

# the inside track

October 1999 - November 1999



A PUBLICATION OF THE FORT WAYNE TRACK CLUB

Scott Erba sets a new  
record at the third annual  
Progressive/Fort Wayne  
Track Club Triathlon.

Robin Rizzo  
reigns as  
the womens  
champion.

*(See complete results Inside.)*



**PROGRESSIVE**

# 1999



# FORT WAYNE TRACK CLUB

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Judy Tillapaugh (219) 456-3277

### Club Historian

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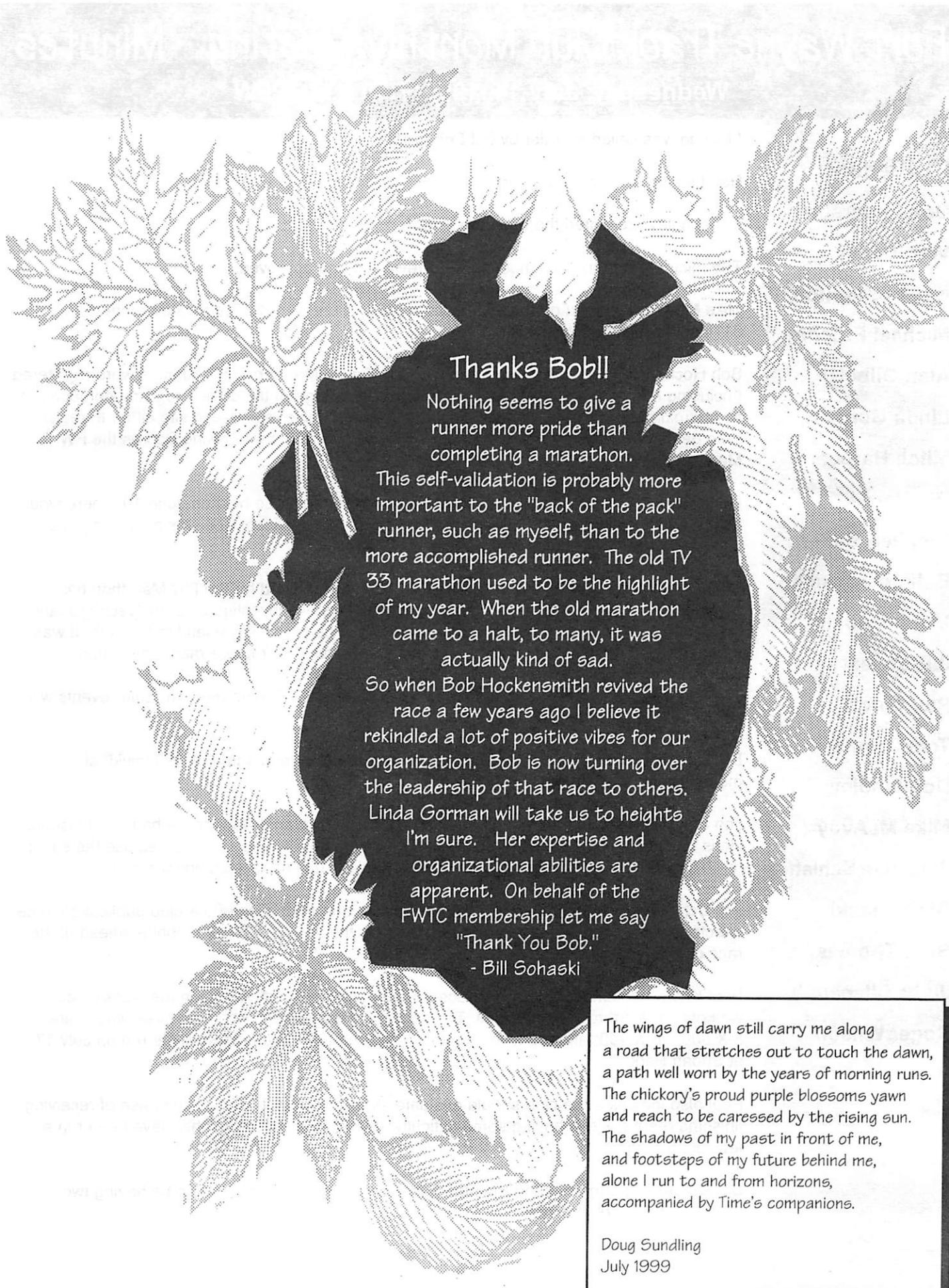
Phil Suelzer (219) 486-1745

### Legal Advisor

John Powell (219) 484-7334

### Medical Advisor

William Crane (888) 268-1236



## Thanks Bob!!

Nothing seems to give a runner more pride than completing a marathon.

This self-validation is probably more important to the "back of the pack" runner, such as myself, than to the more accomplished runner. The old TV 33 marathon used to be the highlight of my year. When the old marathon came to a halt, to many, it was actually kind of sad.

So when Bob Hockensmith revived the race a few years ago I believe it rekindled a lot of positive vibes for our organization. Bob is now turning over the leadership of that race to others. Linda Gorman will take us to heights I'm sure. Her expertise and organizational abilities are apparent. On behalf of the FWTC membership let me say "Thank You Bob."

- Bill Sohaski

The wings of dawn still carry me along  
a road that stretches out to touch the dawn,  
a path well worn by the years of morning runs.  
The chickory's proud purple blossoms yawn  
and reach to be caressed by the rising sun.  
The shadows of my past in front of me,  
and footsteps of my future behind me,  
alone I run to and from horizons,  
accompanied by Time's companions.

Doug Sundling  
July 1999

# Fort Wayne Track Club Monthly Meeting - Minutes

Wednesday, July 14, 1999, 7:00 p.m. IPFW

## 21 Present:

Don Anderson

Vern Ceder

Katie Creighton

Michael Fruchey

Alan Gilbert

Linda Gorman

Mitch Harper

Bill Harris

Stephen Hilker,

Bob Hockensmith

Linda Ianucilli

J.P. Jones

Paul Knott

Tom Landis

Don Lindley

Mike McAvoy

Jonathan Schlatter

Bill Sohaski

Brad Thomas,

Judy Tillapaugh

Roger Wilson

Meeting was called to order by Bill Sohaski.

Don Lindley offered the prayer.

Don Lindley presented the treasurer report.

The minutes from the last meeting were reviewed and approved.

Mike McAvoy reported on the TRF Parade race. There were 322 registered runners, 311 actually finished the race.

Bob Hockensmith gave a wrap-up on the Fort Wayne Marathon. 274 runners were registered (including relay runners.) 43 participants took advantage of the on-line registration opportunity. Approximately 60% of the participants used the on-line registration site either to register or to get information regarding the race. Linda Gorman will be following Bob as the FW Marathon race director for the year 2000.

Linda Gorman indicated that the FW Marathon 2000 would be held on June 10. There would be the addition of massage therapists to the finish-line services. She was also going to be fine-tuning the relay portion of the race.

Vern Ceder reported that the on-line registration service used for the FW Marathon has revealed some previously hidden additional costs. He has investigated both "getsetgo" and "sign-me-up.com" and found both these services to be potentially useful to the club. It was recommended the club switch to one of the latter services for future race registrations.

The Progressive Insurance August 1999, triathlon and the "Zoom through Zulu" events will be using the "sign-me-up.com" service.

Bill Sohaski pointed out the extensive coverage the club (and some of its individual members) received in the July issue of The Sports Page.

Jon Schlatter reported that the June 1999, New Haven Canal Days races had 189 finishers. He is suggesting to the race directors that next year the 5K and 10K courses use the same finish line. He is also looking for someone to replace him as race calendar editor.

Jon Schlatter and Don Lindley pointed out that due to the timing of our club publication, race directors should get race dates and brochures to the club at least two months ahead of the race date.

Paul Knott mentioned that, on average, 35 runners were participating in the weekly track workouts at Northrop High School. The scheduled workouts for the next three weeks are 8 X 800; 16 X 400; and a 2-mile time trial. Also, the Bruin Alumni 5K will be run on July 17 at Shoaff Park.

Paul also indicated the club should evaluate its points races based on the ease of receiving finishing results. He is having some difficulty with a few of the races that have been run a few months ago.

Bill Sohaski reported that the triathlon had 25 entries to date, and would be having two "waves" of starters this year.

# Fort Wayne Track Club Monthly Meeting - Minutes (continued)

Wednesday, July 14, 1999, 7:00 p.m. IPFW

Stephen Hilker gave further details on the downtown 10K planned for Memorial Day weekend in 2000. The YMCA has already committed to being a partner in this race, and will provide volunteers as well as a registration site for the night before the race.

