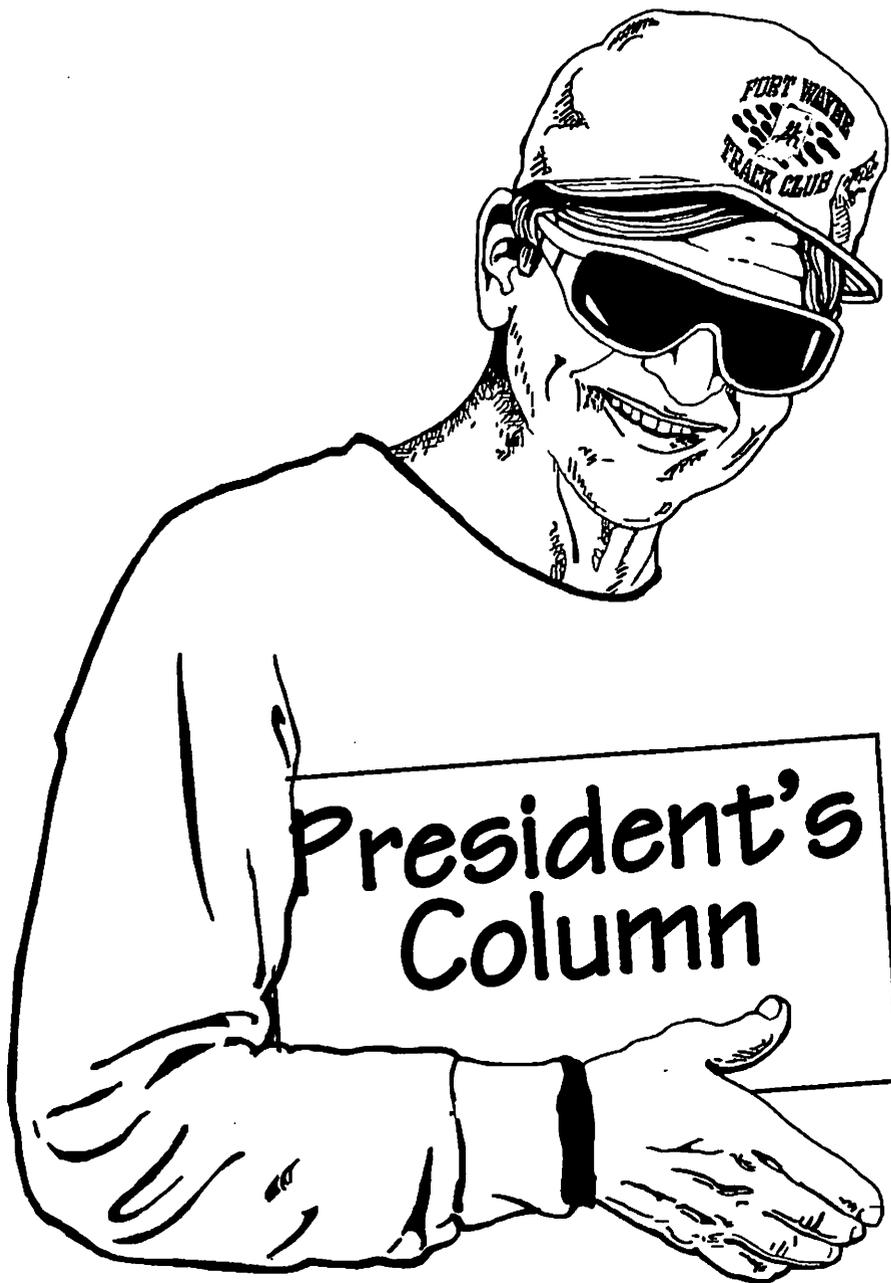
Phil Suelzer (219) 486-1745

Legal Advisor

John Powell (219) 484-7334

Medical Advisor

William Crane (219) 268-1100



Bill Sohaski

**Fort Wayne
Track Club
President**

1997 and 1998, were good years for the FWTC. They were years of progress and growth. A main ingredient for our progress and success was a strong Board of Directors led by an energetic group of officers. Barrie Peterson will be a hard act to follow. We all are grateful for Barrie and Paul's speed workouts. Charley Brandt did a great job of backing up, offering common sense and picking up tasks when the need for those things arose.

Jon Schlatter handled two big jobs, namely, club secretary and the race schedule. Even though Jon had a personal situation to deal with, both jobs were always done on time and done well.

Joyce Hockensmith, our outgoing editor, did a marvelous job on our 50 plus page publication. We'll look forward to reading her regular column, which should appear in future issues of The Inside Track.

There's really no way to thank Don Lindley (our founder and treasurer), for his contributions, other than to say it's impossible to imagine the club without him. Thankfully Don continues on as treasurer and Jon will stay on as scheduling chairman. I like Don Lindley's insightful thinking a lot and hope to follow his advice, "Don't take it too seriously and try to have fun!"

Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, November 11, 1998 7:00 - IPFW

19 Present

C. Brandt
J. Brower
M. Clay
B. Crane
J. Diehl
K. Dishler
M. Harper
J. Hockensmith
L. Ianucilli
JP Jones
P. Knott
D. Lindley
M. McAvoy
M. McManus
B. Peterson
B. Schmidt
B. Sohaski
J. Tillapaugh
M. Yann

Meeting called to order by president Barrie Peterson. Don Lindley started with a devotion and prayer.

It was moved from Bill Crane that we send \$50 from the club, plus additional contributions to the Memorial in Ithica, New York in memory of Ken Tillapaugh, Judy's father. The motion was second and passed.

The minutes from the October meeting were approved and mailed. Don Lindley reported a total of \$15,462.47 in the treasury with membership now at 483.

Short reports were given on recent races, including the Germantown, Owen-Putnam Trail Runs and the Dublin Ireland Marathon.

Joyce Hockensmith requested information for the newsletter before Thanksgiving. Linda Ianucilli is taking over for Joyce in putting together the newsletter. Joyce was applauded for her efforts in the past 5 plus years as newsletter editor.

The slate of officers for 1999 is as follows:

President: Bill Sohaski
Vice-President: Paul Knott
Treasurer: Don Lindley
Secretary: Katie Creighton

Mike McAvoy moved that the slate be approved to be voted on the December meeting, along with 33 board members that agreed to serve. The motion was seconded by Mike Yann and passed. Mac McAvoy suggested a list of jobs to be distributed for new board members to sign up.

Don Lindley reported that the Turkey Trot has 14 pre-registered for Saturday, November 21st 11:00 am. 5k trail Run.

Mitch Harper reported 18 pre-registered participants for the Huff scheduled for Sunday, December 27. A volunteer meeting will be held November 22 at the Pizza Hut at 69/24. A pre-pasta dinner will be held at St. Mary's Catholic Church in Huntington on Saturday night, along with packet pick up. Two entries have come from Switzerland.

Fort Wayne Track Club Monthly Meeting

Minutes

(Continued)

Mary McManus requested support from the FWTC for the Irish Fest 5k run on August 14, 1999 to raise funds for first generation scholarships. Support was granted and Mike McAvoy agreed to work with Mary on the course in downtown Fort Wayne.

Mike Clay from the Van Wert Road Runners requested cooperation from the FWTC in order to receive the benefits of our RRCA insurance. This was referred to Don Lindley and Judy Tillapaugh to work with Terry Diller and Mike Clay to work out the details and report at the meeting in January.

Mike McAvoy announced the Fanny Freezer to be held on Saturday, February 13th at Shoaff Park at 2:00 pm. The banquet will be held at Northrop High School later in the afternoon. The NutriNutri is scheduled for March 27th at 2:00 pm. at Homstead. An effort is being made to put the kids race on a the highway instead of on the track.

JP reported that the 8K Fine Arts Run for April 24th is still in the planning stage. He is working on the 2 mile walk and awards.

Don Lindley reported that the Hoosier Marathon will have it's host hotel at the Hilton. Planning is still going on for the complete entry from including the relay, new medals and T-shirts.

It was announced that the December Board meeting will be on the 9th to include gift exchange with a \$20.00 maximum value, a potluck supper, and voting for officers. All new board members will be invited.

It was agreed to have the same points races in 1999 as we had in 1998 and Paul Knott will take this over.

Mac McAvoy announced that the Jingle Bell Run is scheduled for 10:00 am. on Saturday, November 14th.

Judy announced a meeting of supporters of the IPFW Cross-Country program to be held November 22nd at 5:00 pm.

Barrie Peterson advised that the officer's meeting will be held November 22nd. at 3:00 pm. at the Pizza Hut on West State. Present and new officers to attend. The meeting adjourned at about 8:35.

Respectfully submitted,
JP Jones, acting Secretary

Fort Wayne Track Club Monthly Meeting

Minutes

Wednesday, December 11, 1998 7:00 - IPFW

25 Present

M. Yann
K. Creighton
E. Striggle
W. Crane
J.P. Jones
D. Anderson
M. McAvoy
B. Peterson
L. Averbeck
D. Lindley
R. Lindley
J. Millenman
M. Lindley
B. Sohaski,
C. Brandt
J. Hockensmith
B. Harris
K. Ginder
K. Davidson
J. Tillapaugh
P. Knott
J. Diehl
M. Harper
J. Peterson
J. Schlatter

1. Meeting called to order by Barrie Peterson and Don Lindley opened with a prayer
 2. The minutes from last meeting were reviewed and accepted.
 3. The Treasurer's and Membership report was given by Don Lindley.
 - a. There was an income of 1,326.24, with expenses of 1,327.33, for a balance of 15,211.22.
 - b. The Newsletter printing and RRCA insurance and membership are yet to be paid.
 - c. There are 498 members to date.
 4. Jon Schlatter said that there were no new races to report.
 5. J. P. Jones gave the final report on the Just Plain 10k.
 - a. There were 62 finishers.
 - b. 140+ T-shirts were donated to be given to local charities.
 6. Don Lindley gave the final report on the Turkey Trot 5k.
 - a. There were 123 finishers.
 - b. Net profit was \$159.51.
 7. Linda Ianucilli said that the deadline for the next newsletter was Jan. 15, 1999.
 8. Mitch Harper gave the HUFF update.
 - a. 160 entries, 7 relay teams, and 20 one loop racers so far.
 - b. Race is attracting national competitors.
 - c. May be some expanded media coverage.
 - d. Pasta dinner the night before at St, Mary's Church In Huntington, Ind.
 - e. New sponsors include Bolder Bars, Goo, and Abby Brown Chocolates.
 - f. Running tights will be given to the 50k finishers.
 9. Mike McAvoy gave update on Awards Banquet.
 - a. Will be Feb. 13, 1999, at Northrop High School cafeteria.
 - b. Still waiting on speaker to confirm.
 - c. Club will provide the drinks.
 - d. Fanny Freezer 5k will be at 2 pm at Shoaf with onsite registration and awards.
 - e. Showers will be available at Northrop after the race.
 10. The slate of new officers was nominated and elected by voice vote.
 11. Don Lindley and Bill Sohaski presented information on the new race management software that they are going to purchase for use by the track club.
- Meeting then adjourned. Next meeting Wednesday, January 14, 1999, 7:00 p.m., IPFW.

