

the inside track

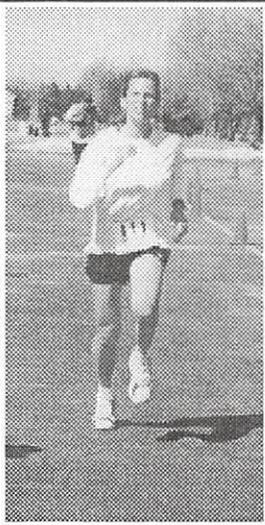
June 1999 - July 1999



A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Brian Shepherd
5 mile winner



Jenny Steigmeyer
5 mile winner - Female



Ron Sharp wins the Nutri Run 20K in a Time of 1:09:20

1999



FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

President	Bill Sohaski	(219) 749-5081
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Treasurer	Don Lindley	(219) 432-5998

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Tim O'Connell
Lynn Armstrong
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Jay Brower
Linda Gorman
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Bill Harris
Bill Schmidt
Jerry Diehl
Jack Hilker
Marsha Schmidt
Bobbi Widman
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Joyce Hockensmith
Eugene Striggle
Michael Fruchey
Jeffrey Metzger
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Chairperson - Jonathan Schlatter
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Bill Sohaski

**Fort Wayne
Track Club
President**

You Oughta . . .

"You ought to join the Fort Wayne Track Club." These words spontaneously jumped out of my mouth on four separate occasions just this year.

The reason each time was because many friends and acquaintances, who are not heavy-duty runners (such as most of us), feel compelled to report their excursions into the world of running to someone, anyone, who they feel has run for a long time.

Each time these words have rolled out of my mouth I have wished I had a track club application with me. I have since resolved to start carrying a few Fort Wayne Track Club applications as much as possible.

Actually a FWTC membership is the best bargain around. Jon's running calendar alone is worth the price of admission. Now this year, with tips on nutrition and running from Judy and Joyce, along with results of past, the Inside Track alone is more of a steal than a bargain.

If you enter just a few races a year the savings in the entry fee will pay back the entire annual cost of membership.

Your experiences are probably similar. If we all simply carry a track club application with us we'll probably introduce a lot of fresh faces to a terrific organization.

Fort Wayne Track Club Monthly Meeting

Minutes

Wednesday, March 10, 1999 7:00 - IPFW

25 Present

Don Anderson,
Vern Ceder
Katie Creighton,
Jerald Diehl
Steve Fisher
Linda Gorman
Mitch Harper
Bill Harris
Linda Ianucilli
J.P. Jones
Paul Knott
Mary McManus
Tim O Connell
Barrie Peterson
Jon Schlatter
Bill Schmidt
Marsha Schmidt,
Mike Schoudel
Bill Sohaski
Sam Stephens
Brad Thomas
Judy Tillapaugh
Robert Waterston
Roger Wilson
Michael Yann

1. Meeting was called to order by Bill Sohaski.
2. Barrie Peterson offered the prayer.
3. Barrie Peterson gave a recap of the Fanny Freezer 5K. There were 92 runners, \$275 collected. The new software package was used to compile race results. It was a useful trial of the software.
4. The minutes from the last meeting were reviewed and approved.
5. J. P. Jones presented the Treasurer=92s and Membership report.
6. Marsha Schmidt discussed some possible changes to the FWTC Awards Banquet to improve attendance numbers. She will meet with Kim Davidson to collaborate on these changes.
7. Jon Schlatter updated the race calendar.
8. Linda Ianucilli indicated that the next newsletter deadline is March 15, 1999.
9. Paul Knott submitted a new "points" race schedule. It has 21 races. The schedule was approved unanimously by membership present at the meeting.
10. Jerry Diehl updated the group on the Nutri-Run race to be held on March 26. Volunteers were still needed for race registration and as results runners.
11. Judy Tillapaugh announced the need for volunteers for the Mastodon Stomp race set for April 3. The race is slated to begin at 9:00 a.m., with pre-race help needed as early as 7:00 a.m. There will also be a Mascot race of 100 meters for the local sports teams and TV station mascots.
12. Judy Tillapaugh introduced the new IPFW men=92s cross country and track coach, Robert Waterston.
13. Vern Ceder suggested the formation of a technology committee. He indicated the new computer timing system that the club purchased has a lot of potential. He would also like to explore other race and track club websites as well as investigate on-line race registration.
14. Linda Gorman encouraged club members to participate in a trail maintenance project at the Huntington Reservoir. The Kil-So-Quah runners club will be helping with this project also. She expected an approximate 4-hour time commitment.
15. Jon Schlatter announced he would be race advisor for the Canal Days 10K in June.
16. Judy Tillapaugh suggested we look into some new ways to reward volunteers, citing the Indy Runner information on this.

17. Mary McManus announced the Top of the Day 5K on August 14 at 9:30 a.m. to be held in conjunction with Irish Fest. It will start at Headwaters Park and include a fun run for children.

18. Mike Yann offered to submit race calendar dates to Channel 10 if the information was sent to him.

19. Judy Tillapaugh reminded club members of the RRCA convention in Spokane, WA on April 29-May 2, as well as the IPFW Health Fair on Tuesday, April 6. The Health Fair is free, open to the public, and held in the Walb Student Union Ballroom.

The meeting was adjourned.

The next meeting will be 7:00 p.m. on Wednesday, April 14, 1999, at IPFW.

Fort Wayne Track Club Monthly Meeting

Minutes

Wednesday, April 14, 1999 7:00 - IPFW

21 Present

Don Anderson

Vern Ceder

Katie Creighton

Jerry Diehl

Michael

Fruchey

Linda Gorman

Bob Hockensmith

Linda Ianucilli

J.P. Jones

Paul Knott

Don Lindley

Jon Schlatter

Bill Schmidt

Marsha Schmidt

Mike Schoude

Bill Sohaski

Phil Suelzer

Brad Thomas

Judy Tillapaugh

Roger Wilson

Michael Yann

1. Meeting was called to order by Bill Sohaski.
2. Don Lindley offered the prayer.
3. Don Lindley presented the Treasurers and Membership report as well as a grant application report.
4. The minutes from the last meeting were reviewed and approved.
5. Judy Tillapaugh introduce Walt Bowman, the new IPFW athletic director.
6. Don presented the final financial report from the December 1998 Huff race.
7. Jerry Diehl recapped the Nutri-run races. It was successful due to great volunteer support, and the new timing system was utilized.
8. Judy Tillapaugh thanked all the IPFW Mastodon Stomp volunteers. The event raised \$760 for the IPFW cross country teams.
9. Bob Hockensmith put a call out for volunteers for the Fort Wayne Marathon on June 12. Volunteers are needed in nine functional areas. He also announced his retirement as race director. He is looking for a new race chairperson for the year 2000 race.
10. J. P. Jones announced the Fine Arts 8K to be run on April 24.
11. Jon Schlatter updated the race calendar. He also announced his intention to compile a racing history for the club.
12. Linda Ianucilli indicated that the next newsletter deadline is May 15, 1999.
13. Vern Ceder presented his findings regarding online race registration. Of the options investigated, a company named Enduranet seem to offer the most reasonably priced package. The club will continue to consider this for races that involve many participants, or large numbers of out-of-town entries.
14. Paul Knott submitted points race information.

The meeting was adjourned.

The next meeting will be 7:00 p.m. on Wednesday, May 12, 1999, at IPFW.

Respectfully submitted, Katie Creighton, secretary

Fine Arts Fest 8K - IPFW

Saturday April 24

1. RON SHARP	M	33	25:51	36. Jim Pickett	M	49	38:38
2. Adam Barton	M	22	28:34	37. James Coughlin	M	28	39:10
3. Ben Cowan	M	20	28:34	38. Derek Vrablic	M	22	39:22
4. Jeff Nidinger	M	19	28:37	39. Toby Jo Hullinger	M	39	40:03
5. Jason Sorg	M	20	28:46	40. Don Anderson	M	71	40:10
6. Ward Moya	M	35	28:54	41. Phillip Colglazier	M	39	40:33
4. Jon Beasley	M	33	29:04	42. Susuanne Clusella	F2	24	40:55
5. Sam Stephen	M	35	29:11	43. Karen Cline	F3	27	40:57
6. Micheal Fruchey	M	30	29:20	44. Jill Norris	F4	26	41:01
7. Rod Obregon	M	25	29:23	45. Trisha Eifert	F5	22	41:25
8. Luke Hetrick	M	19	29:47	46. Amy Nicoll	F6	19	41:25
9. Brad Thomas	M	24	30:12	47. Robert Loomis	M	66	41:27
10. Paul Trahin	M	19	30:16	48. Kathy Pleus	F7	48	41:29
11. Scott Beasley	M	37	30:54	51. Tom Fuelling	M	48	42:08
12. Bill Moord	M	45	30:57	52. William Skoog	M	46	42:21
13. David Swenson	M	36	31:14	53. Dick Harnly	M	61	42:23
14. Phillip Amburgey	M	17	31:33	54. Rodney Alter	M	33	42:34
15. Jed Pearson	M	48	31:40	55. Rich Stephenson	M	52	42:43
16. Rob Christy	M		32:33	56. Jacqueline Kubilus	F8	20	43:17
17. Calvin King	M	42	32:46	57. Michael Cline	M	37	43:49
18. Kim Davidson	F1	26	33:12	58. Bill Patterson	M	67	44:03
19. Mark Brattoli	M	43	33:28	59. Ken Silkworth	M	52	44:11
20. Jeffery Lee	M	42	33:32	60. Lynn Bobay	M	48	44:42
21. Kim Lefevera	M	43	33:43	61. Sharon Huss	F9	58	45:04
22. Joseph Pais	M	34	34:10	62. Steven Ludwiski	M	42	45:35
23. Kevin Snell	M	39	34:19	63. Jenny Rollins	F10	30	45:39
24. Jeffery Davis	M	43	35:11	64. Anita O'Reilly	F11	41	45:56
25. Ryan Claudin	M	28	35:11	65. Joyce Hockensmith	F12	52	46:07
26. Bernie Burgette	M	55	35:17	66. Scott Johnston	M	35	48:35
27. Joe Ziegler	M	63	35:30	67. Jenny Nash	F13	27	50:17
28. Tom Kline	M	35	35:44	68. Diane Post	F14	42	50:44
29. Thomas J Felts	M	44	35:50	69. Jennifer Dobson	F15	31	51:22
30. Bradrick Lepper	M	29	35:57	70. Rod King	M	32	51:25
31. Donald R Decook	M	46	36:12	71. Betty Ann Dewells	F16	38	51:42
32. Jack Seigel	M	54	36:33	72. Bev Saalfrank	F17	49	52:58
33. Mitch Harper	M	43	36:36	73. Kenneth Relue	M	55	54:50
34. Micheal Barman	M	49	37:44	74. Caroline Gernand	F18	35	55:45
35. Fred Hannan	M	44	38:10	75. Jennifer Johnson	F19	43	55:46
49. Ray Boytim	M	66	41:32	76. James P. Jones	M	70	57:10
50. John Sturtevant	M	65	41:34				