Judy Tillapaugh mentioned the need for volunteers for the "Dollars for Scholars" events on Saturday, July 31. It is a fundraiser for the IPFW cross country and track programs. Both these programs are seeing increased student participation. On a related note, she mentioned the new Distance Running Camp sponsored by IPFW had 11 campers this year. The camp was held on the campus of Concordia Theological Seminary.

Katie Creighton announced the 6th annual Food Bank 5K and Fun Run on Saturday, October 2, sponsored by Canterbury School and the Associated Churches Food Bank. The club has rented equipment to the school for this event, and it was hoped this service would continue. The school welcomes the participation of club members as runners in this event to benefit the Associated Churches Food Bank.

The YWCA is sponsoring its Endurathon on August 14. Look in the club newsletter for the item mentioning Y-membership discounts for track club members.

The Fort Wayne Sports Corporation banquet will be held on Thursday, October 14 at Memorial Coliseum. Don Lindley will be honored at this event. Mike McAvoy will investigate purchasing a table for the track club for the banquet.

Meeting adjourned at 8:00 p.m. The next meeting will be 7:00 p.m. on Wednesday, August 11, 1999, at IPFW.

Respectfully submitted,

Katie Creighton, secretary

Katie Creighton, Business Manager  
kcreighton@canterburyschool.org  
Canterbury School 219-432-4728

## Mazock's 23rd Thanksgiving Day Fun Run

Approximately a 6 mile run.

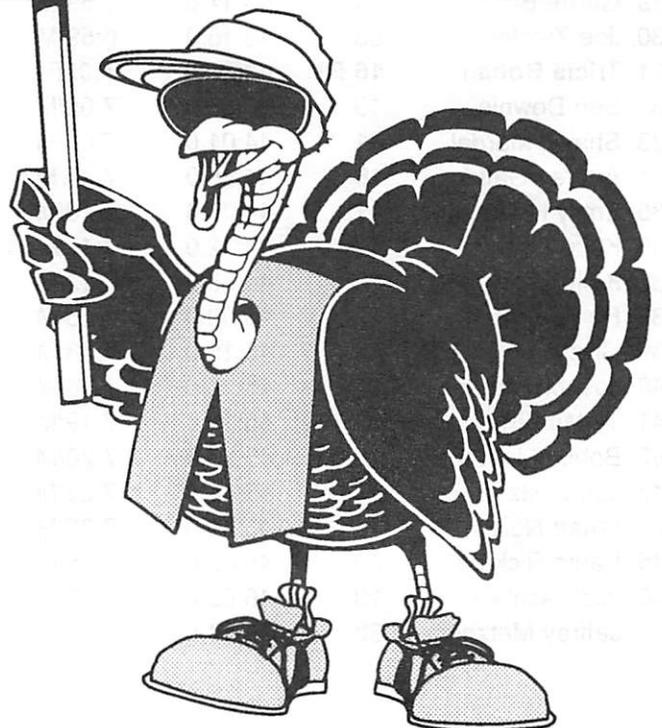
2828 Emerald Lake Drive,  
Fort Wayne, Indiana.

No awards/no splits/ just old coffee  
and stale doughnuts.

Jerry Mazock (219) 432-4755.  
8:00 AM.

Emerald Lake subdivision is 1.6 miles  
west of I-69 on Covington Road.

We turn our Christmas Lights on at  
7:00 PM Thanksgiving night.



# 1999 Harlan Days 10K

## August 7, 1999

Name	Age	Time	Pace	Name	Age	Time	Pace
1. Ron Sharp	33	32:40.0	5:16/M	48. Craig Phillips	30	46:38.0	7:31/M
2. Jeremy Schmidt	24	34:34.0	5:35/M	49. Lauren Simpson	16	46:40.0	7:32/M
3. Michael Fruchey	30	34:58.0	5:38/M	50. Kelsey Corbin	14	46:43.0	7:32/M
4. Nolan Richhart	19	35:24.0	5:43/M	51. Bo Leslie	16	47:05.0	7:36/M
5. Jason Sorg	20	35:53.0	5:47/M	52. Kristin Abels	14	47:06.0	7:36/M
6. Bob Schenfield	20	37:06.0	5:59/M	53. Karin Cline	28	48:33.0	7:50/M
7. Robert Minnich	32	37:31.0	6:03/M	54. Kathy Stieglitz	36	48:34.0	7:50/M
8. Doug Sundling	44	37:38.0	6:04/M	55. Kristen Simpson	16	48:53.0	7:53/M
9. Brad A Thomas	24	37:39.0	6:04/M	56. Donald Lindley	55	48:55.0	7:53/M
10. Todd Hockemeyer	19	38:21.0	6:11/M	57. Thomas Gunter	16	49:06.0	7:55/M
11. David Swenson	37	38:27.0	6:12/M	58. Marcus Strimple	14	49:08.0	7:55/M
12. Brandon Reichert	17	38:28.0	6:12/M	59. Jackie Morris	26	49:34.0	8:00/M
13. Mike Stieglitz	45	38:50.0	6:16/M	60. Danielle Sullivan	26	49:38.0	8:00/M
14. Mark Walter	34	39:12.0	6:19/M	61. John Shine	44	49:47.0	8:02/M
15. Chris Beebe	18	39:39.0	6:24/M	62. Karen Kosberg	37	49:58.0	8:04/M
16. Robert Eherenman	33	39:43.0	6:24/M	63. Michael Cline	37	50:17.0	8:07/M
17. Chris Leeuw	16	40:19.0	6:30/M	64. Dean Whitman	41	51:13.0	8:16/M
18. Jim Whitman	37	40:21.0	6:30/M	65. Joel Scharzter	52	51:33.0	8:19/M
19. Derek Garcia	18	40:37.0	6:33/M	66. Mike Ridenow	15	51:59.0	8:23/M
20. Ardy Litzenberg	16	40:39.0	6:33/M	67. Mary Zehninger	35	52:06.0	8:24/M
21. Chris Welch	16	40:43.0	6:34/M	68. Brad Compton	44	52:22.0	8:27/M
22. Brent Nelson	14	40:53.0	6:36/M	69. Samantha Lee	12	53:48.0	8:41/M
23. Andy Garcia	15	40:55.0	6:36/M	70. Lawrence H Lee	54	53:51.0	8:41/M
24. Todd Thompson	18	41:13.0	6:39/M	71. Mark Thomas	25	54:54.0	8:51/M
25. Jim Platt	32	41:39.0	6:43/M	72. Greg Ridenow	15	55:04.0	8:53/M
26. Corey Drake	14	43:00.0	6:56/M	73. Thomas Cleveland	37	55:19.0	8:55/M
27. Kurt Freakenstein	14	43:09.0	6:58/M	74. Caroline Gernand	35	55:45.0	9:00/M
28. Richard White	17	43:13.0	6:58/M	75. Herb Hernandez	51	56:12.0	9:04/M
29. Garret Bradtmueller	14	43:17.0	6:59/M	76. Lynn Bobay	48	56:33.0	9:07/M
30. Joe Ziegler	63	43:18.0	6:59/M	77. Harry Quandt	46	56:35.0	9:08/M
31. Tricia Bohan	16 F1	43:25.0	7:00F1	78. Paul Downie	45	56:36.0	9:08/M
32. Ben Downie	19	43:53.0	7:05/M	79. Mandy Leuw	14	57:11.0	9:13/M
33. Shawn Mardal	41	44:01.0	7:06/M	80. David Schittber	46	57:40.0	9:18/M
34. Aubrey Gaffer	16	44:25.0	7:10/M	81. Scott Everson	37	57:45.0	9:19/M
35. Emily Hernandez	17	44:27.0	7:10/M	82. Susie Manders	15	58:02.0	9:22/M
36. Katie Doehla	13	44:32.0	7:11/M	83. Neal Cuninghan	19	58:44.0	9:28/M
37. Kelly Shannon	18	44:38.0	7:12/M	84. Sharon Huss	59	59:08.0	9:32/M
38. Ron Zartman	42	45:00.0	7:15/M	85. Phil Gustin	68	59:29.0	9:36/M
39. Greg Haman	46	45:15.0	7:18/M	86. Joan Gary	62	59:33.0	9:36/M
40. Joseph Marden	17	45:16.0	7:18/M	87. Jim Peppler	66	1:00:14.0	9:43/M
41. Ty Murphy	50	45:19.0	7:19/M	88. Belinda Sharp	48	1:02:15.0	10:02/M
42. Bobby Marden	15	45:25.0	7:20/M	89. Dean Sharp	52	1:02:42.0	10:07/M
43. Jeff Switzer	25	45:46.0	7:23/M	90. Rita Bunne	44	1:03:15.0	10:12/M
44. Stuart Neill	18	45:56.0	7:25/M	91. Kevin Hunter	36	1:05:44.0	10:36/M
45. Paula Rickerd	30	46:00.0	7:25/M	92. Maggie Hunter	36	1:05:47.0	10:37/M
46. Josh Ashbek	19	46:08.0	7:26/M	93. Donald Rhoades	65	1:06:23.0	10:42/M
47. Jeffrey Metzger	38	46:14.0	7:27/M	94. Betty Ann Jackson	38	1:09:18.0	11:11/M

# Freedom Run 5K

August 28, 1999

FWTC's Ron Sharp finished first in the run. The 5K run raised \$1,000 for the Grant County Rescue Mission. Tim Franklin, director and the Marion National Guard organized the second annual run along the Mississinewa River walkway.

