

the inside track

April 1999 - May 1999



A PUBLICATION OF THE FORT WAYNE TRACK CLUB

**F
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n
n
y**

Ron Sharp Conquers the Fanny Freezer in 16:08!



Kim Davidson Finishes first for the Females in 19:46!

(See
complete
results on
page 4.)

FREEZER 5K

1999



FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

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

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Jeffrey Metzger
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Don Lindley (219) 432-5998
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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

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Publicity Coordinator

Michael Yann (219) 489-5265

Social Coordinator

Kim Davidson (219) 637-3436

Children's Coordinator

Phil Suelzer (219) 486-1745

Legal Advisor

John Powell (219) 484-7334

Medical Advisor

William Crane (888) 268-1236



219-296-5890 or 219-296-5862
Fax: 219-293-8324 • email: wow@michiana.org

To be added to our entry mailing, contact:
Great Race • P.O. Box 682 • Elkhart, IN 46515

10K and 1/2 Marathon on Monday, May 31st

Events include: 10K Run; 10K In-Line Skating; 1/2 Marathons;
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Over \$15,000 in Cash Prizes!

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10K and 1/2 MARATHON



Memorial Day
Weekend

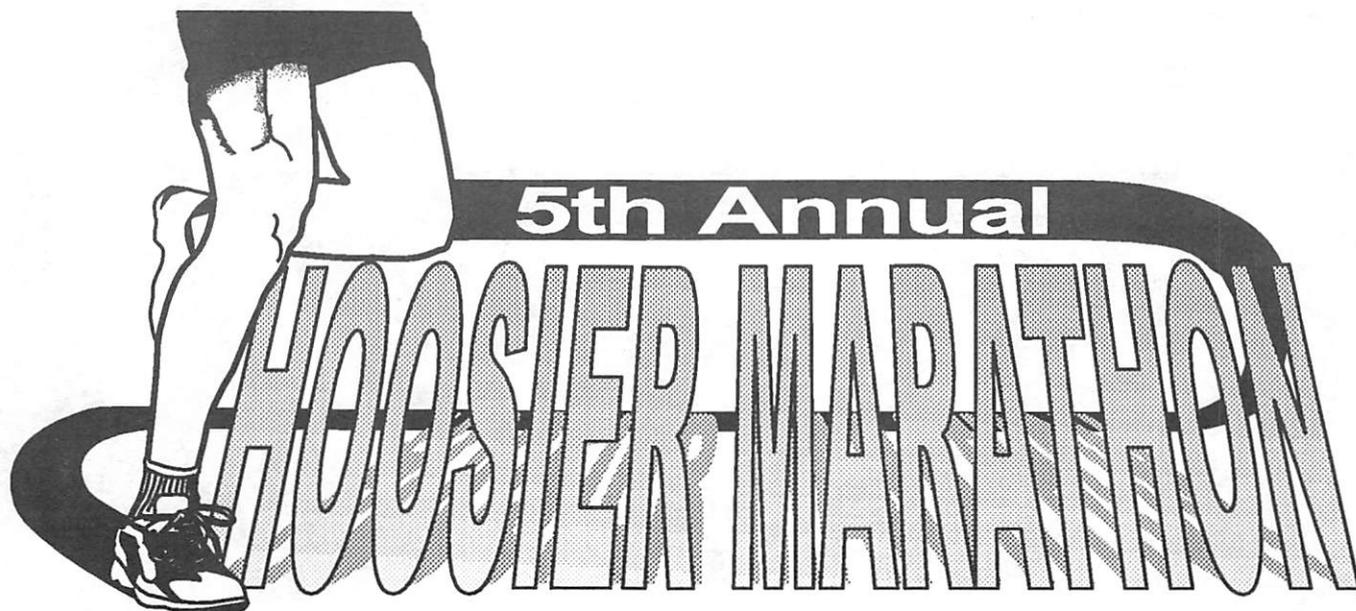
NBD Bank

May 30-31
1999

The Elkhart Trust



Where are YOU going to be
Memorial Day Weekend?



CALL FOR VOLUNTEERS for the HOOSIER MARATHON

All interested persons are invited to join the Marathon Race directors for a pasta meal at Fazoli's Restaurant
5909 Covington Road (Time Corners)
Sunday, April 18 at 4:00 PM.

Reservations are not required.

Volunteer's dinner is free.

Questions?

Contact: JP Jones 745-7339

ATTENTION FORT WAYNE TRACK CLUB MEMBERS

The Hoosier Marathon committee is looking for items to be used as door prizes or to be put in goodie bags for the marathon. If you are associated with a business, or have a contact for any items that might be used for this purpose, please contact JP Jones 745-7339



Bill Sohaski

**Fort Wayne
Track Club
President**

GOALS

Runners, by definition, seem to be highly goal oriented. Everybody has goals, but runners probably more so than the average person.

As Fort Wayne Track Club members we all have personal goals (such as PR's and mileage), but in addition to personal levels we want to achieve we all have ideas on what we want our club to be and where we want the club to go. For starters, five of the things we as a group would probably like to see improve are:

- 1. Faster, smoother results at our races.**
- 2. More younger people participating in club organizational decisions.**
- 3. Better relations with the media.**
- 4. Larger membership.**
- 5. Accessibility to decision making.**

The list is probably endless, but maybe at least defining some of our objectives will help us to start moving toward attaining them.

Can you help with some of these goals? Or would you like to present some of your own ideas for consideration? Easy, you can reach the clubs officers (preferably by E-mail) as follows:

Bill Sohaski@aol.com

Paul pknott@edglo.com

Don lindleyd@fortwayne.infi.net

Katie Kcreighton@canterburyschool.org

Don't have a computer!!! See one of us at the races, monthly club meetings, the banquet or give us a telephone call.

Fort Wayne Track Club Monthly Meeting

Minutes

Wednesday, January 13, 1999 7:00 - IPFW

18 Present

Donald Anderson,

Lynn Armstrong,

Katie Creighton,

Jerald Diehl,

Linda Gorman,

Mitch Harper

Bill Harris

Linda Ianucilli

J.P. Jones

Paul Knott

Jeff Milleman,

Barrie Peterson,

John Peterson,

Jonathan Schlatter,

Bill Sohaski

Brad Thomas

Judy Tillapaugh

Roger Wilson

1. Meeting was called to order by Bill Sohaski.
2. The minutes from the last meeting were reviewed and accepted.
3. Jon Schlatter presented the Treasurer and Membership report. There was income of \$1,127.21 and expenses of \$4795.60 in December 1998. The final cash balance was \$11,794.99. There are 498 members to date.
4. Jon Schlatter reported on the Groundhog Seven race with an information number of 317-835-9701. He also indicated there were some changes/corrections to race dates previously reported. The correct dates will be in the next newsletter.
5. Linda Ianucilli gave the copy and photos deadline date for the next newsletter: January 15, 1999.
6. Mitch Harper reported on the HUFF race. He gave a big thanks to all the volunteers who helped the event run smoothly and successfully. There was a large increase in the number of participants, including relay teams. This event is in the top 20 Ultras (in size). It is second only to the Leadville Ultra. Entrants came from 17 different states and 2 foreign countries. The winner was Courtney Campbell who clocked the 20th fastest 50K time in North America. Mark Goodall was exactly one minute behind. The winning relay time was 3:11.58. He hopes to get some underwriting for the costs of putting on the event next year. The date will be December 18, 1999.
7. Mitch Harper reported on the FWTC Awards Banquet. Melina Kennedy (elite runner Bob Kennedy's wife) will be speaking at the event. Mrs. Kennedy indicated to him that if there were a speakers stipend, she would like to donate it to the running community here. Barrie Peterson moved to give her a \$200 honorarium. This was seconded. Mitch and Mike McAvoy will be working on publicity for this event. Barrie Peterson has already sent out a flier to area high school cross country/track coaches encouraging them to attend. Kim Davidson has the information on Ryan Johnson and Susan Barth, the areas top male and female runners, to be honored at the banquet. The banquet social time will begin at 5:00 p.m.
8. Barrie Peterson reported on the Fanny Freezer 5K to be held on Saturday, February 13. Pre-race registration will begin at 1:00 p.m. near the baseball fields and boat landing at Shoaff Park. He will try to have a van there. The event will begin at 2:00 p.m. Awards will be given to top finishers at Shoaff Park after the race. Showers will be available at Northrop High School after 3:30 p.m. (or as soon as Barrie can get there after the race.) He is still looking for two volunteers to be timers at the race.
9. Bill Sohaski gave an update on the new software and equipment. He has been testing it and would like to try it at the Fanny Freezer 5K.
10. Paul Knott indicated he had the point totals for 16 of the 20 races. The 4 races he needed results from were the Shoesucker 7 in April, the Warsaw race in May, the Old Settlers race in June, and the Roanoke race in September. Awards have been ordered and should arrive at the end of January. Jeff Milleman suggested that we consider some changes in the "points" system in terms of the races used and the value given to each event. Jeff and Paul will get together to discuss possible changes and a slate of "points" events. These will be presented at the next meeting.
11. Judy Tillapaugh suggested that the club consider sending a few members to the RRCA National Convention to be held April 29- May 2, 1999. (It is a Bloomsday Weekend.) She also mentioned that IPFW is looking for a part-time coach for its men cross country team.
12. Barrie Peterson indicated that Northrop High School runner Brett Tipton will be running in the Millrose Games this year. Only 9 high school students have been invited to participate. Brett will be the 7th fastest returning miler.
13. Meeting was adjourned.
14. The next meeting will be 7:00 p.m. on Wednesday, February 10, 1999, at IPFW.
Respectfully submitted, Katie Creighton, Club Secretary - kcreighton@canterburyschool.org

