

the inside track

June 2000 - July 2000



A PUBLICATION OF THE FORT WAYNE TRACK CLUB

Mike Cole Wins The Nutri-Run 20K and the Mastodon Stomp 5K

(See race results inside.)

Check out our web site at www.fwtc.org

1999

FORT WAYNE TRACK CLUB

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Check out our web site at www.fwtc.org

May 14, 2000

Call for Volunteers for the Mohican Trail 100

The Fort Wayne Track Club has volunteered to handle the aid station at Rock Point (Station B) during this years Mohican Trail 100. The Mohican Trail 100 is June 17-18, 2000 at Loudonville, Ohio. Loudonville is located 20 miles southeast of Mansfield, Ohio.

The Rock Point aid station is visited several times by the runners during the Mohican Trail 100. Runners will pass through at approximately 10, 46 and 78 miles. Therefore Rock Point stays open, active and must be staffed during a large part of the race. Volunteers will not be required to stay the entire time Rock Point is open. Attendance hours can easily be set to meet your own schedule during any portion of the aid stations hours of operation.

Linda Gorman, Rock Point Aid Station Captain, would like to recruit additional volunteers to help at this aid station. The aid station is open from approximately 6:00 - 8:00 am Saturday June 17 and 10:00 am Saturday June 17 - 5:00 am Sunday June 18. Volunteers will be needed to prepare and provide water, food and encouragement to the runners. The runners numbers and times of arrival at the aid station for each section of the course will also be recorded by the aid station staff.

Being involved in an Ultramarathon event as a volunteer is an experience that is as rewarding to you as it is valuable to the runners and to the race directors. Don't miss out on an exciting opportunity to participate in one of the nations most respected Ultramarathons.

To volunteer or for more information, please call Linda Gorman at 478-4573 or email to gormlk@aol.com .

Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, March 8, 2000 7:00 - IPFW

18 Present

Jay Brower

Vern Ceder

Katie Creighton

Jerry Diehl

Linda Gorman

Mitch Harper

Stephen Hilker

Linda Ianucilli

J.P. Jones

Paul Knott

Tom Landis,

Doug Lehman

Don Lindley

Jon Schlatter

Bill Schmidt

Marsha 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. Katie Creighton presented the February minutes. Minutes were approved as presented.
4. Don reported membership at 474 as March 7, 2000. He also presented the treasurer's report: year-to-date income is \$4,021.15; the cash balance in our checking accounts is \$19,001.31.
5. There was a reminder to return Annual Banquet reservations to Kim Davidson by March 15. Judy Tillapaugh reviewed nominees for the High School Runner of the Year - male and female. Based on the area runners' season statistics - the awards will be presented to Brent Grover of Bluffton High School and Aubrey Gaffer of Northrop High School. It was suggested a committee be chosen to set criteria for these awards.
6. Jon Schlatter gave a Fanny Freezer race wrap-up. It was a beautiful day with 117 finishers.
7. Paul Knott reviewed prizes for the top 3 Points Race recipients - male and female. Each would receive a plaque as well as \$100, \$75, or \$50 respectively. For 2000, there will awards given to race volunteers also.
8. Stephen Hilker provided River City Rat Race flyers. The website is rcratrace.org. He indicated online registration would be available soon. The major race sponsor is St. Joe Hospital, with additional support from NIPSCO, Norwest Bank, and Ash Brokerage. There will be a race expo and the Central Y gym from 7-10 p.m. on May 26.
9. Judy Tillapaugh reminded everyone of the IPFW Mastodon Stomp on April 1. There will be a Mascot Race and a Kid's Run as well as the 5K Run/Walk.
10. J. P. Jones reviewed the Arts Fest race date of April 20. The event would have a family focus, including a Kid's Corner with kid-friendly activities for the children of those who wish to participate in the race.
11. Linda Gorman updated information on the Hoosier Marathon on June 10. Lehman Management Co. graciously offered to help sponsor the event as the Indiana Ohio Heart Association could only provide volunteer support for the 2000 race.
12. Don Lindley mentioned that Mike MacAvoy was looking for someone to help direct the Nutri-Run event this year, and then take it over for 2001.
13. Tom Landis indicated that the Race Director software requires a \$100 per year maintenance/update fee. He has not tested the latest update yet, but does know that it does not work well if loaded onto a drive containing other programs in Fox Pro.
14. Bill Sohaski called for new business:
 - a. Mitch Harper suggested providing a FWTC tent for the Indy mini-marathon in May. Judy Tillapaugh mentioned the Indy Runners Club welcomed the FWTC members to join them at the event as well.
 - b. Don Lindley said that the Whitley County May 6 race directors asked to rent the FWTC race equipment as well as have FWTC direct the race. It was suggested the fee for the service be the standard equipment rental cost plus a per runner charge. Jerry Diehl added that a travel or fuel allowance be included for those track club members agreeing to help with the event.
 - c. Mitch Harper has spoken with a Run Jane Run official and the group is looking at a Sunday afternoon race time this year so it won't conflict with the Parlor City Half-Marathon. The next meeting will be 7:00 p.m. on Wednesday, April 12, 2000, at IPFW.