	Age	Time	Pace		Age	Time	Pace
<b>Women 9 &amp; Under</b>				<b>Men 30 to 39</b>			
1. Ari Eaton	8	26:48	8:39/M	1. Ron Sharp	33	15:44	5:05/M
<b>Women 10 to 14</b>				<b>Men 40 to 49</b>			
1. Amanda Weirich	13	24:02	7:45/M	1. Newton Vctor	42	23:18	7:31/M
2. Faron Stanley	12	33:15	10:44/M	2. Jody Ellet	41	24:42	7:58/M
<b>Women 20 to 29</b>				<b>Men 50 to 59</b>			
1. Addie Struben	20	26:57	8:42/M	1. John Mc Pherson	57	20:14	6:32/M
2. Jill Bricker	23	28:08	9:05/M	2. Donald Lindley	55	23:11	7:29/M
3. Shannon Neal	22	28:18	9:08/M	3. Michael Barman	50	23:25	7:33/M
<b>Women 30 to 39</b>				<b>Men 60 and over</b>			
1. Deb O' Keefe	32	27:56	9:01/M	1. John Norris	61	20:00	6:27/M
2. Sali Falling	36	32:09	10:22/M	2. James Pullis	61	36:34	11:48/M
<b>Women 50 to 59</b>							
1. Judy Shepard	54	32:44	10:34/M				
2. Sharon Pullis	59	36:14	11:41/M				
<b>Men 10 to 14</b>							
1. Toran Fiene	12	20:07	6:29/M				
2. Justin Barman	14	22:20	7:12/M				
3. Zack Vctor	11	22:26	7:14/M				
4. Tom Eckule	14	23:34	7:36/M				
5. Michael Smith	13	27:54	9:00/M				
6. Jeremiah Theurer	13	28:42	9:15/M				
7. Jason Greene	12	29:51	9:38/M				
<b>Men 20 to 29</b>							
1. Timothy Bricker	26	20:06	6:29/M				

# PROGRESSIVE®



## 3rd Annual Progressive Insurance Fort Wayne Track Club Triathlon



## New Triathlon Star Sets Record, And As Expected Robin Takes the Gold

By Therea Powell

On Saturday, August 21, 1999, Scott Erba set a new Progressive Insurance Fort Wayne Track Club Triathlon record. Scott Smashed through this year's race with a winning time of 58:57, beating the course record held by Paul Furniss, by about 20 seconds.

Scott is all but a stranger to this rapidly growing sport. He has competed in over 50 triathlons since 1991. Among those races are the 1993 World Championships, in Manchester, New England; and the Hawaii Ironman in 1997 and 1998. One of his greatest achievements is coming in at an amazing 42nd place overall in the 1998 Ironman (5TH in his age group).

Scott is a 30 year old Warsaw High School P.E. teacher, from California. He plans on attending the 4th annual Progressive Insurance Fort Wayne Track Club Triathlon to hold onto his new record. His comments on the race were that the race was very favorable to go fast on. You can look for Scott at other area races; he's going to be the new tough competition.

This years women took the stage, with an estimated 54 female participants. As expected Robin Rizzo rose to top spot overall. Her time was 1:13:49, not able to beat the course record set by Kim Larson (1:09:58), but able to take home the gold.

Overall there was over 200 participants that competed in the race, from 8 different states. Not all young triathletes either; they ranged from age 14 to the Great Grandmaster winner Phil Eherenman, age 68, who came in at an amazing time of 1:25:25.

The race was half the International Distance: 750 meter swim, 20K bike, 5k run. It is held at Gibson Pond, just across from Lafayette Elementary School. Race Directors were Phil Suelzer and Bill Sohaski. You can visit the site at <http://members.aol.com/sohaski/page/index.htm>.

## Overall Male Winners

	Age	Overall	Time
1. Scott Erba	30	1	0:58:57
2. Ryan Bates	19	2	1:04:37
3. Lorne Day	35	3	1:04:46
4. Paul Richardson	27	4	1:06:10
5. Ward Moya	35	5	1:07:09

## Overall Master Male

	Age	Overall	Time
1. Bill Moord	45	10	1:09:10

## Overall Grand Master Male

1. James Leffler	53	14	1:10:10
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## Overall Great Grand Master

1. Phil Eherenman	68	80	1:25:25
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## Men 19 and Under

1. Jerry Suelzer	19	47	1:18:13
2. Lucas Moser	16	52	1:18:51
3. Scott Lefforge	19	87	1:26:03
4. Todd Thompson	18	108	1:30:00
5. Daniel Sorrell	18	140	1:39:36
6. Ryan Rothert	19	142	1:42:08
7. Alecander Haggenjos	14	155	1:53:08

## Men 20-24

1. Tom Davis	22	6	1:07:26
2. Jonathan Purvis	23	13	1:10:04
3. Nathen Maier	22	55	1:19:22
4. Chad Mark	24	59	1:19:47
5. Chris Kaufman	23	62	1:20:28
6. Ricky Garlitz	23	65	1:20:59

## Men 25-29

1. Brian Schultz	29	7	1:08:01
2. Lance Benedict	26	17	1:11:59
3. Chris Marks	29	26	1:15:02
4. Jeff Switzer	25	28	1:15:16
5. Brian Betner	26	36	1:16:53
6. Tom Carpenter	27	41	1:17:15
7. Joe Niccum	29	56	1:19:29
8. Mark Schumacher	27	81	1:25:30
9. Andrew Moorhead	28	84	1:25:49
10. Ben Habermel	29	86	1:25:57
11. Brian Reckers	25	92	1:26:47
12. Brian Schlegel	25	107	1:29:34
13. Mark Thomas	25	119	1:31:50
14. Kyle Black	26	138	1:39:09
15. Mark Wohlford	28	144	1:43:26
16. Duane Gillard	27	147	1:45:26

## Men 30-34

1. Jeff Kintz	30	18	1:12:03
2. Kirk Eisert	30	29	1:15:17
3. Wayne Lehman	34	32	1:15:48
4. Bradley Geistwhite	32	40	1:17:15
5. Steve Tullis	31	89	1:26:08
6. David Misner	31	97	1:27:47
7. Paul Veldman	31	99	1:28:08
8. Ben Greer	30	103	1:28:45
9. Mike Honaker	30	114	1:30:41
10. Brad Neuhaus	31	120	1:32:03
11. Joe Kaczanowski	30	125	1:33:26

## Men 35-39

1. Curt Cardman	35	8	1:08:50
2. Zack Otruba	37	9	1:09:01
3. Chuck Harrison	36	11	1:09:56
4. Eric White	35	12	1:10:02
5. Michael Henry	35	15	1:10:19
6. Thomas Kline	35	16	1:11:50
7. Buck Smith	35	20	1:12:24
8. Randy Birchler	38	21	1:12:34
9. Buck Miller	36	33	1:16:07
10. Kiyoshi Shigeno	39	46	1:18:05
11. Thomas Bussen	37	53	1:18:59
12. Ken Kilgore	36	58	1:19:46
13. Geoff Pornoy	38	60	1:19:53
14. Bradley Baker	38	68	1:22:12
15. David Mcglennen	35	75	1:24:28
16. Andy Vogel	38	76	1:24:48
17. Michael Roberts	35	91	1:26:41
18. Greg Sutter	35	100	1:28:17
19. Jim Bougher	36	112	1:30:16
20. Bruce Young	37	115	1:31:23
21. Michael Cline	37	123	1:32:44
22. David Klingengerger	39	126	1:34:25
23. Mohan Rao	39	133	1:36:30

## Men 40-44

1. Richard Cater	44	19	1:12:05
2. Mark Lulling	40	34	1:16:16
3. Shawn McArdle	41	37	1:17:08
4. David Upchurch	40	42	1:17:57
5. David Lowe	41	43	1:17:58
6. Tom Fridrick	41	44	1:18:02
7. Steve Ochs	40	45	1:18:03
8. Tom Landis	43	48	1:18:15
9. Kim Lefever	43	51	1:18:43
10. Bob Hake	42	54	1:19:15
11. Kevin Truelove	42	61	1:20:22
12. Ken Moore	41	64	1:20:52
13. David Herlan	42	85	1:25:54
14. Greg Haupricht	42	101	1:28:22
15. Kevin Lochner	43	110	1:30:14
16. Jay Gilbert	40	122	1:32:29

