

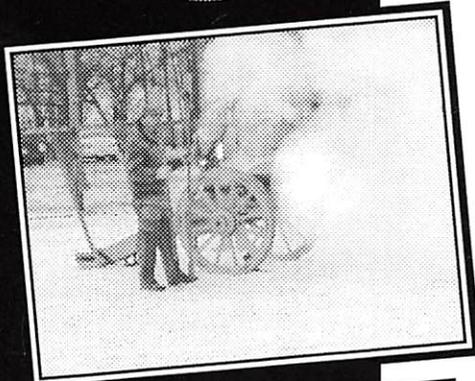
the inside track

February 2000 - March 2000



A PUBLICATION OF THE FORT WAYNE TRACK CLUB

Mark Godale Wins The 1999 Huff



Check out our web site at www.fwtc.org

2000



FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

President	Bill Sohaski	(219) 749-5081
Vice-President	Paul Knott	(219) 485-1917
Secretary	Katie Creighton	(219) 637-1102
Treasurer	Don Lindley	(219) 432-5998

Board Members

Don Anderson
Alan Gilbert
Tim O'Connell
Lynn Armstrong
Judy Tillapaugh
Barrie Peterson
Jay Brower
Linda Gorman
John Peterson
Vern Cedar
Michael McAvoy
Tom Landis
Bill Harris
Bill Schmidt
Jerry Diehl
Jack Hilker
Marsha Schmidt
Bobbi Widman
Foust
Eugene Striggle
Michael Fruchey
Stephen Hilker
Brad Thomas
Roger Wilson

Newsletter

Editor - Linda Ianucilli
(219) 489-4176

Mailing

Julie McNulty (219) 483-3830

Membership Coordinators

Don Lindley (219) 432-5998

Equipment Coordinators

JP Jones (219) 745-7339
Don Lindley (219) 432-5998
Paul Ausderan (219) 436-4446
Paul Knott (219) 485-1917

Race Schedule

Chairperson - Jonathan Schlatter
(219) 456-3331

Club Historian

Don Lindley (219) 432-5998

Race Management Coordinators

JP Jones
(219) 745-7339
Don Lindley
(219) 432-5998
Mitch Harper
(219) 456-1381

Publicity Coordinator

Michael Yann (219) 489-5265

Social Coordinator

Kim Davidson (219) 637-3436

Children's Coordinator

Phil Suelzer (219) 486-1745

Legal Advisor

John Powell (219) 484-7334

Medical Advisor

William Crane (888) 268-1236

Check out our web site at www.fwtc.org

219-296-5890 or 219-296-5862
 5k, 10k & 1/2 Marathon on Monday, May 29th
 Fax: 219-293-8324 • email: wow@michiana.org



To be added to our entry mailing,
 Great Race • P.O. Box 682 • Elkhart, IN 46515
 Events include: 10k In-Line Skating; Jim Ryan Mile;
 Bike/USCF Critterium; 50K/USCF or Citizens Race.

Over \$15,000 in Cash Prizes!

5k, 10k and 1/2 Marathon
 From Goshen to Elkhart, Indiana
 (First time "5k Millennium Run")

May 27, 28 & 29
 2000

The Elkhart Truth



Memorial Day
 Weekend



Where are YOU going to be
 Memorial Day Weekend?



Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, November 10, 1999 7:00 - IPFW

17 Present

Vern Ceder
Jerry Diehl
Linda Gorman,
Mitch Harper
Bill Harris,
Stephen Hilker
Linda Ianucilli
J.P. Jones
Paul Knott
Tom Landis
Don Lindley
Ken Relue
Jon Schlatter
Bill Schmidt
Bill Sohaski
Brad Thomas
Judy Tillapaugh

1. Meeting was called to order by Bill Sohaski.
2. Don Lindley gave an update of all the board members, attendance, etc. recommendations
3. Don reported membership at 521 and presented treasurer's report.
4. Don gave Turkey Trot wrap-up.
5. Mitch Harper called for volunteers for the Huff. He set a meeting at Pizza Hut.
6. Steve Hilker reported on progress of "Rat Race." The YMCA will be sponsoring the race.
7. Jon Schlatter gave a race calendar update.
8. Don Lindley presented club equipment needs. He recommended the purchase of a new race clock. His recommendation was approved.
9. Paul Knott gave a "points race" update.
10. Bill Sohaski announced the track club donation of \$250 to the Leukemia Foundation.
11. Linda Ianucilli will be including the club's new web domain name "fwtc.org" in the next issue of Inside Track.
12. J. P. Jones introduced a discussion of the Clear Lake race. No club members were interested in taking this race on.

There being no new business, the meeting was adjourned.

The next meeting will be 7:00 p.m. on Wednesday, December 8, 1999, at IPFW.

Respectfully submitted,

Katie Creighton, secretary (As transcribed from Bill Sohaski's notes)

18 Present

Lynn Armstrong
Katie Creighton
Bill Crane
Jerry Diehl
Mitch Harper
Bill Harris
Stephen Hilker
J.P. Jones
Paul Knott
Don Lindley
Michael Lindley
Rosann Lindley
Barrie Peterson
Jon Schlatter
Bill Sohaski
Brad Thomas
Judy Tillapaugh
Michael Yann

Wednesday, December 8, 1999 7:00 - IPFW

1. Meeting was called to order by Bill Sohaski.
2. Don Lindley offered the opening prayer.
3. Don reported membership at 530 and presented the treasurer's report.
4. Don also reported on the payment of the annual RRCA insurance premium. The payment was calculated based upon September 1999, membership numbers and amounted to \$1,666.95. It includes general liability as well as officers/directors' coverage.
5. J. P. Jones gave a wrap-up report on his annual 10K. There 61 runners, 4 walkers, and 121 T-shirts collected.
6. Mitch Harper indicated that Huff registration was up approximately 35% over last year at this time.

The meeting concluded with the gift exchange.

The next meeting will be 7:00 p.m. on Wednesday, January 12, 2000, at IPFW.

Respectfully submitted,
Katie Creighton, secretary

President's Letter

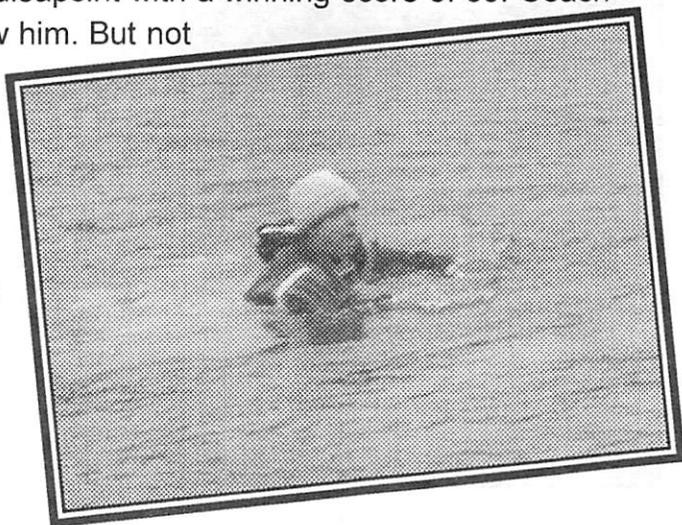
1999 was a good year and 2000 should be even better. Our membership roll topped 550, up 10 percent. One of our own, Don Lindley was recognized as one of only three to be honored as a community leader in the area of sports. The speed workouts continue to grow in popularity. The points competition scoring is fast and accurate and available in the *INSIDE TRACK*. Our bi-monthly publication, edited by Linda Ianucilli, just gets better with each issue. Our race calendar is loaded with quality events, a big job well handled by Jon Schlatter. Our races just seem to get bigger and slicker.

2000 should be exciting! A fun banquet. Cash awards for points winners. A new downtown 10K race, which Steve Hilker will probably turn into a major happening on the local running scene. Don plans to buy a lot of new equipment for the club. Membership could easily go over 600. Wow, there's a lot more going on; but you get the idea. See you at the races.

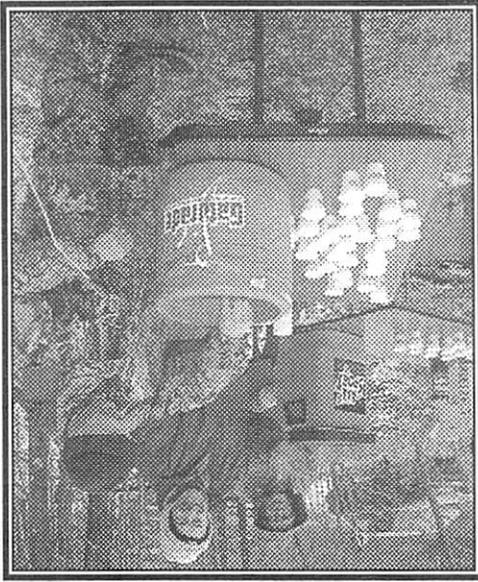
Thanks
Bill

How do you motivate your runners to run well?

That is a question I think most coaches wrestle with from time to time. How do you take quality, kick-Butt (excuse my language) practices and transfer that to an important race? For coach Barrie Peterson of Northrop High School one answer was to promise his boys cross country team that he would take a dip in the pond located on the Bellmont Regional course if they scored 60 points or less. The Bruins did not disappoint with a winning score of 39. Coach Peterson asked the tournament team to follow him. But not wanting to miss the fun, many other students and parents, like myself, followed along. In the water coach went up to his chin. As he quickly exited the water, he covered himself with a blanket and ran to somewhere to change into dry clothes. As I watched him run off, all I could think about was, thanks for the memories coach, thanks for the memories!



Respectfully written by,
Carol A. Garcia





HUFF

Huntington Ultra Frigid Fifty

50K Race
 along the Banks of the Wabash
 Saturday, December 18, 1999
 Huntington, Indiana

Place	City/State	Age	Age Group	Time	Pace	
1.	MARK GODALE	AURORA, OH	29	1st M 25-29	3:26:27.0	6:22/M
2.	JOE SMINDAK	DAYTON, OH	39	2nd M 35-39	3:50:15.0	7:06/M
3.	JOHN NICHOLS	PERRYSBURG, OH	36	3rd M 35-39	3:53:30.0	7:12/M
4.	MARY BETH ELLIS	LEWES, DE	22	1st F 20-24	3:57:39.0	7:20/M
5.	JEFF KOZAK	MILFORD, OH	25	1 M 25-29	4:02:18.0	7:29/M
6.	KEVIN O'GRADY	COLUMBUS, OH	41	4th M 40-44	4:03:43.0	7:31/M
7.	ALEX MCPHERSON	GRANGER, IN	39	1 M 35-39	4:14:52.0	7:52/M
8.	CLARK GLOYESKE	CHESTERTON, IN	37	2 M 35-39	4:24:16.0	8:09/M
9.	JERRY HOLMES	TOLEDO, OH	23	1 M 20-24	4:26:07.0	8:13/M
10.	RICK DUDA	CHICAGO, IL	23	2 M 20-24	4:26:10.0	8:13/M
11.	MARSHALL RANDALL	ROCKFORD, MI	41	1 M 40-44	4:35:59.0	8:31/M
12.	JENNIFER JOHNSTON	KALAMAZOO, MI	35	2nd F 35-39	4:38:40.0	8:36/M
13.	RICHARD PUNCHES	ROCKFORD, MI	42	2 M 40-44	4:39:48.0	8:38/M
14.	MARLIN HOWE	NILES, MI	44	3 M 40-44	4:39:57.0	8:38/M
15.	ANDREW NOVIS	CHICAGO, IL	36	3 M 35-39	4:41:50.0	8:42/M
16.	TOM POSSERT	CINCINNATI, OH	37	4 M 35-39	4:41:54.0	8:42/M
17.	ROBERT MINNICH	FORT WAYNE, IN	32	1 M 30-34	4:42:08.0	8:42/M
18.	BILL PERRY	SOUTH BEND, IN	32	2 M 30-34	4:43:03.0	8:44/M
19.	BOB GAYLORD	FORT KNOX, KY	51	1 M 50-54	4:43:20.0	8:45/M
20.	ANONG PUSTOW	LOUISVILLE, KY	36	3rd F 35-39	4:44:20.0	8:47/M
21.	STEVE LIND	GRAND DETOUR, IL	45	1 M 45-49	4:44:53.0	8:48/M
22.	DAVID PENNY	KALAMAZOO, MI	36	5 M 35-39	4:45:40.0	8:49/M
23.	LARRY WHITAKER	PERRYSBURG, OH	49	2 M 45-49	4:46:57.0	8:51/M
24.	REG RICHARD	PLEASANT PLAIN, OH	48	3 M 45-49	4:47:30.0	8:52/M
25.	STEPHEN J. ARNDT	MICHIGAN CITY, IN	48	4 M 45-49	4:49:29.0	8:56/M
26.	KURT KELLY	OREGON, WI	28	2 M 25-29	4:51:20.0	9:00/M
27.	DAVE KONKEY	PORTER, IN	32	3 M 30-34	4:55:53.0	9:08/M
28.	ALEX TAYLOR	MENOMONEE FALLS, WI	37	6 M 35-39	4:55:59.0	9:08/M
29.	JOHN HAMMETTER	ELK GROVE VILLAGE	39	7 M 35-39	4:56:39.0	9:09/M
30.	JAN SUTTMILLER	DAYTON, OH	43	F 40-44	4:56:51.0	9:10/M
31.	MARK BOWMAN	MOKENA, IL	45	5 M 45-49	5:00:09.0	9:16/M
32.	JOE PRICE	INDIANAPOLIS, IN	36	8 M 35-39	5:00:29.0	9:16/M
33.	CHRIS BRESEKE	LAPORTE, IN	31	1 F 30-34	5:01:25.0	9:18/M
34.	DAVID SWENSON	NEW HAVEN, IN	37	9 M 35-39	5:01:50.0	9:19/M
35.	BRAD CHASE	GREENSBURG, IN	33	4 M 30-34	5:01:54.0	9:19/M
36.	PETER YLVISAKER	MARION, IA	37	10 M 35-39	5:05:04.0	9:25/M
37.	TY WINKHART	SPICELAND, IN	27	3 M 25-29	5:05:58.0	9:27/M
38.	MARC LAUDEMAN	BREMEN, IN	43	4 M 40-44	5:06:47.0	9:28/M
39.	ED STUART	HOLLAND, OH	53	2 M 50-54	5:07:07.0	9:29/M
40.	RICHARD PLEZIA	MORTON GROVE, IL	41	5 M 40-44	5:08:19.0	9:31/M
41.	JERRY BARTRAM	SPRINGFIELD, OH	53	3 M 50-54	5:08:23.0	9:31/M
42.	DALE RITTER	TIFFIN, OH	36	11 M 35-39	5:08:42.0	9:32/M
43.	BRUCE JUPPE	WAUWATOSA, WI	43	6 M 40-44	5:09:53.0	9:34/M
44.	LIZ SNAVELY	GRAND RAPIDS, MI	33	2 F 30-34	5:10:15.0	9:35/M
45.	ROB BOOKER	EDWARDSBURG, MI	30	5 M 30-34	5:10:31.0	9:35/M
46.	MARVIN FLYNN	HAMILTON, OH	34	6 M 30-34	5:11:06.0	9:36/M
47.	KEVIN SHARP	DAYTON, OH	34	7 M 30-34	5:11:27.0	9:37/M