Fort Wayne Track Club Monthly Meeting

Minutes

Wednesday, February 10, 1999 7:00 - IPFW

23 Present

Vern Ceder

Bill Crane

Katie Creighton

Jerald Diehl

Bobbi Widmann

Faust

Michael Fruchey

Alan Gilbert

Linda Gorman

Mitch Harper

Linda Ianucilli

J.P. Jones

Paul Knott

Mike McAvoy

Jeff Milleman

Jon Schlatter

Bill Schmidt,

Marsha Schmidt

Bill Sohaski

Eugene Striggle

Brad Thomas

Judy Tillapaugh

Roger Wilson

Michael Yann

- 1.) Meeting was called to order by Bill Sohaski.
 - 2.) Jon Schlatter offered the prayer.
 - 3.) The minutes from the last meeting were reviewed and approved.
 - 4.) J. P. Jones presented the Treasurer=92s and Membership report. The January month-end cash balance was \$12,310.38. There are 501 members to date.
 - 5.) Bill Sohaski gave an update on the new software purchased by FWTC. It seems to be working well, and is available for use by all track club members. It will not be used at the Fanny Freezer 5K, but will be used at the Nutri-Run in March.
 - 6.) Jeff Milleman reported on the agenda and p.r. needs for the FWTC Awards Banquet on February 13.
 - 7.) Jon Schlatter reported final details for the Fanny Freezer 5K.
 - 8.) Jon Schlatter updated the race calendar. He has applications for a "Door-to-Door" race in LaPorte, Indiana on April 24.
 - 9.) Linda Ianucilli indicated that the next newsletter deadline is March 15, 1999.
 - 10.) Paul Knott reported that points were tallied for 16 out of the 20 "points" races in 1998. Awards are ready for the banquet on Saturday. Non-attending award winners will be sent their awards in the mail. He also gave a 1999 "points" race schedule update. The HUFF has been added. There will be 5- year increments in the 20 through 70 age brackets.
 - 11.) Mitch Harper reported on the HUFF race. A corporate sponsor is "in the works." He also thanked Vern Ceder for all of his help/work on the FWTC website.
 - 12.) Mike McAvoy presented information on the TRF Parade race. He is still working out some of the details with the Fort Wayne Womens Bureau regarding fees and race-day volunteers.
- Meeting was adjourned.

The next meeting will be 7:00 p.m. on Wednesday, March 10, 1999 at IPFW.

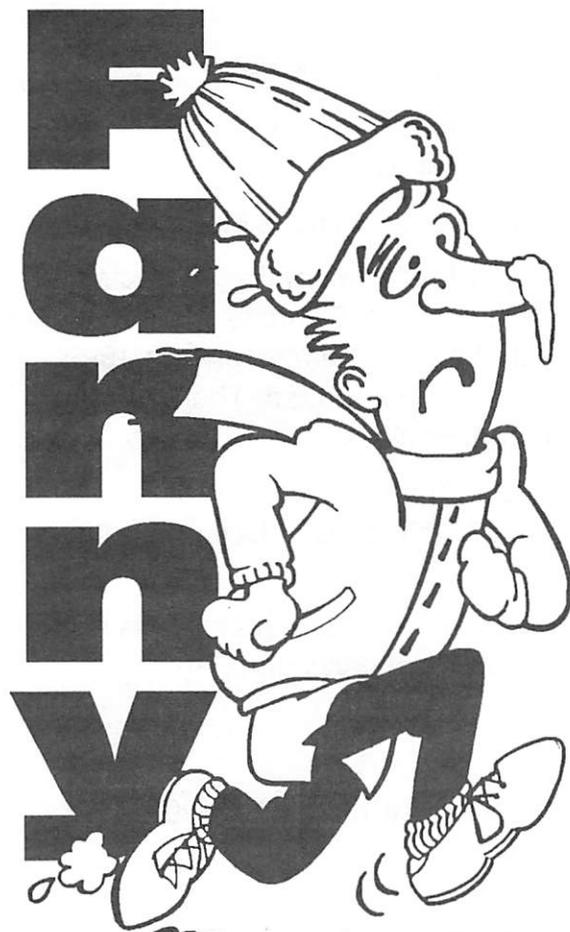
Respectfully submitted,

Katie Creighton, secretary

kcreighton@canterburyschool.org

1999 Fanny Freezer - Shoaf Park

Name	Age	Time	Name	Age	Time
1. Ron Sharp	33	16:08	16. Ardy Litzenberg	16	18:17
2. Jeremy Schmidt	24	16:48	17. Andy Garcia	15	18:25
3. Tod Esquivel	21	16:50	18. Carl Risch	41	18:43
4. Mike Schoudel	30	16:56	19. Jeff Maus	41	18:47
5. Micheal Clay	39	17:02	20. Luke Hetrick	19	19:04
6. Jason Sorg	20	17:38	21. Jon Uecker	25	19:07
7. Todd Hockmeyer	19	17:39	22. Mark Dolde	27	19:13
8. Brandon Reichert	16	17:41	23. Paul Shaffer	41	19:13
9. Ben Ashby	16	17:52	24. Jed Pearson	47	19:17
10. Eric Nestel	13	17:53	25. Daniel Nestel	39	19:19
11. Adam Barton	22	17:55	26. Brad A. Thomas	24	19:21
12. Jay Prichard	41	17:56	27. David Swenson	36	19:23
13. Jeff Nidinger	19	17:57	28. Bob Eherenman	33	19:28
14. Hal Pearson	44	18:11	29. Kim Davidson F1	26	19:46
15. Ward Moya	35	18:14	30. Jeff Rowe	38	19:56



31. David Foote	22	20:15
32. Nathan Diehl	21	20:16
33. Paul trahin	17	20:22
34. Mark Brattoli	43	20:47
35. Jeff Milleman	42	21:19
36. D.J. Gossett	14	21:20
37. Jeff Metzger	37	21:29
38. Mike Moya	34	21:31
39. Tom Landis	42	21:32
40. Brent Emerick	12	21:33
41. Chuck Zumbrun	41	21:34
42. Bill Crane	56	21:35
43. Joe Ziegler	63	21:36
44. Jenni Lee	16	21:38
45. Greg Hartman	46	21:40
46. Janet Souder F2	19	21:43
47. Larry Averbek	58	21:49
48. Art Obeegon	51	21:59
49. David E. Boylan	56	22:00
50. Kevin Truelove	42	22:02
51. Greg Purcell	50	22:06
52. Steve Wildeboer	51	22:07
53. John B. Powell	41	22:14
54. Michael Variell	42	22:20
55. Jack Seigel	53	22:22

FREEEZER

Runners Profile - Ron Sharp

Name	Age	Time
56. Kim Lefever	42	22:33
57. Geroge Mills	37	22:37
58. Tom Kline	35	22:38
59. Doug McKinzie	43	22:48
60. Deb Byers F3	46	22:58
61. Justin Taylor	17	23:00
62. Ty Murphy	50	23:09
63. Jim Harris	37	23:11
64. Chuck Gaff	46	23:44
65. Kim Larsen F4	37	23:59
66. Don Anderson	71	24:04
67. Stuart Neil	15	24:11
68. Larry Lee	54	24:13
69. Gregg Kurtz	40	24:23
70. Jenna Shaffer F5	13	24:32
71. Lynn E. Armstrong	51	24:38
72. Kelly First F6	24	25:11
73. Dean Russ	42	25:39
74. Karen Kline F7	27	25:40
75. Gretchen Maggart F8	31	25:46
76. Bud Stiffler	60	25:47
77. Michael Kline	36	25:55
78. Corey Davis F8	21	26:21
79. Phylis Suelzer F9	45	26:59
80. Joan Garry F10	62	27:30
81. Sue Sipes F11	42	27:52
82. June Mitchell F12	39	29:07
83. Mishana Wood F13	20	29:41
84. Ashton harman	17	30:57
85. Betty Dewells F14	38	31:24
86. J.P. Jones	70	33:23
87. Karen Kurtz	40	37:41
88. Caroline Gernand F15	35	37:42
89. Chris Gorman	7	51:17
90. Linda Gorman F16	35	51:46

When thinking of the areas fastest runners, you typically think of people like Brian Shepherd, Brad Cooper, several others. But in the last couple of years we've seen a new name added to that list. That name is Ron Sharp.

