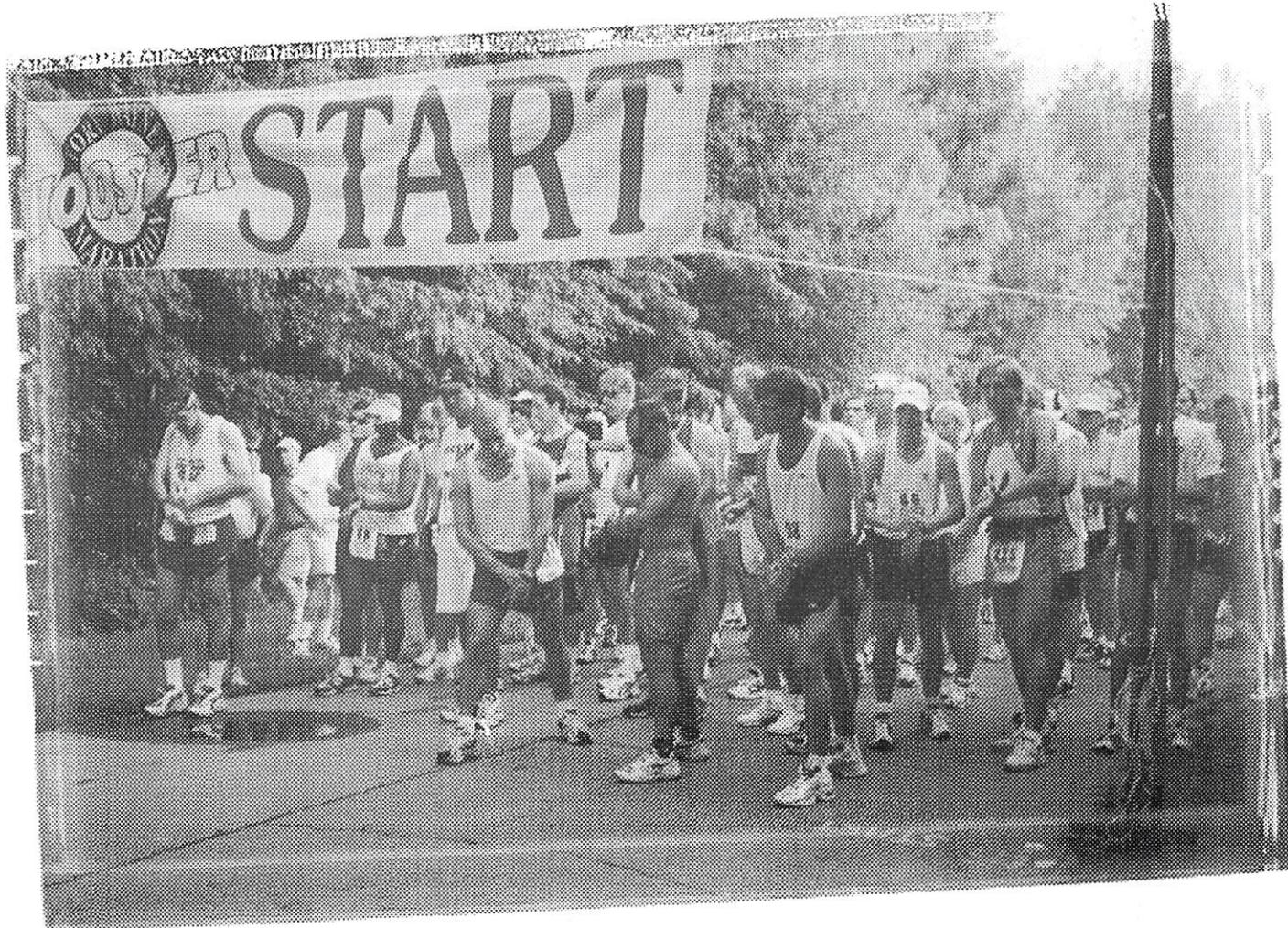


# the inside track

August 1999 - September 1999



A PUBLICATION OF THE FORT WAYNE TRACK CLUB



A sultry start at the  
1999 Hoosier Marathon

# 1999



# FORT WAYNE TRACK CLUB

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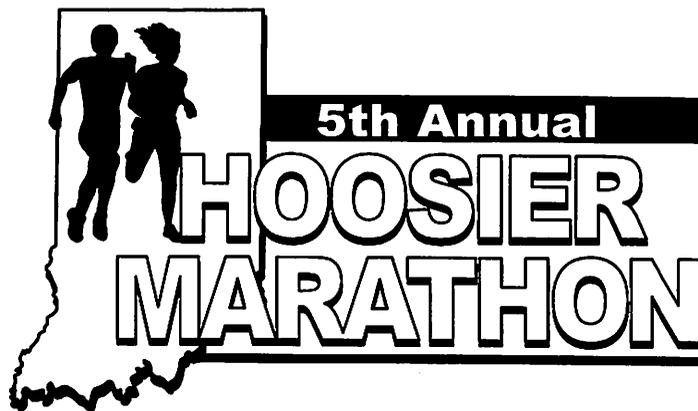
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### Medical Advisor

William Crane (888) 268-1236

# 1999 Hoosier Marathon Report

After weeks of preparation, Saturday, June 12, came at last. We would soon learn whether our planning was enough. Unlike the prior year, there was no real threat of high water, since rain had not been predicted. However, we had an even worse problem with the high temperature and humidity. Our shoes were wet by race time due to heavy dew on the grass, a sure indication of considerable moisture in the air.



Although we were spared the high water, the day was bright and sunny with no breaks in sight. By race time, the thermometer stood just short of 70 degrees, not an encouraging sign. Later on, a storm rolled in, looking like lightening was imminent, but only a brief shower resulted, giving runners a short break from the unrelenting heat. The size of the field and the finish results fairly well demonstrated that the runners were apprehensive about running that day.

Last year we registered approximately 240 marathoners and three teams of relay runners/ We were encouraged that this year with the increase in the number of applications. By race time we had registered 247 marathoners and 27 relay runners, a new record. However, the end result was that fewer finished than in any prior year. Although we did not record the total number of runners who started the race, only 185 finished. Considering the fact that at the finish time the temperature hovered around 90 degrees, we were very pleased that none of the runners suffered serious problems, a tribute to the excellent medical personnel on the course.

A highlight in the operation of the marathon this year, both before and during the race, was the use of computers to tabulate the registration and the results. At last count, we had about 120 web site entries with a third of those registering on-line. Due to the expectation of a large number of electronic entries we had reduced the number of printed forms from 4000 last year to 2000 and still had a large quantity of unused forms. In addition, the results calculation was the easiest by far, at least from my perspective. With the able assistance of our finish line crew, we were able to announce the awards exactly on time at 1:00 PM. I'm confident that the computer in the race is here to stay.

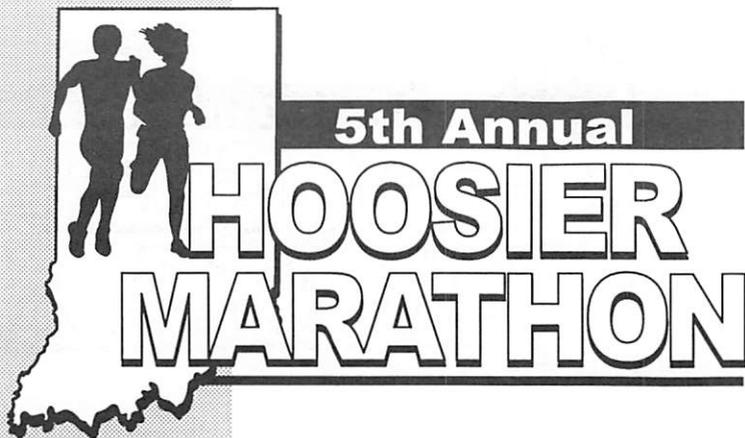
This year we introduced a video camera at the far end of the course and recorded all runners as they made the turn. This was an excellent back-up to the manual recording of runners as they completed each lap.

I am pleased also, to report that the relay portion of the marathon has grown significantly. With the increase to six teams this year, and from comments received from the runners, we look forward to the continued expansion of that phase of the race. For those who are unfamiliar with that part of the race, it is the same Marathon, but is divided into six, each running one or more segments. Runners who are not interested in the longer distance can now participate in the Hoosier marathon. We are greatly pleased by the increased interest in that run.

After carefully considering the amount of effort involved in starting the marathon in Fort Wayne in 1995 and the four annual events that followed, and weighing the time commitment necessary to direct this event, I have decided to step away from the directors position. As soon as details of this year's event have been completed, Linda Gorman will become the new race director for the Fort Wayne Hoosier Marathon.

The track Club Board, at the meeting on July 14, was unanimous in welcoming Linda to this event. Although she needs no introduction, I would be remiss if I didn't give a bit of Linda's running history. Following her return to running in 1994 she has completed, or volunteered, in far too many races to count. However, her record in long distance events reveals that she has completed 11 marathons, including 3 Hoosier Marathons. Finishing 3rd woman overall in 1995 and 1996, plus 21 ultramarathons including five 50K events, four 50 mile events and an astonishing three 100 mile races. To say that she knows distance running would be an understatement. In addition to her running achievements, she has a tremendous drive to excel and has already begun to plan the 2000 event on June 10, with new ideas that will make the track Club proud. Welcome Linda, to the Hoosier Marathon, we are confident that it will be in good hands.

Bob Hockensmith  
Race Director



**5th Annual**  
**HOOSIER**  
**MARATHON**

Hoosier Marathon 1999  
June 12, 1999 - Foster Park,  
Fort Wayne, IN - 185 finishers

**Overall**

**Female Winners**

Name	City	Age	Overall	Time	Pace
1. Amy Simonetta	Monroe LA	27	2	3:10:06.8	7:15/M
2. Connie Mattix	Westerville OH	35	4	3:11:01.8	7:17/M
3. Annemarie K Ryan	Chicago IL	36	18	3:36:20.8	8:15/M

**Women 19 and under**

1. Melody M Lynch	Culver IN		19	90	4:24:33.3	10:06/M
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**Women 20 to 24**

1. Teresa Grashorn	St. Joseph MI		20	58	4:07:12.3	9:26/M
2. Jill Schaffer	Ann Arbor MI		24	115	4:43:37.0	10:50/M
3. Jody J Johnson	Ann Arbor MI	23		116	4:43:37.3	10:50/M
4. Jenny Fawbush	Churubusco IN	23		159	5:26:16.0	12:27/M
5. Lori Ann Morrow	New Castle IN	24		176	6:20:42.0	14:32/M

**Women 25 to 29**

1. Kim Davidson	Ft Wayne IN	27		39	3:56:58.3	9:03/M
2. Beth Ryan	Louisville KY	27		42	3:58:53.3	9:07/M
3. Jamie Cox	Louisville KY	29		47	4:02:14.9	9:15/M
4. Holly Boggs	Ft. Wayne IN	29		89	4:23:51.9	10:04/M
5. Karin Cline	Ft Wayne IN	27		148	5:08:49.0	11:47/M
6. Mindi Thomas	Brookville OH	25		179	6:31:06.0	14:56/M



**First place woman**  
**SECOND OVERALL**  
**Amy Simonetta**

**Women 30 to 34**

1. Jamie Stephenson	Monarch Beach CA		32	107	4:38:26.5	10:38/M
2. Lea Ilse	Ft Wayne IN		33	120	4:45:54.5	10:55/M
3. Jody Harvel	Crystal Lake IL		31	122	4:47:10.6	10:58/M
4. Laurie Whisler	Ft Wayne IN		34	134	4:55:38.3	11:17/M
5. Debbie Faires	Memphis TN		34	142	5:02:59.0	11:34/M
6. Shelly Cardi	Columbus OH		30	146	5:05:53.0	11:40/M

**Women 35 to 39**

1. Trina C Chapman-Smith	Auburn IN		36	54	4:04:04.5	9:19/M
2. Lisa Elderbrock	Highland Heights K		35	97	4:33:07.2	10:25/M
3. Laura M Zefo	Batavia IL		36	112	4:42:25.6	10:47/M
4. Jasdeep Sandhu	Novi MI		38	117	4:44:19.2	10:51/M
5. Susan L Abate	Cleveland OH		36	160	5:26:37.0	12:28/M
6. Sarah Smith	Stevensville MD		39	166	5:39:11.0	12:57/M
7. Andrea Ford	Parkersburg WV		39	170	5:50:53.0	13:24/M

**Women 40 to 44**

1. Cathy Dwyer	Zionsville IN	43	22	3:40:56.2	8:26/M
2. Doris Hoopes	West Chester PA	43	26	3:48:28.7	8:43/M
3. Denise Graves	Wilmington DE	42	84	4:19:52.8	9:55/M
4. Sheila Howard	Dayton OH	42	98	4:33:21.4	10:26/M
5. Jeanne Dorton	Parkersburg WV	43	136	4:56:15.7	11:18/M
6. Joann Glasgow	Memphis TN	41	175	6:13:58.0	14:16/M
7. Diane Post	Ft Wayne IN	42	178	6:25:19.0	14:42/M