Place	City/State	Age	Age Group	Time	Pace
48. JAY HODDE	WEST LAFAYETTE, IN	29	4 M 25-29	5:12:18.0	9:38/M
49. GARY GIANNUNZIO	NORWAY, MI	54	4 M 50-54	5:12:53.0	9:39/M
50. TOM HENSON	GRAND RAPIDS, MI	50	5 M 50-54	5:13:02.0	9:40/M
51. PHILIP STUART	BOWLING GREEN, OH	26	5 M 25-29	5:13:24.0	9:40/M
52. CHUCK KEMPEMA	MIDDLEVILLE, MI	52	6 M 50-54	5:15:34.0	9:44/M
53. MICHAEL WARD	CHICAGO, IL	42	7 M 40-44	5:16:32.0	9:46/M
54. TONY MAZUR	COMMERCE TWP., MI	45	6 M 45-49	5:18:40.0	9:50/M
55. KIM A LEFEVER	COLUMBIA CITY, IN	43	8 M 40-44	5:21:15.0	9:55/M
56. ROBERT LISEY	WADSWORTH, OH	49	7 M 45-49	5:22:46.0	9:58/M
57. JOHN KNILL	POWELL, OH	50	7 M 50-54	5:23:30.0	9:59/M
58. STAN NEUMANN	TIMONIUM, MD	61	1 M 61-69	5:23:40.0	9:59/M
59. KAZ KAZAKAITIS	OAKWOOD, IL	49	8 M 45-49	5:23:44.0	10:00/M
60. ANDREA LEITNER	NAPOLEON, OH	36	1 F 35-39	5:24:24.0	10:01/M
61. AARON LEITNER	NAPOLEON, OH	38	12 M 35-39	5:24:28.0	10:01/M
62. BRUCE PURDY	N MANCHESTER, IN	43	9 M 40-44	5:24:30.0	10:01/M
63. CHARLES T. EVANS	INDIANAPOLIS, IN	43	10 M 40-44	5:26:02.0	10:04/M
64. BILL FORNOFF	JARRETTSVILLE, MD	56	1 M 55-59	5:26:09.0	10:04/M
65. TOM MOELLER	LAPORTE, IN	47	9 M 45-49	5:27:00.0	10:06/M
66. JAMES MCCORMICK	DAYTON, OH	36	13 M 35-39	5:27:29.0	10:06/M
67. JASON ROCKMAN	CHICAGO, IL	26	6 M 25-29	5:27:49.0	10:07/M
68. DAVID HOORT	PORTLAND, MI	47	10 M 45-49	5:29:30.0	10:10/M
69. PATRICK DUFF	PORTLAND, MI	46	11 M 45-49	5:29:30.4	10:10/M
70. JOSHUA ASHLEY	COLDWATER, MI	28	7 M 25-29	5:30:38.0	10:12/M
71. MICHAEL CARR	CEDAR RAPIDS, IA	55	2 M 55-59	5:31:18.0	10:14/M
72. DON YEAGER	GRAND RAPIDS, MI	50	8 M 50-54	5:31:47.0	10:14/M
73. DAVID DOWD	CHICAGO, IL	33	8 M 30-34	5:32:13.0	10:15/M
74. JOHN SITES	PERU, IN	48	12 M 45-49	5:32:28.0	10:16/M
75. BILL WILHAM	INDIANAPOLIS, IN	53	9 M 50-54	5:33:52.0	10:18/M
76. BRENT BARTA	ZIONSVILLE, IN	40	11 M 40-44	5:34:34.0	10:20/M
77. MATT VANDERSYS	GRAND HAVEN, MI	35	14 M 35-39	5:36:34.0	10:23/M
78. BOB JOHNSON	GRAND RAPIDS, MI	39	15 M 35-39	5:36:37.0	10:23/M
79. TOM LANDIS	CHURUBUSCO, IN	43	12 M 40-44	5:37:39.0	10:25/M
80. JEFFERY MILLEMAN	FT WAYNE, IN	43	13 M 40-44	5:38:00.0	10:26/M
81. E. HANS SCHMIDT	COLUMBIA CITY, IN	35	16 M 35-39	5:39:30.0	10:29/M
82. TODD VELDHIJZEN	BLOOMINGTON, IN	27	8 M 25-29	5:40:59.0	10:31/M
83. WILLIAM A CRANE	WARSAW, IN	57	3 M 55-59	5:43:11.0	10:36/M
84. JAY FAWVER	FT WAYNE, IN	43	14 M 40-44	5:44:07.0	10:37/M
85. JOHN O'HALLORAN	HOFFMAN ESTATES, IL	41	15 M 40-44	5:44:10.0	10:37/M
86. STEVE HALEY	OSWEGO, IL	49	13 M 45-49	5:44:37.0	10:38/M
87. ANGIE SCHROEDER	FISHERS, IN	38	2 F 35-39	5:44:46.0	10:38/M
88. MICHAEL EARLY	CARMEL, IN	37	17 M 35-39	5:44:48.0	10:39/M
89. GENE BLACK	CAMDEN, OH	57	4 M 55-59	5:45:36.0	10:40/M
90. LINDA IANUCILLI	FT WAYNE, IN	37	3 F 35-39	5:46:42.0	10:42/M
91. JOHAN VISSER	GRANDVILLE, MI	63	2 M 61-69	5:48:16.0	10:45/M
92. TRAVIS SYBROWSKY	GRAND LEDGE, MI	32	9 M 30-34	5:48:45.0	10:46/M
93. MARC REDDY	DANVILLE, IL	56	5 M 55-59	5:49:24.0	10:47/M
94. ALFRED SAULD	NIAGARA, WI	53	10 M 50-54	5:50:35.0	10:49/M
95. MARK YOUNG	SYLVANIA, OH	38	18 M 35-39	5:51:06.0	10:50/M
96. DAVID HUGHES	KOKOMO, IN	54	11 M 50-54	5:51:09.0	10:50/M
97. NIKKI ROBINSON	CHICAGO, IL	37	4 F 35-39	5:52:46.0	10:53/M
98. STEVEN OCHS	HUNTINGTON, IN	40	16 M 40-44	5:53:48.0	10:55/M
99. VERTON TROYER	MILFORD, IN	51	12 M 50-54	5:53:52.0	10:55/M
100. LAURA GOUGH	PLYMOUTH, IN	48	1 F 45-49	5:54:18.0	10:56/M
101. LISA STRANC	CHICAGO, IL		3 F 30-34	5:54:52.0	10:57/M
102. NORM CARLSON	SPENCER, IN	66	3 M 61-69	5:55:29.0	10:58/M
103. TERRY SCHMIDT	DAVENPORT, IA	54	13 M 50-54	5:55:39.0	10:59/M
104. KAREN KOUPTE	GRAND RAPIDS, MI	46	2 F 45-49	5:56:36.0	11:00/M
105. FRANCISCO GARCIA	CHICAGO, IL	45	14 M 45-49	5:57:22.0	11:02/M
106. DAN RIGGENBACH	SEVILLE, OH	41	17 M 40-44	5:57:29.0	11:02/M

Place	City/State	Age	Age Group	Time	Pace
107. JAMIE HURLEY	UNIVERSITY HTS, OH	31	10 M 30-34	5:57:34.0	11:02/M
108. SHELLEY LANCASTER	INDIANAPOLIS, IN	41	1 F 40-44	5:57:44.0	11:02/M
109. RICHARD WORLEY	KINGWOOD, TX	53	14 M 50-54	5:57:58.0	11:03/M
110. ROSS MEYER	WILLOW SPRINGS, IL	48	15 M 45-49	5:58:35.0	11:04/M
111. WADE CARNES	INDIANAPOLIS, IN	50	15 M 50-54	5:59:10.0	11:05/M
112. LOUIE TIEMAN	MILMINE, IL	48	16 M 45-49	5:59:44.0	11:06/M
113. LIBBY JENNINGS	GRAND RAPIDS, MI	50	1 F 50-54	5:59:59.0	11:07/M
114. CHAD SHEARER	CHURUBUSCO, IN	29	9 M 25-29	6:00:44.0	11:08/M
115. BRENDA LEE WINKHART	SPICELAND, IN	30	4 F 30-34	6:04:34.0	11:15/M
116. DAVID L WINTERS	HUNTINGTON, IN	50	16 M 50-54	6:06:05.0	11:18/M
117. RICHARD TAYLOR	FT WAYNE, IN	25	10 M 25-29	6:06:41.0	11:19/M
118. PAUL S. LEVY	GLENCOE, IL	63	4 M 61-69	6:08:30.0	11:22/M
119. CLIFF RHOADES	LIBERTYVILLE, IL	49	17 M 45-49	6:12:20.0	11:30/M
120. FRED HANNAN, JR.	FORT WAYNE, IN	45	18 M 45-49	6:12:52.0	11:30/M
121. DIANE SIDNER	NOBLESVILLE, IN	39	5 F 35-39	6:14:39.0	11:34/M
122. MILTON TAYLOR	ODENTON, MD	66	5 M 61-69	6:15:19.0	11:35/M
123. BUD STIFFLER	ANDERSON, IN	61	6 M 61-69	6:19:46.0	11:43/M
124. JOHN SIMON	SYLVANIA, OH	60	1 M 60-60	6:21:19.0	11:46/M
125. PAUL PELKE	WINFIELD, IL	46	19 M 45-49	6:24:23.0	11:52/M
126. JANUSZ MAJEWSKI	ELMWOOD PARK, IL	53	17 M 50-54	6:26:33.0	11:56/M
127. BOB GABBAY	WHITEWATER, WI	36	19 M 35-39	6:27:00.0	11:57/M
128. LEN DEMOSS	LOUISVILLE, KY	52	18 M 50-54	6:27:09.0	11:57/M
129. LYNN PAUL KARNER	WADSWORTH, IL	43	18 M 40-44	6:29:00.0	12:00/M
130. BOB MARTINELLI	ZION, IL	34	11 M 30-34	6:29:02.0	12:00/M
131. NICOLE MOORE	FORT WAYNE, IN	22	1 F 20-24	6:30:24.0	12:03/M
132. ROBERT BERGER	FORT WAYNE, IN	40	19 M 40-44	6:31:43.0	12:05/M
133. KRISTI PRYOMSKI	HOLLY, MI	43	2 F 40-44	6:32:09.0	12:06/M
134. LYNN DEGRANDE	HOLLY, MI	38	6 F 35-39	6:32:16.0	12:06/M
135. DAVID SELDERS	CLEVELAND, OH,	35	20 M 35-39	6:32:25.0	12:07/M
136. DAVID HALL	COLUMBUS, OH	50	19 M 50-54	6:32:28.0	12:07/M
137. BROOK A SMITH	CHARLOTTESVILLE, IN	31	4 F 30-34	6:32:33.0	12:07/M
138. RICH LIMACHER	MATTESON, IL	49	20 M 45-49	6:34:31.0	12:11/M
139. ANN WIEMERT	CHICAGO, IL	33	5 F 30-34	6:35:09.0	12:12/M
140. MARVIN SATO	CHICAGO, IL	61	7 M 61-69	6:35:35.0	12:13/M
141. JULIO ACOSTA	CHICAGO, IL	28	11 M 25-29	6:36:43.0	12:15/M
142. MURVIN NORGAAR	DANVILLE, IL	43	20 M 40-44	6:37:43.0	12:17/M
143. JERRY SHEPHERD	INDIANAPOLIS, IN	34	12 M 30-34	6:41:22.0	12:23/M
144. BILL A. MACK	DEFIANCE, OH	58	6 M 55-59	6:43:05.0	12:26/M
145. GARY BIRD	COLUMBIA CITY, IN	41	21 M 40-44	6:44:29.0	12:29/M
146. JIM DILL	INDIANAPOLIS, IN	57	7 M 55-59	6:48:09.0	12:36/M
147. DEB GILL	DANVILLE, IL	47	3 F 45-49	6:48:59.0	12:37/M
148. RICH BREAUX	PEORIA, IL	43	22 M 40-44	6:49:02.0	12:37/M
149. SHERYL KROHNE	WEST POINT, IN	46	5 F 45-49	6:52:39.0	12:44/M
150. DONALD LINDLEY	FORT WAYNE, IN	55	8 M 55-59	6:57:00.0	12:52/M
151. DAVID HEITKAMP	NEW HAVEN, IN	49	21 M 45-49	6:57:08.0	12:52/M
152. JILL HOWARD	PLYMOUTH, IN	51	2 F 50-54	6:57:16.0	12:53/M
153. GARY LONGSTRETH	ARGOS, IN	46	22 M 45-49	6:57:18.0	12:53/M
154. LOIS BERKOWITZ	RIVERVIEW, MI	50	3 F 50-54	7:06:01.0	13:09/M
155. NANCY BROADBRIDGE	BIRMINGHAM, MI	46	5 F 45-49	7:24:41.0	13:43/M
156. SALLY MIDDLETON	MASON, MI	49	6 F 45-49	7:28:26.0	13:50/M
157. CHUCK BETZOLD	CHICAGO, IL	51	20 M 50-54	7:28:28.0	13:50/M
158. DONALD CLARK	ST. PAUL, MN	48	23 M 45-49	7:31:45.0	13:57/M
159. LIESL SAVAGE	BALTIMORE, MD	24	2 F 20-24	7:31:47.0	13:57/M
160. RON BERBY	MASON, MI	57	9 M 55-59	7:40:27.0	14:13/M
161. BRUCE OSRAN	GRIDLEY, IL	49	24 M 45-49	7:43:29.0	14:18/M
162. JOHN WHITMORE	CHICAGO, IL	47	25 M 45-49	7:54:07.0	14:38/M
163. ROB APPLE	LEWISBURG, OH	38	21 M 35-39	7:58:58.0	14:47/M
164. BOB WASSON	AVON, IN	53	21 M 50-54	7:59:00.0	14:47/M
165. CRYSTAL KNIGHT	BLOOMINGDALE, IL	36	7 F 35-39	8:17:49.0	15:22/M