## Men 45-49

	Age	Overall	Time
1. John Bevier	47	22	1:13:14
2. Norm Walla	45	23	1:13:34
3. Ted Tiernon	45	25	1:14:50
4. Gary Rodefeld	46	27	1:15:15
5. John Sullivan	49	39	1:17:15
6. Don Kramer	45	73	1:23:53
7. George Peterson	48	96	1:27:45
8. David Woods	46	109	1:30:02
9. Bob Hall	47	130	1:35:08
10. Wayne Crowther	49	154	1:50:58

## Men 50-54

1. Gary Meeks	52	30	1:15:23
2. Ty Murphy	50	63	1:20:50
3. Mike Wetenberger	50	93	1:26:57
4. George Parrett	54	118	1:31:50

## Men 55-59

1. Cliff Stapella	58	49	1:18:30
2. Dale Sullivan	58	71	1:23:27
3. Rex Reed	58	74	1:24:25
4. Rudy Kleinknight	55	98	1:27:57
5. Roger Gietlow	56	106	1:29:25

## Men 65 and Over

1. Robert Loomis	66	134	1:37:02
2. Charles Fouts	66	148	1:45:46

## Clydesdale

1. Steve Leath	39	1	1:08:29
2. Mick Thiel	28	2	1:14:43
3. Scott Arkebauer	34	3	1:16:24
4. Gary Terrien	32	4	1:16:48
5. Christopher Schlegel	34	5	1:17:32
6. David McMurray	33	6	1:21:22
7. Dan Cumiskey	38	7	1:22:00
8. Ben Ottenweller	20	8	1:22:07
9. Paul Edwards	36	9	1:26:21
10. Matt Robertson	34	10	1:28:25
11. Steve Jones	42	11	1:29:30
12. Mitch Harper	43	12	1:41:39
13. Andy Haxton	31	13	1:47:08
14. Matt Morris	25	14	1:50:14

## Overall Female Winners

	Age	Overall	Time
1. Robin Rizzo	33	24	1:13:49
2. Bethany Fortuna	14	31	1:15:32
3. Susan Barth	18	35	1:16:44

## Overall Master Female

1. Cathy Schuster	40	69	1:22:39
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## Overall Grand Master Female

1. Linda Hollingsed	52	72	1:23:35
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## Athena

1. Valerie Vinyard	28		1:41:36
2. Vicky Knowel	43		1:45:03

## Woman 19 and Under

1. Tara Ott	18	104	1:29:04
2. Julie Townsend	15	127	1:34:39

## Woman 20-24

1. Abbey Davis	24	77	1:24:54
2. Amy Bridges	20	79	1:25:14
3. Brenda Schlegel	22	95	1:27:24
4. Amie Haan	24	116	1:31:25
5. Lesley Horsman	22	117	1:31:39
6. Amy Stephan	21	129	1:34:53
7. Tami Gaishin	24	157	1:59:34

## Women 25-29

1. Kiersten Schnacke-Meyer	25	57	1:19:36
2. Izelqe Dekock	29	67	1:22:10
3. Jill Foreman	26	83	1:25:43
4. Karin Cline	28	128	1:34:48
5. Niwee Tacco	28	135	1:37:37
6. Corina Anderson	28	136	1:38:42
7. Michelle Towles	25	137	1:39:01
8. Laurie Ross	29	146	1:44:47
9. Jodi Waldenmyer	28	152	1:48:39
10. Becky Badger	26	156	1:53:40



# Member Profile

## Women 30-34

1. Nancy Fucilla	33	38	1:17:11
2. Paula Rickerd	30	66	1:21:55
3. Sherry Otruba	33	78	1:25:12
4. Katherine Matthews	34	82	1:25:39
5. Sheryl Tullis	31	102	1:28:35
6. Dana Culp	30	105	1:29:09
7. Julie Cardman	33	111	1:30:15
8. Lisa McMurray	33	121	1:32:29
9. Tracy Rudisill	31	131	1:35:55
10. Judi Holsinger	33	149	1:45:46
11. Donna Miller	30	150	1:46:42
12. Leona Dourlet	32	158	1:59:52

## Women 35-39

1. Linda Ianucilli	36	50	1:18:39
2. Robbin Mauger	39	88	1:26:05
3. Beth Berry	36	94	1:27:10
4. Amy Hollenberg	37	113	1:30:27
5. Krista Kore-Matthews	36	141	1:40:58
6. Tressa Brunner	35	145	1:44:19
7. Jill Bobay	38	151	1:46:49

## Women 40-44

1. Pam McCulloch	41	90	1:26:13
2. Susan Markey	44	124	1:32:45
3. Anne Fremion	44	132	1:36:20
4. Kim Markey	40	139	1:39:20
5. Daren Derickson	41	153	1:50:53

## Women 45-49

1 Joann Brooks-Brunn	45	70	1:22:44
2. Elaine Peterson	49	143	1:42:19
3. Phyliss Mugford	48	159	2:00:20

## Teams 74 and Below

1. Matthew Parlee	41	2	1:16:06
1. Megan Lambeth	41	2	1:16:06
2. Joe Cisna	60	3	1:31:55
2. Tim Burns	60	3	1:31:55
3. Crystal Conrad	63	4	1:33:37
3. Sherry Ingram	63	4	1:33:37
4. Colleen Klimara	67	5	1:42:43
4. Jill Meizner	67	5	1:42:43

## Teams 75 and Above

1. Roger Wilson	91	1	1:08:02
1. Phil Rizzo	91	1	1:08:02

Name: Susan Peterson

Occupation: High School Spanish Teacher

Birthdate: 2/8/75

Birthplace: Eau Claire, WI

Family: Husband of 1 1/2 years - Nick

Pets: 2 cats - Sunny and Buddy,  
1 guinea pig - Squiggly

Hobbies or Interests: Running, crafting

Favorite Family Activities: Running/walking, traveling, sports (watching & participating, basketball, tennis, etc.)

Running Shoe Brand: 5 years of running with Nike.

Favorite Distance to Run: PR: 5K 30:25 (I've only done PR'd every time)

Favorite Training Food: Fruit.

Favorite Place to Train: Anywhere.

Favorite Race: Garrett Heritage Days 5K.

Why do I run: To get in shape/be healthy, stress reliever.

Favorite item of clothing: T-Shirts/sweatshirts and jeans/shorts.

Favorite movie, TV program or book: Princess Bride/Wizard of Oz

Favorite music: Christian contemporary/ Pop/ 80's

Collections: Snowmen, Noah's Ark, Teapots/cups.

Vacation Destinations: Wisconsin - to see family and friends.

Most Prized Possession: Wedding bands.

Has there been an inspiration to your running: I have 2 friends who I ran with in high school that always inspired me to do better. They also inspired me to return to running - just because it feels good.

Do you have a dream? If so, what?: Someday to raise a family of our own and to continue teaching and influencing young lives.

# Another "Speedy" Summer - by Barrie Peterson

Another summer of FWTC speed workouts has come and gone very "Speedily". A total of 75 men and 23 women showed up at least once out of the 8 possible Thursday workout sessions - a total of 98 people!! With the summer being unusually hot and humid, this was a great turnout. We probably averaged over 40 runners each Thursday evening. The effort that was expended under very tough weather conditions was nothing short of spectacular.

Paul Knott, Jeremy Lung, Rocky Rowe, Susan Thornton, and Mike Yann had perfect attendance, and many others missed only once or twice during our 8-week series. Following are some of the awards that were presented on the final day of our summer workouts, along with the 2-mile championship results:

<b>Most Improved Female:</b>	<b>Susan Thornton</b>
<b>Most Improved Male:</b>	<b>Jeremy Lung</b>
<b>Overall Workout Champ:</b>	<b>(Female) Lindsay Rhoades</b>
<b>Overall Workout Champ:</b>	<b>Dave Iott</b>
<b>Runner Up Workout Champ</b>	<b>(Female) Linda Gorman</b>
<b>Runner Up Workout Champ</b>	<b>(Male) Scott Hardway</b>

## 2 mile Run

### Female 14 & Under

1. Jessica Hall (16:08)
2. Mandy Leeuw

### Male 14 & Under

1. Brent Nelson (11:52)
2. Kurt Freudenstein

### Female 15-19

1. Aubrey Gaffer (12:35)
2. Danielle Keplinger

### Male 15-19

1. Scott Hardway
2. Nathan Peffley

### Male 20-29

1. Todd Esquivel (11:02)

### Female 30-39

1. Karen Gerken (13:27)
2. Susan Thornton

### Male 30-39

1. Mike Fruchey (10:24)
2. Mike Schoudel

### Male 40-49

1. Terry Coonan (12:36)
2. Kevin Truelove

### Male 50-59

1. John Rogers (15:35)

### Male 60 & Over

1. Joe Ziegler
2. Don Anderson

Thanks to everyone who helped to make these Thursday night dates a lot of fun!  
You guys were great!! See you next year!!!