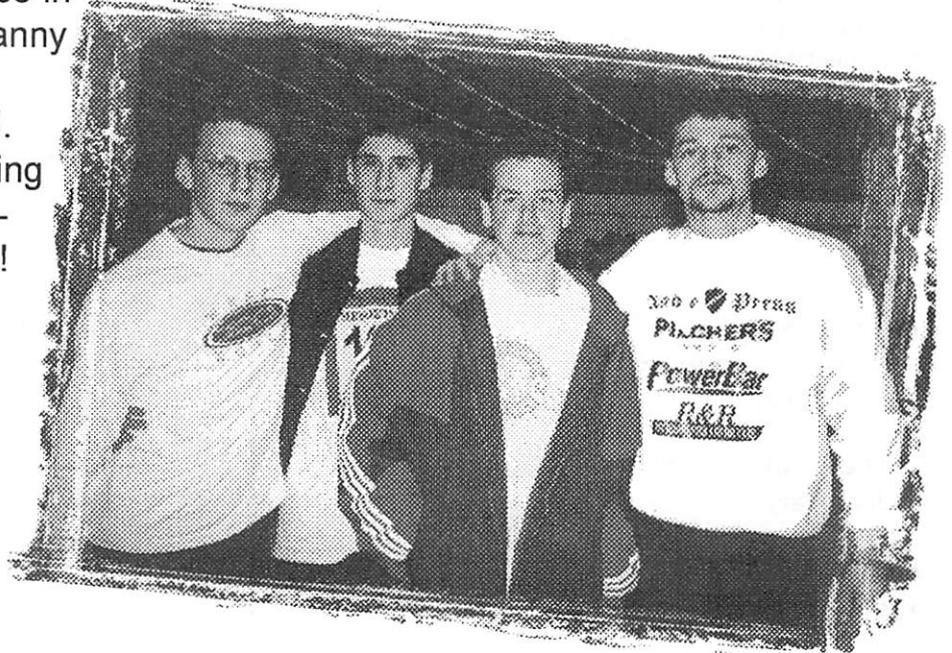
Respectfully submitted,
Jon Schlatter, Out Going Club Secretary.

Ligonier Track Club Takes Team Title

Four members of the Ligonier Track Club won the open team division at the annual "Resolution Midnight 5k" held in Beaver Creek, Ohio.

Brian Sherperd won the race in 15:26, while teammates Danny Butler, and Russell Simon finished 6th and 9th overall. this was a very good showing in a field of almost 800 runners. Congratulations to all!

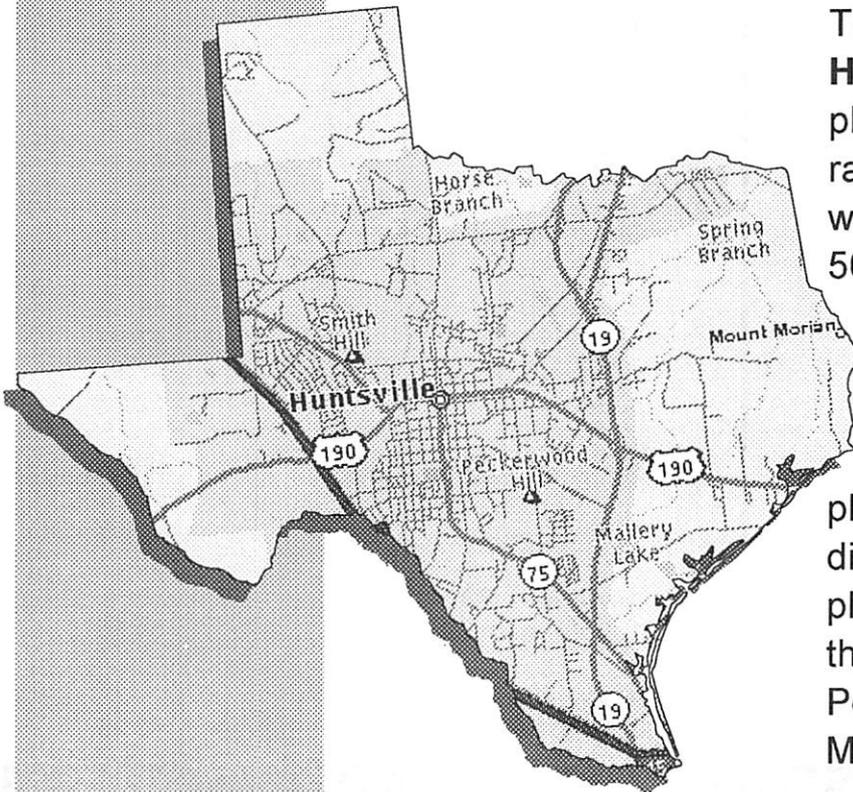
(Pictured from left to right: Russell Simon, Andy Reed, Danny Butler and Brian Sheperd



FLASH- Huntsville TX

The Fort Wayne Track Club's **Joyce Hockensmith** was an age group phenom at America's largest ultramarathon in Huntsville TX this past weekend. Running in the Sunmart 50K division, Joyce placed fourth in the women's 50-54 age group in a time of 6:42:14.

Huff 50K veterans Joe Smindak placed in the the men's 35-39 age division in the 50K; Kevin O'Grady placed in the 40-45 age division in the 50-miler. Huff veteran Tom Possert won the recent Kentucky 50 Miler race in Louisville KY.



Just Plain 10K Run - 3.3K Walk

Saturday - Foster Park

December 5, 1998

Female 25 - 29	OV	TIME
1. Kim Davidson	19	42:09
2. Christa Webber	20	43:21
3. Paula Rickerd	22	44:26
4. Karin Cline	48	53:04

Female 30 - 39		
1. Linda Gorman	21	43:41
2. Robbin Mauger	51	55:37
3. Caroline Gernand	57	62:21

Female 50 - 54		
1. Joyce Hockensmith	54	58:44
2. Barb Scrogam	55	58:45

Female 60 & Over		
1. Joan Gary	52	56:34

Male 14 & Under		
1. Eric Nestel	28	46:33
2. Andy O'Connor	29	46:34
3. Derek Leininger	30	46:35

Male 15 - 19		
1. Jeff Nidlinger	5	37:26
2. Jon Nidlinger	8	39:20

Male 20 - 24		
1. Chad Clevenger	10	40:00
2. Brad Thomas	11	40:13
3. Chris Adang	13	40:37

Male 25 - 29		
1. Michael Fruchey	2	35:11
2. Brad Heyneman	45	51:25

Male 30 - 34		
1. Ron Sharp	1	34:11
2. Paul Cearns	7	39:08
3. Mike Henry	9	39:58
4. Mike Moya	36	47:38
5. Jon Schlemmer	59	63:15

Walkers - 3.3K

1. Vicki Jacobs	30:19
2. Polly Jacobs	30:24

Walkers - 6.6K

1. Allen Albert	40:35
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Male 35 - 39	OV	TIME
1. Jay Webber	3	35:37
2. Sam Stephens	4	37:19
3. Ward Moya	6	38:16
4. Paul Knott	12	40:29
5. Jeff Rowe	15	40:57
6. Dan Nestel	17	41:57
7. Mark Lulling	27	46:23
8. Jeff Metzger	31	46:40
9. Steve Rhoades	47	52:50
10. Mike Cline	50	55:15
11. Scott Mills	53	56:39
12. Kurt Walborn	56	60:37
13. Rob Wells	58	62:22

Male 40 - 44		
1. Mark Brattoli	14	40:40
2. Jeff Milleman	18	42:08
3. Tom Landis	24	44:43
4. Mitch Harper	26	44:57
5. Vern Ceder	32	46:54
6. Kevin Truelove	41	49:04
7. Paul Ausderan	42	49:22

Male 45 - 49		
1. Jed Pearson	16	41:51
2. Jim Pickett	44	49:56

Male 50 - 54		
1. Don Lindley	34	47:27
2. Wes Sabins	35	47:37
3. Jack Seigel	39	48:04
4. Ty Murphy	43	49:39

Male 55 - 59		
1. Bill Crane	23	44:27
2. Dave Boylan	25	44:45
3. Larry Averback	33	47:20
4. Tom Felger	37	47:51
5. Barrie Peterson	46	52:21

Male 60 - 64		
1. Joe Ziegler	38	47:58

Male 65 - 69		
1. Bob Loomis	49	54:50

Male 70 & Over		
1. Don Anderson	40	48:26

Volunteers:

Bill Sohaski Judy Tillapaugh Tom Deal Jerry Diehl Bob Berger Jon Schlatter
John Gary Rosann Lindley Don Lindley Vicki Jacobs Polly Jacobs

Race with Grace 10K - Greece, New York

While visiting in the Rochester, NY area on Thanksgiving, a newspaper article on Wednesday night announced the 8th Annual/Race With Grace 10K. The write up gave all the particulars about the event including the expected 700 runners. The race started back in 1991 with 120 participants and they had 650 in 1997.

I arrived a good hour before the 9 O'clock start time and the registration area inside the church was a frenzy of activity. The \$15 entry fee included a long sleeve T-shirt. The first 200 who Pre-registered received a sweatshirt! I parked right next to the finish line. The one half mile to the start line was a good warm up but it didn't do much good. The race started 20 minutes late and we found out later it was because 250 runners signed up that morning and it took time to process them.

The temperature was a comfortable 40 degrees and overcast and the course was all asphalt and very flat. The course was a bit dull going around a 2 mile plat ending up at the church. It was safe with good protection from traffic, water stations at about 2 miles and 4 miles, plus timers calling off times at each mile. The finish line had 4 chutes, but by the time I got in at 68 minutes, only one chute was needed.

The post race activities were highlighted by 2 events, the first being the food. Two sets of tables had signs above them announcing: Bagels, beverages, fruit and yogurt. There was plenty of all of these plus a new energy called "Cliff". Also, the race results were posted, and on the information table was applications for membership in the Greater Rochester Track Club and information on future running events. The race director was Bob Djak who is also the President of the GRTC.

The second highlight was the awards ceremony which was held in the church sanctuary with a great sound system and plenty of seating. The senior pastor named George Grace (and that's another story) gave the introduction which was more like a sermon. The race director then read off the awards which consisted of \$200 and \$100 cash awards to the top runners. The age division with at least 3 deep and in the 40 to 45 year age group there were 97 entrants and they went 10 deep! The awards were gift certificates of \$15 to \$5 and were awarded quickly and efficiently with four people passing them out. Besides age divisions there were Father/Son, Father/Daughter, Mother/Daughter, Mother/Son, etc. That was designed to get family participation.

I apologize to George Driscall who I beat out of second place in our age division. His wife Marsha, won her age division again as she has for the last five years. This running couple was a delight to talk with which added to the highlight of the day.

If I'm invited back to Rochester next year at Thanksgiving, I will run this one again!

JP Jones

Thanksgiving 1998



The HUFF 50K

by Mitch Harper

We wanted the second annual HUFF 50K to have a memorable start. Participants got exactly that with the blast of the cannon which substituted for the starter's pistol. That was planned. What wasn't planned was the extra treat the pack of starting runners got just a quarter-mile into the race when several deer bounded across the trail.

Runners also appreciated that the memories of the muddy sections of the 1997 race remained just memories. Steadily cold temperatures the week before meant a hard and relatively dry trail. The conditions were so dry many runners asked what the DNR had done with the water in the Reservoir. Temperatures remained in upper 20's under mostly sunny skies for most of the event.

Courtney Campbell of Virginia won the race with a sizzling 3:32:55. Ohio's Mark Godale finished exactly one minute behind.

The HUFF 50K consists of three loops of a 10.8 mile trail. These are great times on a "long" 50K course.

Last year's winner, Brandon Sybrowsky, was feeling a little off after the first lap, perhaps not having fully recovered after winning the OTHC High Desert 50K earlier in the month. He joined his brother, Travis, in finishing the course.

Michell Mitchell was the women's overall winner in 4:21:59, an outstanding women's course record. She also set a new record in transporting the winner's award the farthest; she resides in Fairbanks, Alaska.

