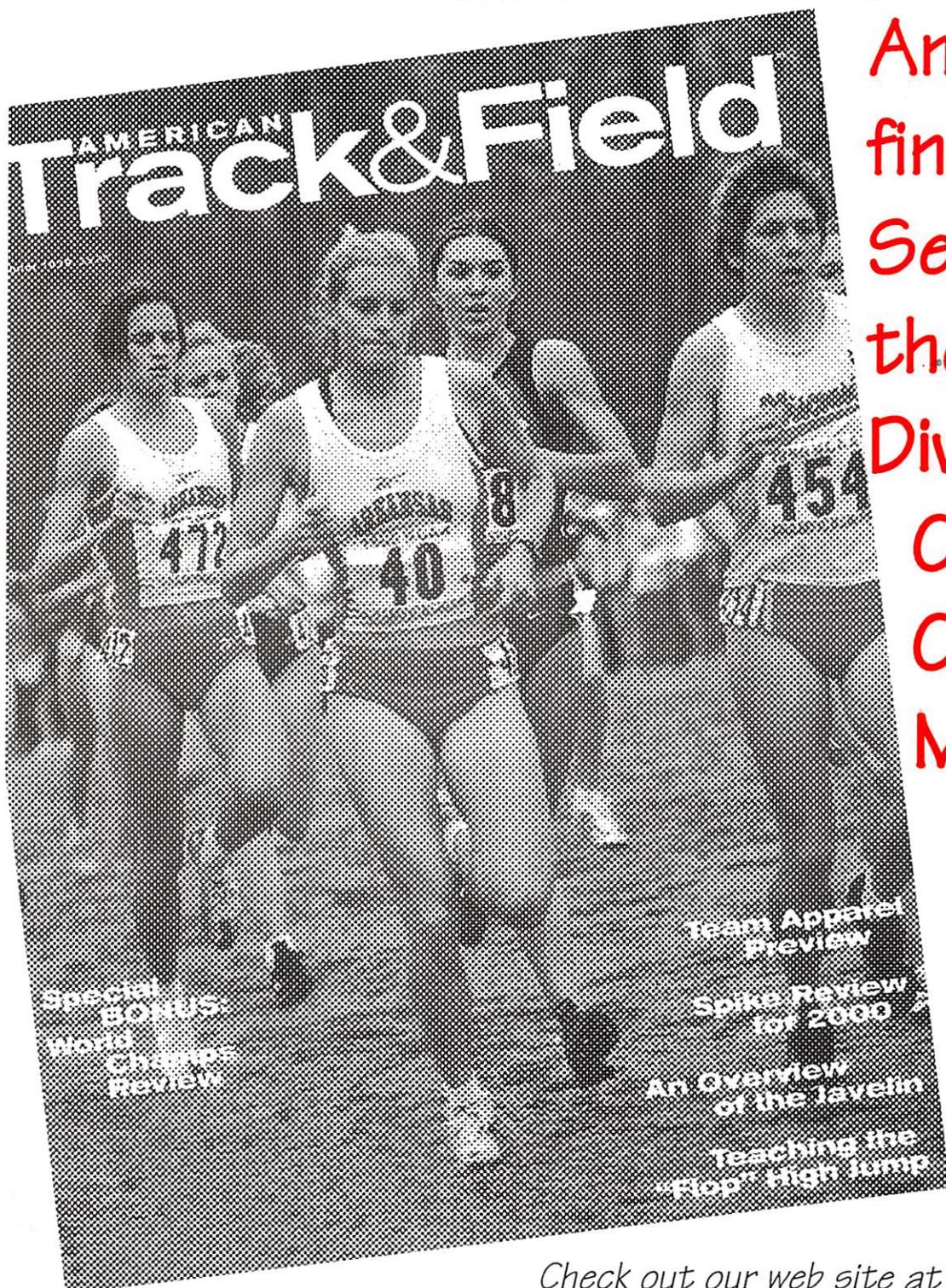


# the inside track

April 2000 - May 2000

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Amy Yoder  
finishes  
Second at  
the NCAA  
Division 1  
Cross  
Country  
Meet

Check out our web site at [www.fwtc.org](http://www.fwtc.org)

# 2000



# FORT WAYNE TRACK CLUB

## Officers and Board Members

### OFFICERS

<b>President</b>	Bill Sohaski	(219) 749-5081
<b>Vice-President</b>	Paul Knott	(219) 485-1917
<b>Secretary</b>	Katie Creighton	(219) 637-1102
<b>Treasurer</b>	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

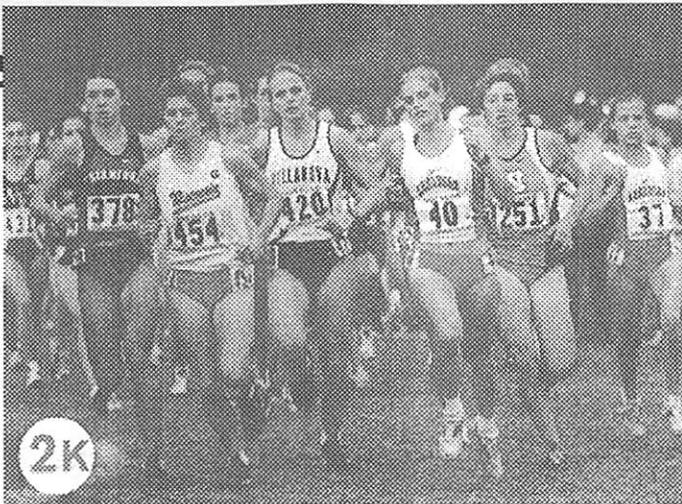
### Legal Advisor

John Powell (219) 484-7334

### Medical Advisor

William Crane (888) 268-1236

*Check out our web site at [www.fwtc.org](http://www.fwtc.org)*



Wisconsin's Erica Palmer (454) keeps tugging at the pace and thinning out the lead pack. Julia Stamps (378) and Amy Yoder (40) appear ready for the challenge.



Larissa Kleinman strings out the lead pack with an uphill charge at the start of the final kilometer. Arkansas teammate Amy Yoder covers the move -as does Wisconsin's Erica Palmer who moments later would surge strongly to victory.



Sophomore Erica Palmer holds off Amy Yoder's final challenge to win the 1999 NCAA harrier title.

## 1999 Division 1 Championships Women's 5K Race

• November 22, 1999  
Indiana University

East Noble graduate and Fort Wayne Track Club member **Amy Yoder** finished second in the Division 1 womens Cross Country championships this past November.

Congratualtions to Amy! We are all very proud of Amy, and wish her the best of luck in her running career and her plans for the future.

# Fort Wayne Track Club Monthly Meeting Minutes

## Wednesday, January 12, 2000 7:00 - IPFW

### **18 Present**

**Don Anderson,  
Jay Brower,  
Katie Creighton,  
Jerry Diehl,  
Alan Gilbert,  
Linda Gorman,  
Mitch Harper,  
Bill Harris,  
Jack Hilker,  
Stephen Hilker,  
Linda Ianucilli,  
J.P. Jones,  
Paul Knott,  
Tom Landis,  
Don Lindley,  
Jeff Milleman,  
Jon Schlatter,  
Bill Schmidt,  
Bill Sohaski,  
Sam Stephens,  
Brad Thomas,  
Judy Tillapaugh,  
Michael Yann**

1. Meeting was called to order by Bill Sohaski.
2. Don Lindley offered the opening prayer.
3. Bill Sohaski introduced the new board members: Stephen Hilker, Tom Landis, and Sam Stephens; and thanked the retiring board members: Gary Dexheimer, Kim Ginder, Fred Hannan, Jr., Jeffrey Metzger, and Mike Pfefferkorn.
4. Katie Creighton presented the November and December 1999 minutes. Minutes were approved as presented.
5. Don reported membership at 531 as December 31, 1999. He also presented the treasurer's report. He will be purchasing new Quicken software to maintain the club's books.
6. Don also reported that Terry Diller, the club insurance agent, would be attending the February club meeting.
7. Mitch Harper gave a HUFF wrap-up. Thanks to all who helped. There was plenty of soup even though there were 460 entries, with 165 finishing the 50K. He indicated entries may be "capped" for the 2000 race.
8. Judy Tillapaugh announced IPFW was looking for a new head track and cross-country coach.
9. Paul Knott indicated Points race awards were ready for the club's March banquet. He was hoping cash prizes could be given as well. An unofficial Points Race schedule for 2000 was circulated for review and recommendations.
10. Linda Ianucilli said the Inside Track copy due date was January 14, 2000.
11. Jon Schlatter updated the race calendar. He confirmed there would be a Clear Lake 5K/10K in July.
12. Jon and Barrie Peterson are coordinating the February 12 Fanny Freezer. The 5K will be run at Shoaff Park. Race day registration only, race start time 2:00 p.m., \$3.00 fee for club members, \$4.00 fee for non-members.
13. Jeff Milleman presented Kim Davidson's plans for the March 25 banquet. There will be a nominal charge for the catered meal and entertainment. It was proposed, and accepted, to increase the budget for this event to \$1200. This would help cover the cost of awards and dinner. There will be an Expo beginning at 6:00 with dinner to begin at 7:00 p.m.
14. Stephen Hilker reported River City Rat Race brochures would be available soon. The website is rcratrace.org. Hal Higdon will be attending the race. Channel 33 has agreed to provide press coverage.
15. Bill Sohaski indicated a nominating committee for 2001 would be formalized at the February meeting.
16. Linda Gorman mentioned the possibility of another run to be held at Fox Island in honor of its 25th year anniversary.
17. J.P. Jones announced the club would have a booth at the Wednesday, March 29, IPFW Health Fair. The fair will be open from 10:00 a.m. until 2:00 p.m.
18. J.P. also announced the April 29 Arts Fest race. It will include a competitive walk this year.