HUNTINGTON HUFF 1 LOOP

Place	Name	City/State	Age	Age Group	Time	Pace
1.	MICHAEL HERRELL	PERU, IN	35	**** M 20-39	1:07:27.0	6:15/M
2.	JASON MAUS	VAN WERT, OH	20	**** M 20-39	1:07:28.0	6:15/M
3.	BRENDON MOODY	OHIO CITY, OH	18	**** M 0-19	1:07:59.0	6:18/M
4.	ROB MCHENRY	LAKE JUNALUSKA, NC	29	1 M 20-39	1:08:36.0	6:21/M
5.	ROD OBREGON	PIERCETON, IN	25	2 M 20-39	1:10:41.0	6:33/M
6.	HAL PEARSON	ALBION, IN	45	**** M 40-99	1:10:42.0	6:33/M
7.	VICTOR MCHENRY	CRAIGVILLE, IN	15	1 M 0-19	1:14:12.0	6:52/M
8.	JOSEPH PAIS	HUNTINGTON, IN	34	3 M 20-39	1:14:21.0	6:53/M
9.	RYAN HINSER	DECATUR, IN	15	2 M 0-19	1:14:23.0	6:53/M
10.	RANDY HINSER	DECATUR, IN	42	1 M 40-99	1:14:28.0	6:54/M
11.	ZACH RUBLE	MONROEVILLE, IN	17	3 M 0-19	1:14:30.0	6:54/M
12.	PAUL RICHARDSON	AUBURN, IN	27	4 M 20-39	1:16:20.0	7:04/M
13.	KYLE JONES	VALPARAISO, IN	16	4 M 0-19	1:16:33.0	7:05/M
14.	JOHN WIENING	FT WAYNE, IN	15	M 0-19	1:17:57.0	7:13/M
15.	CHRIS DUNMIRE	FT WAYNE, IN	26	5 M 20-39	1:18:34.0	7:16/M
16.	RAY CONTRERAZ	BERNE, IN	34	7 M 20-39	1:23:33.0	7:44/M
17.	JOHN BUHLER	HUNTINGTON, IN	53	3 M 40-99	1:19:23.0	7:21/M
18.	TONYA STEPHENS	PEKIN, IN	19	**** F 0-19	1:19:26.0	7:21/M
19.	SIMON MCKIM	CORYDON, IN	15	6 M 0-19	1:19:28.0	7:21/M
20.	CODY GRINER	UNIONDALE, IN	15	7 M 0-19	1:19:39.0	7:23/M
21.	BRAD YODER	N.MANCHESTER, IN	58	4 M 40-99	1:19:42.0	7:23/M
22.	TY HULL	LARWILL, IN	18	8 M 0-19	1:19:58.0	7:24/M
23.	DAN NESTEL	FORT WAYNE, IN	40	5 M 40-99	1:19:59.0	7:24/M
24.	BRENT EMERICK	COLUMBIA CITY, IN	13	9 M 0-19	1:20:00.0	7:24/M
25.	CHARLIE HUBLER	PERU, IN	43	6 M 40-99	1:20:53.0	7:29/M
26.	DAVID ANEWALT	BUNKER HILL, IN	17	10 M 0-19	1:20:54.0	7:29/M
27.	VAUGHN SMITH	ELKHART, IN	55	7 M 40-99	1:21:00.0	7:30/M
28.	JEFF MAUS	VAN WERT, OH	42	8 M 40-99	1:21:03.0	7:30/M
29.	JEREMY SCHMIDT	FT WAYNE, IN				
30.	DOUG PETERSON	WINCHESTER, OH	32	10 M 20-39	1:25:50.0	7:57/M
31.	KEN KELLER	DEFIANCE, OH	35	8 M 20-39	1:24:20.0	7:49/M
32.	DARLENE BARTON	FT WAYNE, IN	25	**** F 20-39	1:25:06.0	7:53/M
33.	JERRY MAVS	HARROD, OH	38	9 M 20-39	1:25:21.0	7:54/M
34.	SCOTT SMOOT		61	2 M 40-99	1:19:00.0	7:19/M
35.	RITA SMITH	ELKHART, IN	39	**** F 20-39	1:27:12.0	8:04/M
36.	JOHN SHIRE	FT WAYNE, IN	45	9 M 40-99	1:27:14.0	8:05/M
37.	BRIAN EATON	INDIANAPOLIS, IN	34	11 M 20-39	1:27:22.0	8:05/M
38.	REENA CHANDLER	PERU, IN	22	1 F 20-39	1:27:23.0	8:05/M
39.	MAURI BORDNER	COLUMBIA CITY, IN	51	10 M 40-99	1:27:38.0	8:07/M
40.	DAVID SHOCK	FORT WAYNE, IN	24	12 M 20-39	1:28:50.0	8:14/M
41.	BRUCE DAUGHERTY	SYRACUSE, IN	45	11 M 40-99	1:29:14.0	8:16/M
42.	DON KRAMER	VAN WERT, OH	45	12 M 40-99	1:29:25.0	8:17/M
43.	LEE NOBLE	ANDERSON, IN	17	11 M 0-19	1:29:25.0	8:17/M
44.	DANIEL CUMMISKEY		38	13 M 20-39	1:29:31.0	8:17/M
45.	RICK VORICK		49	13 M 40-99	1:29:37.0	8:18/M
46.	KIRK EISERT	FORT WAYNE, IN	30	14 M 20-39	1:29:40.0	8:18/M
47.	RANDY BURNISON	DEFIANCE, OH	52	14 M 40-99	1:30:16.0	8:21/M
48.	FREEMAN HERSHBERGER	GOSHEN, IN	62	15 M 40-99	1:30:18.0	8:22/M
49.	CAROL O'HEAR	SEATTLE, WA	24	2 F 20-39	1:30:19.0	8:22/M
50.	TOM KLINE	FT WAYNE, IN	35	15 M 20-39	1:30:35.0	8:23/M
51.	TY MURPHY	COLUMBIA CITY, IN	51	16 M 40-99	1:31:38.0	8:29/M
52.	PAULA RICKERD	NEW HAVEN, IN	30	3 F 20-39	1:31:47.0	8:30/M
53.	MARK THESSIN	NILES, MI	30	16 M 20-39	1:31:51.0	8:30/M
54.	MICHAEL VARIELL	MIDDLE POINT, OH	43	17 M 40-99	1:32:13.0	8:32/M
55.	DAVID LOWE	COLUMBIA CITY, IN	42	18 M 40-99	1:33:06.0	8:37/M

56.	NORMAN GECOWETS	DEFIANCE, OH	52	19 M 40-99	1:33:44.0	8:41/M
57.	JEFF KINTZ	NEW HAVEN, IN	31	17 M 20-39	1:33:51.0	8:41/M
58.	CRAIG BOBAY	FT WAYNE, IN	43	20 M 40-99	1:33:52.0	8:41/M
59.	RONALD MAKI	LANSING, MI	47	21 M 40-99	1:34:26.0	8:45/M
60.	JEFFREY METZGER	FT WAYNE, IN	38	18 M 20-39	1:34:51.0	8:47/M
61.	WILLIAM LYON	PALOS HILLS, IL	48	22 M 40-99	1:36:51.0	8:58/M
62.	JOE CISNA	FORT WAYNE, IN	33	19 M 20-39	1:36:57.0	8:59/M
63.	RICK TERKHORN	NEW WHITELAND, IN	47	23 M 40-99	1:37:55.0	9:04/M
64.	ADAM LACEMAN	PORTLAND, IN	15	12 M 0-19	1:38:30.0	9:07/M
65.	FRED ROSS JR	WARSAW, IN	58	24 M 40-99	1:38:37.0	9:08/M
66.	REX REED	WARSAW, IN	58	25 M 40-99	1:38:39.0	9:08/M
67.	LANE ANDERSON	WARSAW, IN	54	26 M 40-99	1:38:40.0	9:08/M
68.	ART OBREGON	PIERCETON, IN	52	27 M 40-99	1:38:58.0	9:10/M
69.	BARRIE PETERSON	FT WAYNE, IN	57	28 M 40-99	1:39:07.0	9:11/M
70.	JEFF ANDERSON	LANSING, MI	38	20 M 20-39	1:40:36.0	9:19/M
71.	JANIS CLAY	TOLEDO, OH	42	***** F 40-99	1:41:40.0	9:25/M
72.	VIC FERRARI	MAUMEE, OH	48	29 M 40-99	1:41:43.0	9:25/M
73.	JOEL BRECOUNT	FT WAYNE, IN	33	21 M 20-39	1:41:44.0	9:25/M
74.	RANDAL AUSTIN	FT WAYNE, IN	36	22 M 20-39	1:42:49.0	9:31/M
75.	JIM "DR. MUDD" PRESTON	DEFIANCE, OH	49	30 M 40-99	1:42:54.0	9:32/M
76.	MICHAEL SNAVLEY	SOUTH WHITLEY, IN	32	23 M 20-39	1:42:55.0	9:32/M
77.	ED REINEMEYER	VAN WERT, OH	48	31 M 40-99	1:42:57.0	9:32/M
78.	JOLYNN MILLER	FT WAYNE, IN	49	1 F 40-99	1:44:22.0	9:40/M
79.	KIMBERLY SEATTER	FT WAYNE, IN	29	4 F 20-39	1:44:23.0	9:40/M
80.	JOE LADOWSKI	FT WAYNE, IN	44	32 M 40-99	1:44:44.0	9:42/M
81.	KIM LARSEN	FT WAYNE, IN	38	5 F 20-39	1:45:09.0	9:44/M
82.	NATHAN TRUEX	OSSIAN, IN	14	13 M 0-19	1:46:04.0	9:49/M
83.	JIM ESPICH	ENON, OH	52	33 M 40-99	1:46:27.0	9:51/M
84.	LYNN BOBAY	COLUMBIA CITY, IN	48	34 M 40-99	1:46:34.0	9:52/M
85.	MARCY GIANNUNZIO	NORWAY, MI	19	1 F 0-19	1:47:00.0	9:54/M
86.	DAN ATTEBERRY	SPEEDWAY, IN	43	35 M 40-99	1:47:07.0	9:55/M
87.	MEGAN HURLEY	UNIVERSITY HTS, OH	27	6 F 20-39	1:47:58.0	10:00/M
88.	JIM BERGHOFF	FORT WAYNE, IN	39	24 M 20-39	1:48:19.0	10:02/M
89.	JOSEPH NAYARKAS	FORT WAYNE, IN	45	36 M 40-99	1:48:57.0	10:05/M
90.	BRIAN DOBIAS	FORT WAYNE, IN	46	37 M 40-99	1:53:06.0	10:28/M
91.	ROBIN MILLER	CHICAGO, IL	33	7 F 20-39	1:54:53.0	10:38/M
92.	SHARON HUSS	FREMONT, IN	59	2 F 40-99	1:56:03.0	10:45/M
93.	BARON HANSEN	WESTFIELD, IN	14	M 0-19	1:57:30.0	10:53/M
94.	LINDA O'DONNELL	DEFIANCE, OH	43	3 F 40-99	1:57:36.0	10:53/M
95.	ELIZABETH RAE-O'DONNELL	SOUTHFIELD, MI	37	8 F 20-39	1:57:36.4	10:53/M
96.	GRETCHEN EATON	INDIANAPOLIS, IN	29	9 F 20-39	1:57:54.0	10:55/M
97.	DANA REISING	DANVILLE, KY	46	4 F 40-99	2:00:24.0	11:09/M
98.	VERNA TROUTMAN	BLUE SPRINGS, MO	56	5 F 40-99	2:00:36.0	11:10/M
99.	JAMES NEWKIRK	BUFFALO GROVE, IL	39	25 M 20-39	2:01:00.0	11:12/M
100.	MEL HENRY	DELPHI, IN	62	38 M 40-99	2:01:45.0	11:16/M
101.	CRYSTAL JONES	FT WAYNE, IN	25	10 F 20-39	2:01:49.0	11:17/M
102.	BOB GIRARD	FT WAYNE, IN	29	26 M 20-39	2:03:47.0	11:28/M
103.	PAUL DEMERCHANT	HUNTINGTON, IN	60	39 M 40-99	2:04:40.0	11:33/M
104.	KAREN ECKERT	FORT WAYNE, IN	18	2 F 0-19	2:05:22.0	11:36/M
105.	DAVE ECKERT	FORT WAYNE, IN	52	40 M 40-99	2:05:23.0	11:37/M
106.	KATHLEEN ELLIS	LEWES, DE	52	6 F 40-99	2:05:24.0	11:37/M
107.	JOAN GOLDNER	FT WAYNE, IN	61	7 F 40-99	2:06:36.0	11:43/M
108.	ANN MIZE	ROANOKE, IN	53	8 F 40-99	2:06:39.0	11:44/M
109.	DAVE WEIKEL	FT WAYNE, IN	47	41 M 40-99	2:07:30.0	11:48/M
110.	DIANA KUEBLER	LEO, IN	45	9 F 40-99	2:08:31.0	11:54/M
111.	BOBBI BARNES	FT WAYNE, IN	49	10 F 40-99	2:08:34.0	11:54/M
112.	DOUG LEHMAN	FT WAYNE, IN	47	42 M 40-99	2:10:52.0	12:07/M