Ron has been living in Fort Wayne for a couple of years now having relocated from Hartford City.

He began his running career by participating in Cross Country and Track at Blackford High School. Ron then went on to complete his collegiate career at Ball State University.

Ron was recently married, which to him has been his most valued accomplishment. Because he works second shift a General Motors, most of his training is done solo. He does manage however, to fit some training runs in on the weekends with fellow runners.

Ron's favorite race distances are anything from a 5k to a half marathon. Because he is somewhat less than satisfied with his personal best for a half marathon, he hopes 1999 will be the year he breaks 70 minutes.

Ron's PR for a 5k is 14:36, 10K 30:50 and his best marathon performance was in St. Louis with a time of 2 hours and 32 minutes.

His recent accomplishments are rather impressive. In the recent Huff, Ron ran the third leg of his relay team (About 10.5 miles) in under 61 minutes. This would have been a quick time for a 10 mile ROAD run...but this was all completed on trails! Ron won this years Fanny Freezer in a time of 16:08, as well as winning The Black Walrus 4 mile run in Tipton, Indiana in a time of 20:33.

With this display of talent, we'll be seeing a lot of Ron Sharp's name in 1999 and the years to follow!





FORT WAYNE TRACK CLUB

Member Profile

Name: David Bruce

Occupation: Machinist

Birthdate: 7/7/62

Birthplace: Detroit, MI

Family: Wife Simone born in Berlin Germany -
Son Ben born in USA - made in Germany!

Pets: 3 dogs, 2 cats, 3 horses, 15 chickens, 1 turtle,
& fish, 1 parrot...hmm, hope I didn't forget any!

Hobbies or Interests: Running, bird hunting and
horseback riding.

Running Shoe Brand: Asics

Years running: 15 years on and off-
5 years continuously

Favorite Distance to Run: 10 plus miles

PR: 50 miles so far.

Favorite Training Food: Apples and wheat
dinner rolls

Favorite Place to Train: Highland Park,
Kokomo, IN

Favorite Race: San Costa 1/2 Marathon/
Caramel IN

Why do I run: Because I can, it makes me feel
good, lets me eat more and it's fun!

Favorite item of clothing: An old long sleeve
red champion sweatshirt.

Favorite movie, TV program or book:
Movie - The Game, TV - That '70's Show - Book -
The Breakfast of Champions.

Favorite music: Blues and alternative

Collections: Animals

Vacation Destinations:
Anyplace warm where there's water and sand.

Most Prized Possession:
Belt Buckle from Ice Age 50 miler.

Has there been an inspiration to your running:
Milt Brown. He's 70 years old and has been running
his entire life and still is having fun doing it.

Do you have a dream? If so, what?:
Retire in my mid-fifties and start a small horse
ranch in the south or southwest.



Luekemia Run for Fun

Saturday, May 15

5k/10k Race - 2 mile Fun Walk

FWTC Points Race

Kosciusko County Fair

Grounds

Warsaw, Indiana

Call: (219) 422-8389 or

(888) 268-1236

USATF Certified Course,
Runners World Sponsored



The following is an invitation by race director Thomas Seidel to the 3rd Annual Brueckenlauf Team Relay race in our sister city of Gera, Germany:

Hello Sports Friends and Running Enthusiasts!

The 3rd Annual Gera Brueckenlauf will take place on August 28 at the Sportsforum in Gera. I hope very much to be able to again greet a relay team from our sister city of Fort Wayne. In 1998 Phil Suelzer, Chris Kaufman, and Lynn Armstrong took part in the 2nd Annual Brueckenlauf with great success. (Thomas is good cheerleader - we finished 12th of 18 teams - but we were a great success drinking beer - Phil). The placing of the team in this unusual race is not the main emphasis, but the challenge of the event and the camaraderie with runners from Gera's other partner cities. The runners from Fort Wayne and Poland will be in the center of the public interest and cordially taken care of by the their sports friends from Gera.

In addition to the running event the organizers have planned many cultural highlights. Trips to Berlin and the Wartburg castle (a cradle for Gera History) as well as interesting visits with the citizens of Gera have already been planned. Teams invited from Poland and other countries to the 3rd Annual Brueckenlauf are again giving the race an international look.

I will be responsible for the organization of the stay for the runners (housing accommodations with families interested in sports, transportation to and from the airport as well as the overall program) and along with Phil Suelzer, will make the details clear and answer any questions.

Further information about the run from:

Phil Suelzer Ph. 486-1745 E-mail: ppjjjsuel@aol.com

Thomas Seidel - Gera - E-mail: seideleu@gera-web.de

I heartily invite one or two teams from our partner city of Fort Wayne for the dates of August 21 to August 29.

Thomas Seidel
Organizational Director

Commentary by Phil Suelzer:

This is truly a unique way to visit with the inhabitant of our sister city, be treated graciously and generously, visit historical and culturally interesting sights, and get a few miles on you shoes in the bargain. Chris Kaufman and I are going back to visit next summer, renew friendships that we made, and this was in large part due to the hospitality we received. The cost of the flight is by far the largest expense that will be incurred, but the whole experience was priceless.



Congratulations Don!

Congratulations to Fort Wayne's Don Anderson for being awarded the second annual Billy Sedam Runner of the Year award. This plaque is given to the top runner in Indiana over the age of 70. This is a traveling plaque, with the first years recipient, appropriately enough, being Billy Sedam.

Don has been running almost all of his life. His first memories of any significant mileage came shortly after he served in WWII. He was working two jobs and raising a family, when he suddenly realized he was gaining weight. Running seemed the best way for him to manage it.

Originally from Michigan, Don ended up in Fort Wayne in 1987, while being in second level management with GTE. When arriving here, he soon became involved with running, racing and The Fort Wayne Track Club.

Running a total of 2000 miles a year (Running and racing) has been an annual goal for him. Don also has fond memories of winning his age group two years in a row at the 5k race that is set during the Chicago Marathon. This year he hopes to compete in the Nationals, (5k race) held at Disney world in Orlando.

Don's favorite race distances are the 5k's and 10k's. On one memorable occasion, he finished just ahead of Olympic Decathlete Dan Obrien at a 5k race in Phonex Arizona. Afterwards, he got to chat with Dan and get his autograph.

Don loves meeting people at races, but the most important thing to him is the discipline needed to accomplish his goals. This discipline is what makes him a great runner and an inspiration to us all!

Happy Birthday!



April Birthdays

Eric Baker	04-02
Jerry Suelzer	04-03
William E Harris	04-04
Sharon Pauley	04-05
Mike Yates	04-05
Julie Manger	04-05
Don Ransome	04-06
Rick Evans	04-06
James Babcock	04-07
Jerry Perkins	04-07
John Wagner	04-07
Reg Johnson	04-08
Tom Yoder	04-08
Kathy Bergeron	04-08
Jonathan E Schlatter	04-08
Lynne M Huguenard	04-09
Jerry Mazock	04-09
James L Dunn	04-10
Joel Schartzer	04-11
George Huber	04-12
Eugene G Haines	04 -13
Ed Beckner	04-13
Gloria Nold	04-14
Jim Deitle	04-5
Denise Connelly	04-18
Lynn Smith	04-19
Michael Cline	04-20
L.Thomas Deal	04-21
Dennis Conner	04-21
Ken L Hendericks	04-22
Phillip Yoder	04-23
Jerry Diehl	04-24
Mitch V Harper	04-24
David L Wilson	04-25
Bud Stiffler	04-25
Sharon Huss	04-26
Rachel Weide	04-26
Art Obregon	04-27
Fred Hannan, Jr.	04-27
Karen Tippmann	04-27
Steve Butler	04-28
Le Ann Buescher	04-29
Eric Nestel	04-30