**Women 45 to 49**

1. Janet Cole	Brownsburg IN	46	55	4:05:05.5	9:21/M
2. Kay C McVey	St. Louis MO	46	66	4:09:41.0	9:32/M
3. Eileen Farrell	Chardon OH	46	68	4:10:05.9	9:33/M
4. Rosemary Evans	Florence KY	45	140	5:00:59.0	11:29/M

**Women 50 to 54**

1. Joyce Hockensmith	Ft Wayne IN	52	137	4:57:05.4	11:20/M
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**Women 55 to 59**

1. Merle F Hines	Bateville IN	55	51	4:03:03.1	9:17/M
2. Sharon Huss	Fremont IN	59	150	5:09:21.0	11:48/M
3. Patricia Eichenlaub	Rochester Hills M	59	180	6:34:00.0	15:02/M
4. Sue Pritchard	Mahone WV	57	181	6:44:50.0	15:27/M
5. Penelope Evans	Lexington KY	56	183	6:59:12.0	16:00/M

**Overall Male Winners**

Name	City	Age	Overall	Time	Pace
1. Doug Sundling	Bluffton IN	43	1	2:59:13.2	6:50/M
2. Timothy A Rupe	Lancaster OH	34	3	3:10:26.5	7:16/M
3. Alan Bell	Brownsville IN	41	5	3:14:01.2	7:24/M

**Men 19 and under**

1. Adam Wytko	Newton OH	18	63	4:09:11.6	9:31/M
2. Aaron Corcoran	South Bend IN	18	86	4:21:48.8	10:00/M
3. Alan Elliott	Bluffton IN	18	100	4:33:29.8	10:26/M
4. Daniel O Hair	Chesterton IN	19	155	5:21:06.0	12:15/M

**Men 20 to 24**

1. Matthew Schwartz	Monroe IN	20	10	3:26:54.7	7:54/M
2. Jason Arthur	Indianapolis IN	22	91	4:25:10.4	10:07/M
3. Daniel Corcoran	Bloomington IN	21	167	5:40:11.0	12:59/M

**Men 25 to 29**

1. Bill Eisner	Lagrange KY	26	16	3:35:29.5	8:13/M
2. Richard Kienzie	Mooseheat IN	28	44	4:00:41.5	9:11/M
3. Douglas Schwartz	Monroe IN	27	58	4:05:06.3	9:21/M
4. Joseph Poole	Marietta GA	28	61	4:08:13.1	9:28/M
5. Todd M. Sullivan	Fort Wayne IN	25	71	4:12:01.6	9:37/M
6. James Sears	Austin TX	28	78	4:15:31.2	9:45/M
7. Kreston Canada	Fenton MI	27	104	4:34:48.5	10:29/M
8. Jonathan Cardi	Columbus OH	29	125	4:49:14.9	11:02/M
9. Albert Yoon	Columbus OH	29	129	4:52:45.9	11:10/M
10. Arrick J Riggs	Swayzee IN	26	172	5:53:21.0	13:29/M
11. Scott Alan Waters	Ft Wayne IN	25	182	6:45:17.0	15:28/M

**Men 30 to 34**

1. Robert Minnich	Ft Wayne IN	31	7	3:21:35.3	7:42/M
2. Scott A Blunk	Clayton IN	30	37	3:54:09.6	8:56/M
3. Paul Robbins	Holly MI	30	43	3:59:33.0	9:09/M
4. Kevin Kwilinski	Ft Wayne IN	30	48	4:02:15.4	9:15/M
5. Jeff Williams	Xenia OH	31	69	4:11:06.3	9:35/M
6. Chris Gillen	Mt. Vernon OH	31	72	4:12:46.0	9:39/M
7. Rick Reifenberg	Indianapolis IN	33	74	4:13:27.5	9:40/M
8. Mike Marrs	Rochester IN	34	75	4:13:49.4	9:41/M
9. Andrew Goggin	Detroit MI	30	101	4:33:32.8	10:26/M
10. James F Blomquist	Chicago IL	34	103	4:33:54.5	10:27/M
11. Scott Hartman	Mooseheart IL	34	119	4:45:42.4	10:54/M
12. Michael Engel	Indianapolis IN	31	126	4:49:15.6	11:02/M
13. Shawn Demarest	Ft Wayne IN	30	128	4:51:08.9	11:07/M
14. Brad Heyneman	Fort Wayne IN	30	133	4:55:22.8	11:16/M
15. Joe Cisna	Ft Wayne IN	32	135	4:56:06.3	11:18/M
16. Chip Schwartz	Cincinnati OH	31	139	5:00:33.0	11:28/M
17. Dwaine R Falls	Columbus OH	31	141	5:02:41.0	11:33/M
18. Robert Vota	Tempe AZ	32	147	5:06:34.0	11:42/M
19. Jeff Lair	Fishers IN	32	158	5:25:45.0	12:26/M

**Men 35 to 39**

1. Chris McMahon	Indianapolis IN	39	9	3:26:38.1	7:53/M
2. Kevin Snell	Fort Wayne IN	39	28	3:48:45.4	8:44/M
3. J. David Reimschisel	Leo IN	39	29	3:49:14.2	8:45/M
4. Peter Cox	Richmond IN	37	33	3:51:42.5	8:51/M
5. Mike Pfefferkorn	Ft Wayne IN	35	38	3:55:08.2	8:58/M
6. Scott Feeler	Portage IN	35	45	4:00:47.0	9:11/M
7. SHANE SAMSON		35	53	4:03:24.9	9:17/M
8. Michael A Davis	Greenfield IN	38	64	4:09:30.8	9:31/M
9. Joseph Mercer	Lafontaine IN	35	73	4:13:09.6	9:40/M
10. Thomas Zuger	Columbus OH	35	81	4:16:20.9	9:47/M
11. Craig O Hair	Chesterton IN	35	105	4:37:42.4	10:36/M
12. Mark Altstaetter	Van Wert OH	37	111	4:41:21.4	10:44/M
13. Thomas Mcginnis	Indianapolis IN	38	113	4:42:45.9	10:48/M
14. Jon Margerum- Leys	Ann Arbor MI	36	123	4:48:48.4	11:01/M
15. Grundlingh Enslin	Hillside IL	35	132	4:55:10.3	11:16/M
16. Michael Cline	Ft Wayne IN	37	149	5:08:50.0	11:47/M
17. Bradley Brose	Plainfield IN	38	154	5:11:44.0	11:54/M
18. Carter Sherline	Ann Arbor MI	39	163	5:33:44.0	12:44/M

**Men 40 to 44**

1. Ed Jacob	Van Wert OH	41		3:14:19.4	7:25/M
2. Jose L Avelar	Cedar Rapids IA	44	19	3:38:09.4	8:20/M
3. Mark Stevens	Richmond KY	42	20	3:38:31.8	8:20/M
4. Tony C Horan	New Palestine IN	42	24	3:45:31.0	8:36/M
5. Doug Yoder	Goshen IN	44	27	3:48:33.9	8:43/M
6. Edward L Bateman	Westpalm Beach FL	40	30	3:49:30.9	8:46/M
7. Jeff Milleman	Ft Wayne IN	42	40	3:56:58.5	9:03/M
8. Thomas Wiese	Chicago IL	40	50	4:02:26.1	9:15/M
9. John Brolley	Erlander KY	40	59	4:07:27.6	9:27/M
10. Scott Ferrari	West View PA	41	67	4:09:46.9	9:32/M
11. Ronald Schwartz	Sugar Hill GA	42	79	4:15:52.0	9:46/M
12. Rick Phillips	Ft Wayne IN	42	87	4:23:00.1	10:02/M
13. Martin Morris	Indianapolis IN	42	92	4:25:46.6	10:09/M
14. Marc J Commeville	Noblesville IN	41	93	4:26:04.2	10:09/M
15. Frederick Shepard	Houston TX	40	99	4:33:29.6	10:26/M
16. Larry Krolkowski	Milwaukee WI	43	102	4:33:33.1	10:26/M
17. Rick Wimmer	Greenwood IN	42	106	4:38:26.2	10:38/M

**Men 40 to 44 (Continued)**

18. Rob Wells	Lima OH	40	109	4:40:15.3	10:42/M
19. Don Kern	Marion M	43	144	5:04:55.0	11:38/M
20. Larry Schuster	Caseyville IL	44	153	5:11:38.0	11:54/M
21. Leonard Clark	Herndon VA	41	162	5:32:14.0	12:41/M

**Men 45 to 49**

1. Wing- Kwong Keung	Perrysburg OH	48	8	3:24:09.7	7:48/M
2. Larry Whitake	Perrysburg OH	49	12	3:28:00.0	7:56/M
3. John Leonhart	Des Moines IA	48	15	3:34:30.2	8:11/M
4. Bill Seldomridge	Danville IL	48	17	3:35:34.3	8:14/M
5. Pete Trump	Beavercreek OH	45	21	3:39:33.9	8:23/M
6. Juan Pina	Mexico City MEXICO	48	23	3:41:21.0	8:27/M
7. John David McPherson	Ft Wayne IN	46	25	3:47:05.6	8:40/M
8. Peter Sercombe	Jacksonville FL	45	36	3:53:42.0	8:55/M
9. Rex Piercy	Logansport IN	47	41	3:57:41.4	9:04/M
10. John Bozung	Orem UT	46	49	4:02:21.8	9:15/M
11. Donald Smith	Box Springs GA	49	62	4:08:52.5	9:30/M
12. Fred Hannan, Jr	Ft Wayne IN	45	80	4:16:19.5	9:47/M
13. Bob Townsend	Pickerington OH	45	83	4:17:27.7	9:50/M
14. Greg Sharp	Newburgh IN	49	85	4:20:55.1	9:58/M
15. Steve Balasia	Lansing MI	48	88	4:23:06.2	10:03/M
16. Esmond Mah	Toronto ON	49	108	4:38:32.3	10:38/M
17. Jeff Jones	Naperville IL	47	121	4:46:01.7	10:55/M
18. Steve Schumacher	Yorba Linda CA	47	138	4:58:59.4	11:25/M
19. Steven Graber	Gulf Breeze FL	46	143	5:04:11.0	11:37/M
20. Iggy Galli	Hilliard OH	46	145	5:05:50.0	11:40/M
21. Robert Holmes	Loda IL	46	152	5:11:00.0	11:52/M
22. Mike Bonelli	Wilmington DE	47	157	5:22:51.0	12:19/M

**Men 50 to 54**

1. Bob Furnish	Bloomington IN	53	11	3:27:28.5	7:55/M
2. Rex Surface	Portland OR	50	13	3:29:00.2	7:59/M
3. Wesley Sabins	Ft Wayne IN	54	31	3:51:13.1	8:50/M
4. Bruce Davis	Marion IL	53	34	3:52:22.4	8:52/M
5. Rubeun Plaza	Celina OH	54	46	4:01:53.7	9:14/M
6. Jonathon Robinson	Orem UT	53	52	4:03:14.1	9:17/M
7. Joe Ardito	Levittown NY	53	60	4:08:12.9	9:28/M
8. Daniel George	Holland MI	53	65	4:09:37.6	9:32/M
9. Willie J Sumpter	Detroit MI	51	70	4:11:26.4	9:36/M
10. Lucius Armstrong	Mogadore OH	51	77	4:15:30.4	9:45/M
11. Alford Claiborne	San Diego CA	54	96	4:27:23.3	10:12/M
12. Luis E. Lewin	Naperville IL	50	124	4:49:09.4	11:02/M
13. Larry Lowe	Danville IL	52	127	4:49:51.8	11:04/M
14. Wendell Harless	Birmingham AL	52	156	5:22:33.0	12:19/M
15. Miguel Gomez	Alexandria VA	50	161	5:31:43.0	12:40/M
16. Tim Corcoran	South Bend IN	54	168	5:40:11.0	12:59/M
17. Pat Ryan	Atlanta GA	50	171	5:51:49.0	13:26/M

**Men 55 to 59**

1. Richard D Friedrichsen	Clarks NE	56	14	3:30:38.2	8:02/M
2. Robert Johnson	Yellow Springs OH	57	32	3:51:25.4	8:50/M
3. Larry Averbeck	Ft Wayne IN	58	35	3:53:11.5	8:54/M
4. Joe Cleary	Georgetown ON	59	114	4:43:33.9	10:49/M
5. Dennis Sluga	Elmhurst IL	55	131	4:54:02.1	11:13/M
6. Harry Hoffman, Jr.	Port Salerno FL	58	151	5:09:57.0	11:50/M
7. Dennis Lambert	Valparaiso IN	57	169	5:49:56.0	13:21/M
8. William J Adams	Southlake TX	56	177	6:20:50.0	14:32/M

### Men 60 to 64

1. Louis Romain	Ft Wayne IN	61	57	4:05:52.9	9:23/M
2. Robert Bell	Miamisburg OH	63	76	4:15:13.0	9:44/M
3. Bill Hendey	Worden IL	60	94	4:26:34.6	10:10/M
4. John Strand	Orange CA	64	118	4:45:30.8	10:54/M
5. Rick Wilcox	Coldwater MI	60	130	4:52:57.9	11:11/M
6. Jerry Herndon	Cabin Creek WV	60	164	5:36:47.0	12:51/M
7. Tom Conrad	Reston VA	63	165	5:38:51.0	12:56/M

