

the inside track

December 1999 - January 2000

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Check out our web site at www.fwtc.org

Kelly Mortenson wins The Zoom thru Zulu



1999



FORT WAYNE TRACK CLUB

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Race Management Coordinators

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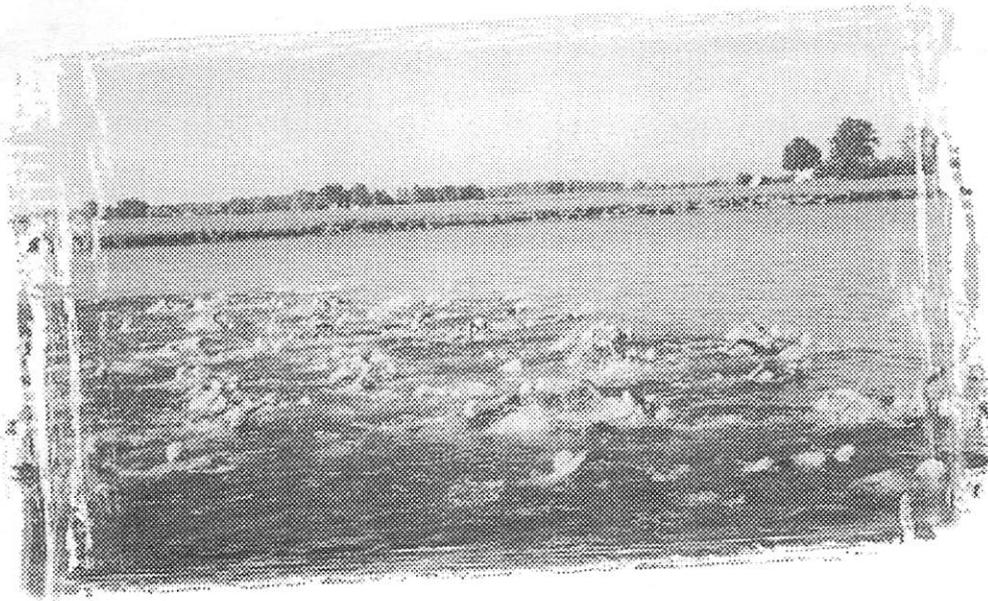
Legal Advisor

John Powell (219) 484-7334

Medical Advisor

William Crane (888) 268-1236

Check out our web site at www.fwtc.org



The following letter is from Marilyn Gibson, whose family allows the Track Club permission for the use of their pond for the annual Progressive Insurance/FWTC Triathlon

Their son Steve lost his life the following day in a plane crash.

November 1, 1999

Dear Bill Sohaski and FWTC,

These pictures are yours to keep. We had duplicates made. Thank you for the tape and the check.

What a beautiful day you had for the triathlon! And what a nice crowd. Each year it gets better, which certainly speaks well for the organization of it.

The aerial pictures are from the very plane which our Steve was flying the next day when it crashed. He was at the triathlon event with his stepson, Keith, who is a cross country runner and student of the Norwell coach.

Again, we wish to thank you and the club for the flowers and cards. Our hearts are heavy, but we managed to finish harvest and field work in record time.

We will look forward to the event next year.

Sincerely,
Marilyn Gibson

Fort Wayne Track Club Monthly Meeting

Minutes

Wednesday, October 13, 1999 7:00 - IPFW

20 Present

Vern Ceder,
Katie Creighton,
Kim Davidson,
Ken Disler,
Mike Fruchey,
Linda Gorman,
Mitch Harper,
Linda Ianucilli,
J.P. Jones,
Paul Knott,
Tom Landis,
Don Lindley,
Mike McAvoy,
Ken Relue,
Jon Schlatter,
Gary Selking,
Bill Sohaski,
Brad Thomas,
Judy Tillapaugh,
Michael Yann

Meeting was called to order by Bill Sohaski.
Don Lindley offered the prayer.

September minutes were approved as presented.

Don Lindley presented the treasurer's report. The September 30, 1999, cash balance in the combined FWTC accounts is approximately \$18,500. Accounts payable at September 30, 1999, were estimated at \$1,200. It was proposed and accepted to reimburse Phil Suelzer \$330 for expenses related to his children's run held last summer.

Mike McAvoy reviewed the information regarding the Fort Wayne Sports award dinner on October 14, 1999. Don Lindley will be an honoree at this event. FWTC has purchased a table and anyone interested in attending should check with Mike regarding seat availability. Tickets are \$15.00 per person.

Don Lindley opened continuing discussion regarding the new Club Policy proposed and accepted at the September meeting. He emphasized the need for refining the statement as well as formulating contracts to be used for "FWTC-sponsored" and "FWTC-supported" races. Insurance coverage concerns were raised in addition to potential loss of "not-for-profit" status. It was suggested that a by-laws committee be formed to update the club by-laws and distribute them to all board members and officers.

Judy Tillapaugh reported on the Randall and Sullivan October 8 race. There were 46 participants and approximately \$500 was raised for the IPFW cross country and track programs.

Mike McAvoy announced the Parlor City Half-Marathon/10K results. The winning times were faster than the Indianapolis half-marathon times. Approximately 250 runners competed.

Kim Davidson reviewed the upcoming trips to road races. She also shared ideas about revitalizing the annual banquet. Format changes are to be expected. Ideas included having a live band perform, providing door prizes, and/or having a mini-expo like those at various races around the country. She will present a tentative budget at the next club meeting.

Bill Sohaski announced the track club donation of \$250 to the Leukemia Foundation. Vern Ceder presented options for changing the club's website domain name. Mitch Harper indicated he did not assert any rights to the tripod site being used currently. The club approved the option that upgraded the current website. Club pages would remain on tripod.com, but the registered Internet domain name will be changed to fwtc.org.

Mitch Harper reviewed the Zoom for Zulu race results. There were 220 registered runners and \$2,000 was raised for the St. Louis Academy scholarship fund.

Paul Knott noted that the Points standings were updated through the Parlor City race. He still needed results from the Randall and Sullivan run as well as the Zoom through Zulu race.

Jon Schlatter updated the race calendar. Hoosier Marathon race flyers are now available.

Linda Ianucilli announced the next Inside Track deadline is November 15, 1999. It was suggested that news and calendar items reflect dates from mid-month to mid-month due to the timing of final publication and mailing.

Don Lindley presented a "wish list" of club equipment needs. He will make a motion to increase the budget for new equipment when the year-end surplus is known.

The meeting adjourned at 8:45 p.m.

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

Respectfully submitted, Katie Creighton, secretary

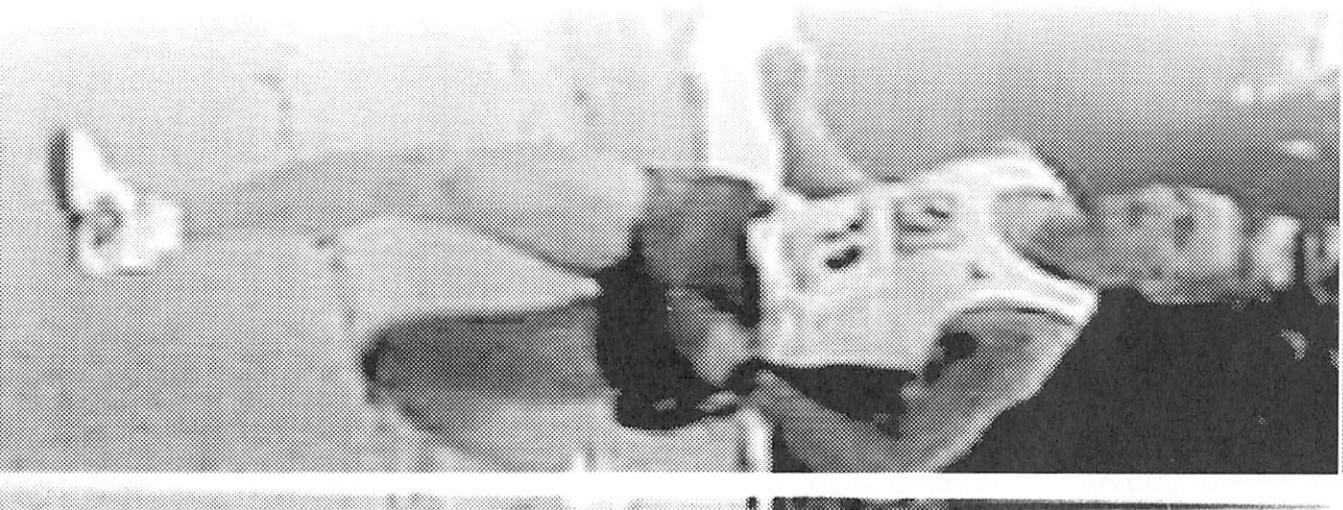
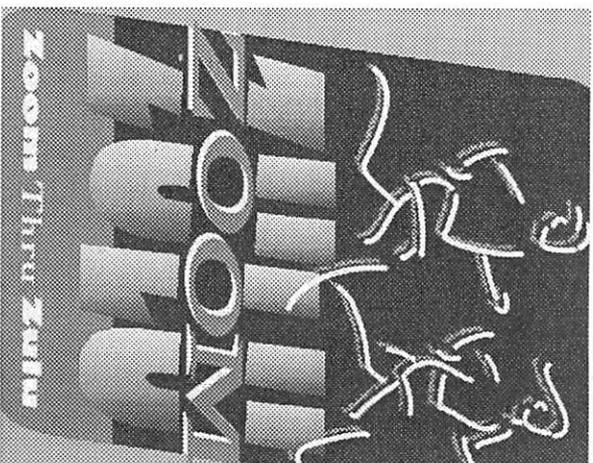
1999 ZOOM thru ZULU

Race Results

Sunday October 10 - 1:00 PM

New Haven IN

Place	Time	Age	Sex	Name
1	30:51:95	28	M	Kelly Mortenson
2	31:50:38	32	M	Reuben Njau
3	32:32:82	24	M	Dannion Walsh
4	32:34:25	40	M	Paul Risch
5	32:50:04	33	M	Ron Sharp
6	33:03:59	37	M	Brad Cooper
7	34:54:60	39	M	Rowland Perez
8	35:06:12	39	M	Jerry Williams
9	35:30:46	30	M	Mike Frutchey
10	35:33:16	30	M	R. Dennis Potter
11	35:33:83	22	M	Tod Esquivel
12	35:54:57	40	M	Bob Curts
13	36:04:78	44	M	Doug Sundling
14	36:16:28	30	M	Mark Gleason
15	36:29:90	32	M	Robert Minnich
16	36:32:91	24	M	Brad Thomas
17	36:36:83	35	M	John Schneiders
18	36:46:61	43	M	Mark Furkis
19	36:50:31	33	F	Jennifer Goodpaster
20	37:14:31	22	M	Seth Wineiland
21	37:25:59	32	M	Paul Furniss
22	37:28:29	31	M	Mike Schoudel
23	37:32:76	25	M	Kyle Minnich
24	37:33:95	34	M	Lenny Duff
25	37:39:19	44	M	Daniel Green
26	37:41:88	34	F	Karlene Harrell
27	37:50:24	42	M	Dan Moord
28	37:57:25	35	M	Mike Henry
29	38:17:60	45	M	Leo Rivera
30	38:15:45	24	F	Justina Faulkner
31	38:28:61	39	M	Mike Stone
32	38:39:07	34	M	Kraig Kerschner
33	38:41:84	29	F	Tammy Casaletto
34	38:50:55	35	F	Connie Mattix
35	38:59:66	43	M	Kim Lefever
36	39:03:59	45	M	Bill Moord
37	39:07:87	20	M	Ben Cowan
38	39:10:49	34	F	Anne Duff
39	39:14:75	47	M	Phil Suelzer
40	39:17:72	35	M	Paul Cearns
41	39:27:32	37	M	David Swenson

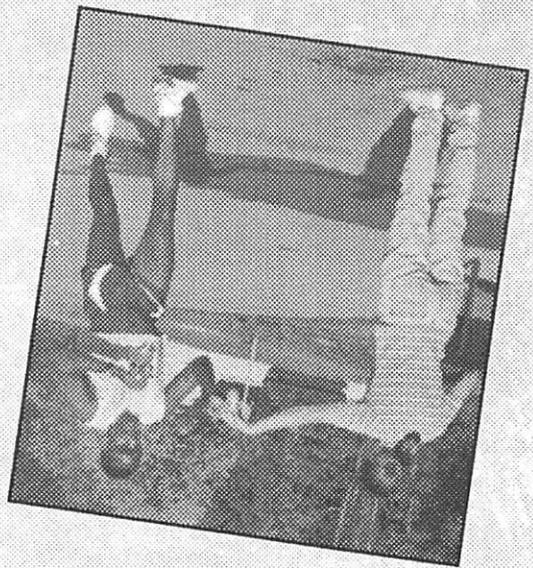
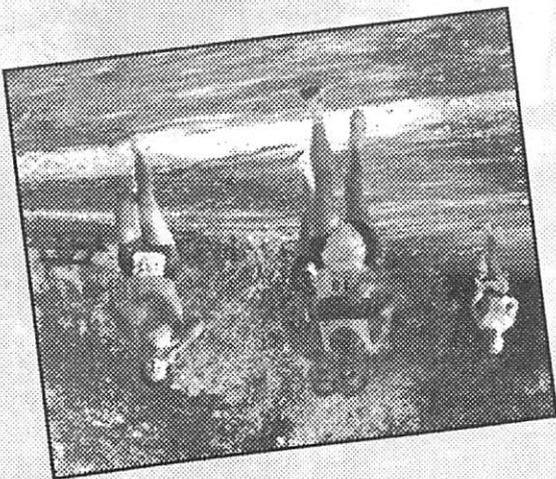
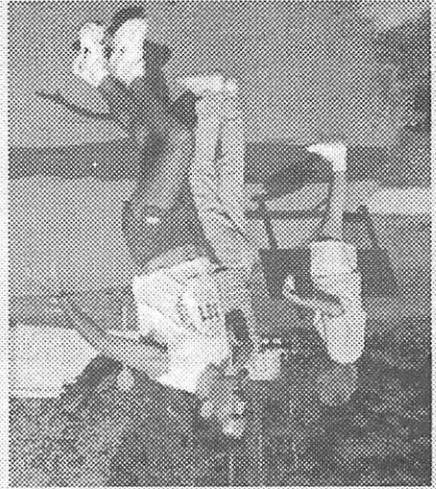