May Birthdays

Nancy Boyer	05-01
Phil Hartman	05-01
Julie Beregszazi	05-01
Dave L McComb	05-02
Paul Furniss	05-02
John B Powell	05-05
Karen Gerken	05-05
Mike Cole	05-07
Thomas Wagner	05-08
Toby Jo Hullinger	05-09
Morgan Strickland	05-09
Dennis C Scott	05-13
Marlene Scofield	05-14
Robin D Bitting	05-14
Karen L Derickson	05-14
Sue Dannefelser	05-15
Sandy Wyatt	05-15
Clint W Walter	05-16
Tim First	05-16
Jim Weide	05-17
Carol Weide	05-17
Gregory D Lawrence	05-17
Mandy Knuckles	05-17
Beth A Skinner	05-19
Polly Jacobs	05-20
Alissa Werst	05-21
Jeanette Klein	05-24
Anita Lehman	05-25
Kim Ginder	05-26
Kimberly Aspacher	05-30
Paula Rickerd	05-30
Naomi Fruchey	05-30
Jack Shiflett	05-31



1998 Fort Wayne Track Club Points Race Final Awards Presentation

Male

19 (2)

Adam Knight
Wayne Knight

20 - 29 (3)

Mike Fruchey
Tod Esquivel
Mike Schoudel

30 - 39 (8)

Bryan Keister
David Swenson
Sam Stephens
Ron Sharp
Mark Walter
Jeff Rowe
Chuck Schlemmer
Ward Moya

40 - 49 (10)

Doug Sundling
Hal Pearson
Jed Pearson
Jeff Milleman
Carl Risch
Mark Brattoli
Gary Dexheimer
Tim O'Connell
Tom Landis
Fred Hannan

50 - 59 (6)

Dave Boylan
Wes Sabins
Bill Crane
Tom Felger
Larry Averback
Dick Shenfield

60 - 69 (3)

Joe Ziegler
Bob Loomis
J.P. Jones

70 over (1)

Don Anderson

Female

19 (2)

Megan Dexheimer
Leann Beuscher

20 - 29 (3)

Kim Davidson
Karen Louis
Paula Rickerd

30 - 39 (4)

Julie McNulty
Linda Gorman
Linda Ianucilli
Robin Rizzo

40 - 49 (4)

Denise Connelly
Patty Schwartz
Phylis Suelzer
Diane Post

50 - 59 (2)

Sarah Kleinknight
Joyce Hockensmith

60 - 69 (1)

Joan Gary



Races not included in 1998 Points Race Series:

- X Shoesucker 7 7.2 Mile
- X Old Settlers Day 4 Mile
- X Warsaw Run for Fun 10 K
- X Roanoke 5 Mile



Fort Wayne Track Club Points Race Series - 1999

General Rules for Participation

- ◆ Participant must be a FWTC member at the time of the race.
- ◆ Participant age group based on age as of January 1.
- ◆ Points awarded are based on finish place as compared to other FWTC members only in the races as listed below.
- ◆ Double points will be awarded for the Hoosier Marathon.
- ◆ Triple points will be awarded for individuals in the HUFF 50K.
- ◆ Points will also be awarded for the Relay and One-Loop HUFF participants.
- ◆ Points will be awarded for Individual and Teams for Triathlon. General requirements of Track Club membership must apply.

**Age Groups Open Male and Female (Top 5)
"Masters Male and Female (Overall, Over 40)"**

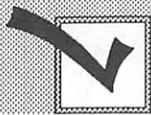
Five Year Age Groups except:

- "Under 19 (Male, Female)"
- 60 and Over (Female)
- 60 - 69 (male)
- 70 and Over (Male)

Award numbers to be based on participation in each age group.

**1999 Points Races (All dates are tentative and subject to change)
Please consult the Inside Track for additional race information!**

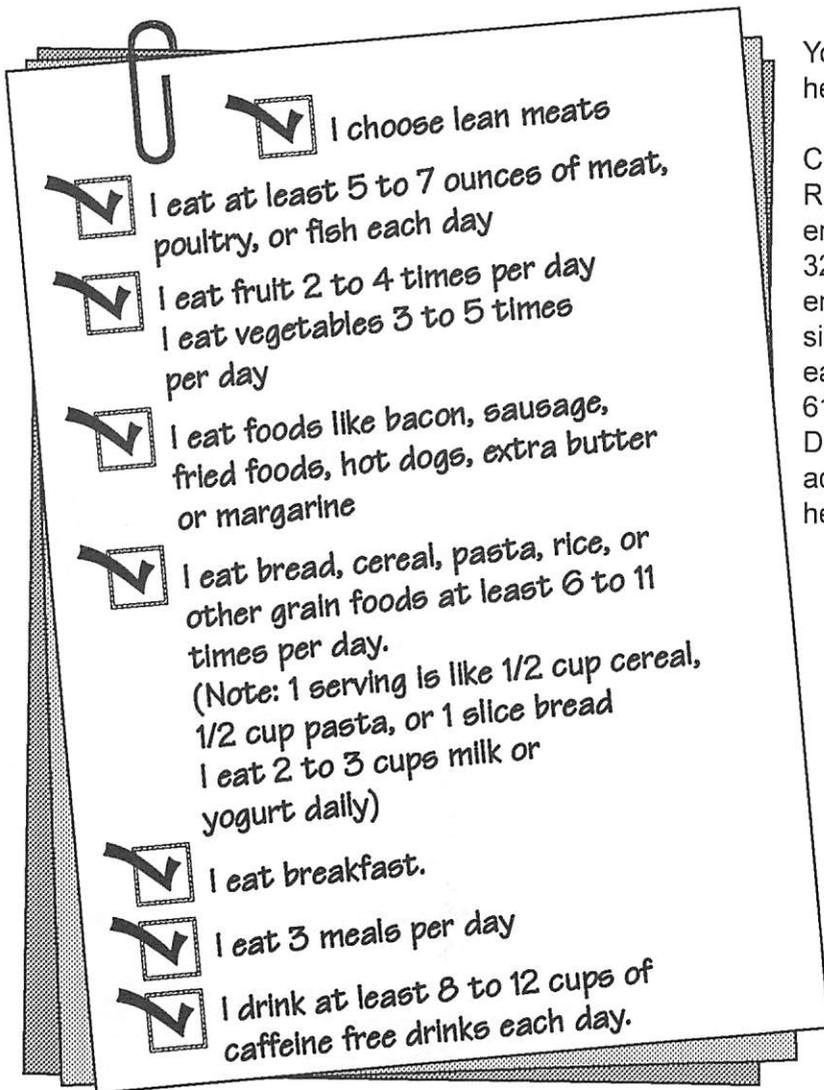
* Fanny Freezer 5K	February 13
* Nutri Runs 20K	March 27
* Mastadon Stomp 5K	April 3
* Arts Fest 8K	April 24
* Mile Championship 1.0 M	May 1
* Canal Days 10K	June 5
* Hoosier Marathon 26.2 M	June 12
* Old Settlers Days 4 M	June 25
* Zoo Run 4 M	July 4
* Parade Race 5K	July 10
* Harlan Days 10K	August 7
* Hot Air Affair 4M	August 7
* Van Buren Popcorn Festival 5K	August 14
* Progressive Insurance Triathlon 0.75K/20K/5K	August 21
* Parlor City Trot 13.1 M	September 25
* IPFW - Randall-Sullivan XC 5K	October 8
* Zoom Thru Zulu 10K	October 10
* Callithumpian 5K XC 5K	October 24
* Turkey Trot 5K XC 5K	November 20
* JP Jones 10K 10K	December 4
* "HUFF 50K, Relay & One-Loop" 50K/17.4K	December 18



NUTRITION CHECK UP

Day by day date books are clutched and carried by many. As time ticks by they dictate where we need to be, who we need to be with, and what's best for us to do. Our busy books direct our actions. They help us target family, friendship, faith, financial, and physical fitness priorities. Yet, food often gets forgotten!

To check out personal meal and snack patterns answer the questions listed here. It's a check to understand food frequency, use of high fat foods, and how food selections match daily minimum recommendations. For each statement answer rarely (1 point), sometimes (5 points), or often (10 points). When done calculate a total score.



Less than 60-You can do better! 60 to 79-You're on your way! 80 to 100-Keep up the healthy eating!

Recently 110 IPFW Hilliard Gates Sports Center members completed this eating survey. Results showed some concerns: 45% rarely eat enough fruit, 43% rarely eat enough vegetables, 32% often eat high fat foods, and 28% rarely get enough caffeine free fluids. On the positive side, 41% often get enough ounces of meat, 50% eat enough essential bread/cereal servings, and 61% eat 3 meals per day. A 1997 American Dietetic Association Nutrition Trends Survey of 823 adults showed that 79% believe nutrition impacts health yet only 39% do all they can to eat healthy.

Definitely eating habits need some help! Many people are missing nutrients, fiber, and photo chemicals which can maximize potential personal abilities and minimize health problems. There is no magic formula, however improving eating habits does start in the head. Being more mindful of meal and snack choices can create a more nutritious and delicious day.