The meeting concluded with the door prize drawing, and adjourned at 8:35 p.m.

The next meeting will be 7:00 p.m. on Wednesday, February 8, 2000, at IPFW.

Respectfully submitted,  
Katie Creighton, secretary

# Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, February 9, 2000 7:00 - IPFW

## 24 Present

Don Anderson,  
Vern Ceder,  
Katie Creighton,  
Jerry Diehl,  
Mike Fruchey,  
Linda Gorman,  
Mitch Harper,  
Bill Harris,  
Stephen Hilker,  
Linda Ianucilli,  
J.P. Jones,  
Paul Knott,  
Tom Landis,  
Doug Lehman,  
Don Lindley,  
Robert Novak,  
Barrie Peterson,  
Jon Schlatter,  
Gary Selking,  
Bill Sohaski,  
Sam Stephens,  
Brad Thomas,  
Judy Tillapaugh,  
Michael Yann

1. Meeting was called to order by Bill Sohaski.
2. Don Lindley offered the opening prayer.
3. Terry Diller discussed the track club insurance coverage. He summarized the coverage we had as well as why it was important to maintain coverage. Our new carrier is Transamerica and K&K.
4. Katie Creighton presented the January 2000 minutes. Minutes were modified to correct the names of the new board members, then approved as modified.
5. Don reported membership at 407 as January 31, 2000. He also presented the treasurer's report: year-to-date income is \$3,245.38; the cash balance in our checking accounts is \$18,225.54.
6. Linda Gorman indicated the annual banquet invitations would be mailed out soon.
7. Jon Schlatter reminded everyone that the Fanny Freezer would begin at 2:00 p.m. at Shoaff Park on February 12, 2000. Race registration would begin at 1:00 p.m.
8. Paul Knott indicated there would be 60 Points race awards were ready for the club's March banquet.
9. Linda Gorman relayed a suggestion she received about the track club putting mile markers along the River Greenway. She also reported FW Marathon race registration forms would be available soon.
10. Jon Schlatter updated the race calendar. There would be a Polar Bear run in Indy, and the Mastodon Stomp would be held Saturday, April 1, 2000. Lehman Investment Management would be sponsoring the race.
11. Judy Tillapaugh introduced the new Cross Country and Track coaches for IPFW: Mike Fruchey and Rick Norton.
12. Stephen Hilker provided River City Rat Race flyers. The website is [rcra-trace.org](http://rcra-trace.org). He indicated online registration would be available soon.
13. Linda Ianucilli mentioned the March 15 deadline for the next issue of Inside Track.
14. Don Lindley, J.P. Jones, and Judy Tillapaugh will be the nominating committee for the FWTC board.
15. J.P. reminded members about the April 29 Arts Fest race. It will include a competitive walk this year, as well as a "kids corner" for adults who wish to run and need childcare during the race.
16. Members were also reminded of the RRCA convention in Peachtree, GA from May 11-14 this year.

The meeting adjourned at 8:10 p.m.

The next meeting will be 7:00 p.m. on Wednesday, March 8, 2000, at IPFW.

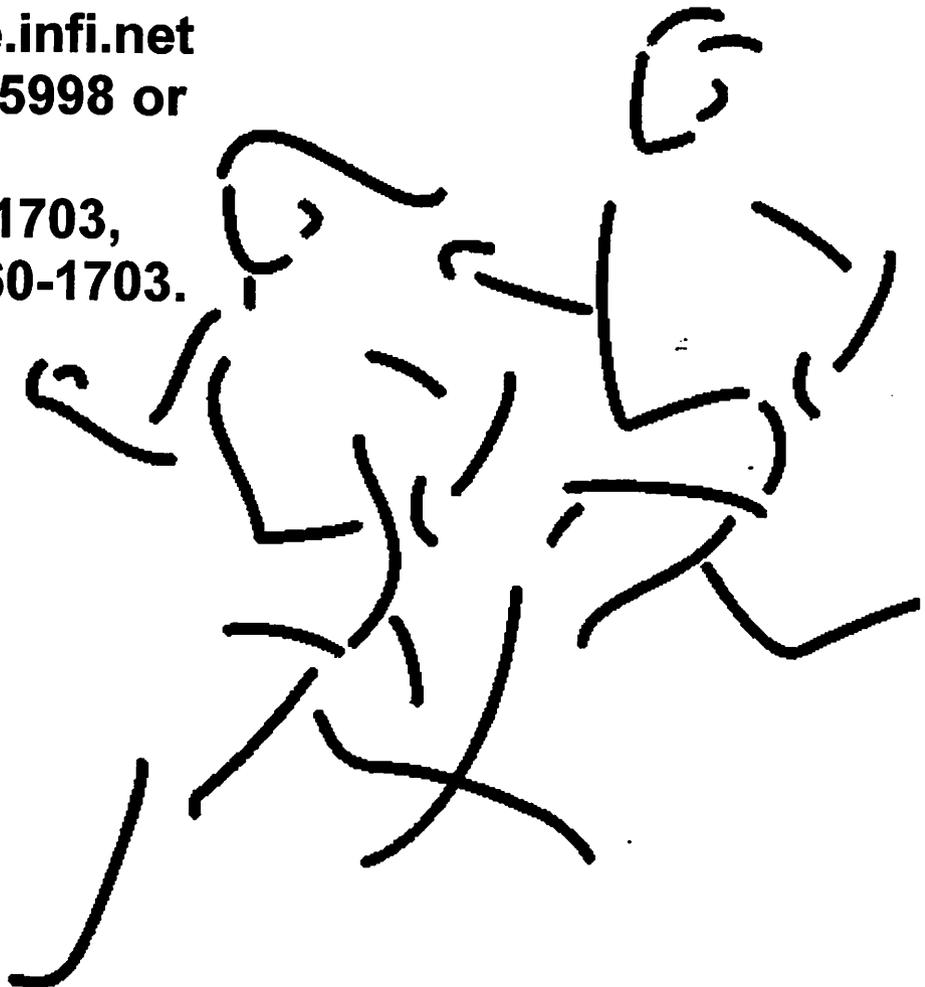
Respectfully submitted,  
Katie Creighton, secretary

# ATTENTION TRACK CLUB MEMBERS

Please notify Don Lindley either by email, phone, or post office when you move or change your address. The post office will not forward bulk mail, the Inside Track, or forward first class mail when they notify the post office change of address. It is costing the FWTC additional postage and cost for printing extras when newsletters have to be mailed again and the RRCA's FOOT-NOTES quarterly newsletter, when address is incorrect.

**Don's email address is:**  
**[lindleyd@fortwayne.infi.net](mailto:lindleyd@fortwayne.infi.net)**  
**telephone: 219-432-5998 or**  
**219-436-2234**  
**or FWTC, PO Box 11703,**  
**Fort Wayne, IN 46860-1703.**

**Thanks!**



# Running for \$\$\$

This is going to be exciting! Paul Knott is turning the Fort Wayne Track Club points competition into something that promises to be a whole lot of fun. Currently we have about 20 races, of various distances, at which we can earn points. A few years ago we had fewer points races and members peaked for those events. However, in the more recent past the points system had become somewhat of a yawner. Hey, its great if you're a winner (receiving your award in front of your peers, at the annual awards banquet), but nothing that would promote competition, to any great extent.

First, Paul is having the point standings published in each issue of the Inside Track, so you always know where you stand.

Secondly, he has come up with a cash awards system (for both men and women), that looks great. It will, in part, look like this:

## Overall

### Men

1. \$100.00
2. \$75.00
3. \$50.00

### Women

1. \$100.00
2. \$75.00
3. \$50.00

Now I don't expect to be picking up any of those cash prizes for myself, but Paul is thinking about other categories such as volunteers, Ironwomen and Ironman (for most races run), etc.