113. SANDY BLACK	CAMDEN, OH	51	11 F 40-99	2:10:58.0	12:08/M
114. BETTY ANN JACKSON	FT WAYNE, IN	38	11 F 20-39	2:11:32.0	12:11/M
115. NANCY LISEY	WADSWORTH, OH	48	12 F 40-99	2:18:33.0	12:50/M
116. MINDY SHIDLER	WINAMAC, IN	32	12 F 20-39	2:21:59.0	13:09/M
117. STAN WENCER	MUNCIE, IN	61	43 M 40-99	2:22:01.0	13:09/M
118. KAREN HAUSER	ELK GROVE VILLAGE	33	13 F 20-39	2:24:37.0	13:23/M
119. DENISE SAULD	NIAGARA, WI	49	13 F 40-99	2:26:24.0	13:33/M
120. JOHN GOOTH	PLYMOUTH, IN	49	44 M 40-99	2:33:29.0	14:13/M
121. ZOLA NOBLE	ANDERSON, IN	53	14 F 40-99	2:37:30.0	14:35/M
122. DONALD RHOADES	COLUMBIA CITY, IN	65	45 M 40-99	2:38:51.0	14:43/M
123. HELEN SAULD	IRON MOUNTAIN, MI	51	15 F 40-99	2:39:12.0	14:44/M
124. BETTY FOX	BREMEN, IN	43	16 F 40-99	2:39:36.0	14:47/M
125. JAMES P JONES	FT WAYNE, IN	71	46 M 40-99	2:47:27.0	15:30/M
126. DENIS SULLIVAN	INDIANAPOLIS, IN	23	27 M 20-39	2:48:41.0	15:37/M
127. IRVIN CASH	INDIANAPOLIS, IN	70	47 M 40-99	3:04:25.0	17:05/M
128. SCOTT WAREHAM	INDIANAPOLIS, IN	47	48 M 40-99	3:04:27.0	17:05/M
129. BETH LIMACHER	MATTESON, IL	45	17 F 40-99	3:29:52.0	19:26/M
130. HUNTER GOIN	COLUMBUS, IN	69	49 M 40-99	3:30:18.0	19:28/M

Relay Teams

1. A BUNCH OF NOBODIES

Men - Fort Wayne

3:14:00

Ron Sharp

Mike Fruchey

Mike Schoudele

2. Joshua Purses

Men - Indianapolis

3:22:34

Joshua Purses

Owen Cooper

Michael Sandelin

3. DYE HARD II

Men - New Castle

3:23:53

Duane Dye

Ed Deiwert

Mike McManus

4. THE DUDS

Men - Churubusco

3:23:53

Josh Combs

Mike Derryberry

Patrick Gross

5. TEAM GRENADIER

Men

3:26:02

Seth McKim

Roger Kinder

Alan Tobin

6. BREMEN ROAD LOBSTERS

Men

3:48:14

Rich McNeil

Mike Haag

Mark Grose

7. THE PUDS

Men - Churubusco

3:54:20

Andy Helfrich

Jason Reinoehl

Adam Conely

8. TEAM JUNGLE STRIKE

Men - Muncie

3:54:43

Andy Baierwalter

Jay Williams

Ryan Stephens

9. VIDA

Men - Goshen

3:57:13

Daniel Moore

Peter Casaletto

Brent Zebell

10. PORTLAND RUNNING CLUB

Mixed

4:01:33

Jordan Hoort

Justin Wolf

Melissa Miller

11 CORNCOBS & TIGHTS

Men - Portland, MI
4:01:35
Matt Bozung
Greg Stevens
Jeff Makries

12. Mike Mosier

Men - Bluffton
4:04:34
Adam Truex
Peter Hogg

13. BOB SCHUL RACING TEAM

Men
4:07:35
Tim Schroeder
Dale Fox
Marc Pendleton

14 Michael Jones

Valparaiso - Mixed
4:08:19
Michael Jones
Tamara Whitten
Rick Owens

15. THE COOK & 2 BOTTLE WASHERS

Mixed
4:10:49
Linda Gorman
Sam Stephens
Mitch Harper

16. David Moore

Goshen
4:14:11
David Moore
Phillip McGuire
Josh McGuire

17. HUFF'N 'N PUFF'N

Men - LaPorte
4:23:37
John Ryder
Jerry Jacobs
Dale Fischer

18. HURRICANES

Men - Chesterton
Joe Chamberlain
John Ardner
Herb Scheffler

19. LAN

Women - Wheaton, IL
4:37:46
Lori Schmidt
Nicole Koleno
Amy Jacobucci

20. RIVER CITY RENE- GADES

Mixed
4:39:30
David Graney
Pam McCulloch
Beth Berry

21. 2 RUNNERS & A TENNIS PLAYER

4:40:32
Hunter Rackley, III
Nathan Bingham
Thomas Duselis

22. BLAZERS

Men - Fort Wayne
4:41:37
Tom Carpenter
Steed Williams
David Walda

23. TRIPLE JEOPARDY

Men - Fort Wayne
4:43:32
Frank Sullivan, Jr.
Tom Felts
John Powell

24. James Hart

Mixed - Indianapolis
4:46:08
James Hart
Vern Lange
Marilyn Grissom

25. KNIGHTS

Fort Wayne
4:48:39
Evan Smith
Jonathan Zurcher
Kasey Krouse

26. THREE FOR THE ROAD

Men - Fort Wayne
4:48:49
Greg Purcell
Patrick Ryan
Steve Wildeboer

27. INSANE RUNNING POSSE

Women
4:49:41
Jessica Holland
Claire Cradler
Marcie Obermyer

28. STRIDING GRIFFONS

Men - Fort Wayne
4:59:33
Bill Harris
Rick Evans
Lon Braun

29. CUYAHOGA VALLEY CRUSADERS

Mixed
5:01:38
Dwayne Potts
Ellen Potts
Jim Collins



Huff Testimonials.....

From Huntington, Indiana.

Once again Mitch Harper, Race Director for the Huntington Ultra Frigid Fifty (HUFF) has secured himself a place in my memory as putting on one of the best races ever!

When I arrived at the pre-race pasta dinner/registration/ packet pick up I was met by the kind and delightful Judy, whose last name escapes me. Just like last year she welcomed me with the enthusiasm that makes this event one of the highlights of 1999. The food was exceptionally good although I didn't see beer served this year as it was last year. That's fine with me since I'd rather not consume anything that works as a CNS depressant.

The packet pick up was as organized as Santa's workshop but the presents were even better. A green pastel HUFF shirt was in each bag along with a super nice water bottle and carrier complete with the HUFF logo. There was a packet of GU, some flyers for the FT. Wayne marathon and a Trail Runner's magazine, but unlike any other event I'd done, the packets also contained a can of Red Gold Salsa and 16oz of Sechlers (k) sweet pickle relish: just one more quality that sets the HUFF out from other ultra marathons.

Several months early I secured a hotel room with a jacuzzi. That was very nice and could only have been better had someone chosen to join me. Even with the jacuzzi the room was less than half the price of the room for the Chicago Marathon.

Race morning was nice and chilly. At 8:04 my time, the thundering boom of a cannon started the race. If that doesn't get you to start running I'd recommend getting one's hearing or pulse checked. The course was mostly single and double track trails with the exception of the long stretch of road across the bridge and even longer stretch across the "dam" dam where runners were met with very little wind. At the end of the dam, runners were received at a well-stocked and cheerfully staffed aid station hosted by Amerhost Hotel workers. They served my favorite ultra food, chocolate turtles. The aid stations, like last year, were pretty much perfect. In an attempt to avoid "certified food workers and health inspectors" M&M's and other like foods were in small paper cups. At the start/finish line, the aid station served potatoes, or since it was in Huntington, IN, home of former Vice-President Dan Quayle, "Patatos" as well as good cheer and inspiration by the many volunteers.

The temperature never got above freezing and the trails were as hard as a Bob Dole on Viagra. In a few places there was some mud but nothing like 3 years before. I saw one runner with ice icicles hanging from his ears; he was doing a pretty strong pace and an even stronger imitation of Ben Stiller in "Something about Mary". I even had ice forming around my face and head so, like Diana Ross in concert, I made an outfit change at the end of the second loop. In the spirit of the holiday I sported a Santa hat. That really kept me warm as well as silly looking.

Sometimes I tell people the reason I do ultra marathons is because of the food, but the real truth is because of the people. First there is Mitch; he's a really swell guy who I recently met while I was volunteering at the OPS 50/50. Then there is Lois B. who, like myself, last year celebrated her birthday by running the HUFF. We paced each other in that year and that moment will always remain close to my heart. This year she was able to shave more than 20 minutes off last year's time. There are a great number of fantastic people who I ran with on Saturday including Todd, the Canadian from Bloomington, IN who I tried to keep up with. Together, these people are the fabric that make ultra running as comforting as grandma's homemade quilts.

The HUFF was the first ultra I'd ever done and what a way to start. Without a scintilla of hesitation I would recommend to anyone and everyone to give it a try. It is by far a 5-star event. Thanks again Mitch and to everyone who helped make December 18th, 1999 one of the best days of the year! My final time was 6:42 which was 41 minutes less than last year. I credit this to better training but more importantly learning to pace myself.

Jerry Shepherd
Carmel, IN
www.bubblebodywear.com/gallery

Huff Testimonials.....

Mitch...

Thanks for conducting a great event without all the fuss!!! Everything was top notch, your volunteers did a great job and everyone had a real good time. Great goodie bag too!! I was able to finish 23rd and 2nd in my age group but had to leave after the run due to cracked ribs I got doing a dive on a small hill [who said speed kills!]. If you'd send me my award I'd pay for shipping...c.o.d or whatever, if not I understand your circumstances. Thanks again....See you next year.....Larry Whitaker, 28410 West River Road,

Perrysburg, Ohio 43551

Mitch,

I wanted to thank you for one of the best running events I've ever had the pleasure to participate in. I got up early Saturday and drove up from Indy with the intention of going two laps if all went well-but, you were right, the vim and the vigor just took over and I did all three! My husband and my running buddies were all truly amazed, as was I! The support and comraderie of the whole event was outstanding. I loved the Turtles and all the other snacks, and my New Year's Resolution will be to eat a lot more while I run-what a concept. This was my first Ultra. I don't think it will be my last! Also, I would like to ask a favor. I was very surprised to see that I may have been first in my age group (F 41-45). Since I finished just before 2:00 and assumed all the awards were long gone, I left without it. I would be glad to send postage to cover mailing whatever it is, if that's not too much to ask. (As a gray-haired old woman I have not won an award in many-a-year, so it's a big event for me!)

Again, thanks for all the work you put into this race. The finisher's medal was beautiful, the shirt cool, and all the race sack goodies much appreciated. I wish I would have taken the time to find you and shake your hand afterwards. I will make a point of it next year.