ON THE FAST TRACK-- HERE WE GO AGAIN!!!

With the success of the last two years' Fort Wayne Track Club summer speed workout sessions at Northrop High School, we have decided to continue the series this summer. Beginning Thursday June 10, at 6 pm., Northrop High School and Coach Barrie Peterson will again serve as site and host for 8 straight Thursday evenings of "FUN" workouts making use of the Northrop track and cross country course. The Fort Wayne Track Club will again serve as the official sponsor of these events. the tentatve schedule of workouts and events will be as follows:

- June 10: Warm up (Jog 1/2 mile + stretching + sprint drills + build-ups/stride outs) timed
3200 + 5 x partner 220's, warm down and stretch.
- June 17: Warm up (As above)...3 x repeat miles plus 5 x 110,
jog and stretch.
- June 24: Warm up + 6 x repeat 800's + 5 X 110...jog and stretch
- July 1: Warm up + 12 X 400...5 x 110...jog and stretch
- July 8: Warm up + 4 X repeat miles...5 X 110...jog and stretch
- June 15: Warm up + 8 x repeat 800's + 5 X 110....jog and stretch
- July 15: Warm up + 16 x 400...5 x 110....jog and stretch
- July 29: Warm up + timed 3200...warm down. Followed by awards for
summer and Bruin 5K.

There will be no cost for the June 10 - July 22 workouts. There will be a nominal fee on July 29 to help pay for the awards etc. Hope to see you June 10.



1999 Fort Wayne Track Club Newsletter Deadlines

July 15th
Sept. 15th - Nov. 15th



**1999 UWHARRIE TRAIL 40 MILE
ADVENTURE RUN**

Troy, NC February 6, 1999

65th - Don Lindley - 10:43:00

On a nice spring filled day, as the bees were pollenating, JP Jones and I were enjoying a day in the park. It was a honey of a run, just ask beekeeper JP. The race did get off, only after a half hour late start because the race director forget to bring the racing numbers, he left home without them.

The out and back 20 mile course was naturally hilly and rocky. A total of 90 starters stepped on the starting line and 80 finished. Thanks to JP as my handler, I probably would have not made it. It was tough and I would not recommend to try this if it is your first ultra.

Results: Michigan Trail Marathon Sunday, April 25th

Half Marathon

<u>50-54</u>	<u>Time</u>	<u>Pace</u>
36th Gary Oden	2:33:21	11:42

<u>45-49</u>		
41st Dennis Conner	2:16:23	10:25

<u>40- 44</u>		
38th Rick Eddie	2:14:00	10:14

<u>30 - 34</u>		
6th Mike Schoudel	1:31:15	6:58

Full Marathon

<u>35 - 39</u>		
1st Linda Gorman	3:59:07	9:08

<u>Male-Clydedale</u>		
1st Ron Zartman	4:10:26	9:33

<u>45 - 49</u>		
20th Jerry Diehl	4:56:08	11:18

<u>55 - 59</u>		
5th Don Lindley	5:39:48	12:58



**FORT WAYNE TRACK CLUB
Member
Profile**

Name: Larry Uelk

Occupation: Marketing Manager

Birthdate: 10/14/44

Birthplace: St. Louis MO

Family: 4 Sons - Joe, Alex, Ted and Ben

Pets: Saddle Blonde Lab

Hobbies or Interests: Running, Guitar, Piano, Woodworking and Cycling

Favorite Family Activities: Badminton, Tennis

Running Shoe Brand: Saucony, New Balance (16)

Favorite Distance to Run: PR: 12 mile run

Saturday morning with YMCA group

Favorite Training Food: Breakfast w/gang, family and friends.

Favorite Place to Train: Aboite, Liberty Mills, County Line

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

Why do I run: Because I can.

Favorite item of clothing: Turtle neck.

Favorite movie, TV program or book: The Deer Hunter

Favorite music: Pop and both kinds, County AND Western

Collections: Salvador Dali Prints.

Vacation Destinations: Florida and Colorado.

Most Prized Possession: Honorable Discharge.

Has there been an inspiration to your running: Lynn Smith and Randy Roberts, the finest runners I know.

Do you have a dream? If so, what?: Continue to beat Karen Gerken in Marathons.

Runners Profile - Karen Gerkin

The Boston Marathon...the ultimate goal of many dedicated distance runners. One such runner who competed in this years Boston Marathon is Fort Wayne's own Karen Gerkin. Karen completed this years Boston Marathon in a time of 3:44.

Although Karen is a Fort Wayne Resident, she is not native of the city, but born and raised in Saginaw, MI. She went to High School in Saginaw where she played basketball and competed in track. Karen had qualified for the high school state meet her junior year, when two weeks before the event, she contracted mononucleosis. Unfortunately for Karen, it took her nearly 3 years to make a complete recovery.

Karen went to college at Michigan State, but due to her illness and the caliber of athletes attracted to a big ten university, she declined competing in any sports on a collegiate level.

After graduating from college in 1986, Karen moved to Fort Wayne and resided here for 3-1/2 years. She then moved to Indianapolis before returning back to Fort Wayne with her family in 1996.

Karen's family consists of her husband Pete, and their two children Emily, who is six, and 2-1/2 year old Seth. Karen works out of her home as a sales representative for VWR Scientific Products & Laboratory Supplies.

When inquiring about her favorite race distance Karen is quick to give the half marathon as her preference. Her personal best for that distance was at last years Parlor City trot where she finished with a time of 1:39:33. Her PR for a 10K was around 42:30, and her best time for a marathon was 3:35 at Last years Marine Corp. Marathon.

As a goal for this year, Karen hopes to compete in the Thursday night track workouts held at Northrop High School this summer. Hopefully these will help improve her speed and endurance. This along with additional training will help Karen achieve her ultimate goal...to return to Boston in 2000 and improve her time from this year.

This group shot of selected YMCA Saturday Group runners, taken with Bill Rogers, took place at Last years' Marine Corps Marathon.

*Pictured left to right:
Larry Uelk,
John Powell,
Karen Gerken,
Steve McMahon,
Susan Thorton,
Bill Rogers,
Tom Felts,
Stephen Hilker*





FORT WAYNE TRACK CLUB

Member Profile

Name: Brent Emerick

Occupation: Middle School Student

Birthdate: 8/25/86

Birthplace: Columbia City, IN

Family: Brian and Sonia - Parents, Brothers Bradely, and Eric.

Pets: A dog and cat.

Hobbies or Interests: Running and playing baseball.

Favorite Family Activities: Going on vacations and watching movies.

Running Shoe Brand: Adidas

Favorite Distance to Run: PR: 5 mile: PR: 35:39

Favorite Training Food: I like to eat bananas before I run.

Favorite Place to Train: Nutri Run 5 Mile.

Why do I run: I enjoy it and it keeps me in shape.

Favorite item of clothing: My Pledmont Adidas Shoes..

Favorite movie, TV program or book: My favorite book is the biography of Prefontaine.

Favorite music: Contemporary

Collections: Civil War Cannons.

Vacation Destinations: Phoenix, Arizona.

Most Prized Possession: My Family!

Has there been an inspiration to your running: At the last Cross Country meet of the season, I achieved my best time all year.

Do you have a dream? If so, what?: Not right now.