If this catches on (which I believe it will) there could be all sorts of enhancements. For example: A) age group cash awards; B) larger deeper amounts.

Our organization seems to be growing. Interest is on the rise with a 6% increase in participants last year, and a forecast for 8 to 10% this year.

Apparently it's ideas like the above that may accelerate that growth in the future, whether we like it or not! Great Job Paul!

See you at the races

*Bill*



## President's Column

Race Date  
February 12, 2000

# Fanny Freezer 2000

## Age Group Results

### Overall Male Winners

Place	Name	City	Age	Overall	Time
1	Ron Sharp	Ft Wayne IN	34	1	16:02.4

### Men 14 and under

Place	Name	City	Age	Overall	Time
1	Matt Ingalls	Columbia City IN	14	12	18:11.2
2	Zack Hakey	Kendallville IN	14	34	20:19.7
3	Wayne Knight	Kendallville IN	14	61	22:27.9
4	Steve Landis	Ft Wayne IN	14	93	26:24.6
5	Sam N Bird	Columbia City IN	10	97	27:10.0
6	Chris Gorman	Decatur IN	8	114	32:42.2

### Men 15 to 19

Place	Name	City	Age	Overall	Time
1	Adam Knight	Kendallville IN	16	11	18:07.7
2	Chris Leeuw	Ft Wayne IN	17	16	18:42.9
3	Andy Garcia	Ft Wayne IN	16	21	19:03.2
4	Josh Farrell	Ft Wayne IN	16	22	19:26.6
5	Joe Suelzer	Ft Wayne IN	15	39	20:52.0
6	Greg Ridenow	Ft Wayne IN	15	63	22:37.8
7	Trevor Dawson	Ft Wayne IN	17	66	22:54.0
8	Keith Mobee	Ft Wayne IN	16	110	31:08.7

### Male 20 - 29

Place	Name	City	Age	Overall	Time
1	Jeremy Schmidt	Ft Wayne IN	25	4	16:51.8
2	Brad A Thomas	Ft Wayne IN	25	5	17:35.1
3	Kyle Minnich	Van Wert OH	25	7	17:43.1
4	Jon Uecker	Ft Wayne IN	26	17	18:46.5
5	Tom Carpenter	Ft Wayne IN	27	23	19:30.1
6	Chris A Dunmire	Ft Wayne IN	26	25	19:42.5
7	David Shock	Ft Wayne IN	24	27	19:46.3
8	Ryan Link	Ft Wayne IN	23	52	22:09.5
9	Jeff Switzer	Ft Wayne IN	26	57	22:13.7

### Male 30 - 39

Place	Name	City	Age	Overall	Time
1	Michael Fruchey	Huntertown IN	30	3	16:51.2
2	Sam Stephens	Ft Wayne IN	36	6	17:38.5
3	David Swenson	New Haven IN	37	9	17:52.3
4	Michael Henry	Ft Wayne IN	35	10	17:59.5
5	Kraig Kerschner	Columbia City IN	34	14	18:36.2
6	Robert W Ehereman	Roanoke IN	34	15	18:42.3
7	Keith Walter	Kendallville IN	33	19	18:54.4
8	Mark Walter	Garrett IN	34	29	20:04.7
9	Robert Novak	Ft Wayne IN	35	31	20:11.4
10	Rocky Rowe	Garrett IN	39	32	20:18.3
11	Jim Platt	Ft Wayne IN	33	33	20:19.0
12	Mike Slavbaugh	Ft Wayne IN	39	38	20:49.8
13	Ward Moya	Churubusco IN	36	41	21:02.2
14	Bill Rooney	Ft Wayne IN	33	43	21:04.5
15	George Mills	Ft Wayne IN	38	59	22:18.3

### Male 30 - 39

Place	Name	City	Age	Overall	Time
16	Thomas Kline	Ft Wayne IN	36	62	22:30.0
17	Jim Bougher	Ft Wayne IN	37	74	23:50.0
18	Eric Kleinrichert	Ft Wayne IN	32	78	24:20.0
19	Jim Berghoff	Ft Wayne IN	39	88	25:20.0
20	Matt Emley	Ft Wayne IN	36	94	26:20.0
21	Mark Weihert	Ft Wayne IN	39	98	27:10.0
22	John Hill	Ft Wayne IN	32	101	27:50.0
23	Andy Haxton	Ft Wayne IN	31	103	28:00.0
24	Chad Ware	Ft Wayne IN	32	113	32:00.0

### Male 40 - 49

Place	Name	City	Age	Overall	Time
1	Jerry Williams Jr.	Ft Wayne IN	40	2	16:40.0
2	Tim O'Connell	Ft Wayne IN	43	8	17:40.0
3	Hal Pearson	Albion IN	45	13	18:20.0
4	Phil Suelzer	Ft Wayne IN	48	18	18:50.0
5	Paul Shaffer	Decatur IN	42	20	19:00.0
6	Jed Pearson	Columbia City IN	48	24	19:30.0
7	Mike Stone	Ft Wayne IN	40	26	19:40.0
8	Kim A Lefever	Columbia City IN	43	28	20:00.0
9	Jeff Maus	Van Wert OH	42	30	20:00.0
10	Fred Stoffel	Larwill IN	49	35	20:20.0
11	Tom Landis	Churubusco IN	43	36	20:30.0
12	Mark A Brattoli	Ft Wayne IN	44	37	20:40.0
13	Chuck Zumbrun	Ft Wayne IN	42	42	21:00.0
14	Mitch V Harper	Ft Wayne IN	43	44	21:10.0
15	Rick L Gilbert	Monroeville IN	42	45	21:20.0
16	Ron Zartman	Ft Wayne IN	43	50	22:00.0
17	John David McPherson	Ft Wayne IN	47	51	22:00.0
18	Fred Hannan, Jr.	Ft Wayne IN	45	53	22:10.0
19	Donald Kramer	Van Wert OH	46	54	22:10.0
20	Michael Variell	Middlepoint OH	43	65	22:40.0
21	Doug McKinzie	Ft Wayne IN	44	67	22:50.0
22	Don Cook	Argos IN	46	68	23:00.0
23	John N Link	Ft Wayne IN	43	69	23:00.0
24	Craig Bobay	Ft Wayne IN	43	70	23:10.0
25	Toby Jo Hullinger	Monroeville IN	40	71	23:10.0
26	Mark Gia Quita	Ft Wayne IN	46	73	23:40.0
27	Dean Russ	Ft Wayne IN	43	91	26:00.0
28	Lynn T Bobay	Columbia City IN	48	95	26:40.0
29	Tom Fuelling	Ft Wayne IN	49	99	27:20.0
30	Scott Glaze	Roanoke IN	42	106	29:10.0
31	Doug Lehman	Ft Wayne IN	47	109	30:30.0
32	Richard Augustyn	Ft Wayne IN	45	111	31:00.0

# Fanny Freezer 2000

## Age Group Results

### Race Date

February 12, 2000

### Men 50 to 59

Place	Name	City	Age	Overall	Time
1	Mervin Koehlinger	Ft Wayne IN	53	40	20:55.7
2	David E Boylan	Ft Wayne IN	57	47	21:40.6
3	Ty Murphy	Columbia City IN	51	48	21:47.1
4	Gary Dexheimer	Ft Wayne IN	50	56	22:11.9
5	Art Obregon	Pierceton IN	52	58	22:15.5
6	Jim Pickett	Waterloo IN	50	60	22:18.9
7	Wesley Sabins	Ft Wayne IN	55	64	22:38.9
8	Greg Purcell	Ft Wayne IN	51	72	23:22.5
9	Donald Lindley	Ft Wayne IN	56	79	24:25.7
10	Rich Stephenson	Monroeville IN	53	83	24:56.5
11	Michael Barman	Ft Wayne IN	50	84	25:12.7
12	Jon Ingleman	Ft Wayne IN	58	87	25:24.9

### Men 60 and over

Place	Name	City	Age	Overall	Time
1	Joe Ziegler	New Haven IN	64	46	21:39.0
2	Donald A Anderson	Ft Wayne IN	72	77	24:04.2
3	Robert C Loomis	Monroeville IN	67	89	25:28.9
4	James P Jones	Ft Wayne IN	71	116	35:16.7
5	Kenneth E Disler	Ft Wayne IN	77	117	35:54.0

### Overall Female Winners

Place	Name	City	Age	Overall	Time
1	Kathryn Johnson	Ft Wayne IN	23	49	21:48.9

### Women 14 and under

Place	Name	City	Age	Overall	Time
1	Jenna Shaffer	Decatur IN	14	82	24:55.0

### Women 20 to 29

Place	Name	City	Age	Overall	Time
1	Megan Dexheimer	Ft Wayne IN	20	55	22:11.3
2	Molly Shoup	Ft Wayne IN	23	75	23:52.7
3	Tammy Behrens	Ft Wayne IN	29	76	24:02.4
4	Chrisy Craig	New Haven IN	28	102	28:01.7