The overall winners of the men's and women's divisions are each awarded a 40 pound cast stone gargoyle. Winners are required to arrange for transport, we will not ship!

Misty Althizer of Ohio and Anong Pustow of Kentucky were the second and third place women's overall winners. Chris Breseke and Angela Buckley also finished under the prior women's course record.

Steve Webster accepted the third place overall finish in lieu of the men's master award, which he won last year. Steve had decided he did not need a matching Chief Little Turtle relief sculpture for his home. However, there was little he could do when Deb Webster was named the women's masters winner and received her own Little Turtle award.

Rimas Jakelaitis of New York was the men's masters winner in a time of 4:19:22 despite having gotten temporarily lost on the trail's south side. The men's masters title promises to be a battle next year as several of the top fifteen men enter the division during 1999.

While course conditions were a factor, most improved times were the result of dedicated training and resolve during 1998. As one great example from the mid-pack, Rick Eddie of Huntington improved his time by 43 minutes. It was great to see runners like Rick as well as runners who were completing their first ultra after having introduced themselves to the trail by running in the one-loop event the year before. An additional 79 runners were in the one-loop run; an additional 42 ran in the three-person relay. We expect many of those to be ultra newbies in 1999. A great thank you to the volunteers of the Fort Wayne Track Club and the Kil-So-Quah Road runners as well as Tom Burkhart of the Indiana Department of Natural Resources and the Huntington County Sheriff's Department.

Runners came from 17 states and 2 foreign countries. Next year's HUFF 50K will be one week earlier on December 18, 1999.



The HUFF 50K Relay

What a relay! Jaws dropped, women screamed and grown men wept. (And that was just for the Relay team of Peterson, Yann and MacAvoy).

Actually, observers were amazed at the winning time of 3:11:58 posted by the team of Mike Fruchey, Sam Stephens and Ron Sharp. "A Bunch of Nobodies," indeed. These guys left nothing out on the course. It was all hard work and team spirit.

When Mike came in under 1:05, he broke into a broad grin. When Sam came in for the hand-off right behind Mike's time, every FWTC member at the Start/Finish broke into a grin. Then Ron almost flew around the course in under one-hour!

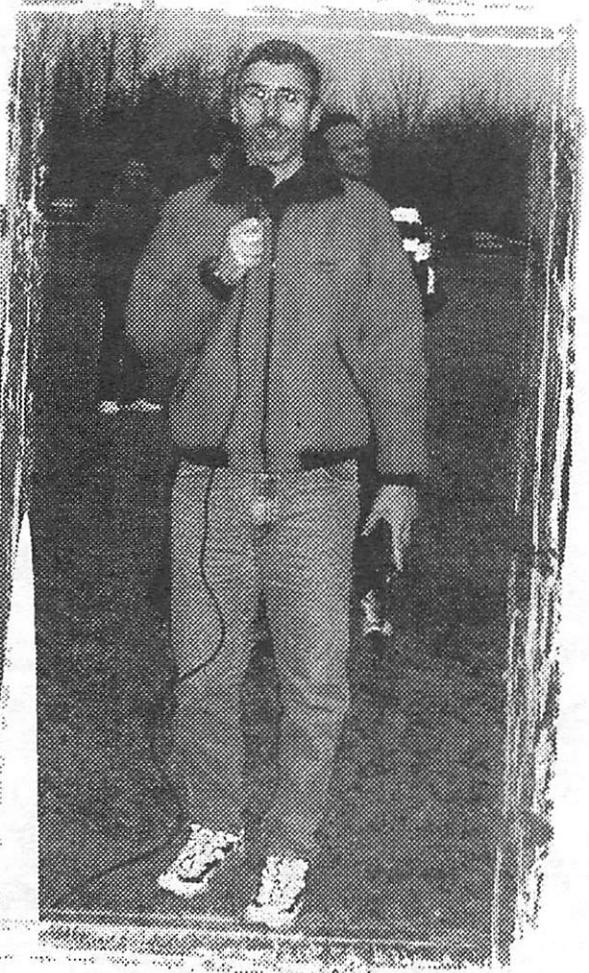
The "We-Not-So-Fast HUFFers" Team of Mike Schoudel, Darlene Schoudel, and Adam Barton won first place in the mixed division; Team BAANIC of northwest Indiana won first place in the 19 and under division.

All the relay teams seemed to have a blast; we look forward to continuing the 3-person relay in 1999.

HUFF-by-the-Numbers

The April issue of the FWTC INSIDE TRACK will carry statistical information from the March 1999 issue of UltraRunning Magazine. Learn how the HUFF times rate in the national rankings; where FWTC members stand in those rankings, and find out how The HUFF compares in size to other North American ultras.

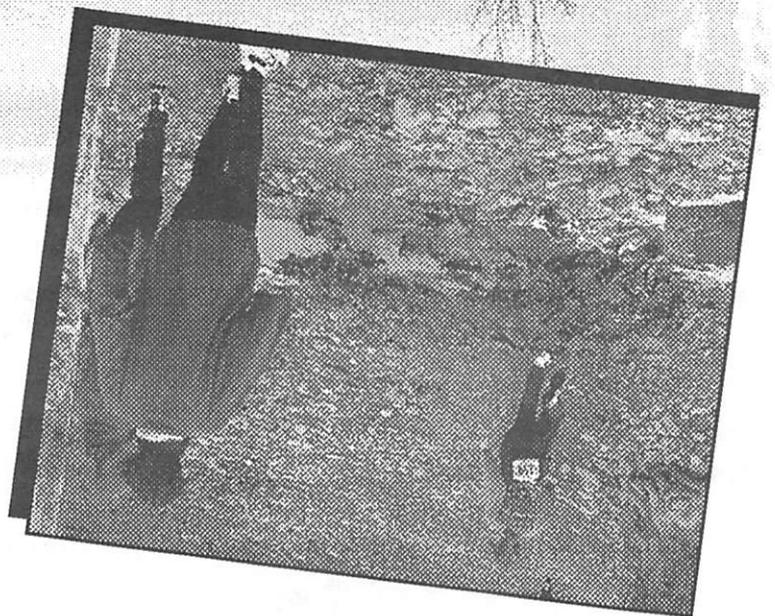
We'll also provide a great thank you to the sponsors and volunteers who made The HUFF 50K possible. (By the way, if you volunteered at The HUFF and didn't receive your bright orange gloves, let Mitch, Jerry or Linda know.)



Mitch Harper - Race Director

Special thanks to David Welkel for supplying the digital photography used in this article as well on the Huff web site





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50K Finishers (continued)

PL	NAME	AGE	SEX	STATE	TIME
23.	Eric Berg	36	M	IL	4:41:00
24.	Kurt Molter	32	M	OH	4:45:11
25.	Bill Perry	31	M	IN	4:46:11
26.	Don Yeager	49	M	MI	4:46:52
27.	Paul Loomis	28	M	IN	4:49:56
28.	Patrick Duff	45	M	MI	4:50:07
29.	Tony Gialanella	43	M	IL	4:50:15
30.	Chris Breseke	30	F4	IN	4:51:17
31.	Dave Konkey	30	M	IN	4:51:17
32.	Eric White	34	M	IN	4:53:15
33.	Mark O'Shaughnessy	39	M	IN	4:53:36
34.	Ed Stuart	52	M	OH	4:53:37
35.	Angela Buckley	29	F5	WI	4:57:29
36.	Jim Labbe	25	M	IN	4:58:31
37.	Joe Labbe	25	M	IN	4:58:31
38.	Stephen J.Arndt	47	M	IN	4:59:08
39.	Sean Kern	28	M	OH	4:59:15
40.	Mark Evans	43	M	OH	5:00:25
41.	Michael Ward	41	M	IL	5:01:12
42.	Jerry Bartram	52	M	OH	5:04:24
43.	Tom Moeller	46	M	IN	5:06:35
44.	Tom Henson	49	M	MI	5:07:45
45.	Scott Wareham	46	M	IN	5:08:57
46.	Walt Villers	47	M	OH	5:10:53
47.	Keith Theisen	53	M	IL	5:12:02
48.	Bill Antholine, Jr.	29	M	WI	5:12:59
49.	Bob Schlosser	61	M	OH	5:12:59
50.	Marc Laudeman	42	M	IN	5:13:35
51.	Thomas W. Popowski	42	M	IL	5:15:25
52.	Nick Karas	17	M	IN	5:16:40
53.	Kyle Jones	15	M	IN	5:17:52
54.	Jack Thomas	46	M	IL	5:17:52
55.	Travis Sybrowsky	31	M	MI	5:18:40

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50K Finishers (continued)

PL	NAME	AGE	SEX	STATE	TIME
56.	Brandon Sybrowsky	28	M	UT	5:18:40
57.	Charles T. Evans	42	M	IN	5:19:35
58.	Greg Bell	39	M	OH	5:25:21
59.	Andrew Kotulski	59	M	NJ	5:25:33
60.	Kim Davidson	26	F6	IN	5:25:40
61.	Jeff Milleman	42	M	IN	5:25:40
62.	Steve Riportella	33	M	IL	5:25:42
63.	James Mercer	29	M	MO	5:26:46
64.	Bill Wilham	52	M	IN	5:27:54
65.	John Hammetter	38	M	IL	5:29:33
66.	RichBreaux	42	M	IL	5:31:13
67.	Nicole Koleno	28	F	IL	5:31:37
68.	Philip Stuart	25	M	OH	5:31:37
69.	Larry Larocque	50	M	IL	5:32:15
70.	Steve Hanson	39	M	MI	5:33:20
71.	Matt Whalen	22	M	IL	5:35:09
72.	Amanda Bluck	24	F7	OH	5:35:30
73.	Richard Plezia	40	M	IL	5:36:16
74.	Dick Canterbury	51	M	IN	5:39:13
75.	Joe Plummer	46	M	OH	5:41:03
76.	Brent Barta	39	M	IN	5:42:15
77.	Mike Marrs	34	M	IN	5:42:21
78.	Bill Fitzgerald	48	M	IL	5:43:23
79.	Rick Eddie	42	M	IN	5:44:19
80.	Doug Haston	36	M	IN	5:46:48
81.	Tom Goodrich	25	M	IL	5:47:48
82.	David Hughes	53	M	IN	5:47:55
83.	Andrew Brightman	38	M	IN	5:48:12
84.	Katie Pinter	20	F8	IN	5:49:42
85.	Deb Webster	42	F9	MI	5:50:17
86.	Diane Laudeman	42	F10	IN	5:50:32
87.	Gordon Duncan	51	MONT	CAN	5:51:11
88.	KimLefever	42	M	IN	5:51:50
89.	Marc Reddy	55	M	IL	5:53:04

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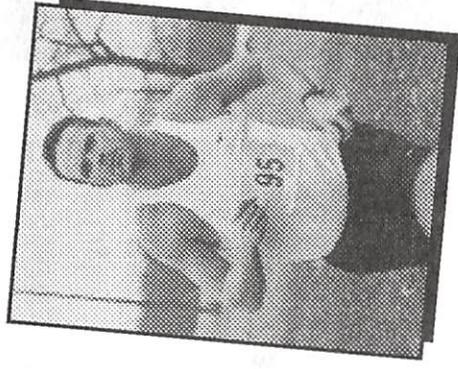
50K Finishers (continued)