Respectfully submitted,
Katie Creighton, secretary

KUTS started four years ago as a no-frills trail run with six runners....

Those runners sang praises to heaven of the beautiful trails about Cave Run Lake, and the run grew to twelve, then 36, and 53 this year. In fact there were more runners (14) this year from the Cleveland OH area than in KUTS2. The hope when starting this run was to help ultrarunning grow here in the region. We have succeeded; 16 Kentuckians joined in this year. If the comments are any indication, then this and even more new trail runs will proliferate and grow in eastern Kentucky. Breaking with tradition, there were t-shirts and aid volunteers, plus a catered buffet on Friday night. Major Brands Tire and Ramada Inn Morehead helped with sponsorship. Also, my employer graciously donated Morehead State University caps for everyone.

The buffet seemed to be bottomless pots of salad, lasagna, pasta, bread, and (everyone's favorite) peach cobbler. Though there still weren't any runner awards, there was a drawing for jars of home-made blackberry and ginger-peach preserves made by Sue Hedgecock. Jed Davis and Tanya Cady walked away with the prizes. That and the news that Sue was also making home-made soup beans, vegetable soup, and corn bread for after the run brought a hearty round of applause. Everyone seemed to thoroughly enjoy the good food and even better the camaraderie late into the evening.

KUTS4 kept up its charmed weather life. Heavy rains battered the trails on Thursday, but only caused a few extra and slightly deeper stream crossings plus a wee bit more mud. We awoke Saturday to mid-30s and clear blue skies. There seemed to be nearly unanimous praise from everyone for the scenic trails, cheerful helpful aid workers, good course markings, and delight at climbing Tater Knob fire tower to enjoy the vistas and scenery far below.

We must be doing something right at KUTS since the runners keep coming back. Twenty returned from years past, including Nikki Seger who has completed all four of the 50-plus milers. Also Mitch Harper, Jay Hodde, Rob Apple, and Wes Fenton returned for their third runs.

Rock Cogar and Susan Donnelly came up from Oak Ridge to lead the runners thru the 54 miles, with David Jackson the first Kentuckian. The tradition is still alive of having a 100% finish rate for the 50. Kevin Sharp from Dayton led the 34 mile run, with Bob Gaylord and Anong Pustow leading the Kentuckians. Randy Pridemore, Brian Whitt, and Greg Kuhn completed their first ultras. What a wonderful day it turned out to be.

Thanks must go out to the volunteers, our sponsors, and especially to Sue Hedgecock for their work and support.

KUTS5 should be a must on your calendar next year during the third weekend in March. See you then.

Kentucky Ultra Trail Sojourn 4 - March 18, 2000 Trails about Cave Run Lake, near Morehead KY