# Happy Birthday!

## October Birthdays

Ron Zartman	10/1
Dawn Luttmann	10/2
Thomas E Hawkins	10/3
Gary L King	10/3
Jill Bobay	10/4
John Rogers	10/4
Jessica Palevich	10/5
Sam Stephens	10/5
Keith Walter	10/5
Fred Wehrwein	10/5
Thomas D Kelsey	10/6
Susanne Vandever	10/6
Martin J Cisna	10/8
Hal Pearson	10/8
Tom Laird	10/9
Donn Nickols	10/9
Daniel Bossard	10/9
Jay F Brower	10/12
Susan Peterson	10/12
Randy Roberts	10/12
Don Branstetter	10/13
Bev Saalfrank	10/13
Larry Uelk	10/14
Cheryl Stromski	10/15
Steve Beghtel	10/15
Linda K Gorman	10/15
Tom Felger	10/16
Linda Ianucilli	10/16
Megan Dexheimer	10/18
Mark A Brattoli	10/18
Ron Sharp	10/19
Vicki Downs	10/20
Stephen P Smith	10/22
Verton L Troyer	10/22
Joyce A Fuzy	10/23
Michael M Yoder	10/24
William R "Clark, Jr."	10/25
Scott E Mills	10/25
Michele L Bergdall	10/26
C Wayne Unsell	10/26
Christopher Fowler	10/26
Ronald Stinchcomb	10/27
David McGlennen	10/28
Nick Bustos	10/29

## November Birthdays

Jerry Hill	11/1
Kevin Lochner	11/1
John E Hilker	11/1
Jeff Braman	11/3
Mike Robbins	11/3
Daniel Leffers	11/4
Dick Harnly	11/5
Fred Stoffel	11/5
Scott B Johnson	11/6
Rocky Rowe	11/6
Joe Dee	11/7
Mary McManus	11/7
Mary A Sheffer	11/7
Sarah Hillman	11/8
Ron Bonar	11/8
Ty Murphy	11/8
Terri L Gorney	11/9
Alan Bradley	11/9
Linda Yoder	11/10
Amy L Mays	11/11
Renee Thomas	11/11
Jim Lynch	11/12
Terry R Diller	11/12
Greg K Henderson	11/13
Monica Maddalone	11/13
David L Winters	11/13
Cindy Furkis	11/14
Colleen Incemona	11/15
Matt Dexheimer	11/16
Al Huth	11/16
Kimberly Tolmich	11/17
Bernie Huesing	11/17
Todd Seiman	11/18
Richard Quintano	11/20
Paul W Tippmann	11/20
Daniel A Kaufman	11/20
Sabrina Spears	11/21
Robert W Eheranman	11/22
Rebecca Minthorn	11/22
Benjamin Cowan	11/23
Hannah Weide	11/23
Paul E Knott	11/23
Robert Gebfert	11/25
John Sturtevant	11/27
Joe Suelzer	11/28
Richard Eddie	11/29
Carrie Hillman	11/30
Brad A Thomas	11/30

## **FORT WAYNE SPORTS CORPORATION TO HONOR DON LINDLEY**

Thursday evening, October 14, 1999 Don Lindley will be honored by the Fort Wayne Sports Corporation at it's 8th annual banquet. Don will be one of four sports "Legends" receiving the prestigious Sports Corp. Community Award for "Outstanding contribution to the quality of life through sports in the Fort Wayne area."

Those of us in the track club and running community know how richly deserving Don is of this honor. Though we have appreciated what he has done for our sport, perhaps we have struggled to find a way to express our feelings to him. If your life has not been touched by Don Lindley, I can not think of a more appropriate way to let him know how much you care by standing up for him at the Sports Corp. banquet at the Coliseum on October 14. Reservations are required; forms are available at the Central Downtown YMCA or call Joan Goldner, Fort Wayne Sports Corp., at 420-1305, fax 423-4329, for details and reservation forms.

- Larry Lee

**"Dear Don:**

**I want to thank you and the Fort Wayne Track Club for their very generous donation to our track and cross country programs. As always the track club is there to help in so many ways. We are very excited about our young teams and hope that they will represent themselves in a matter that will be pleasing to both you and I.**

**I want to personally invite all of the Fort Wayne Track Club members and their families to come out to our Invitationals and support the student-athletics. There is no doubt that our kids will be highly motivated when they see a large group of fans and people who share their dreams. You will be noticed and you will matter!!**

**Very sincerely, Robert A. Waterson  
IPFW Head Men's Cross Country/Track Coach"**

# Ethics - Part Deux

- Jon Schlatter

Over the last two years volunteering at local races has for me been a God send. Even when the logic of the entire non-athletic world may have dictated that I get out of running completely, I could not, yea I would not let it go. I gladly admit that I have been addicted to this thing called running for more than half my life and that is something that you don't go cold turkey on. So working in various capacities at numerous local races has become my vicarious placebo in lieu of direct participation in running races. Even now as I quietly work my way back into running, at an occasionally slower pace than what I am accustomed to, 5k volunteering is something that I shall continue to do. Having now had a wide range of volunteering experiences I have a different perspective on how races are managed. I, as most all runners, have experienced races that were not managed well in one aspect or another. Thus even though I have had a personal achievement that I could be proud of or have had a fun time with my running friends the memory of that race gets tainted with a bitter experience and a pissed off attitude. Yet I have learned that there is another side to the race, as it were. In the last few years while performing various jobs of race management I have observed runners doing things during a race that cheated other runners out of a pleasant experience and made the tasks of many volunteers even more difficult than they are. Runners at times tend to forget that volunteers are unpaid nonprofessionals that mainly come from one of three sources, a sponsoring business or organization, family or friends of runners, or runners themselves, and fail to give the respect and cooperation that they deserve. Runners also sometimes become so mentally focused on the race that they are running or are about to run that they may occasionally forget obvious aspects of running courtesy such as the following:

1. Wear your bib number clearly visible in the front and not covered up by another article of clothing so that course Marshall and finish line personal know that you are a registered runner and not a bandit.
2. Even if there are not always pylons or other types of markings most race courses are logically determined by the use of roads or trails so don't cut corners and force a course official to disqualify you.
3. When you register fill out the application completely using extreme legibility and remember to sign it so that the statisticians don't have to track you down later for a piece of vital information that you left out.
4. If you going to commit the unethical ultimate in running and "participate" as a bandit, break off your run a 100 meters from the finish line so you don't potentially mess up the recorded order of finish.
5. Most finish line workers are more than willing to give you the information you want so wait for a sufficient opening before you ask so that you don't infer with their main task.
6. If after you completed a race and you go back to encourage your friends to finish stay distinctly off the course and don't go through the chute with them so the finish line worker doesn't count you twice.
7. Once you have finished keep moving, being careful not to pass anyone, until you reach the end of the chute and then allow or assist the volunteer to grab the pulloff tag so the proper order is maintained.
8. If the race that you are participating in uses finishing cards instead of bib numbers and pulloff tags, fill out the card correctly and turn it as soon as possible so that the results can be tabulated in a timely fashion.
9. If during the awards ceremony you hear the name of a friend announced that you know has already left offer to take it to them as this will save the race time and postage in distributing the awards completely.
10. Once in awhile there will be a mistake in the awards or the order of finish that may involve you so realize that mistakes usually occur without personal malice and assist the management in correcting them.

# 1999 Race Calendar

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

FWTC HOTLINE AND ANSWERING SERVICE (219) 432-5998

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

*\*ENTRY FORMS AVAILABLE AT FT. WAYNE TRACK CLUB MEETINGS OR SEND S.A.S.E. TO JON SCHLATTER, 535 KINSMOOR AVE., FORT WAYNE IND., 46907. CALL JON AT (219) 456-3331 FOR ADDITIONAL RACE INFORMATION OR TO REPORT A RACE FOR INCLUSION IN THE RACE SCHEDULE - I ALSO HAVE ADDITIONAL INFORMATION ON RACES IN OHIO, MICHIGAN, AND THE GREATER CHICAGO AREA*

**More race information can be found at the following internet web sites:**

FORT WAYNE  
RUNNING PAGE

MIDWEST  
RUNNING

<http://members.tripod.com/~FtWayneRUNNER/> <http://www.bright.net/~gmike>

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## OCTOBER 1999

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02 Sat.