Shelley Lancaster, Indianapolis

Just Plain 10K - December 4, 1999

Overall Female Winners

	Age	Overall	Time	Pace
1. Linda Gorman	36	25	43:19	6:59/M

Women 25 to 29

1. Crystal Lones	25	59	1:01:23	9:54/M
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Women 30 to 34

1. Debra Hoffer	30	41	49:24	7:58/M
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Women 35 to 39

1. Kim Larsen	38	48	52:28	8:28/M
2. Lorraine Fox	38	50	52:55	8:32/M
3. Betty Ann Jackson	38	61	1:02:32	10:05/M

Women 40 to 44

1. Tammy Wright	41	46	52:02	8:24/M
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Women 50 to 54

1. Barb Scrogam	53	56	56:59	9:11/M
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Women 55 to 59

1. Sharon Huss	59	58	1:00:17	9:43/M
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Women 60 to 64

1. Joan Gary	63	53	54:49	8:50/M
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Overall Male Winners

	Age	Overall	Time	Pace
1. Ron Sharp	34	1	33:33	5:25/M

Men 19 and under

1. Ian Wilson	17	5	37:40	6:05/M
2. Andy O conner	15	7	37:59	6:08/M
3. Adam Knight	16	8	38:37	6:14/M
4. Ty Hull	18	15	40:41	6:34/M
5. Eric Nestel	14	18	41:20	6:40/M
6. Adam Klopfenstein	15	22	42:31	6:51/M
7. Anthony Maurice	17	28	44:58	7:15/M
8. Wayne Knight	14	38	48:18	7:47/M

Men 25 to 29

1. Rod Obregon	25	4	36:56	5:57/M
2. Brad Thomas	25	16	41:04	6:37/M
3. Jon Uecker	26	17	41:17	6:40/M

Men 30 to 34

1. Bob Minnich	32	2	36:03	5:49/M
2. Mike Fruchey	30	3	36:37	5:54/M
3. Keith Walter	33	11	39:22	6:21/M
4. Mark Walter	34	12	39:45	6:25/M
5. Brad Heyneman	30	52	54:09	8:44/M
6. Rob Norton	32	57	59:30	9:36/M

Men 35 to 39

1. David Swenson	37	9	38:58	6:17/M
2. Sam Stephens	36	10	39:12	6:19/M
3. Jeff Metzger	38	31	46:10	7:27/M

Men 40 to 44

1. Paul Shaffer	41	14	40:24	6:31/M
2. Kim Lefever	43	19	41:28	6:41/M
3. Dan Nestel	40	20	42:00	6:46/M
4. Mark Brattoli	44	23	42:37	6:52/M
5. Jeff Milleman	43	24	43:10	6:58/M
6. Bob Womack	42	27	44:53	7:14/M
7. Tom Landis	43	30	45:20	7:19/M
8. Mitch Harper	43	36	47:42	7:42/M
9. Vern Ceder	43	42	49:27	7:59/M
10. Toby Jo Hullinger	40	43	50:10	8:05/M

Men 45 to 49

1. Hal Pearson	45	6	37:53	6:07/M
2. John Treleaven	47	13	40:04	6:28/M
3. Jed Pearson	48	21	42:16	6:49/M
4. Fred Stoffel	49	26	43:23	7:00/M
5. John Sh	45	34	47:17	7:38/M
6. Greg Heanes	47	49	52:36	8:29/M
7. Doug Lehman	47	60	1:02:22	10:04/M

Men 50 to 54

1. Art Obregon	52	33	47:15	7:37/M
2. Jim Pickett	50	35	47:28	7:39/M
3. Greg Purcell	51	39	48:26	7:49/M
4. Jack Seigel	54	40	49:22	7:58/M
5. Mike Barman	50	45	51:59	8:23/M
6. Scott Mills	50	55	55:03	8:53/M

Men 55 to 59

1. Rick Panning	56	32	46:55	7:34/M
2. Donald Lindley	55	44	51:17	8:16/M
3. Barrie Peterson	57	47	52:17	8:26/M
4. Dave Boylan	57	54	54:53	8:51/M

Men 60 to 64

1. Joe Zielger	63	29	45:03	7:16/M
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Men 65 to 69

1. Bob Loomis	66	51	53:17	8:36/M
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Men 70 and over

1. Don Anderson	72	37	47:53	7:43/M
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The Frigid Five

by Paul Beckwith

The Frigid Five Mile race held on January 8th was about as well named as the countries of Greenland and Iceland.

Like the student workin on his science project the night before it is due in class, I called race director Brian Shepherd the night before the race. He gave me clear, concise and detailed directions. I ended up touring a trailer park, found a new way to connect Main street back to the Indiana State Route 3, and discovered several Cul de sacs. I could have written just dead end instead of cul de sac, but i wanted to give the story a Euro-trash flavor. I was hopelessly lost in the country. I thought I might be so out of it that I might have to survive on two cans of soup that I brought along for the race entry donation. Some guy was out picking up his morning paper at the mailbox, and pointed me back towards town. I went into a holding pattern and circled the Youth Center several times for good measure.

I paid my entry fee, filled out the application, donated my two cans of soup, and found ou tthat my detours did not leave me enough time to properly warm up and stretch. In other words, it was business as usual. Hey, what is the first mile of the race for anyway?

For January, Unseasonable conditions. Sunny, and mild as my track interval sessions.

The race surfaces were a buffet for the feet. The course changed from pavement to dirt to grass to snow to ice. I lost a lot of time constantly changing shoes from spikes to racing flats. I did not run the tangents either as I was in constant search of dry, bare ground, as the course wound through fields and forest. The trail then hooked up with the East Noble cross-country course, and I was a little surprised to see runners heading back the same way they came into the park. Then I remembered that I got lost coming to the race, and never bothered to look at teh course map, that really wasn't much of a surprise at all. Lewis and Clark never had a course map, they did ok at cross-country, and had a real tight pack time.

I placed 14th. My time was 29:29. The conditions were not frigid, and now the five was suspect. Actually, I have run 27:27 for five miles cross-country (when Nixon was President.) If I ran 19:29 in a recent 5K race in perfect road conditions and we all know cross-country is slower than the roads. I would argue that the course was flat and the surface firm and hard. If the leaders cut off a cone during hte race, I would still have to say that the course was a legal, certified five miles because I have a T-Shirt that says the race was 5 miles and a T-Shirt has never lied to me before, and who do you think you are anyway, a civil engineer?

I won a video tape at the door prize drawing, "Air Bud", two life-sustaining nutrients that I needed after my race. The last race that I ran in Kendallville had a door prize drawing. I left with golf course greens fees, two lawn chairs, and a one night at a bed and breakfast. At Las Vegas they have hidden cameras that catch card counters

After the race, I made two late New Year's resolutions.

1. I will no longer make fun of old people driving around aimlessly, especially those with a compass mounted on the automobile windshield.
2. Next time I run a road race in Kendallville, I will leave earlier, and with a U-Haul to take back my door prizes.

Over December 9-11th, I was fortunate to take several area runners to the national Jr. Olympic finals in Spartanburg, South Carolina. We had qualified by placing two groups 2nd at the state meet on November 13th at Southeast Parkway in Indianapolis, and 3rd at the Midwest Regionals on November 20 also in Indianapolis.

The trip was around 11 hours and several parents drove vans on Thursday November 9th, leaving around 8 a.m. and arriving there at 7 pm. The weather was beautiful 60 degrees and calm. Everyone went out for a wake-up the body run of 5 miles. After the run, we had a nice dinner at a local Outback.

Over night it rained and was raining Friday morning. I was nervous about having to jog the course in the rain, but by 10:30 the sun came out and warmed to a wonderful 68 degrees by noon. The reception area was in the Ramamda Inn, which was not adequately prepared for as many people that were present. Shirts were not done ahead of time, instead you had to wait in lines to buy one, and in another line to have it printed - about 2 hours. We decided to wait until Saturday.

The course was at the Milliken textile Complex, a beautiful layout that was well marked and much more open to view the race than some of our local competition. The first 600 meters was all downhill, which caused several to go out way to fast during the race Saturday. After a sharp turn, you had about 700 meters of uphill. The rest was rolling, except the final 400 meters was an all uphill - a tough finish. Times were not exceptionally fast.

Race day was perfect, 62 degrees and sunny. Several individuals had great races, but most notable was Aubrey Gaffer from Northrop running a 19:06 finishing in 4th place. The top 25 individuals and top 3 teams are All-American. Bret Grover from Bluffton got 16th in the in the 17-18 boys, and Eric Nestel from Homestead was 33rd but ran on a 13-14 team from Shelbyville, IN. That teamcame in First.

This was a great opportunity for the athletes to run against the best in the nation, and learn invaluable lessons on training and racing. We had a great time and I got to know a super bunch of kids that prior to this I only saw running or read about. Thanks to LOri Edwards, Dennis Klopfenstein, Larry Lee, Dan Nestel, Mike & Susy O'Connor, Brad Peterson, Ben Trevino, and John and Leslie wilson for driving kids to the meet.

Dick Shenfeld, Cross-Country Coach Homestead HS

RESULTS OF AREA RUNNERS

All were members of the Spartan Striders T.C. The top 25 individuals and top 3 teams were "All-American"

4,000 METERS

Girls - 11-12

S. Lee 60th 16:18

Boys - 11-12

Poorman 68th 15:31

Boys - 13-14

Nestel 33rd 14:14*
also first place team

15-16 Girls

Butler 52nd 21:23

17-18 Girls

Gaffer 4th 19:02 "All-American"

Lee 31st 20:18

Keplinger 53rd 21:25

17-18 Boys Team

7th out of 25-300 Runners

Grover 16th 16:07 ** "All-American"

Gross 27th 16:21

Parsons 44th 16:41

Hoover 50th 16:46

Wilson 61st 17:09

Hogg 82nd 17:57

Trevino 85th 17:59

5000 METERS

15-16 Boys Teams

14th out of 30-340 Runners

O'Connor 48th 17:25

Leffers 57th 17:45

Klopfenstein 60th 17:54

Edwards 67th 17:59

Hannie 92nd 18:52

Barr 95th 19:00

School of Allied Health

Department of Physical Therapy

4416 Collier Building
3015 Arlington Avenue
Toledo, OH 43614-5803

Medical College of Ohio



Phone
(419) 383-3518
Fax
(419) 383-5880

December 1, 1999

Bill Sohaski
1931 Kendawa Dr.
Fort Wayne, IN 46815

Dear Bill Sohaski:

We are senior physical therapy students at the Medical College of Ohio. We are currently involved in a research project along with our professor, Daniel Cipriani, M.Ed., P.T. We are looking at the effects of chronic exercise on lifestyle and health. In order to do this, we are planning on conducting a written survey in which we ask elderly triathletes/ runners (those ages 65 and older) questions regarding their current training regime and overall health.

The survey will be distributed through the mail to OHIO, INDIANA, and MICHIGAN residents. Completion will be strictly voluntary. All names and information of participants will be kept confidential and not distributed to any other parties. The survey will be used for our research project only.

Our purpose in contacting you is to obtain names and addresses of any triathletes and/or runners 65 or older, and/or contact persons from which we can obtain this information. We appreciate your time and consideration to this matter. Should you have any concerns or questions, please feel free to contact us.

Again, we thank you.

Sincerely,

Sue Bordonaro
Angela Derry
Tricia Wulff
Amanda Zellers

Please use the self-addressed, postage-paid envelope included with this letter. Or, feel free to e-mail your response to D.Cipriani at dcipriani@mco.edu.