### Women 30 to 39

Place	Name	City	Age	Overall	Time
1	Robbin Mauger	Columbia City IN	39	80	24:27.6
2	Caroline Runyan	Ft Wayne IN	35	81	24:36.4
3	Kim Larsen	Ft Wayne IN	38	90	25:35.5
4	Lorraine Fox	Ft Wayne IN	39	92	26:22.9
5	Jill Decamp	Ft Wayne IN	38	107	29:28.4

### Women 40 to 49

Place	Name	City	Age	Overall	Time
1	Judith Ingleman	Ft Wayne IN	44	85	25:14.9
2	Phyllis Suelzer	Ft Wayne IN	46	86	25:24.1
3	Melissa Glaze	Roanoke IN	40	105	29:18.3
4	Rita Bunner	Ft Wayne IN	45	108	30:00.8
5	Diane Post	Ft Wayne IN	43	112	32:00.7

### Women 50 to 59

Place	Name	City	Age	Overall	Time
1	Bobbie Clark	Ft Wayne IN	50	96	27:04.2
2	Sharon Huss	Fremont IN	59	104	28:52.9
3	Sarah Kleinknight	Ft Wayne IN	56	115	32:58.9

### Women 60 and over

Place	Name	City	Age	Overall	Time
1	Joan Gary	Fremont IN	63	100	27:50.6

# Kids Mile run

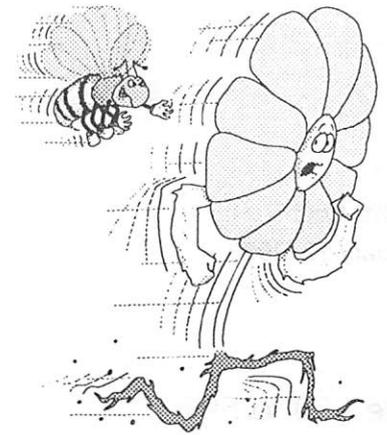
## Boys

1. Jake Garner	7:19
2. Justin Bechtol	7:38
3. Ryan Mehl	7:53
4. Brett Seward	8:08
5. Mario Reyes	8:30
6. Adam Sloan	8:33
7. Zack Smith	8:51
8. Ty Alles	8:52
9. Armando Landeros	8:56
10. Lonnie Bontrager	8:56
11. Patrick Reed	9:00
12. Derek Sanford	9:03
13. Drew Johnson	6:17
14. David Jacobs	9:33
15. Patrick Flick	9:39
16. Aaron Stover	10:21
17. Devon Petre	10:28
18. Adam Sanford	10:33
19. Daniel Torres	10:37
20. Nick Thomas	10:45
21. Kaleb Smith	10:59
22. Andrea Andrade	11:53
23. Craig Dunlap	11:55
24. Brett Williams	12:10
25. Jesse Hernandez	12:13
26. Aaron Warren	13:07
27. Dustin Michael	14:24
28. Travis Fisher	14:28

## Girls

1. Jamie Perry	9:14
2. Afton Robinson	9:18
3. Brittany Moser	9:31
4. Michelle Liebach	9:53
5. Jeeha Park	9:54
6. Brittany Mahl	10:00
7. Karla Villalobos	10:17
8. Shannon Scott	12:18
9. Megan Gard	13:18
10. Kegan Lengacher	18:48
11. Heather Tice	13:49
12. Rachelle Dhonau	14:49
13. Megan Noe	14:57

# Think Spring 5K & 1 Mile Walk



## 5K Male Overalls

1. Pete Casaletto	15:58
2. Frank Pizana	16:07
3. Ron Sharp	16:20

## Master

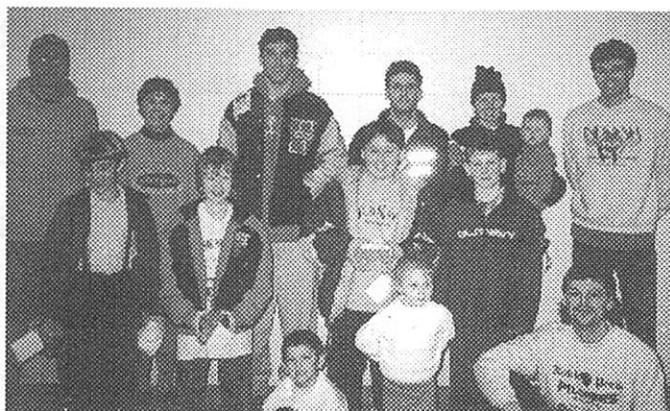
<b>Jerry Williams</b>	<b>17:36</b>	
12 under	Sam Bird	27:59
13-15	Matt Ingalls	19:10
16-19	John Parson	17:20
20-24	Mike Flora	16:25
25-29	Rod Obergon	18:32
30-34	Mike Fruchey	16:58
35-39	Sam Stephens	17:49
40-44	Jack Urana	19:19
45-49	Hal Pearson	18:40
50-54	Ty Murphy	21:57
60-69	Don Rhodes	36:08

## Females Overall

1. Tammy Casaletto	20:58
2. Melissa Wysong	24:25
3. Robin Mauger	26:44

## Master

<b>Patty Schwartz</b>	<b>24:15</b>
30-39 Teresa Furniss	28:29
40-49 Myong Park	28:22



Back - Chuck Schlemmer, Patti Schwartz, John Parson, Pete Casaletto; Tammy Casaletto, Luke Casaletto, Mike Flora

Middle - Lonnie Bontager, Brett Williams, Dustin Micheals, Jake Garner

Front - Nick Thomas, Kayla Casaletto, Brian Shepherd

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## **ON THE FAST TRACK**

Beginning Thursday, June 8, and continuing through Thursday, July 27, Northrop High School (Spuller Stadium) will be the site for 8 straight "Speed" workouts. These workouts will commence with a group warm up at 6:00 PM. and will consist of a variety of workouts making use of the Northrop track and cross country course. All "Speed" workouts will be set up and organized by Northrops assistant boys' track coach and head cross country coach, Barrie Peterson, who also serves as past president and current board member of the Fort Wayne Track Club.

The tentative schedule of workouts and events will be as follows:

- June 8: Warm up (jog 1/2 mile + stretching + sprint drills + builds up/stride-outs) + timed 3200 on track + 10 X partner 200"s + warm down and stretch.**
- June 15: Warm up (as above) + 3 x repeat miles + warm down and stretch**
- June 22: Warm up + 6 X repeat 1/2 miles + warm down and stretch**
- June 29: Warm up + 12 X 400 on track + warm down and stretch**
- July 6: Warm up + 4 X repeat miles + warm down and stretch**
- July 13: Warm up + 8 X repeat 1/2 miles + warm down and stretch**
- July 20: Warm up + 16 X 400 on track + warm down and stretch**
- July 27: Warm up + timed 3200 + warm down and stretch**

There will be no cost for the June 8 through July 20 workouts, but there will be a slight entry fee for the July 27 timed 3200 as we will give out awards for that race and for summer improvement and/or participation.

# **JOIN THE EXCITING WORLD OF RACE DIRECTING AND MANAGEMENT!**

*(an invitation from Mac McAvoy)*

Over the last 6-7 years I have directed the Nutri-Run and Runners on Parade races and I picked up Parlor City Trot two years ago (as well as working on Jingle Bell Run). Well, I plan on continuing with all of these races but I need help!

I'm no longer working in Fort Wayne so I don't have the contact with the sponsors, volunteers and others that keep a race growing. Also, my kids are at the age when I can have fun with them and they only think I'm wierd part of the time so they let me hang around with them. So....here's what I need:

**Nutri-Run Race Director** - I will serve as an assistant RD and work on race applications, t-shirt ordering, school and county event applications etc. The RD needs to secure sponsors (and other activities) and have a vision for the growth of this event.

**Runners on Parade Co-Race Director** - I will serve as the other co-RD for this race. Duties can be determined later.

Obviously no one is just being handed the race and told good luck. Therefore, no experience is needed and I know that there are plenty of you out there who have attended my races and thought, "I wonder why he didn't do it this way?" or something to that effect. Well, come aboard and we'll do it this way... or that way. Please consider helping to keep these two races going and growing!!!