42	39:35:12	41	M	James Bushey	92	45:15:27	18	F	Karen Schroeder
43	39:57:74	58	M	James Siefiring	93	45:17:31	32	M	Kevin Mann
44	40:02:43	40	M	Kent Frank	94	45:23:55	29	F	Jennifer Steigmeyer
45	40:12:06	50	M	Louis Beregszazi	95	45:24:94	52	M	Art Obregon
46	40:12:88	48	M	Terry Coonan	96	45:26:05	31	M	Joel Barrett
47	40:28:48	41	M	Paul Shaffer	97	45:28:48	51	M	Philip Cowan
48	40:30:86	33	M	Jim Platt	98	45:59:67	35	F	Shelly Robinson
49	40:32:88	40	M	Dan Nestel	99	46:02:48	47	M	Rob Snow
50	40:34:87	39	M	Carlos Quintero	100	46:07:80	50	M	Gary Dexheimer
51	40:35:38	18	M	Todd Thompson	101	46:20:40	38	M	Jeffrey Metzger
52	40:35:95	42	M	Jeff Maus	102	46:29:72	41	M	Bob Gault
53	40:47:23	47	M	John Treleaven	103	46:38:13	15	M	Justin Barman
54	41:00:31	14	M	Joe Suelzer	104	46:54:23	50	M	Jim Pickett
55	41:10:42	39	M	John Wieninl	105	46:56:28	34	M	Joe Reddoch
56	41:18:94	33	F	Maria Gleason	106	46:58:98	46	M	Danny Gerbers
57	41:29:05	48	M	Dan Kaufman	107	47:21:34	52	M	Phil Luttmann
58	42:01:06	19	M	Josh Ashbaugh	108	47:27:31	43	M	Dave Kaple
59	42:09:49	47	M	Donn Nichols	109	47:32:18	45	M	John Shire
60	42:28:48	43	M	Mark Brattoli	110	47:40:40	40	M	Toby Jo Hullinger
61	42:43:24	36	M	Bill Hayes	111	47:44:07	50	M	Michael Barman
62	42:53:78	33	M	Roger Schwartz	112	47:44:73	36	M	Steve McMahon
63	43:06:42	14	M	Ben Barhorst	113	47:52:87	60	M	Charles Brandt
64	43:13:68	37	F	Linda Barhorst	114	48:00:05	48	M	David Russell
65	43:14:12	38	M	Gino Fisher	115	48:06:87	45	M	Fred Hannan
66	43:14:74	44	M	Randy Vetter	116	48:13:85	72	M	Don Anderson
67	43:15:99	40	M	Pat Beuchel	117	48:25:29	44	M	James Beeson
68	43:17:48	24	F	Darlene Barton	118	48:29:71	44	M	Doug McKinzie
69	43:18:49	29	M	Anthony Stephenson	119	48:30:88	54	M	Wesley Sabins
70	43:24:83	30	M	Jeff Kintz	120	48:32:38	33	F	Karen Edgerton
71	43:26:02	57	M	Bill Crane	121	48:39:03	50	M	Steve Knouff
72	43:35:13	50	M	Steve Corona	122	48:50:03	38	M	Luke Fetters
73	43:42:07	30	F	Paula Rickerd	123	49:08:31	40	M	David Upchurch
74	43:48:30	37	M	Tom Hindle	124	49:15:03	24	M	Brett Beer
75	43:53:50	44	M	Charles Kout	125	49:16:11	38	M	Bruce Dafforn
76	43:56:24	34	F	Julie McNulty	126	49:17:18	43	M	Craig Bobay
77	44:02:25	44	M	Donn Knight	127	49:24:16	46	F	Patty Schwartz
78	44:16:83	46	M	Don DeCook	128	49:27:29	38	M	Tyrone Wilson
79	44:22:27	35	M	E. Hans Schmidt	129	49:28:21	19	M	Ryan Rothert
80	44:25:49	63	M	Joe Ziegler	130	49:30:00	37	F	Beth Berry
81	44:29:85	41	M	Brent Marnar	131	49:34:29	38	F	Kim Larsen
82	44:34:62	45	M	Tom Felts	132	49:45:80	42	F	Carolyn Streeter
83	44:41:90	37	M	Keith Douglas	133	49:46:59	47	M	Bob Scantz
84	44:43:28	56	M	Bernie Burgette	134	49:48:68	45	M	Mike Richardville
85	44:44:73	57	M	Dave Boylan	135	49:53:23	55	M	Rich Cromwell
86	44:52:94	43	M	Tom Landis	136	50:12:69	17	M	Tim Shields
87	45:00:07	45	F	Sue Fowler-Finn	137	50:13:77	53	F	Connie Hoverman
88	45:02:01	44	M	Rob Violet	138	50:16:28	49	F	JoLynn Miller
89	45:08:64	25	M	Chris Dunmire	139	50:28:53	41	M	Gary Bird
90	45:11:97	49	M	Jerry Kiehl	140	50:31:87	57	M	John Ingleman
91	45:14:45	26	F	Jackie Morris	141	50:35:26	29	F	Kimberly Seatter

142	50:37:40	40	M	Bob Berger
143	50:59:81	30	F	Debra Hoffer
144	51:30:09	32	M	Michael Snavley
145	51:38:78	41	F	Jenny Reichert
146	51:53:58	38	F	Denise Conrad
147	52:06:16	44	F	Judith Ingleman
148	52:13:91	45	M	Brad Compton
149	52:25:55	13	M	Nathan Clay
150	52:43:32	41	F	Tamara Wright
151	52:55:91	27	F	Jill Norris
152	53:04:42	46	F	Phyllis Suelzer
153	53:10:48	51	M	Herb Hernandez
154	53:36:76	70	M	Roy Miller
155	53:38:28	35	F	Caroline Gernand
156	53:43:39	66	M	Robert Loomis
157	53:50:84	33	M	Joel Brecount
158	54:02:51	19	M	Matt Timbrooks
159	54:04:63	39	F	Jill Bobay
160	54:11:37	38	M	Karl Kline
161	54:17:67	32	F	Teresa Furniss
162	54:44:48	44	M	Joe Nycum
163	54:57:10	26	F	Carol Adams
164	55:16:99	34	M	Kerry Marshall
165	55:22:01	63	F	Joan Gary
166	55:24:48	44	F	Susan Markey
167	55:27:16	30	F	Jenny Rollins
168	55:47:42	40	F	Cheryl Marner
169	55:49:32	39	M	Mark Weikert
170	55:55:49	38	M	Frank Aultman
171	56:01:12	53	F	Mary Fennig
172	56:04:66	40	F	Linda Clay
173	56:11:48	30	F	Kimberly Tolmich
174	56:17:53	62	F	Ann Briggs
175	56:18:30	47	M	Mike Stein
176	56:20:07	68	M	Bill Patterson
177	56:37:25	49	M	Rex Fortney
178	57:21:01	58	M	Bill Mack
179	57:22:36	34	F	Laurie Whisler
180	57:36:59	49	F	Debi Treleaven
181	57:39:21	41	F	Karen Derickson
182	57:45:59	48	M	Lynn Bobay
183	58:00:54	38	F	Joy Dunno
184	59:03:78	27	F	Gwen Wilson
185	59:49:52	47	F	Paula Stemen
186	59:56:47	59	F	Sharon Huss
187	60:21:27	50	M	Mike Panther
188	60:28:54	56	M	Allen Albert
189	60:34:33	50	M	Reg Johnson
190	60:36:94	51	F	Sook-Ja Hansen
191	60:48:14	42	F	Penny Gregory

192	61:05:11	18	F	Erin Brace
193	61:27:75	43	F	Tavie Buhl
194	62:25:61	25	F	Crystal Jones
195	62:42:32	51	M	Larry Piano
196	62:44:81	64	F	Gloria Nold
197	63:25:29	40	F	Julie Bossard
198	63:51:00	41	F	Kim Markey
199	64:05:83	51	M	Jerry Scott
200	68:32:67	46	M	Gordon Stemen
201	70:23:72	47	M	Doug Lehman
202	71:48:74	68	M	Curtis Nold
203	71:55:69	70	F	Jean Longsworth
204	73:43:52	76	M	Ken Disler
205	80:04:17	71	M	James P Jones





Parlor City Half-Marathon

September 25, 1999

Overall Female Winners

	City	Age	Overall	Time	Pace
1. Meg Schnieders	Plymouth IN	33	13	1:23:41.1	6:23/M
2. Deb Wilkins	Plymouth IN	34	35	1:35:53.0	7:19/M
3. Kathryn Johnson	Ft Wayne IN	23	44	1:37:09.9	7:25/M
4. Julie McNulty	Ft Wayne IN	34	48	1:38:45.4	7:32/M
5. Jennifer Steigmeyer	Ft Wayne IN	29	57	1:41:15.3	7:44/M

Masters Female Winners

	City	Age	Overall	Time	Pace
1. Sue Fowler-finn	Ft Wayne IN	45	45	1:38:00.2	7:29/M
2. Patty Schwartz	Syracuse IN	46	83	1:49:19.0	8:21/M
3. Cathy Bux	Fort Wayne IN	44	104	1:55:12.0	8:48/M

Women 19 and under

	City	Age	Overall	Time	Pace
1. Rachel Leas	Indianapolis IN	16	159	2:23:25.0	10:57/M

Women 25 to 29

	City	Age	Overall	Time	Pace
1. Roxy Lewis		28	147	2:11:31.8	10:02/M
2. Lisa Smith	Indianapolis IN	29	149	2:11:50.2	10:04/M

Women 30 to 34

	City	Age	Overall	Time	Pace
1. Lisa Cotten	Ft Wayne IN	30	96	1:53:08.1	8:38/M
2. Kris Knott	Muncie IN	32	102	1:54:28.6	8:44/M
3. Tina Gallmeyer	Ft Wayne IN	30	109	1:56:30.1	8:54/M
4. Sharon Veach	Destin FL	31	120	1:59:47.8	9:09/M
5. Anita Lehman	Decatur IN	33	123	2:00:54.1	9:14/M
6. Jenny Rollins	Ft Wayne IN	30	125	2:01:44.6	9:18/M
7. Mary Newell	Ft Wayne IN	30	126	2:02:15.3	9:20/M
8. Kimberly Tomlich	Ft Wayne IN	30	144	2:11:11.5	10:01/M

Women 35 to 39

	City	Age	Overall	Time	Pace
1. Trina Chapman-Smith	Auburn IN	36	71	1:45:19.6	8:02/M
2. Beth Skinner	Ft Wayne IN	35	91	1:52:10.1	8:34/M
3. Karen Kosberg	Ft Wayne IN	36	98	1:53:13.2	8:39/M
4. Jan Harris	Muncie IN	38	116	1:59:05.8	9:05/M
5. Robin Mauer	Columbia City IN	39	119	1:59:29.3	9:07/M
6. Jill Bobay	Ft Wayne IN	38	138	2:07:46.2	9:45/M
7. Angel Frain	Orland IN	36	150	2:12:11.7	10:05/M
8. Caroline Gernand	Frt Wayne IN	35	164	2:45:53.0	12:40/M

Women 40 to 44

	City	Age	Overall	Time	Pace
1. Cheryl Claypool	Ft Wayne IN	43	105	1:55:14.0	8:48/M
2. Karen Derickson	Ft Wayne IN	41	146	2:11:30.9	10:02/M
3. Judith Ingleman	Ft Wayne IN	44	156	2:21:35.4	10:48/M
4. Jennifer Johnson	Ft Wayne IN	44	163	2:45:50.0	12:40/M

Women 45 to 49

1. Jane Davis
2. Leanne Bernstein

City	Age	Overall	Time	Pace
Columbia City IN	45	153	2:15:03.2	10:19/M
Ft Wayne IN	49	165	3:27:47.0	15:52/M

Women 50 to 54

1. Martha Reeves
2. Mary Fennig

City	Age	Overall	Time	Pace
Huntington IN	52	114	1:58:34.1	9:03/M
Decatur IN	53	148	2:11:33.3	10:03/M

Women 55 to 59

1. Sharon Huss

City	Age	Overall	Time	Pace
Fremont IN	59	152	2:14:41.1	10:17/M

Women 60 and over

1. Gloria Nold

City	Age	Overall	Time	Pace
Ft Wayne IN	64	155	2:19:52.2	10:41/M

Overall Male Winners

1. Mike Cole
2. Kevin Rigg
3. Brian Kopack
4. Michael McManus

City	Age	Overall	Time	Pace
Muncie IN	24	1	1:11:34.9	5:28/M
Lima OH	32	2	1:12:39.0	5:33/M
Indianapolis IN	29	3	1:13:57.5	5:39/M
Ft Wayne IN	36	4	1:14:53.3	5:43/M

Masters Male Winners

1. Duane Dye
2. Doug Sundling
3. Hal Pearson

City	Age	Overall	Time	Pace
New Castle IN	40	5	1:17:59.7	5:57/M
Bluffton IN	44	6	1:18:36.6	6:00/M
Albion IN	44	8	1:20:10.2	6:07/M

Men 19 and under

1. Mike Millen
2. Calen Cummins

City	Age	Overall	Time	Pace
Bluffton IN	17	106	1:55:21.3	8:48/M
Ft Wayne IN	18	135	2:04:45.4	9:31/M

Men 20 to 24

1. Chris Adams
2. Brad Thomas
3. William Byer
4. Rod Storer

City	Age	Overall	Time	Pace
Ft Wayne IN	24	31	1:35:35.2	7:18/M
Ft Wayne IN	24	32	1:35:35.8	7:18/M
Ft Wayne IN	23	97	1:53:09.1	8:38/M
Ft Wayne IN	24	151	2:12:12.5	10:05/M

Men 25 to 29

1. Brad Arbuckle
2. David Bruce
3. Rick Briars

City	Age	Overall	Time	Pace
Indianapolis IN	27	77	1:47:21.7	8:12/M
Missoula MT	29	92	1:52:23.8	8:35/M
Ft Wayne IN	29	108	1:56:29.5	8:54/M

Men 30 to 34

	City	Age	Overall	Time	Pace	
1.	Robert Minnich	Ft Wayne IN	32	9	1:20:29.8	6:09/M
2.	Mark Whited	Lagrange IN	34	10	1:21:00.1	6:11/M
3.	Kevin Kwillnski	Ft Wayne IN	30	25	1:34:06.5	7:11/M
4.	Jim Platt	Ft Wayne IN	32	27	1:34:22.2	7:12/M
5.	Donald Workman	Muncie IN	31	40	1:36:41.5	7:23/M
6.	E Hans Schmidt	Columbia City IN	34	42	1:36:47.7	7:23/M
7.	Dana Sawyer	Fishers IN	33	46	1:38:07.0	7:29/M
8.	Steve Newell	Ft Wayne IN	31	70	1:45:12.9	8:02/M
9.	Aaron Raudenbush	Ft Wayne IN	30	82	1:48:53.4	8:19/M
10.	Mike Vitali	Indianapolis IN	3	84	1:49:53.0	8:23/M
11.	John Berg	Monroeville IN	32	86	1:50:54.3	8:28/M
12.	Jeff Gerke	Ft Wayne IN	32	100	1:54:01.5	8:42/M
13.	Matt Arend	Hicksville OH	32	111	1:57:33.8	8:58/M
14.	Joe Cisna	Ft Wayne IN	32	124	2:01:36.6	9:17/M
15.	Brad Heyneman	Ft Wayne IN	30	129	2:02:49.3	9:23/M
16.	Joel Brecount	Ft Wayne IN	33	136	2:05:33.3	9:35/M