	34 mi	54 mi		34 mi
1. Rock Cogar(TN)	5:08	9:09	1. Kevin Sharp(OH)	5:06
2. Susan Donnelly(TN)	5:08	9:09	2. Mark Bodamer(OH)	5:15
3. Duane Frichtl(IL)	5:31	9:49	3. Bob Gaylord	5:37
4. Hurley Jamie(OH)	5:37	10:03	4. Anong Pustow	5:37
5. David Jackson	5:57	10:13	5. Joe Callahan	5:43
6. John Blakemore(OH)	6:15	10:17	6. Richard Maloof(IN)	5:43
7. Roy Heger(OH)	6:17	10:27	7. Javier Cendejas	5:55
8. Mike Montgomery(TN)	5:55	10:34	8. Sean Collins	5:57
9. Andy Colee(FL)	6:21	10:51	9. Alan Storrow	5:57
10. Jason Hodde(IN)	6:18	10:57	10. Tim Bailey	6:00
11. Nikki Seger(IL)	6:18	10:57	11. Tanya Cady	6:29
12. Dan Riggerbach(OH)	6:29	11:09	12. Brenda Gutmann	6:29
13. Randy Pridemore	6:28	11:13	13. Mitch Harper(IN)	7:01
14. Todd Veldhuizen(IN)	6:25	11:23	14. Norm Yarger(IL)	7:10
15. Dennis Kranz(IL)	6:28	11:49	15. Don Lindley(IN)	7:14
16. Brian Whitt	6:28	11:49	16. Leo Lightner(OH)	7:18
17. Art Moore(OH)	7:04	12:10	17. Greg Kuhn(IN)	7:27
18. Gary Fell(OH)	7:03	12:13	18. Jerry Shepherd(IN)	7:27
19. Tom Zinkle(OH)	7:03	12:13	19. Natalie Hergert(OH)	7:53
20. Jed Davis(OH)	7:25	12:14	20. Nick Karem	8:02
21. Rob Apple(TN)	7:45	12:15	21. Randy Whisnant(VA)	8:03
22. Wes Fenton(OH)	7:45	12:15	22. Barry Craig(NC)	8:18
			23. Herb Hedgecock	8:25
			23. Debbie Moore(OH)	8:25
			23. Pete Schuler	8:25

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.

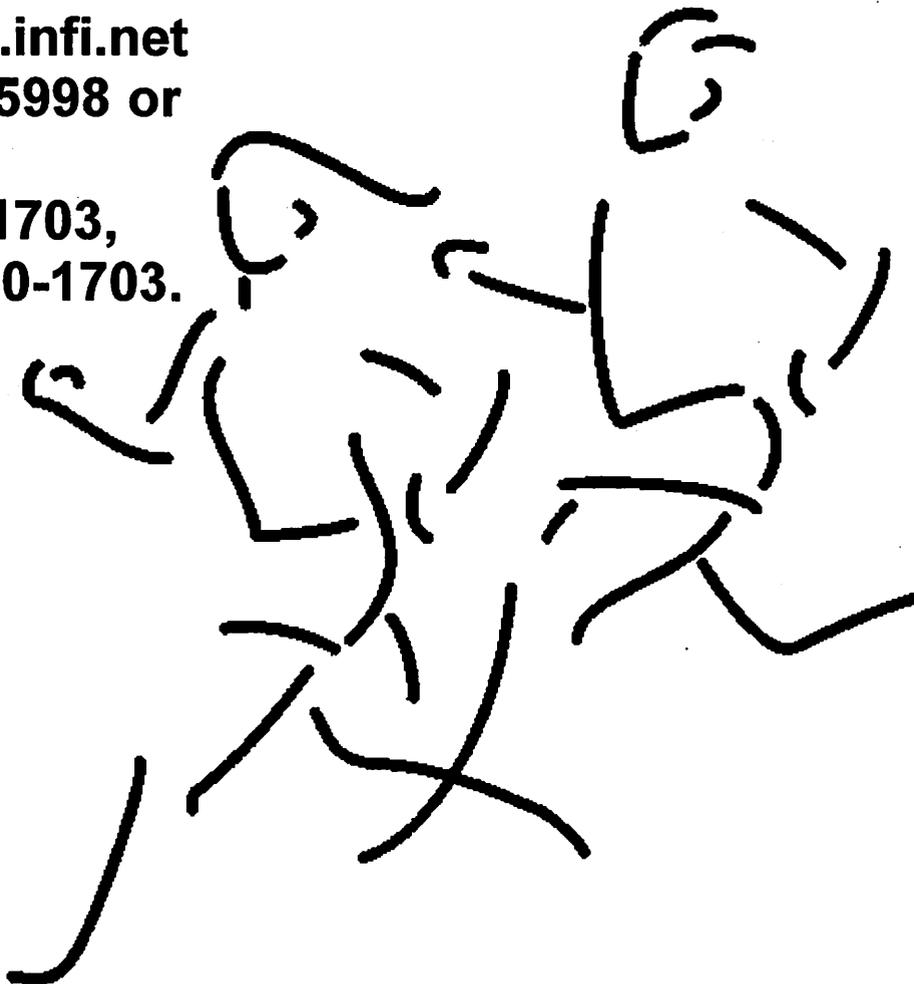
Don's email address is:

lindleyd@fortwayne.infi.net

**telephone: 219-432-5998 or
219-436-2234**

**or FWTC, PO Box 11703,
Fort Wayne, IN 46860-1703.**

Thanks!