**Contact me at (219) 824-5158 (h)**

**fax (219) 824-1258**

**email [clanmac@adamswells.com](mailto:clanmac@adamswells.com)**

## Peachtree City, Georgia, Hosts Upcoming RRCA Convention

Peachtree City, Georgia, is the location for the upcoming exciting and informative Annual RRCA National Convention, May 11- 14, 2000. Hosted by the RRCA and Peachtree City Running Club, the first convention of the new millenium will be packed full of workshops, luncheons, meetings, runs, as well as an auction, awards banquet, and tradeshow.

A national community of runners will meet for illuminating on the latest trends and issues in the sport of running. If you are a runner, club leader, volunteer, race director, newsletter editor, health and fitness enthusiast, or work in the sports and fitness industry, this convention is for you. Experts will cover issues such as legal and financial issues for clubs. web site and newsletter development, race sponsorship and promotion, and men's and women's health, children's programs, training, and much, much more!

To register, ask your club president for a registration brochure or contact the RRCA national main office at (703) 836-0558 or [office@rrca.org](mailto:office@rrca.org). You can also register online at [racegate.com](http://racegate.com) (use keyword: Peachtree). The basic convention package (includes workshops, awards banquet, fun run, and auction) is only \$135.

Peachtree City is a runner's paradise with over seventy miles of tree shaded running paths. Atlanta's world-class museums, restaurants and shops are just 30 minutes away from the hotel. On portions of Peachtree City's beautiful running paths, the Atlanta Track Club will host the conventions 8K road race on Saturday, May 13. To register for the race, sand a self-addressed envelope to Atlanta Track Club, Peaches and Pines 8K, 3097 Shadowlawn Avenue, Atlanta, GA 30305.

Author and world calss runner Kathrine Switzer will be keynote speaker at the 2000 RRCA Awards Banquet in Peachtree City. A long time leader in the women's sports movement, switzer successfully lobbied the USOC and IOC to include the women's marathon and broke the gender barrier of the formerly all-male Boston Marathon in 1967. In 1974, she was the winner at the New York City Marathon. She was inducted into the National Distance Running Hall of Fame in 1998.

For more information contact the RRCA at (703) 836-0558, or visit [www.rrca.org](http://www.rrca.org).

### 2000 YEARS OF DEVELOPMENT

RUNNING HAS CHANGED A LOT SINCE THE DAYS HUMANS RAN TO GET THEIR NEXT MEAL...OR AVOID BECOMING ONE. 

JOIN US FOR A MODERN LOOK AT THE SPORT OF RUNNING.



Road Runners Club of America  
1150 S. Washington Ave. #250  
Alexandria, VA 22314  
703/ 836-0558  
[www.rrca.org](http://www.rrca.org)





**The following is an invitation by race director Thomas Seidel to the 4th Annual Brueckenlauf Team Relay race in our sister city of Gera, Germany:**

**Hello Sports Friends and Running Enthusiasts!**

The 4th Annual Gera Brueckenlauf will take place on August 26 at the Sportsforum in Gera.

I hope very much to be able to again welcome a relay team from our sister city of Fort Wayne. In 1998 Phil Suelzer, Chris Kaufman, and Lynn Armstrong took part in the 2nd Annual Brueckenlauf with great success. (Thomas is good cheerleader - we finished 12th of 18 teams - but we were a great success drinking beer - Phil). The placing of the team in this unusual race is not the main emphasis, but the challenge of the event and the camaraderie with runners from Gera's other partner cities. The runners from Fort Wayne and Poland will be in the center of the public interest and cordially taken care of by the their sports friends from Gera.

In addition to the running event the organizers have planned many cultural highlights. Trips to Berlin and the Wartburg castle (a cradle for Gera History) as well as interesting visits with the citizens of Gera have already been planned. Teams invited from Poland and other countries to the 4th Annual Brueckenlauf are again giving the race an international look.

I will be responsible for the organization of the stay for the runners (housing accommodations with families interested in sports, transportation to and from the airport as well as the overall program) and along with Phil Suelzer, will make the details clear and answer any questions.

**Further information about the run from:**

**Phil Suelzer Ph. 486-1745 E-mail: ppjjjsuel@aol.com**  
**Thomas Seidel - Gera - E-mail: seideleu@gera-web.de**

I heartily invite one or two teams from our partner city of Fort Wayne for the dates of August 19 to August 27.

Thomas Seidel  
Organizational Director

*Commentary by Phil Suelzer:*

*"This is truly a unique way to visit with the inhabitant of our sister city, be treated graciously and generously, visit historical and culturally interesting sights, and get a few miles on you shoes in the bargain. Chris Kaufman and I are going back to visit next summer, renew friendships that we made, and this was in large part due to the hospitality we received. The cost of the flight is by far the largest expense that will be incurred, but the whole experience was priceless."*



# 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](http://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

## APRIL 2000

08 Sat.

(L) Matthew 25, the Times Corners Lions Club walk, Run for Health, 10k & 5k, Foster Park, Ft. Wayne, Ind., Matthew 25 Inc., (219) 426-3250

(R) 7th Annual Botsford/Swinford Kardinal K Road Race, 5k, 10:00 am, Ball State Campus, Muncie, Ind., Paul Houchens (765) 214-7746

(R) St Paul School Spirit Run 2000, 7:30 am, Valparaiso, Ind., Nancy Scannell (219) 465-0572

St. Bartholomew Youth Ministries Sun Run, 5k R/W, Columbus, Ind., Danny Hollander (812) 372-6317

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

Swamp Stomp, 5 mile run & 1 mile R/W, 9:45 am, Hawthorne Park, Terre Haute, Ind., WRRR, P.O. Box, 1953, Terre Haute, Ind., 47808-1933 [www.ActiveUSA.com](http://www.ActiveUSA.com)

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

Arbor Dash, 5k R/W, 9:00 am, Ann Arbor, Mich.,  
Allison Mowery (616) 969-0722 ext. 113

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

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

Jack Breslin 5k, 11:00 am, East Lansing, Mich.,  
Glen Brough (517) 355-3354

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.**

**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**

**Race Chase 2000, 10k & 5k, 8:00 am, Center Grove H.S., Greenwood, Ind.,  
Maple Grove Elem. School (317) 881-0561**

**Pietro's Run Fasta Eat Pasta 5k Run, 8:00 am, Grand Rapids, Mich.,  
Mark Nader (616) 776-7600 ext. 3031**

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

**29 Sat.**

**(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**

**(R) 3rd Annual Spring Fever 5k, Kosciusko Community YMCA, Warsaw, Ind.,  
Dan Ransome (219) 267-4140 or YMCA (219) 269-9622**

**Race 4 N F, 10k & 5k, 9:30 am, Eagle Creek Park, Indianapolis, Ind.,  
Laura (317) 598-1223 or Bonnie (317) 889-4011**

**Health Tracks Locomotion, 4 mile run & 2 mile walk, 10:00 am, Washington  
Township Park, Avon, Ind., Nancy LaFon (317) 745-3400**

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

**Borgess Run For the Health of It, 13.1 mile and 5k, 7:30 am, Kalamazoo, Mich.,  
Blaine Lam (616) 345-1113**

**Kentucky Derby Festival Mini Marathon, 8:00 am, Louisville, KY.,  
(800) 928-3378 [www.kdf.org/mini](http://www.kdf.org/mini)**

**Country Music Marathon, Nashville, Tenn., Elite Racing, 5452 Oberlin Dr.,  
Ste B., Ssn Diego, Cal., 72121, (858) 450-6510 [www.cmmarathon.com](http://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](http://www.runningfit.com)**

**CVS Cleveand Marathon, Cleveand, Ohio,  
(216) 378-014i or (800) 467-3826 [www.doitsports.com](http://www.doitsports.com)**

**30 Sun.** Lake County Races, Marathon and Other Races, Highland park, ILL.,  
(888) RUN-RUN1 [www.doitsports.com/lakecountyraces](http://www.doitsports.com/lakecountyraces)

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**MAY 2000**

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**03 Wed.** The Fit 5k, 6:30 pm, Novi, Mich., Randy Step (248) 347-4568

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

(R)Heartbeat Fest, 5k, 9:00 am, Whitley County 4-H, Columbia City, Ind.,  
Anthony Juliano, Whitley County Hospital, (219) 244-6191 ext. 2801

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

Run/Walk for Life, 4 miles, 10:00 am, Highland, Ind.,  
Gail Pement (219) 756-5360

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

Burns Park Run, 10kR, 5kR/W, 8:30 am, Ann Arbor, Mich.,  
Mary Jo Desprez (734) 665-4347

**08 Sat.** 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](http://www.upmc.edu/pghmarathon)

**13 Sat.** Covered Bridge Classic, 10k, 8:30 am, Hobart, Ind.,  
A.C. Castello (219) 947-6381

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](mailto:carlbako@aol.com)

Old Kent River Run, 25k & 5k, 8:00 am, Grand Rapids, Mich.,  
Kristen Aidif (616) 771-1590 [www.doitsports.com](http://www.doitsports.com)