PL	NAME	AGE	SEX	STATE	TIME
90.	Joe Kaz (Kazakaitis)	48	M	IL	5:54:09
91.	Brian Eaton	33	M	IN	5:54:36
92.	Phil O'Donnell	39	M	OH	5:54:45
93.	Steve Haley	48	M	IL	5:56:32
94.	Pat Koren	42	F11	CA	5:57:33
95.	Pam Wedig	45	F12	OH	5:57:48
96.	Ronald M. Hart	42	M	OH	5:57:48
97.	Michael Carr	54	M	IA	5:58:31
98.	Mike Cannon	45	M	IN	6:00:43
99.	Les Vaughan	58	M	IN	6:01:29
100.	Lori Schmidt	27	F13	IL	6:02:44
101.	Kathy Weikel	21	F14	IN	6:03:01
102.	David Weikel	46	M	IN	6:03:02
103.	Edith Reynolds	44	F15	IL	6:04:01
104.	Louie Tieman	47	M	IL	6:08:16
105.	William Michonski	27	M	IL	6:08:24
106.	Danielle R.G.Sullivan	26	F16	IN	6:10:52
107.	Paul Pelke	45	M	IL	6:11:23
108.	Verton Troyer	50	M	IN	6:12:27
109.	Pamela Dugan	41	F17	IN	6:12:38
110.	Sandy Bosley	48	F18	OH	6:12:42
111.	Steve Michael	49	M	GA	6:14:01
112.	Bob Berger	39	M	IN	6:14:45
113.	Norm Carlson	65	M	IN	6:16:28
114.	Francisco Garcia	44	M	IL	6:17:42
115.	Kathleen A. Haase	51	F19	M	16:17:53
116.	Dan Riggerback	40	M	OH	6:20:40
117.	Dennis Kranz	51	M	IL	6:21:35
118.	Lynn Paul Karner	42	M	IL	6:24:50
119.	Wade Carnes	49	M	IN	6:25:41
120.	Laurel Pojman	29	F20	IL	6:25:54
121.	Beth Onines	45	F21	IL	6:26:02
122.	James Patrick	46	M	IL	6:26:30
123.	Bill A. Mack	57	M	OH	6:27:09

HUFF FRIED FIFTY

50K Finishers (continued)

PL	NAME	AGE	SEX	STATE	TIME
124.	Dave Mortensen	44	M	IL	6:30:35
125.	Rich Limacher	48	M	IL	6:33:50
126.	Kathleen Tiller	52	F22	OH	6:36:05
127.	Bob Edesess	58	M	IN	6:38:42
128.	Donald Lindley	54	M	IN	6:38:42
129.	Joyce Hockensmith	51	F23	IN	6:39:06
130.	Richard Worley	51	M	TX	6:39:07
131.	Rob Apple	37	M	OH	6:43:37
132.	Bruce Osran	48	M	IL	6:43:37
133.	Paul S. Levy	62	M	IL	6:51:00
134.	Del Bowers	49	M	IL	6:52:35
135.	Jim Dill	56	M	IN	6:53:59
136.	Tom Tiller	57	M	OH	6:57:20
137.	Jim Espich	51	M	OH	6:58:57
138.	Jerry Shepherd	34	M	IN	7:10:07
139.	Lois Berkowitz	50	F24	MI.	7:10:17
140.	Robin Schroeder	34	F25	IL	7:24:18
141.	Tom Dembinski	49	M	OH	7:24:18
142.	Gene Turnipseed	66	M	WI	7:29:18
143.	Mike Allen	49	M	OH	7:34:00
144.	Chuck Betzold	50	MI	L	7:34:18
145.	David Heitkamp	48	M	IN	8:09:12
146.	Becky Keller	45	F26	OH	8:12:18
147.	Dottie Duncan	44	F27	IL	8:23:44
148.	James P. Jones	70	M	IN	9:07:45





HUFF

Frigid Fifty Relay

Frigid Fifty Relay

TEAM/NAME	AGE	SEX	ST.	TEAM/NAME	AGE	SEX	ST.
1. A Bunch of Nobodies - 3:11:58				8. Huff'n Puff'ns - 3:58:21			
Michael Fruchey	29	M	IN	John Ryder	49	M	IN
Sam Stephens	35	M	IN	Jerry Jacobs	59	M	IN
Ron Sharp	33	M	IN	Chip Parsons	44	M	IN
2. Team Nidlinger - 3:29:36				9. Valpo Runners - 4:15:11			
Jeff Nidlinger	19	M	IN	Michael R. Jones	50	M	IN
Jason Sorg	19	M	IN	Michael Westerfield	46	M	IN
Ward Moya	35	M	IN	Shawn Benham	42	M	IN
3. We-Not-So-Fast-HUFFers - 3:35:44				10. Team Kuntz - 4:19:42			
Mike Schoudel	30	M	IN	Bill Kuntz	46	M	IN
Darlene Schoudel	24	F	IN	Frank Tuckerman	56	M	IN
Adam Barton	22	M	IN	Lonnie Smith	40	M	IN
4. Team BAANIC - 3:41:31				11. Team Welsh - 4:27:27			
Bart Chocianowicz	18	M	IN	Dave Welsh	42	M	IN
Eric Fruth	18	M	IN	Terry Spoo	43	M	IN
Ivan White	19	M	IN	Karen Taylor	46	F	IN
5. Portland Running Club - 3:49:17				12. Team Shooks - 4:56:47			
David Hoort	46	M	MI	Michael Shooks	48	M	MI
Matt Bozung	20	M	MI	Ann Heathcote	40	F	MI
Jordan Hoort	17	M	MI	Herb Schreer	47	M	MI
6. Dye-Hards - 3:50:41				13. Team Conner - 5:20:35			
Duane Dye	39	M	IN	Dennis Conner	46	M	IN
Bill Leveridge	42	M	IN	Gary Oden	51	M	IN
Tim Grant	42	M	IN	Ed Beckner	53	M	IN
7. Northside Track Club - 3:57:30				14. Team Yann - 5:49:20			
George Mesalam	32	M	IN	Michael Yann	46	M	IN
John Riley	38	M	IN	Barrie Peterson	56	M	IN
Lance Colson	29	M	IN	Mike MacAvoy	38	M	IN

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HUFF One Loop Finishers

PLACE	NAME	AGE	SEX	STATE	TIME
1.	Patrick Gross	17	M	IN	1:09:49
2.	Jason Maus	19	M	OH	1:10:55
3.	Brendon Moody	17	M	OH	1:11:41
4.	Jay Prichard	41	M	OH	1:12:04
5.	Mark Walter	33	M	IN	1:13:12
6.	Doug Dehoff	19	M	IN	1:13:45
7.	Scott E. Shaum	36	M	MI	1:17:18
8.	Jeff Maus	41	M	OH	1:17:34
9.	Hans Merz	37	M	Switzerland	1:17:41
10.	Quinn White	33	M	OH	1:18:14
11.	Robert Minnich	31	M	IN	1:21:04
12.	Joe Pais	33	M	IN	1:22:26
13.	Dave Kaple	42	M	IN	1:23:41
14.	Paul Knott	36	M	IN	1:23:42
15.	Derek Martin	18	M	OH	1:25:10
16.	Thomas Fisher	18	M	IN	1:25:20
17.	Paul Eshelman	19	M	IN	1:25:30
18.	Aaron Carlson	16	M	IL	1:26:14
19.	Rene Maust	36	F1	IN	1:27:44
20.	Steve Shaum	33	M	IN	1:28:03
21.	Freeman Hershberger	61	M	IN	1:28:04
22.	Tom Badman	20	M	OH	1:29:22
23.	Amy Cook	21	F2	OH	1:29:22
24.	Craig Leland	43	M	OH	1:30:08
25.	Neal Yoder	40	M	IN	1:30:08
26.	Marc Pendleton	44	M	OH	1:30:08
27.	E. Hans Schmidt	34	M	IN	1:32:09
28.	Mark Altstaetter		M		1:32:28
29.	Brian A. Sharp	30	M	IN	1:33:24

Happy Birthday!



February Birthdays

Dori A Meighan	02-02-58
Dick Shenfield	02-02-47
Ron Covington	02-03-53
Bill Sohaski	02-03-35
Philip Wahls	02-04-31
Hal Atkinson	02-04-55
Dean Russ	02-07-57
Clem Getty	02-07-35
Chris Kolkman	02-09-62
Bill A Mack	02-09-41
Jeremy Schmidt	02-10-75
David C Dale	02-11-38
Donald R DeCook	02-13-53
Daniel G Health	02-13-53
Patty L Schwartz	02-13-53
Wayne Knigh	02-14-85
Diane Kaplanis	02-15-60
Anne Duff	02-15-65
J. Bernard Motycka	02-15-42
Richard Clark	02-16-58
Dean Whitman	02-16-58
Steve Dickman	02-18-56
Curtis Nold	02-19-32
Win Moses, Jr.	02-20-43
Andrew O 'Connor	02-20-84
Rick L Gilbert	02-21-57
Tim O' Connel	02-23-56
Michael Schoudel	02-24-68
Jennifer J Hammond	02-24-71
Doug Lehman	02-26-52
Phyllis Suelzer	02-27-53
J. David Reimschisel, Jr.	02-27-60
David Fairchild	02-28-46
Larry Palmer	02-29-40

March Birthdays

John V Williams	03-02-68
Jack Seigel	03-03-45
Kevin Hunter	03-03-63
Eddie Lee	03-04-53
Shelly M Robinson	03-05-64
Dale L Sullivan	03-06-41
Daniel Nestel	03-06-59
Jerome Pfeiffer	03-06-65
Monica R Spahr	03-06-72
Jennifer E Dobson	03-09-68
Sara Wyss	03-09-61
Mark Walter	03-10-65
Mervin Koehkinger	03-11-46
Sara C Smith	03-11-48
William R Hibben	03-12-51
Martina Swenson	03-12-72
Ed Dax	03-14-42
Joyce Hockensmith	03-16-47
Christopher A Marks	03-16-70
Nancy Huesing	03-17-49
Scott P Wagner	03-17-75
Jenny Rollins	03-18-69
Robin Rizzo	03-19-66
Paul Sabrack	03-20-52
Dick Joslin	03-20-41
Jennifer Steigmeyer	03-20-70
John Treleaven	03-20-52
Erica Dekko	03-21-69
Becky Dexheimer	03-21-51
Tammy Johnson	03-21-59
Jed Pearson	03-23-51
Angel Frain	03-25-63
Michael Fruchey	03-25-69
Ronald Motycka	03-26-45
Jeff Tippman	03-26-84
Richard L Morando	03-28-53
Donald Ford	03-30-50
Tom Landis	03-30-56
Kim A Lefever	03-30-56
George Kirby	03-30-49
John N Link	03-31-56

Stress Success

Steps To Stress Success:

1. Accept Stress
2. Affirm Personal Abilities
3. Allow A Winning Attitude
4. Arrange For Healthy Actions

- * Write out realistic long and short term goals
- * Eat a variety of nutritious foods
- * Enjoy a regular exercise routine
- * Limit use of sugar alcohol, and foods with caffeine
- * Sleep at least 6 to 8 hours each day
- * Use relaxation methods as necessary
- * Shape a support system with family and friends
- * Eat 3 small meals and 3 to 4 small snacks daily

If stress struggles have been consistently eating you up, consider calling and scheduling a visit with a mental health professional who can offer guidance.

Help is available!

Coke and candy, coffee and doughnuts, chips and dip, several beers, fists of M+M's, and cookies galore... After a difficult day these sure can satisfy the soul. They're a way to find comfort from a crisis, cope with a change, or take time out from a trouble. Such sweet rewards!!

Yet...is food a lasting solution to stress?? Is it a healthy habit??