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

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

Wabash Valley Half Marathon, 8:30 am, Newport, Ind., Bruce Speth (765) 832-6179

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

The Notable Run, 5 Mile Run and 5k Walk, 8:30 am, Columbus, Ind., Bill Poor (812) 372-1960

10 Sun.

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

Martinsville Fall Follage Festival, 5k, Martinsville, Ind., Mark Vebel (765) 342-2369

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

Youngstown Peace Race, 10k and 2 Mile, 10:30 am, Federal Piazza,  
Youngstown, Ohio, Ted Rupe (330) 583-2423

16 Sat.

(L) Matthew 25, 10k Run and 5k walk, Foster Park, Ft. Wayne, Ind., (219) 432-5414

(R) RAH RAH REE Run, 5k, 9:00 am, Shadyside Park, Anderson, Ind., (745) 649-5299

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

(R) 5th Annual Breast Cancer Awareness Run, 10k and 5k, Mishawaka, Ind., (219) 255-7651

(R) Run For the Prize, 5k, 10:00 am, Findlay, Ohio,  
Dave Braun (800) 688-8151 dbraun@mennel.com

IU Run for the Endzone, 5k, IU Memorial Stadium, Bloomington, Ind.,  
Rich Carpenter (812) 855-0636

Wabash Valley Race for the Cure, 5k R/W, 10:00 am, St.Mary-of-the-Woods College,  
Terre Haute, Ind., (812) 237-3106

17 Sun.

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

(R) Norris Insurance 5 Mile Run and 5k Walk, Bunker Hill, Ind., (765) 395-7761

Lite Lope 5k, 1:00 pm, Trenton, Ohio, Fred Cooper, YMCA, (513) 422-9622

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.**

Knobstone Trail Mini-Marathon, 10 Mile, 10k, and 5k R/W, Morgan-Monroe State Forest, Martinsville, Ind., Hoosiers Hikers Council, P.O. Box 1327, Martinsville, Ind., 46151 (765) 349-0204

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

Deuces Wild Duathlon (2 mile run, 20 mile, 2 Mile run), Lincoln St. Park, Marshall, ILL., Amy Yargas (217) 826-6557

**24 Sun.**

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

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.**

Parkview Hospice 3rd Annual Pumpkin Run, 5k R/W, 9:00 pm, Carew Medical Bldg., 1818 Carew Str., Ft. Wayne, Ind., (219) 422-9911 [tmil@parkview.com](mailto:tmil@parkview.com)

The Gourd 5k & 10k Race, 9:00 am, Chesterton, Ind., John Marshall (219) 464-3536 or Katie Rizer (219) 395-5321

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

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## NOVEMBER 1999

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**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

Bloomington Break-Away, 5k, Harmony School, Bloomington, Ind., Libby Cosgray (812) 334-8349

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

Star Strides Run and Walk, 5k Women Only, 5 Miles Coed, and 5k Racewalk, Downtown Indianapolis Ind., Ken Long and Associates (317) 632-8812

Marrowthon 5k R/W and 10k Run, 9:00 am, Healthplex, West Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

13 Sat.

14th Annual Comodore Runs, Half Marathon and 5k, Naval Surface Warfare Center, Crane, Ind., Robert E. Lee, (812) 854-6158

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

Corwin 20k Run, 2:00 pm, Corwin, Ohio,  
Sandy Bosley (513) 398-6799 sbosley@aol.com

20 Sat.

(LP) Turkey Trot Cross-Country 5k, Fox Island County Park, Ft. Wayne, Ind.,  
Don Lindley (219) 432-5998

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

21 Sun.

Randy's 10 Miler and 5k, Perrysburg, Ohio, Bruce Beverage (419) 865-4131

25 Thurs.

(L) Mazock's 23rd Thanksgiving Day Fun Run, Aprox. 6 Miles,  
2828 Emerald Lake Dr., Ft. Wayne, Ind., No Awards/ No Splits/ Just Old  
Coffee and Stale Donuts, Jerry Mazock (219) 432-5998

(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

(R) Turkey Trot, 8:00 am, Anderson, Ind., (765) 643-6304

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

Smoke the Turkey 5k, Toledo, Ohio, St. James Track Club (419) 841-5597

ORRRC 21st Turkey Trot, 8k, 2:00 pm, Miamisburg, Ohio, (937) 438-5308 [www.orrcc.org](http://www.orrcc.org)

26 Fri.

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

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## DECEMBER 1999

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04 Sat.

(LP) Just Plain 10k, Foster Park, Ft. Wayne, Ind., J.P. Jones (219) 745-7339

(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

Reindeer Romp, 5k, Brown Co. State Park, Nashville, Ind.,  
Dawn Jones (812) 988-9926 or (812) 988-5522

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

Kentucky 50 Miler, E.P. "Tom" Sawyer St. Park, Louisville, KY,  
Pete Schuler (502) 893-9521 [runbikedefend@att.net](mailto:runbikedefend@att.net)

05 Sun.

Jingle Bell Run, 5k, 9:00 am, Chargin Falls H.S., Chargin Falls, Ohio, (216) 623-9933

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

11 Sat.

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

12 Sun.

Muncie 10 Miler, 1 pm, Mitchell School, Muncie, Ind., John Primmer (765) 289-8062

Domino's Festival of Lights, 5k R/W, 4:30 pm, Ann Arbor, Mich., (734) 662-1000 [www.athleticventures.com](http://www.athleticventures.com)

Arthritis Foundation Jingle Bell Run 5k, Kankakee, ILL., (800) 795-9115

Polar Bear Race, 5 Miles, 9:30 am, Crystal Lake, ILL., Richard Eschman (815) 459-1823

18 Sat.

(RP)HUFF, 50k, One Loop Fun Run, and 50k Relay, 8:00am, Kii-So-Quah Campground, Huntington Resivor, Huntington, Ind., Mitch Harper, 210 W. Sherwood Terrace, Ft. wayne, Ind., 46807 (219) 456-1381 HUFF50K@aol.com

ORRRRC 5k Christmas Run, 10:00 am, Kettering, Ohio, (937) 436-1371 [www.orrcc.org](http://www.orrcc.org)

19 Sun.

Rainbow Fun Run/Walk, 5k, 9:30 am, Cleveland Hts., Ohio, (440) 543-2020

26-31

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

31 Fri.

Y2K5K, 5k R/W, Downtown Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

The Last Race of the Century, 5k, 8:00 pm, Loyola, ILL., (773) 465-8005

---

## JANUARY 2000

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01 Sat.

New Year's Day Resolution Revolution, 2.65 M, 5.3 M, 7.95 M, Downtown Indianapolis, Ind., Ken Long And Associates (317) 632-8812

Siberian Express, 7.6 Miles, 12:00 Noon, Kikapoo State Park., Danville, ILL., Marc Reedy (217) 431-4243

New Year's Day Fun Run and Walk, 11:00 am, Wacker and Adams, Chicago, ILL., (773) 868-0425

02 Sun.

Domino's festival of Lights, 5k and 1k, Ann Arbor, Mich., Athletic Ventures (734) 332-3981

Run for the Millennium, 5k, 10:00 am, Downtown Cleveland, Ohio, (216) 623-9933

Walt Disney World Marathon and Half Marathon, Walt Disney World, P.O. Box 536547, Orlando, Fla., 32853-6547 (407) 939-7810

16 Sun.

Methodist Health Care Houston Marathon, Houston, Tx (713) 957-3453 [houstonmarathon.com](http://houstonmarathon.com)

FEBRUARY 2000

06 Sun.

Las Vegas International Marathon and Half-Marathon, Las Vegas, NV,  
(702) 876-3870 lvmarathon@aol.com

(LP)Fanny Freezer, 5k, 2:00 pm, Shoaf Park, Ft, Wayne, Ind.,  
Jonathan Schlatter (219) 456-3331

Bank of America Gasparilla Classic, Tampa, FL,  
(813) 229-7866 www.doitsports.com/gasparilla

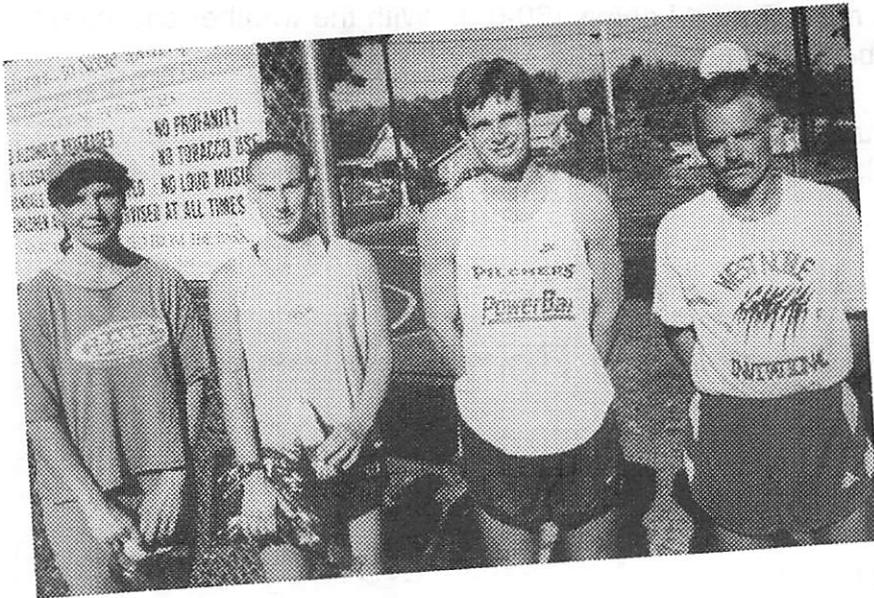
Blue Angel Marathon and 5k, Pensacola, FL, (850) 452-4391 www.mwr.pcola.navy.mil