Shoe Sucker 7

7.2 Miles - April 17, 1999

Kil-So-Quah Road Runners - Huntington, IN

Place	Name	Age
1.	Ron Sharp	m 33
2.	Sam Stephens	m 35
3.	Rod Obregon	m 25
4.	Hal Pearson	m 44
5.	John Schneiders	m 35
6.	Danny Sexton	m 43
7.	Mack Rickerd	m 27
8.	Ben Russell	m 24
9.	Tim Grant	m 43
10.	Morris Riddle	m 24
11.	Linda Gorman	f1 35
12.	Dave VanDeventer	m 40
13.	Theresa McCarthy	f2 25
14.	Larry Averbeck	m 5
15.	Rick Gilbert	m 42
16.	Jeffrey Metzger	m 38
17.	Toby Jo Hullinger	m 39
18.	Jack Whitlow	m 55
19.	James H Hilger	m 17
20.	Joe Hilger	m 49
21.	Steve McMahan	m 35
22.	George Fratus	m 57
23.	Rick Eddie	m 42
24.	Manfred Fremder	m 50
25.	Bob Jennings	m 47
26.	Don Lindley	m 55
27.	Jerry Diehl	m 47
28.	Kim Larsen	f3 37
29.	Lu Dore	m 60
30.	Luke Feters	m 37
31.	Bernie Huesing	m 66
32.	Gary Oden	m 52
33.	John Sturtevant	m 65
34.	Bob Loomis	m 66
35.	Dave Winters	m 49
36.	Dennis Conner	m 37
37.	Don Rhoades	m 65
38.	James P Jones	m 70

Real Fast Food

Ring, ring...6 am... rise and shine and let the day begin! The hours ahead hold here and there excitement. From start to finish hobbies, home activities, and work assignments fill up the minutes. Proper planning and pacing somehow helps us manage all priorities.

As time ticks by during each day do you find yourself "eating on the run"? Do you frequently fill up on food at fast food restaurants or a quick stop gas station?

What favorite beverage do you quench your thirst on? When a snack attack happens what do you grab?

According to an article in the May 1999 Environmental Nutrition Newsletter, statistics indicate that near half of Americans eat at least one meal away from home each day. In the April issue of The Journal of the American Dietetic Association, research on women eating out showed that women who eat out more than five times a week consume more calories, fat, and sodium than women who eat out less. This is most likely true for men too. Nutrition intake decreases as eating out increases!



More note worthy information comes from The Center for Science in the Public Interest, a Washington D.C. based group. They reported that 20 years ago American teenagers drank twice as much milk as pop. Now the opposite is happening. The average teen- age boy drinks three cans of pop a day! The average teen- age girl drinks two cans of pop a day. Our teens are at risk of not consistently getting enough calcium, potassium, Vitamin D, and Riboflavin that milk provides.

Concerns to consider!! Our eating patterns and love for "All American" foods are not heart smart. Instant satisfaction often comes after greasy and/or sugary meals yet down the road this can increase the risk for cardiovascular disease and certain forms of cancer. Not nice news! The better news is that meals and snacks in the express lane can be healthy. Realize that fast food doesn't have to be full of empty calories. They do not have to be fattening. Real fast food can be nutritious, delicious, and affordable.

"Sure" you say. Now be careful of excuses! As we think so we will eat! If there's a will there's a way!

The first step to better eating is watching how you shop! Great eating starts in the grocery store, especially supermarkets with takeout foods. The Michigan Bean Commission recommends taking advantage of in-store prepared meals, ready to heat and eat foods, salad bars, deli area, and individually wrapped snacks. Plan to buy food for quick meals. Think about what you could pack for snacks.

Consider These For A Fast Meal:

- Turkey sub sandwich loaded with veggies
- Veggie pizza
- Low fat cheese, crackers, and fruit
- Cereal, fruit, and milk * Humus (bean spread) on bread or crackers with fruit salad
- Chef salad with a light dressing
- Bowl of chilli with crackers
- Baked potato with cottage cheese and broccoli

Consider These For A Fast Snack:

- Fresh or dried fruit
- Vegetables with a lean dip
- Banana bread
- Fruit muffins
- Cereal with or without milk
- Bagel
- Baked chips or pretzels
- Power bar
- Nutritious cookies
- Glass of milk or high Vitamin C juice
- Flavored yogurt
- String cheese
- Nuts and dried fruit mix
- Tuna on crackers
- Lean sandwich
- Soup
- Leftover pizza
- White or sweet potato

Day by day invest in healthy choices! Devote more dollars to your diet and less to fancy things. Treat yourself well! Best,

Judy Tillapaugh, R.D.

IPFW Wellness/Fitness Coordinator

NUTRI-RUNS

& WALK

20K Results

Name	Sex	Age	Time
1. Ron Sharp	M	33	1:09:20
2. Bill Spellack	M	28	1:09:52
3. Jeff Kho	M	29	1:10:57
4. Jeremy Schmidt	M	24	1:13:27
5. Peggy Fortune	F1	30	1:15:14
6. Tod Esquivel	M	21	1:15:15
7. Jon Beasley	M	33	1:15:51
8. Doug Sundling	M	43	1:16:17
9. Keith Roberts	M	39	1:17:42
10. Michael Clay	M	39	1:17:52
11. Mark Dempsey	M	39	1:18:02
12. Sam Stephens	M	35	1:18:40
13. Rod Obregon	M	25	1:19:38
14. Chris Farrell	M	41	1:20:11
15. Robert Trame	M	45	1:21:03
16. Ward Moya	M	35	1:21:19
17. Robert Minnich	M	31	1:21:45
18. Kyle Minnich	M	24	1:23:12
19. Gerhard Fussle	M	44	1:23:59
20. Jed Pearson	M	48	1:24:34
21. David Swenson	M	36	1:24:40
22. Neil Tate	M	47	1:24:47
23. Brad A Thomas	M	24	1:25:08
24. J. David Reimschisel, Jr	M	39	1:25:19
25. Mark O'shaughnessy	M	39	1:25:20

Name	Sex	Age	Time
26. Keith Walter	M	32	1:25:21
27. Mark A Brattoli	M	43	1:25:44
28. Bill Moord	M	45	1:25:51
29. Kim Davidson	F2	26	1:26:18
30. Daniel Nestel	M	40	1:26:24
31. Bob Eherenman	M	33	1:26:31
32. Kraig Kerschner	M	33	1:26:57
33. Paul Shaffer	M	41	1:27:16
34. John Wiening	M	38	1:27:32
35. Chris Marks	M	29	1:27:38
36. Gary Rower	M	39	1:27:54
37. Michael Henry	M	35	1:28:07
38. Steve McNulty	M	37	1:28:42
39. Jeffery Lee Milleman	M	42	1:29:11
40. Adam Knight	M	15	1:29:40
41. Wayne Young	M	40	1:30:23
42. Chris Adang	M	24	1:31:05
43. Karen Gerken	F3	34	1:31:55
44. David Reichwage	M	53	1:32:28
45. Brian Ruhl	M	40	1:32:42
46. Kevin Lochner	M	43	1:32:47
47. Gary Hartman	M	46	1:32:50
48. Zack Otruba	M	37	1:33:09
49. Wesley Sabins	M	54	1:33:39
50. David Lowe	M	40	1:33:48

Name	Sex	Age	Time	Name	Sex	Age	Time
51. Trina Chapman-Smith	F4	36	1:33:50	98. Mary Zehringer	F8	35	1:50:05
52. Kim A Lefever	M	42	1:34:10	99. Matt Arend	M	31	1:50:33
53. Daniel Cummiskey	M	38	1:35:01	100. Craig Bobay	M	42	1:51:05
54. Freeman Hershberger	M	61	1:35:03	101. Martin J Cisna	M	32	1:51:21
55. Jerry Steinhoff	M	44	1:35:49	102. Patrick Ryan	M	44	1:51:22
56. William A Crane	M	56	1:35:50	103. Richard Thornton	M	37	1:51:38
57. Greg Hartman	M	46	1:36:16	104. James Dearing	M	55	1:51:52
58. Thomas J Felts	M	44	1:36:30	105. Anthony L. Lehman	M	36	1:51:57
59. Mark Lulling	M	39	1:38:04	106. Mark Giaquinta	M	45	1:52:41
60. Lee Pearson	M	50	1:38:28	107. Steve Schwartz	M	51	1:53:33
61. Paul Later	M	38	1:38:52	108. Robbin Mauger	F9	38	1:54:58
62. Tom Landis	M	42	1:39:27	109. Gregory A Fah	M	46	1:55:20
63. Richard Taylor	M	33	1:39:46	110. Diane Kaplanis	F10	39	1:55:28
64. Tom Kline	M	35	1:40:47	111. Scott Burkhardt	M	30	1:55:29
65. David Long	M	26	1:41:07	112. Gerald Thompson	M	52	1:55:35
66. E. Hans Schmidt	M	34	1:41:18	113. Ian Fussle	M	17	1:55:42
67. Bill Freygang	M	38	1:41:27	114. Karin Cline	F11	27	1:56:06
68. Mick Thiel	M	28	1:41:34	115. Terry Teegardin	M	36	1:56:07
69. Larry Averbeck	M	58	1:41:35	116. Marybeth Johnson	F12	28	1:56:32
70. Michael Barrell	M	45	1:41:53	117. Robert C Loomis	M	66	1:56:33
71. Deborah Kiracofe	F5	26	1:42:01	118. Dean Whitman	M	41	1:56:58
72. Dennis K Strayer	M	49	1:42:14	119. Steve Rhoades	M	38	1:58:39
73. John B Powell	M	41	1:42:21	120. Chris Nelson	M	26	1:59:36
74. Jeffrey Metzger	M	38	1:42:28	121. Ralph W Easterhaus	M	51	1:59:47
75. Ed Olidhant	M	53	1:42:35	122. Michele Bergdall	F13	27	1:59:50
76. Jeff Kintz	M	30	1:42:45	123. William E Harris	M	60	2:00:07
77. Mike Moya	M	34	1:42:49	124. John Rogers	M	56	2:03:12
78. David McGlennen	M	35	1:42:55	125. Laurie Whisler	F14	34	2:03:38
79. Tom Johnson	M	44	1:43:03	126. Michael Cline	M	36	2:04:34
80. Donald A. Anderson	M	71	1:43:24	127. Linda Gorman	F15	35	2:04:43
81. George Huber	M	41	1:43:30	128. Gary Oden	M	52	2:04:45
82. Denise Connelly	F6	46	1:43:32	129. Mary Steinhauser	F16	54	2:04:55
83. Chuck Zumbrun	M	41	1:44:29	130. Ann Mize	F17	53	2:05:13
84. Vern Ceder	M	42	1:44:42	131. Jeff Leach	M	33	2:06:43
85. Lonnie Braun	M	47	1:44:59	132. Donnal Corbitt	M	43	2:06:44
86. Bob Berger	M	40	1:45:25	133. Jim Deitle	M	51	2:06:50
87. Todd Abels	M	34	1:45:57	134. Cyril Steinhauser	M	57	2:07:18
88. Charles Tolson	M	36	1:46:38	135. Susan Peterson	F18	44	2:08:04
89. Rob Wells	M	40	1:46:56	136. Wayne Knight	M	14	2:09:14
90. Patty Schwartz	F7	46	1:47:37	137. Sharon Huss	F19	58	2:10:04
91. Jim Beeson	M	43	1:47:42	138. Anne Fremion	F20	43	2:13:25
92. Jack Morris	M	61	1:47:51	139. Steve Ludwiski	M	42	2:13:28
93. Chris Cole	M	36	1:48:23	140. Melinda Kinder	F21	38	2:13:29
94. Randy Shepler	M	38	1:48:26	141. Jennifer Johnson	F22		2:24
95. Dave Eckert	M	51	1:48:39	142. Caroline Gernand	F23	34	2:24:11
96. Steve McMahon	M	35	1:49:34	143. Kelly Fair	M	36	2:24:19
97. Joseph Snider	M	53	1:49:44	144. Donald Rhoades	M	65	2:26:03
				145. Ty Murphy	M	50	2:26:04