***Please direct any questions to:**
Dan Cipriani, M.Ed., P.T.
Phone: (800)321-8383 ext.5396
(419)383-5396
Email: dcipriani@mco.edu

1999 FANTASY RUN 5K RUN OVERALL RESULTS

	Name	Age	Time		Name	Age	Time
1.	Michael Fruchey	30	16:19	69.	Joel Brecount	33	23:51
2.	Ron Sharp	34	16:20	70.	Joe Ladowski	44	23:55
3.	Paul Furniss	32	17:02	71.	Joe Hardesty	38	23:57
4.	Robert Minnich	32	17:02	72.	Allen Whittington	44	24:01
5.	Tim O'connell	43	17:14	73.	Jim Berghoff	39	24:06
6.	Eric White	35	17:27	74.	Jolynn Miller	49	24:12
7.	Chris Kempf	14	17:38	75.	Rich Stephenson	52	24:13
8.	Bob Knuckles	43	17:43	76.	Colleen Incremona	39	24:20
9.	Mark Stahl	14	17:49	77.	Steve Romary	45	24:23
10.	Rod Obregon	25	17:49	78.	Bob Loomis	66	24:28
11.	Daniel Green	45	17:53	79.	Tamara Wright	41	24:35
12.	Rich Kempf	43	18:19	80.	Caroline Runyan	35	24:35
13.	Brad Thomas	24	18:21	81.	Joe Decamp	41	24:56
14.	Derik Usina	15	18:33	82.	Dean Russ	42	25:01
15.	Paul Shaffer	41	18:34	83.	Susan Markey	44	25:02
16.	Dan Leffers	48	18:39	84.	James Wright	52	25:18
17.	Scott Ecclestone	38	18:46	85.	Teresa Furniss	32	25:29
18.	Mark O'shaughnessy	39	18:47	86.	Doug Mckinzie	44	25:34
19.	John Treleaven	47	18:48	87.	Cheryl Mcgowan	36	25:45
20.	Kenneth King	41	18:56	88.	Kathi Forte	27	26:04
21.	Ty Hull	18	19:05	89.	Paula Stemen	47	26:52
22.	Katie Doehla	13	19:09	90.	Julie Wixted	35	26:53
23.	Ward Moya	36	19:14	91.	Amy Gross	26	26:54
24.	Paul Panning	18	19:23	92.	Bob Swinehart	33	27:05
25.	Brent Emerick	13	19:25	93.	Tavie Buhl	43	27:21
26.	Mandy Knuckles	15	19:29	94.	Gordon Stemen	46	27:24
27.	Chris Dunmire	25	19:47	95.	Debi Treleaven	49	27:36
28.	Gino Fisher	38	20:00	96.	Dan Tague	36	27:43
29.	Dave Woehnker	14	20:05	97.	Mark Christian	31	27:46
30.	Matt Richardville	17	20:10	98.	Joseph Nayarkas	45	27:54
31.	Tom Landis	43	20:18	99.	Hannah Osborn	08	27:54
32.	Anthony Stephenson	29	20:29	100.	Sharon Huss	59	27:56
33.	Isaiah Knouff	22	20:39	101.	Tia Runyan	12	28:15
34.	Kevin Snell	39	20:41	102.	Mary Krouse	44	28:22
35.	Rocky Rowe	39	20:47	103.	Erin Brace	18	28:24
36.	Don Decook	46	21:08	104.	Sam Ladowski	15	28:25
37.	Fred B Hannan Jr	45	21:09	105.	Mack O'shaughnessy	11	28:55
38.	Art Obreg	15	21:19	106.	Larry Piano	51	29:10
40.	Dewain Cobbs	57	21:21	107.	Crystal Jones	25	29:19
41.	Ross Green	14	21:24	108.	Vicki Jacobs	50	29:23
42.	Joseph Incremona	37	21:27	109.	E A Gebhart	62	29:28
43.	Joe Reddoch	34	21:31	110.	Michael Runyan	41	29:33
44.	Sue Fowler-Finn	45	21:35	111.	Jim Decamp	38	29:37
45.	Thomas Kline	35	21:54	112.	Michael Hendricks	50	29:57
46.	Roger Mcgowan	14	21:58	113.	Darrell Wattley	38	29:58
47.	Richard Panning	50	22:05	114.	Melvin Day	68	30:22
48.	Jim Pickett	50	22:10	115.	Doug Lehman	47	30:36
49.	Steve Knouff	50	22:12	116.	Amy Dinaberio	34	30:42
50.	Don Branstetter	38	22:14	117.	Andrew Barry	35	31:06
51.	Toby Jo Hullinger	40	22:14	118.	Linette Barry	36	31:08
52.	Robin Rizzo	33	22:15	119.	Vicki Onstott	48	31:14
53.	Mike Richardville	45	22:16	120.	Nancy White	32	31:18
54.	Michael Barman	50	22:28	121.	Judy Teel	58	31:18
55.	Kimberly Seatter	29	22:46	122.	Tyler Mason	12	31:25
56.	Carolyn Streeter	42	23:10	123.	Conner O'shaughnessy	07	31:27
57.	Beth Berry	37	23:13	124.	Philip Wahls	68	31:38
58.	Amy Kempf	12	23:15	125.	Andy Berghoff	09	31:40
59.	Valerie Hardesty	14	23:17	126.	Diane Post	42	31:59
60.	Tim Hattery	38	23:17	127.	Brent Leininger	37	32:11
6.	Mike Meredith	42	23:25	128.	Ken Disler	76	33:36
62.	Don Anderson	72	23:25	129.	Katie Samek	18	33:51
63.	Scott Amstutz	17	23:26	130.	Katie Burkhart	17	33:52
64.	Justin Heminger	17	23:28	131.	Jean Longsworth	70	35:14
65.	Bob Berger	40	23:33	132.	Hayden O'shaughnessy	09	36:48
66.	Heidi Linnemeier	35	23:47	133.	Tia Brecount	32	37:14
67.	Matthew Wright	13	23:49	134.	Marg Knouff	53	39:50
68.	Kerry Marshall	35	23:49	135.	Polly Jacobs	73	40:27
				136.	Maurine Gensheimer	61	41:52
				137.	David Gensheimer	41	45:15

Attention
ALL
Fort Wayne
Track Club
Members

**Plan on attending this years
Annual Awards Banquet
to be held at IPFW
following the Nutri Run.**

(Check your mail for your special invitation.)

2000 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
www.fwtc.org

ROAD RUNNERS CLUBS OF AMERICA (RRCA)
<http://rrca.org/>

Group Training Runs in the Area

The "Y" Group meets every Sat. morning at 7:00 am at the Ft. Wayne YMCA downtown on Barr Str., contact John Hilker (219) 432-2933

The Chapel Group Meets every Sat. morning at 7:00 am at the Chapel church, corner of Covington Rd. and W. Hamilton Rd., SW of Ft. Wayne, contact Amy Archbold (219) 436-9506 or Tammy Behrens (219) 436-7618

FEBRUARY 2000

12 Sat.

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

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

Cupid's Fling 5k, 10:00 am, Clay Jr. High, Carmel, Ind., Runners Forum (317) 844-1558 E-mail fling@runnersforum.com

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 E-mail 40wach@aol.com

Sweetheart Shuffle, 4 Miles, Middletown, Ohio, Tom Henry (513) 422-9622

13 Sun.

Frosty 5 Mile Road Race, 1:00 pm, Channahon, ILL.,
Channahon Park District, Channahon, ILL., (815) 467-7275

19 Sat.

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

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

Flurry 4-mile & 1 mile, 9:00 am, West Central Hospital, Clinton, Ind.,
Larry Poole LPoole7160@AOL.COM

Caribbean Cruise 5k, Park Forest, ILL.,
Bill Wachter (708) 747-3684

Spirit of Winter, 5k, 10:00 am Bay City, Mich.,
Ted Davenport (517) 893-1093

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

Freeze Your Buns Off 5k, Detroit Lakes, Minn.,
Moni Oliveras (218) 847-9224

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

20 Sun.

33rd Frostbite 5 Miler, 2:00 pm, Centerville, Ohio,
Kate & Ray Finney (937) 433-4519 www.orrcc.org

Wacky Snacky 5k, 10:00 am, Chicago, ILL.,
Chicago Special Events Mangt., (773) 868-3010

26 Sat.

George Roger Clark Trace, 10 Mile and 2 Mile, 10:00 am, Vincennes, Ind.,
Bob Hunt (812) 886-1555 E-mail robertjerryhunt@hotmail.com

Smokey Mountian Marathon and 5k, 8:30 am, Townsend, Tenn.,
Sherman Ames, Knoxville Track Club, (423) 588-7465

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

MARCH 2000

05 Sun.

Race Through Hoosier History, 5 mile run & 3 mile walk, 9:00 am, Indianapolis,
Ind., Jeff Coates (317) 876-1871 E- Mail coatesman@msn.com

Black Walrus Run, 2:00 pm, Tipton H.S., Tipton, Ind.,
Brian Shortridge (765) 675-4930

ORRRC Marathon and Half-Marathon, 8:30 am, Xenia, Ohio,
Kevin & Chari Marshall (937) 436-1802 E-mail irundaily@AOL.COM

11 Sat.

(R)Norris Insurance 5k R/W, Amboy, Ind., Norris Insurance (317) 395-7761

22nd Beer Bottle Open, 4 Miles, 2:00 pm, Columbus Grove, Ohio,
Jerry Bunn (419) 659-5702 E-mail jbunn@q1.net

Murphysboro St. Patrick's Celtic Celebration, 5k R/W, Murphysboro, ILL.,
Kim Hails (618) 684-6421 executive@globaleyes.net

17 Fri.

The Finish Line IAC Shamrock, 10kR and 5kR/W, Downtown, Indianapolis, Ind.,
Ken Long and Associates (317) 632-8812 www.kenlongassoc.com

18 Sat.

(R) Old Ben 5k Run/Walk, Highland Park, Kokomo, Ind.,
Mark Shorter, Kokomo Road Runners, (765) 452-2616

Shamrock Scholarship 10k, Westfield High School, Westfield, Ind.,
Mary Atteberry (317) 896-2841 atteberrym@wws.k12.in.us

Moutian Goat Hill Runs/Walk, Danville, ILL.,
Marc Reddy (217) 431-4243 http://users.net66.com/~kennekuk

Leprechan Run for Diabetes, Dublin, Ohio, American Diabetes Assoc.,
937 High Str., Worthington, Ohio, 43085 (614) 436-1917

19 Sun.

Spring Valley Building Block 4 Mile R/W, 9:00 am, Centerville, Ohio,
Marguerite Holtz (937) 885-7946 buildingblockrun@usa.com

(LP)Nutra Runs, 20k and 5 Miles, 2:00 pm, Woodside Middle School, Ft. Wayne, Ind.,
Mike McAvoy (219) 824- 5158

***(L) FWTC Annual Awards Banquet, Doors Open at 6:00 pm for the Sports Expo, Dinner
is at 7:00 pm, at the Walb Memorial Student Union Bldg., 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 ******

25 Sat.

Round About 10k R/W, 8:00 am, Clay Jr. High, Carmel, Ind.,
Runners Forum (317) 844-1558 E-mail roundabout@runnerforum.com

Homeless Hustle, 10k Run and 5k Walk, 9:00 am, Eagle Creek Park, Indianapolis,
Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

26 Sun.

Sam Costa Half Marathon, 1:00 pm, Clay Jr. High, Carmel, Ind.,
Terry Townsend (317) 259-0708 TATownse@mail.delcoelect.com

Wadsworth Running Club 4 Mile Classic, 2:00 pm, Wadsworth, Ohio,
David Cooper (330) 335-2860

Cincinnati Heart Mini-Marathon, Cincinnati, Ohio, (513) 281-4048

01 Sat.

(LP)MastodonStomp, 5k, 9:00 am, Hillard Gates Sports Center, IPFW, Ft. Wayne, Ind., Judy Tillapaugh (219) 481-6647

(R) Ring in the Spring, 5k, Valparaiso, Ind., CARA (312) 666-9836 www.cararuns.org

Hoosier State Games, 8k R/RW & 5k W, 10:00 am, McCormick's Creek State Park, Spencer, Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

Bedford Fitness Challenge, 5k R/W, Bedford, Ind., Dave Yeary (812) 279-6849

South Shore Half Marathon, 8:30 am, Milwaukee, Wis., (414) 771-3688

02 Sun.

(R) 1st annual Van Wert Marathon, Van Wert Reservoir, Van Wert, Ohio, Mark Alstaetter (419) 238-4890 kiggs@bright.net

Farm bureau Community Partners Distance Classic, 15k Run and 4 Mile Walk, Indianapolis, Ind., Ken Long And Assoc. (317) 632-8812 www.kenlongassoc.com

Athens Marathon, Athens, Ohio, Athens Marathon, 7154 Radford Rd., Athens, Ohio, 45701 (800) 878-9767 www.athens.ohio

08 Sat.

YMCA Herald-Times Spring Running Festival, 10k R & 5k R/W, Monroe Co. YMCA, Bloomington, Ind., John Schwentker (812) 332-5555

USI Eagle 5k R/W, 9:00 am, Evansville, Ind., Nancy Johnson (812) 464-1924 njohnson@usi.edu

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

Germantown Trail Run, 14 and 7 Miles, 8:30 am, Germantown, Ohio, Ron Hart (937) 839-4259

09 Sun.

Run for Isreal 5k, 8:30 am, Dayton Jewish Community Center, Dayton, Ohio, Zlata Carroll (937) 454-9347

Cherry Blossom 10 Miler, Washington, D.C., Nortel Networks Cherry Blossom, PO Box 5366, Rockville, MD, 20848, www.nortelnetworks.com/cb

14 Fri.

Little 500 Scholarship Run, 8k, IU Athletic Complex, Bloomington, Ind., Randy Rogers (812) 855-9152

15 Sat.

Race for the Cure, 5k R/W, 9:00 am, IU track Stadium, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 ww.tuxbro.com

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

16 Sun.

Run for Habitat, 5k, Cascades Park, Bloomington, Ind., Eric Kirk (812) 333-5792

Glass city Marathon, Toledo, Ohio, Tom Falvey, 3743 Woodmount Rd., Toledo, Ohio, 43613 (419) www.toledoroadrunners.org

Gargoyle Gallop, 8k, Chicago, ILL., CARA (312) 666-9836 www.cararuns.org

17 Mon.

Boston Marathon, 12 noon, Hopkinton-Boston, Mass., BAA Boston Marathon, One Ash St., Hopkinton, Mass., 01748

19 Wed.

19 WED Helke Park 5k, 7:00 pm, Helke Park, Vandalia, Ohio, Ken and Leslie Mann (937) 454-9347

22 Sat.

(RP)Shoesucker 7, 7.2 Miles, 9:00 am, Kil-So-Quah Campground, Huntington, Ind., Richard Beemer, (219) 672-4140, E-mail R.Beemer@osv.com

Pine Line Trail Marathon, Bedford, Wis., (715) 748-4729 or (888) 682-9567

29 Sat.

Kentucky Derby Festival Mini-Marathon, 8:00 am, Louisville, KY., Kentucky Derby Festival (800) 928-3378