Boston Marathon® 2000

Fort Wayne Area Finishers

Laura Bradley-Gay

Fort Wayne, IN 41 Female

Splits: 5k: 0:36:36 10k: 1:04:25 15k: 1:32:42;
20k: 2:00:35 25k: 2:29:18 30k: 2:58:28;
35k: 3:28:02 40k: 3:55:46

Finish: Official Time: 4:07:44

Mark DelBello

Ft. Wayne, IN 40 Male

Splits: 5k 0:25:58 10k 0:49:01 15k: 1:12:09
20k 1:35:40 25k: 2:01:04 30k: 2:27:43
35k: 2:55:25 40k: 3:24:18

Finish: Official Time: 3:35:36

Robert Eherenman

Roanoke, IN 34 Male

Splits: 5k: 0:24:15 10k: 0:46:49 15k: 1:10:19
20k: 1:33:16 25k: 1:56:37 30k: 2:20:00
35k: 2:44:41 40k: 3:09:09

Finish: Official Time: 3:19:07

Robert Gault

Fort Wayne IN 41 Male

Splits: 5k: 0:27:10 10k: 0:49:39 15k: 1:12:23
20k: 1:35:26 25k: 1:58:58 30k: 2:22:49
35k: 2:47:40 40k: 3:12:27

Finish: Official Time: 3:23:19

Michael Henry

Ft. Wayne, IN 36 Male

Splits: 5k: 0:25:51 10k: 0:48:53 15k: 1:12:18
20k: 1:35:08 25k: 1:57:40 30k: 2:19:59
35k: 2:42:23 40k: 3:04:08

Finish: Official Time: 3:13:25

Stephen Hilker

Fort Wayne IN 44 Male

Splits: 5k: 0:34:46 10k: 1:00:04 15k: 1:25:13
20k: 1:51:25 25k: 2:19:20 30k: 2:49:00
35k: 3:21:21 40k: 3:55:07

Finish: Official Time: 4:08:40

Robert Minnich

Fort Wayne IN USA 32 M

Splits: 5k: 0:21:44 10k: 0:42:05 15k: 1:02:28
20k: 1:23:07 25k: 1:43:41 30k: 2:05:56
35k: 2:31:07 40k: 2:57:20

Finish: Official Time: 3:08:27

Philip O'Donnell

Defiance OH 41 Male

Splits: 5k: 0:28:07 10k: 0:53:27 15k: 1:19:21
20k: 1:45:33 25k: 2:11:50 30k: 2:39:38
35k: 3:07:38 40k: 3:35:46

Finish: Official Time: 3:48:25

Mark O'Shaughnessy

Fort Wayne, IN 40 M

Splits: 5k: 0:29:12 10k: 0:53:32 15k: 1:17:38
20k: 1:42:05 25k: 2:07:08 30k: 2:33:56
35k: 3:04:05 40k: 3:34:42

Finish: Official Time: 3:47:47

Michael Pfefferkorn

Ft. Wayne, IN 36 M

Splits: 5k: 0:26:42 10k: 0:49:11 15k: 1:11:29
20k: 1:34:09 25k: 1:57:03 30k: 2:20:30
35k: 2:44:18 40k: 3:08:58

Finish: Official Time: 3:20:25

Dave Reichwage

Fort Wayne, IN 53 M

Splits: 5k: 0:28:52 10k: 0:52:16 15k: 1:15:20
20k: 1:39:01 25k: 2:02:56 30k: 2:28:02
35k: 2:53:45 40k: 3:19:22

Finish: Official Time: 3:30:19

Wesley Sabins

Ft. Wayne, IN 55 M

Splits: 5k: 0:31:12 10k: 0:56:02 15k: 1:21:32
20k: 1:47:40 25k: 2:14:33 30k: 2:42:48
35k: 3:12:32 40k: 3:42:19

Finish: Official Time: 3:55:11

Eric White

Fort Wayne, IN 35 M

Splits: 5k: 0:23:42 10k: 0:46:35 15k: 1:08:44
20k: 1:30:43 25k: 1:52:30 30k: 2:15:16
35k: 2:38:27 40k: 3:01:35