No! The opposite is true. Extra sugar, caffeine, and alcohol can spark more anxiety. Each can promote poor health. What seems like a simple safe solution can actually make a matter worse. We can do ourselves more harm than good. Alcohol is a depressant, caffeine in coffee and coke is a nerve/muscle stimulant, and overuse of sweets can cause abnormal blood sugars. Research states that the average American eats 20 teaspoons of sugar a day (equal to sugar in 3 1/2 12 oz. cans of soda) and has a daily intake of 200 milligrams of caffeine (equal to 1 1/2 cups of coffee or 8 cups of caffeinated soda)! Americans are hooked on chemical stressors.

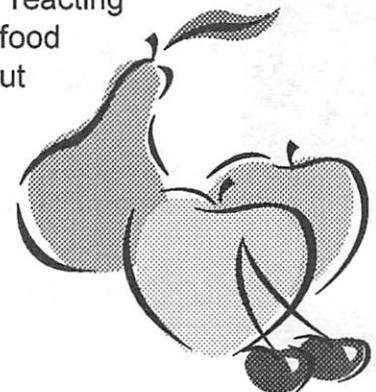
Stress is a normal part of life. It's not an event, but a reaction to an event. Work, family, personal, and financial changes can cause stressful thoughts and feelings or it may not.

Everyone's different. Some stress factors promote positive action like creative thinking and better sports performances. While other stress factors lead to negative actions like overdrinking, over eating, high drug use, or insomnia. Long term stress difficulty is linked to health problems like heart disease, cancer, ulcers, obesity, and impaired immunity. Studies show that 75% to 90% of visits to primary care physicians are for stress related problems. 60 to 80% of accidents on the job are stress related. Stress can be destructive!

The ABC's of behavior tell us that for every behavior there's a antecedent (stimulus) and consequence. A behavior can keep on occurring again and again because our reaction to the stimulus brings a nice consequence. For example post work exhaustion may stimulate one to gobble down some coke, cookies or candy. Immediate consequence....."Tastes Good" ..."Yummy". Food brings pleasure!

The key to breaking the stress behavior cycle is practicing a new pleasure! Instead of reaching for empty calorie food when reacting to a stress factor reach for a health enhancing food or activity!! Stress does not have to stress us out and eat us up!! Choose stress success!

Keep on taking steps to success!!
Best,
Judy Tillapaugh, R.D.
IPFW Wellness Coordinator





1999 Race Calendar

WE TRY TO PROVIDE THE MOST ACCURATE AND COMPLETE RACE INFORMATION THAT WE CAN, BUT WE URGE YOU TO CONTACT THE RACE DIRECTOR FOR CONFIRMATIONS, POSTPONMENTS, OR CANCELLATIONS, ALWAYS SEND A SELF-ADDRESSED STAMPED ENVELOPE WHEN SENDING FOR A RACE APPLICATION.

FWTC HOTLINE AND ANSWERING SERVICE (219) 432-5998

- (L) LOCAL RACE IN THE GREATER FT. WAYNE AREA
- (R) REGIONAL RACE WITHIN 70 MILES(?) OF FT. WAYNE
- (P) FWTC 1999 POINTS RACE

**ENTRY FORMS AVAILABLE AT FT. WAYNE TRACK CLUB MEETINGS OR SEND S.A.S.E. TO JON SCHLATTER, 535 KINSMOOR AVE., FORT WAYNE IND., 46907. CALL JON AT (219) 456-3331 FOR ADDITIONAL RACE INFORMATION OR TO REPORT A RACE FOR INCLUSION IN THE RACE SCHEDULE - 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/	MIDWEST RUNNING http://www.bright.net/~gmike	ROAD RUNNERS CLUBS OF AMERICA (RRCA) http://rrca.org/
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FEBRUARY 1999

06 Sat.

(R) Winter Carnival 5k, 100:00 am, Lakeside Park, Syracuse, Ind.,
Brian Shepherd (219) 894-4338

Citizens Bank Groundhog Gallup, 4 Mile Run and 5k Walk, 1:00 pm, Jackson,
Mich.,
Dabbie Lazaroff (517) 788-7977

Brrry Scurry, 10k and 5k, Clinton Community College, Clinton, ILL.,
Anne Schmidt (319) 244-7050

25th Annual Groundhog 7, 7Miles, 1:00 pm, Clay Junior High School, Carmel, Ind.,
(317) 885-9701

07 Sun.

Winterfest 5k, 1:00 pm, Civic Auditorium, KankaKee, ILL.,
Dan Gould (815) 937-2926

Las Vegas International Marathon and Half Marathon, Las Vegas, NV,
Al Boka, PO Box 81262, Las Vegas, NV, 89180 (702) 240-2722

13 Sat.

(LP) Fanny Freezer 5k, 2:00 pm, Shoaff Park, Ft, Wayne, Ind.
Barrie Peterson (219) 637-5717

13 Sat.

(L) FWTC 22nd Annual Awards Banquet, Northrop High School Cafeteria, Ft. Wayne, Ind., Potluck Dinner-Bring one main dish plus a salad or dessert and own table service, FWTC will provide the drinks, Social Hour 5:00 pm and Dinner 5:30 pm

Bop to the Top, 37 Floor Stair Climb, 10:00 am, American United Life Building, Indianapolis, Ind., (317) 328-1632

Sweetheart Relay/Run, 10k and 5k Run/Walk, 10:00 am, Flushing Central Elementary School, Flushing, Mich., Baunman's Running Center (810) 238-5981

Gasparilla Distance Classic, Tampa Bay, FLA,
GDCA-RT, PO Box 1881, Tampa Bay, FLA, 33601-1881 (813) 229-7866

14 Sun.

(R) Valentine's Day 6k, 2:00pm, Oakbrook Park, Kokomo, Ind.,
Mark Shorter, Kokomo Road runners, (765) 452-2616

Riverview Winterfest 4 Mile Run, 10:00 am, Riverview, Mich.,
Total Runner (734) 282-1101

Motorola Marathon, Austin Texas,
(512) 505-8304

17 Wed.

17 WED (R)ARRC 2 Lap Race, 2:00 pm, Shadyside Park Gazebo, Anderson, Ind.,
Bob Hart, Anderson Road Runners, (317) 643-6304

20 Sat.

(R) Think Spring 5k, 10:00 am, Ligonier Elementary Schol, Ligonier, Ind.,
Brian Sheperd (219) 894-4638

Polar Bear Run/Walk, 5 Mile Run/ 5k Walk, 9:30 am, University of Indianapolis,
Indianapolis, Ind., (317) 632-8812

27 Sat.

Smoky Mountian Marathon, Townsend, Tenn.,
Sherman Ames, Knoxville Track Club, 6401 Baun Dr., Knoxville, Tenn., 37919

Offical All-Star Cafe MYrtle Beach Marathon, Myrtle Beach, NC,
PO Box 8780 Myrtle Beach, NC, 29578-8780 (843) 349-2733

MARCH 1999

06 Sat.

Gate River Run, 15k, Jacksonville, FLA,
1st Place Sports, 3853 Baymeadows rd., Jacksonville, FLA, 32217

Black Walrus 4 Mile Run, 2:00 pm, Tipton High School, Tipton, Ind.,
(317) 675-7431

Race Through Hoosier History, 5 Mile run/3 Mile Walk, 9:00 am, Crown Hill Cemetery
Indianapolis, Ind., (317) 876-1871

Ohio River Road Runners Marathon and Half Marathon, Xenia, Ohio,
Kevin & Chari Walsh, 5741 Hithergreen Dr., Dayton, Ohio, 45429

(R) Norris Insurance 5k, 9:00 am, Amboy, Ind.,
(317) 395-7761

*21st Beer Bottle Open, 4 Miles, 2:00 pm, Columbus Grove, Ohio,
Jerry Bunn, 206 Hall Ave., Columbus, Ohio, 45830 (419) 659-5702

Shillelagh 4 Mile Run/Walk, 12:00 Noon, Flushing High School, Flushing, Mich.,
Baunman's Running Center (810) 238-5681

St. Pst's Fun Run, 5Mile, 3 Mile, 1 Mile, 8:30 am,
Frost Middle School, Lavonia, Mich., (734) 261-2161 ext.314

L.A. Marathon and 5k, Los Angeles, Calif.,
L.A. Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, Calif., 90025

The FinishLine IAC Shamrock 4 Mile Run/5 Mile Walk,
Downtown Indianapolis, Ind.,
Ken Long and Associates (317) 632-8812

Mountian Goat Runs/Walk, Danville, IL.,
Kennekuk Road Runners, PO Box 1701, Danville, ILL., 61834 Marc (217) 431-4243

No Frills, All Thrills 5 Mile Trail Run, 10:00 am,
Huron Meadow Park, Brighton, Mich., Susan Brown, (248) 486-1824

Shamrock Sportsfest Marathon and 8k, Virginia Beach, VA,
Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA, 23451 (757) 481-5090

Old Ben, 5k Run/Walk, 9:00 am, Highland Park, Kokomo, Ind.,
Mark Shorter, Kokomo Road Runners, (765) 452-2616

Shamrock Scholarship Run, 10k, 9:30 am, Westfield High School,
Westfield, Ind., Mary Atterberry (317) 896-2841

21 Sun.

Sam Costa Half Marathon, 1:00 pm, Clay Junior High School, Carmel, Ind.,
(317) 259-0708

AARC 2 Lap Race, 2:00 pm, Shadyside Park Gazebo, Anderson, Ind.,
Bob Hart, Anderson Road Runners, (317) 643-6304

Cincinnati Heart Mini-Marathon 15k and 5k, 9:00 am, Cincinnati, Ohio,
(513) 281-4048

27 Sat.

Nutra Runs, 20k and 5 Miles, 2:00 pm, Woodside Middle School, Ft. Wayne, Ind.,
Mike McAvoy (219) 824-5158

(R) Runner's Forum Round-A-Bout, 10k Run/Walk, 8:00 am, Clay Junior High School,
Carmel, Ind., (317) 844-1558

Governor's Cup Series, 8kRun/Race Walk and 5k Walk, 10:00 am,
McCormick's Creek State Park, Spencer, Ind., (317) 328-1632

Flushing Township Half Marathon and 5k, 9:30 am, Flushing High School,
Flushing, Mich., Baunman's Running Center (810) 238-5981

Hanson's Running Shop 5k and 1 Mile Run, 10:00 am, Utica, Mich.,
Hanson's Running Shop (810) 323-9683

Trail Breaker Marathon, Waukesha, Wis.,
(414) 453-7600

28 Sun.

Lasalle Banks Shamrock Shuffle 8k, 9:30 am, Chicago, ILL.,
(312) 666-9836

Around the bay, 30k and 5k, Hamilton, Ontario, Canada,
*Mike Zajczenko or Laura Dunphy, 2-558 Upper Gage Ave., Ste. 216, Hamilton,
Ontario, canada, L8V 4J6 (905) 574-8982*

APRIL 1999

03 Sat.

LP)Mastodon Stomp 5k, 9:00 am, Hillard Gates Sports Center, IPFW, Ft. Wayne, Ind.,
Judy Tillapaugh (219) 481-6647

(R) Ring in the Spring 5k Run/Walk, Valparaiso Famly YMCA, Valparaiso, Ind.,
Micheal Jones (219) 464-7959

White River Stste Park Distance Classic, 15k Run/4 Mile Walk, Courtyard by Marriot,
Downtown Indianapolis, Ind., (317) 632-8812

Baderland Striders Southshore Half Marathon, Milwaukee, Wis.,
Kristine Hinrichs, 1425 N. Cass, Ste. 103, Milwaukee, Wis., 53202

10 Sat.

CKRT 10 Mile Run, 2:00 pm, Kokomo, Ind.,
Mark Shorter, Kokomo Road Runners, (765) 452-2616

Orthopaedic Rehab 8k Run and 5k Walk, 8:30 am, Jackson, Mich.,
Robert Gilmore (517) 782-2071