### Men 65 to 69

1. Ray G Boytim	Spring TX	66	82	4:16:35.9	9:48/M
2. Bill Duer	Splendora TX	65	95	4:27:10.9	10:12/M
3. Jere Allen	Washington DC	65	110	4:41:15.7	10:44/M
4. James Van Horn	Columbia Station O	66	173	5:57:44.0	13:39/M
5. James Johnson	Crown Point IN	67	174	6:11:50.0	14:12/M

### Men 70 and over

1. James P. Jones	Ft Wayne IN	70	184	7:10:14.0	16:25/M
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### 1st Place

RON SHARP	FT WAYNE IN	2:30:42
MICHAEL FRUCHEY	HUNTERTOWN	2:30:42
SAM STEPHENS	FT WAYNE	2:30:42

### 2nd Place

JIM BOUGHER	Ft Wayne IN	3:22:15
SUE TRIBOLET	FORT WAYNE	3:22:15
JANE HUNN	N. MANCHESTER	3:22:15
MIKE DEISER	FORT WAYNE	3:22:15
BILL BOUGHER	FORT WAYNE	3:22:15
SCOTT REILING	FORT WAYNE	3:22:15

### 3rd Place

Linda GORMAN	Ft Wayne	3:29:55
Mitch Harper	FT WAYNE	3:29:55
MATT HEIN	FT WAYNE IN	3:29:55

### 4th Place

KIMBERLY TOLMICH	Ft Wayne IN	3:29:56
BRADLEY SUGARMAN	FORT WAYNE	3:29:56
ALLISON GRAY	FORT WAYNE	3:29:56
KATIE CREIGHTON	FORT WAYNE	3:29:56
PETER WAANDERS	AUBURN	3:29:56

### 5th Place

David Eckert	FT WAYNE	3:30:33
JIM BEESON	FORT WAYNE	3:30:33
FRED GRAMS	FORT WAYNE	3:30:33
ED KELLEY	AUBURN	3:30:33
KEVIN ECKERT	FORT WAYNE	3:30:33
BRUCE DAFFORN	FORT WAYNE	3:30:33

### 6th Place

ROB KRAEMER	FT WAYNE	3:43:26
ERIC MATTHEWS	SALEM OH	3:43:26
ERIC SNIDER	MONROEVILLE	3:43:26
RICK PHILLIPS	FORT WAYNE IN	3:43:26

## Marathon Relay Results



# Sultry Summer Passion: One Hot Humid Hoosier Marathon

TO ALL THE VOLUNTEERS & ORGANIZERS OF THE FORT WAYNE MARATHON - THANKS

Saturday 12 June 1999, 6:30 AM. Muggy, warm, humid. The starting line of the 5th Hoosier Marathon was not packed as every runner had plenty of personal space. I muttered, "This is crazy."

Warm-up amounted to staying cool.

The "Runners are nuts" adage many friends have expressed echoed in my mind as I contemplated my race plan and goal.

Whatever strategies and goals people had trained for to conquer the 26.2 mile Hoosier Marathon evaporated in the sultry 80degree temperatures that had permeated Saturday morning. The previous week of similar weather had left no doubt what to expect come the start of the marathon. For most who toe a starting line of a marathon, running is a passion, and you don't train several months for a marathon and then say, "Nay, I'll skip it this weekend."

Survival became a goal.

My original ambition of an even pace to finish under 2 hours 50 minutes backed off to hopes of staying under 7:00 each mile and breaking 3 hours. The pack took off, and by mile 3, Alan Bell and I were cruising at a comfortable 6:40/mile pace. Who was ahead or behind us wasn't a concern; maybe after mile 20, but not right now. At mile 4, I started an-every-2-mile ritual of survival -- drinking liquids and pouring a cup of water on the back of my head.

Alan was obviously a veteran runner, but somewhere before mile 10, he indicated that this was his first marathon. I was hoping we could help work this pace together, though I didn't bother to inform him I intended to run the second 10 miles faster than the first 10 miles.

By the first turn around at mile 6, we realized there were no runners in front of us with race numbers.

Muscles were warm and loose, sweat was rolling, and 20 more miles laid suggestively ahead of us. But with Hoosier heat and humidity draped fervently over everything, 67-68 minutes for the first 10 miles would make me happy.

The first 10 miles slipped by after 66 minutes and 20 seconds. We ran the next mile around 6:23, and Alan seemed ok. Since mile 3, my mind played with the memories of the May 1985 Fort Wayne Hooks-TV 33 Marathon that ran from the coliseum through town and Foster Park and then back. After the turn around at mile 13, Bryan Sponseller and I ran together, as we methodically ran mile after mile till we caught on Calhoun Street a fading Jeff Beam, the lead runner. Later, I faded after mile 22 in a gust of wind through the downtown corridor and finished second behind Bryan. That experience of sustaining such a disciplined pace with someone else had me hoping Alan could do the same.

But right after mile 13, he suddenly backed off and told me to go on. There were 13, more miles; I was hot and sweaty and psyched to run and didn't want to be on my own. I don't lead marathons; I pass people as they die.

As I had done with Bryan around mile 14 in 1985 when he felt like dropping out, I encouraged Alan to stay up with me. But he insisted on slowing and quickly faded.

Ahead of me laid 13 miles of exile.

Last year I had illusions of maybe winning this marathon and had finished third with a gratifying time of 2:48. I had come here this year with no illusions of winning; now the marathon was mine to lose.

Slowly being steamed would eventually cook each runner, but neither the sultry morning nor another runner was my most pressing challenge. My only competitor was time as I ran stride for stride with my biggest challenge -- staying within my limits.

By the turnaround at mile 14, the two lead women runners were catching Alan. The idea of running with two women was quite enticing. But by the turn around in Foster Park at mile 18, it was evident my 6:30/mile pace had distanced this field of runners struggling in the heat.

The second 10 miles disappeared after 65 minutes, 35 seconds, as I ran through mile 20 at 2:11:55.

At this point I was determined that the winner of the Hoosier Marathon would finish under 3 hours. Quick math indicated that a 7 minute mile pace would be adequate. The next next mile I ran in 6:25, but then subsequent mile to mile 22 and the last turn around on Hanna Street was mostly up a slight grade. Time added another minute to my mile pace. Though I tried to ease back to sub 7 minute pace, time refused to yield any more of the accumulating seconds as I drew closer to "The wall." At this point, many times I have questioned this love of running, yet it is what conquers the lust to stop.

Somewhere just before mile 24, my thoughts shifted from focusing on sustaining a pace to "Pretty Soon, just *TWO MORE MILES.*"

I was struggling through the wall; the death march had begun. All I wanted was to finish as I slogged past one languidly limping marathoner after another.

Right after mile 25, a relay runner caught me and a surge of energy quickened my pace. For whatever reason, that relay runner didn't pass me, and I finally had someone off whom to pace as he remained a few yards ahead behind me.

In the 1980's, training for and dreaming of winning a marathon had inspired me, but I only had come close once. Burn-out, injury, and changing priorities had dissipated such a dream and training. Last year I began to do something I thought I would never do again -- train for and run a marathon. And now, a year later, I was about to win a Fort Wayne Marathon.

In that 1985 Fort Wayne marathon, the top 34 runners broke 3 hours in the 60-70 degree weather. Fourteen years later, as I trekked in those last two miles, time stopped 47 seconds under 3 hours.

It wasn't the prettiest marathon. Nor was it my fastest. But it might have been the smartest one I have run.

Winning and it's notoriety tingle my sense of individual accomplishment, but aging had diminished it's gravity. Now in my 40's, I'm so thankful I can still run the way I do and can feel the intangible quality that doesn't feed odd of speed or strength or competitive hunger, but flows with a balance of being alive.

# Runners on Parade

Saturday July 10, 1999

1. Ron Sharp	33	15:47	56. Jed Pearson	48	19:51
2. Jerry Williams	39	16:27	57. Tim First	27	19:55
3. Scott Hardway	16	16:30	58. Corey Drake	14	19:55
4. Nolan Richhart	19	16:42	59. Rich Placencia	15	19:56
5. Patrick Gross	18	16:47	60. Jeremy Lung	18	19:57
6. Terry Goodspeed	19	16:52	61. Chris Leeuw	16	19:59
7. Jeremy Schmidt	24	16:53	62. Evan Smith	18	20:00
8. Joe Brunson	20	16:55	63. Ted Scholten	36	20:01
9. Michael Fruchey	30	16:59	64. John Treleaven	47	20:02
10. Mark Watson	20	17:06	65. Chris Zepeda	16	20:08
11. Jon Beasley	34	17:08	66. Charles Diehl	49	20:09
12. John Schnieders	35	17:11	67. Kurt Magnus	33	20:15
13. Ian Wilson	17	17:26	68. Katy McCanna	21	20:20
14. Brad A Thomas	24	17:33	69. Gerry Van Horn	11	20:24
15. Andrew O' Connor	15	17:37	70. Kenneth King	41	20:25
16. Bret Tipton	19	17:39	71. Richard White	17	20:25
17. Tim O' Connell	43	17:42	72. Sean Collentine	49	20:27
18. Dan Moord	42	17:50	73. Kevin Snell	39	20:30
19. Bre Grover	16	17:52	74. Donn Nichols	47	20:31
20. Sam Stephens	35	17:59	75. Todd Thompson	18	20:32
21. Andrew Schmitz	17	18:02	76. Aubrey Gaffer	16	20:33
22. Jonathon Brunson	16	18:03	77. Steven Thieme	14	20:34
23. Robert J Minnich, Jr.	32	18:06	78. Arron Pearson	16	20:36
24. Jordan Shown	17	18:07	79. Joel Childs	14	20:39
25. Kyle Minnich	24	18:08	80. Dick Shenfield	52	20:40
26. Doug Sundling	44	18:09	81. Mark Brattoli	43	20:44
27. Ryan Middleton	17	18:10	82. Luke Pinkerton	13	20:48
28. Todd Hockemeyer	19	18:13	83. Perry Childs	14	20:49
29. Brent Munro	38	18:19	84. Chris Barr	14	20:57
30. Roger Wilson	45	18:21	85. Alan Richardson	15	21:02
31. Adam Klopfenstein	15	18:30	86. Jim Mohr	43	21:03
32. Lenny Duff	34	18:36	87. Tricia Bohan	16	21:03
33. Brandon Reichert	17	18:43	88. Tom Fowler- Finn	51	21:06
34. Chester Bennett	16	18:45	89. Tim Shown	47	21:07
35. Rick Trevino	17	19:03	90. Katie Doehla	13	21:10
36. Kevin Bowser	14	19:06	91. Cory Leas	16	21:12
37. Jim Burkett	44	19:06	92. Kevin Lochne	43	21:14
38. Chris Kempf	14	19:07	93. Dewain Cobbs	56	21:17
39. Jeffrey Rowe	38	19:11	94. Ron Zartman	42	21:20
40. Chris Woodchuck	24	19:11	95. Julie Mc Nulty	33	21:20
41. Jody Mc Farren	18	19:12	96. Dave Boylan	56	21:25
42. Anne Duff	34	19:15	97. Heather George	19	21:27
43. Chris Burkett	16	19:17	98. Bernie Burgette	55	21:29
44. Phi Suelzer	47	19:19	99. Paula Rickerd	30	21:30
45. Scott Ecclestone	38	19:22	100. Lydia Flora	15	21:35
46. Joe Dee	32	19:24	101. Keith Madsen	27	21:36
47. David Swenson	36	19:29	102. Brent Emerick	12	21:38
48. Harrison Combs, Jr.	18	19:32	103. Rick Braiars	29	21:39
49. Chris Beebe	18	19:36	104. David S Weikel	46	21:41
50. Zach Ruble	17	19:38	105. Erika Kamp	19	21:41
51. Paul Shaffer	41	19:39	106. Emily Hernandez	17	21:41
52. Anthony Mauricio	16	19:40	107. Shelly M Robinson	35	21:45
53. Mark Pinkerson	16	19:41	108. Steve Waggoner	33	21:46
54. Ardy Litzenberg	16	19:50	109. Joe Ziegler	63	21:48
55. Calvin King	42	19:50	110. William A Crane	56	21:49