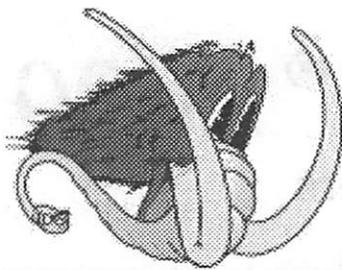
Finish: Official Time: 3:12:14

Doug Yoder

Goshen, IN 45 Male

Splits: 5k: 0:29:35 10k: 0:54:21 15k: 1:19:11
20k: 1:44:42 25k: 2:11:25 30k: 2:37:44
35k: 3:05:30 40k: 3:33:01

Finish: Official Time: 3:45:04



IPFW Mastodon Stomp 5K - April 1, 2000

Name	Age	Age Group	Time	Pace
1. Mike Cole	24	1 M 20-24	15:52.5	5:07/M
2. Michael Fruchey	31	1 M 30-34	16:18.2	5:15/M
3. Jerry Williams	40	1 M 40-44	16:23.7	5:17/M
4. Scott Hardway	17	1 M 15-19	16:52.0	5:26/M
5. Brandon Reichert	17	2 M 15-19	17:08.1	5:32/M
6. Sam Stephens	36	1 M 35-39	17:14.8	5:34/M
7. Brad A Thomas	25	1 M 25-29	17:25.0	5:37/M
8. Paul Richardson	28	2 M 25-29	17:30.6	5:39/M
9. Chris Leeuw	17	3 M 15-19	17:48.6	5:45/M
10. Ardy Litzenberg	17	4 M 15-19	17:48.9	5:45/M
11. John Schnieders	36	2 M 35-39	17:49.6	5:45/M
12. Ben Ashby	18	5 M 15-19	17:53.9	5:46/M
13. Robert Minnich, Jr	32	2 M 30-34	17:57.7	5:47/M
14. Corey Drake	14	1 M 0-14	18:08.7	5:51/M
15. Mike Ridenour	15	6 M 15-19	18:14.3	5:53/M
16. Carl A Risch	42	2 M 40-44	18:18.2	5:54/M
17. Marlin Howe	45	1 M 45-49	18:18.8	5:54/M
18. Roger L Wilson	46	2 M 45-49	18:22.8	5:55/M
19. Jon Uecker	26	3 M 25-29	18:38.5	6:01/M
20. Jed Pearson	49	3 M 45-49	18:56.2	6:06/M
21. Paul Shaffer	42	3 M 40-44	19:01.1	6:08/M
22. Chris Zepeda	17	7 M 15-19	19:12.7	6:12/M
23. David Brienza	38	3 M 35-39	19:14.9	6:12/M
24. Phil Rizzo	47	4 M 45-49	19:20.8	6:14/M
25. Chuck Deford	41	4 M 40-44	19:26.7	6:16/M
26. Andy Garcia	16	8 M 15-19	19:28.3	6:17/M
27. Aaron Demeritt	23	2 M 20-24	19:38.3	6:20/M
28. Kathy Demeritt	22	1 F 20-24	19:40.0	6:21/M
29. Robert Novak	35	4 M 35-39	19:47.4	6:23/M
30. Josh Farrell	16	9 M 15-19	19:48.6	6:23/M
31. Tricia Bohan	16	1 F 15-19	19:52.2	6:25/M
32. Chris Watson	24	3 M 20-24	19:55.0	6:25/M
33. Gino Fisher	38	5 M 35-39	19:55.7	6:25/M
34. Greg Domiley	32	3 M 30-34	20:04.9	6:28/M
35. Toran Fiene	13	2 M 0-14	20:05.7	6:29/M
36. Rob Penninger	24	4 M 20-24	20:07.4	6:29/M
37. Mervin Koehlinger	54	1 M 50-54	20:08.4	6:30/M
38. Chris Dunmire	26	4 M 25-29	20:14.9	6:32/M
39. Mike Slaubaugh	39	6 M 35-39	20:19.3	6:33/M
40. Nikki Jaspersen	14	1 F 0-14	20:20.4	6:34/M
41. Donn Knight	44	5 M 40-44	20:27.1	6:36/M
42. Lauren Simpson	16	2 F 15-19	20:28.1	6:36/M
43. Jeffery Lee Milleman	43	6 M 40-44	20:29.1	6:36/M
44. David Weikel	47	5 M 45-49	20:31.5	6:37/M
45. Chris Adang	25	5 M 25-29	20:34.8	6:38/M
46. Bob Gault	41	7 M 40-44	20:37.6	6:39/M
47. Mark Brattoli	44	8 M 40-44	20:40.2	6:40/M