Take a little time and check out your eating routine. Decide on a few new habits for a better you.

Thendedicate the data to your date book!! Enjoy!

Best,
Judy Tillapaugh, R.D.
IPFW Wellness Coordinator

Check Out These Changes:

- * Make food planning as much a priority as planning work and workout activities.
- * Map out practical nutritious eating plans for breakfast, lunch, dinner, and snacks.
- * Match taste and nutrition when picking foods.
- * Mount meal plan lists on a refrigerator, bulletin board, or calendar.
- * Mark up the shopping list with fruit, vegetables, and other nutritious foods.
- * Meet with a registered dietitian who could check out food patterns more thoroughly and give personal healthy eating guidelines.

Woman On The Run

By Joyce E. Hockensmith

I ran Boston for the first time in 1989 in a time of 3:38:48, and I believe after that, my fourth marathon, I was hooked on marathoning.

Why am I intrigued by the marathon distance? It is challenging, and provides a sense of personal achievement when crossing the finish line. It is not a given that when you begin a marathon, you are assured of completing it. There are too many unknowns that can pop up during that 26 mile 385 yard trek. Some runners are built for speed, but the vast majority of us will never fall into this category. So my motto is, if you can't run fast, run long. What's more, whether your goal for running is personal or for glory, the average runner, like me, can receive recognition for running marathons. Your friends and associates will be impressed by the fact you have run ten or twenty marathons where they might not feel the same about ten or twenty 5K's or 10K's. Another runner's high for me is that in a marathon, you can run with the world's best, at the same time, and in the same race. I know that I am right there behind them, however far that may be.

My next marathon after Boston was Grandma's Marathon in Duluth Minnesota, and to this day, this marathon holds a special place in my heart and in my personal record book. It was here that I set my Marathon PR of 3:27:46. After that I felt I was invincible, and thus became a little careless. July 1, 1989, I went to Syracuse, Indiana to run the 8 mile Flotilla Road Race.

I took off after not warming up properly and promptly came up lame with a pulled hamstring. I had to limp back to the start, and was out of commission for about a month-and-a-half.

In November of 1989, thanks to the efforts of Ann and Jay Jamison, the Fort Wayne Track Club chartered a bus to the New York City Marathon. Two nights before the marathon, the time the experts say is the most crucial to get a good night's rest, we rode a bus all night long. We may have arrived weary, but were very excited to be in the Big Apple. It was a great experience to share the trip with a group of runners, who, however diverse, all shared the common goal of completing the New York City Marathon. This marathon is on my list of favorites. 1990 was a very good year for me. It brought PR's in nearly every distance, except the marathon, was my debut into biathlons, and nearly doubled my total number of marathons. 1991 added only two marathons, but one of them gave me something to talk about. I was in Huntsville, Alabama for the Rocket City Marathon, only to discover that I had left my running shoes at home. It was late on Saturday, and stores were closing, but fortunately there was an expo. Yes, I purchased a pair of shoes there, a brand I had never before worn, and completed the marathon the next day without a single blister. I think I was very lucky, and would not recommend this practice.

1992 boasted, along with a myriad of shorter races, 7 marathons, one triathlon, and the Peachtree 10K in which I was one of 45,000 runners. One marathon memory from that year is the Paris Marathon, which was my first trip abroad. I was nearly devastated when, due to my ineptness in the French language, I missed the start of the marathon, by a mere 40 minutes or so. All's well that ends well, and I was able to complete the marathon ahead of many runners who had started on time. Another great run in 1992 was the Big Sur Marathon. The course, along Highway 1, provides scenery for one of the most beautiful marathons in this country.

1993 was the start of my Quest for the 50 states. What a great way for a marathoner to see the country!



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 CANCELATIONS, 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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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 R/W, 10:00 am, Valparaiso Family YMCA, Valparaiso, Ind., Micheal Jones (219) 464-7959

White River State 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.

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

10 SAT(R) The Spirit Run, Valparaiso, Ind., Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

Swamp Stomp, 5 Mile Run and 1 Mile Walk, Hawthorne Park, Terre Haute, Ind., Buddy Green, 200 N. 9th, Terre Haute, Ind., 47804 (765) 232-4650

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

Nortel Cherry Blossom 10 Miler, Washington, D.C.,
(301) 320-3350

17 Sat.

(R) 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

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

(R) Raccoon Run, 4 Miles, 10:00 am, Findlay, Ohio,
Margie Stateler (419) 423-6952

Just a Little Run, 4 Miles, Lansing, ILL.,
Mike Sitterly (708) 474-8552

Kiwanis Sunrisers, 15k, Noblesville, Ind.,
(317) 921-5786

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

Pietro's 5k Run, 8:00 am, Grand Rapids, Mich.,
(616) 452-3228

Arbor Dash, 5k, 9:30 am, Battle Creek, Mich.,
Allison Mowary (616) 969-0270

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

(A) The Lighthouse Half-Marathon and 5k R/W, 8:00 am, Huron H.S., Huron, Ohio,
Huron Chamber of Commerce, P O Box 43, Huron, Ohio, 44839 (419) 433-5700

19 Mon.

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

24 Sat.

(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

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

24 Sat.

(R) Falls Park Classic, 10k/5k Run, Pendleton, Ind.,
(765) 778-7399

(RA)Door to Door 10k, 10:00 am, Scipio Township Park, La porte, Ind.,
Dunes Running Club, 3842 W. Joilet Rd., La Porte, Ind., 46350 (219) 324-4888

(R) King of Hearts 5k, Valparaiso, Ind.,
Kelly Imbody (219) 464-1215

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

Borgess Run for the Health of It, 15k/10k/5k, 7:30 am, Borgess Medical Center,
Kalamazoo, Mich., Doug Stohrer (616) 552-2340

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

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

28 Wed.

Running Fit FIT 5k, 6:30 pm, Novi, Mich.,
Randy Step (248) 347-4949

MAY 1999

01 Sat.

(LP) FWTC Championship Mile, 6:00 pm, Foster Park, Ft. Wayne, Ind.,
Brian Shepherd (219) 894-4638

Indianapolis Life 500 Festival Mini-Marathon, Indianapolis, Ind.,
500 Festival, 201 S. Capitol, Ste. 201, Indianapolis, Ind., 46225 (317) 636-4556

(R) Run for Life, 4 Miles, Highland, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

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 Indianapolis, Ind., Tuxedo Brothers (317) 328-

08 Sat.

(R) Covered Bridge 5k, Hobart, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

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

Ice Age TRail, 50 Miles, 6:00 am, LaGrange, Wis.,
Holly Neault-Zinzow, W5689 Tamarack Trail, Whitewater, Wis, 53190-4044

Lake Geneva Marathon, 25k and 5k, 8:00 am, Lake Geneva, Wis.,
(414) 248-4323

09 Sun.

(R) Mother's day Run, 5 Mile X-Country and 1 Mile Fun Run, 1:00 pm, Kendalville, Ind.,
Rick Frey, Kendalville Youth Center, 211 Iddings Str., P O Box 516, Kendalville, Ind.,
46501 (219) 347-1064

Flying Pig Marathon, Cincinnati, Ohio,
Cincinnati Marathon, 644 Linn St., Ste. 835, Cincinnati, Ohio, 45203 (513) 721-pigs

15 Sat.

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

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

Gallery Gallop, 10k, 6:30 pm, Lake Street Beach, Gary, Ind.,
Joyce Ebert (219) 938-4566

Run with the Foxes, Mini-Marathon, 10 Mile, 10k, and 5k, 9:00 am, Morgan-Monroe
State Forest, Martinsville, Ind., Susan Mittenthal, P O Box 1327, Martinsville, Ind.,
46151 (765) 349-0204

Terre Haute Triathlon, 1k Swim, 40k Bike, 8k Run, Terre Haute, Ind.,
Mike Hoebet (765) 832-1500

Race for the Cure, 5k Run/Walk, Columbus, Ohio,
(614) 224-1964

22 Sat.

(R) White River Run, 15k/5k Runs, Anderson YMCA, Anderson, Ind.,
Anderson Road Runners Club, PO Box 282, Anderson, Ind., 46015

(R) Deep River Run, 5k, Hobart, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

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

23 Sun.

ORRRRC 10k Race, 9:00 am, Twin Creek Park, Germantown, Ohio,
(937) 866-1735

29 Sat.

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

(A) Santa Claus Classic, 4 Mile R/W, 8:00 am, Santa Claus, Ind.,
Jeff Blackwell, P O Box 682, Santa Claus, Ind., 47579 (812) 544-2701 after 6:00 pm

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 & 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

Lou Cox Memorial 5k, 9:00 am, Welcome Stadium, Dayton, Ohio,
(937) 296-1470

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

Bolder Boulder 10k, 7:30 am, Boulder, Co.,
Cliff Bosley (303) 444-7223

JUNE 1999

04 Fri.

Kettle Moraine 100 Mile Trail Run, 3:00 pm, Eagle, Wis.,
Kevin Setnes, U1-traffic, W5927 Young Rd., Eagle, Wis., 53119 (414) 495-3474

05 Sat.

RP)Canal Days 10k, 7:00 am, New Haven, Ind.,
Carl Ehinger, 8130 Sakadem Pkwy., Ft. Wayne, Ind., 46825 (219) 490-7089

(R) Heart of Indiana, 5k, Ball Memorial Hospital, Muncie, Ind.,
(765) 751-3305

(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

Grand Prix 5k, Portage, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

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.