Charlotte Observer Marathon and 10k, Charlotte, NC,
Don King, PO Box 30294, Charlotte, NC, 28230 (704) 348-5425

11 Sun.

Manchester Mill 5 Mile Run, 11:00 am, Manchester, Mich.,
Rick Soltesz (313) 285-1116

Domino Distance Classic, 20k and 1 Mile, 8:30 am, Ann Arbor, Mich.,
Athletic Adventures L.C. (734) 332-3981

Athens Marathon and Half Marathon, Athens, Ohio,
Arnie Lagraff (740) 594-3825

17 Sat.

Shoe Sucker 7, 7.2 Miles, 9:00 am, KII-So-Quah Campground, Huntington, Ind.,
Richard Beemer, 4068 E. Mahon Rd., Roanoke, Ind., 46783 (219) 672-8323

2nd Spring Fever 5k, 9:00 am, Warsaw, Ind.,
Kosciusko YMCA (219) 269-9622 or Don Ransom (219) 267-4140

Race for the Cure 5k Run/Walk, Military Park, Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632

(L) Run With the Spirit 5k, 9:00 am, St. Jude School, Ft. Wayne, Ind.,
Elizabeth Brown, 5701 Reed Rd., Ft. Wayne, Ind., 46835 (219) 485-1504
Pietro's 5k Run, 8:00 am, Grand Rapids, Mich.,
(616) 452-3228

18 Sun.

Bricks to Bricks, 10 miles, Franklin Central High School, Indianapolis, Ind.,
Ken Long and Associates (317) 632-8812

West Bloomfield Half Marathon, 10:30 am, West Bloomfield High School,
West Bloomfield, Mich., (248) 738-2500

19 Mon.

103th Boston Marathon, Boston, Mass.,
The Starting Line, One Ash Street, Hopkinton, Mass., 01748-1897

24 Sat.

Fine Arts Fest 8k, IPFW, Ft. Wayne, Ind.,
J.P. Jones (219) 745-7339

Door to Door 10k, 2:00 pm, Laporte, Ind.,
(More Info to Come)

Kentucky Derby Festival Mini-Marathon, Louisville, KY,
Kentucky Derby Festival Inc., 1001 S. Third St., Louisville, KY, 40203, 1-800-928-fest

Pine Line Trail Marathon, Medford, Wis.,
(800) 257-4729

25 Sun.

Roads End 5 Mile Trail run, 2:30 pm, Silver Lake Beach,
Pickney Rec. Area, Mich.,
Running Fit, 123 E. Liberty, Ann Arbor, Mich., 48104 (734) 769-5016

25 Sun.

Michigan Trail Marathon and Half Marathon, Pickney Rec. Area, Mich.,
Runing Fit, 123 E. Liberty, Ann Arbor, Mich., 48104 (734) 769-5016

25 SUN Lake County Marathon, Zion ILL.,
(847) 266-7223

Lake County Races, Various Distances, Highland Park, ILL.,
Ann Shaw, Lake County Races, #100 Skokie Valley Rd., Highland Park, ILL, 60035

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.
Capitol, Ste. 201, Indianapolis, Ind., 46225
(317) 636-4556

02 Sun.

Spring Fling Marathon, Vaddalla, Ohio,
Denny Fryman, 7581 Glenhurst Dr., Dayton, Ohio, 45414 (937) 898-7015

CVS-Cleveland Marathon, Cleveland, Ohio,
CVS-Cleveland Marathon, 29525 Chargin Blvd., Ste. 316, Cleveland, Ohio, 44122

20th Burns Park Run, 10k and 5k, 8:30 am, Burns Park, Ann Arbor, Mich.,
Tom Bourque (734) 761-9967

08 Sat.

Bank One Rookie Run, 8:30 am, For Youth 12 and Under, Downtown Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632

Old Kent River Bank 25k and 8k, 8:00 am, Grand Rapids, Mich.,
(616) 771-1590

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

15 Sat.

Leukemia Society Run For Fun, 10k and 5k, 8:00 am, Warsaw, Ind.,
(219) 268-1236

(R) Governor's Cup Series, 8k Run/Race Walk and 5k Walk, 9:00 am,
Mounds State Park, Anderson, Ind., (317) 328-1632

22 Sat.

**Homeless Hustle, 5 Mile Run, 5k Race Walk and Fitness Walk,
Eagle Creek Park, Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632**

**Bayshore Marathon, Traverse City, Mich., Dave Taylor, 1211 E. Front, Box 116,
Traverse City, Mich., 49684 (616)941-8118**

29 Sat.

**Carmel Classic 8k Run/Walk, Carmel, Ind.,
Runners Forum (317) 844—1558**

**First of America Run, Half Marathon, Dexter-Ann Arbor, Mich.,
First of America Run, PO Box 8615, Ann Arbor, Mich., 48107**

31 Mon.

**(R) Kiwanis River Run, 4 Miles, Logansport, Ind.,
(More Info to Come)**

**(R) The Truth NBD Bank Great race, Half Marathon & Other Races,
Goshen-Elkhart, Ind
Ron Schmanske, Great Race, PO Box 682, Elkhart, Ind., 46515 (219) 296-5862**

**Memorial Day 5 Miler and 1 mile, 9:00 am, Ravenna, Mich.,
Ken Punter (616) 853-6109**

**Memorial Mile, 9:35 am, Youngstown, Ohio,
Don Whitman (330) 726-8407**

JUNE 1999

05 Sat.

**(R) Sunburst Marathon, 10:00 am, South Bend, Ind.,
Sunburst Marathon, C/O Memorial Hospital, 615 n. Michigan, St., South Bend, Ind.,
46601 (219) 674-0900, Ext. 6262**

**St. Francis Hospital Fit Frog Run/Walk, 4 Miles and Kid's Events,
Garfield Park, Indianapolis, Ind., Ken Long and Associates (317) 632-8812**

**Governor's Cup Series, 8k Run/Racewalk and 5k Walk, 9:00 am,
Spring Mill State Park, Mitchell, Ind., tuxedo Brothers (317) 328-1632**

**Michigan Mile, 9:00 am, Oldsmobile Park, Lansing, Mich.,
Kim Christian (349-3803)**

06 Sun.

**Mackinac Island Lilac Festival, 10k, Mackinac Island High School,
Mackinac Island, Mich., Riverbend Striders, (800) 659-6493**

11 Fri.

Zanglin 8k and 1 Mile Run, 7:30 pm, Trenton Pavilion, Trenton, Mich.,
Total Runner (734) 282-1101

12 Sat.

(LP)Hoosier Marathon, 6:30 am, Foster Park, Ft. Wayne, Ind., FWTC, PO Box
11703, Ft. Wayne, Ind., 46860
(219) 436-2234

Fast Flash 5k, 8:00 am, Franklin Central High School, Indianapolis, Ind.,
Eric Kellison (317) 595-0740

Duckling Dash, 8k Run and 5k Walk, 8:00 am, Park Tudor School,
Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632

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.

Do Run Run and Walk, 5 Mile and 5k Walk, 8:00 am, Military Park, Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632

Grandma's Marathon, Duluth Minn, Grandma's Marathon,
PO Box 16234, Duluth, Minn, 55816 (218) 727-0947

Mayor's Midnight Sun Marathon And Half-Marathon, Anchorage, AK,
John McClearly, Anchorage Parks And REC, PO Box 196650
Anchorage, AK, 99519
(907) 343-4474

20 Sun.

Kilbride Classic 5k, 8:00 am, Kankakee, ILL., Gerald Kilbride, 11825 Wildwood,
Kankakee, ILL., 60901
(815) 932-3882

26 Sat.

Sprint Triathlon, (500 Yard Swim, 10 mile Bike, 3 Mile Run),
Eagle Creek Park, Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632

Reeds Lake 10k and 5k, 8:00 am, East Grand Rapids High School,
East Grand Rapids, Mich.,
Fred Bunn (616) 949-1750

JULY 1999

4KWB4, 4k Run/Walk, 8:00 am, Modoc, Ind.,
Dan Harris (765) 289-9301

03 Sat.

3rd Annual Festival of the Hills 5k, 8:00 am, Bloomer Park, Rochester Hills, Mich.,
Terry Dibble (800) 783-9820

04 Sun.

(R) Haynes-Apperson Festival 4 Mile Run/Walk, 8:00 am, Downtown Kokomo, Ind.,
Mark Shorter, Kokomo Road Runners, (765) 452-2616

Inferno 4, 4 Miles, Carmel, Ind.,
Runners Forum (317) 844-1558

Volkslavfe, 20k, 10k, 5k, and 2k, 8:00 am, Heritage Park, Frankenmuth, Mich.,
(800) fun-town

Tortise and the Hare 5k, 8:00 am, Tortise and the Hare Running Store,
213 E. Liberty St., AnnArbor Mich., (734) 769-1177

10 Sat.

(R) Elephant Walk 10k, 8:30 am, Peru, Ind.,
(More Info to Come)

Shield Your Skin, 4 Mile Run/Walk, Downtown Indianapolis, Ind.,
Ken Long and Associates (317) 632-8812

Governor's Cup Series, 8k Run/Racewalk and 5k Walk, 9:00 am,
Shakamak State Park, Jasonville, Ind.,
Tuxedo Brothers (317) 328-7959

Blood, Sweat and Gears YMCA Duathlon, Kennekuk Cove County Park,
Danville, ILL., Marc Reddy, Kennekuk Road Runners
(217) 431-4243

11 Sun.

Haysville 5k, 8:00 am, 5 miles North of Jasper, Ind.,
Charlie Nehmek (812) 695-3481

17 Sat.

(R) Iron Horse Festival 4 Mile, 8:00 am, Logansport, Ind.,
(More Info to Come)

24 Sat.

Cameron Springs Indy Triathlon, (1k Swim, 33k Bike, 8k Run),
Eagle Creek Park, Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632

31 Sat.

QC Times BIX 7 Road Race, 7 Miles, 8:00 am, Davenport, Iowa,
Ed Froehlich (319)359-9197

Heart of the Hills 10k and 5k, Andover High School, Bloomfield, Mich.,
Total Runner (248) 354-1177(800) 659-6493

GOLF GN-NCR 1999



Year	Month	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Jan.	Feb.	Mar.	Apr.	May	Jun.	July	Aug.	Sept.	Oct.	Nov.	Dec.																					

Woman on the Run

By Joyce Hockensmith

I was asked to write a column on women's running. I'm not sure what my qualifications are, except that I have had some experiences as a running woman. My accomplishments are, however, ones that any woman in the Fort Wayne Track Club could do with some amount of training and motivation. It's never too late to set the kind of running goals needed to achieve what I have.

When I was in high school, the only sports available to women were intramural sports such as volleyball and half court basketball. Hence, I did not put on a pair of running shoes until I was 33 years old and the mother of two. I felt at that time I needed to do something for myself, and running seemed the easiest form of exercise. I chose running because, to do it, I had only to put on a good pair of shoes, and walk out my door. I had never had a weight problem, and had always been fairly active, so I felt I was in pretty good shape. In my first attempt I made it only half way around my six tenths of a mile block. At that point I was hyperventilating so badly I had to stop and walk. I obviously had over-rated my condition of fitness. The next day I made myself go one house farther, and continued with that plan until one day I was actually able to run the entire six tenths. Then I worked on two times around. After that I made it my goal to run the Lincoln Bank 10,000 meter race held on October 26, 1980. This race drew 2,000 runners and there were 76 women in my age group. I placed 12th and was hooked on running.