FWTC One Mile Championships

Overall Male

1st. Brian Shepherd	4:18
2nd Mike Flora	4:19

Male 12 and under

Craig Stephenson	7:59
Chris Gorman	10:11
Klinton Patrick	10:12
Chris Dewells	10:33

Male 13-15

Eric Nestel	5:12
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Male 16-19

Jesse Johnson	5:36
Dan Faucett	5:39

Male 20-24

Mike Flora	4:19
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Male 30-34

Ron Sharp	4:39
Mike Schoudel	4:48

Male 35-39

Chuck Schlemmer	4:52
Paul Knott	4:18

Male 40-44

Jeff Milleman	5:33
Tom Landis	5:46
Mark Brattoli	5:50
Mitch Harper	6:06

Male 35-39

Chuck Schlemmer	4:52
Paul Knott	4:18



Left to Right: Jesse Johnson, Dan Faucett, Chuck Schlemmer, Brian Shepherd, Mike Flora Front: Klint Patrick, Craig Stephenson

Male 40-44

Jeff Milleman	5:33
Tom Landis	5:46
Mark Brattoli	5:50
Mitch Harper	6:06

Male 45-49

Jed Pearson	5:30
Jim Pickett	6:40

Male 50-54

Steven Greider	7:21
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Male 55-59

Dave Boylan	5:44
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Male 60 and over

Don Anderson	6:54
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Overall Female

1st. Ann Duff	5:16
2nd Kim Davidson	5:37

Female 19 and under

Emily Nestel	7:19
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Female 20-29

Kim Davidson	5:37
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Female 30-39

Linda Gorman	5:53
Betty Dewells	8:05

Female 40-49

Deb Byers	6:31
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50 and over

Sharon Huss	7:51
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Fairfield Road & Trail 4 Miller

Nearly 70 participants toed the line at this years Road & Trail 4 Mile race. Clair Hostetler puts on this unique every year. Ron Sharp and Brian Shepherd battled until the 2 mile mark before Ron pulled away for the victory in a time of 22:04. Brian ended up 2nd, while Fairfield cross country coach Mike Flora was 3rd.

The women's champion was Diane Laudeman of Bremen. Her winning time was 31:35. She was followed by Patti Schwartz of Syracuse.

The 800 meter fun run was won by Craig Stephenson. He is a fourth grade student in Brian's class. His winning time was 3:30!

The year 1993 began my Quest For 50. Well, the quest was actually for 51, all 50 states plus Washington, D.C. In January of that year I completed the Charlotte Observer Marathon in North Carolina on one of those rainy days requiring tights and Gortex. That was state number 11, and number 12 came the next month in Las Vegas, Nevada. Las Vegas is near the top of my list, even today, of the USA's Most Boring Marathon courses. Runners pile onto busses and are taken down the highway about 26 miles and then get to run back. At least here you can concentrate on your running and not get distracted by the scenery. If you happen to be into sand and sagebrush, and maybe an occasional tumbleweed blowing across the highway, then this is the race for you!

State number 13 was acquired at the Pittsburgh Marathon in May. Ninety degree temperatures tended to zap one's energy and make those 26.2 miles seem even longer. State number 14 was an exciting experience, as it was at the Mayor's Midnight sun Marathon in Anchorage, Alaska. This marathon provided me, however, with another item to add to my growing list of Never To Repeat Marathon Experiences. With approximately one mile to go, there was a sharp turn heading up a steep hill. Course marshals, evidently getting a little bored after almost four hours, were standing around chatting and failed to indicate the turn to me. I continued to run along the bike path, oblivious to my error and seeking signs that I might be approaching the termination to my personal agony. Who knows how long I would have continued to run if it hadn't been for a female jogger coming from the opposite direction. She inquired as to whether I was on my cool-down run. "Cool down? Heck no, I'm just trying to finish this marathon! After that, I don't plan to run again for at least a week."

"Well," the nameless jogger replied, "I'm afraid you missed your turn about a half a mile back." Muttering under my breath, I reluctantly turned my weary body around heading back from whence I had already come, and followed her to the ominous place where I had missed my turn. With a glare at the now present course marshal, I went on to complete the course and cross the elusive finish line. The only consolation was that I still ended up finishing first in my age group.

I went to the Black Hills Marathon in Rapid City, South Dakota, for my 15th marathon. It was here that I nearly gave it all up. It is essentially a downhill marathon, beginning at over 5,000 feet, and winding down mountain roads. I started having an upset stomach at about 10 miles, and by 12 miles, I was literally aching all over. It had been foggy, but then to add insult to injury, it began raining. By some miracle I reached the finish line, but was so sick that I just lay in a crumpled heap on the floor of the restroom trying to muster the energy to change clothes. If this was marathoning, I wanted no part of it! I was told that I placed third in my age division, but my reply was, "Just let me die in peace, it wasn't worth it." It was confirmed later that I did indeed run that marathon with the flu, but I really don't recommend this practice.

The Lakefront Marathon in Milwaukee, Wisconsin, state number 16, offered a great, fast course and cool running weather. My time of 3:56:52 was only good enough for fifth in my age group, but the important thing was that it felt GREAT!

Two weeks later I ran the Marine Corps Marathon in Washington, D.C. I had heard so many glowing comments about this marathon that I was really looking forward to the experience. It was a beautiful sunny day, but that turned out to be one of the few pluses, since I found that the Marines were ill-equipped to handle the 13,000 runners. The bus to the start from the Pentagon was a mass of runners standing in long lines, so walking seemed a better option. The starting area was a mass of humanity, crowded in a too small area, with not even half enough portable toilets. At various points through the first seven miles the runners would be funneled into narrower areas which caused everything to come to a standstill. At all early water stations, cups (new and used) were stacked, and runners had to stand and wait for the cups to be filled. At the finish, I could find no refreshments. Maybe I wasn't persistent enough, but I was in a bit of a hurry to get to the long line of runners waiting for the return bus to the hotel, which was not very generous in extending the check-out time.

I ended 1993 with states 18 and 19 at St. Louis, Missouri, and Memphis, Tennessee respectively. Both marathons provided great running weather, cool enough for a long sleeved t-shirt, but warm enough for shorts. The photo taken of me at St. Louis with the Arch in the background was considerably more memorable than the one in Memphis in front of the dry cleaner establishment. The Volunteer State marathon did have the better food spread at the end, which included pizza and beer.