Columbus 10k, Columbus, Ind.,
Matt McGowan, P O Box, 21264, Columbus, Ohio, 43221 (740) 587-0376

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

(R) Norris Insurance/Greentown Glass 5 Miler, 8:00 am, Greentown, Ind.,
Norris Insurance (317) 395-7761

(R) Hebron Kankakee River Classic Run, 10k R/ 5k W, 7:30 am, Hebron, Ind.,
Mike Haughee, P O Box, 0808, Hebron, Ind., 46341 (219) 924-0080

River City Triathlon, Logansport, Ind.,
(219) 753-5141

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

Oliver Winery/Harmony School, 10k Run and 4 Mile Walk, Bloomington, Ind.,
Libby Cosgray, P O Box 1787, Bloomington, Ind., 47402 (812) 334-8349

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.

(R) Mermaid Festival 5k, 8:00 am, Philcher's Shoe Building, North Webster, Ind.,
Brian Shepherd (219) 894-4638

Rotary Run Arround, 10k, Munster, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

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

Buck Creek 5k, Yorktown, Ind.,
(765) 759-7393

Mohican Trail 100 Mile Trail Run, 5:00 am, Loudonville, Ohio,
Joe Jurczyk, Cleveland West Road Runners, 6644 Westview Dr., Brecksville, Ohio,
44141, (440) 546-0183

Kalamazoo Klassic, 10k Run and 5k Run/Walk, 8:00 am, Kalamazoo, Mich.,
John Wachter (616) 373-6891 or Deb Chope (616) 345-6986

Steamboat Classic, 15k and 4 Mile, 7:00 am, Peoria, ILL.,
Phillip Lockwood (309) 688-7313

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 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

25 Fri.

(RP) Old Settler's Day, 4 Miles, 6:30 pm, First Church of God, Columbia City, Ind.,
Brian Shepherd (219) 894-4638

26 Sat.

(R) City of Lakes Ballonfest Triathlon, Warsaw, Ind.,
(219) 267-3992

(R) Kopper Kloppe 5 Mile, Hobart, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

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

Buzzards Roost 10k, Arcadia, Ind.,
Evan Achenbach (317) 984-3019

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

27 Sat.

(R) Monument Classic, 5k/10k and 2 mile non-competative walk, 8:00 am,
Commons Park, Angola, Ind., Mrs. Crowl (219) 665-2842

JULY 1999

03 Sat.

Flottilla Days, 8 Miles and 3.3 Miles, 8:00 am, Lakeside Park, Syracuse, Ind.,
Brian Sheperd (219) 894-4638

(R) Hamilton Lake Road Classic, 5k, 8:00 am, Hamilton, Ind.,
Carl Akres, PO Box 131, Hamilton, Ind., 46742 (219) 488-3257

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

Chesterfield Optimist 10k, Chesterfield, Ind.,
(765) 378-3143

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

Brickyard Run, 5 Mile, Hobart, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

04 Sun.

(LP) Running Wild, 4 Miles, 7:30 am, Ft. Wayne Children's Zoo, Ft. Wayne, Ind.,
Karen Lemire, 3411 Sherman Blvd., Ft. Wayne, Ind., 46808 (219) 427-6800

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

04 Sun.

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.

(LP)Runners on Parade, 5k, Headwaters Park, Ft. Wayne, Ind.,
Mike McAvoy (219) 824-5158

(R) Elephant Walk 10k, 8:30 am, Peru, Ind.,
Beth Drisscoll, 275 W. 12th Str., Peru, Ind., 46970 (765) 472-8007

(R) Lowell 5 Mile, Lowell, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

Shield Your Skin, 4 Mille Run/Walk, Downtown Indianapolis, Ind.,
Ken Lond anfd Associaties (317) 632-8812

(A) 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

14 Wed.

(R) Friendship Races 5k Run and 3k Walk, 6:30 pm, Hammond, Ind.,
(219) 931-6587

17 Sat.

(R) Iron Horse Festival 4 Mile, 8:00 am, Logansport, Ind.,
Paul Versnik (219) 733-5141

18 Sun.

Heart and Sole 10k, Olympia Fields, ILL.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

23 Fri.

(R) Cromwell Days 5k, 7:00 am, Cromwell Center, Cromwell, Ind.,
Brian Shepherd (219) 894-4638

24 Sat.

(R) Cancer Society 5k, 8:00 am, Wawasee Middle School, Syracuse, Ind.,
Brian Shepherd (219) 894-4638

(A) Hudson Booster 5k Cross Country Open, 8:30 am, Hudson High School,
Hudson, Mich., Hudson Booster 5k, 7857 Dillon Hwy, Hudson, Mich., 49247

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

31 Sat.

(R) Swiss Days 5k and 1 Mile Kids Run, 8:30 am, Berne, Ind.,
Jack Shoaf, First Bank of Berne, (219) 589-2151

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

AUGUST 1999

06 Fri.

(R) Garret Community Center 5k, Eastside Park, Garret, Ind.,
Nick Preston (219) 357-6845

07 Sat.

(RP) Harlan Days 10k, 7:00 am, Town Park, Harlan, Ind.,
T.A. Bunner, P O Box 255, Harlan, Ind., 46743 (219) 657-5197

(R) Norris Insurance 5k R/W, 8:00 am, Converse, Ind.,
Norris Insurance (317) 395-7761

(R) Run the Runway, 5k, Muncie, Ind.,
(765) 287-1799

(RA) Governor/s Cup Series, 8k Run/Racewalk and 5k Walk, 9:00 am,
Potato Creek State Park, North Liberty, Ind., Tuxedo Brothers (317) 328-1632

(R) Run for Shelter 5k, Valparaiso, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

Heartland Crossing, 5 Mile R/W, Southwest Indianapolis, Ind.,
Ken Long and Associates (317)632-8812

8th Annual Wabash Valley Classic, 5k R/W, 8:00 am, Terre Haute, Ind.,
Chris Roche (812) 238-7311

Howl at the Moon, 8 Hour Run, 7:00 am, Danville, ILL.,
Mark Reddy (217) 431-4243

(RP) Hot Air Affair, 4 Miles and 1 Mile Fun Run, 8:30 am, Van Wert, Ohio,
Micheal Clay (419) 749-4034

08 Sun.

(R) Kingfish Mini-Marathon, Portage, Ind.,
Mark Kingery, 2844 Shawnee Str., Portage, Ind., 46368 (219) 762-7348

Summer Spree Run 6-Hour, 7:00 am, Vandalia Sports Complex, Vandalia, Ohio,
Denny Fryman, 7581 Glenhurst Dr., Dayton, Ohio, 45414 (937) 898-7015

14 Sat.

(L) Top of the Day 5k and Lucky Leprechaun Fun Run for Kids, 9:30 am,
Headwaters Park, Ft., Wayne, Ind., Mary McMaus (219) 745-2101

(L) 6th Annual YWCA Biathlon, 4 Mile Run and 15 Mile Bike, 8:00 am,
Oakview Elementary School, Ft. Wayne, Ind., (219) 424-4908

(R) Fun Fest 5k and Fun Run, Warvel Park, North Manchester, Ind.,
Kevin Lochner (219) 892-6105 or Neil Tate (219) 982-8216

14 Sat.

Kernel Klassic 5K & 1 mile Fun Run 8:00 am,
Van Buren Ind., Molly Favor 1-800-428-0201

(R) Rotary Ramble 5k, 8:30 am, Demotte, Ind.,
Char Groet (219) 987-2875

RCC Championships Racquet Run for Riley, 10k Run and 5k Run/Walk, 7:30 am,
Indiana Tennis Center, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

Summer Biathlon, 5k Run with Two Shooting Stops (Yes, with Guns),
Eagle Creek Pistol Range, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

15 Sun.

Rails/Trails Marathon, Brookville, Ohio,
Denny Fryman, 7581 Glenhurst Dr., Dayton, Ohio, 45414 (937) 8987015