Music City Marathon, 7:00 am, Nashville, Tenn., Elite Racing, Inc., (858) 450-6510 www.cmmarathon.com

(LP)Arts Fest Run, 8k Run and 2 Mile Race Walk, 9:00 am, Fine Arts Bldg, IPFW, Ft. Wayne, Ind., Gary Lanier (219) 481-6977

Run with the Spirit 5k, 9:00 am, St Jude School, Ft. Wayne, Ind., Elizabeth Brown, 5701 Reed Rd., Ft.wayne, Ind., 46835 (219) 485-1504

Michigan Trail 5 Mile Run, 2:30 pm, Ann Arbor Mich., Running Fit, 123E Liberty ST., Ann Arbor, Mich., (734) 769-5016

Country Music Marathon, Nashville, Tenn., Elite Racing, 5452 Oberlin Dr., Ste B., Ssn Diego, Cal., 72121, (858) 450-6510 www.cmmarathon.com

30 Sun.

Michigan Trail Marathon & Half-Marathon, Ann Arbor, Mich., Running Fit, 123 E. Liberty, Ann Arbor, Mich., 48104 (734) 769-5016 www.runningfit.com

CVS Cleveand Marathon, Cleveand, Ohio, (216) 378-014i or (800) 467-3826 www.doitsports.com

Lake County Races, Marathon and Other Races, Highland park, ILL., (888) RUN-RUN1 www.doitsports.com/lakecountyraces

06 Sat.

(LP)FWTC One Mile Championship, 6:30 pm, Foster Park, Ft. Wayne, Ind., Brian Shepherd (219) 894-4638

Indianapolis Life 500 Festival Mini-Marathon, 9:00 am, Indianapolis, Ind., 500 Festival (800) 638-4296 www.500festival.com

MAY 2000

07 Sun.

Twin Creek 10k, 9:00 am, Twin Creek Park, Germantown, Ohio,
Margret Hurley (937) 432-9737 or Greg Bell (937) 866-1735

Spring Fling Marathon, 7:00 am, Vandalia, Ohio,
Denny Fryman (937) 767-7424

UPMC Health System/City of Pittsburgh Marathon, Pittsburgh, Pa.,
(412) 647-7866 www.upmc.edu/pghmarathon

13 Sat.

M.A.D.D. Dash 5k, Meadows, Shopping Center, Terre Haute, Ind.,
WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933

Brown County Spring Runs, 10k & 5k, Brown Co., Ind.,
Brown Co. YMCA (812) 988-9926 or Dawn Jones (812) 988-5522

Run with the Foxes, Various Distances, Morgan-Monroe State Forest,
Martinsville, Ind., Susan Mittenthal (765) 349-0204

National City Jeep Davis 5k, 8:15 am, Barberton, Ohio,
Carl Bako (330) 745-5995 carlbako@aol.com

Old Kent River Run, 25k & 5k, 8:00 am, Grand Rapids, Mich., www.doitsports.com

Tour de Foot, 5k, Elmhurst, ILL., CARA (312) 666-9836 www.cararuns.org

Lake Geneva Marathon, 25k, and 5k, Lake Geneva, Wis.,
Frank Dobbs (414) 248-4323 www.lakegenevasports.com

Journeys Marathon, Eagle River, Wis.,
(715) 479-6400 www.journeysmarathon.org

14 Sun.

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

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

19 Fri.

(L) I "DID" Run 5k, Downtown Ft. Wayne, Ind.,
Mitch Harper (219) 456-1381

20 Sat.

20 SAT(R) Northeast Center run for Mental Health, 5k, 8:30 am, Bixler Lake Park,
Kendelville, Ind., Brian Sheperd (219) 894-4638

20 SAT(R) Run For Fun, 10k & 5k Run & 2 Mile Walk, Warsaw, Ind., (888) 268-1236

Bank One Rookie Run, Youth Run(ages 13 and under), Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632 www.tuxbro.com

Hoosier State Games, 10k R/RW & 5k W, 9:00 am, Clifty Falls State Park,
Madison, Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

20 Sat.

Terre Haute Triathlon, Terre Haute, Ind.,
WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933

21 Sun.

Gift of Life Run and Walk, 5 Mile Run & 5k Racewalk & Walk, 8:00 am, Eagle
Creek Park, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

27 Sat.

(LP)TheRiver City Rat Race 10k, 8:00 am, Downtown Ft, Wayne, Ind.,
Stephen Hilker (219) 747-7186 shilker@mysolution.com

Carmel Classic 8k, 8:00 am, Carmel, Ind., Runners Forum (317) 844-1558

Bayshore Marathon, Traverse City, Mich., Dave Taylor, 1211 E. Front St.,
#116, Traverse City, Mich., 49686 (231) 941-8118

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

Memorial Mile, 9:30 am, Broadman, Ohio, (330) 720-8407

JUNE 2000

03 Sat.

Hoosier State Games, 8k R/RW & 5k W, 9:00 am, Mounds State Park, Anderson,
Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

St. Francis Hospital & Health Centers Fit Frog Run & Walk, 4 miles R/W, Garfield
Park, Indianapolis, Ind., Ken Long & Assoc. (317) 632-8812 www.kenlongassoc.com

10 Sat.

(LP) Hoosier Marathon, 6:30 am, Foster 20. Wayne Ind., FWTC, P.O. Box 11703,
Ft. Wayne, Ind., 46860 (219) 436-2234 or (219) 478-4573 www.fwtc.org

(R) CKRR Norris Insurance 5 Mile Run and 5k Walk, Eastern Elem. School,
Greentown, Ind., (317) 395-7761

Ambassador run, 4 Mile R/W, 8:00 am, Eagle Creek Park, Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632 www.tuxbro.com

Fast Flash 5k, 8:00 am, Franklin Central H.S., Indianapolis, Ind.,
eric Kellison (317) 595-0740 kellison@inetdirect.net

Oliver Winery 10k, Morgan-Monroe State Forest, Martinsville, Ind.,
Libby Cosgray (812) 334-8349

Sunburst Marathon, South Bend, Ind., (219) 674-0090 category 6262 www.sunburst.org/

Lake Mingo Trail Run, 7.1 Miles, Kennekuk Cove County Park,
Danville, ILL, Marc Reedy (217) 431-4243 <http://user.net66.com/~kenneluk>

17 Sat.

(R) Mermaid Festival 5k & 1 Mile, 8:00 am, Pilcher's Bldg., North Webster, Ind.,
Brian Shepherd (219) 894-4638

17 Sat.

Sprint Triathlon, (500 yd. swim, 10 mile bike, 3 mile run), Eagle Creek Park, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

Buck Creek Run, 5k, Yorktown, Ind., (More Info to Come)

Mohican Trail 100 Mile Run, 5:00 am, Mohican Memorial State Forest, Loudonville, Ohio, Joe Jurczyk (440) 546-0183, E-mail jurczyk@apk.net

Drennin Sue's 5k Run/Walk, 9:00 am, Pottersville City Park, Pottersville, Mich., Greg Maher (517) 645-0316

Grandma's Marathon, Duluth, Minn.,
(218) 727-0947 www.grandmasmarathon.com

23 Fri.

(RP)Old Settler's Days 4 Miler, 6:30 pm, Columbia City, Ind.,
Brian Shepherd (219) 894-4638

24 Sat.

Buzzard's Roost 10k, 6:30 pm, Hamilton Hieghts M.S., Arcadia, Ind.,
Evan Achenbach (317) 984-3019 achen@netusal.net

Duckling Dash, 8k R & 5k W, 8:00 am, Park Tudor School, Indianapolis, Ind.,
Tuxedo Brothers (317) 328-1632 www.tuxbro.com

Firecracker 5k, Heffin Park, Columbus, Ind.,
Randy Stafford (812) 378-9206

JULY 1999

01 Sat.

(R)Flotilla Days, 8 and 3.3 Miles, 8:00 am, Lakeside Park, Syracuse, Ind.,
Brian Shepherd (219) 894-4683

(R)Haynes-Apperson Festival 4 Mile Run/Walk, Memorial Gym, Kokomo, Ind.,
Mark Shorter, Kokomo Road Runners, (765) 452-2616

Inferno 4, 4 Mile R/W, 8:00 am Carmel, Ind., Runners Forum (317) 844-1558

Mayor's Madison Ave. 2-Miler R/W, Greenwood, Ind.,
Ken Long & Assoc. (317) 632-8812 www.kenlongassoc.com

04 Tues.

(LP)Running Wild, 4 Miles, 7:30 am, Ft Wayne Children's Zoo, Ft. Wayne, Ind.,
(Race and Date Tentative, More Info to Come)

Greendale 5k R/W, 9:00 am, Lawrenceburg, Ind.,
Jeff Smith (812) 537-5287 jlsmith@seidata.com

Mayor's Cup Mile, Doentown Terre Haute, Ind.,
WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933

Peachtree Road Race, Atlanta, Ga.,
Peachtree 2000, Atlanta Track Club, 3097 E. Shadowlawn Ave., Atlanta, GA., 30305

08 Sat.

(LP)Runner's on Parade, 5k, Headwaters Park, Ft. Wayne, Ind.,
Mike McAvoy (219) 436-9710 (Date Tentative, More Info to Come)

(R)Elephant Walk 10k, 8:00 am, Peru, Ind., (765) 472-8007

(R)Hoosier State Games, 8k R/RW & 5k W, 9:00 am, Potato Creek State Park,
North Liberty, Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

12 Tues.

Friendship Races, 5k, Hammond, Ind.,
CARA (312) 666-9836 www.cararuns.org

15 Sat.

(R)Clear Lake Run for the Blind, 10k and 5k, Clear Lake, Ind.,
Martin Earlenbaugh (219) 495-9308, E-mail MERLENBA@Juno.com

22 Sat.

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

Cameron Springs Indy Triathlon, (1k swim, 33k bike, 8k run), 9:00 am, Eagle Creek
Park, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

Old Northwest Fest Quest, 4 Mile Run & 5k Walk, Downtown Indianapolis, Ind.,
Ken Long & Assoc. (317) 632-8812 www.kenlongassoc.com

Summer Heat Relays (More Info to Come)
WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933

29 SAT Hoosier State Games, 8k R/RW & 5k W, 9:00 am, Shakamak State Park,
Jasonville, Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

29 Sat.

Midnight Run, 4 Mile Run, (More Info to Come)
WVRR, P.O. Box 1933, Terre Haute Ind., 47808-1933

Buckley 5 Miler, 7:30 am, Buckley Homestead County Park, Lowell, Ind.,
Brian Kortum (219) 696-1570 parks@townhall.lowell.net

AUGUST 2000

05 Sat.

(RP)Harlan Days 10k, 7:00 am, Town Park, Harlan, Ind.,
(Race and Date Tentative, More Info to Come)

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

(RP)The Community First Hot Air Affair 4 Miler, 9:00 am, Smiley Park,
Van Wert, Ohio, Micheal Clay (419) 749-4034

Golden Apple, 5k, Chicago, ILL., CARA (312) 666-9836 www.cararuns.org

06 Sun.

Summer Spree Marathon, Vandalla Ohio, Denny Fryman (937)767-7424

AUGUST 2000

06 Sun.

Wabash Cannonball Run, 6:30 pm, Whitthouse, Ohio, (419) 877-5383

12 Sat.

(L)7th annual YWCA/ Meijer Duathlon & 4 Mile Fun Run, Ft. Wayne. Ind.,
Liz Caywood (219) 424-4908 ext. 261

Howl at the Moon, 8 Hour R/W, Kennekuk Cove County Park, Danville, ILL.,
Marc Reddy (217) 431-4243 <http://users.net66.com/~kennekuk>

13 Sun.

Rails/Trails Marathon, 7:00 am, Brookville, Ohio,
Denny Fryman (937) 767-7424

19 Sat.

(R)Onion Days 5k, 8:00 am, Wolf Lake, Ind., Brian Shepherd (219) 894-4638

Summer Biathlon, 5k Run with two shooting stops, 8:00 am, Eagle Creek
Pistol Range, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

Wendell Willkie 5k, (More Info to Come)
Runners Forum (317)844-1558

24 Thurs.

Terry Fox Run, 5k, Chicago, ILL., (312) 666-9836

26 Sat.

Hoosier State Games Finale, 8k R/RW & 5k W, 8:00 am, Fort Harrison
State Park Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

Crim Festival Of Races, Flint, Mich., www.doitsports.com/crim/

TODAY'S TIP: CAFFEINE USE AND PHYSICAL ACTIVITY

Caffeine use by endurance athletes as a performance enhancer has been a controversial subject for several years. Caffeine works at different levels in the body to cause its effects. Studies indicate that it acts as a stimulant to the central nervous system, increases reaction time in sports requiring quick reflexes (martial arts, boxing, wrestling), and increases the utilization of free fatty acids in the bloodstream.

Research has determined that caffeine will increase endurance during such activities as long-distance running and cycling but is not beneficial for strength-training athletes. During endurance events, the muscles use both fat and glycogen (blood sugar) as fuel. The natural tendency of our bodies is to use mostly glycogen during the first 90 minutes of running, cycling, and similar activities. After the 90 minutes, the glycogen stores become depleted, causing the body to slow down as it switches to fat as a primary fuel. Studies indicate that caffeine will increase the use of fat as fuel in place of muscle glycogen. This delaying of the use of muscle glycogen will allow a person to maintain a given pace longer before fatigue sets in. This would be especially important to anyone attempting to lose weight or body fat because he/she will be able to exercise for longer periods of time, resulting in more calories burned and an increase in basal metabolism.