**13 Sat.**

**Brookview 5k Run/ Walk, 8:30 am, Benton Harbor, Mich.,  
Diane Schafer (616) 923-3065**

**Tour de Foot, 5k, Elmhurst, ILL., CARA (312) 666-9836 [www.cararuns.org](http://www.cararuns.org)**

**Lake Geneva Marathon, 25k, and 5k, Lake Geneva, Wis.,  
Frank Dobbs (414) 248-4323 [www.lakegenevasports.com](http://www.lakegenevasports.com)**

**Journeys Marathon, Eagle River, Wis.,  
(715) 479-6400 [www.journeysmarathon.org](http://www.journeysmarathon.org)**

**14 Sun.**

**(R)Mothers Day Run, 5 Mile X-Country and 1 Mile fun Run, 1:00 pm,  
Kendalville, Ind., Rick Frey, Kendalville Youth Center, 211 Iddings Str., PO Box  
516, Kendalville, Ind., 46501 (219) 347-1064**

**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**

**17 Wed.**

**Swartz Creek Challenge, 5kR/W, 6:30 pm, Swartz Creek, Mich.,  
Anne Gault (810) 659-6493**

**20 Sat.**

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

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

**Gallery Gallop, 10k, 6:30 pm, Miller Beach, Ind., Joyce Davis (219) 938-4566**

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

**Run with the Foxes, Variuos Distances, Bloomington, Ind.,  
Suzanne Mittenthal (765) 249-0204**

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

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

**Tromp Thru the Swamp 5k, 9:00 am, Sauder Historic Village, Archbold, Ohio,  
Dick Lees (419) 822-3981**

**Hospitality Classic, 10k and 5k, 8:00 am, Marshall, Mich.,  
John Paris (616) 781-3911 ext. 4573**

- 20 Sat.** Olivet Comet Classic, 5kR, 1MW, 9:00 am, Olivet, Mich.,  
Richard Wilcox (616) 327-9355
- 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](http://www.tuxbro.com)
- 27 Sat.** (LP)The St. Joseph Hospital River City Rat Race 10k, 8:00 am, Ft, Wayne, Ind.,  
Stephen Hilker (219) 747-7186 [shilker@mysolution.com](mailto:shilker@mysolution.com)
- Deep River 5k, 8:30 am, Hobart, Ind., Dale Polomchak (219) 942-2183
- Carmel Classic 8k, 8:00 am, Carmel, Ind., Runners Forum (317) 844-1558
- National City Run, 13.1 M, 10k and 5k, 8:00 am, Dexter to Ann Arbor, Mich.,  
Renee Rienas (734) 995-2752
- 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
- 30 Tues.** Rotary 5k, 5:30 pm, Benton Harbor, Mich., Steve Banyon (616) 429-4616

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**JUNE 2000**

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- 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](http://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.kenlongas-  
soc.com](http://www.kenlongas-<br/>soc.com)
- Grand Prix 5 Mile, 8:30 am, Portage, Ind., Janie Siddall (219) 762-3191
- Michigan Mile for Kids, 1 Mile, 9:00 am, Lansing, Mich.,  
Kim Christian (517) 349-3803
- Curwood Festival Races, 10k and 5k, 9:00 am, Owosso, Mich.,  
Carolyn Lawrence (517) 725-7784
- 04 Sun.** Columbus 10k, City Hall, Columbus, Ohio,  
Matt McGowan (740) 587-0376

10 Sat.

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

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

White River Run, 12k & 5k, 9:00 am, Anderson YMCA, Anderson, Ind., Bob Hart, Anderson RRC, (765) 643-6304 or Tony Martin [ramartin@indol.com](mailto:ramartin@indol.com)

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

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

Our Lady of Greenwood Cross Country Race, 5k, 8:00 am, Greenwood, Ind., Howard Harrell (317) 422-9688

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

Hebron/Kankakee Classic 10k, 7:30 am, Hebron, Ind., Micheal Haughee (219) 924-0080

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

Rhinno Run and Walk, 5k, 9:00 am, Lansing., Mich., Jerry Brady (517) 483-4221

Rose Run, 10k and 5k, 4 Mile walk, 8:00 am, Jackson, Mich., Mike McGlynn (517) 796-8485

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

16 Fri.

Kids Klassic, 6:30 pm, Kalamazoo, Mich., Deb Chope (616) 345-6986

17 Sat

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

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

Buck Creek Run, 5k, 9:00 am, Yorktown Middle School, Yorktown, Ind., (765) 759-7393

17 Sat.

Munster Rotary Run Arround 10k, Munster, Ind., Jerry Gardbers (219) 924-9062

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

Kalamazoo Klassic, 5k and 10k, 7:30 am, Kalamazoo, Mich., Deb Choep (616) 345-6986

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

Ludington Lakestride Half Marathon and 5k, 8:30 am, Ludington, Mich., Gary Andersen (231) 757-2166

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, 8:00 am, Heffin Park, Columbus, Ind., Randy Stafford (812) 378-920 or Danny Hollander (812) 372-6317

Reeds lake Run, 10k and 5k, 8:00 am, Grand Rapids, Mich., Dan Rypma (616) 949-1750

25 Sun.

(R)Monument City Classic, Angola, Ind., Mrs. Crowl (219) 665-9736 (home) or (219) 665-2842 (work)

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JULY 2000

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01 Sat.

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

(R)Hamilton Lake Road Classic, 5k, 8:00 am, Hamilton, Ind., Carl Akers (219) 488-3257 E-mail carlakers@cs.com

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

Kopper Klopper 5 Miles, Hobart, Ind., Carolyn Meyers (219) 942-1125

**01 Sat.**

**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](http://www.kenlongassoc.com)**

**Chronicle Seaway Run, 15k and 5k, 8:00 am, Muskegon, Mich.,  
Tom Schaub (231) 725-6333**

**02 Sun.**

**Boyne City Independence 10k and 2 Mile, 8:00 am, Boyne City, Mich.,  
(231) 582-9076**

**04 Tues.**

**(LP)Running Wild, 4 Miles, 7:30 am, Ft Wayne Children's Zoo, Ft. Wayne, Ind.,  
Karen Lemire, 3411 Sherman blvd., Ft. Wyane, Ind., 46808 (219) 427-6800**

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

**National Bank Scholarship Mile, Downtown Terre Haute, Ind.,  
WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933**

**Tortoise & Hare 5k, 8:00 am, Ann Arbor, Mich., Monica Joyce (734) 769-9510**

**Peachtree Road Race, Atlanta, Ga., Peachtree 2000, Atlanta Track Club,  
3097 E. Shadowlawn Ave., Alanta, 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**

**Michael Lautzenheiser 5k R/W, Viet Nam Veterans Memorial, Muncie, Ind.,  
Terry Tolle (765) 288-7606**

**(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](http://www.tuxbro.com)**

**Pathways Relay, 2 Person 5k R/W Relay & 5k R/W, 8:30 am, Greencastle, Ind.,  
Lee Stewart (765) 653-9646**

**09 Sun.**

**Gallup Gallop, 5k and 1 Mile, 8:30 am, Ann Arbor, Mich.,  
Ron Olson (734) 994-2780**

**12 Tues.**

**Friendship Races, 5k, Hammond, Ind., CARA (312) 666-9836 [www.cararuns.org](http://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**

**Kindleberger Summer Festival of the Arts, 5k, 8:00 am, Kalamazoo, Mich.,  
George Grainger**

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

**22 Sat.**

**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**

**Racer Run, 5k, Hulman International Airport, Terre Haute, Ind.,  
WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933**

**Hudson Booster 5k Cross Country Open, 8:30 am, Hudson, Mich.,  
Ron Carpenter (517) 448-8086**

**Tuuri 5k and 10k, 7:30 am, Flint, Mich.,  
Kay Kelly (810) 257-9930**

**23 Sun.**

**Dog Days Sizzler, 5k, 8:24 am, Ann Arbor, Mich.,  
John Jackson (734) 994-4800 ext. 5205**

**Ellen's Race, 5kR/W, 1 MFR, 9:00 am, East Lansing, Mich.,  
Rob Thompson (517) 337-4461**

**29 Sat.**

**(R)Swiss Days 5k and Kids 1 Mile, 8:00 am, Berne, Ind.,  
Jack Shoaf, First Bank of Berne, (219) 589-2151**

**Vermont Settlement Classic, 5k, 8:00 am, Orland, Ind.,  
Marylyn Ernsberger, P.O. Box 352, Orland, Ind., 46776, (219) 829-6744**

**04 Tues.**

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

**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**

02 Wed.

Midsummer Madness, 4 miles, 6:30 pm, Crown Hill Cemetery, Indianapolis, Ind., Runners Forum (317) 844-1558