1999 Fort Wayne Track Club Points Standings

(as of May 1, 1999)

Races Completed:

Fanny Freezer 5K
 Nutra Run 20K
 Mastadon Stomp 5K
 Arts Fest 5K
 Fort Wayne Mile Championship

Next Races:

Canal Days 10K June 5
 Hoosier Marathon (2X Pts) June 12
 Old Settlers Days 4M June 26

<u>Female</u>	No of Races	Points	<u>Male</u>	No of Races	Points			
<u>19 & Under</u>			<u>19 & Under</u>			Kim Lefever	4	170
Jenna Shaffer	1	100	Eric Nestel	3	300	Paul Shaffer	2	160
<u>25 - 29</u>			Adam Knight	1	100	Mitch Harper	3	145
Kim Davidson	4	400	Wayne Knight	1	85	Tom Felts	2	100
Karen Cline	3	255	<u>20 - 24</u>			Doug Sundling	1	100
Jennifer Steigmeyer		1 100	Brad Thomas	3	275	<u>45 - 49</u>		
<u>30 - 34</u>			Jeremy Schmidt	2	200	Jed Pearson	4	400
Teressa Furniss		1 100	Tod Esquivel	1	85	Don DeCook	2	185
Karen Gerken	1	100	<u>25 - 29</u>			Jim Picket	2	150
Jenny Rollins	1	100	Rod Obregon	3	300	Tom Fuelling	2	140
<u>35 - 39</u>			Chris Marks	1	85	<u>50 - 54</u>		
Betty DeWells	3	285	<u>30 - 34</u>			Art Obregon	2	200
Linda Gorman	3	250	Ron Sharp	5	485	Jack Seigel	2	175
Robin Mauger	2	185	Mike Schoudel	3	245	Ty Murphy	2	120
<u>40-44</u>			Jon Beasley	3	235	Wes Sabins	1	100
Diane Post	2	185	Bob Minnich	2	130	<u>55 - 59</u>		
Susan Peterson	1	100	Rodney Alter	2	110	Bill Crane	3	285
Cindy Furkis	1	100	Brian Shepherd	1	100	Dave Boylan	3	250
<u>45 - 49</u>			<u>35 - 39</u>			Larry Averbeck	2	170
Deb Byers	3	300	Ward Moya	4	375	Ken Relue	1	100
Patty Schwartz	2	170	David Swenson	4	280	Dewain Cobbs	1	100
Denise Connelly	1	100	Sam Stephens	3	255	<u>60 - 69</u>		
Bev Saalfrank	1	100	Daniel Nestel	3	175	Robert Loomis	3	260
<u>50 - 54</u>			Tom Kline	3	115	Joe Ziegler	2	200
Joyce Hockensmith		1 100	Jeff Metzger	3	115	Dick Harney	2	150
Ann Mize	1	100	Keith Roberts	1	100	Bill Patterson	2	150
<u>55 - 59</u>			Chuck Schlemmer		1 100	Jack Morris	1	100
Sharon Huss	4	400	<u>40 -44</u>			<u>70 +</u>		
<u>60 +</u>			Mark Brattoli	5	400	Don Anderson	5	500
Joan Gary	1	100	Jeff Milleman	5	370	JP Jones	3	255
			Hal Pearson	2	200	Ken Disler	1	75
			Tom Landis	4	190			



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

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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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

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

07 Sun.

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

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

13 Sat.

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

(R) Elkhart Airshow Runway Run, 10k and 5k, 7:00 am, Elkhart Municipal Airport, Elkhart, Ind., Robin (219) 266-0597

Red Ribbon Run, 9:00 am, Toledo, Ohio, Rusty Baily (419) 244-6682

**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**

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

**(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**

**(RA) 2nd Annual Strawberry Stomp 5k, 8:00 am, Wabash, Ind., Jeremy Wayman, The
Center for Sports and P.T., 1184 Manchester Ave., Wabash, Ind., 46992
(219) 563-5630 or (219) 563-5520**

**(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**

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

**Stan Woolever Memorial Run, 5k and 2 Miles, 8:00 am, Rossville, Ind.,
Angela Moore (765) 379-3344**

**Race of Tippecanoe, 5k R/W, 1 Mile Kid's Run, 8:00 am, Lafayette, Ind.,
David, Howell (765) 474-8338**

**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**

**Blacksnake Biathlon, (2 Mile Run, 20 Mile Bike, 2.5 Mile Run), 8:30 am,
Johnson County Park, P.O. Box 246, Franklin, Ind., 46131 (812) 526-6809**

**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, IL, Kennekuk Road
Runners, PO Box 1701, Danville, ILL., 61834, Marc (217) 431-4243**

13 Sun.

The News-Messenger Camelback 10k, 8:45 am, St Joseph H.S., Fremont, Ohio,
Ron Brant (419) 332-6292 or Glenn Bowen (419) 665-2019

Kelly's Island 5k and 10k, Kelly's Island, Ohio, Tom Etchal (419) 625-2017

15-17

IPFW Distance Running Camp, Open to Boys/Girls Entering Grades 7-12,
IPFW, Ft. Wayne, Ind., Judy Tillapaugh (219) 481-6647

19 Sat.

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

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

(R) 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

(R) 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

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

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

Strawberry 10k, Holland, Ohio,
John Jezak (419) 865-0230

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.

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

Old Car Classic, 4 Miles, 8:30 am, Bluffton, Ohio, (419) 358-4150

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

27 Sun.

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

(RA) WRRC Summer Scamper, 4 Mile Fun Run and 3 Mile walk, 8:00 am,
West Lafayette, Michael J. Woodworth (765) 463-0393

JULY 1999

03 Sat.

(R) Flottilla Days, 8 Miles and 3.3 Miles, 8:00 am, Lakeside Park, Syracuse, Ind., Brian seoherd (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

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

05 Mon.

(R)Topeka-Shipshewana Scholarship Road Run, 5k and 5 Mile, Topeka, Ind., Connie Williams (219) 593-2477

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 Mile Run/Walk, Downtown Indianapolis, Ind., Ken Long and Associates (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

Blacksnake Biathlon, (2 Mile Run, 20 Mile Bike, 2.5 Mile Run), 8:30 am, Johnson County Park, P.O. Box 246, Franklin, Ind., 46131 (812) 526-6809

11 Sun.

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

RunYour Half Bass Off, 3.6 Miles, 9:00 am, Crystal Falls, Mich., Dr. Terry Palmer (906) 875-2085

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

(R) Run for the Lights 5k, 10:00 am, Archbold, Ohio,
Jack McCormick (800) 686-2746

Venetian River Run, 5k/10k, St. Joseph, Mich.,
(616) 429-4616

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

(RA)Vermont Settlement Classic, 5k Run and 2 Mile Walk, 8:00 am, Orland
American Legion, Orland, Ind., Marylyn Ernsberger, P.O. Box 352, Orland, Ind.,
46776 (219) 829-6744

(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

25 Sun.

Dog Days Sizzler 5k, 8:30 am, Ann Arbor, Mich., John Jackson, (734) 665-8572

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

31 Sat.

Midnight River Run, 4 Miles, 11:00 pm, Fairbanks Park, Terre Haute, Ind.,
Brent Poole (812) 466-5943

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

The Roadrunner Classic, 8k Run and 1 Mile Run/Walk, Northville, Mich.,
Redford Roadrunners, 17783-C Haggarty, Northville, Mich., 48167

AUGUST 1999

06 Fri.

(R) Garrett 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

(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, 8:00 am, First Presbyterian Church, Valparaiso, Ind.,
Kathie Babcoke (440) 933-5665

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.

(LA)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

(RP)Van Buren Popcorn Festival 5k, 9:00 am, Van Buren, Ind.,
Molly Faber 1-(800) 428-0201 or (765) 934-2101 ext. 344

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

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

(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

Blacksnake Biathlon, (2 Mile Run, 20 Mile Bike, 2.5 Mile Run), 8:30 am, Johnson County Park, P.O. Box 246, Franklin, Ind., 46131 (812) 526-6809

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

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

Perrigo Run '99, 10k Run and 5k Run/Walk, 8:00 am, Allegan, Mich Sara Kubanek (616) 673-6600

27 Fri.

Night Moves 5k, Zanesville Family Y Center, Zanesville, Ohio, Tortise and Hare Running Club, P.O. Box 32, Zanesville, Ohio 43702

28 Sat.

(R) Bippus Block Bop, 4 Miles, 8:30 am, Bippus, Ind., Eldon Brunner, 8414 N. 300 West, Huntington, Ind., 46750 (219) 344-1478

(R) Freedom Run, 5k and 2 Mile Walk, 9:00 am, Matter Park, Marion, Ind., Tim Franklin (765) 674-2390

(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

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, Edgewood, Anderson, Ind.,
Dana Carter (317) 770-9552

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

Air Force Marathon, 7:30 am, Wright-Patterson AFB, Dayton, Ohio,
(937) 656-1166 or (937) 656-1044

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

6th Annual Half Marathon, 9:00 am, Romona Park, Portage, Mich.,
Tom Labrenz (616) 372-3038

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)

(R) 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

Johnny Appleseed Marathon, 12:30 pm, Mansfield, Ohio,
H&F Promotions (614) 470-3988

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.