110. William A Crane	56	21:49	169. Jim Berghoff	38	24:10
111. Jeffrey Metzger	38	21:49	170. Hally Young- Reese	28	24:11
112. Brian Emerick	38	21:50	171. Gary Mc Farren	49	24:18
113. Thomas J Felts	44	21:51	172. Andrea George	14	24:23
114. Jennifer Steigmeyer	29	21:52	173. Deb O' Keefe	32	24:24
115. Jeffery Davis	43	21:55	174. Phillip H Colglazier	39	24:26
116. Brett Beer	24	21:56	175. Michael Cline	16	24:27
117. Fred Hannan, Jr.	45	21:57	176. Amy L Mays	26	24:30
118. Jessica Palevich	12	21:58	177. Roger Finderson	31	24:31
119. Katie Burkhart	17	21:59	178. Sara C Jordan	43	24:33
120. Brent Yager	21	22:00	179. Michael Difilippantonio	43	24:34
121. Nick Pirig	15	22:03	180. Terra Finderson	26	24:36
122. Mary Nitz	36	22:07	181. Jennifer Hamrick	38	24:36
123. Trent Palmer	16	22:08	182. Michael Meredith	41	24:38
124. Tammy Panning	29	22:10	183. Chris Shoot	46	24:40
125. Brad Geistwhite	32	22:12	184. Steve Conrad	39	24:41
126. AngelacPalevich	15	22:13	185. Jeff Keeling	45	24:48
127. Lindsae Rhoades	17	22:19	186. Toby Jo Hullinger	40	24:48
128. Stefanie De Tommaso	16	22:25	187. Kathleen Ahee	37	24:53
129. Kristen Simpson	16	22:26	188. Dale Stamwitz	53	24:53
130. Lacy Rex	16	22:27	189. Mary Zehninger	35	24:55
131. Jack Seigel	54	22:29	190. Bud Stiffler	61	24:57
132. Shannon Kelly	18	22:30	191. Robert Beam	11	24:58
133. Martin J Cisna	32	22:30	192. Robert C Loomis	66	25:02
134. Kristin Abels	14	22:31	193. Greg Hermes	46	25:06
135. Ar Obregon	52	22:31	194. John Pontecoruo	37	25:08
136. Wesley Sabins	54	22:32	195. David Leatherman	55	25:09
137. Steve Rhoades	38	22:33	196. John Rogers	56	25:12
138. Alex Shane	14	22:35	197. Eva Trout	32	25:23
139. Tim Porter	42	22:39	198. Randy Davis	34	25:28
140. Kathy Parisi	33	22:44	199. Ryan Grolldacker	27	25:32
141. Lauren Simpson	16	22:44	200. Dina Stovall	30	25:33
142. Janet Souder	19	22:45	201. Helena Boynton	19	25:33
143. Sue Fowler- Finn	45	22:46	202. Susie Vandever	15	25:34
144. Leann Buesche	17	22:51	203. Mandy Leeuw	14	25:35
145. Paul Miller	45	23:03	204. Sean Telley	29	25:35
146. Karen Edgerton	33	23:05	205. John Sturtevant	65	25:36
147. Jackie Morris	26	23:05	206. Randy Hammond	43	25:37
148. Dennis Klopfenstein	42	23:06	207. Thomas Boyer	44	25:42
149. John Berg	32	23:06	208. Nick Ruble	15	26:02
150. Kim Anderson	31	23:07	209. Adam Grover	14	26:02
151. Randy Vachon	40	23:08	210. Lynn Bobay	48	26:03
152. Amy Spears	16	23:12	211. Tamara Wright	40	26:06
153. Patty Pantello	41	23:15	212. Jill Bobay	38	26:07
154. Steph. Fenstermaker	13	23:19	213. Rich Stephenson	52	26:10
155. Gregg Kurtz	40	23:22	214. James Cox	29	26:14
156. Vidor Berth	34	23:25	215. Karen Cox	26	26:22
157. Sarah Schomburg	16	23:26	216. Thomas Cleveland	37	26:22
158. Kelly Cather	26	23:33	217. Dick Harnly	61	26:23
159. Michael Variell	42	23:36	218. Catherine Leugers	15	26:24
160. Karin Cline	28	23:37	219. Amy Stephan	21	26:25
161. Sally Godfrey	27	23:38	220. Tina Gallmeyer	30	26:28
162. Todd Stearns	37	23:39	221. Caroline Germand	35	26:30
163. Drew Hall	17	23:43	222. Douglas Preston	33	26:31
164. Craig Bobay	42	23:44	223. Justin Grogg	17	26:36
165. Chris Ruckman	34	23:48	224. Ross Chasey	17	26:47
166. Jenna Shaffer	14	24:00	225. Andy Downs	30	26:50
167. Dean Whitman	20	24:01	226. Phil Downs	34	26:50
168. Laura Meyer	12	24:05	227. Gary McCague	20	8:40/M

# Runners on Parade (continued)

169. Brian Goodspeed	12	26:54	225. Kim Markey	40	30:30
170. Romby Ruth	27	26:57	226. Alton Myers	64	30:34
171. Thomas Ludwiski 11	5	27:03	227. Rita Bunner	44	30:42
172. Lindsay Smith 16	13	27:08	228. Beth Monn	45	30:44
173. Lynn B Smith	58	27:11	229. Renee Fenstermake	41	30:50
174. Ken Silkworth	8	27:12	230. Diane Post	42	31:09
175. Dick Sive	64	27:13	231. Melinda Mohr	50	31:15
176. Steve Ludwiski	42	27:14	232. Ken Rockwell	38	31:21
177. Mary Fennig	53	27:17	233. Crystal Jones	15	31:24
178. Melissa Hillman	41	27:20	234. Diane Thomson	41	31:30
179. Kyan Arnold19	5	27:23	235. Mike Ruth	29	31:32
180. Herb Hernandez	51	27:24	236. Nancy Boyer	48	31:51
181. Don Keller	50	27:25	237. Jennifer Berg	31	32:04
182. Karen Maran	36	27:26	238. Doug Griffith	17	32:08
183. Kent A Maggard	35	27:27	239. James W Thompson	40	32:31
184. Erin Cierniak	15	27:30	240. Christine Zelt	33	32:32
185. Rick Sherman	51	27:30	241. Dawn McCague	27	32:36
186. Jacquelyn Magnus	27	27:31	242. Kenneth E Disle	76	32:42
187. Brittany Lange	15	27:35	243. Matthew Kinder	11	32:45
188. Neill Stuart	18	27:35	244. Melinda Kinder	38	32:51
189. David Volk	35	27:36	245. Andy Berth	15	33:37
190. Ryan Staples	19	27:38	246. Trish Bowerman	42	33:38
191. Christine Shubat	18	27:40	247. Daniel Botteron	11	33:46
192. Jenny Schriefu	19	27:46	248. Maureen Botteron	39	33:58
193. Jenny Rollins	30	27:47	249. Conny Franken	43	35:04
194. John Hill	19	27:47	250. James Jones	71	35:07
195. Brian Coughlin	23	27:48			
196. Tom Ewing	17	27:52			
197. Donald Sanderson	20	27:54			
198. Nicky Chlon	17	27:57			
199. Mark Thoma	40	27:58			
200. Krystal Keeling	15	27:59			
201. Ann Anderson	34	28:01			
202. Emily Schweikhardt	16	28:06			
203. Rick Placencia	40	28:18			
204. Barb Lochner	47	28:47			
205. Hirut Manmektot	17	29:05			
206. Kelly Beard	19	29:06			
207. Joni Sutton	50	29:13			
208. Terry Goodspeed	47	29:14			
209. Diane Kaplanis	39	29:16			
210. Larr Piano	51	29:17			
211. Lizette Romary	27	29:18			
212. Cheri Steigmeyer	32	29:27			
213. Kathy Knott	35	29:34			
214. Katrina Parent	25	29:40			
215. Eric Parent	25	29:45			
216. Mark Christian	30	29:45			
217. Laura Leverton	22	29:46			
218. Matt Hibiske	22	29:49			
219. Karen Yager	20	29:50			
220. Debie Treleaven	48	29:55			
221. Arthur Frederick		29:58			
222. Chris Sanderson	32	30:02			
223. Janelle Hibiske	20	30:07			
224. Karen Milleman	51	30:09			



# Happy Birthday!

## August Birthdays

Michael B McClaskey 8/1  
Georgia Allen 8/2  
Charles C. Brandt 8/3  
Tom Fuelling 8/4  
Michael Gilland 8/4  
Rex L. Reed 8/5  
Scott A. Wagner 8/5  
Sharon Yadon 8/5  
Kevin Warren 8/6  
Julie McNulty 8/7  
Jeffrey G Raff 8/7  
Gary Dexheimer 8/9  
Leland R Sibrel 8/9  
James S Beeson 8/10  
Billy O Carpenter 8/10  
Barrie Peterson 8/11  
Molly Widmann 8/12  
Scott Stinchcomb 8/12  
Michael Barman 8/14  
Joan Gary 8/14  
Thomas J. Felts 8/15  
Dan Spanger 8/15  
William A. Gray 8/16  
Stephen M. Hilker 8/16  
Gary Kuhn 8/16  
Rose O'Connell 8/16  
Scott B Beasley 8/17  
Danielle RG Sullivan 8/17  
Richard Mintchell 8/18  
Kent C Ober 8/19  
Terry Teegardin 8/19  
Paul Beckwith 8/20  
Judith Ingleman 8/20  
Robbin Mauger 8/21  
Bill Patterson 8/21  
Julie Bossard 8/22  
Randal L Vachon 8/23  
Linn A Mangano 8/24  
James H Bailey 8/25  
Brent K Emerick 8/25  
William A Crane 8/26  
Alan Gilbert 8/27  
Ward Moya 8/27  
John F Sullivan 8/28  
Lynette Cahill 8/29  
Jack Morris 8/29  
Brad Compton 8/31

## September Birthdays

Julie Kelsey 9/1  
Melinda Kinder 9/1  
John Briër 9/2/44  
Michael H Kast 9/2  
Lawrence H Lee 9/2  
Tara Sprnger 9/2  
Sarah Weide 9/3  
Rick Kunth 9/4  
Kenneth Relue 9/4  
Julie Stuckey 9/4  
Bruce Hopen 9/6  
Tamara Wright 9/6  
Teresa L Furniss 9/8  
Terri Gross 9/9  
Jeffery Lee Milleman 9/9  
Keith E Roberts 9/9  
Gregory A Fahl 9/10  
Vicki Jacobs 9/10  
James L Miller 9/10  
Roger L Wilson 9/10  
Katie Creighton 9/11  
Carolyn S Streeter 9/11  
Cheryl Gerard 9/12  
Michael Pfefferkorn 9/12  
Holly David 9/13  
Jeffery Davis 9/13  
Dave Boylan 9/14  
John Luttmann 9/14  
Jill Norris 9/14  
Laurel Henderson 9/16  
Howard J. Klinger 9/16  
Phil Luttmann 9/16  
Neal Yoder 9/16  
Jim R. Pickett 9/18  
Charles N Mynett 9/21  
Marsha Schmidt 9/21  
Barb Scrogam 9/22  
David S Weikel 9/23  
Joseph Downs 9/25  
Phil Rizzo 9/25  
Jacob Weide 9/25  
Jim Platt 9/26  
Greg Purcell 9/26  
Karen Kosberg 9/27  
Steve McMahan 9/28  
Tim Bolin 9/29  
Whitney Beeson 9/30  
Brian S. Shepherd 9/30  
Joy K Williamson 9/30

# Topeka-Shipshewana Scholarship Road Run Results.

July 5, 1999 - Topeka IN

## 5-Mile Overall Winner

<b>Matthew Stout</b>	<b>28:24</b>
<b>12 &amp; Under</b>	
Joel Stalter	42:23
<b>13-15</b>	
Brad Macy	36:43
<b>16-20</b>	
Jared Weller	29:13
Russel Simon	30:25
Nate Mauck	31:40
<b>21-30</b>	
Matt Jones	29:36
Andrew Dickey	35:37

## 31-40

Gary Williams	30:49
Ken Kilgore	35:41

## 41-50

Mike Bradford	31:36
Winford Jones	35:20
Jim Stalter	37:36

## 51-60

Phil Luttmann	40:09
Bill Crane	40:37

## Women's 5 Mile Overall Winner

<b>Nicole Williams</b>	<b>31:56</b>
<b>16-20</b>	
Jenny Furkis	40:38
Harmonee Stuckey	40:49
Tara Juntanen	42:32
<b>21-30</b>	
Heather Jones	35:34
<b>41-50</b>	
Dianne Hostetler	43:54
<b>61-over</b>	
Joan Gary	47:57

## Men's 5K Overall

<b>Brian Shepherd</b>	<b>16:26</b>
<b>12-under</b>	
Anthony Mast	25:40
Casey Kilgore	31:37

<b>13-15</b>	
Thom Taylor	21:43
Greg Gulley	22:52
Mike Estelman	22:53

<b>16-20</b>	
Atlee Lambright	18:32
Merlin Miller	18:45

<b>21-30</b>	
Guy Thompson	23:10

## Women's 5 Mile Overall

Nicole Williams	31:56
<b>16-20</b>	
Jenny Furkis	40:38
Harmonee Stuckey	40:49
Tara Juntanen	42:32

## 21-30

Heather Jones	35:34
Dianne Hostetler	43:54

## 61-over

Joan Gary	47:57
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## Women's 5K Overall

<b>Patti Schwartz</b>	<b>23:12</b>
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<b>13-15</b>	
Heather Peterson	42:31

<b>16-20</b>	
Cara Ockermann	23:41
Sarah Van DeKeere	28:20

<b>21-30</b>	
Corey Davis	27:20

<b>31-41</b>	
Kim Markey	31:20
Sharon Yates	37:40

<b>41-50</b>	
Dawn Luttmann	26:19
Nada Witfield	45:53

## Men's 9 Mile Overall

Jason Sorg	55:42
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<b>17-under</b>	
Mike Watts	57:19
Chris Taylor	62:29
Chad Beatty	65:42

<b>18-25</b>	
Rusty Niccum	56:13
Ryan Middleton	60:00

<b>36-over</b>	
Hal Pearson	60:17
Brad Middleton	60:36
Paul Beckwith	64:28

## Fun Run

Girl's - Victoria Bultemeier 14:42    Boy's Travis Muzzulo 7:11    Corey Clark 8:22    Kyle Gough 8:25

Man....was it ever hot. Maybe it wasn't such a good idea to run Huntington Res. on Saturday, then the Zoo Run on Sunday, then Topeka 9 miler on Mon! Judy and Linda were much faster at Topeka than I was able to muster However, Judy and Linda struck a blow for women's running by entering the 9 miler!