Men 35 to 39

	City	Age	Overall	Time	Pace	
1.	Keith Horton	Ft Wayne IN	35	7	1:19:38.4	6:05/M
2.	Kenny Bennett	Kokomo IN	39	11	1:21:03.2	6:11/M
3.	John Schnieders	Decatur IN	35	12	1:21:14.2	6:12/M
4.	Thomas Bussen	Leo IN	37	14	1:25:12.4	6:30/M
5.	Mike Henry	Ft Wayne IN	35	16	1:25:39.8	6:32/M
6.	David Swenson	New Haven IN	37	17	1:26:59.8	6:38/M
7.	Mike Stone	Ft Wayne IN	39	18	1:27:08.1	6:39/M
8.	John Wiening	Ft Wayne IN	39	24	1:33:55.1	7:10/M
9.	Mark Oshaughnessy	Ft Wayne IN	39	30	1:35:10.7	7:16/M
10.	Ted Scholten	Ft Wayne IN	36	33	1:35:36.7	7:18/M
11.	Ken Kilgore	Lagrange IN	36	36	1:36:20.0	7:21/M
12.	Tim Claxton	Ft Wayne IN	35	47	1:38:35.3	7:32/M
13.	Mick Martz	Spencerville IN	38	60	1:42:40.8	7:50/M
14.	Jon Hirsch	Ft Wayne IN	38	66	1:44:42.1	8:00/M
15.	Randall Brinneman	Bluffton IN	35	75	1:46:04.1	8:06/M
16.	Jeff Metzger	Ft Wayne IN	38	101	1:54:19.6	8:44/M
17.	John Knutson	Fishers IN	38	110	1:56:52.1	8:55/M
18.	Michael Maloley	Ft Wayne IN	37	118	1:59:27.7	9:07/M
19.	Rick Evans	Ft Wayne IN	39	121	1:59:56.1	9:09/M

Men 40 to 44

	City	Age	Overall	Time	Pace	
1.	Terry Diller	Ft Wayne IN	41	15	1:25:17.8	6:31/M
2.	Kim Lefever	Columbia City IN	43	20	1:29:54.0	6:52/M
3.	Jeff Milleman	Ft Wayne IN	43	28	1:34:30.5	7:13/M
4.	Mark Brattoli	Ft Wayne IN	43	34	1:35:48.2	7:19/M
5.	Ron Zartman	Ft Wayne IN	42	37	1:36:21.0	7:21/M
6.	Charles Koch	Van Wert OH	43	49	1:38:47.1	7:32/M
7.	Kevin Lochner	N. Manchester IN	43	54	1:40:14.2	7:39/M
8.	Steve Davis	Ft Wayne IN	42	55	1:40:26.6	7:40/M
9.	Dana Grove	Ottumwa IA	44	61	1:43:01.7	7:52/M
10.	Gary Kuhn	Fort Wayne IN	43	67	1:44:49.3	8:00/M
11.	Chuck Zumbrun	Ft Wayne IN	42	76	1:47:10.7	8:11/M
12.	Patrick Ryan	Ft Wayne IN	44	85	1:50:21.5	8:25/M
13.	Jay Gilbert	Ft Wayne IN	40	87	1:51:14.4	8:29/M
14.	Scott Glaze	Roanoke IN	41	95	1:53:04.1	8:38/M

15. Stephen Hilker	Ft Wayne IN	44	132	2:04:18.7	9:29/M
16. Tom Barnes	Wabash IN	42	141	2:10:52.7	9:59/M
17. Daniel Snyder	Lafontaine IN	42	142	2:11:06.8	10:00/M
18. Vern Ceder	Ft Wayne IN	43	145	2:11:30.2	10:02/M
19. Michael Beard	Columbia City IN	43	160	2:27:09.3	11:14/M

Men 45 to 49

	City	Age	Overall	Time	Pace
1. Jed Pearson	Columbia City IN	48	19	1:28:57.8	6:47/M
2. Charles Diehl	Andrews IN	49	21	1:30:29.2	6:54/M
3. Fred Stoffel	Larwill IN	48	23	1:33:32.2	7:08/M
4. John Mcpherson	Fort Wayne IN	46	38	1:36:21.6	7:21/M
5. Richard Annis	Ft Wayne IN	48	41	1:36:44.1	7:23/M
6. Jerry Kiehl	Van Wert OH	49	50	1:39:29.0	7:36/M
7. Thomas Felts	Fort Wayne IN	45	56	1:41:05.5	7:43/M
8. Joe Patterson	Fort Wayne IN	45	65	1:44:05.4	7:57/M
9. Donald Decook	Argos IN	46	68	1:45:02.9	8:01/M
10. Michael Spurgeon	Muncie IN	46	69	1:45:09.5	8:02/M
11. Terry Anderson	Fort Wayne IN	46	73	1:45:48.4	8:05/M
12. Larry Kantz	Milford IN	49	74	1:45:54.9	8:05/M
13. Dennis Strayer	Fort Wayne IN	49	78	1:47:23.4	8:12/M
14. Lon Braun	Garrett IN	48	79	1:47:25.1	8:12/M
15. Rex Piercy	Logansport IN	47	80	1:47:35.4	8:13/M
16. Fred Hannan Jr	Ft Wayne IN	45	90	1:52:04.3	8:33/M
17. Mark Giacinta	Fort Wayne IN	45	103	1:55:04.9	8:47/M
18. Thomas Johnson	Ft Wayne IN	45	107	1:55:25.8	8:49/M
19. Dave Winters	Huntington IN	49	115	1:58:36.2	9:03/M
20. Gregg Glass	Kokomo IN	49	127	2:02:34.6	9:21/M
21. Scott Miller	Ft Wayne IN	46	133	2:04:19.4	9:29/M
22. Dan Salmons	Kokomo IN	45	139	2:09:53.9	9:55/M
23. Joseph Nayarkas	Ft Wyane IN	45	154	2:19:03.1	10:37/M

Men 50 to 54

	City	Age	Overall	Time	Pace
1. Philip Cowan	Van Wert OH	51	53	1:40:01.6	7:38/M
2. Wes Sabins	Fort Wayne IN	54	58	1:42:05.4	7:48/M
3. Lee Pearson	Albion IN	50	64	1:43:58.0	7:56/M
4. Tim Kuiper	Mankato MN	51	72	1:45:42.0	8:04/M
5. Jim Pickett	Waterloo IN	50	81	1:47:57.2	8:14/M
6. Pete Anzeveno	Zionsville IN	52	93	1:52:40.4	8:36/M
7. David Eckert	Ft Wayne IN	52	99	1:53:17.4	8:39/M
8. Douglas Wisely	Monticello IN	52	113	1:57:46.0	8:59/M
9. Barry Humble	Decatur IN	51	117	1:59:13.1	9:06/M
10. Tony Garton	Bluffton IN	52	122	2:00:08.5	9:10/M
11. Rick Storer	Ft Wayne IN	50	140	2:10:51.7	9:59/M
12. Richard Jr. Sexton	Indianapolis IN	50	143	2:11:07.6	10:01/M
13. Jerry Scott	Southport IN	51	162	2:36:42.4	11:58/M

Men 55 to 59

	City	Age	Overall	Time	Pace
1. Brad Yoder	North Manchester	57	22	1:31:18.0	6:58/M
2. Bill Crane	Warsaw IN	57	26	1:34:17.1	7:12/M
3. David Mathew	Van Wert OH	55	29	1:34:58.4	7:15/M
4. Rex Reed	Warsaw IN	58	39	1:36:24.8	7:22/M
5. Bernie Burgette	Ft Wayne IN	56	51	1:39:32.0	7:36/M
6. David Flack	Anderson IN	55	62	1:43:12.9	7:53/M
7. Gene Lightner	Ligionier IN	58	63	1:43:25.9	7:54/M

8.	Don Lindley	Ft Wayne IN	55	94	1:52:59.7	8:37/M
9.	Richard Crispen	Bluffton IN	55	112	1:57:39.7	8:59/M
10.	John Rogers	Ft Wayne IN	56	134	2:04:21.0	9:30/M
11.	Don Ashton	Ft Wayne IN	58	137	2:07:37.5	9:45/M

Men 60 to 64

		City	Age	Overall	Time	Pace
1.	Glen Davis	New Castle IN	61	43	1:37:00.5	7:24/M
2.	Ray Contreraz	Paulding OH	61	52	1:39:42.7	7:37/M
3.	Joe Ziegler	New Haven IN	63	59	1:42:28.7	7:49/M
4.	Gary Cox	Mt Summit IN	61	88	1:51:28.3	8:31/M
5.	Charles Brandt	Ft Wayne IN	60	89	1:51:52.6	8:32/M
6.	Bill Harris	Ft Wayne IN	61	128	2:02:47.2	9:22/M
7.	James Babcock	Bluffton IN	60	130	2:02:51.3	9:23/M

Men 65 to 69

		City	Age	Overall	Time	Pace
1.	Ian Rolland	Ft Wayne IN	66	131	2:04:16.7	9:29/M
2.	Philip Wahls	Ft Wayne IN	68	158	2:23:24.2	10:57/M
3.	Don Rhoades	Columbia City IN	65	161	2:27:46.5	11:17/M

Men 70 and over

		City	Age	Overall	Time	Pace
1.	Lex Dormire	Uniondale IN	70	157	2:22:28.6	10:53/M



Parlor City 10K

September 25, 1999

Overall Female Winners

	City	Age	Overall	Time	Pace
1.	Justina Faulkner	24	6	38:29.0	6:12/M
2.	Kim Davidson	27	9	42:22.8	6:50/M
3.	Paula Rickard	30	11	43:48.3	7:04/M
4.	Linda K Gorman	35	15	45:37.3	7:21/M

Masters Female Winners

	City	Age	Overall	Time	Pace
1.	Jenny Reichert	41	36	51:03.7	8:14/M
2.	Cynthia Sabrack	42	42	52:41.0	8:30/M

Women 20 to 24

	City	Age	Overall	Time	Pace
1.	Wendy Schlagenhauf	23	34	50:29.9	8:09/M
2.	Stephanie Elliott	24	45	53:29.0	8:38/M
3.	Pamela Williams	24	53	56:10.9	9:04/M

Women 25 to 29

	City	Age	Overall	Time	Pace
1.	Laura Henkaline	28	21	46:53.3	7:34/M
2.	Tonya Aerts	27	29	48:54.0	7:53/M
3.	Jil Foreman	26	41	51:46.0	8:21/M
4.	Jill Foley-Arbuckle	26	48	54:00.3	8:43/M
5.	Leslie Bickel	29	51	55:03.4	8:53/M
6.	Christine Zadylak	29	62	1:00:34.5	9:46/M
7.	Ann Hensley	25	68	1:07:07.7	10:50/M
8.	Gwen Wilson	27	71	1:13:13.9	11:49/M

Women 30 to 34

	City	Age	Overall	Time	Pace
1.	Angie Stover	30	23	47:35.2	7:40/M
2.	Sandy Briner	34	56	57:22.3	9:15/M
3.	Laurie Whisler	34	58	58:39.2	9:28/M
4.	Jennifer Imel	34	69	1:07:07.9	10:50/M
5.	Jennifer Berg	31	72	1:13:14.2	11:49/M

Women 35 to 39

	City	Age	Overall	Time	Pace
1.	Lorraine Fox	38	43	52:46.7	8:31/M
2.	Mary Sheffer	35	57	57:33.2	9:17/M

Women 40 to 44

	City	Age	Overall	Time	Pace
1.	Tamara Wright	41	49	54:09.2	8:44/M
2.	Rita Bunner	44	66	1:04:30.7	10:24/M
3.	Diane Post	42	70	1:09:35.2	11:13/M

Women 45 to 49

1. Barb Louchner

City	Age	Overall	Time	Pace
N Manchester IN	48	65	1:02:16.3	10:03/M

Women 55 to 59

1. Sarah Kleinknight

City	Age	Overall	Time	Pace
Ft Wayne IN	56	67	1:05:11.3	10:31/M

Overall Male Winners

1. Brad Cooper
2. Tod Esquivel
3. Michael Fruchey
4. Ed Freygang

City	Age	Overall	Time	Pace
Ft Wayne IN	37	1	33:29.2	5:24/M
Ft Wayne IN	22	2	34:09.8	5:30/M
Huntertown IN	30	3	35:33.3	5:44/M
Noblesville IN	36	4	36:41.8	5:55/M

Masters Male Winners

1. Dan Moord
2. Don Nickels

City	Age	Overall	Time	Pace
Ft Wayne IN	42	5	37:11.3	6:00/M
	47	8	42:17.5	6:49/M

Men 19 and under

1. Drew Nowakowski

City	Age	Overall	Time	Pace
Muncie IN	11	39	51:38.5	8:20/M

Men 20 to 24

1. Joe Eley

City	Age	Overall	Time	Pace
Franklin IN	21	13	44:54.0	7:15/M

Men 25 to 29

1. Anthony Stephenson
2. Todd Anzeveno
3. Rich Skaggs
4. Tad Baumgartner
5. Michael Johnson

City	Age	Overall	Time	Pace
Decatur IN	29	12	43:54.3	7:05/M
Huntington IN	29	22	47:00.1	7:35/M
Ft Wayne IN	25	38	51:22.5	8:17/M
Bluffton IN	25	46	53:29.4	8:38/M
Monroe IN	25	54	56:11.4	9:04/M

Men 30 to 34

1. Paul Cearns
2. Mark Corral

City	Age	Overall	Time	Pace
Convoy OH	34	7	38:47.5	6:15/M
Indianapolis IN	34	50	55:03.0	8:53/M

Men 35 to 39

1. Ric Poorman
2. Tracy Cross
3. Kent Lesh
4. Andrew Camhill

City	Age	Overall	Time	Pace
Ft Wayne IN	39	31	49:09.1	7:56/M
Ft Wayne IN	35	32	49:40.8	8:01/M
Bluffton IN	39	59	59:02.7	9:31/M
Bluffton IN	35	60	59:03.1	9:31/M

Men 40 to 44

1. Mitch Harper
2. Wayne Shaffer
3. John Schumaker
4. Toby Jo Hullinger
5. Michael Variell

City	Age	Overall	Time	Pace
Ft Wayne IN	43	16	45:37.7	7:21/M
New Castle IN	42	17	45:44.4	7:23/M
	40	18	46:29.4	7:30/M
Monroeville IN	40	24	47:56.5	7:44/M
Middlepoint OH	42	28	48:37.8	7:50/M