I began participating in some of the area runs of 5K-10K in length. My friends, knowing I did some running, would always ask me about the time of the marathon in Fort Wayne, if I had run it. "Are you kidding?" I would respond. "Do you know how far a marathon is? It's 26 miles. The farthest I run is 6 miles." Then I started adding, "I'll run a marathon when I turn 40."

Well, let me tell you those years flew by, and before I knew it, it was 1987 and I was close to turning 40. I had not forgotten my promise to run a marathon. Fortunately for me, at that time, the Fort Wayne Track Club sponsored a marathon clinic that met on Saturday mornings at the Southeast YMCA. They usually began the session with an informative speaker, after which the group would go on a long run. There were a lot of horror stories at this time about what running a marathon could do to your body, so I wanted to be well prepared.

The Thirteenth Annual WMEE/Key Health Plan Marathon was held May 17, 1987. The farthest I had run up to that point was 16 miles, but I was optimistic when I lined up with the other runners at the starting line. It turned out to be a very warm day, but as I entered Johnny Appleseed Park for the last two tenths of a mile, I couldn't believe I had done it. Tears were streaming down my face at the finish line. I was elated by my accomplishment, finishing the marathon in 4:32:14. I could now tell everyone that "Yes, I did complete a marathon." There was also the relief that I would never have to do that again because every inch of my body hurt.

The thing I had not accounted for was the influence of two friends I had made while attending those Saturday morning clinic sessions, Barb Scrogg and Chuck Mills. Upon completing the marathon, Chuck felt it would be a good idea to keep doing some long runs. We began meeting on weekend mornings at Johnny Appleseed Park and running the Greenway. I actually enjoyed the long runs, but entertained no fantasies of running another marathon. This did, however, give me the basis for running some longer races I ran a half marathon in Lima, Ohio and actually enjoyed it.

It was then that Chuck started thinking we should go and run the Columbus Marathon, held in November. I was not at all sure I wanted this experience, but I humored the group and went along. Much to my surprise, I completed the marathon in 3:59:30, over 32 minutes faster than my first marathon. We were all flying high and went to the post race party, which was predominately for the volunteers. We held our own on the dance floor, our finisher's medallions swinging from our necks, and people couldn't believe we had run the marathon. Now I was beginning, just a little, to get hooked on this post marathon high.

Our mini running group continued our weekend training runs, but we did not attempt another marathon until New York City in November of 1988. None of us had been to New York, and despite the downpours the day before, we toured the city, mostly on foot. It was not raining marathon day, but the staging area was quite soggy, but our spirits soared. What an exhilarating experience it is to run through the various boroughs of New York City with crowds of people lining the streets everywhere! But even that didn't parallel the overwhelming crowds in Central Park. The spectators, shouting encouragement, made me feel I should keep running when I really wanted to walk, and run I did. I finished in a time of 3:35:17. Not only did that mean I had taken another 24 minutes off my marathon time, but I had run a Boston qualifying time. What would be my next marathon? Why, Boston, of course.

To be continued...

Fort Wayne's Ironman

In the sport of running, there are many goals to be obtained. From the 5k and 10k races that focus on speed, to the marathon and Ultra marathons that focus gut-wrenching endurance.

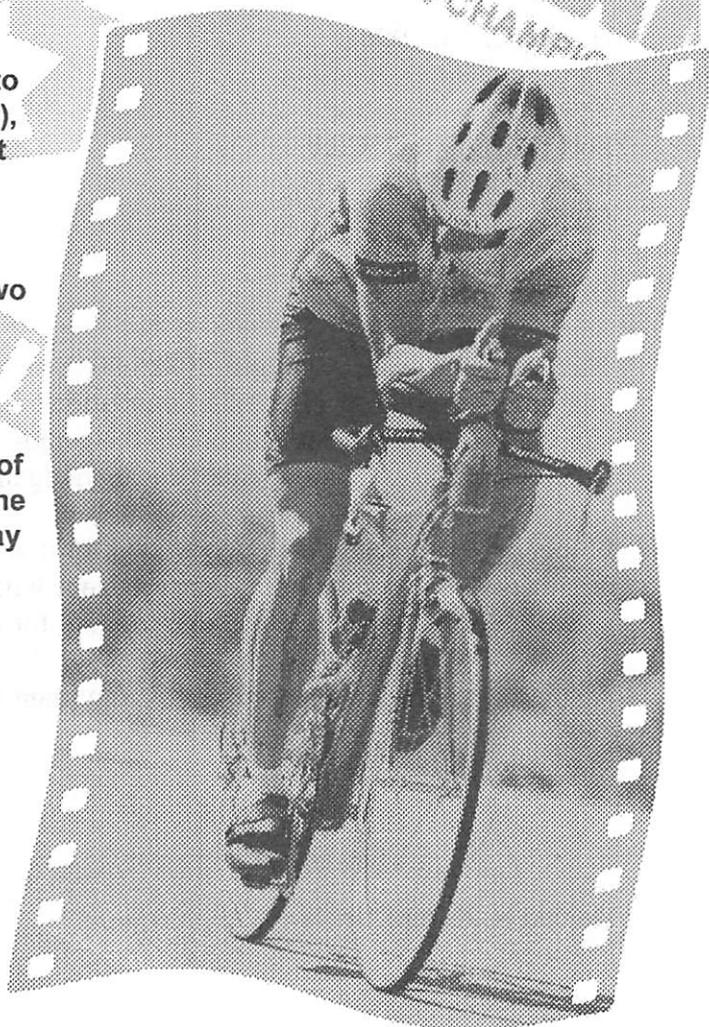
This is the same for the triathlete. Most start out with a short race, preferring a swim across a pond the size of a mud puddle. Gradually, they work up to the international distance (About 1/4 of an ironman), then leap to the half ironman distance. But, few flirt with the idea of an Ironman.

One of these few is Scott Beasley. Only he didn't just flirt with the idea, he completed not one, but two IRONMAN races. Both were within 5 weeks of each other. Scott also won the first annual Hoosier Triathlon series.

Scott conquered the Canadian Ironman in a time of 10:25:07. He swam the 2.4 miles in 1:00:41, biked the 112 mile bike course in 5:37:55, and finished the day of with a 3:46:33 marathon.

This was an excellent accomplishment, placing him 10th out of 268 contestants in his age group, and 67th out of 1,469 finishers.

A short five weeks later, due to the fact that he qualified for the Hawaiian Ironman in Canada, Scott decided to compete in the 20th Anniversary of the Hawaiian Ironman. There he completed the course in a time of 10:55. Finishing 473 out of over 1,500 participants who finished the race. Congratulations to Scott for his accomplishments in the 1998 triathlon season.



TRI FORT TRIATHLETES 1999 TRIATHLON

Fort Wayne will soon feature another triathlon sponsored by the TRI FORT'S Triathletes with the support of The Fort Wayne Parks & Recreation Department and a few local sponsors. The race name is still being decided at this time. By mid-February there will be a name for the race and most sponsors will be identified.

The race will take place at the Hurshtown Reservoir, 2 miles north of Grabill, Indiana. The distances of the race will be, 900+ yd swim, 25 mile bike and a 5.5 mile run. The bike course is still being determined, and will be finalized as soon as the snow melts. The swim and run is set.

The race staff is being quickly organized and anyone that would like to volunteer and help please feel free to call Mark Lulling at 485-1387 or MickThiel at 482-7676.



December 15, 1998

Fort Wayne Track Club
PO Box 11703
Fort Wayne, ID 46660

Dear Mr. Lindley:

Thank you for your recent gift of \$85.00 in memory of Kenneth Tillapaugh. Your gift will join other memorial gifts in the TC3 Foundation's EMT Program Fund. Mr. Tillapaugh wished to support this fund in appreciation for the community service that is provided through emergency technicians. As you know, many local emergency technicians are trained in TC3 courses.

I especially appreciate your generosity, for it will honor Mr. Tillapaugh in a way that will help members of our community. In accordance with Mr. Tillapaugh's request, this fund will be used to help TC3 provide the best possible training for emergency technicians.

Again, thank you for supporting this important program in memory of Kenneth Tillapaugh.

Sincerely,

A handwritten signature in black ink that reads "Don Kompf". The signature is written in a cursive style.

Donald R. Kompf, Jr.
President



INDIANA UNIVERSITY-PURDUE UNIVERSITY FORT WAYNE

ATHLETICS, RECREATION, AND INTRAMURAL SPORTS

January 12, 1999

Bill Sohaski
President
Fort Wayne Track Club
P.O. Box 11703
Fort Wayne, IN 46860

Dear Bill,

Recently , the Fort Wayne Track Club (FWTC) contributed \$500 towards cross country equipment. Thank you so much for your generosity. The IPFW cross country runners greatly appreciate your support.

Indiana University Purdue University Fort Wayne's (IPFW) Athletic Department is committed to offering events to help people achieve and maintain a healthy lifestyle. It's been a pleasure having the FWTC provide enduring assistance for many department activities. During 1998 FWTC volunteers provided assistance at the Mastodon Stomp, April 4th; Cross Country Classic, September 12th; Cross Country Open October 9th, as well as several home volleyball and basketball events. Their assistance in these areas- concession sales, course measurements course set-ups, course timers, registration, finish line management, results, and event publicity, was crucial to the events success.

IPFW Athletics will provide the following benefits to FWTC:

- * Program guide recognition
- * Banner or sign recognition the day of events and during home athletic department events.
- * Name recognition on press releases
- * FWTC logo on Mastodon Stomp T-shirt
- * PA announcements recognizing FWTC during cross country and other home events
- * 1/2 page advertisement in home media guide
- * 25 All Sports Passes for IPFW Athletic Department events
- * 7 one year membership passes for IPFW fitness center

Thank you again for your ongoing support of IPFW's cross country program. We're looking forward to your continued support in 1999.

Best,

Judy Tillapaugh
IPFW Cross Country Coach



FORT WAYNE TRACK CLUB

Members Page

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FORT WAYNE TRACK CLUB

Membership Application

Fort 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.-	1st Quarter
75%-Apr.-May-June-	2nd Quarter
50%-July-Aug.-Sept.-	3rd Quarter
125%-Oct.-Nov.-Dec.-	4th 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 wavier will be kept on file.

CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself, and any other person on the 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 to safely complete run. I assume all risks associated with running and volunteering to work club races included but not limited to falls, contact with other participants, the effect 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 wavier and knowing these facts, and in consideration of your acceptance of my application for membership, I, 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 and liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness of the part of the persons named on the waver.

I grant permission for 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 or blades, animals, and radio headsets are not allowed in club races.