Paulding (OH) State Bank 5K Run on August 28 at 9 AM (OH time). Entry fee is \$8 pre; \$9 raceday - that's hard to beat.

Trophies to top 5 overall males and females and Master's overall. Plus trophies to the top 25% in all age groups (five year age groups) . -that's hard to beat, too. (Al makes trophies in addition to teaching and coaching cross-X)

Race is in front of the State Bank at the corner of Main and Caroline Streets on the courthouse square at Paulding. There will also be a mile run at 8:45 AM - entry fee is \$1. Trophies to the top 3.

It's a nice little 5K with a lot of shade.

Contact: Al Welch, County Rd. 60 11413, Haviland OH 45851. People could also email me at FtWayneRUN@aol.com for more information, too. I'll have some apps here.

In other news- ZOOM thru ZULU now has online registration up and running. The website is:  
<http://members.tripod.com/~FtWayneRUNNER/zulu.htm>

-The HUFF 50K should also have online registration within the next week or so. While that may seem early - some folks may like to start thinking fondly of cold weather running. Which brings me to:

-Mitch Harper  
[FtWayneRUN@aol.com](mailto:FtWayneRUN@aol.com)

# Runners Battle Rain at Mental Health 5K

The first annual Mental Health 5K & 800 meter running races were a huge success. 80 runners showed up to take on a very challenging 5K course. The course would start out on dirt, turn to road, then a bike path, next to grass, and finally to wooded trails! All this terrain was made even more challenging by the rain that had been falling all night and continued during the race.

With over \$800 up for grabs to the top runners, the competition was intense from the start. Four runners Mike Flora, Pete Casaletto, Ron Sharp and Brian Shepherd sped through the first mile in 4:45. Shepherd was able to pull away to claim the \$150 first place money. His winning time was 15:24. Mike Flora was second, while Ron Sharp finished 3rd with 15:38.

The woman's race was never in doubt as Ann Duff won by exactly one minute. Her winning time was 19:30. She was followed by Susan Estep 20:30, and Alyson Reger 20:35.

The masters titles were claimed by Ligonier's Mark Furkis 16:23 and Deb Byers 23:07. They each received \$50 for their efforts.

A unique feature offered by the 5k was the county team challenge, awarding the top male and female runners from each county special recognition.

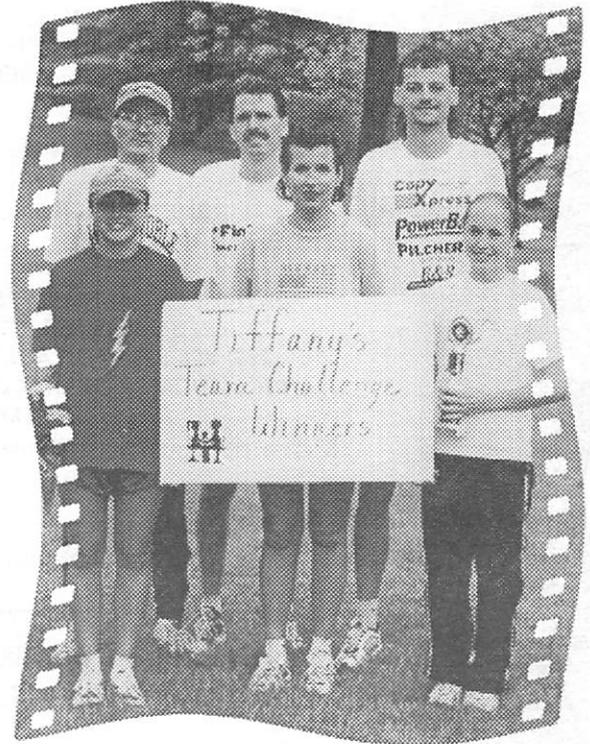
The team challenge was sponsored by Tiffanys Restaurant. Each member of the winning team would receive dinner for two at Tiffanys. Noble County showed their strength as they won the challenge 29 points to 53 points over Allen County. Placing 3rd was LaGrange, Dekalb was 4th 97, and Steuben was 5th with 163 points.

**The individual winners from each county were:**

- Noble - Brian Shepherd; Susan Estep**
- LaGrange - Rusty Niccum; Sally Neff**
- Dekalb - Maury Winkler; Alyson Reger**
- Steuben - Jim Ferrier; Teresa Furniss**

**The 800 meter fun run was won by Ligonier's Craig Stephenson in 3:32.**

All money raised from the race will go to give \$500 scholarships to distance runners in the four county area (Noble, Steuben, Dekalb, LaGrange) covered by the Northeastern Center.



## MENTAL HEALTH 5K

### Female Overall

- 1.) Ann Duff 19:30
- 2.) Susan Estep
- 3.) Alyson Reger

### Master Female

- 1.) Deb Byers 16:23

### Female

19 under - Emily Cochard	20:46
20-29 - Sally Neff	29:27
30-39 - Stephanie Brown	21:48
40-49 - Patty Schwartz	23:21
50-59 - Sharon Huss	27:56

### Tiffanys County Team Challenge

#### 1.) Noble County 29points

- Brian Shepherd
- Chuck Schlemmer
- Mark Furkis
- Susan Estep
- Stephanie Brown
- Emily Cochard

#### 2.) Allen County 53 points

#### 3.) LaGrange 53 points

#### 4.) Dekalb 97 points

#### 5.) Steuben 163 points

### 800 Meter Fun Run

- 1st. Craig Stephenson - 3:32

### Overall Male

- 1.) Brian Shepherd
- 2.) Mike Flora
- 3.) Ron Sharp

### Master Male

- 1.) Mark Furkis 16:23

### Male

12 under - Chuck Wysong	23:23
13-15 - Chad Scott	17:36
16-19 - Rusty Niccum	17:20
20-24 - Jason Sorg	17:28
25-29 - Pete Casaletto	16:03
30-34 - Mike Fruchey	17:35
35-39 - Jerry Williams	16:50
40-44 - Hal Pearson	18:08
45-49 - Jed Pearson	19:36
50-54 - Richard Panning	22:09
60-69 - David Keelle	21:33
70 & Over - Ken Dishler	30:33



# 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 <a href="http://members.tripod.com/~FtWayneRUNNER/">http://members.tripod.com/~FtWayneRUNNER/</a>	MIDWEST RUNNING <a href="http://www.bright.net/~gmike">http://www.bright.net/~gmike</a>	ROAD RUNNERS CLUBS OF AMERICA (RRCA) <a href="http://rrca.org/">http://rrca.org/</a>
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## AUGUST 1999

14 Sat.

**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**

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

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

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

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

07 Sun.

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

**14 SAT Heather Hills 5k Run and Family Walk, 9:30 am, Heather Hills Baptist Church, Indianapolis, Ind., (317) 894-7474**

**14 SAT Howl at the Moon, 8 Hour run, Kennekuk Cove County Park, Danville, ILL., Marc Reddy, Kennekuk Road Runners, (217) 431-4243**

14 Sat.

- 14 SAT 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
- 14 SAT 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
- 14 SAT Summer Biathlon, 5k Run with Two Shooting Stops (Yes, with Guns), Eagle Creek Pistol Range, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632
- 14 SAT Run Thru Hell, 4.8 and 10 Miles, 8:00 am, Hell Creek Ranch, Mich., Harrison Hensley (734) 878-6640

15 Sun.

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

21 Sat.

- 21 SAT(LP) Progressive Ins. FWTC Triathlon, Ft. Wayne, Ind., Bill Sohaski, 1931 Kendawa Dr., Ft. Wayne, Ind., 46815 (219) 749-5081 Phil Suelzer 425-7100
- 21 SAT(R) Onion Days 5k, Community Park, Wolf Lake, Ind., Brian Shepherd (219) 894-4638
- 21 SAT(R) Farmer's Day 5k Run, 7:00 pm, Millersburg, Ind., Richard Thomas (219) 642-4270
- 21 SAT 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 Sun.

- 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
- 28 SAT(R) Freedom Run, 5k and 2 Mile Walk, 9:00 am, Matter Park, Marion, Ind., Tim Franklin (765) 674-2390
- 28 SAT(R) Home Town Run 5k, Griffith, Ind., Calumet Region Striders, P O Box, Griffith, Ind., 46319
- 28 SAT(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
- 28 SAT Crim Festival of Races, 10 Miles, 8k, 5k, and 1 Mile, 8:00 am, Flint Mich., (810) 235-3396

04 Sat.

- 28 SAT Canterbury Green MDA 5k Run and I mile walk, 8:30 am, IPFW Sports Center, Ft. Wayne Ind., Kim Chin (219) 432-9687
- 28 SAT (R) The State Bank 5k, 9 am, Paulding OH. Al Welch, CO. Rd. 60 11413, Haviland, Ohio, 45851

-----SEPTEMBER 1999-----

04 Sat.

- 04 SAT(R) Summer Nights 5k, Ligonier Elementary School, Ligonier, Ind.,  
Brian Shepherd (219) 894-4638
- 04 SAT Little Italy 5k Run, Clinton, Ind.,  
Bruce Speth, 14102 S. Geneva Hills Rd., Clinton, Ind., 47842 (765) 832-6179
- 04 SAT Riverfest Run and Walk, 5 Miles, Downtown Indianapolis, Ind.,  
Ken Long and Associates (317) 632-8812
- 04 SAT Riverfest Run and Walk, 5 Miles, Downtown Indianapolis, Ind.,  
Ken Long and Associates (317) 632-8812

05 Sun.

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

06 Mon.

- 06 MON(R) Blueberry Stomp, 15k and 5k, 9:30 am, Plymouth, Ind., Marshall County  
Blueberry Festival, 22-N Center Str., P.O. Box 529, Plymouth, Ind., 46563  
(219) 936-5020
- 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.

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

11 Sat.

- 11 SAT(R) Roanoke Fall Fest 5 Mile Run, 7:30 am, Roanoke, Ind., Dave Winters,  
3402 E. 716 N, Huntington, Ind., 46750 (219) 659-6493
- 11 SAT Potato Stomp 15K, 9:30 AM, Crestwood High School, Matua, OH  
(330) 269-0489
- 11 SAT(R) Popcorn Panic, 8k Run and 5k walk, 7:30 am, Valparaiso, Ind.,  
Helene Hammon (219) 462-5144
- 11 SAT Quaker Days B&O Trailblazer, 5 Mile Run and 3 Mile Walk, Plainfield, Ind.,  
Jeff Smallwood, 1813 Birch Dr., Plainfield, Ind., 46168 (317) 839-8736
- 11 SAT R/W for Kid's Sake. 10k R, 5k R/W, 8:30 am, Columbus, Ind.,  
Tonya Brown (812) 376-3077
- 11 SAT Corporate Challenge, Corporate Team Events, 7:30 am, Downtown  
Indianapolis, Ind., Tuxedo Brothers (317) 328-1632
- 11 SAT Dances with Dirt, 50 Miles, 6:00 am, Hell, Mich.,  
Randy Step, Running Fit, 123 Libert str., Ann Arbor, Mich., 48104 (734) 769-5016

**11 Sat.**

- 11 SAT Grape Lake 5k, Lakeview Hospital, Paw Paw, Mich.,  
Kim Hatfield (616) 657-1475
- 11 SAT Mackinac Island 8 Mile Race, 9:30 am, Mission Point Resort, Mackinac  
Island, Mich., Riverbend Striders (810) 659-6493 or (810) 238-5981
- 11 SAT American Odyssey Marathon, Marathon City, Wis.,  
Joel Broatz, 8720 28th Ave., Merrill, Wis., 54452 (715) 536-1230

**18 Sat.**

- 18 SAT(R) Darin Bryan Memorial Run, 5k, Edgewood, Anderson, Ind.,  
Dana Carter (317) 770-9552
- 18 SAT Dick Lugar Run and Walk, 10k and 5k, Butler University, Indianapolis, Ind.,  
Tuxedo Brothers (317) 328-1632
- 18 SAT Air Force Marathon, 7:30 am, Wright-Patterson AFB, Dayton, Ohio,  
(937) 656-1166 or (937) 656-1044

**19 Sun.**

- 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
- 19 SUN 16th Annual Half Marathon, 9:00 am, Romona Park, Portage, Mich.,  
Tom Labrenz (616) 372-3038
- 19 SUN Rickerbacker 10 mile and 5K walk, 9 am, Rickerbacker International  
Airport, Columbus OH Front Runner (614) 486-0301
- 19 SUN Wolf Run 5k, Chicago, ILL.,  
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319