6.	Gary Bird	Columbia City IN	41	30	49:08.7	7:55/M
7.	David M Graney	Ft Wayne IN	40	37	51:19.2	8:17/M
8.	Richard Nowakowski	Muncie IN	42	40	51:39.5	8:20/M
9.	Hal Atkinson	Ft Wayne IN	44	47	53:33.2	8:38/M
10.	Kenneth Spears	Ligonier IN	40	63	1:00:47.2	9:48/M

Men 45 to 49

		City	Age	Overall	Time	Pace
1.	Tim Zumbaugh	Fort Wayne IN	46	10	43:40.8	7:03/M
2.	Don Ransome	Warsaw IN	49	14	45:13.8	7:18/M
3.	Donald Kramer	Van Wert OH	45	20	46:52.3	7:34/M
4.	David McDonald	Bronson MI	46	25	47:57.5	7:44/M
5.	Tom Schumacher	Bluffton IN	45	35	50:50.9	8:12/M
6.	Lynn Bobay	Columbia City IN	48	52	55:39.7	8:59/M
7.	Ray Paxson	Bluffton IN	45	55	56:45.2	9:09/M
8.	Paul Sabrack	Ft Wayne IN	47	61	59:09.0	9:32/M

Men 50 to 54

		City	Age	Overall	Time	Pace
1.	Art Obregon	Pierceton IN	52	19	46:44.9	7:32/M
2.	Michael Barman	Ft Wayne IN	50	26	48:01.6	7:45/M
3.	Burns Steve		53	64	1:01:23.8	9:54/M

Men 55 to 59

		City	Age	Overall	Time	Pace
1.	Fred Ross Jr	Warsaw IN	58	33	50:17.1	8:07/M
2.	Jon Ingleman	Ft Wayne IN	57	44	53:12.1	8:35/M

Men 65 to 69

		City	Age	Overall	Time	Pace
1.	Curtis Nold	Ft Wayne IN	67	73	1:15:48.2	12:14/M

Men 70 and over

		City	Age	Overall	Time	Pace
1.	Don Anderson		27	48:14.0	7:47/M	

Greetings:

The 1st Double *MoE 200 Mile Trail Run* was small, but successful. No one was seriously injured, arrested, divorced, or, well enough of that. A complete tale will become available soon, and Mr. Joe "I'd like to buy a vowel" Jurczyk has offered to post it on the Mohican 100 Mile web site.

Frederick Davis III was a late entry, and was crewless. He decided it would be difficult to finish without more help and withdrew after 38 miles. Regis Shivers Jr. started the run but it was obvious that his heart was not into it. He left after 50 miles and returned home to attend the funeral of a very good friend. Jim Musselman had some difficulties from very early in the run, with blisters (remnants of the Arkansas Traveler less than two weeks before this run, or possibly the Angeles Crest, or .. He completed the first 100 miles in 26:10. Jerry Bartram withdrew on Saturday morning. His goal was to run in 4 stages but he had an ankle problem which he knew would prevent a finish. He completed 107 miles.

Finishers

Robin Fry (100 mile split 26:10) Final 59:47:00 Regis Shivers (Sr.) (100 mile split 24:50) Final 73:26

The weather was perfect, I think (after the storm passed and destroyed my family's tent the night before the race began). From dawn on Thursday through all of Saturday there literally was not a cloud in the sky, the sky was as blue as it ever gets in Ohio, and the stars were as bright as ever--all this even before the hypersensitization which can result from sleep deprivation. And autumnal colors appeared to be at a peak also. To sum up.... it was downright magical!

The annual Red Ribbon Run in Van Wert, OH was on October 17, 1999. The weather was overcast and wet, so the turnout was limited to the hard core Van Wert running community.

Results provided courtesy of Scott Mills of the Van Wert Roadrunners.

	Age	Time
1. Jerry Williams Jr	39	17:01
2. Mark Sanderson	38	17:46
3. Ben Cowan	20	18:28
4. Paul Cearns	35	19:21
5. Jeff Maus	42	19:47
6. Jon Campbell	15	21:27
7. Joseph Gardner	25	21:39
8. Bryan Johnson	16	21:42
9. Michael York	14	22:08
10. Tremaine Boaz	12	22:10
11. Jerry Maus	38	22:33
12. Bryan Etzler	13	22:38
13. Mark Alstaetter	37	22:42
14. Don Kramer	45	23:04
15. Katie Bagley	13	23:15
16. Jerry Kiehl	49	23:19
17. Dennis Core	50	23:23
18. Mike Variell	43	23:57
19. Sandy Dieringer	44	24:52
20. Robb Knippen	37	25:27
21. Tom Hiner	35	26:04
22. Bill Sanderson	46	28:04
23. Aimee Rosendahl	15	28:10
24. Dan Hale Sr	60	28:36
25. Tavie Buhl	43	28:45
26. Dan Hale Jr	38	29:00
27. Catina Beahrs	26	34:28
28. Angie Miller	27	34:29

1999 Matthew 25 Times Corners Lions Club 10K Run

	Age	Time
1. RON SHARP	33	35:46
2. PAUL FURNISS	32	36:33
3. DAN MOORD	42	37:40
4. ROGER WILSON	46	38:06
5. BILL MOORD	45	38:32
6. BOB EHERENMAN	33	39:12
7. TERRY COONAN	48	40:35
8. THOMAS WHEELER	36	42:26
9. DANIEL BRAUN	15	43:09
10. JERRY STEINHOFF	45	44:07
11. TOM LANDIS	43	44:11
12. TRINA CHAPMAN-SMITH	36	46:06
13. FRED HANNAN JR	45	47:22
14. TOM GUTWEIN	35	47:30
15. MATT HENDRICKSON	23	51:38
16. HOLLY DAVID	25	52:36
17. CHRISTOPHER FEGLEY	26	52:40
18. LORRAINE FOX	38	52:55
19. JON INGLEMAN	57	52:58
20. MIKE MOHRMAN	49	53:04
21. ANNE KARR	45	53:05
22. KATIE CREIGHTON	41	53:17
23. CHRISTINE KMICKIEWICZ	24	54:05
24. ROBERT BRAUN	47	54:13
25. SUSAN MARKEY	44	55:13
26. THOMAS FUELLING	49	55:18
27. HAL ATKINSON	44	56:11
28. MARY YEAGER	34	57:46
29. BILL PATTERSON	68	1:00:14
30. STEVE HATLEM	45	1:01:10
31. ROBERT LEEPER	72	1:02:30
32. SARAH KLEINKNIGHT	56	1:04:39
33. DIANE POST	42	1:06:00
34. JOE NAYARKAS	45	1:08:01
35. JUNE MINTCHELL	40	1:08:01

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, POSTPONEMENTS, 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

ROAD RUNNERS CLUBS
OF AMERICA (RRCA)

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

<http://rrca.org/>

DECEMBER 1999

11 Sat.

- 11 SAT (R) Jingle Bell Run, 5k, Lima, Ohio
(419) 657-5868
- 11 SAT (R)Polar Bear 5k, 10:00 am, Defiance, Ohio,
Chris Hoeffel (419) 784-4747
- 11 SAT Jingle Bell Run, 5k, 9:00 am, Dayton, Ohio
Barbara Stonerock (937) 293-5211
- 11 SAT Jingle Bell Run, 5k, 9:00 am, Fremount, Ohio,
Arthritis Foundation, 309 N. Reynolds Rd., Toledo, Ohio, 43615
(419) 537-0888
- 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 Muncie 10 Miler, 1 pm, Mitchell School, Muncie, Ind.,
John Primmer (765) 289-8062
- 12 SUN Chippewa 5k, 2:00 pm, Lakeview, Ohio,
Vince Plikerd (937) 293-5211

12 Sun.

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

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

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 HUFF50K@aol.com

18 SAT ORRRC 5k Christmas Run, 10:00 am, Kettering, Ohio,
(937) 436-1371 www.orrrc.org

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 From Last to First Run, 3k, 11:52, Milligan Park, Crawfordsville, Ind.
Ed Stuffle (765) 362-4672

31 FRI Resolution Run, 5k, 11:45 pm, Beavercreek, Ohio,
Jack Holliday (937) 599-6633

31 FRI Belle Isle New Year's Eve 4 Mile and 1 Mile walk, 4:00 pm,
Detroit, Mich., Jeanne Bocci (313) 886-5566

31 FRI New Year's Eve 5k Run, 3:00 pm, Jackson, Mich.,
Risa Wilkerson (517) 788-4376 eceditor@voyager.com

31 FRI New Year's Resolution 8k R/W, 2:00 am, Downtown YMCA, Flint,
Mich., Riverbend Striders (810) 659-6493

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

JANUARY 2000

01 Sat.

01 SAT 4th Annual Frigid Five, 5k, 1:00 pm, Kosciusko Community YMCA,
1401 Smith St., Warsaw, Ind., Don Ransome (219) 267-4140

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. 01 SAT 26th Sergeant Preston, Yukon King 6 Mile run and 5k walk, New Year's Day Run, Muskegon St. Park, Muskegon, Mich., Sgt. Preston Run, (231) 744-8952
- 01 SAT Siberian Express, 7.6 Miles, 12:00 Noon, Kikapoo State Park., Danville, ILL., Marc Reedy (217) 431-4243
- 01 SAT New Year's Day Fun Run and Walk, 11:00 am, Wacker and Adams, Chicago, ILL., (773) 868-0425
- 02 Sun. 02 SUN Domino's festival of Lights, 5k and 1k, Ann Arbor, Mich., Athletic Ventures (734) 332-3981
- 02 SUN Run for the Millennium, 5k, 10:00 am, Downtown Cleveland, Ohio, (216) 623-9933
- 08 Sat. 08 SAT(R) Frigid 5 Mile, 10:00 am, Kendallville Youth Center, Kendallville, Ind., Brian Shepherd (219) 894-4638
- 08 SAT Reese Winter Road Race Series, 10k & 5k, 10:00 am, Reese, Mich., Rick Houghtaling, 9951 Maker Rd., Reese, Mich., 48757 (517) 693-6558
- 09 Sun. 09 Sun Midwinter Frolic 5k, 9:00am, Park Forest, ILL., Kathleen Murry (708) 755-579-2070 kmurry@xsite.net
- 09 SUN Walt Disney World Marathon and Half Marathon, Walt Disney World, P.O. Box 536547, Orlando, Fla., 32853-6547 (407) 939-7810
- 15 Sat. 15 SAT Portland Winter Run, 5k, 10:00 am, Portland H.S., Portland, Mich., David Hoort, Portland Running Club, (517) 647-7873 jordonh@hotmail.com
- 15 SAT Snowflake Run/Walk, 5k R/W, 10k R, Flushing, Mich., Riverbend Striders, PO Box 233, Flushing, Mich., 48433 (810) 659-6493
- 16 Sun. 16 SUN Methodist Health Care Houston Marathon, Houston, Tx (713) 957-3453 houstonmarathon.com
- 22 Sat. 22 SAT Frozen Foot Race, 5 Mile & 2 Mile, 10:00 am, Beulah, Mich., Chuck Bissell (231) 275-7716
- 22 SAT Fosty 5k Run and 1 Mile Walk, 9:00 am, Newcastle Park, Burbank, ILL., Bill Olsen (708) 599-2070
- 29 Sat. 29 SAT Strawberry Plains Half Marathon, 9:00 am, Strawberry Plains, Tenn., Kitty McCracken (423) 693-9478 www.ktc.org

30 Sun.

30 SUN Columbus Roadrunners Winter Run, 15 Miles and 3 Miles, Pickerington H.S., Pickerington, Ohio, 1:00 pm, Tom Martin, (614) 764-2329

30 SUN Super Bowl 5k, 11:00 am, Novi, Mich.,
Chuck Block (248) 478-3596 runningfoundation@ameritech.com

FEBRUARY 2000

05 Sat.

05 SAT(R) Winter Carnival 5k, 10:00 am, Lakeside Park, Syracuse, Ind.,
Brian Shepherd (219) 894-4638

05 SAT St. Paul Winter Carnival Frozen Half Marathon and 5k, 7:00 am, St. Paul, Mn., St. Paul Festival & Heritage Fdn., (651) 223-4700

06 Sun.

06 SUN(R) Frozen Frenzy 5k, 2:00 pm, Valparaiso, Ind.,
Chris Dill (219) 462-5144

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

12 Sat.

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

12 SAT Bop to the Top, Stair Climb, Downtown Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632

12 SAT Cupid's Fling 5k, 10:00 am, Clay Jr. High, Carmel, Ind.,
Runners Forum (317) 844-1558

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

13 Sun.

13 SUN(R) Valentine 5k, 2:00 pm, Valparaiso, Ind.,
Mike Prow (219) 548-3694 40wach@aol.com

19 Sat.

19 SAT Think Spring 5k, Ligonier Elementary School, Ligonier, Ind.,
Brian sheperd (219) (219) 894-4638

19 SAT Polar Bear Run/Walk, 5 Mile Run and 5k Walk, Downtown
Indianapolis, Ind., Ken Long and Associates
(317) 632-8812 www.kenlongassoc.com

19 SAT Chilli Open 5k, 9:00 am, Kings Island Parking Lot, Mason, Ohio,
Steve Preston (513) 339-9242

19 SAT Sylamore Trail 50k, Allison, Ark., Randy Davidson, 23 Maywood Dr.,
Little Rock, Ark., 72223 (501) 868-5555 sylamore50k@aol.com