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

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

Germantown 50k Trail Run, 8:30 am, MetroPark, Germantown, Ohio,
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

Whitmore Park Run, 10 Miles, Decatur, ILL., (217) 877-9660

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., Kip Riser (765) 754-7149

**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.

**(L) FWO Spineway 5k, 1:00 pm, FWO, Ft. Wayne, Ind.,
Todd Deturk (219) 436-6326 or (219) 485-4502**

**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**

22 Fri.

**Run Like Hell 5k, 7:00 pm, Near Xavier University, Cincinnati, Ohio,
Don or Carol Connolly (513) 474-1399**

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, Belmont 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

NOVEMBER 1999

06 Sat.

OPSF 50/50 Trail Run, 50k and 50 Miles, 14 Mile Fun Run, 7:00 am, OPSF, Spencer, Ind., Jeff Tincher, 10525 E. Dallas Drive, Terre Haute, Ind., 47802 (812) 894-4565

Outback Scramble, Wacky 5 Mile X-Country Race, Eagles Crest, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

07 Sun.

(R) Run the Mounds, 5 Miles, Mounds State Park, Anderson, Ind., Bob Hart, P.O. Box 282, Anderson, Ind., 46236 (765) 643-6304

Columbus Marathon, 9:00 am, Columbus, Ohio, Joe Riegel, P.O. Box 26806, Columbus, Ohio, 43226 (614) 433-0395

Leprechaun Marathon, Vandalia, Ohio, Denny Fryman, 7581 Glenhurst Dr., Dayton, Ohio, 45414 (937) 898-7015

New York Marathon, New York, N.Y., Marathon Entries, P.O. Box 1388, G.P.O., New York, N.Y., 10116 (212) 423-2249

13 Sat.

(R) Jingle Bell Run for Arthritis, 5k R/W, 9:00 am, Indiana Dunes State Park, Chesterton, Ind., Lori Michalski (773) 868-3010

Indiana Fall Classic, 10k, Hawthorn Park, Terre Haute, Ind. Terry Poole, 7826 E. Rosehill Ave., Terre Haute, Ind., 47805 (812) 466-9345

14 Sun.

(R) Valparaiso Cross Country Runs, 10k and 5k, 2:00 pm, Valparaiso, Ind., Mike Prow (219) 548-3694

20 Sat.

(LP) Turkey Trot Cross-Country 5k, Fox Island County Park, Ft. Wayne, Ind., Don Lindley (219) 5998 (Race and Date Tentative, More Info to Come Later)

Turkey Tromp, Kennekuk Cove County Park, Danville, ILL., (217) 431-4243

25 Thurs.

(R)Club Kokomo 5k Thanksgiving Fun Run, 5k, Highland Park, Kokomo, Ind., Mark Shorter, Kokomo Road Runners (765) 542-2616

(R)Turkey Trot 4 Mile Run, 8:00 am, Logansport, Ind., Brian Bearon (219) 753-5141

Turkey Trot 5k Prediction Run, Kalamazoo Valley Community College, Kalamazoo, Mich., Don Hoogstraten (616) 665-9312

26 Fri.

Citizens Gas Race for Heat, 10k Run, 5k Walk, 10:00 am, Indianapolis, Ind., Ken Long and Associates (317) 632-8812

DECEMBER 1999

04 Sat.

(LP)Just Plain 10k, Foster Park, Ft. Wayne, Ind., J.P. Jones (219) 745-7339 (Race and Date Tentative, More Info to Come Later)

(R) YMCA Sleigh Bell Run, 5k, 10:00 am, Lafayette YMCA, Lafayette, Ind., Joe Casasanta (765) 474-3448

Jingle Bell Run for Arthritis, 5k R/W, 10:00 am, National Inst. for Fitness and Sport, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

Kentucky Marathon, Louisville, KY., Stu McCombs, 7004 Beachland Beach, Prospect, KY., 40059 (502) 228-1133

Memphis Marathon, Memphis, Tenn., Kim Cherry, First Tennessee Memphis Marathon, P.O. Box 84, Memphis, Tenn., 38101 (800) 893-7223

05 Sun.

Death Valley Bad Water Marathon, Death Valley, Calif., Enviro-Sports, P.O. Box 1040 Stinson Beach, Calif., 94970 (415) 868-1829

11 Sat.

(RP)HUFF, 50k, One Loop Fun Run, and 50k Relay, 8:00am, KII-So-Quah Campground, Huntington Reservoir, Huntington, Ind., Mitch Harper, 210 W. Sherwood Terrace, Ft. Wayne, Ind., 46807 (219) 456-1381

26-31

Marathon Six-Pack(Six Marathons in Six Days), Vandalia, Ohio, Denny Frymann, 7581 Glenhurst Dr., Dayton, Ohio, 45414 (937) 898-7015

What Might Have Been

I am now doing what I should have done back then. No, it's not a song title from my favorite type of music, traditional country, although it could be. What it expresses is my new approach to the sport of running and it's cushions that I have recently been reintroduced to, power walking and race walking. As most of you are aware of by now constant lower back and hip pain caused by chronically pinched nerves mainly as a result of an auto accident a year and a half ago has caused me to take a dramatic shift in my involvement in running. While it can easily be argued that genetics and my profession also play a major factor in my present condition I must also lower my head slightly and painfully admit that there were things in how I conducted myself in running that have contributed to the pain. Years ago, when I was running full time, there were things that I was doing that I knew were wrong, yet I just kept shoving them aside. Wise running friends would try to give expert advice or articles that I would read would offer valuable insight but these too I would ignore. I was young and thought that I was invincible, that my body would always rebound from the abusive mistakes that I made. Yet even in the midst of my stubbornness and self-reliance I knew in the back of my mind that they were right, I just didn't want to lay aside my pride and the effort to change. The harshness of these regrets are now what motivates me to change when it may now be too late.

1. The worst piece of advice that I ever followed was a quote from a former collegiate star, "never has more been written about so unnatural than that which has been written about stretching."
2. Whether it was a race or a training run, fearing that I would produce a slow pace, I would always hammer the first mile, never giving my body a chance to warm-up properly.
3. I never took the time to truly enjoy and savor my running accomplishments, such as breaking 4 hours in the marathon, instead I was immediately planning my next goal.
4. I came to abhor walking, figuring it to be a sign of weakness, when upon reflection it should have been something that I should have done more of on long training runs.
5. I never understood the necessity of cross training, thinking that it would violate the "purity" of running, failing to see that it would have enhanced my endurance and overall conditioning.
6. I used to take pride in the fact that I could run a whole year in one pair of shoes because I thought that the cost necessitated it and the constant improvements in shoe technology allowed it.
7. Perhaps the most difficult thing for me to still do is to eat better nutritionally even though I know it would help me to lose weight and give me more energy for life habits are hard to break.
8. Wanting to preserve the solitude of running I came to realize the value of running friends too late in my career especially on road trips and long trail runs.
9. I should have done more speed work and other specialty training for would have delayed the effects of age on my speed but I refused because I didn't upset the "simplicity" of running.
10. As a veteran runner I knew which pains I could ignore, those I could treat with rest and OTC medications and those which required a doctor yet my pride would not always let me go.

1999 Indy Mini Marathon

Top 100 Fort Wayne Female Finishers

1. Judy A Tillapaugh	40	1:37:14	51. Diane Kaplanis	39	2:15:51
2. Melissa M McLemore	21	1:40:35	52. Patrice M Tell	34	2:16:00
3. Jennifer L Steigmeyer	29	1:42:26	53. Monica M Maddalone	33	2:16:07
4. Tammy Behrens	28	1:45:55	54. Amy Johnson	26	2:16:36
5. Julie McNulty	33	1:47:16	55. Amy Archbold	27	2:17:37
6. Cathy K Gillig	35	1:47:21	56. Laura S Green	26	2:17:38
7. Deborah D Walda	28	1:47:25	57. Faith S Evans	12	2:18:19
8. Hollie M Parker	25	1:48:07	58. Leslie A Bickel	28	2:20:23
9. Susan E Thornton	32	1:49:15	59. Sandra R Briner	34	2:21:13
10. M Wiktorowicz	42	1:52:20	60. Anne C Fremion	43	2:21:17
11. Melissa Habegger	29	1:52:33	61. Jenni Liechty	24	2:21:28
12. Laura Shearer	37	1:55:09	62. Linda M Wilson	40	2:22:01
13. Pamela R McCulloch	40	1:56:11	63. Gloria J Nold	64	2:22:04
14. Karen Edgerton	33	1:56:36	64. Annette J McCarty	23	2:22:07
15. Christina S McKinnis	45	1:56:56	65. Melissa Hillman	41	2:22:41
16. Holly R Young-Reese	28	1:57:01	66. Suzanne M Stewart	25	2:25:55
17. Melinda S Kinder	38	1:57:15	67. Denise M Connelly	47	2:26:18
18. Ashley Prickett	26	1:57:38	68. Heather R Belschner	25	2:26:47
19. Amy R Brandt	30	1:58:10	69. Brandy L Hanners	25	2:27:26
20. Lea Llise	32	1:59:18	70. Kathryn S Smith	24	2:27:59
21. Tina Gallmeyer	29	1:59:33	71. Beverly D Saalfrank	49	2:28:12
22. Karin E Cline	27	2:00:31	72. Diane Post	42	2:29:40
23. Victoria Downs	32	2:00:53	73. Deborah Gunst	49	2:30:55
24. Jolynn Miller	48	2:01:19	74. Joanne M Mannes	35	2:33:36
25. Katrina L Loucks	28	2:03:35	75. Sue A Mungovan	45	2:33:51
26. Suzi M Eberle	34	2:03:53	76. Danielle M Stine	29	2:35:32
27. Josie D Poole	23	2:04:12	77. Angie J Owen	35	2:37:52
28. Debra A Fry	42	2:04:31	78. Dana M Hardy	30	2:37:52
29. Sarah Bridges	22	2:05:06	79. Jennifer H Johnson	43	2:42:19
30. Connie L Sims	38	2:05:07	80. Catherine A Stauffer	40	2:42:37
31. Sara J Unsell	31	2:05:09	81. Nancy E Buyer	48	2:44:35
32. Karen L Moore	37	2:05:35	82. Monica Turner	27	2:44:51
33. Maureen L Botteron	39	2:05:35	83. Maria A Harkenrider	35	2:45:08
34. Julia Parent	27	2:05:45	84. Jill Ann Phillabaum	30	2:47:48
35. Kimberly Seatter	29	2:07:22	85. Gina Forfe	27	2:52:09
36. Suzanne M Hampton	37	2:08:35	86. Elizabeth Brown	23	2:53:00
37. Greta L Oتنweller	31	2:08:42	87. Janice L Schaltenbrand	52	2:53:02
38. Sally A Gutwein	32	2:09:21	88. Laura R Conklin	21	2:55:30
39. Lizette Romary	27	2:09:40	89. Sarah A Vager	25	2:55:41
40. Kim Ginder	26	2:09:41	90. Heather LAkes	24	2:56:42
41. Angie L Fruits	28	2:09:46	91. Diane E Thomson	41	2:58:28
42. Jill A Bobay	38	2:09:55	92. Sharon A Kruger	51	2:58:55
43. Karen Derickson	40	2:09:56	93. Brenda K Bergl	35	3:00:25
44. Abigail J Butler	21	2:12:09	94. Miriam A Kroeker	26	3:02:12
45. BeckyReed-Powell	39	2:12:52	95. Jill Bause	27	3:02:14
46. Brittney T Coughlin	28	2:14:34	96. Victoria A Zehr	33	3:03:01
47. Dina Stoval	30	2:15:13	97. Marlene McKinney	50	3:04:46
48. Laurie Whisler	34	2:15:22	98. Kamie Melton	35	3:07:27
49. Kathi A Worl	27	2:15:28	99. Julie A Bowen	26	3:08:18
50. Pamela L Flora	32	2:15:29	100. Joyce A Colligan	38	3:09:08