**25 Sat.**

- 25 SAT(RP)Parlor City Trot, Half-Marathon and 10k, 8:30 am, Bluffton, Ind.,  
Mike McAvoy (219) 824-5158
- 25 SAT(R) Kokomo Symphony 5k R/W, Highland Park, Kokomo, Ind.,  
Mark Shorter, Kokomo Road Runners, (765) 452-2616
- 25 SAT(R) Hospital Hustle 5k, 9:00 am, Merrillville, Ind.,  
1-800-HUSTLE-1
- 25 SAT Mill Race Race, 10k R, 5k R/W, Mill Race Park, Columbus, Ind.,  
Gary Totten (812) 377-3708
- 25 SAT Johnny Appleseed Marathon, 12:30 pm, Mansfield, Ohio,  
H&F Promotions (614) 470-3988
- 25 SAT Agape 10k Run and Walk, Cicero, Ind.,  
Ken Long and Associates (317) 632-8812
- 25 SAT Tuxedo Brothers Duathlon, 5k Run, 33k Bike, 5k Run, 8:30 am,  
Eagle Creek Park, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

26 Sun.

- 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
- 26 SUN Wild Wild Wildrecess, 7.6 Miles, Danville, ILL.,  
Mark Reddy (217) 431-4243
- 26 SUN Fall Fantasy Run 6-Hour, 7:00 am, Vandalia Sports Complex, Vandalia,  
Ohio,  
Denny Fryman, 7581 Glenhurst Dr., Dayton, Ohio, 45414 (937) 898-7015
- 26 SUN Toledo Classic 10k, Toledo, Ohio,  
Pete Buehler, 2703 Wyndale, Toledo, Ohio, 43613 (419) 472-0164

-----OCTOBER 1999-----

02 Sat.

- 02 SAT(R) Donor Dauthlon, 5k Run, 30k Bike, 5k Run, 8:30 am, Warsaw, Ind.,  
American Red Cross, Warsaw, Ind., (219) 267-5244
- 02 SAT(R) Cole Porter 15k and 5k, 8:30 am, Peru, Ind.,  
(More Info to Come)
- 02 SAT(R) Run/Walk for Children, 5 Mile Cross-Country, Valparaiso, Ind.,  
Clark Gloyeske (219) 853-4124
- 02 SAT Germantown 50k Trail Run, 8:30 am, MetroPark, Germantown, Ohio,  
Joe Smindak, 222 Liberty St., Dayton, Ohio, 45402 (937) 285-6064
- 02 SAT Emily's Scholarship Run and Walk, 5k, 9:00 am, Orchard Country Day  
School, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632
- 02 SAT Whitmore Park Run, 10 Miles, Decatur, ILL.,  
(217) 877-9660
- 02 SAT (L) 6th Annual Food Bank 5 K R/W, 8:45, Canturbury School,  
3210 Smith Rd. Katie Creighton (219) 432-4728

03 Sun.

- 03 SUN Oktoberfest Classic 10k, Minster, Ohio,  
Keith Pohl, P O Box 20, Minster, Ohio, 45865 (419) 628-4616
- 03 SUN Twin Cities Marathon, St. Paul, Minn.,  
Scott Schneider, 708 N. First Str., Minneapolis, Minn., 55401 (612) 673-0778

08 Fri.

- 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.

- 09 SAT(R) Applefest Run, 5k, Frankton, Ind.,  
Kip Riser (765) 754-7149
- 09 SAT Indianapolis Marathon and Half-Marathon, Lawrence, Ind.,  
Joel Sauer, P.O. Box 36214, Indianapolis, Ind., 46236 (317) 826-1670
- 09 SAT The Notable Run, 5 Mile Run and 5k Walk, 8:30 am, Columbus, Ind.,  
Bill Poor (812) 372-1960

10 Sun.

- 10 SUN(RP) Zoom Thru Zulu, 10k, 1:00 pm, Zulu, Ind.,  
Mitch Harper (219) 456-1381
- 10 SUN Cal City Mini-Marathon, Calumet City, ILL.,  
Calumet Region Striders, P O Box 225, Griffith, Ind., 46319
- 10 SUN Lakefront Marathon, Milwaukee, Wis., Steve Hartman, c/o Baderland  
Striders, 9200 w. North Ave., Milwaukee, Wis., 53226 (414) 783-5009
- 10 SUN Dayton River Corridor Classic, Half-Marathon, Dayton, Ohio,  
Thomas Shommer, Wright Brothers, Box 6154, Dayton, Ohio, 45409 (937) 233-1021
- 10 SUN Youngstown Peace Race, 10k and 2 Mile, 10:30 am, Federal Piazza,  
Youngstown, Ohio, Ted Rupe (330) 583-2423

16 Sat.

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

17 Sun.

- 17 SUN(L) FWO Spineway 5k, 1:00 pm, FWO, Ft. Wayne, Ind.,  
Todd Deturk (219) 436-6326 or (219) 485-4502
- 17 SUN Lite Lope 5k, 1:00 pm, Trenton, Ohio,  
Fred Cooper, YMCA, (513) 422-9622
- 17 SUN Towpath Marathon, Cleveland, Ohio, Pacific Sports, 1900 E. Ninth St.,  
Locator 7000, Cleveland, Ohio, 44114 (216) 575-3439
- 17 SUN Detroit Marathon, Detroit, Mich., James Minella, Book Tower,  
1249 Washington Blvd., Ste. 2700, Detroit, Mich., 48226 393-7749

22 Fri.

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

23 Sat.

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

24 Sun.

- 24 SUN(RP) Callithumpian Canter 5k X-Country and 1 Mile Fun Run, 1:30 pm,  
Bellmount H.S., Carl Risch (219) 328-8588 (Race and Date Tentative, More Info to  
Come)
- 24 SUN The LaSalle Banks Chicago Marathon, Chicago, ILL., P.O. Box 10597,  
Chicago, ILL., 60610 (312) 243-0003 or (888) 243-3344
- 24 SUN Monster Mash Dash, 4 Miles, Island Lake Rec. Area, Kent Lake Beach,  
Mich., Susan Brown (248) 486-1824

30 Sat.

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

**06 Sat.**

**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**

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

**07 Sun.**

**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**

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

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

**07 SUN 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.**

**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**

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

**13 SAT Jingle Bell Run, 10 am Franke Park 5K (More info to follow)**

**14 Sun.**

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

**20 Sat.**

**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)**

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

**25 Thurs.**

**25 THUR(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**

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

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

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

- 25 Thurs. 25 THUR Turkey Trot 5k Prediction Run, Kalamazoo Valley Community College, Kalamazoo, Mich., Don Hoogstraten (616) 665-9312
- 26 Fri. 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. 04 SAT(LP)Just Plain 10k, Foster Park, Ft. Wayne, Ind., J.P. Jones (219) 745-7339
- 04 SAT(R) YMCA Sleigh Bell Run, 5k, 10:00 am, Lafayette YMCA, Lafayette, Ind., Joe Casasanta (765) 474-3448
- 04 SAT Jingle Bell Run for Arthritis, 5k R/W, 10:00 am, National Inst. for Fitness and Sport, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632
- 04 SAT Kentucky Marathon, Louisville, KY., Stu McCombs, 7004 Beachland Beach, Prospect, KY., 40059 (502) 228-1133
- 05 Sun. 05 SUN Jingle Bell Run, 5k, 9:00 am, Chargin Falls H.S., Chargin Falls, Ohio, (216) 623-9933
- 05 SUN Memphis Marathon, Memphis, Tenn., Kim Cherry, First Tennessee Memphis Marathon, P.O. Box 84, Memphis, Tenn., 38101 (800) 893-7223
- 11 Sat. 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. 12 SUN Domino's Festival of Lights, 5k R/W, 4:30 pm, Ann Arbor, Mich., (734) 662-1000
- 18 Sat. 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
- 19 Sun. 19 SAT Rainbow Fun Run/Walk, 5k, 9:30 am, Cleveland Hts., Ohio, (440) 543-2020
- 26-31 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. 31 FRI Y2K5K, 5k R/W, Downtown Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

31 Fri.

31 FRI First Night Akron's 5K, 3:30 P.M. Akron, OH  
Summit Athletic Club (330) 920-3786

01 Sat.

-----JANUARY 2000-----  
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

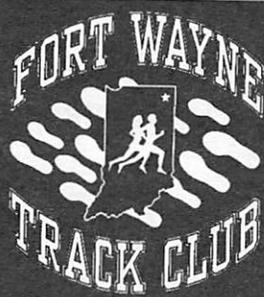
01 SAT Siberian Express, 7.6 Miles, 12:00 Noon, Kikapoo State Park., Danville, ILL., Marc Reedy (217) 431-4243

02 Sun.

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

09 Sun.

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



## 1999 Fort Wayne Track Club Newsletter Deadlines Sept. 15th - Nov. 15th



### FORT WAYNE TRACK CLUB Member Profile

**Name:** Renee Thomas

**Occupation:** Self Employed -  
Custom Graphics Inc.

**Birthdate:** 11/11/65

**Family:** Husband Carl, Daughters Jessica and Angela

**Favorite Distance to Run:PR:** Canal Days 10K

**What I liked about this Race:** This was my first race!!! I LOVED it!! I liked how they placed you by your time. Everyone received a medal when finishing. I got a silver medal.

**Other comments:** Everyone was great at the race. Everyone was friendly and I learned a lot from other veteran racers! I'm hooked and want to race every weekend!



### FORT WAYNE TRACK CLUB Member Profile

**Name:** Al Huth

**Occupation:** Executive Director - Freedom Academy.

**Birthdate:** 11/16/44

**Family:** Wife - Barb, Daughters Kelly and Tracy, and son Chad

**Favorite Races:** Chicago Marathon, Dublin Marathon, Indy Mini, Parlor City Trot, Marine Corp. Marathon

**Approximate number of runners:** Dublin Marathon - 6000

**What I liked about the race:** Ireland was beautiful. I ran for the leukemia team. There were about 1000 leukemia - maybe 20 from northeast Indiana.

**Other comments:** My time was 4:45 because of three days of sightseeing (walking) prior to race day. I'm running the Marine Corp. Marathon this October.

## A Strange Little Exercise In Human Frailty - Jon Schlatter

100 miles. To the majority of the populace it is simply a distance to be traversed by mainly by car, but to a gathering of elite crazies it is a distance to be raced, to be run, to be survived. This is what has brought me to the Mohican wilderness area of central Ohio on a mild June weekend. I am not the fool of the moment, that unique honor belongs to Linda Gorman. I am the least among a group of friends, Don Lindley, Jerry Deihl, Mitch Harper, Mike Schodel, and Jay Hodde of Lafayette, Ind. (a ultra runner who has completed every 100 mile race in North America at least once), who be Linda's crew, doing all we can within the rules to ensure her completion. To even attempt to run a 100 miles is something that leaves even most veteran runners in a state of incomprehensible befuddlement. It begs the eternal question, Why? To Linda it's simply that it is there, that it is the attempt to complete a difficult physical and mental challenge. Other than being blessed with the ability to recover quickly Linda doesn't feel that she is all that unique, that most people with the proper training and preparation could enter a 100 mile race. After the shock of this statement wears off and you take the time to contemplate the history of running you may realize that she may have a point. 30 years only the world class and crazy fools ran in the few marathons that were available and now millions of runners have finished at least one of the hundreds of marathons that are available today. Although Linda welcomed anybody who wanted to come along as part of her crew she was especially glad that Jerry and Don came along. For besides having introduced her to the sport of ultra running they have trained with her enough to that they know what to look for and what questions to ask to ensure her completing the race safely. Jay Hodde brings invaluable ultra experience that will make him the ideal pacer at the end of the race. Mitch is along because he has done this race twice before and he also mumbled something about the pacing the Bridle Area to Rock Point section. Mike came simply because he is a trail maniac and I tagged along because I consider this crew stuff a heck of a lot of fun but mainly because Linda is my friend and thus I can bring you these 10 observations as part of her crew.

1. At the motel the night before the race Linda's mood modulates between a quiet "what am I doing this for" reserve and a "I am so hyped I can't sleep so let's stay up all night" excitement.
2. After the the first 2 aide stations, 1/10 of the race, Linda demeanor is quite good and she is so talkative that the crew decides that it is the right time to abandon her for a while and go get some breakfast.
3. At nearly 32 miles Linda completes the mandatory river crossing and after a medical weigh in and shoe change she starts the blue loop, which is considered so difficult it's done only once during the light of day.
4. The crew develops a rating system of 0-10 to assess Linda's condition, 0 being race start and 10 being Mitch at Rock Point last year and as she cruises through the first 50 miles in 9:37 she doesn't go above a 3.
5. At the pacer access point of 65 miles we see the first signs of trouble a she stops at the crest a hill to stretch and though her weak smile is laced with a tired grimace she declines for now the use of a pacer.
6. Nearly 70 miles into the race at the Bridle Area the crew bathes her arms and legs in hot water to wash off the sweat and grime of the run so far to provide an emotional boost as eating has become more difficult.
7. At the Griffen & Beck station, 82.4 miles, not only is the body exhausted the will is so nearly gone, that we let her sleep 1/2 hour and then coax her to eat and drink a little and then down the road to walk again.
8. At 92 miles Linda sits down declaring that she will do no further but her pacer gently reminds her of how far she has come and what little she has to finish and helping her to her feet it's one step, then another...
9. On the aptly name last section, the big hill, the walk into the rising sun is mostly silent as the one who walks ahead and the one who walks beside her know that all she wants to do is finish the #@%! thing.
10. For the setting of a PR Linda's immediate rewards area scattered applause, hugs from her comrades, a one hour nap, a cold shower, a fourth place belt buckle, and talk of doing the Vermont 100 next summer.