- 20 Sun. 20 SUN Wacky Snacky 5k, 10:00 am, Chicago, ILL.,
Chicago Special Events Mangt., (773) 868-3010
- 26 Sat. 26 SAT Smokey Mountian Marathon and 5k, 8:30 am, Townsend, Tenn.,
Sherman Ames, Knoxville Track Club, (423) 588-7465
- 26 SAT Blue Angel Marathon and 5k, Pensacola, FL,
(850) 452-4391 www.mwr.pcola.navy.mil
-
- MARCH 2000**
-
- 05 Sun. 05 SUN Black Walrus Run, 2:00 pm, Tipton H.S., Tipton, Ind.,
Brian Shortridge (765) 675-4930
- 05 SUN ORRRC Marathon and Half-Marathon, 8:30 am, Xenia, Ohio,
Kevin Walsh (937) 436-1802
- 11 Sat. 11 SAT Mountian Goat Runs/Walk, Danville, ILL.,
Kennekuk Road Runners, PO Box 1701, Danville, ILL., 61834
(217) 481-5090
- 11 SAT Murphysboro St. Patrick's Celtic Celebration, 5k R/W,
Murphysboro, ILL., Kim Hails (618) 684-6421
executive@globaleyes.net
- 17 Fri. 17 FRI The Finish Line IAC Shamrock, 10kR and 5kR/W,
Downtown, Indianapolis, Ind.,
Ken Long and Associates (317) 632-8812 www.kenlongassoc.com
- 19 Sun. 19 SUN Spring Valley Building Block 4 Mile R/W, 9:00 am, Centerville, Ohio,
Marguerite Holtz (937) 885-7946 buildingblockrun@usa.com
- 25 Sat. 25 SAT(LP) Nutra Runs, 20k and 5 Miles, 2:00 pm, Woodside Middle School,
Ft. Wayne, Ind., Mike McAvoy (219) 824- 5158
- 25 SAT(L) **FWTC Annual Awards Banquet, 6:30 pm, Walb Student Union, IPFW,**
Ft.Wayne, Ind., Small Cost for a Catered Dinner, This is a Family
Oriented, Bring your Spouse and Kids Event with a Sports Expo
and Magician for Entertainment
- ***Please Note Date Change From Past Years *****
- 26 Sun. 26 SUN Cincinnati Heart Mini-Marathon, Cincinnati, Ohio,
(513) 281-4048
-
- APRIL 2000**
-
- 01 Sat. 01 Sat(LP) MastodonStomp, 5k, 9:00 am, Hillard Gates Sports Center, IPFW,
Ft. Wayne, Ind., Judy Tillapaugh (219) 481-6647

- 01 Sat. 01 SAT South Shore Half Marathon, 8:30 am, Milwaukee, Wis.,
(414) 771-3688
- 02 Sun. 02 SUN(R) 1st annual Van Wert Marathon, Van Wert Resivor, Van Wert, Ohio,
Mark Alstaetter (419) 238-4890 kiggs@bright.net
- 02 SUN Farm Bureau Community Partners Distance Classic,
15k Run and 4 Mile Walk, Indianapolis, Ind., Ken Long And Assoc.
(317) 632-8812 www.kenlongassoc.com
- 08 Sat. 08 SAT USI Eagle 5k R/W, 9:00 am, Evansville, Ind.,
Nancy Johnson (812) 464-1924 njohnson@usi.edu
- 08 SAT Domino's Heat Wave 20k, U-M Heart Care 10k & 5k, Domino's Farms,
Ann Arbor, Mich., Ann Stewart (734) 372-3981
ann@athleticventures.com
- 16 Sun. 16 SUN St. Francis Hospital & Health Centers "Bricks to Bricks",
10 Mile Run and Walk, Indianapolis, Ind., Ken Long and Assoc.
(317) 632-8812 www.kenlongassoc.com
- 17 Mon. 17 MON Boston Marathon, 12 noon, Hopkinton-Boston, Mass.,
BAA Boston Marathon, One Ash St., Hopkinton, Mass., 01748
- 29 Sat. 29 SAT Kentuucky Derdy Festival Mini-Marathon, 8:00 am, Louisville, KY.,
Kentucky Derby Festival (800) 928-3378
- 29 SAT Music City Marathon, 7:00 am, Nashville, Tenn.,
Elite Racing, Inc., (858) 450-6510 www.cmmarathon.com
- 29 SAT(L) Arts Fest Run, 8k Run and 2 Mile Fun Walk, 9:00 am, Fine Arts Bldg,
IPFW, Ft. Wayne, Ind., Gary Lanier (219) 481-6977
- 30 Sun. 30 SUN Lake County Races, Marathon and Other Races, Highland park, ILL.,
(888) RUN-RUN1
-
- MAY 1999
-
- 06 Sat. 06 SAT Indianapolis Life 500 Festival Mini-Marathon, 9:00 am,
Indianapolis, Ind., 500 Festival (800) 638-4296 www.500festival.com
- 07 Sun. 07 SUN UPMC Health System/City of Pittsburgh Marathon, Pittsburgh, Pa.,
(412) 647-7866 www.upmc.edu/pghmarathon
- 13 Sat. 13 SAT National City Jeep Davis 5k, 8:15 am, Barberton, Ohio,
Carl Bako (330) 745-5995 carlbako@aol.com
- 13 SAT Lake Geneva Marathon, 25k, and 5k, Lake Geneva, Wis.,
Frank Dobbs (414) 248-4323 www.lakegenevasports.com

14 Sun.

14 SUN Cincinnati Flying Pig Marathon, Cincinnati, Ohio,
(513) 721-PIGS (7447)

14 SUN Quad Cities Distance Classic Half Marathon and 5k, 7:30 am,
Rock Island, ILL., Cornbelt Running Club (319) 326-1942

27 Sat.

27 SAT(L) The Rat Race 10k, 8:00 am, Downtown Ft, Wayne, Ind.,
Stephen Hilker (219) 747-7186

27 SAT Carmel Classic 8k, Carmel, Ind.,
Runners Forum (317) 844-1558

29 Mon.

29 MON(R) The Truth-Bank One Great Race XX Sports Festival,
Half Marathon and Other Races, 7:30 am, Goshen-Elkhart, Ind.,
(800) 585-5416

NEWS FLASH!!

Attention ALL
Fort Wayne track Club Members...
The Annual Awards Banquets
has been Moved to
March 25th at IPFW.
Check your mail for a
special invitation!

Friend and Mentor - Jonathan Schlatter

I first meet Don Lindley four years ago in Jerry Mazock's kitchen after we had completed Jerry's annual Thanksgiving mourning six mile run, before that all I had heard talk of was a scrawny little old man who if need be could almost run forever. Don had asked the post race crowd if anybody was interested in taking over the race calendar for the FWTC newsletter from Don Ford who was departing for Colorado. When I accepted the position it proved to be the catalyst for what can best be described as a mentoring friendship with Don. Much of what I know about running, especially trail running, I have learned from Don, not that all lessons have been easily taken to heart. I remember an incident a couple of summers ago when after run a race with Don in Auburn, Ind., he took me for a training run at Meta County Park, just NE of Ft. Wayne, Ind. The longer we were there the less we ran and the more we walked and the more I became inclined to such thoughts as "why the #@*&% can't we just run?" That fall as I struggled through the mud and pain of the last miles of the OPSF 50k I suddenly began to appreciate the value of what he was trying to teach me. Every runner should have a friend such as Don who not only has the wisdom of 35 plus years of running but also the willing kindness to impart it. The reason I have dedicated this column to Don is that he was recently honored by the Ft. Wayne Sports Corp. as one of the founders of the FWTC and for his 20 plus years of volunteerism to the Ft Wayne area running community. The true measure of a runner of Don's caliber is not found in the accolades of his vast accomplishments but rather in the lives of those runners that he has influenced some of who now share their thoughts about what Don has meant to them.

1. Judy Tillapaugh - "On the trails of Fox Island, Chain-O Lakes, Huntington Res., etc., I grew to appreciate Don's devotion to the Christian spirit for through hours of trail talk I learned lessons for life."
2. J.P. Jones - "Even if Don has been to the start of a race or a trail head only once he has the eerie ability to return via different routes and as you are traveling he will describe the trail in vital detail."
3. Jerry Mazock - "Very durable, honest, and a hard worker are words that I use to describe Don, who dispenses advice with humor such as putting ice in your running shorts in the summer to keep cool."
4. Jerry Deihl - " Don has the uncanny knack for being adaptable and flexible on a trail due to changing physical or weather conditions and will invite others to take in and be part of the adventure with him."
5. Linda Gorman - "Don has been the catalyst for local runners for many years and his guidance and advice has been freely given to runners both young and old, new and experienced."
6. Mitch Harper - "It was at the OPSF 50/50 that Don and I first got know one another as he encouraged me to do the full 50k which eventually lead to my first 100 miler which I couldn't have done without him"
7. Paul Ausderan - "Don once purchased \$138 worth of prizes for a FWTC race for only \$28 proving again that this frugal, bald-headed wonder is one of the main reasons the FWTC treasury is so healthy."
8. Rick Edde - "I recently finished the OPSF 50 miler which Don helped make a comfortable experience as he ran with me, for he kept me on time, on an informed course, and on a clear perspective of the race."
9. Kim Davidson - "Don, who at times looks like a basset hound with his bandanna sticking out his race hat, is an awesome individual who no matter where he is has an impeccable sense of direction."
10. Jeff Milleman - "Don is Mr. cure-all who has a bottomless gym bag full of various medical supplies and ointments who has awakened sleeping runners to the sound of him taping his feet for a race."

Lakeshore 50K - September 18, 1999 - Holland, MI

Don Lindley - 8th overall - 1st Age Division - 5:22:17

The 9th and final edition of the Lakeshore 50 was run in near perfect conditions. This was not a trail run and with the growing popularity of trail races, the race director is moving the race site further north to Manistee National Forest that will include a marathon, 50K and 50 mile trail run on September 23, 2000.

The race was ran on a beautiful bike path that was mostly protected by many trees. It included four aid stations on one loop that you had to run twice. It was flat and fast with two small hills close to the finish.

My goal was to finish in 6:30. I did not anticipate the course to be so flat and the cool temperatures with very little wind.

This race was not on my regular schedule, it was one of those last minute decision . I called the race director the night before the race to see if I could register the morning of the race. He said that was no problem and faxed me a map where to go. I thought this would be an excellence training run for the Parlor City Trot and the Germantown 50K and run slow and easy. I drove that night from Fort Wayne to Holland, MI. and got there about midnight. Since there were no motels near the race site, I decided to camp out in my van on a lake access area. Then boats came rolling in around 4 am., that was my morning wake up call.

So I drove to the start/finish, there I waited to registered just at sunrise. I got a bib number and a long sleeve embro turtle neck shirt. The shirt could have been from last years race since there was no date on it. We race directors have a tentative to recycle awards.

The race started promptly, and I race out to a 7th place overall place in the first several miles. Then my goal was to hold that place during the entire race. Although only one runner past me, I still was able to maintain pace and position.

When I finished, I received a finisher's mug, a big 10oz mug by the way, and then I was told that I won my age division and I got a nice gray embro sweat shirt.

In no way, I ran similar to many years ago, when I finished the Muncie 50K in 3:59. Both races were similar in some respect, they were the last and final edition as a road type ultra.

5th Germantown Trail Ultra 50K - October 2, 1999 - Germantown, OH

Don Lindley - 46th Overall - 12th Age Division - 7:10:39

David Heitkamp - 47th Overall - 9th Age Division - 7:10:40

The GTR50 course consists of a 12.5K loop repeated four times. The trail has eight major hills that has about 1,000' of climb per loop. Last year I experience rain, wind, and low temperatures and I finish in 6:48:57. This year it was hot and dry for David and I to attempt. I usually run really good when it is hot, but the heat and my feet affected me on the last two loops. Lap 1 was 1:26:48 and Lap 2 was 1:35:49; but Lap 3 and Lap 4 was terrible, 1:55:40 and 2:13:02, respectively. Even though I did not run a PR, I still enjoyed the fall colors and running in the leaves, it was beautiful and it was a great day to enjoy nature. David and I was awarded a nice plaque with a picture of the course attached to it. After being provided a portable hot shower from another ultra runner, we cleaned up and walked gingerly to the park shelter and enjoyed two bowls of chili soup and some homemade cookies provided by the Ohio River Road Runners. I told David I gained two pounds in last year's race, because the well stocked aid stations and chili soup were superb. Again, the ORRC provided a buffet of good food that I couldn't resist.



November 13, 1999

To Bill Walker, who sets a good example for every coach, teacher, student, and father. Thank you for your contribution of 50 years to the sport of running.

Over the many years, you showed us your love, honesty and Christ-like heart. That devotion for the life of Christ has been displayed to the Fort Wayne Track Club as a friend in running.

I remember many things about you and your competitive nature as a coach and father. Your daughter, Kristy, became one of the best runners in the area because of your perseverance and my two sons, Brian and Michael had great respect for you while running at Wayne High School.

By all means, our church family meant a lot for the both of us but we know the race was set before us. The prize you received for all of your efforts over the years now can be enjoyed in celebration. You deserve better, but the real peace and joy has been accomplished.

Our friendship will always continue toward a better quality of life.

God Bless.

Fort Wayne Track Club
Don Lindley

Turkey Trot 99 - November 20, 1999

Overall Female Winners

	Age	Time
1. Ruth Dunn	40	21:16.7

Women 13 and under

1. Stephanie Fenstermaker	13	24:15.5
2. Anna Gault	9	28:08.4
3. Tia Runyan	12	31:46.7

Women 14 to 15

1. Ashley Trumbull	15	27:30.1
2. Madelon Martinez	15	29:49.6

Women 16 to 17

1. Stephanie Huffman	16	22:09.1
2. Erin Vanvuren	16	23:18.6
3. Emily Schweikhardt	16	27:06.0
4. Kimberly Howe	16	29:37.6
5. Kristi Helm	16	29:53.0

Women 18 to 19

1. Laura O' Donnell	19	22:53.9
2. Lindsae Rhoades	18	23:17.0

Women 20 to 24

1. Kim Reinoehl	24	25:59.4
2. Jamie Uecker	23	26:40.7

Women 25 to 29

1. Crystal A Jones	25	31:02.
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Women 30 to 34

1. Catherine Davis	32	29:15.1
2. Tracy Rudisill	31	32:52.9
3. Michelle Stephens	30	34:09.1

Women 35 to 39

1. Linda K Gorman	36	21:23.2
2. Caroline Runyan	35	25:27.1
3. Robbin Mauger	39	25:28.2
4. Kathy Lefever	37	31:00.8
5. Jill Ash	37	33:02.8

Overall Female Winners

1. Carolyn Streeter	42	24:28.2
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Women 40 to 44

1. Tamara Wright	41	25:25.4
2. Anita O'reilly	42	25:55.1
3. Judith Ingleman	44	26:11.3
4. Lisa Lantz	43	29:01.2
5. June Mintchell	40	32:23.1
6. Renee Fenstermaker	42	33:25.6

Women 45 to 49

1. Kathryn Pleus	49	25:03.5
2. Susan Peterson	45	30:30.5
3. Rita Bunner	45	30:34.5

Women 50 to 54

1. Jan Schaltenhand	52	32:23.5
2. Mary Anne Gates	51	38:50.0

Women 55 to 59

1. Sharon Huss	59	29:07.0
2. Dede McManus	59	30:36.1
3. Jane Lewandowski	55	31:00.3
4. Sharon Pauley	59	1:00:37.0

Overall Male Winners

	Age	Time
1. Ron Sharp	34	16:08.1

Men 13 and under

1. Corey Bonar	12	21:52.6
2. Paul Imbody	12	22:55.0
3. Sean McAvoy	9	24:20.3
4. Matthew R Wright	13	25:20.8
5. Sam N Bird	9	25:48.9
6. Clint Paine	12	28:26.7
7. Andy Berghoff	9	29:28.5
8. Bobby Gault	7	29:52.0
9. Michael Tharpe	8	31:47.3
10. Chris Gorman	8	32:09.3