21 Sat.

(LP) Progressive Ins. FWTC Triathlon, Ft. Wayne., Ind.,
Bill Sohaski, 1931 Kendawa Dr., Ft. Wayne, Ind., 46815 (219) 749-5081

Onion Days 5k, Community Park, Wolf Lake, Ind.,
Brian Shepherd (219) 894-4638

28 Sat.

(R) Home Town Run 5k, Griffith, Ind.,
Calumet Region Striders, P O Box, Griffith, Ind., 46319

(A) Governor's Cup Series Finale, 8k Run and Racewalk and 5k walk, 8:00 am,
Fort Harrison State Park, Indianapolis, Ind., Tuxedo Brothes (317) 328-1632

Crim Festival of Races, 10 Miles, 8k, 5k, and 1 Mile, 8:00 am,
Flint Mich., (810) 235-3396

SEPTEMBER 1999

04 Sat.

(R) Summer Nights 5k, Ligonier Elementary School, Ligonier, Ind.,
Brian Shepherd (219) 894-4638

Little Italy 5k Run, Clinton, Ind.,
Bruce Speth, 14102 S. Geneva Hills Rd., Clinton, Ind., 47842 (765) 832-6179

Riverfest Run and Walk, 5 Miles, Downtown Indianapolis, Ind.,
Ken Long and Associates (317) 632-8812

05 Sun.

Scotty Hanton Marathon, Port Horon, Mich.,
Becky LaPine, c/o Blue Water Plastics, 1515 Busha Hwy., Maysville, Mich., 48040

06 Mon.

Forest Park Scenic 10 Mile and 5k, 8:00 am, Forest Park, ILL.,
Bud James or Martha Davidson (708) 503-8560

07 Tues.

On Your Marks for Parks, 5 Mile R/W, 8:00 am, St. Vincent Hospital, Carmel, Ind.,
Tuxedo Brothers (317) 328-1632

11 Sat.

(R) Popcorn Panic, 8k Run and 5k walk, 7:30 am, Valparaiso, Ind.,
Helene Hammon (219) 462-5144

11 Sat.

Quaker Days B&O Trailblazer, 5 Mile Run and 3 Mile Walk, Plainfield, Ind.,
Jeff Smallwood, 1813 Birch Dr., Plainfield, Ind., 46168 (317) 839-8736

Corporate Challenge, Corporate Team Events, 7:30 am, Downtown Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632

Dances with Dirt, 50 Miles, 6:00 am, Hell, Mich.,
Randy Step, Running Fit, 123 Libert str., Ann Arbor, Mich., 48104 (734) 769-5016

Mackinac Island 8 Mile Race, 9:30 am, Mission Point Resort, Mackinac Island, Mich.,
Riverbend Striders (810) 659-6493 or (810) 238-5981

American Odyssey Marathon, Marathon City, Wis.,
Joel Broatz, 8720 28th Ave., Merrill, Wis., 54452 (715) 536-1230

18 Sat.

(R) Darin Bryan Memorial Run, 5k, Anderson, Ind.,
(317) 770-9552

Dick Lugar Run and Walk, 10k and 5k, Butler University, Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632

19 Sun.

USAT Midwest Triathlon Championship, 1.5k Swim, 33k Bike, 10k Run, 8:00 am,
Eagle creek Park, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

Wolf Run 5k, Chicago, ILL.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

25 Sat.

(RP)Parlor City Trot, Half-Marathon and 10k, 8:30 am, Bluffton, Ind.,
Mike McAvoy (219) 824-5158 (Race and Date Tentative, More Info to Come Later)

Kokomo Symphony 5k R/W, Highland Park, Kokomo, Ind.,
Mark Shorter, Kokomo Road Runners, (765) 452-2616

(R) Hospital Hustle 5k, 9:00 am, Merrillville, Ind.,
1-800-HUSTLE-1

Agape 10k Run and Walk, Cicero, Ind.,
Ken Long and Associates (317) 632-8812

Tuxedo Brothers Duathlon, 5k Run, 33k Bike, 5k Run, 8:30 am,
Eagle Creek Park, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

26 Sun.

(R) KeyBank Salmon Chase, College Football Hall of Fame, South Bend, Ind.,
Karen Bonta, 403 E. Madison Str., South Bend, Ind., 46617 (219) 283-1136

Wild Wild Wildness, 7.6 Miles, Danville, ILL.,
Mark Reddy (217) 431-4243

Fall Fantasy Run 6-Hour, 7:00 am, Vandalia Sports Complex, Vandalia, Ohio,
Denny Fryman, 7581 Glenhurst Dr., Dayton, Ohio, 45414 (937) 898-7015

Toledo Classic 10k, Toledo, Ohio,
Pete Buehler, 2703 Wyndale, Toledo, Ohio, 43613 (419) 472-0164

OCTOBER 1999

02 Sat.

Donor Dauthlon, 5k Run, 30k Bike, 5k Run, 8:30 am, Warsaw, Ind.,
American Red Cross, Warsaw, Ind., (219) 267-5244

(R) Cole Porter 15k and 5k, 8:30 am, Peru, Ind.,
(More Info to Come)

(R) Run/Walk for Children, 5 Mile Cross-Country, Valparaiso, Ind.,
Clark Gloyeske (219) 853-4124

Joe Smindak, 222 Liberty St., Dayton, Ohio, 45402 (937) 285-6064

Emily's Scholarship Run and Walk, 5k, 9:00 am, Orchard Country Day School,
Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

03 Sun.

Oktoberfest Classic 10k, Minster, Ohio,
Keith Pohl, P O Box 20, Minster, Ohio, 45865 (419) 628-4616

Twin Cities Marathon, St. Paul, Minn.,
Scott Schneider, 708 N. First Str., Minneapolis, Minn., 55401 (612) 673-0778

08 Fri.

(LP) Randall-Sullivan X-Country 5k, 5:15 pm, Hillard Gates Sports Center, IPFW,
Ft. Wayne, Ind., Judy Tillapaugh (219) 481-6647

09 Sat.

(R) Applefest Run, 5k, Frankton, Ind.,
(765) 643-3094

Indianapolis Marathon and Half-Marathon, Lawrence, Ind.,
Joel Sauer, P.O. Box 36214, Indianapolis, Ind., 46236 (317) 826-1670

10 Sun.

(RP) Zoom Thru Zulu, 10k, 1:00 pm, Zulu, Ind.,
Mitch Harper (219) 456-1381

Cal City Mini-Marathon, Calumet City, ILL.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

Lakefront Marathon, Milwaukee, Wis., Steve Hartman, c/o Baderland Striders,
9200 w. North Ave., Milwaukee, Wis., 53226 (414) 783-5009

Dayton River Corridor Classic, Half-Marathon, Dayton, Ohio,
Thomas Shommer, Wright Brothers, Box 6154, Dayton, Ohio, 45409 (937) 233-1021

16 Sat.

(R) Omni 41 Pumpkin Prance 5k, Schererville, Ind.,
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

17 Sun.

Towpath Marathon, Cleveland, Ohio, Pacific Sports, 1900 E. Ninth St.,
Locator 7000, Cleveland, Ohio, 44114 (216) 575-3439

Detroit Marathon, Detroit, Mich., James Minella, Book Tower,
1249 Washington Blvd., Ste. 2700, Detroit, Mich., 48226 393-7749

23 Sat.

Monster Mash Dash, 5k Run and Walk, 5:00 pm, Eagle Creek Park, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

24 Sun.

(RP)Callithumpian Canter 5k X-Country and 1 Mile Fun Run, 1:30 pm, Bellmount H.S., Carl Risch (219) 328-8588 (Race and Date Tentative, More Info to Come)

The LaSalle Banks Chicago Marathon, Chicago, ILL., P.O. Box 10597, Chicago, ILL., 60610 (312) 243-0003 or (888) 243-3344

Monster Mash Dash, 4 Miles, Island Lake Rec. Area, Kent Lake Beach, Mich., Susan Brown (248) 486-1824

30 Sat.

Pleasant Run Run, 5 Mile R/W, 8:30 am, Historic Irvington, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

Interested in the Internet or computers?

If you would be interested in being a part of the Track Club committee on technology as we look at future directions for the club. We will be looking at options for the club web site, including online race calendars, expanded online race registration, and online results. We will also be working with the new computer-based race timing and results system.

In addition, we are looking for volunteers who would be interested in helping to maintain the track club web site.

If you are interested in any of the above, please contact Vern Ceder by email at vernc3@aol.com or by phone at 219-745-4295.

Visit the FWTC Web site!

Stop by the Fort Wayne Track Club web site. It's not finished yet, but it has national and local running links, results, news and race information. Check it out at <http://members.tripod.com/~FtWayneRUNNER>. (last word is case sensitive).