# 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](mailto: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>.

## HI-FIVE - Did you eat your vegetables?

How many times have you heard this?? It's one of those dreaded questions. Usually the answer is "NO". We curl up in a chair and feel guilty. The day flew by again with nothing green, yellow, red, orange, purple, or blue on a meal plate. Good intentions always seem to be on the mind yet few of them get put into action.

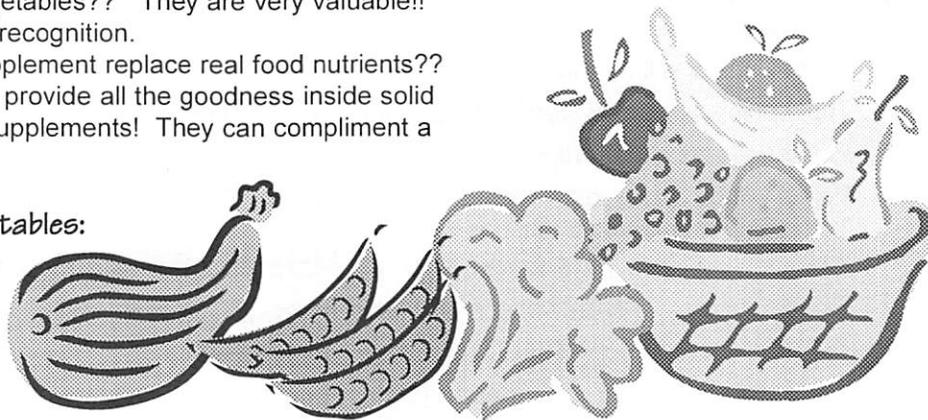
Know that your not alone! Most Americans miss getting the recommended 3 to 5 vegetable servings and 2 to 4 fruit servings each day. According to Nutrition Action Newsletter the average American eats 3 vegetable servings (mainly from white potatoes) and 1 to 2 fruit servings daily. On any given day half of all Americans eat no fruit at all.

Why all the fuse over fruits and vegetables?? They are very valuable!! They deserve more consideration and recognition.

Can't a multiple vitamin/mineral supplement replace real food nutrients?? NO! A supplement can not completely provide all the goodness inside solid wholesome foods. Supplements are supplements! They can compliment a healthful style of eating.

### Hi-Five Qualities of Fruits and Vegetables:

- Rich source of vitamins and minerals
- Nutritious carbohydrate source
- Source of fiber
- Source of phytochemicals
- Source of fluid



### What Counts As a Servings?

#### Fruit Group:

- 1 piece of fresh fruit  $\frac{1}{2}$  cup, chopped raw or cooked
- $\frac{1}{2}$  cup chopped, cooked, or canned fruit
- $\frac{1}{4}$  cup dried fruit  $\frac{3}{4}$

#### Vegetable Group:

- $\frac{3}{4}$  cup juice vegetables
- 1 cup raw, leafy vegetables
- cup vegetable juice
- $\frac{1}{2}$  cup cooked potatoes
- 10 french fries

The National Cancer Institute reports that people who eat 5 or more servings of fruits and vegetables a day have half the risk of cancer than those who eat less than 2. Yet don't feel you have to stop at 5!! Go for the HIGH FIVE then go that extra mile by aiming for 8 to 10 servings a day. It's fine for active individuals to have that extra goodness. Measure out fruit and vegetable servings so you know what a  $\frac{1}{2}$  cup,  $\frac{3}{4}$  cup and 1 cup looks like. Think about menu possibilities!! This education can show you how easily you can fix fit foods more often.

A new book is available that's stocked full for healthful eating ideas. It's called Stealth Health (Viking Penquin, 1998) by nutritionist Evelyn Tribole, M.S., R.D. Here's some of her delicious ideas for fruits and vegetables.

### Fruitful Pursuit:

- Stir chunks of fresh fruit into turkey or chicken salad. Try grapes, oranges, or peaches.
- Make ice cubes with 100% fruit juice. Drop a few into club soda for a refreshing drink
- Top of green salads with a handful of kiwi, mandarin oranges, or berries.
- Make fruit salsas with mango, peaches, papaya, and/or pineapple and serve with meat, fish, or poultry.
- Keep small packages of dried fruit in the car, back pack, or lunch sack for healthy snacking.

### Vegetable Quest:

- Chop or grate fresh vegetables into your favorite pasta dish. Try carrots, peppers, zucchini, and fresh tomatoes.
- Substitute vegetables for all or part of the meat in lasagna and chilli recipes.
- Saute or chop up onions, peppers, mushrooms, and/or cabbage and stuff in a tortilla, bagel, or pita pocket bread.
- Add grated or chopped vegetables to oatmeal cookie, muffin, or quick bread batter.
- Pack sliced veggies from the night before for a morning or afternoon snack.

Consider what happens at your meals and snacks and figure out how you can get your HIGH FIVE! Add some fruits and veggies here and there! Be a trail blazer! Break out of old eating patterns ...say YES... run with it!

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



# 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



2000 N. Wells Street • Fort Wayne, IN  
46808-2400 • (219) 424-4908

The YWCA offers a discount Fort Wayne Track Members and their families.

The YWCA, located at 2000 North Wells Street, invites all Fort Wayne Track Club members and their families to take advantage of a nearly 20% discount on the group membership program.

Included in the Group Membership Program is unlimited use of:

- **Strength and cardio fitness center which includes 6 televisions**
- **Fitness classes**
- **Indoor heated pool**
- **1/12 mile indoor track**
- **Indoor cycling**
- **Racquetball**
- **Gymnasium**
- **Personalized service**
- **Sauna and towel service**

You will receive personalized attention through a custom programming appointment. A degreed fitness professional will evaluate your current fitness level, help you set goals, design a program specifically for you, and orient you to the equipment.

For more information, please contact Lizetta Romary, YWCA Business Development Coordinator, at 424-4908, ext. 269 or email [LRomary@aol.com](mailto:LRomary@aol.com).



# SUMMIT CITY TRIATHLON - COMPLETE OVERALL RESULTS - 1999

.6M SWIM - 25M BIKE - 5.7M RUN

1.	PAUL FURNISS	32	16:15	1:02:34	38:00	1:59:16
2.	BILL MOORD	45	21:10	1:04:59	38:19	2:06:53
3.	RYAN BATES	19	16:29	1:04:28	44:17	2:07:46
4.	DAVID GERST	34	21:24	1:07:45	36:55	2:08:20
5.	WARD MOYA	35	18:56	1:06:59	40:16	2:08:44
6.	DANIEL CIPRIANI	37	22:20	1:03:32	45:22	2:13:48
7.	PHIL RIZZO	46	21:18	1:08:08	41:46	2:14:23
8.	CRAIG MILLER	18	16:52	1:09:53	44:39	2:14:47
9.	BRIAN SCHERRER	16	16:26	1:10:45	45:43	2:15:41
10.	JEFF KINTZ	30	21:23	1:08:16	43:06	2:16:15
11.	JOHN BEVIER	47	20:37	1:06:46	47:22	2:17:23
12.	MIKE HENRY	35	25:11	1:09:52	39:55	2:17:38
13.	JENNIFER LEE	26	17:53	1:09:25	48:55	2:18:17
14.	ROBIN RIZZO	33	19:40	1:12:06	43:54	2:18:37
15.	JACALYN CIPRIANI	36	20:48	1:09:13	45:43	2:18:49
16.	WAYNE GERST	32	21:17	1:11:29	44:30	2:20:13
17.	KIM LARSEN	38	17:41	1:12:36	50:03	2:22:37
18.	STEVE SISLER	25	16:40	1:10:11	53:10	2:22:47
19.	TOM KLINE	35	17:13	1:08:39	56:43	2:24:49
20.	JOSEPH ALBERT	33	20:28	1:10:01	52:36	2:25:43
21.	ROBERT GEROCH	57	18:43	1:16:52	48:10	2:26:07
22.	CHRISTOPHER MARKS	29	24:20	1:12:55	45:55	2:26:49
23.	GERALD STEINHOFF	45	26:02	1:10:38	47:15	2:27:03
24.	TIM BEARD	31	21:46	1:16:23	45:34	2:27:23
25.	MARTY HILE	34	21:42	1:11:30	51:57	2:28:09
26.	TOM CARPENTER	27	19:49	1:15:47	50:46	2:28:43
27.	BRADLEY GEISTWHITE	32	27:33	1:08:34	49:46	2:31:31
28.	JAY SPADAFORA	36	25:48	1:13:34	49:36	2:33:58
29.	LINDA IANUCILLI	36	19:56	1:17:39	53:10	2:34:24
30.	BRUCE YOUNG	37	21:47	1:19:37	50:43	2:35:11
31.	JUAN MIR	39	26:44	1:19:32	45:14	2:36:16
32.	IZELQE DEKOCK	29	21:08	1:13:31	58:36	2:36:40
33.	RICHARD AIKMAN	52	25:28	1:14:04	53:18	2:36:49
34.	SHANNON TRENT	27	25:31	1:18:45	49:44	2:37:06
35.	SHAWN MCARDLE	40	21:40	1:12:22	59:43	2:37:37
36.	CHAD MARK	24	28:13	1:12:46	51:50	2:37:45
37.	THOMAS FREEMAN	50	26:38	1:20:14	47:43	2:38:10
38.	TY MURPHY	50	25:42	1:22:18	47:50	2:39:56
39.	BRIAN HIXENBAUGH	27	33:30	1:13:09	50:23	2:40:14
40.	PAULA RICKERD	30	27:55	1:23:43	45:30	2:41:04
41.	DAVE UPCHURCH	40	19:35	1:19:35	1:00:42	2:42:49
42.	PHIL EHERENMAN	51	27:06	1:20:53	51:39	2:43:41
43.	JOSEPH DERVIN	52	27:13	1:16:24	56:52	2:44:23
44.	KEN BARANOWSKI	49	27:43	1:16:00	56:21	2:44:44
45.	BETH BERRY	36	25:35	1:22:40	52:20	2:46:08
46.	JAMES KENYON	29 MC	27:19	1:26:03	49:46	2:47:33
47.	KRISTI NELSON	29	25:53	1:25:39	53:21	2:47:42
48.	JO ANN BROOKS-BRUNN	45	18:18	1:24:15	1:02:26	2:47:59
49.	ADRIENNE PUTTECT	22	22:16	1:17:22	1:04:07	2:48:02
50.	NOELLE BRENNAN	33	25:46	1:25:29	54:14	2:48:26
51.	DON KRAMER		30:24	1:22:36	52:55	2:49:16
52.	GEORGE PARRETT		26:55	1:22:40	58:59	2:51:58
53.	RICHARD MORRIS II	39	29:38	1:19:03	59:53	2:52:47
54.	MIKE DIETRICH	33	27:28	1:20:24	1:03:46	2:55:41
55.	RYAN STAFFORD	26	20:18	1:20:03	1:08:33	2:56:09
56.	JAY M GILBERT	40	30:33	1:25:17	56:36	2:56:39
57.	DAVID MISNER	31	25:59	1:28:53	58:37	2:57:18

58. RUDY KLEINL	55	25:41	1:18:51	1:10:11	2:58:11
59. MATT ROBERTSON	34	33:00	1:24:19	56:23	2:58:40
60. GREG PURCELL	50	28:27	1:34:16	51:36	3:00:50
61. LARRY MILLS	40	31:59	1:25:31	59:03	3:01:45
62. LINDSAY DEMIDOVICH	33	31:21	1:23:34	1:03:18	3:04:06
63. SUSAN MARKEY	44	32:51	1:25:47	1:03:35	3:07:14
64. ERIC ANDERSON	33	29:32	1:26:07	1:09:31	3:09:09
65. AMY STEPHAN	21	27:03	1:37:14	1:03:02	3:10:33
66. ROBERT LOOMIS	66	33:01	1:42:49	1:03:12	3:28:10
67. BILL SOHASKI	64	36:29	1:41:30	1:07:34	3:33:17
68. FRED HANNAN	45	46:20	1:40:59	1:00:37	3:33:19
69. JOSIE POOLE	23	31:17	1:39:51	1:18:19	3:33:35
70. LOUIE STEINBACH	25	50:37	1:23:58	1:17:59	3:42:06
71. SCOTT WAGNER	24	37:57	1:51:00	1:08:21	3:42:53
72. JILL BOBAY	38	35:48	1:49:10	1:08:13	3:43:37
73. KAREN DERICKSON	41	42:29	1:49:16	1:08:35	3:48:59
74. JOHAN DE JONG	48	19:52	1:05:14		1:04
75. CURT CARDMAN	35	21:26	1:08:01		1:10
76. MATT RIDER	37	19:50	1:46:54		2:32
77. 60 MARY ZEHRINGER	35	52:42	1:40:49		2:21

## 20th Anniversary Muncie Endurathon

July 10, 1999 - 1.2 mile swim • 56 mile Bike • 13.1 mile run

Several area Tri Fort Triathletes participated in the 20th Anniversary Muncie Endurathon on Saturday July 10th.

The competition was stiff as it was the National Long Course Championship and The National Age Group Qualifier.