Neither TipWorld nor the author of this tip provides professional medical advice. The information in this tip is intended to help you better understand fitness issues. It is not intended to replace the advice of a physician. If you read something in a tip that contradicts what your physician tells you in any way, always follow your physician's advice.

Four days before the start of the HUFF my wife took note all my running around and also the fact that I was nearly matching my oldest teenage daughter for time spent on the phone and declared, "Boy the way you guys are acting one would think that you were having a baby!" If my wife's analogy is true then Mitch Harper is the father of this tumultuous child nickname the HUFF. (No word yet on who the mother is but because she feeds it well the persona of the energizer bunny, a.k.a.. Linda Gorman, has been suggested.) Having nearly tripled in size in three years it sometimes threatens to overwhelm it's caregivers and when it has become a year older we all stand back in dumbfounded amazement that we have brought it this far. Yet it has been stated in word and print that the HUFF is one of the best managed ultras in North America. Much of the credit goes to Mitch who is blessed with many abilities. As a race director the most noteworthy is that he can work with the finesse of a politician to garner volunteer, product and financial support from a host of local companies and to also gain the cooperation of the DNR and other government agencies. Special mention must also be given to Mitch's wife, Dawn, who worked tirelessly in the background at a variety of tasks. The work of members from the Kil-So-Quah club and the FWTC was essential to the race's success, for not only did we want to share with pride our unofficial trail training course many of us are trail and ultra runners and thus we know how this particular breed of runner thinks and what it wants. I have the ability to quickly become a world class worrier yet it was comforting to me that I could do the task assigned to me (managing the finish line) and not have to concern myself with the other aspects of the race. So as the HUFF completed it's playful romp along the banks of the Wabash River in the winter's cold and against the setting December was put to bed for a long mid-season's sleep I was able together these fond memories to share with you.

1. I am grateful to the many spectators and runners who had finished their race who allowed themselves to be drafted to fill in for awhile at various tasks at the finish line, you made my job easier.
2. I received many compliments on my felt cowboy hat which was a twentieth wedding anniversary gift from my wife, so thanks babe, this proves you have great taste in both hats and men.
3. I think that those runners who finished in the middle to the back of the pack received more genuine praise, mostly from family and friends, than the winners which speaks highly of the sport.
4. I was blessed by the one relay captain who made sure that he had his team's finishing medals, not for his sake, but for another team-mate, this being his first race and the captain knew what it would mean.
5. I must express my appreciation to Dawn and others who, at various times, fetched drink and food for the finish line crew and me, your deeds of kindness made our arduous tasks much easier to accomplish.
6. I find it amusing that in this, a cold weather race, that some runners are so layered in running togs that it's difficult to tell their gender while others finish in a T-shirt, shorts, and frost on their hair.
7. I would be amiss if I failed to speak of the poodle lady, who's dog was the first animal other than certain questionable ultra runners to finish the HUFF and looked better than most in the doing of it.
8. I shall award kudos to the two runners who started almost an hour late, your courage to begin and then to persevere to the finish under severe emotional distress is extremely admirable.
9. I shall also give double kudos to Bill Crane and others who made the HUFF their first complied ultra, your expressions of exhaustion and exhilaration remind me of why I love to help manage ultras.
10. I must finally say to Mitch, that despite the fact that I am the reigning food grossout champion in my house, I could not stomach to sample your pumpkin, peanut and sweet potato soup.

GOLF GAZETTE

2000

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.																					

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

POPEYE PROMISES

January has passed, the balloons are popped, Y2K is history, holiday fudge has disappeared... a new decade has begun! Place all those meaningful moments in the memory. Do make room available for new opportunities.

Any special plans? Have you pin pointed any personal promises? Runner's World magazine always has a column titled "The Chronicles" by John "The Penguin" Bingham. In the February 2000 issue he spoke about his favorite cartoon character Popeye. Popeye always had the ideal solution to tough problems (especially if Bluto was paying attention to Olive Oyl). He would "pull out a can of spinach, squeeze it open and pour the spinach in his mouth, and instant solutions happened." Success and satisfaction was always a squeeze away.

At times our spinach might be a few cookies, several M+M's, bag of chips, pack of cigarettes, or a glass of wine. Instant gratification! Yet typically the promise ultimately gets broken. The solution turns back into a problem. Extra food, alcohol, cigarettes, and drugs do not offer lasting answers to concerns.

Now there is a well way to work though stressful times or challenges without added fat and calories. As "The Penguin" said about his desire to be a better runner "while waiting for the instant solution, I'm going to train. I'm going to pay my dues. I'm going to demand my spirit not give in. I'm going to make myself an athlete one workout at a time."

You too are capable of training yourself to better nutrition, better stress management, better fitness abilities, better blood pressure control, better blood cholesterol...the options are endless. Only you can pin point specific desirable long and short term goals. Day by day, week by week, you can train yourself to a better you.

For better nutrition instead of focusing on what you shouldn't have, focus on what you could have for more nutritious and delicious meals and snacks. For example think of creative ways you could add foods high in vitamin C, beta carotene, vitamin E, or selenium to a portion of your meal plate. All of these are antioxidants which fight free radicals and boost the immune system. They also promise to decrease a person risk for heart disease and cancer. Antioxidant rich foods can offer plenty of meal time tastes too.

Training Table Ideas:

1. For vitamin C use citrus fruits, berries, broccoli, cauliflower, greens, green pepper, potatoes, or tomatoes at meals or snacks.
2. For beta carotene serve more carrots, sweet potatoes, winter squash, greens, melon, apricots, or pink grapefruit.
3. For vitamin E use heart healthy fats like canola oil, olive oil, peanut oil, trans fat free margarine, nuts, avocados, and sunflower seeds.
4. For selenium add seafood, wheat germ, blackstrap molasses, and whole grain bread to your meal menus.

To boost the nutrient value and taste of meals and snacks even more consider adding onion, garlic, pepper, parsley, tomatoes, lemon juice, herbs and spices to recipes or at the table. Begin the benefits at either breakfast, lunch, dinner, or a snack. One or two changes a week is plenty!

Train yourself to fix more FIT FOODS that do offer health promises that can come true. Little by little... "Presto".... you will be a better you!

Well Wishes, Judy Tillapaugh, R.D.
IPFW Wellness/Fitness Coordinator

1999 Fort Wayne Track Club Points Race Finish

The points race standings are complete for 1999! The points standings do not include the Canal Days 10K results, as they were not made available. The Relay members and One-Loop finishers for the HUFF 50K Events were all awarded 100 points regardless of finish.

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! The first Points Races are scheduled to be the Fanny Freezer 5K (February) and the Nutra Run 20K (March)

The final rankings are included in this newsletter for each age group, overall, masters and for the Ironman and Ironwoman. The overall placements are based on a similar points system used for the age groups. The Ironman and Ironwoman are based on participation in the overall series. Special awards are to be presented for these recipients.

Thanks for your support of the races and the organizations sponsoring these races. Overall participation was up significantly in 1999 from 1998 and this can be attributed only to you, the runner! I hope your training during the winter and I look forward to seeing you on the roads in 2000!

- Paul Knott

Overall Male Winners

	No. of Races	Points
Ron Sharp	12	1185
Mike Fruchey	12	1200
Bob Minnich	12	1330

Overall Male Master Winner

Doug Sundling	10	1075
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Ironman Awards

Overall Most Races Ran:

David Swenson	13
Jeff Metzger	13

Honorable Mention

Brad Thomas	12
Mike Fruchey	12
Bob Minnich	12
Ron Sharp	12
Kim LeFever	12
Paul Shaffer	12
Mark Brattoli	12
Mitch Harper	12

Overall Female Winners

	No. of Races	Points
Kim Davidson	7	800
Linda Gorman	9	850
Paula Rickerd	7	655

Overall Female Master Winner

Sharon Huss	14	1485
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Ironwoman Awards

Overall Most Races Ran:

Sharon Huss	14
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Honorable Mention

Betty Jackson	9
Linda Gorman	9
Karin Cline	9

Final 1999 Fort Wayne Track Club Points Standings

(Races Complete as of December 18, 1999)

Fanny Freezer 5K
 Nutra Run 20K
 Mastadon Stomp 5K
 Arts Fest 5K
 Fort Wayne Mile Championship
 Canal Days 10K (No Result)
 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
 Callithumplan 5K
 Turkey Trot 5K
 JP Jones 10K
 HUFF 50K, 50K Relay & One Loop Fun Run (10.8 M)

Female

	No of Races	Points
19 & Under		
Hannah Weide	3	240
25 - 29		
Karen Cline	9	895
Jennifer Steigmeyer	4	400
30 - 34		
Laurie Whisler	3	300
Julie McNulty	3	285
35 - 39		
Betty Jackson	9	895
Robin Mauger	6	530
Linda Ianucilli	2	440
40 - 44		
Diane Post	6	550
Tamara Wright	5	445
45 - 49		
Patty Schwartz	5	470
Deb Byers	4	385
50 - 54		
Joyce Hockensmith	2	300
55 - 59		
Georgia Allen	1	100
Lynne Huguenard	1	100
Sara Kleinknight	1	100
60 +		
Joan Gary	7	700

Male

19 & Under		
Eric Nestel	7	700
Joe Suelzer	2	200
20 - 24		
Brad Thomas	12	1200
Jeremy Schmidt	6	600

25 - 29

Rod Obregon 6 555

30 - 34

Mike Schoude 8 660

Jon Beasley 4 320

Jim Platt 3 225

35 - 39

David Swenson 13 1290

Jeff Metzger 13 840

Sam Stevens 9 825

Daniel Nestel 8 575

Michael Cline 8 550

40 - 44

Kim Lefever 12 980

Jeff Milleman 10 920

Paul Shaffer 12 890

Mark Brattoli 12 835

Mitch Harper 12 675

Hal Pearson 7 660

45 - 49

Jed Pearson 8 745

Lynn Bobay 9 560

Jim Picket 9 555

50 - 54

Art Obregon 8 475

Wes Sabins 6 625

Don Lindley 4 545

55 - 59

Dave Boylan 11 980

Bill Crane 8 960

60 - 69

Joe Ziegler 9 900

Robert Loomis 10 880

70 +

Don Anderson 10 1000

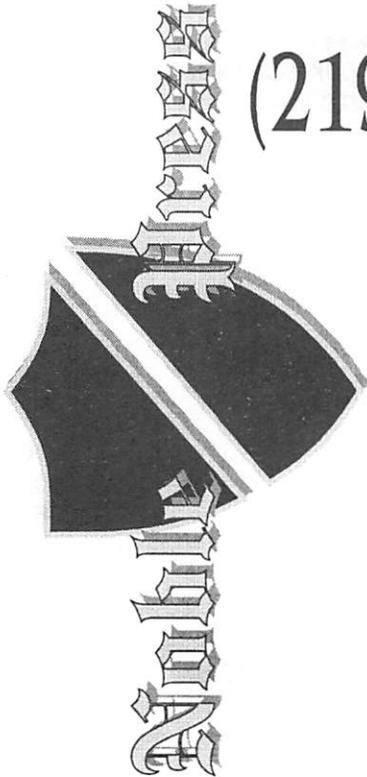
JP Jones 10 975

Ken Disler 8 715



FORT WAYNE TRACK CLUB

Members Page



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FAX: (219) 672-9065



FWTC MEMBERSHIP APPLICATION

Name: _____ Date of Birth ____ / ____ / ____
Sex _____
Address: _____ Home
Phone _____
City/State/Zip: _____ Work
Phone _____
E-mail address: _____
Occupation: _____ Business Affiliation: _____
Type of Membership: Single: ____ Family: ____ New Member: ____ Renewal: ____
Family Members:
Spouse: _____ Birthdate: _____
Sex _____
Children: _____ Birthdate: _____ Sex _____
Children: _____ Birthdate: _____ Sex _____

Make checks to: Fort Wayne Track Club, PO Box 11703, Fort Wayne IN 46860-1703

ANNUAL MEMBERSHIP DUES: January 1 - December 31

One year: \$16 Two Years: \$28 Three Years: \$36
New Members: first year only \$12
Members under 21: \$12
Family rates: \$4 for ea. add'l family member (\$8 - max)

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. \$1.25 of your annual dues goes to the RRCA for your subscription to the quarterly magazine, Foot-Notes, that you receive as a member of the Road Runners Club of America.

CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself, and any other person named on this 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 and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects 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, for 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 or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to 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, roller skates or blades, animals, and radio headsets are not allowed in club races.

Signature: _____ Date _____
Parents Signature(if under age 18) _____ Date _____



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? _____

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: _____



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...

Fanny Freezer 5K

Saturday, February 12 - 2:00 PM
Shoaf Park - Fort Wayne, IN

PROGRESSIVE INSURANCE FWTC TRIATHLON

Saturday, August 21

NUTRA RUNS 20K AND 5 MILE

Saturday, March 25 - 2:00 PM
Woodside Middle School

MASTODON STOMP 5 K

Saturday, April 1 -9:00 AM
IPFW

FWTC MEETINGS

Wednesday, February 9, 7:00 PM, Run 6:00
Wednesday, March 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.



FWTC NEWSLETTER
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Fort Wayne, IN 46860

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