1999 Indy Mini Marathon Top 100 Fort Wayne Male Finishers

1. Louie T Esquivel	21	1:19:08	51. Greg A Purcell	50	1:49:31
2. Jeremy Schmidt	24	1:19:32	52. Mick P Thiel	28	1:49:45
3. Sam S Stephens	35	1:22:11	53. Terry L Teegardin	36	1:50:17
4. Erik White	34	1:26:15	54. Aaron Raudenbush	24	1:50:19
5. Gregory J Ingermann	27	1:27:06	55. Joe E Reddoch	34	1:50:31
6. Michael Henry	35	1:27:41	56. Larry Welk	54	1:50:40
7. David J Fry	38	1:30:31	57. Jeremy O Quirk	34	1:50:41
8. Stephen M McNulty	38	1:30:43	58. Gregory M Carlyle	30	1:51:21
9. Mark W Delbello	39	1:32:09	59. Chris D Cole	36	1:51:32
10. Calvin L King	42	1:32:31	60. William Freygang	38	1:51:57
11. Jonathan P Uecker	26	1:32:35	61. Todd M Stearns	37	1:51:58
12. Mark A O'Shaughnessy	39	1:32:55	62. Chad L Fordyce	31	1:52:00
13. Kevin M Neumann	27	1:33:58	63. James T Coughlin	28	1:52:27
14. Daniel ENestel	40	1:34:26	64. Dave W Bruce	29	1:52:33
15. Zack Otruba	37	1:34:39	65. John W Wiening	38	1:52:42
16. Robert Gault	40	1:35:19	66. Ric Poorman	39	1:52:55
17. Scott Wagner	38	1:38:28	67. Gary Weilbaker	33	1:53:03
18. Thomas J Felts	44	1:40:30	68. Dennis K Strayer	49	1:53:26
19. Peter M Ryan	14	1:40:45	69. Timothy Newlin	36	1:53:54
20. Daniel Cummiskey	38	1:41:12	70. Gary W Dillman	36	1:54:14
21. Ron L Zartman	42	1:41:25	71. Cort Chilian	33	1:54:20
22. Wesley A Sabins	54	1:41:35	72. Paul Later	38	1:54:50
23. Thomas A Kline	35	1:43:00	73. Jay D Fawver	42	1:55:01
24. Joseph S Ford	37	1:43:21	74. Eric N Stine	31	1:55:22
25. Tim J Bolin	48	1:43:25	75. Paul Tippmann	49	1:55:25
26. DavidLong	27	1:43:33	76. David M Parker	26	1:55:37
27. Steve Saddington	23	1:43:46	77. John Schumacher	40	1:55:42
28. Donn J Nichols	47	1:44:03	78. David N Carrier	40	1:56:33
29. Bernie L Burgette	55	1:44:11	79. Patrick M Ryan	44	1:56:39
30. David W Walda	28	1:44:15	80. Mark Baeverstad	43	1:56:50
31. Steve Corona	50	1:44:17	81. Brian M Yager	25	1:57:04
32. John B Powell	41	1:44:28	82. James Beeson	43	1:57:05
33. Thomas E Gutwein	35	1:45:23	83. Joseph Downs	52	1:57:20
34. Brent T Rodenbeck	25	1:45:27	84. Landall E Shepler	39	1:57:48
35. Chuck Geswein	39	1:45:48	85. Michael Ormsby	28	1:58:05
36. Jeffrey S Davis	43	1:46:36	86. Jason Bagwell	27	1:58:07
37. Tyrone P Wilson	37	1:46:52	87. John Ferguson	30	1:58:28
38. Steven Habegger	30	1:46:54	88. Mark Newton	25	1:58:31
39. Daniel Holocher	45	1:47:05	89. Craig Bobay	42	1:58:31
40. Edward Gillig	38	1:47:21	90. Steven Jacobs	52	1:59:02
41. Brent D Yager	21	1:47:52	91. Greg W Bates	28	1:59:03
42. Jeffrey A Hoffer	35	1:48:35	92. Timothy D Dawson	28	1:59:49
43. Michael L Barman	49	1:48:39	93. Charlie W Backofen	53	2:00:01
44. Robert Nicholson	39	1:49:07	94. Paul R Sturm	39	2:00:24
45. Steven McMahan	35	1:49:12	95. Burton Long	44	2:00:59
46. Fred Hannan Jr	45	1:49:14	96. Larry J Jackson	39	2:01:14
47. Stephen M Hilker	42	1:49:16	97. Jon C Anderson	32	2:01:14
48. Paul J Childress	27	1:49:22	98. Martin Cisna	32	2:01:26
49. Thomas E Cappenter	26	1:49:23	99. Robert J McCulloch	46	2:01:49
50. Kevin Truelove	42	1:49:31	100. Rod G Rodenbeck	29	2:01:56

1999 Mother's Day 5 Mile Run

Kendallville, IN - May 9th

1. Brian Shepherd	M	33	26:46	28. Patty Schwartz	F5	46	39:56
2. Russell Simon	M	18	27:59	29. Steve Schwart	M	51	40:00
3. Mark Furkis	M	43	28:07	30. Steve Rhoad	M	38	40:28
4. Latiff Cherono	M	24	29:29	31. Zack Hakey	M	13	41:15
5. Dave Cole	M	33	29:53	32. Tony Truax	M	41	41:43
6. Mike Fruchey	M	30	30:06	33. Vi Wysong	F6	43	41:58
7. Sam Stephens	M	35	30:42	34. Greg Cranston	M	23	42:51
8. Mark Whited	M	34	31:15	35. Brian Palmer	M	31	43:00
9. Lenny Duff	M	34	31:38	36. Steven Cole	M	46	44:12
10. Adam Knight	M	15	32:14	37. Deb O'Keefe	F7	32	44:22
11. Rod Obregon	M	25	32:15	38. John Sturtevant	M	65	44:25
12. Jed Pearson	M	48	32:54	39. Dawn Luttmann	F8	47	44:31
13. Anne Duff	F1	34	33:25	40. Rich Stephenson	M	52	44:55
14. Rocky Rowe	M	38	34:18	41. Steve Simon	M	45	45:19
15. Ron Jennings	M	33	35:22	42. Tom Fuelling	M	48	46:58
16. Trina Chapman-Smith	F2	36	36:36	43. Jill Norris	F9	26	47:20
17. Emily Cochard	F3	13	36:48	44. Kathy Foster	F10	38	47:37
18. Kevin Truelove	M	42	37:03	45. Ruth Stone	F11	31	49:59
19. Mitch Harper	M	43	37:16	46. Alexandra Cooper	F12	34	50:00
20. David Simon	M	14	37:41	47. David Heffelfinger	M	57	50:11
21. David Peele	M	61	38:01	48. Rick Hamburgm	M	45	50:19
22. Troy Smith	M	29	38:23	49. Bridgett Shultz	F13	12	50:57
23. Art Obregon	M	52	38:34	50. Lynette Cahill	F14	37	50:58
24. Jeff Warner	M	28	38:43	51. Susan Peterson	F15	44	51:38
25. John Luttmann	M	48	38:43	52. Terri Gross	F16	43	51:59
26. Deb Byers	F4	46	39:17	53. Valerie Hackbush	F17	27	54:46
27. Wayne Knight	M	14	39:30	54. Ken Dishler	M	76	55:21
				55. Rebecca Nicholas	F18	29	56:17

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 vern3@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/vern3/email.htm>.