Las Vegas International Marathon and Half-Marathon, Las Vegas, NV,  
(702) 876-3870 lvmarathon@aol.com

12 Sat.

(LP)Fanny Freezer, 5k, 2:00 pm, Shoaf Park, Ft, Wayne, Ind.,  
Jonathan Schlatter (219) 456-3331

Bank of America Gasparilla Classic, Tampa, FL,  
(813) 229-7866 www.doitsports.com/gasparilla



Wolf Lake, In  
**ONION DAYS 5K**

**Overall Winners**

**Male - Mike Flora**

**Female - Justina Faulkner**

**Masters**

**Male - Hal Pearson**

**Female - Patty Schwartz**

**Left to right:**

Patty Schwartz Justina Faulkner Mike Flora Hal Pearson



1999 - 2000 Fort Wayne Track  
Club Newsletter Deadlines

**Nov. 15th - Jan. 15th**

# FWTC Points Race Update

The points race standings are current through the Hot Air Affair 4 Mile held August 7. The points standings do not include the Canal Days 10K results, as they have not been made available.

The Kernal Classic 5K, Progressive Insurance Triathlon, Parlor City Half-Marathon, Randall-Sullivan 5K, Run Through Zulu 10K and the Callithumpian Canter 5K will be calculated for the next update and included in the next Inside Track.

Several divisions are heating up with outstanding performances being turned in. Karen Cline and Kim Davidson (25-29) are within 100 points of each other heading into the last quarter. Paula Richerd as moved to the top of her division with a first place division finish in the Harlan Days 10K. Sharon Huss and Joan Gary have been outstanding in their respective division.

The mens side has strong competition in several very competitive age groups. Brad Thomas and Jeremy Schmidt (20-24); Mike Fruchey, who has rebounded after an early season injury (25-29); Ron Sharp and Bob Minnich (30-34); Michael Cline, Sam Stevens, David Swenson (35-39); the entire (40-44) age group; Art Obregon, Wes Sabins (50-54); Bill Crane, Dave Boylan (55-59); Joe Ziegler, who has not lost a division race, Robert Loomis (60-69). With the weather cooling off, the performances and competition will be heating up!

Please call or email if you have a question concerning the results or the points summary. I will gladly review and revise the results should a mistake be found and confirmed.

Paul Knott

## 1999 Fort Wayne Track Club Points Standings (Races Complete as of August 7, 1999)

Races Completed:

**Fanny Freezer 5K**

**Nutra Run 20K**

**Mastadon Stomp 5K**

**Arts Fest 5K**

**Fort Wayne  
Mile Championship**

**Canal Days 10K**

**Hoosier Marathon**

**Old Settlers Days 4M**

**Run Wild Zoo Run 4M**

**Parade Run 5K**

**Harlan Days 10K**

**Hot Air Affair 4M**

# FWTC Points Standings

## Female

	No of Races	Points
<b>19 &amp; Under</b>		
Megan Dexheimer	2	200
Jenna Shaffer	2	185

<b>25 - 29</b>		
Karen Cline	8	795
Kim Davidson	6	700
Jennifer Steigmeyer	2	200

<b>30 - 34</b>		
Paula Richerd	3	270
Laurie Whisler	2	255
Teressa Furniss	2	200
Karen Gerken	2	200

<b>35 - 39</b>		
Betty DeWells	5	550
Linda Gorman	4	350
Robin Mauger	3	285

<b>40 - 44</b>		
Diane Post	5	495
Cathy Dwyer	1	200
Cindy Furkis	2	175

<b>45 - 49</b>		
Deb Byers	4	385
Patty Schwartz	3	270
Bobbie Clark	2	175

<b>50 - 54</b>		
Joyce Hockensmith	2	300
Ann Mize	1	100
Barb Scrogam	1	100

<b>55 - 59</b>		
Sharon Huss	7	785

<b>60 +</b>		
Joan Gary	3	300

## Male

<b>19 &amp; Under</b>		
Eric Nestel	5	500
Matt Dexheimer	2	170

<b>20 - 24</b>		
Brad Thomas	7	630
Jeremy Schmidt	5	500
Tod Esquivel	1	85

<b>25 - 29</b>		
Mike Fruchey	5	500
Rod Obregon	3	285

<b>30 - 34</b>		
Ron Sharp	7	685
Bob Minnich	5	490
Mike Schoudel	4	345
Jon Beasley	4	320

<b>35 - 39</b>		
Michael Cline	7	485
Sam Stephens	5	455
David Swenson	6	455
Jeff Metzger	7	395
Ward Moya	4	375

<b>40 - 44</b>		
Mark Brattoli	7	570
Jeff Milleman	6	520
Doug Sundling	4	475
Paul Shaffer	6	470
Mitch Harper	6	340
Kim Lefever	6	325

<b>45 - 49</b>		
Jed Pearson	5	475
Lynn Bobay	4	225
Jim Picket	3	215
Tom Fuelling	3	185

<b>50 - 54</b>		
Art Obregon	4	375
Wes Sabins	3	365
Ty Murphy	4	305
Jack Seigel	3	260

<b>55 - 59</b>		
Bill Crane	5	460
Dave Boylan	5	435
Larry Averbeck	3	370
Dewain Cobbs	3	300

<b>60 - 69</b>		
Joe Ziegler	5	500
Robert Loomis	5	435
Dick Harney	4	270
Bud Stiffler	3	270

<b>70 +</b>		
Don Anderson	6	600
JP Jones	5	540
Ken Disler	4	360

# Coaching Youth Sports Clinic

Sat, Oct 9, 1999

8am - 12pm and Optional CPR 1pm - 2:30pm and Optional Red Cross Certification for Sports Safety -2:30pm to 4pm.

**Re:** Injury Prevention and Care Emotional/Social Characteristics of Children.

**Who:** All youth sports coaches

**What:** A coach's clinic organized by the Fort Wayne Sports Corporation and administered by the American Red Cross and Dr. John Lovell. The four-hour training session will include injury prevention, basic of first aid, emergency procedures and the special psychological tools necessary to coach youngsters.

**Where:** Tahcumwah Recreation Center, 1701 Freeman St., Ft. Wayne.

**Cost:** \$10.00 per person. This includes Red Cross workbook and first aid handbook as well as juice, coffee and rolls. Optional afternoon CPR Certification/Red Cross Certification cost is \$5.00.

**Reservations:** Fort Wayne Sports Corporation, PO Box 12445, Fort Wayne, IN 46863-2445 by Wednesday, Sept 29. (219) 420-1305

## 1st OVERALL

Sam Vargas 17:34

## MASTER

Hal Pearson 17:56

## 12-UNDER

Jake Gardner 24:09

## 20-24

Morry Riddle 19:30

## 30-34

Lenny Duff 18:04

## 40-45

Hal Pearson 17:56

## 45-49

Jim Gardner 23:27

## 50-54

Jim Stalter 20:56

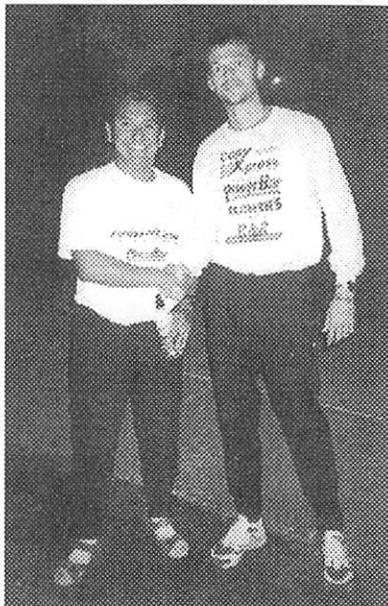
## 55-59

Harvey Hustle 20:20

## 60 OVER

Freeman Hershberger 21:34

## CANCER CARE 5K



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## FEMALES

### 1st OVERALL

Justina Faulkner 18:16

### MASTER

Patty Schwartz 23:29

### 20-29

April Colby 31:11

### 30-39

Ann Duff 19:01

### 40-49

Jenny Reichert 23:55

### Overall Winner

Sam Vargas

### Brian Shepherd

Race Director

### THANKS TO OUR PRIZE SPONSORS

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Hardees  
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Wendy's  
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Subway  
Anderson Greenhouse  
Bob's Maple Florist  
After Thoughts  
Ellen's Lunch  
Culligan  
KFC  
Owen's  
Coffee Korner Cafe