05 Sat.

(RP)Harlan Days 10k, 7:00 am, Town Park, Harlan, Ind.,  
T.A. Bunner, PO Box 255, Harlan, Ind., 46743 (219) 657-5197

(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](http://www.cararuns.org)

06 Sun.

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

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

11 Fri.

Howell Melon Run, 10k and 5k, 6:30 pm, Howell, Mich.,  
Denny Troshak (517) 546-0693

12 Sat.

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

(RP)Van Buren Popcorn Festival, 5k and Fun Run, 8:00 am, Van Buren, Ind.,  
Tom Dodd (765) 934-2101

(R)Fun Fest 5k, 8:00 am, North Manchester. Ind.,  
Neil Tate (219) 982-8216

Leading Ladies, 5k, Eagle Creek Park, Indianapolis, Ind.,  
Margaret Drew (219) 424-4908

Festive Fridays, 8k, Ann Arbor, Mich.,  
Karen Holappa (734) 769-9510

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

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

**19 Sat.**

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

**Raquet Run & Walk for Riley, 10k R & 5k R/W, Downtown Indianapolis, Ind., Ken Long and Associates (317) 632-8812 [www.kenlongassoc.com](http://www.kenlongassoc.com)**

**Wendell Willkie 5k, 8:00 am, Rushville H.S., Rushville, Ind., Runners Forum (317)844-1558**

**13 Sun.**

**Great Train Race, 10k and 5k, 8:00 am, Ypsilanti, Mich., Tim Launius (734) 480-7325**

**13 Thurs.**

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

**26 Sat.**

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

**(R) South Whitley Celebration Days 5k, South Whitley, Ind., Nola Alma (219) 723-6475**

**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](http://www.tuxbro.com)**

**Coldwater Mini Ironman Triathlon, (300 yd swim, 6 mile bike, 3 mile run, 9:00 am, Coldwater, Mich., Bob Huntley (517) 279-9038**

**Crim Festival Of Races, Various Distances, 8:00 am, Flint, Mich., Sherlynn Everly (810) 235-3396 [www.doitsports.com/crim/](http://www.doitsports.com/crim/)**

**Red Devil Run, 5k, 8:30 am, Twin Lake, Mich., Ray McLeod (616) 821-2123**

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**SEPTEMBER 2000**

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**02 Sat.**

**Riverfest, 5 mile R/RW, 5k walk, 8:00 am, National Institute for Fitness, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 [www.tuxbro.com](http://www.tuxbro.com)**

**Little Italy 5k, Clinton, Ind., WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933**

**Rockwood Ramble Labor Day Weekend Run, 5 miles, 6:30 pm, Rockwood, Mich., Cherri L. Guzzi (734) 379-4621**

**03 Sun.**

**Hanton Marathon, Port Huron, Mich., Becky LaPine (810) 364-4550 [bjlapine@BWPI.com](mailto:bjlapine@BWPI.com)**

**04 Mon.**

**On Your Marks for the Parks, 5 mile run, 5k walk, 8:00 am, St Vincent Hospital, Carmel, Ind., Tuxedo Brothers (317) 328-1632 [www.tuxbro.com](http://www.tuxbro.com)**

**04 Mon.**

**Labor Day Run, 5k timed handicap, 9:00 am, Hillsdale, Mich.,  
Mark Reynolds (517) 437-3579**

**09 Sat.**

**(RP)Roanoke Fall Fest, 5 miles, Roanoke, Ind.,  
Dave Winters, 3402 E. 716, Huntington, Ind., 46750 (219) 659-6493**

**Colts Stampede, 5 mile run & 3 mile walk, 3 mile fun run & walk, Indianapolis,  
Ind., Ken Long and Associates (317) 632-8812 [www.kenlongassoc.com](http://www.kenlongassoc.com)**

**Dances With Dirt, 100k & 50k, 100k Relay, 6:00 am, Pickney, Mich.,  
Randy Step (248) 347-4568**

**Foot Hospital Run, 5 MR, 5k R/W, 8:00 am, Jackson, Mich.,  
Kathy Thomas (517) 787-0319**

**Grape Lake 5k R/W, PawPaw, Mich., Kim Hatfield (616) 657-1475**

**10 Sun.**

**USAT Mideast Triathlon Champ., (1.5k swim, 40k bike, 10k run), 8:00 am, Eagle  
Creek Park, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632  
[www.tuxbro.com](http://www.tuxbro.com)**

**Galloping Ghost 5k and 1 mile, Wheaton, ILL.,  
CARA (312) 666-9836 [www.cararuns.org](http://www.cararuns.org)**

**Mackinac Island Run & Walk, 8 miles, 9:30 am, Mackinac Island, Mich.,  
John Gault (810) 659-6493**

**09 Sat.**

**Dick Lugar Run and walk, 5k R/W & 10k R, 9:00 am, Butler University,  
Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 [www.tuxbro.com](http://www.tuxbro.com)**

**Air Force Marathon, Wright-Patterson AFB, Dayton, Ohio,  
USAF marathon (800) 467-1823 [afmarathon.wpafb.af.mil](http://afmarathon.wpafb.af.mil)**

**Peacock Strut, 10k & 5k, Portage, Mich.,  
Diane Schrock (616) 323-1942**

**Z-Man Memorial 5k, 9:00 am, Lawton, Mich., Ron Cornish (616) 624-6434**

**17 Sun.**

**Wolf run, 5 miles, Chicago, ILL., CARA (312) 666-9836 [www.cararuns.org](http://www.cararuns.org)**

**DeWitt 5k Trail Run, 2:00 pm, DeWitt, Mich., Greg Pratt (517) 669-8418**

**23 Sat.**

**(RP)Parlor City Trot, Half-Marathon, 8:30 am, Bluffton, Ind.,  
Mike MacAvoy (219) 824-5158**

**23 Sat.**

**Cory Apple Festival, 5k, Cory, Ind.,  
WVRR< P.O. Box 1933, Terre Haute, Ind., 47808-1933**

**Vasa Trail Run, 25k & 11k, 9:00 am, Traverse City, Mich.,  
George Kuhn (231) 947-6417**

**24 Sun.**

**(R)KeyBank Salmon Chase, 10k & 5k, South Bend, Ind.,  
Karen Bonta (219) 283-1136**

**Fall Fantasy Marathon, Vandalia, Ohio, Denny Fryman (937) 898-7015**

**Bucktown 5k, Chicago, ILL., CARA (312) 666-9836 [www.cararuns.org](http://www.cararuns.org)**

**Michigan Big 10 Run, 10k & 10 miles, 8:00 am, Ann Arbor, Mich.,  
Carol Christner (800) 586-4872**

**Quad Cities Marathon, Moline, Iowa, Quad Cities Sports Commission,  
(309) 797-1733 [www.qcmarathon.org](http://www.qcmarathon.org)**

**30 Sat.**

**Tuxedo Brothers Duathlon, (5k run, 33k bike, 5k run), 5:00 pm, Eagle Creek  
Park, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 [www.tuxbro.com](http://www.tuxbro.com)**

**Run/Walk for Shelter 5k, 9:00 am, Jackson, Mich., Walter pascal (517) 750-9395**

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**OCTOBER 2000**

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**01 Sun.**

**Dinosaur Dash, 5k, 10:00 am, East Lansing, Mich., Kim Christian (517) 349-3803**

**Evans Scholars 5k Race, 9:30 am, Ann Arbor, Mich., Eric Prowse (734) 994-7197**

**West Michigan Marathon, Muskegon, Mich.,  
Phillip J. Connor (231) 722-9322 ext. 244**

**Fox Cities Marathon, Neenah, Wis., (920) 882-9499 or (877) 230-7223**

**07 Sat.**

**Emily's Scholarship Run & walk, 5k R/W, 9:00 am, Orchard Country Day  
School, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 [www.tuxbro.com](http://www.tuxbro.com)**

**Cinergy Indianapolis Marathon, Half-Marathon and 5k, Indianapolis, Ind.,  
Joel Sauer (317) 826-1670**

**Wabash Valley Half-Marathon, Newport, Ind.,  
WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933**

**Run for the Son, 5k, Portage, Mich., (616) 349-4954**

**08 Sun.**

**(RP)Zoom Thru Zula, 10k, 1:00 pm, St Louis Catholic Church, Zulu, Ind.,  
Mitch Harper (219) 456-1381**

**08 Sun.**

**(R) Thunder Run 10k, Tri-state University, Angola, Ind., (219) 665-4224**

**Capital City River Run, Various Distances, 10:00 am, Lansing, Mich.,  
Dick Miles (517) 332-2681**

**Lakefront Marathon, Milwaukee, Wis., (414) 783-5009**

**14 Sat.**

**(R) Duathlon, (5k run, 30k bike, 5k run), Warsaw, Ind., (888) 268-1236**

**MARROWTHON, 5k R/W & 10k R, 9:00 am, Healthplex, Indianapolis, Ind.,  
Tuxedo Brothers (317) 328-1632 [www.tuxbro.com](http://www.tuxbro.com)**