Men 14 to 15

1. Chris Brown	15	18:12.2
2. Derek Leininger	15	18:41.1
3. Dave Woehner	14	20:38.2
4. Justin Barman	15	22:18.9

Turkey Trot 99 - November 20, 1999

Men 16 to 17

1. Nick Bustos	17	18:39.2
2. Cory Leas	16	20:13.0
3. Dan Reinking	16	22:12.1
4. Robert Lee Paine	16	26:19.8

Men 18 to 19

1. Casey Shafer	19	16:26.9
2. Kevin Hotopp	18	19:18.0

Men 20 to 24

1. Michael Derryberry	20	17:10.0
2. King Oberlin	21	17:20.4
3. Jason Reinoehl	21	18:29.9
4. Andrew Helfrich	20	18:31.6
5. Nick Sloffer	21	19:01.2
6. Brad A Thomas	24	19:27.1
7. Chris Adang	24	20:37.1
8. Brian Cashdollar	24	22:22.3

Men 25 to 29

1. Rod Obregon	25	17:57.4
2. Jon Uecker	26	20:16.6
3. Chris A Dunmire	26	20:22.0
4. Brian Browning	26	21:58.8
5. Jeff Switzer	26	22:15.1
6. Louie Steinbach	26	24:40.5
7. Neal Cunningham	29	25:57.9

Men 30 to 34

1. Michael Fruchey	30	16:46.2
2. Bob Minnich	32	17:51.9
3. Michael Schoudel	31	18:28.5
4. Jerry Gerig	32	19:38.3
5. Joel Barrett	31	21:41.5
6. Mike Snavley	32	24:55.2
7. Jim Uecker	31	26:41.2
8. Homer Witham	31	26:48.8

Men 35 to 39

1. John Schnieders	35	18:15.5
2. Sam Stephens	36	18:53.8
3. Thomas Bussen	37	18:54.3
4. David Swenson	37	19:09.5
5. Jeff Metzger	38	21:25.6
6. Rocky Rowe	39	21:35.5

7. David Finley	35	22:52.9
8. Michael L McAvoy	39	24:22.1
9. Jim Berghoff	39	25:27.7
10. Steve Rhoades	39	26:29.4
11. Thomas Cleveland	37	27:58.2

Overall Male Masters Winners

1. Doug Sundling	44	17:48.4
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Men 40 to 44

1. Tim O' Connell	43	17:54.5
2. Carl A Risch	42	18:45.3
3. Kim Lefever	43	19:34.4
4. Paul Staffler	41	19:40.6
5. Fred Wooley	44	19:52.5
6. Jay Prichard	42	20:15.4
7. Mark Brattoli	44	21:15.1
8. Bob Womack	42	22:23.8
9. Mitch Harper	43	22:31.9
10. Bob Gault	41	23:05.1
11. David Lowe	41	23:06.1
12. Toby Jo Hullinger	40	23:13.2
13. Doug McKinzie	44	23:15.0
14. Ed Shinn	42	23:29.2
Chuck Putterbaugh	42	23:33.4
16. Randy Vachon	41	23:34.2
17. Kevin Truelove	42	24:01.7
18. John B Powell	42	24:25.3
19. Steve Conrad	40	25:26.3
20. Gary L Bird	41	25:49.3
21. Brian Miller	43	26:47.3
22. John Tharpe	44	31:51.5
23. Diane Post	42	32:07.1
24. Michael Runyan	41	33:35.5

Men 45 to 49

1. Hal Pearson	45	18:19.4
2. Roger Wilson	46	18:52.5
3. Jed Pearson	48	19:44.7
4. Neil Tate	48	20:33
5. Van Hauptert	47	21:51.3
6. John Sites	48	22:03.0
7. John David McPherson	46	22:37.9
8. Fred Hannan, Jr.	45	22:48.1
9. Ronald Hammond	46	23:05.5
10. Robert Schantz	47	25:30.3

Turkey Trot 99 - November 20, 1999

11. Lynn T Bobay	48	26:54.6
12. Mark Jones	46	30:13.0
13. Tom Switzer	45	30:26.5
14. Joseph Nayarkas	45	30:58.2
15. Dana Budd	45	31:51.0
16. Doug Lehman	47	32:41.4

Men 50 to 54

1. Gordon Pleus	53	19:54.3
2. Art Obregon	52	22:59.5
3. Kent C Ober	54	23:19.6
4. Jim Pickett	50	23:27.4
5. Joel Schartzner	52	23:31.4
6. Michael Barman	50	23:32.3
7. Rich Stephenson	52	24:42.0
8. Bob Fahl	51	25:10.6
9. James H Wright	52	26:23.5

Men 55 to 59

1. Dewain Cobbs	57	21:47.6
2. David Boylan	57	21:49.8
3. Jon Ingleman	57	26:11.8
4. Kenneth Relue	56	31:18.6
5. Robert E Paine	55	33:13.3

Men 60 to 64

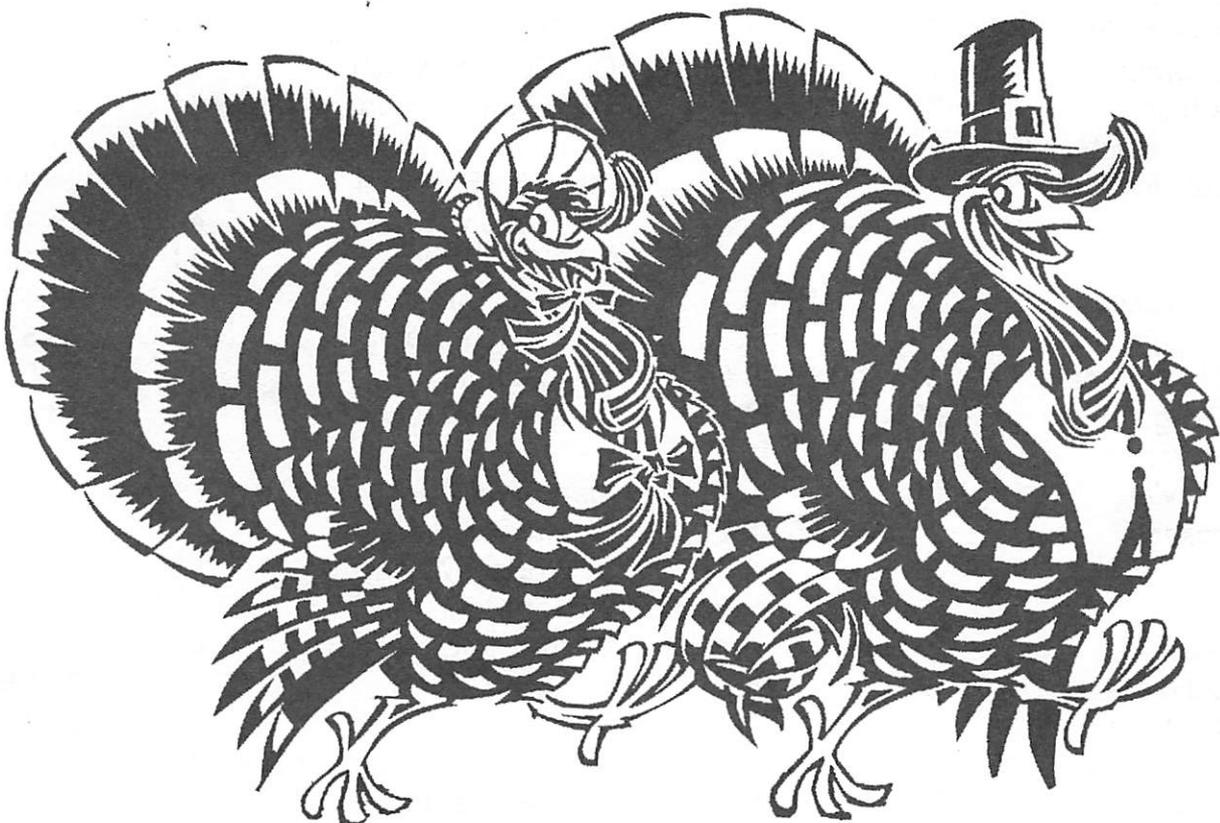
1. Joseph A Ziegler	63	24:27.5
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Men 65 to 69

1. Robert C Loomis	66	25:56.1
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Men 70 and over

1. Don Anderson	72	24:18.8
2. Kenneth E Disler	76	33:12.0
3. James P Jones	71	35:55.0



GOLF-GAZETTE

1999

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

Spine Way 5k - October 17, 1999

Ron Sharp won his 3rd consecutive Spine Way race in record fashion with a time of 15:47. Linda Gorman won the Women's Division. The 5K run raise \$1875 for the Stauffer Kimbrough Foundation.

1. Ron Sharp	33	15:48	59. Carrie Ness	15	24:16
2. Mike Fruchey	30	16:34	60. Caroline Gernand-Runyan	35	24:23
3. Rowland Perez	39	16:38	61. Jim Berghoff	38	24:30
4. Paul Richardson	27	17:17	62. Steve Conrad	38	24:34
5. Doug Sundling	44	17:19	63. Rachel Weide	16	24:42
6. Brad Thomas	24	17:28	64. Matthew Wright	13	24:42
7. Dan Green	44	18:09	65. Rich Stephenson	52	24:44
8. Jason Osborn	23	18:09	66. Don Keller	50	24:45
9. Joe Pais	34	18:19	67. Robert Loumis	66	25:06
10. David Swenson	37	18:36	68. Tom Fuelling	49	25:19
11. Mike Stone	39	18:50	69. Carolyn Mess	13	25:28
12. John Treleaven	47	19:29	70. Dawn Luttmann	48	25:36
13. Kenneth King	41	19:42	71. Jill North	27	25:40
14. Donn Nichols	48	19:51	72. Tamara Wright	41	25:48
15. Ted Scholten	36	19:57	73. Quintano Richard	39	25:54
16. Tom Lanas	43	20:21	74. Mark Weinert	39	26:15
17. William McFarland	19	20:22	75. Marsha Schmidt	54	26:16
18. George Huber	42	20:23	76. Lisa Sprunez	37	26:16
19. Thomas Fowler-Finn	51	20:30	77. Polly Grismore	27	26:20
20. Dick Shenfeld	52	20:39	78. Daniel Grismore	27	26:21
21. Wes Rettinger	19	20:40	79. Dan Palmer	33	26:42
22. Doug Webb	48	20:41	80. Kathleen Kilar	37	26:42
23. Steve Fishbaugh	48	20:44	81. Kathi Forte	27	26:43
24. Anthony Stephenson	27	20:49	82. Renee Thomas	33	26:46
25. Mike Ridenour	15	20:53	83. Greg Ridenour	45	26:46
26. Linda Gorman	36	21:00	84. Thomas Cleveland	37	27:03
27. Fred Hannaw, Jr.	45	21:06	85. James Wright	52	27:15
28. Chris Dunmire	25	21:07	86. Jerry Cooper	41	27:28
29. Dewain Cobbs	57	21:17	87. Amy Gross	25	27:57
30. TK Herman	28	21:59	88. Michael Chaykowski	10	28:18
31. Jim Weide	47	21:27	89. Dick Harnly	61	28:26
32. John Luttmann	49	21:29	90. Lisa Lantz	43	28:29
33. Sue Fowler-Finn	45	21:36	91. Joseph Nayarkas	43	28:41
34. Bernie Bugette	56	21:40	92. Linda Scott	55	28:42
35. Ted Chaykowski	43	21:49	93. Debi Treleaven	49	28:44
36. Andrea Webb	16	21:54	94. Tom Belleperche	50	28:48
37. Shelly Robinson	35	21:56	95. Crystal Conrad	30	29:14
38. Jennifer Steigmeyer	29	22:01	96. Kim Markey	41	29:18
39. Steve Shaum	34	22:27	97. Hope Huber	42	29:57
40. Toby Jo Hullinger	40	22:29	98. Thomas Hawkins	41	30:09
41. Jeffrey Davis	44	22:39	99. E.A. Gebhart	62	30:12

42. Pam McCulloch	41	22:45	100. Ken Relue		30:25
43. Michael Gross	22	22:49	101. James Fuller	51	30:43
44. Gregory Ridenour	15	22:51	102. Crystal Jones	25	30:59
45. David Almdale	42	22:52	103. Diane Post	42	31:26
46. Hannah Weide	12	22:53	104. Alex Cooper	35	31:28
47. Jay Leonard	38	22:56	105. Tyler Huber	8	31:51
48. Sam Stephens	36	27:56	106. Doug Lehman	47	32:21
49. Matt Hibiske	23	22:59	107. Greg Hoffert	51	32:48
50. John Keller	36	23:01	108. Michelle Stephens	29	33:31
51. Randy Vachen	41	23:09	109. Jim Scott	59	33:51
52. Kent Davison		23:40	110. James Jones	71	34:13
53. Beth Berry	37	23:42	111. Brenda Fishbaugh	41	35:09
54. Carolyn Streeter	42	23:46	112. Julianne Hunter	24	35:09
55. Jon Ingleman	57	23:49	113. Tia Brecount	32	35:59
56. Jay Osborn	56	24:01:00	114. 5Trent Cooper	7	38:26
57. Judith Ingleman	44	24:01:00	115. Joy Clark	40	39:36
58. Jacob Weide	10	24:02:00	116. Rick Clark	41	39:37

HUFF 50K Trail Run

Volunteers Needed

The 1998 HUFF 50K was the 20th largest ultramarathon in North America as rated by UltraRunning magazine in its March, 1999 issue. This year, the event is likely to move up in the rankings.

Warm and friendly volunteers are a big reason runners come from over 19 states and two foreign nations to run The HUFF 50K. You would be a great volunteer. Think about helping out on December 17 or 18 at The HUFF. There are different needs for different days. Your help is needed from as little as 2 hours to as much as 10 hours.

On Friday, December 17, help is needed for trail-marking the Kekionga Trail at Huntington Reservoir and setting up the race headquarters at the Kil-So-Quah Campground. Later that day, from 4:30 to 7:00 PM, volunteers are needed to help welcome runners and assist with packet pick-up, registration, and the pre-race pasta dinner at St. Mary's Catholic School on N. Jefferson Street in Huntington.

On Saturday, December 18, help is needed from 6:30 AM to 8 AM in directing parking at the Campground and in race-day packet pick-up and registration. Then, during the race, volunteers are very much needed to help with the finish line and in manning aid stations. You are welcome all day or for just a few hours in shifts.

Runners doing the One-loop run or running a relay leg are welcome to help out after their efforts on the course. If you would like to volunteer, call Judy Tillapaugh at 456-3277; Mitch Harper at 456-1381; Don Lindley at 436-2234 or e-mail HUFF50K@aol.com.