# FORT WAYNE TRACK CLUB 5 KM TURKEY TROT

November 20, 1999 - Saturday, 11:00 am  
To Benefit Fox Island County Park Nature Center

FWTC Points Race

ENTRY FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Tele. No. \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

### Entry Fees:

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

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

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

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

Map of the Park  
<http://serv1->

[.fwi.com/acp/page4.html](http://fwi.com/acp/page4.html)

**Distance:** 5K Run and 15,000 cm Turkey Toddlers

**Time:** 10:45 am, 15,000 cm 11:00 am, 5K Run

**Course:** Scenic Flat Trails

Race Director: Don Lindley (219) 436-2234

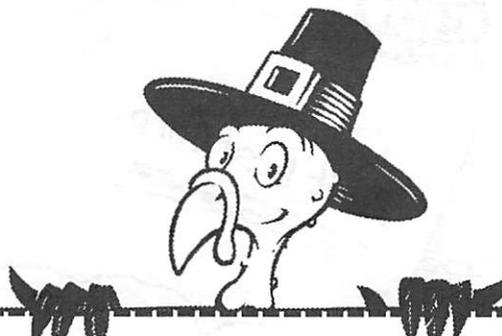
E-Mail: [lindleyd@fortwayne.infi.net](mailto:lindleyd@fortwayne.infi.net)

E-Mail: [lindleyd@fortwayne.infi.net](mailto:lindleyd@fortwayne.infi.net)

Co-Race Dir: Paul Ausderan

e-mail: [foxisland@mail.fwi.com](mailto:foxisland@mail.fwi.com)

*Make Checks Payable To: Fort Wayne Track Club*



*Please complete form and mail to:*

**FWTC**  
**PO Box 11703**  
**Fort Wayne, IN 46860**

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature if under 18 yrs \_\_\_\_\_ Date \_\_\_\_\_



# FORT WAYNE TRACK CLUB Members Page



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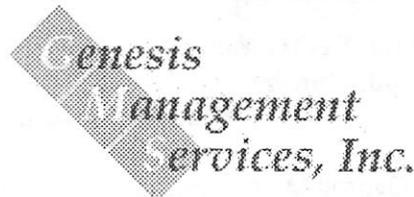
Do it Best Corp., P.O. Box 868, Fort Wayne, IN 46801 [www.doitbest.com](http://www.doitbest.com)



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Office: (317) 480-1500  
email: [dgraney@remax.com](mailto:dgraney@remax.com)





# 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:

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

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)



# 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? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# TREAT YOURSELF TO SOY!!!

Wheeling through the local food store aisles offers all sorts of eye catching attractions. It's hard not to notice an abundance of boxes and bags of treats. Shelves are stuffed with tempting goodies. They're near impossible to resist. The urge to splurge on something gooey, hooley, crunchy, creamy, and sweet can be over whelming!

Such a challenge!? No... usually not. The favorite food usually wins easily. It's just natural to get very interested in certain very personally appealing foods. Sweet tooth and salt cravings are real. They deserve satisfaction. One of life's simple pleasures! As the American Dietetic Association states "All Food Can Fit" in a healthy style of eating.

The key to healthy success with treats is to limit portions of nutrient poor foods like coke, candy and cookies. The second key is to consider variety. All food groups have specific nutrient values. Over eating on some food groups and under eating on other food groups is unbalanced eating and can lead to nutrient deficiencies. The solution.. select at least 3 to 4 food groups at meals and 1 to 2 food groups at snacks. Go for different flavors, textures, and colors. Chances will be much higher of not getting too much of a good thing! Instead of grabbing a familiar food bag off a store shelf buy something out of the ordinary. Fall is especially a fine time to check out new tricks and treats. As mom says "Try it you'll like it!".

One food treat that's worth considering is SOY! Talk about body benefits. The simple soybean is packed with nutrients and full of phytochemicals. Soy products help health in many ways like improving blood cholesterol levels, promotion of bone strength, minimize hot flashes experienced by women during menopause, and cancer prevention. Erin Coffield, R.D. , an outpatient nutrition counselor at Beth Israel Deaconess Medical Center, Boston wrote some soy suggestions for the summer of 1998 issue of Soy Connection. Here's a few of her ideas.

## SOYMILK:

*Soy milk is simply the milk of the soybean. It comes in regular and low-fat versions. Natural, chocolate, vanilla, and almond flavors are available. It's often fortified with calcium and vitamin D.*

- Use soymilk instead of regular milk to make custards, puddings, or other desserts.
- Make hot chocolate with soymilk.
- Pour over your favorite cereal.
- Add to cream soups and sauces.

## SOY FLOUR:

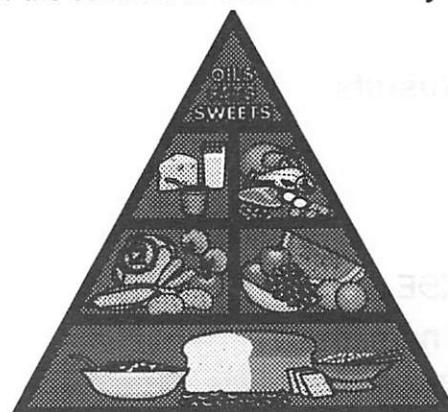
Soy flour is made from roasted soybeans that are ground into flour.

- Replace one-fourth of the total flour of a recipe with soy flour.
- Use to thicken low-fat sauces, gravies, or soups.

## SOYBEAN:

The real thing!!

- Use soybeans to make soups, chilli, and casseroles.
- Mash soybeans, flavor with garlic and herbs of choice to create your own bean spread. Serve on crackers or bread.



## TOFU:

*Tofu is a solid white cake made of curdled soymilk with a cheesy consistency. It has a bland taste by itself, but acts like a sponge to absorb the flavors of sauces, herbs and spices.*

- Substitute soft tofu for part of the mayonnaise or sour cream in salad dressings and dips.
- Stuff large pasta shells with mashed soft tofu blended with Italian herbs and spices, pour favorite sauce on top and bake.
- Make a breakfast shake by blenderizing soft tofu with fruit, milk, and a pinch of sugar. Top with a little dry cereal.
- Use in place of meat in a stir fry or fajita dish.

## TEMPEH:

Tempeh is a flat cake made from fermented soybeans. It has a mild smoky flavor and its texture is chewy.

- Cut it up and mix into casseroles, chilli, or soup.
- Make a grilled tempeh, cheese, and tomato sandwich.
- Marinate in BBQ sauce or sauce of choice and out it on the grill. Serve with grilled vegetables.

## TEXTURED SOY PROTEIN (TSP):

TSP is defatted soy flour which is processed into small or large chunks. The product is sold in dry form and requires rehydration with boiled water. Just hydrate and use as a substitute for ground meats.

- Use soy crumbles with a taco or Sloppy Joe mix.
- Create macaroni and beefless casseroles with pasta of choice, low fat cheese, fresh or canned tomatoes, spices, and TSP.

So treat yourself to some soy! Once or twice this week think about what meal or snack could have a new twist. The possibilities are endless!

Judy Tillapaugh, R.D. - IPFW Wellness/Fitness Coordinator



# 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...

## **Zoom Thru Zulu 10K**

Sunday, October 10 - 1:00 PM  
Zulu, IN

## **FWO Spineway 5K**

Sunday, October 17 - 1:00 PM  
Fort Wayne, IN

## **Turkey Trot 5K**

Saturday, November 20 - 11:00 AM  
Fort Wayne, IN

## **FWTC MEETINGS**

Wednesday, November 10, 7:00 PM, Run 6:00  
Wednesday, December 8, 7:00 PM, Run 6:00  
IPFW - Hilliard Gates Activity Center

## *Advertising Rates*

	<b>1 ISSUE</b>	<b>3 ISSUES</b>	<b>6 ISSUES</b>
<b>Full Page</b>	<b>\$75.00</b>	<b>\$200.00</b>	<b>\$325.00</b>
<b>Half Page</b>	<b>\$40.00</b>	<b>\$110.00</b>	<b>\$175.00</b>
<b>Quarter Page</b>	<b>\$25.00</b>	<b>\$65.00</b>	<b>\$100.00</b>
<b>Business Card</b>	<b>na</b>	<b>na</b>	<b>\$50.00</b>
<b>Cover (Inside front or back)</b>	<b>\$300.00</b>	<b>\$750.00</b>	<b>\$1200.00</b>

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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