Primary Member Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

(if under 18)

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: _____

Approximate number of runners: _____

What you liked about the race: _____

Other FWTC members attending: _____

Other comments: _____



TRACK CLUB MEMBER PROFILE

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 IN., 46818**

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 destinations: _____

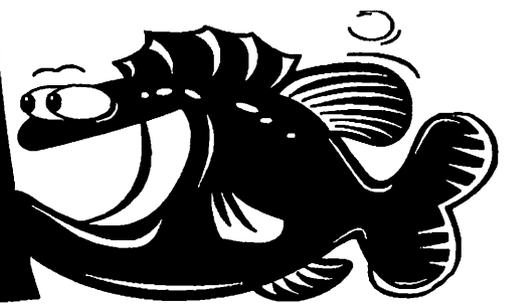
Most prized possession: _____

Has there been an inspiration to your running/walking? If so, explain: _____

Do you have a dream? If so explain? _____

CLEAR LAKE

10K - July 18, 1998



Clear Lake 10K - Female

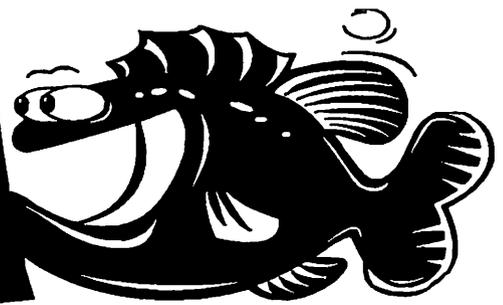
18 & Under	Time	30 - 39	Time	40 - 49	Time
Alyssa Orosz	53:57	Lori Sander	42:35	Denise Conelly	48:56
		Julie Stuckey	44:36	Linda O'Donnell	50:40
19 - 29		Linda Ianucili	46:04	Karen Wolf	51:49
Kim Davison	42:42	Monica Maddalone	54:28	Lynda Bradley	53:13
Julie Parent	49:51	Mary Zehringer-Whitman	55:24		
Alice Vadecaveye	52:24	Mary Flickinger	55:45	50 & Over	
Mary Newell	53:32	Laura Durfey	56:21	Sook-Ja Hansen	59:49
Karen Louis	54:00	Betty DeWells	60:08	Mary Steinhouse	60:06

Clear Lake 10K - Male

18 & Under	Time	40 - 49	Time	50 - 59	Time
Rick Hammer	40:45	Hal Pearson	38:16	Dave Boylan	43:43
Christopher Orosz	42:31	Tom Fridrick	43:12	Dave Wolff	45:41
		Joe Kobiela	43:41	Norman Gecowets	47:17
19 - 29		Joe Milleman	45:45	Wayne Dawes	51:29
Jon Koppenhofer	36:59	Shawn McArdle	46:12	Noel Hupp	56:28
		Fred Hannan, Jr.	48:12	Rick Ahaus	56:43
30 - 34		Paul Ausderan	52:07	Cyril Steinhouse	56:56
Mark Walter	38:24	Dean Whitman	52:42	Dave Miller	59:51
Ken Keller	42:58	Greg Henderson	55:16		
David Finley	45:25			60 & Over	Time
Steve Newell	48:18	45 - 49		Joe Ziegler	47:36
John D'Ettorre	52:04	Dick Hack	40:53	Don Anderson	48:46
		Dan Leffers	41:00	Eugene Striggle	58:12
35 - 39		Ron Carpenter	41:58	Phil Wahls	60:51
Jim Ferrier	37:41	Douglas Hobenberger	43:07		
David Swenson	40:24	John McPherson	45:16		
Bryan Keister	41:57	Steve Bischoff	45:36		
Jeff Rowe	42:02	Ty Murphy	47:57		
Toby Hullinger	46:05	Don Sherman	48:57		
Philip O'Donnell	46:20	Michael Yann	56:47		
Steve Conrad	48:25	Thomas Rose	59:56		
Jim Watkins	49:30				

CLEAR LAKE

5K - July 18, 1998



Clear Lake 5K - Female

18 & Under	Time	19 - 29	Time	50 & Over	Time
Laura Hammer	22:11	Lisa McNutt	21:03	Sharon Huss	27:07
Katie Nolting	22:24	Rachel Zilka	23:22	Marge Appling	34:31
Kelli Luttmann	24:06	Yvonne Thomas	26:41	B.D. Gillig	36:46
Emily Baltess	25:30				
Kadee Luderman	25:38	30 - 39			
Laura Pesci	26:27	Julie Adams	30:07		
Susan Cornelius	26:47				
Sadie Cooper	26:48	40 - 49	Time		
Megan Hardenbrook	26:49	Marni McKinney	23:31		
Kristin Cornelius	35:50	Dawn Luttmann	26:19		
Abby Carter	35:51	Kathy Hastings	26:50		
		Terry Snider	30:43		
		Joan Schauer	31:59		

Clear Lake 5K - Male

18 & Under	Time	30 - 34	Time	45 - 49	Time
Shane Ross	17:18	Abel Rosado	21:23	Les Brown	21:41
Todd Hack	19:20			John Luttmann	22:15
Toby Stark	19:59	35 - 39		Richard Panning	22:57
Paul Panning	20:45	Marvin Retcher	19:25	Robert Reso	28:31
Rodney Zilka	23:10	Jim Whitman	19:31	Tom Ewing	28:58
Ben Carter	23:59	Steve Rhoades	25:09	Douglas Snider	30:27
Scott Hack	29:00				
		40 - 49		50 - 59	
19 - 29		Bob Knuckles	19:05	James Scott	21:30
Philip Steiner	17:50	Fred Wooley	20:59	Dan Sander	25:12
Paul Richardson	17:55	Chuck Zumbun	22:22	Rick Sherman	27:10
Michael Lindley	18:50	Steve Levendoski	24:31	Dan Miller	29:51
Jeff Bailey	21:59	Dan Cutaia	25:49		
Horacia Lopez	23:06	Chris Orosz	35:50	60 & Over	
				Allen Best	27:41
				Jim Lowry	28:44



Slightly Sadistic Six

Over the last 3 years it has become my habit to volunteer at 6-10 races each year. While I have performed a variety of tasks on race day my favorite has always been working the registration table. This is because it affords me the opportunity to see familiar faces once again and to chat with them briefly as well as the chance to meet new runners. There is one task that I am real hesitant to do, that of race director. In assisting them I have seen several running friends go through this grueling duty and I feel that I lack both the patience and the organizational skills to live up to their standards. In the months leading up to a race the director is increasingly busy lining up sponsors, begging for volunteers, and completing a seemingly endless number of tasks. On race day the director is a whirlwind of activity overseeing volunteers and dealing with last minute questions and problems. After the race the results have to be tabulated and published and the race evaluated for improvements. All the race director gets out of it besides alot of headaches and frustrations is some personal satisfaction, some words of appreciation, and then the opportunity to start the whole process over again in a few months for next year's race. However if I were to be a race director it would be a short trail race of my own creation called the Slightly Sadistic Six. The six would that of the approximate mileage of the race for who in their right mind would try and certify a trail race. The slightly part come from the fact that some veterans ultra runners would run it and admit that they have run much worse. The sadistic means that I would include in the race the following elements that are the most interesting that I have either experienced, be told about, or conjured up on training runs.

1. The only asphalt will be that which absolutely necessary to connect trails, the rest will be nature at it's worst as the course winds it's way through tal weeds, tree roots, brier patches, swamps, etc.
2. There will be atleast one stair climb, maybe even a firetower, with sufficient course marshalls to enforce the "walk only up the stairs" rule.
3. The course will flat little as possible, with a premium given to quick, severely ruttet undulations, large steep hills with muddy downsides, and a multitude of ditches.
4. To bring a unique feature of ultra running to the the race the start will be 15 minutes past sunset, flashlights or headlamps will not be required but will be highly recommended.
5. Sprinkled throughout the course at various intervals will be several 200 yard stretches of ankle deep mud, pea gravel, sand, loose mulch, and a freshly plowed field.
6. The race committee will be asked to pray a few weeks in advance of the race that a major storm would move through the region just prior to the start just to make things more interesting.
7. If the park management will allow it the course will have atleast half a dozen stream without the niceties of bridges, an upstream run, and a tromp through a lake.
8. The registration gift will be glow sticks that you can use during the race and the finishers gift will be one size fits all bandannas, your choice of colors and styles.
9. There will be a hurdling aspect in the first part of the race using logs, boulders, dirt mounds, and hay bales with one or two fallen trees near the end.
10. I would like to borrow an idea from a certain annual festival in Spain but I doubt that the RRCA insurance would allow it's usage in it's original form so I would have to be creative.

26th Annual Dave's Shoe Run

10 Miles - Delta, Ohio

Sunday, January 10, 1999

- Submitted by Paul Beckwith

- 1.) My time a personal worst...1 hour, seven minutes, 31.29 seconds.
- 2.) Weather conditions...**cold**, windy, **cold**, partly cloudy, **cold**, snow, **cold**, roads were snow covered, **cold**, drifting snow and **cold**.
- 3.) Approximate number of runners...unknown, as some runners were unaccounted for at the finish line. Look for an upcoming episode of Dateline to have a "Where are they now" segment from the "Into thin air" Mount Everest climbing disaster.

Race Features

- 1.) 26th annual race!!!! Which can mean only two things:
 - A.) This race has quite a tradition.
 - B.) there are plenty of sick, demented individuals that will risk cracking up the family van, miss sitting in front of the fireplace and watching the NFL playoff games, and actually pay to have the chance to run 10 miles when the wind chill is so severe that the radio stations gave warnings about letting **pets** outside.
- 2.) Snazzy T-shirts. yes, you better believe that they were **long sleeved**.
- 3.) the course was very well marked with orange cones, orange paint on a few clear spots on the road, orange coffee can mile markers, abandoned dog sleds, National Geographic flags, and frozen corpses of Sherpa guides.
- 4.) Water at the 5 mile mark. I declined and told the volunteers that the runners behind me were suffering from dehydration and to spray them with a garden hose.
- 5.) Figuring out your place by observing the different footprints in the snow.
- 6.) Four 'Hills' or overpasses of the scenic Ohio turnpike.
- 7.) Some wacko traveled all the way from Pennsylvania to participate. Isn't this enough evidence to convince everyone that drug testing really is necessary?
- 8.) Two drunk hecklers driving backwards in their pick up truck playing fashion police and giving unsolicited advice about my purple tights, which at mile 8 matched perfectly with my skin. I do appreciate their offer of the beer and hope that 1999 gives both of these Ernst T Bass decedents what they want and deserve. For the driver, the single eyebrow over both eyes, will like Pangaea, slowly separate and drift apart into two. For the passenger, a coherent, complete sentence without sounding like you are talking to a Skoal Bandit and are having a root canal, which although I am not a dentist, you certainly appeared to need desperately.
- 9.) The finish card had a four on it...the high temperature for the day!
- 10.) A chance to run like Terrell Davis of the Denver Broncos. Zigzagging the road looking for dry pavement, high stepping through the drifts, and spin moves on the ice.
- 11.) Other FWTC members attending...Judy Tillapaugh, Mitch Harper, Admiral Byrd, and Quinn the Eskimo.
- 12.) **Other comments....**Man, it was **COLD!** On the drive home listening to the radio I heard the oldie, "One Fine Day".



FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interests.

- OFFICER
 - President
 - Vice President
 - Secretary
 - Treasurer
- RACE DIRECTOR
 - Major Race
 - Fanny Freezer
 - Fun Run
 - Training run
- ASSISTANT RACE DIRECTOR
- EQUIPMENT COORDINATOR
 - 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 RACE
 - Carpool
 - Transportation for Handicapped Runners
- NEWSLETTER
 - Editor
 - Race Applications
 - Mailing
 - Advertising Coordinator
 - Businesses
 - Typing race results
- FWTC BANQUET
 - Decorations
 - Program
- FWTC PICNICS
- ADVERTISING - Obtaining Potential Race Sponsors
- PUBLICITY COORDINATOR
 - Send weekly schedules to newspapers
- ANYWHERE NEEDED
- OTHER (Specify) _____

SHOW YOUR SUPPORT FOR YOUR FORT WAYNE TRACK CLUB

COMING EVENTS...

WINTER CARNIVAL 5K

Saturday, February 6, - 10 AM
Lakeside Park, Syracuse, IN

FANNY FREEZER 5K

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

NUTRI RUN 20K AND 5 MILER

Saturday, March 20, - 2PM
Woodside MS, Fort Wayne

MASTODON STOMP 5K

Saturday, April 3
IPFW - Fort Wayne

FWTC MEETINGS

Wednesday, February 10, 7:00 PM, Run 6:00
Wednesday, March 10, 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 Applications (Includes printing results)

12X Entry fee, minimum \$35.00 (10X 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.

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