Great food is another reason runners keep coming back to The HUFF. If you like to cook, think about preparing a signature soup for the high-calorie needs of the ultramarathoners. We'll arrange the pick-up if you can't make it to the race. Linda Gorman makes a stupendous chicken noodle soup; Mitch Harper throws in a spicy corn chowder. If you have a killer Chili, a hearty ham and bean, flavorful vegetable soup or other favorite - you can be a celebrated HUFF cook. Just think, you can brag to your friends that people will run 32 miles in the cold and damp just for your culinary creation!

Cookies, brownies, cornbread and muffins would all be great, too. If you like to cook, call Linda Gorman at 478-4573.

Interested in the Internet or computers?

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

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

If you are interested in any of the above, please contact Vern Ceder by email at vern3@aol.com or by phone at 219-745-4295.

Visit the FWTC Web site!

Stop by the Fort Wayne Track Club web site. It's not finished yet, but it has national and local running links, results, news and race information.

Check it out at www.fwtc.org

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 www.fwtc.org

Party for Pound Prevention

'Tis the season to pass on peace, joy, and love to people in our lives. Now's the time to express caring thoughts and feelings. A time to give and receive special gifts. Meaningful moments are many.

Food is often an automatic part of holiday gift exchanges. "Food Glorious Food" is everywhere. Family gatherings, reunions with friends, home parties, and work pot-lucks always offer a delicious assortment of tasty dishes and desserts. Week by week there's "must do" activities to personal plan or attend. Satisfaction is guaranteed!

The holiday dark side is the high possibility of having post party food blues. We may walk away feeling stuffed and guilty. Just 500 calories per day more than we need for weight maintenance can cause a one pound weight gain per week. A piece of pie and glass of punch adds up to about 500 calories, as do a couple fistfuls of chips and dip. The dreaded five to seven pound holiday weight gain can innocently happen.

Realize the risk of ringing in the new year a bit heavier doesn't have to happen to you! This year doesn't have to be like last year. You can practice holiday pound prevention. Eating times can offer joyous tastes and textures and be good for you.

Five Steps To Success:

1. Have A Healthy Attitude!

Commit to feeling fit over the holidays. Cheer yourself on day by day towards nutritious choices for your weight. Remember the real reasons for the season.

2. Have A Food Plan!

Take a time out, relax in an easy chair, put on some holiday music and list out how you'd like to eat. Think how you can serve yourself 3 meals and a couple small snacks each day. Write out practical party plans using foods from all the food groups. Make a shopping list from the plans so you can stock up on colorful nutritious choices. Taking time to plan will save you from frustration later! Overeating more easily occurs when meals are unplanned, irregular, rushed, delayed, or skipped.

3. Allow Favorite Foods!

Do not have forbidden foods. Once a food is labeled "BAD" the more desirable it becomes. One or two Christmas cookies won't crumble into fat. It's the 1/2 bag or box most days of the week that causes extra calories to add up quickly. Plan for favorite foods? just image moderation!

4. Give Yourself Activity Gifts!

Maintain a physical fitness routine throughout the holiday season. Consider it a big box with a bow packed with dozens of presents like stress relief, better sleep, better endurance, improved strength, more flexibility, creative thinking, enhanced immune system, better blood cholesterol, better blood pressure, easier blood sugar control, extra calorie burner, stronger bones, play time with children, and fun with family members and friends.

Here's a list of a few of my favorite festive foods for weight management. They're all ready and waiting to be purchased for healthy holiday recipes. Each is rich in a number of nutrients. All the fruits and vegetables are excellent sources of carbohydrate, fiber, vitamin C, beta carotene, and potassium. Almonds like other nuts are high in vitamin E, fiber, and mono-unsaturated fatty acids. A heart smart fat!

Festive Foods:

1. **Cranberries** - Turn cranberries into a relish, cracker spread, morning muffins, or snack bread.
2. **Pink Grapefruit** - Grab a grapefruit for a snack or fix a citrus salad.
3. **Apricots** - Enjoy apricots for an appetizer or dessert. They also can be added to baked chicken or pork chops.
4. **Sweet Potato** - Serve baked sweet potatoes with a sliced turkey, wheat roll, and romaine salad for fit meal. Instead of butter flavor the potato with cinnamon, Molly McButter, or cottage cheese.
5. **Pumpkin** - Turn pumpkin into custard, pie, fruit bars, muffins, or snack bread!
6. **Broccoli** - Make a holiday broccoli salad, princess chicken stir fry, veggie pizza, or serve raw with a low fat dip.
7. **Garlic** - Add garlic to salads, casseroles, soups, stews, pasta sauces, steamed rice, dips, spreads? Garlic can go in most anything
8. **Ginger** - Stir up some molasses ginger bread boys for a healthy cookie, add ginger to steamed vegetables or stir fried dishes.
9. **Yogurt** - Create yogurt/fruit parfaits, fruit smoothies, or yogurt sundaes. Instead of sour cream use yogurt to fix delicious dips.
10. **Almonds** - Sprinkle almonds on top of hot cereal, steamed vegetables, rice, baked fish, grilled poultry. Almonds can be added to cookie, muffin, or bread recipes.

Fort Wayne Track Club Points Race Update

The points race standings are current through the Callithunpian Canter 5K October 24. The points standings do not include the Canal Days 10K results, as they have not been made available.

The final three races, Turkey Trot 5K (November 20), JP Jones 10K (December 4) and the HUFF Races (December 18) will be included in the final Points Standings.

Stay tuned to the Inside Track for details on the annual FWTC Banquet. The Points awards will be presented at the banquet as will the schedule of races for 2000. Please plan to attend!

Five runners deserve special recognition in becoming the first to run ten or more point races. They are Sharon Huss, Mark Brattoli, Brad Thomas, David Swenson and Jeff Metzger. Outstanding!

Several divisions continue to be very close with only three races remaining. Karen Cline leads Kim Davidson (25-29) by 95 points.

Paula Richerd continues to increase her lead in the (30-34) division with a first place finish at Zoom-Thru-Zulu.

Betty Jackson (35-39), Diane Post (40-44), Patty Schwartz (45-49) Sharon Huss (55-59) and Joan Gary (60+) continue to lead in their respective divisions.

The mens side has had strong competition in several very competitive age groups. Mike Fruchey (25-29) who has not lost a division race; Ron Sharp, with a 32:50 5th overall at Zoom-Thru-Zulu and Bob Minnich (30-34) are within 25 points of each other and rumor has it that Bob is running the HUFF 50K; David Swenson (35-39) has taken this division lead; Doug Sundling and Mark Brattoli and the rest of the (40-44) age group which has the largest number of competitors that have run at least one race; Jed Pearson (45-49); Wes Sabins (50-54); Dave Boylan and Bill Crane (55-59); Bob Loomis, leading the (60-69) and Joe Ziegler (60-69) who still has not lost a division race after seven races; Don Anderson (70+) with eight races and eight wins!

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. Thanks to Joe Ziegler and Lynn Bobay who took me up on this offer!

1999 Fort Wayne Track Club Points Standings (Races Complete as of October 24, 1999)

Races Completed:

Fanny Freezer 5K
Nutra Run 20K
Mastadon Stomp 5K
Arts Fest 5K
Fort Wayne Mile
Championship
Canal Days 10K (No Results!)
Hoosier Marathon
Old Settlers Days 4M
Run Wild Zoo Run 4M

Parade Run 5K
Harlan Days 10K
Hot Air Affair 4
Kernel Klassic 5K
Progressive Insurance Triathlon
Parlor City Trot Half Marathon
IPFW Randall-Sullivan 5K
Zoom Thru Zulu 10K
Callithumpian 5K

Female

	Races	Points
20-24		
Hannah Weide	3	240
Megan Dexheimer	2	200
Jenna Shaffer	2	185
25 - 29		
Karen Cline	9	895
Kim Davidson	7	800
Jennifer Steigmeyer	4	400
30 - 34		
Paula Richerd	6	555
Laurie Whisler	3	300
Julie McNulty	3	285
Teresa Furniss	3	275
35 - 39		
Betty Jackson (DeWells)	7	720
Linda Gorman	6	550
Robin Mauger	5	445
40 - 44		
Diane Post	5	495
Tamara Wright	3	260
Judith Ingelman	3	245
Cindy Furkis	3	240
45 - 49		
Patty Schwartz	5	470
Deb Byers	4	385
Bobbie Clark	2	175
50 - 54		
Joyce Hockensmith	2	300
Ann Mize	1	100
Barb Scrogam	1	100

Female

	Races	Points
55 - 59		
Sharon Huss	11	1185
60 +		
Joan Gary	5	500

Male

	Races	Points
19 & Under		
Eric Nestel	6	600
Joe Suelzer	2	200
Matt Dexheimer	2	170
20 - 24		
Brad Thomas	10	900
Jeremy Schmidt	5	500
Tod Esquivel	2	185
25 - 29		
Mike Fruchey	9	900
Rod Obregon	3	285
30 - 34		
Ron Sharp	9	885
Bob Minnich	9	860
Mike Schoudel	6	485
Jon Beasley	4	320
35 - 39		
David Swenson	10	805
Jeff Metzger	10	600
Michael Cline	8	550
Sam Stevens	6	540

Male

	Races	Points
40 - 44		
Doug Sundling	9	975
Mark Brattoli	11	810
Paul Shaffer	9	685
Jeff Milleman	8	640
Kim Lefever	9	550
Mitch Harper	9	515
Male		
45 - 49		
Jed Pearson	6	575
Lynn Bobay	7	405
Jim Picket	5	325
50 - 54		
Wes Sabins	6	625
Art Obregon	5	475
Ty Murphy	5	405
55 - 59		
Dave Boylan	9	820
Bill Crane	7	660
Larry Averbek	3	370
60 - 69		
Robert Loomis	8	710
Joe Ziegler	7	700
Bill Patterson	4	300
Dick Harney	4	270
70 +		
Don Anderson	8	800
JP Jones	8	800
Ken Disler	7	630



2000 Fort Wayne Track Club Newsletter Deadlines

January 15th - March 15

OPSF 50/50 November 6, 1999

This year's OPSF was without a doubt the best ever. Beautiful weather with temps in the high 60's and lots of big dogs battling each other out on the course.

John Nichols took over the 50 mile lead with 5.2 miles to go and went on to win in a new course record of 6:47:32.

(43 starters)

1. John Nichols	6:47:32!
2. Rob Hruskovich	6:55:45
3. Danny Ripka	7:04:10
4. Aaron Leitner	7:15:50
5. Tim Johnson	7:39:30
6. Tom Possert	7:40:35
7. Anong Pustow	7:52:18!
8. Ann Heaslett	8:01:50
9. Mike Ward	8:21:34
10. Kurt Kelly	8:41:01
11. Bill Kuntz	8:43:08
12. Jay Hodde	8:49:53
13. Dennis Kranz	8:56:39
14. Tim Yanacheck	9:12:13
15. Brad Chase	9:16:00
16. Norm Carlson	9:18:00
17. Jerry Huhn	9:23:35
18. Keith Calloway	9:40:40
19. Herb Hedgecock	9:43:00
20. Paulette Arns	9:50:12
21. Tony Mazur	9:54:00
22. Nancy Davis	9:55:45
23. Jim Davis	9:55:45
24. William Hollihan	9:55:45
25. Del Ruckle	10:23:50
26. Brad Drake	10:30:00
27. Pat Gorman	10:30:00
28. Tom Riddle	10:36:20
29. Dick Canterbury	10:36:35
30. Jack Thomas	10:47:55
31. Rob Apple	10:59:42
32. Rick Eddy	11:07:38
(Huntington FWTC member)	
33. Don Lindley	11:07:38
(Fort Wayne FWTC member)	
34. Paul Pelke	11:23:04
35. Jim Ingalls	11:38:03
36. Glenn Steed	11:38:03
37. Dave Heitkamp	12:21:22
(New Haven FWTC member)	

50k Results - (35 starters)

1. Joel Lammers	3:52:29
2. Robert Palmer	4:12:30
3. Chris McMahon	4:24:30
4. Jennifer Johnston	4:29:10
5. David Penny	4:30:00
6. Marvin Lafler	4:31:10
7. Rick Whicker	5:04:06
8. Linda Gorman	5:05:19
(Fort Wayne FWTC member)	
9. Joe Kazakaitis	5:16:16
10. Keith Theisen	5:30:43
11. Mitch Harper	5:54:49
(Fort Wayne FWTC member)	
12. Marc Reddy	5:55:25
13. Jeff Riddle	5:58:37
14. Carrie Young	6:01:04
15. Tom Brownlow	6:06:01
16. Rich Limacher	6:12:40
17. Yen Nguyen	6:12:50
18. Curt Cormier	6:14:07
19. Louie Tieman	6:14:48
20. Matt Whalen	6:21:24
21. Larry Bigler	6:25:14
22. Mike Kent	6:25:48
23. Steve Vrooman	6:28:39
24. Chuck Bundy	6:29:48
25. Len DeMoss	6:45:45
26. Albert Mesarosh	6:50:45
27. Chuck Betzold	7:16:30
28. Deb Gill	7:16:30
29. John Whitmore	7:47:40
30. Susan Hedgecock	8:41:01
> (35 starters)	
>	
> Unofficial 50k finishers	
1. Javier Cendejas	4:56:24
2. Mark Dillion	5:58:43
3. Josh Meggitt	6:04:00
4. Marvin Sato	6:35:00



Saturday November 6, 1999

2.4 mile swim • 112 mile bike • 26.2 mile run

A First Time Ironman Experience - by Ward Moya

The worst part about the whole IRONMAN thing, was waiting for the day to arrive. With a 3:00am wake up call on Wednesday morning, Scott and I were on the road by 3:45. After a short detour to Lafayette to pick up my brothers lap-top and 4 Beasley naps later we arrived in Panama City Beach late that evening around 8:00ish. We quickly grabbed some dinner at Hammer-Head Fred's, (Good Grouper) and a few beers then back to the hotel.

From the balcony of the hotel room you can see the entire swim part of the race, it was a great view. In the morning we walked around the resort and checked everything out. The already had the bleachers set-up for the finish line and tents set-up everywhere. We arrived at registration at 10:00 only to find out that we were an hour early because we were still on Indiana time.

After getting regestered we squeezed into the stealth's and went for a swim. Fortunately for us the ocean, for the most part, was calm for us all week. After a short 20 minutes and kicking and dodging a few jellyfish, we survived our first swim there.

On Thursday, we drove out to the backside of the course and rode for 20 minutes. Very flat!! We ran into another triathlete getting in a last minute ride also, his name was Klaus and he was from Germany. He and Scott reminisced about some prior IM's and then we parted ways.

Back to the hotel room to relax and get ready for the carbo dinner. The dinner was your usual pasta (bowtie) and meat sauce. There was some pasta salad as well as some other things to munch on.