**OMNI 41 Pumpkin Prance, 5k, Schererville, Ind.,  
CARA (312) 666-9836 [www.cararuns.org](http://www.cararuns.org)**

**Autumn River Run, 7k, 9:00 am, Prairie Trace Elem. School, Carmel, Ind.,  
Runners Forum (317) 844-1558**

**15 Sun.**

**Towpath Marathon, Cleveland, Ohio,  
Pacific Sports (216) 575-3439 [www.pacificsportsllc.com](http://www.pacificsportsllc.com)**

**Detroit International Marathon, Detroit, Mich.,  
Doug Kurtis (313) 222-6676 [www.freep.com/marathon](http://www.freep.com/marathon)**

**21 Sat.**

**Monster Mash Dash, 5k R/W, 5:00 pm, Eagle Creek Park, Indianapolis, Ind.,  
Tuxedo Brothers (317) 328-1632 [www.tuxbro.com](http://www.tuxbro.com)**

**22 Sun.**

**The LaSalle Banks Chicago Marathon, Chicago, ILL.,  
(312) 243-0003 or (888) 243-3344 [www.chicagomarathon.com](http://www.chicagomarathon.com)**

**Louisville Marathon, Louisville, KY., Phil Jones (502) 228-5778**

**Marine Corps Marathon, Washington, D.C.,  
(703) 784--2225 or (800) 786-8762 [www.marinemarathon.com](http://www.marinemarathon.com)**

**28 Sat.**

**Pleasant Run Run, 5 mile R/RW & 3 mile W, 10:00 am, Historic Irvington,  
Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 [www.tuxbro.com](http://www.tuxbro.com)**

**Trick or Treat Trot, 5k, Chicago, ILL., CARA (312) 666-9836**

**29 Sun.**

**Columbus Marathon, Columbus, Ohio,  
Joan Riegel (614) 794-1566 [www.columbusmarathon.com](http://www.columbusmarathon.com)**



## FORT WAYNE TRACK CLUB

# Member Profiles

**Name:** Joe Ciena  
**Occupation:** Director of Marketing,  
Experior Corporation  
**Birthdate:** 10/08/66  
**Birthplace:** Urbana, IL.  
**Family:** Wife Kathleen;  
Son Austin, 6; Daughter Abby, 3  
**Pets:** None  
**Hobbies or Interests:** Running (Trail and road),  
Hiking, Drawing, Reading.  
**Favorite Family Activities:** Watching movies,  
Children's Sporting Events  
**Running Shoe Brand:** Brook's Talon,  
8 years running  
**Favorite Distance to Run:** PR: 5K - 21:45, also like  
20K and Half Marathons  
**Favorite Training Food:** Training Food - Lots of  
Pasta, after race - All Sport, Dry Cereal and Fruit  
**Favorite Place to Train:** Hilly Country roads early in  
the morning. **Favorite Race -** Huff.  
**Why do I run:** To stay fit, clear my mind and feed my  
competitive spirit.  
**Favorite item of clothing:** Nike Dri-Fit Long  
Sleeve Running Shirt  
**Favorite movie, TV program or book:**  
T.V. Ally McBeal; Buffy The Vampire Slayer,  
Book - The Winds of War  
**Favorite music:** Rock - Classic and alternative  
**Vacation Destinations:**  
Florida and Colorado.  
**Has there been an inspiration to your running:**  
My initial inspiration was to lose weight and get in  
shape.  
**Do you have a dream? If so, what?:**  
To run a sub - 4:00 matathon. Climb Pikes Peak and  
Mt. Kilimanjaro.

**Name:** Bud Stiffler  
**Race:** Nantucket Marathon/Half Marathon  
**Date:** 3/6/99  
**Distance:** Half Marathon - 13.1 miles  
**Your Time:** 1:59:21 (First in Age Group)  
**Weather Conditions:** 35 MPH winds  
**Approximate number of runners:** 269  
**What you liked about the race:** 59 degrees.  
Very low key - I love being around quiet runners,  
however, I like my own space or pocket to run within.  
This race was quiet, no frills.  
**Other FWTC members attending:** Ray  
Scharenbrock - A good friend of mine. We are both  
50 states marathon runners.  
**Other comments:** As I get to know the island  
people and island runners, I feel so safe and cared  
for on this island of trust. The aroma of blueberry  
muffins in the AM make the miles of foot prints  
worth while.

# Interested in the Internet or computers?

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

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

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

# Visit the FWTC web site!

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

# Check it out at [www.fwtc.org](http://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](http://www.fwtc.org)

# I KNOW I SHOULD BUT...

Image yourself sitting in a restaurant booth scanning up and down the lunch menu. It's decision time! What will the order be? Soda or milk....fried chicken or grilled chicken...French fries or baked potato...carrots or cupcakes??? Do you order based on speed of service, cost, nutrition, and/or taste? The choice is yours!

An American Dietetic Association (ADA) nutrition trends survey was released in January. Interesting news was offered. According to the survey 28% of the near 800 respondents fell in the "I'm already doing it" category: people who say they have made adjustments in their eating behaviors for better meals and snacks. 40% fell into the "I know I should but..." category. 32% fell into the "don't bother me" category. Yet most all respondents realize the importance of eating healthy for a healthy mind and body. Why the gap between what we know and what we do? The million dollar answer is \_\_\_\_! The survey discovered these main reasons why many people don't eat a nutritious way: they don't want to give up their favorite foods; they like the way they eat; and it takes too long to keep track of healthy eating.

Research also indicates that close to one third of our calories are eaten away from home. The number of people eating fast food has roughly doubled in the past 20 years! The number of overweight Americans is on the rise too.

What category do you fit in? How often do you select fast foods? Are certain restaurants a normal part of your week?

Our lifestyles are busy. We're "on the go" type of people. From the moment we rise and shine till we stop at night we follow a full routine. At times it may mean we get quality food fuel but chances are many times nutritious choices get low priority.

Meals today and tomorrow do not have to compromise nutrition status. With careful planning healthy eating can be achieved, regardless of busy lives and without losing favorite foods. Healthy meals in a flash are possible!

## *I Know I Should So I Shall....*

- Drink less soda and switch to more water, milk, and juice
- Spread less mayonnaise and dip into more mustard or salsa for flavorful sandwiches
- Select more whole grain breads, hard rolls, bagels, or sub buns instead of donuts or croissants
- Order foods "my way" for less high fat topping, sauces, and gravies
- Pick more lean grilled, baked, broiled, steamed, or roasted entrees instead of deep fat fried or creamed choices
- Choose more fruit, frozen yogurt, or ice milk for dessert instead of richer options.
- Have a small portion of a high calorie favorite food instead of a "biggy portion"
- Pack a nutritious snack like fresh fruit, vegetable, dry cereal, or baked chips instead of the regular vending machine order.
- Cook with less butter and use more herbs, spices, lemon juice, lime juice, onion, or garlic.
- Request all fat topping be placed "on the side" when ordering in a restaurant. You can then be "in control" of the amount used.

Do consider setting some stepping stone goals! Meal by meal, week by week make more heart smart choices. All the new "I shall" selections will help you be more nutri-fit!

Enjoy,

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



# FORT WAYNE TRACK CLUB Members Page



**(219) 347-0407**

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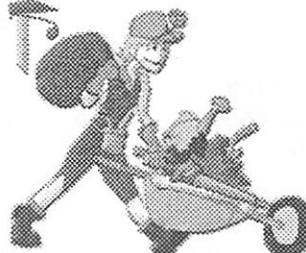
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**Lehman Investment  
Management Corporation**

Douglas M. Lehman, CFA  
President  
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# 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 TVprogram, 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 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 \_\_\_\_\_



# 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...

## SHOESUCKER 7

Saturday, April 22  
Kil-So-Quah Campground - Huntington, IN

## ARTS FEST 8K

IPFW - Fort Wayne, IN  
Saturday, August 21 9 AM

## FWTC ONE MILE CHAMPIONSHIPS

Saturday, May 6 6:30 PM  
Foster Park, Fort Wayne, IN

## RIVER CITY RAT RACE

Saturday, May 27 - 8:00 AM  
Fort Wayne, IN

## FWTC MEETINGS

Wednesday, April 12, 7:00 PM, Run 6:00  
Wednesday, May 10, 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  
P.O. Box 11703  
Fort Wayne, IN 46860

Bulk Rate  
U.S. POSTAGE  
PAID  
Ft. Wayne, IN  
Permit No. 1799