Register for the FWTC Email Race Updates list

If you are interested in receiving email updates about FWTC races and events, please visit the signup site at <http://members.aol.com/vernc3/email.htm>.



Think Spring 5K & 1 mile Winners

- February 20, 1999

Brian Shepherd won a close one over Ron Sharp in a time of 15:26 to Ron's 15:27.

Deb Byers outdistanced the womens field with a time of 21:46.

Back Row

Linda Huss Master
Teresa Furniss 3rd

Brian Shepherd 1st

Mark Furkis Master

Front

Deb Byers 1st
Patti Schwartz 2nd

Rachel Harvey 1st mile



1999 Fort Wayne Track Club Newsletter Deadlines

May 15th - July 15th

Sept. 15th - Nov. 15th

The Perfect Run

From time to time at the edge of my mind, in the shadows where reality fades into fantasy, I work creating an as yet unfinished tapestry called the perfect run. Sometimes I weave in the stories of others that give flight to my own imagination, but mostly it is the threads spun from memories harvested from bits and pieces of a lifetime of racing and training that get woven in. What are the elusive factors that determine what memories I include in my tapestry and those that I discard? From out of the estimated 4000+ times that I have laced up my running shoes and headed down a road or trail why is it that I can vividly recall some runs while most get lost in the mindless repetition of courses run over and over? There seems to be no sense of commonality among the runs that become those of lasting significance. Some are done alone, over familiar ground, and in weather that is to my liking while others are done with friends, on a new course, and in miserable weather. When I reflect honestly upon all the times that I have run I discover that races are rarely those runs that I remember the most. Probably it is because I entered a race with specific goals and if I did not reach them, which seemed to be often, I would become angry with my effort and would rather not remember the race at all. Whatever the exact elements that make up these magical runs they happen more by chance and less by choice. But more importantly what this mental exercise illustrates is why I got into running in the first place, that it gives me a chance to be what I imagine myself to be, to step back from life and enjoy, if but for a brief moment, the best of what life has to offer. These then become some of the memories that that are crafted into my perfect run, some of which I share now.....

1. Any of the several chance runs that happened with John Sullivan in Foster Park because the stories that he would share and the encouragement that he offered made the miles enjoyable.
2. Back in the summer of '91, while visiting my folks, I had the opportunity to do two 4 milers in the Irish Hills of the Appalachian Mountains and a small run along the Appalachian Trail.
3. In April of last year I ran every *%#@! trail in Chain-O-lakes State Park with Jerry and Mitch, a 12+ mile run accompanied mainly by their banter and ending in a primal scream.
4. During my second year of running I discovered the joy of training with fellow runners when I ran 17 miles with a group headed by Jerry Mazock on the roads around Homestead H.S.
5. One time in the early years, after dropping my car off at Southtown Mall for some work, I ran back home in the quietest, most gentlest of snow falls that has rarely been matched since.
6. There was a 4 mile run back in mid '80's when it all seemed to come together and I let the horses run free and ran under 26 minutes along Broadway and into Foster park and back again.
7. At the Mohican 100 last summer when the crew I was with abandoned Mitch for awhile and Don took it upon himself to introduce the rookies, which included me, to the Blue Loop.
8. The three races that I remember: setting a PR in the old Home Loan 10k, twice running close to 12 minutes in the Arby's BS/BB 2 miler and running on empty at the OPSF 50k.
9. Any of the times that I did the loop around Huntington Reservoir, alone or with friends, especially those ones run during the winter and those done after the Shoesucker 7.
10. Coming through downtown of Ft. Wayne in mid-December of 1995 at the end a 12 mile run with the "Y" group, for I knew then that I could redeem myself from my disaster at Columbus.

Beer Bottle Open Four Mile Race, Columbus Grove, Ohio

I have placed first. I have crossed the finish line in 3,584th place. I have raced 880 yards and the marathon. I have raced in Miami, Seattle, Boston, Philadelphia, and just about everywhere in between, including races on foreign soil. I ran my first roadrace in 1971. I ran my last roadrace on Saturday, March 13, 1999. It was the Beer Bottle Open Four Mile Roadrace in Columbus Grove, Ohio. Set back the clock to the pre-boom years. Mayberry is hosting a race.

To say that this is a race is to say that Augusta is a golf course, Wrigley Field is a ball diamond, and Milan HS won a state basketball championship.

The drive from Angola to Columbus Grove is a pilgrimage. Metz, Montpelier, West Jefferson, Bryan, Ney, Brunnersburg, Defiance, Rice, Kieferville, Ottawa, and after waiting for a long freight train, Mayberry, I mean Columbus Grove. On race day the population swells by 18%.

The high school gymnasium looks like Hopkinton with runners signing - in entry forms, lounging around, talking, or stretching.

The race name is misleading. The proceeds go towards a high school cross-country team and a memorial scholarship fund.

The four mile course, like the drive over, is flat. There are a grand total of four turns on the out and back loop course. Smell the stock yards and it is time to kick. After a rural three miles the long straight to the finish banner at Miller's Lite Lunch is a welcome sight and is the first portion of the course out of the March wind. The weather is the one aspect of this race that changes. The first year I ran, it was 14 degrees. I remember that because I told myself that I would never wear tights. I bought a pair the night before. The guy at the sporting goods store told me, "Now they're going to fit tight." One year I stood on the starting line in bright sunshine, in shorts and singlet, only to have it start to snow hard.

Behind Miller's Lite Lunch, volunteers stir big kettles of hobo stew. These bearded good ol' boys are wearing their very best dress flannels and bibs. Based on Sandy Thorn Clark's rating system, the piping hot delicious stew, served in a generous sized foam bowl, perfectly complimented by two packets of saltine crackers, a standing spot in the parking lot, with views of the alley, back of the bar, and a dumpster, with pleasant conversation with race winner Kevin Rigg, a Columbus Grove and Miami of Ohio graduate. I give it the maximum rating of five race number safety pins. Kevin is 31 and ran 20:56.

I saw a woman, I guess you would call it "warming down" on the course after the race. She was motoring. I thought to myself, why didn't she leave it all out on the course? I got my results Tuesday, March 16th, impressive in the era of Internet, and discovered it was Deb Wagner hammering some extra miles. She was the overall women's winner. Eleven straight years. 23:30. Age 47 !!!!!

What makes this race so special to me, what makes it my favorite race is more than the tremendous community support, the small town charm, the large turn out of runners, the impressive competition (An Olympic Trials Marathon qualifier has run this before), the flat, fast course, the quick and accurate results, the always coveted T-shirt, and mama, do I ever need another one of those, the traditional awards mugs, the road less traveled trip to the race that you-can't-get-there-from-here, the gourmet hobo le stew du jour, and 21 year history. The race represents the past, present, and future of running. This race has a certain nostagila. No other race takes me back to the days of Tiger Pintos and Tiger Harriers, nylon shell shorts, cotton sweats, cardboard race numbers, and stopwatches with sweep second hands like this one. The race represents the present. 416 runners showed up on a Saturday afternoon, ranging from a ten year old boy to a seventy year old woman. Nobody head butted anyone else. Nobody held out for a better contract. The winners did not dance in the finish chute. The race represents the future. I only hope that they do not have an expo, massage therapists, and use the championship chip timing system. I have seen a lot of positive changes in running and racing over the years. Change is good. Like Williamsburg, they should put a fence around Columbus Grove. I hope that it never changes.

Yes, and that means the wind, the long train, the dumpy "Knut Rockne was here" locker room, and the manure smell gun lap.

Paul Beckwith



FORT WAYNE TRACK CLUB Members Page



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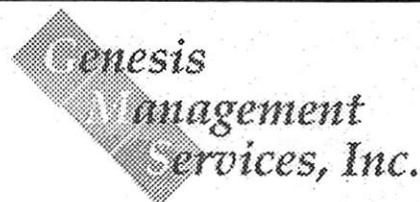
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FORT WAYNE TRACK CLUB

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 waiver 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 waiver 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 waiver.

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? _____



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...

MASTODON STOMP 5K

Saturday, April 3
IPFW - Fort Wayne

ARTS FEST 8K

Saturday, April 24
IPFW - Fort Wayne

FWTC MILE CHAMPIONSHIP

Saturday, May 1
Foster Park - Fort Wayne

HOOSIER MARATHON

Saturday,, June 12
Foster Park - Fort Wayne

FWTC MEETINGS

Wednesday, April 14, 7:00 PM, Run 6:00
Wednesday, May 12, 7:00 PM, Run 6:00
IPFW - Hilliard Gates Activity Center

Advertising Rates

	1 ISSUE	3 ISSUES	6 ISSUES
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Insert race Applications (Includes printing results)
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