Over 850 individuals participated in the event, battling a choppy 1.2 mile swim, followed by a windy 56 mile bike ride, and finishing up with a half marathon. The temperature this year was moderate, around 70-75 degrees, as well as being slightly overcast.

The top finisher from Fort Wayne was Scott Beasley who completed the course in 4:41:30, good enough for a 9th place age group award.

Another fine performance was turned in by Brian Schultz with an impressive time of 4:58:54.

Listed Below are the splits of several Fort Wayne area finisher's. Congratulations to all.

\* Indicates athletes transition time from event to event.



Tri Fort Triathlete	SWIM	T1*	BIKE	T2*	RUN	TOTAL	OVERALL	AGE GROUP
BRIAN SCHULTZ	35:43:00	3:09	2:35:04	1:49	1:43:09	4:58:54	130	28 / 82
CHRIS MARKS	1:06:09	4:21	2:58:54	3:21	1:56:01	6:08:46	576	76 / 82
SCOTT BEASLEY	35:34:00	2:23	2:26:45	1:18	1:35:30	4:41:30	55	9 / 97
TOM KLINE	33:05:00	2:03	2:42:40	2:08	2:12:50	5:32:46	367	58 / 97
WARD MOYA	38:01:00	2:52	2:38:27	1:33	1:48:19	5:09:12	195	33 / 97
DAVE MCGLENNEN	45:28:00	4:28	2:57:37	3:35	2:07:05	5:58:14	527	74 / 97
BILL MOORD	43:31:00	3:48	2:43:49	2:53	2:13:08	5:47:09	462	28 / 48
JOHN SULLIVAN	49:59:00	7:16	3:13:54	8:34	1:48:56	6:08:39	574	40 / 48
MICK THIEL	43:18:00	4:52	2:38:03	4:27	2:13:37	5:44:17	440	19 / 26
MARK LULLING	53:52:00	4:01	2:56:33	3:47	2:19:34	6:17:47	616	38 / 60
LINDA IANUCILLI	42:37:00	3:38	2:50:59	2:09	2:04:01	5:43:24	436	16 / 31

# Thanks to all the parents, teachers and students who participated in the 4th Annual Mile Track Run.

In part due to the wonderful weather and good competition in most of the runs, many of the competitors ran the fastest times run at this event in the last 4 years. I would like to invite back the 3rd and 4th grade runners to next years event.

I left in all the names of the runners who turned in an application, although may not have run. Hopefully, everybody that is listed with a finishers place and time was counted, although there may be a few runners who did not make it over to the scorers table. If there are any runners who were missed and did not receive a finishers ribbon please contact me and I will forward one to them. Also, the times after 5th place may be less accurate, certainly so if a runner did not report to the scorers table. Times after 10 min. were generally not taken in order to begin the following race.

- Phil Suelzer

## Girls - 3rd Grade

Student Name	School	Place	Time
Bethany Nichols	WP	1	7:07.3
Megan Reiling	St. Judes	2	7:14.5
Annie Resor	Wayned.	3	7:17.4
Chauna Combes	Wayned.	4	7:22.8
Nicole Mawhinney	Wayned.	5	7:31.2
Micaila Olne	Arlington	6	7:31.8
Kelsey White	WP	7	7:48.8
Chelsea Rockwell	WP	8	7:52.3
Lauren Gilbert	Arlington	9	8:03.2
Elizabeth Hillery	FP	10	8:14.7
Ali Saryamuruyaman	Arlington	11	8:15.2
Cassandra Taylor	Lincoln	12	8:32.4
Katie Rocholl	GP	13	8:53.7
Jordon Griffith	GP	14	8:56.6

## Girls - 4th Grade

Student Name	School	Place	Time
Chelsy Kimes	WP	1	6:45.3
Stephanie Parker	GP	2	6:46.1
Michelle Yates	Arlington	3	7:04.2
Hannah Chadd	GP	4	7:09.7
Ally Dove	WP	5	7:14.0
Caitlyn Metzger	Arlington	6	7:27.6
Abby Resor	Wayned.	7	7:35.4
Brittany Kennedy	Wayned.	8	8:15.3
Jessica Stopher	Arlington	9	8:55.3
Chandler Emmons	Ward	10	9:15.3
Maegan Squibb	GP	12	9:53.1
Karissa Schwartz	Arlington	13	9:54.6
Dortia Jones	Arlington	14	9:56.6
Laressa Ford	Arlington	14	
Melissa Ferrer	GP	15	

## Girls - 5th Grade

Student Name	School	Place	Time
Samantha Lee	Aboite	1	6:18.3
Taylor Sefranka	Southwick	2	6:29.7
Natalie Taylor	WP	3	6:41.6
Amie Achenbach	FP	4	6:54.0
Ebony Starks	Wayned.	5	7:05.3
Aubrey Beeson	WP	6	7:18.3
Jayana Sims	H Hill	7	7:22.8
Adrienne Clevenger	Lincoln	8	7:23.6
Angie George	WP	9	7:43.7
Lauren Stillman	Arlington	10	7:44.8
Jessica Fuller	Wayned.	11	7:54.9
Brittney Robinson	Waynedale	12	8:08.8
Nicole Dominique	Arlington	13	8:16.2
Brandee Knepper	Arlington	14	8:22.5
Drameca Swain	Arlington	15	8:54.0
Kendall Durkes	GP	16	9:40.3
Michelle Krusen	GP	17	10:27.7

## Boys - 5th Grade

Student Name	School	Place	Time
Eric Van Wagner	FP	1	6:10.9
Greg Solon	WP	2	6:28.9
Phillip Mattes	WP	3	6:39.0
Russell Dill	FP	4	6:39.3
David Burkhart	WP	5	6:40.1
Josh Bratten	Arlington	6	6:51.0
David Felts	WP	7	6:52.4
James Capers	HH	8	6:53.8
Marc Dillon	Arlington	9	7:00.2
Andy Bilyk	Perry Hill	10	7:12.7
Nick Chadd	GP	11	7:21.8
Adam Imel	FP	12	7:40.2
Nathan Regedanz	FP	13	7:52.8
Steven Ziko	Arlington	14	8:21.9
Marsalis Dowdell	GP	15	8:32.8
Derek Snyder	GP	16	8:42.9
David Ludwig	GP	17	8:43.8
Nathan Gruber	GP	18	9:13.6
Tyler Wallace	GP	19	9:17.4
Brandon McBroom	GP	20	13:04.3

## Boys - 4th Grade

Student Name	School	Place	Time
Aleks Fansler	Arlington	1	6:23.9
Thomas Tyree	Wayned.	2	6:29.7
Lee Reynolds	Arlington	3	6:44.8
Jumar Guy	Wayned.	4	6:47.3
Zac Kuhn	St. Johns	5	6:56.6
Adam Rupp	GP	6	6:59.5
Matt Rousseau	GP	7	7:04.2
Demetrious Causey	GP	8	7:04.5
Eric Morriral	Black. Chr.	9	7:07.3
Eddie Wallace	GP	10	7:16.1
Jason Votau	GP	11	7:17.7
Sam Lewis	GP	12	7:18.6
Andy Thurston	Black. Chr.	13	7:33.7
A. J. Sanfilippo	Arlington	14	7:57.0
Billy Tudor	FP	15	7:57.3
Joseph Lasley	FP	16	8:02.3
Chris Todia	WP	17	8:26.1
Brian Fadus	Lincoln	18	9:08.6
Matthew Masseth	Arlington	19	9:11.9
Corey Conroy	GP	20	9:19.5
Hakeem Muhammad	Arlington	21	9:20.3
Michael Bivona	Perry Hill	22	9:30.6
Joshua Smith	Arlington	23	9:32.2
Cameron Jackson	WP	24	10:04.2
Justin Keller	Arlington	25	
Patrick Ureesy	?	26	
Kent Richardson	GP	27	
Jordan Carter	GP	28	
Matt Mecker	GP	29	
Rodrell Davis	GP	30	
Montae Merriweather	GP	31	
Kenny Hopkins	GP	32	
Tithes Martin	GP	33	
Kyle Berger	GP	34	
Brandon Miles	GP	35	

## Boys - 3rd Grade

Student Name	School	Place	Time
Jethro McConnell	WP	1	6:19.0
Nick Yates	Arlington	2	6:42.3
Chad Wegrecki	Arlington	3	6:47.1
Ryan Fuller	Wayned.	4	6:47.9
Anthony Rusitto	Arlington	5	6:50.7
Arie Hessler	Wayned.	6	7:01.0
Aaron Hessler	Wayned.	7	7:03.6
John Goodman	St. Judes	8	7:07.1
David Hardway	Lincoln	9	7:16.9
Alan-Michael Smith	Arlington	10	7:24.5
John Hooker	Lincoln	11	7:24.7
Kevin Laisure	St. Judes	12	7:29.7
Tony Bricker	WP	13	7:34.6
Ben Doan	GP	14	7:39.3
Jacob Laird	Irwin	15	7:50.7
Jemarcus Hopkins	GP	16	8:01.7
Shea Noonan	GP	17	8:02.3
Jacob Koch	GP	18	8:02.0
Spencer Harris	GP	19	8:16.0
Ryan Herndon	Ward	20	8:22.4
Danny Broyles	Arlington	21	8:25.6
Casey Cuautele	GP	22	9:13.0
Dana Causey	GP	23	9:40.9
Alec Andringa	GP	24	
MarQueis Gray	GP	25	
Aaron Tremain	GP	26	
Alex Grinstead	?	26	
Tyler Shea	Ward	27	
Justin Mosley	GP	28	
James Morrison	GP	29	
Joel Klemm	Lincoln	30	
Julius Okocha	GP	31	
Kellen Wilkening	GP	32	
Maloccolm Riley	GP	33	

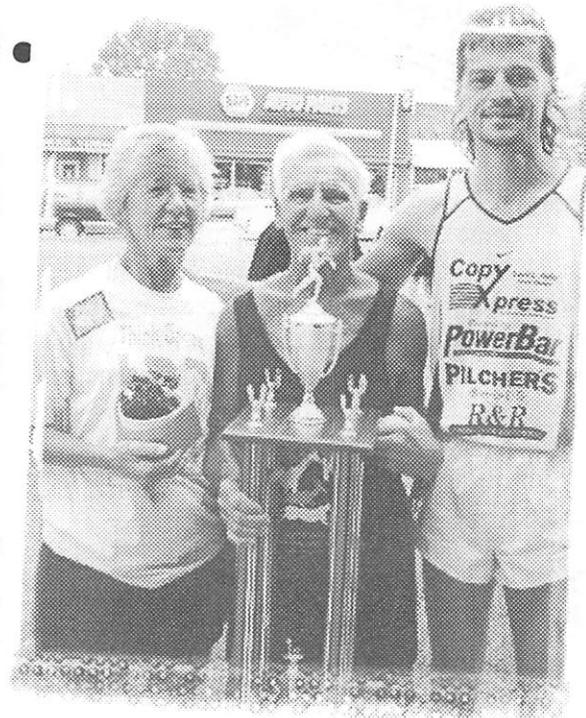
Ken Disler received the  
Champion of Champions award  
at the 7th Annual Mermaid  
Festival 5K!

" He is very special to us all and  
we wanted him to know that!"  
said the Ligonier Track Club.  
We love you Diz!!!

Left to right:

**Joan Gary**      **Ken Disler**      **Brian Shepherd**  
1st 60-over      1st 70-over      1st overall

\* Special thanks to Brian Shepherd for supplying  
photos for this and the past 3 newsletters!





# FORT WAYNE TRACK CLUB Members Page



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# FORT WAYNE TRACK CLUB

## Membership Application

Fort Track Club - for Runners and Walkers

Name: \_\_\_\_\_ Date of Birth \_\_\_ / \_\_\_ / \_\_\_ Sex \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_ Business Affiliation: \_\_\_\_\_

Type of Membership: Single: \_\_\_\_\_ Family: \_\_\_\_\_ New Member: \_\_\_\_\_ Renewal: \_\_\_\_\_

Family Members: \_\_\_\_\_

Spouse: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_

Children: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_

\_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_

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

**ANNUAL MEMBERSHIP DUES:** January 1-December 31

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

**New Members:** First year only \$12.00

**Members under 21:** \$12.00 per year until 21

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

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

<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)

# 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...

## TOP OF THE DAY 5K

Saturday, August 14  
Headwaters Park - Fort Wayne, IN

## PROGRESSIVE INSURANCE FWTC TRIATHLON

Saturday, August 21

## SUMMER NIGHTS 5K

Saturday, September 4  
Ligonier, IN

## PARLOR CITY TROT - 13.1 AND 10K

Saturday, September 25 - 8:30 AM  
Bluffton, IN

## FWTC MEETINGS

Wednesday, August 11, 7:00 PM, Run 6:00  
Wednesday, September 8, 7:00 PM, Run 6:00  
IPFW - Hilliard Gates Activity Center

## Advertising Rates

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

Insert race Applications (Includes printing results)  
12X Entry fee, minimum \$35.00 (10X Entry fee paid in advance)  
Advertising must be supplied, camera ready art, or layout charges will be incurred.

All race applications must be supplied for insertion. Inside track publishes 450 issues bi-monthly.



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