IPFW Mastodon Stomp - 5K Run

Saturday April 3

1. RON SHARP	M	33	15:44.0	48. RICHARD PIMENTEL	M	23	20:50.5
2. MARK FURKIS	M	43	16:20.3	49. RICK GILBERT	M	42	20:52.5
3. JERRY WILLIAMS	M	39	16:31.5	50. KIM A LEFEVER	M	43	21:12.7
4. ROBERT WATERSON	M	20	16:34.9	52. DEWAIN COBBS	M	56	21:14.4
5. JASON SORG	M	20	17:10.8	53. TIM SHOWN	M	47	21:15.0
6. ADAM BARTON	M	22	17:13.4	54. JEFF KNUTZ	M	30	21:22.2
7. JEFF NIDINGER	M	19	17:16.6	55. RICHARD GAMBLE	M	28	21:29.9
8. MICHAEL SCHOUDEL	M	31	17:26.5	56. BILL CRANE	M	56	21:30.6
9. TODD HOCKMEYER	M	19	17:28.0	57. KEITH SHUMAKER	M	40	21:31.5
10. PAUL FURNISS	M	31	17:39.8	58. DAVID E BOYLAN	M	56	21:34.3
11. JAY PRICHARD	M	41	17:41.8	59. SAM PLEW	M	22	21:41.5
12. JON BEASLEY	M	33	17:43.4	60. KENT REDMAN	M	47	21:43.1
13. WARD MOYA	M	35	17:46.9	61. TOM LANDIS	M	43	21:50.5
14. JORDON SHOWN	M	17	17:49.5	62. JEFF METZGER	M	38	21:51.3
15. BOB CURTS	M	39	17:50.6	63. SUE PEARSON	F2	40	21:52.4
16. PAUL RICHARDSON	M	27	17:51.7	64. BRAD WEBER	M	22	21:57.3
17. ROBERT MINNICH	M	31	17:54.3	65. JENNIFER STEIGMEYER	F3	29	21:59.1
18. JON UECKER	M	26	18:05.1	66. BERNIE BURGETTE	M	55	22:05.5
19. LUKE HETRICK	M	19	18:08.0	67. ART OBREYON	M	51	22:10.8
20. SAM STEPHENS	M	35	18:12.6	68. DONALD R DECOOK	M	46	22:13.4
21. PAUL TRAHIN	M	19	18:20.1	69. ROBERT COOK	M	39	22:18.2
22. DAVID IOTT	M	16	18:22.2	70. JANET SOUDER	F4	19	22:22.5
23. ROD OBREGON	M	25	18:23.8	71. HOWARD SMITH	M	37	22:28.4
24. ERIC NESTEL	M	13	18:25.2	72. DON KRAMER	M	45	22:32.9
25. BRAD A THOMAS	M	24	18:28.0	73. RANDY FIELDER	M	47	22:36.1
26. JEFF MAUS	M	41	18:44.4	74. MITCH V HARPER	M	42	22:42.8
27. BILL MOORD	M	45	18:55.8	75. KEVIN TRUELOVE	M	42	22:48.7
28. HAL PEARSON	M	44	19:03.4	76. MICHAEL VARIELL	M	42	22:49.4
29. DICK AMATO	M	60	19:06.4	77. ROB WELLS	M	40	22:58.8
30. JEFF SMITH	M	40	19:08.7	78. DEB BYERS	F5	46	22:59.8
31. JIM FERRIER	M	38	19:14.6	79. JOHN LINK	M	43	23:01.9
32. KEN PRESTON	M	38	19:16.4	80. TOBY JO HULLINGER	M	39	23:02.9
33. DAVID SWENSON	M	36	19:23.6	81. ERIK GOARDE	M	21	23:03.9
34. PAUL SHAFFER	M	41	19:27.0	82. SUSANNA CLUSELL TRULLAS	F6	24	23:10.6
35. SCOTT ECCLESTONE	M	37	19:29.6	82. PATTY L SCHWARTZ	F7	46	23:14.8
36. NATHAN DIEHL	M	21	19:34.9	84. TRISHA EIFERT	F8	22	23:29.1
37. RICH HAMILIN	M	36	19:52.6	85. GREG LAWRENCE	M	41	23:37.9
38. DAVID BRUCE	M	36	19:56.2	86. CARMA MCPHERSON	F9	37	23:47.6
39. DANIEL NESTEL	M	40	20:00.3	87. J.B. SHATTUCK	M	35	23:49.9
40. HARO HTOO	M	24	20:02.0	88. SARA TRAPP	F11	22	23:52.4
41. CHRIS ADONG	M	24	20:10.3	89. DON ANDERSON	M	71	23:56.9
42. DAVID FOOTE	M	23	20:15.7	90. SCOTT QUALLS	M	37	23:58.1
43. KEVIN NEWMANN	M	27	20:16.8	91. DENNIS DICKEY	M	33	23:59.1
44. MARK A BRATTOLI	M	43	20:22.4	92. LORI MOORE-HEIDRICH	F12	37	24:15.0
45. JEFFERY MILLEMAN	M	42	20:25.4	94. GREGG KURTZ	M	40	24:19.8
46. CALVIN KING	M	42	20:33.2	94. SCOTT BURKHARDT	M	30	24:21.5
47. BRENDA TAYLER	F1	24	20:37.9	96. MARY NITZ	F13	36	24:25.8
				97. MEGHAN HOYER	F14	23	24:29.5

IPFW Mastodon Stomp - 1 Mile Kid's Run

Saturday April 3

IPFW MASTODON STOMP
5-KM WALK PARTICIPANTS
APRIL 3, 1999
 Jim Bloom
 Kelly Burr
 Carol Deitz
 Deb Farrell
 Pat Farrell
 Bill Foote
 Barbara Gorney
 Terri Gorney
 Ron Hockemeyer
 Wade Holbrook
 Laura Leedy
 Tony Leedy
 Kay Lyons
 Mary Mauller
 Beverly Metzger

Boys Under Age 9

1 Taylor Ecclestone	6:26
2 Nathanael Meord	6:43
3 Parker Ahee	7:00
4 Luke Miller	7:28
5 Trevor Ecclestone	7:55
6 Connor Lake	10:22
7 Nicholas Shattuck	11:34
8 Connor Smith	11:35
9 Kipp Force	N/T
10 Reid Weber	N/T
11 Bailey Weber	N/T

Girls Under Age 9

1 Kimberly Shattuck	9:26
2 Jessica Miller	9:37
3 Victoria Nitz	9:40

Girls Ages 9-12

1 Alexandra Card	6:48
2 Kelley Freygang	7:27
3 Liane Shaffer	7:38
4 Christine Derek	7:53
5 Kara Nitz	8:28
6 Chris Dewell	11:20
7 Mary Martin	N/T

Boys Ages 9-12

1 Jonathan McCulfor	6:39
2 Brad Dahl	7:38
3 Joshua Holbrook	11:38
4 Christopher DeWells	N/T

Whitley Memorial Hospital Heartbeats Festival 5K/10K RUN

May 1, 1999 Columbia City IN

5K Female

Overall Winner

Justina Faulkner 18:17

20-29

Justina Faulkner 18:17

30-39

Amy Shaw	27:06
Jann Braumberger	27:33
Laura Ezzel	31:00
Nan Clemons	31:22

40-49

Jenny Reichert	24:42
MaryJane Holle	26:16
Sarah Jordan	26:28

10K

Overall Winner

Minda Notter 1:09:13

20-29

Minda Notter 1:09:13

30-39

Robbin Mauger 1:09:57

MALE

5K Overall Winner:

Jerry Williams, Jr. 16:18.0

14 & under

Joshua Moore	19:24
Brent Emerick	21:14

20-29

Mark Peppler 26:38

30-39

Jerry Williams	16:18
Sonny Workman	16:32

40-49

Tom Landis	21:05
Tim Trimmer	21:14
Paul Ausderan	25:28
Munson Fry	26:13

50-59

Dwain Cobbs	21:44
Steve Hurst	26:13
Roger Lemon	36:13

60-69

Charles Hodges	24:32
Jim Peppler	30:01

70 & Over

Ken Disler 25:57

10K OVERALL WINNER:

Mark Sanderson 39:28.4

20-29

Jacob Courter 50:14

30-39

Mark Sanderson 39:28

40-49

David Lowe	44:41
Mitch Harper	45:55
Don DeCook	46:50
Greg Fahl	49:08

Mike Beard 50:30

50-59

Ty Murphy	47:51
Carl Fields	52:43

60-69

John Sturtevant	52:42
Don Rhoades	58:19



FORT WAYNE TRACK CLUB Members Page



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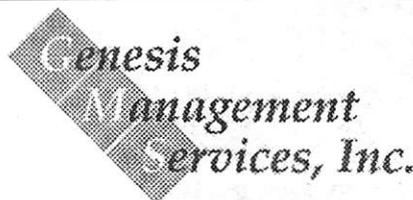
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FORT WAYNE TRACK CLUB

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...

Canal Days 5 & 10K

Saturday, June 5
New Haven IN

Hoosier Marathon

Saturday, June 10
Foster Park - Fort Wayne IN

FWTC MILE CHAMPIONSHIP

Saturday, May 1
Foster Park - Fort Wayne IN

RUNNING WILD ZOO RUN

Sunday, July 4
Franke Park, Fort Wayne Children's Zoo - Fort Wayne IN

FWTC MEETINGS

Wednesday, June 9, 7:00 PM, Run 6:00
Wednesday, July 14, 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
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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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