On Friday we went for a short run in the morning, then back to the room where we got everything ready (special needs bags, swim to bike bags.. etc..) We brought out bikes down and checked them in and put everyting in place. Another carbo dinner with the Michigan bunch and then try to get some sleep.



Race morning we were up at 4:00 and off to grab some breakfast. A breakfast bagel and some coffee for me. Scott had two.. Back to the transition area for final checks, tire pressure, water bottles.. etc.. Then back to the room to relax. About 6:30 Scott's parents show up and give us some good luck's and then down to the beach.

They corralled us into a fenced off portion of the beach and made the announcement, "10 minutes".. I was really getting nervous as well as anxious for this thing to start.

"Boom!!" The cannon went off and we were off.. I positioned myself in the middle of the pack about three people deep. The water was pretty shallow until you were about 50 feet off shore. So I was running and swimming for about the first 30 seconds until we got clear of the shore.

The first loop of the course I absolutley got the crap beat out of me by other swimmers. Hit in the head, kicked, rolled over on... But I was doing the same thing to everyone else. My biggest fear was losing my goggles and getting salt water into my eyes and/or losing my contacts. I would have continued but I would have done it practically blind. I did put a spare pair of contacts in my bike bag just in case... I exited the water after the first loop and my watch said 29:55ish, I was surprised about that and felt pretty good considering I swallowed a little bit of sea water and I never really got into any kind of good rhythm during that loop.

Heading out for the second loop it was much better and I was able to get into a bit of a rhythm. The second loop went smooth and I exited in just over 62 minutes.. I was real happy with that and felt good going into the changing tent.

After getting it all together I took off on the bike feeling pretty good about myself. I settled into a good pace and settled in for a long ride. I set my watch to countdown every 30 minutes, after the beep I was talking a salt tablet. I drank a chug of water about every mile, ate 2 or 3 fig's every 10 miles, along with a slug of ensure. At the midway point of the bike I stopped about 30 seconds to grab my special needs bag and replenish my figs in my cycling jersey. The cycling course for the most part was flat, flat flat and flat. The biggest hill was a bridge going over the intercoastal sea-way. It only took about a minute to get over that. There were rolling hills starting at mile 45ish through midway. At mile 100 I looked down at my computer and was averaging 20.3, but my total miles were off by about a 1.1 miles so I knew that my average would go down slightly. The good thing about that, I was thinking, was that I felt great. I didn't really overdue it on the bike, I felt.

Making it back to the transition and chaning into running gear, I headed out on the run. My watch read 6:46, Just take it easy, I told myself. All I have to do is run a 4:13 marathon to break 11:00.. No problem..HA!

The first mile was 9:10, then some 9:22's and 9:25's, well under my 4:15 marathon pace, then mile 8 came around... BAM!! It wasn't a wall, It was a bulldozer.. I did the walk/shuffle through mile 20 until miraculously I found some energy and ran the entire last 6 miles.

Crossing the finish line was to say the least, one of the greatest moments I will ever have experienced. I'm glad Scott was there to encourage me throughout.. My parents and my sister came down from Montgomery and were there at the finish. When I saw them after I crossed the finish line I fell into there arms, all the emotions that I went through for the entire year I trained for this came to the surface and I wept uncontrollably, I was physically and emotionally drained. This event is definetly one to be shared with your loved ones if at all possible.

Well, there you have it friends. I encourage anyone who hasn't done this to definetly do one. The satifaction outweighs the suffering. I can't wait for Lake Placid!!

Fort Wayne Track Club Members

	Swim	Bike	Run	Total Time
Scott Beasley	1:02:51	3:52	3:36:37	9:54:02
Ward Moya	1:02:21	4:47	5:04:23	11:56:39

Kim Davidson Sets New Women's Overall Record at Quivering Quads

Ultramarathon in Troy, Missouri

Saturday, November 13th, 1999 - Troy, MO

50K RESULTS

	Time	Pace
1. FRANK SCHMID	4:19:07	8:15/M
2. JOEL LAMMERS	4:31:26	8:39/M
3. BEN NELMS	4:38:18	8:52/M
4. DAMON HENNEN	4:59:00	9:31/M
5. DAVE DOBKOWSKI	5:04:35	9:42/M
6. ANDREW BOZDECH	5:06:36	9:46/M
7. MIKE PRICE	5:09:00	9:50/M
8. JAMES MERCER	5:13:03	9:58/M
9. MARK WILLIAMS	5:13:03	9:58/M
10. VERN VAN BEEK	5:16:09	10:04/M
11. KEVIN SHARP	5:17:55	10:07/M
12. DAVID WHITE	5:20:46	10:13/M
13. JOHN BLANCHAR	5:29:19	10:29/M
14. JERRY FROST	5:31:13	10:33/M
15. ALFORD SHARP	5:34:41	10:40/M
16. KRAIG WEINBERG	5:38:09	10:46/M
17. STEPHEN RECHTIEN	5:41:29	10:53/M
18. JIM STROUP	5:41:51	10:53/M
19. KIM DAVIDSON	5:44:38	10:59/M
1ST OA/NEW RECORD		
20. JEFF MILLEMAN	5:44:38	10:59/M
21. JOHN WINGO	5:49:21	11:08/M
22. T J LIDDELL	5:55:51	11:20/M
23. CHRISTOPHER REID	5:55:52	11:20/M
24. CHRIS CURTIS	5:56:24	11:21/M
25. EARL SMITH	5:57:05	11:22/M
26. TOM REICH	5:57:26	11:23/M
27. PATRICK CLARK	5:58:39	11:25/M
28. STEPHEN YOUNG	6:05:11	11:38/M
29. STEVE NELSON	6:05:23	11:38/M
30. JACK EDMONDS	6:06:08	11:40/M
31. AL MONTANO	6:06:26	11:40/M
32. SARAH WRIGHT	6:08:57	11:45/M
33. JOHN SCHERR	6:11:04	11:49/M

50K RESULTS

	Time	Pace
34. SARAH JOST	6:16:44	12:00/M
35. TERRY SCHMIDT	6:16:48	12:00/M
36. JIM HUSS	6:19:56	12:06/M
37. JIM GUNDERSON	6:19:57	12:06/M
38. KEN ZAK	6:23:57	12:14/M
39. GARY WHALEN	6:24:54	12:15/M
40. KEITH THEISEN	6:26:23	12:18/M
41. CONRAD HALLING	6:27:47	12:21/M
42. TIM STURMER	6:33:43	12:32/M
43. DAVID PRICE	6:44:14	12:52/M
44. ROGER WILLIAMS	6:52:55	13:09/M
45. NICK WILLIAMS	6:52:55	13:09/M
46. AL MAIURO	6:53:24	13:10/M
47. FRANK EVANS	6:57:27	13:18/M
48. DICK HOGAN	7:04:53	13:32/M
49. PERRY HOLMAN	7:06:22	13:35/M
50. GLEN ZIRBEL	7:22:05	14:05/M
51. ROBERT KRAMER	7:23:05	14:07/M
52. TRACY DRUFKE	7:26:30	14:13/M
53. SETH GOLDKAMP	7:26:31	14:13/M
54. TRACEY GRZEGORCZYK	7:30:06	14:20/M
55. HIRAM BYRD	7:33:21	14:26/M
56. PAT RUSSELL	7:35:03	14:30/M
57. RICK BENDER	7:44:57	14:48/M
58. CHRISTION BREWER	8:14:30	15:45/M
60. ROY HALL	8:14:31	15:45/M
61. WILLIAM DARLING	8:14:32	15:45/M
62. JOSEPH FAAS	8:14:45	15:45/M
63. KEVIN KEPLEY	8:59:11	17:10/M
64. PAUL CUMMINGS	9:00:57	17:14/M
65. MICHAEL HARTMANN	9:28:51	18:07/M



FORT WAYNE TRACK CLUB

Member Profile

Name: Terry Gorney

Occupation: Designer

Birthdate: 11/09/60

Birthplace: Fort Wayne, IN

Family: Mom, brothers, nieces and nephews

Hobbies or Interests: Genealogy, stitching, traveling, volkswalking and swimming

Running Shoe Brand: Different brands

Favorite Distance to Run/walk:
(25-35 miles a week)

Favorite Training Food:
Soy Shake or Lite Bite Bar

Favorite Place to Train: Neighborhood

Why do I run/walk:
Health, Fitness & Weight Control

Favorite item of clothing: Fleece Jacket

Favorite music: Rock to Classical to Country

Collections: Ancestors (Genealogy), Santas

Vacation Destinations:
London - British Isles

Most Prized Possession:
My Heritage

What's inspired you to walk?:
To improve my overall health

Do you have a dream? If so, what?:
To be able to trace an 18th/19th ancestor with a 3rd grade education. (To be smarter than he was since he didn't leave to many records.)

An Acronym for Aerobics

- by Robert Stellner

As someone who runs for cardiovascular health, I've developed the following acronym to use during workouts. **SPERIS** is an abbreviation for system check, pace & efficiency, relaxation, imagery and stride length. At various points in my run, I review these.

S - SYSTEMS CHECK focuses me on how I'm performing. Have I stretched my feet legs and back properly? How am I breathing, am I perspiring, are my eyes scanning my path for possible hazards? I'm tuning into my body's functions?

P - PACED, reminds me to do just that. Knowing landmarks on your course and wearing a watch is all that's necessary here.

E - for EFFICIENCY trainers suggest that the feet be kept shoulder width apart. It's also recommended that arms be kept as close to the body as possible.

R - RELAXATION may include taking in the wonders of nature that present themselves. It also involves monitoring breathing rate and depth. Many runners probably find this byproduct a terrific benefit.

S- the final S of the acronym stands for **STRIDE LENGTH**. Hopefully this is of value and interest to you.



FORT WAYNE TRACK CLUB Members Page



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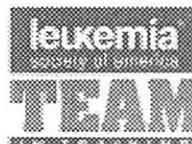


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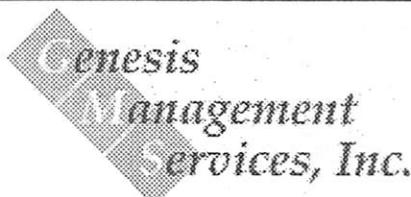


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FORT WAYNE TRACK CLUB

Membership Application

Fort Track Club - for Runners and Walkers

Name: _____ Date of Birth ___ / ___ / ___ Sex _____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Occupation: _____ Business Affiliation: _____

Type of Membership: Single: ___ Family: ___ New Member: ___ Renewal: ___

Family Members: _____

Spouse: _____ Birthdate: _____ Sex _____

Children: _____ Birthdate: _____ Sex _____

_____ Birthdate: _____ Sex _____

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

ANNUAL MEMBERSHIP DUES: January 1-December 31

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

New Members: First year only \$12.00

Members under 21: \$12.00 per year until 21

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

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

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

The Fort Wayne Track Club has obtained an insurance policy through the Road Runners Club of America which gives coverage for various events. Through this insurance we are covered for weekly runs, picnics, socials, and volunteers at races and other club functions. Please sign a waiver if you have not already done so. The waiver will be kept on file.

CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself, and any other person on the application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able to safely complete run. I assume all risks associated with running and volunteering to work club races included but not limited to falls, contact with other participants, the effect of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, and all sponsors, their representatives and successors, from all claims and liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness of the part of the persons named on the waiver.

I grant permission for all the foregoing to use any photographs, motion pictures, recordings, or any other record for any legitimate purpose. I understand and will abide by the guidelines that bicycles, skateboards, baby joggers or blades, animals, and radio headsets are not allowed in club races.

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

Parent Signature: _____ **Date:** _____

(if under 18)

FWTC RUNNERS, WALKERS, and SPECTATORS

The inside track would like to hear about the races you attend. Please take a few minutes and complete the following form, or write an article about the event and mail, along with pictures to:

**Linda Ianucilli
6208 Blackstone Drive
Fort Wayne, IN 46818**

Your Name _____

Race _____

Date: _____ Distance: _____

Your Time (optional): _____ Weather Conditions: _____

Approximate number of runners: _____

What you liked about the race: _____

Other FWTC members attending: _____

Other comments: _____



TRACK CLUB MEMBER PROFILE

The Inside Track would like to hear from FWTC Members. Fill out this profile form and return it to: **Linda Ianucilli, 6208 Blackstone Drive, Fort Wayne IN., 46818**

Name: _____

Occupation: _____

Birthdate: _____ Birthplace: _____

Family: _____

Pets: _____

Hobbies or interests: _____

Favorite family activities: _____

Running shoe brand: Years running/walking _____

Favorite distance to run/walk: PR: _____

Favorite after racing /training food: _____

Favorite place to train: Favorite race: _____

Why do you run/walk?: _____

Favorite item of clothing: _____

Favorite movie or TV program, or book: _____

Favorite music: _____

Collections: _____

Favorite vacation destinations: _____

Most prized possession: _____

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

Do you have a dream? If so explain? _____



FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interests.

- OFFICER
 - President
 - Vice President
 - Secretary
 - Treasurer
- RACE DIRECTOR
 - Major Race
 - Fanny Freezer
 - Fun Run
 - Training run
- ASSISTANT RACE DIRECTOR
- EQUIPMENT COORDINATOR
 - Monitor Maintenance of Equipment
- RACE SCHEDULE COORDINATOR
- RACE WALKING COORDINATOR
- MEMBERSHIP
- BOARD MEMBER
- FINISH LINES
 - Timer
 - Results
- COURSE TIMER
- WATER STATIONS
- MEASURE & SET UP COURSE
 - Certified
 - Uncertified
- CO-ORDINATE CLUB TRIP RACE
 - Carpool
 - Transportation for Handicapped Runners
- NEWSLETTER
 - Editor
 - Race Applications
 - Mailing
 - Advertising Coordinator
 - Businesses
 - Typing race results
- FWTC BANQUET
 - Decorations
 - Program
- FWTC PICNICS
- ADVERTISING - Obtaining Potential Race Sponsors
- PUBLICITY COORDINATOR
 - Send weekly schedules to newspapers
- ANYWHERE NEEDED
- OTHER (Specify) _____

SHOW YOUR SUPPORT FOR YOUR FORT WAYNE TRACK CLUB

COMING EVENTS...

Huff 50K - One Loop Fun Run - 50K Relay

Saturday, December 18 - 8 am

Huntington , IN

Friged 5 Mile

Saturday, January 8 - 10 am

Kendalville, IN

Fanny Freezer 5K

Saturday, February 12 - 2 pm

Ft. Wayne, IN

FWTC ANNUAL AWARDS BANQUET

6:30 PM - WALB STUDENT UNION BUILDING - IPFW

FWTC MEETINGS

Wednesday, December 8, 7:00 PM, Run 6:00

Wednesday, January 12, 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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