Name	Age	Age Group	Time	Pace
48. Kent Redman	48	6 M 45-49	20:47.8	6:42/M
49. Chuck Harrison	37	7 M 35-39	20:48.6	6:43/M
50. Roy Stinson	35	8 M 35-39	20:49.4	6:43/M
51. Brittany Harvey	14	2 F 0-14	20:51.8	6:44/M
52. Tom Landis	44	9 M 40-44	20:58.8	6:46/M
53. Don Hardway	40	10 M 40-44	20:59.8	6:46/M
54. Rick L Gilbert	43	11 M 40-44	21:08.8	6:49/M
55. Bill Crane	57	1 M 55-59	21:10.1	6:50/M
56. Paul Imbody	12	3 M 0-14	21:15.6	6:51/M
57. Chuck Zumbrun	42	12 M 40-44	21:19.5	6:53/M
58. Kristen Simpson	16	3 F 15-19	21:20.7	6:53/M
59. John David McPherson	47	7 M 45-49	21:22.6	6:54/M
60. Ty Murphy	51	2 M 50-54	21:23.9	6:54/M
61. Dave Boylan	57	2 M 55-59	21:27.0	6:55/M
62. Jennifer Steigmeyer	30	1 F 30-34	21:34.3	6:57/M
63. Nick Warren	36	9 M 35-39	21:35.3	6:58/M
64. Paul Miller	46	8 M 45-49	21:36.2	6:58/M
65. Richard Gamble	29	6 M 25-29	21:37.0	6:58/M
66. Laura Brsenza	11	3 F 0-14	21:37.7	6:58/M
67. Dewain Cobbs	57	3 M 55-59	21:39.8	6:59/M
68. Joe Ziegler	64	1 M 60-64	21:41.9	7:00/M
69. Mark Mendez	37	10 M 35-39	21:47.1	7:02/M
70. Steven Waggoner	33	4 M 30-34	21:48.3	7:02/M
71. Joe Reddoch	45	9 M 45-49	21:53.0	7:04/M
72. Kristin Abels	15	4 F 15-19	21:57.2	7:05/M
73. Samantha Lee	12	4 F 0-14	22:02.6	7:06/M
74. Bernie Burgette	56	4 M 55-59	22:05.4	7:07/M
75. Randy Fielder	48	10 M 45-49	22:14.2	7:10/M
76. Sam Plew	23	5 M 20-24	22:14.9	7:10/M
77. Fred Hannan,jr.	45	11 M 45-49	22:16.7	7:11/M
78. Pat Beuchel	41	13 M 40-44	22:18.9	7:12/M
79. Jim Bougher	37	11 M 35-39	22:20.9	7:12/M
80. Daniel Botteron	11	4 M 0-14	22:24.2	7:14/M
81. Anthony Biard	17	10 M 15-19	22:33.7	7:16/M
82. Greg Ridenour	15	11 M 15-19	22:37.3	7:18/M
83. Jim Pickett	50	3 M 50-54	22:39.9	7:18/M
84. Julie Stuckey	41	1 F 40-44	22:40.7	7:19/M
85. Stuart Neil	18	12 M 15-19	23:00.4	7:25/M
86. Kevin Truelove	43	14 M 40-44	23:00.7	7:25/M
87. Barrie Peterson	57	5 M 55-59	23:02.3	7:26/M
88. Tom Skelly	36	12 M 35-39	23:11.9	7:29/M
89. Don Sajechi	39	13 M 35-39	23:17.8	7:31/M
90. Beth Berry	37	1 F 35-39	23:30.6	7:35/M
91. Tony Lehman	37	14 M 35-39	23:31.2	7:35/M
92. Christopher Crowell	30	5 M 30-34	23:37.2	7:37/M
93. Tom Hiner	35	15 M 35-39	23:43.6	7:39/M
94. Caroline Runyan	36	2 F 35-39	23:48.2	7:41/M
95. Shawn Demarest	30	6 M 30-34	23:53.8	7:42/M
96. Bob Brewer	46	12 M 45-49	23:58.4	7:44/M
97. David Gose	31	7 M 30-34	24:00.1	7:45/M
98. Donald A Anderson	72	1 M 70-99	24:00.3	7:45/M
99. Christine Schoudel	20	2 F 20-24	24:01.8	7:45/M
100. Frank Goodin	44	15 M 40-44	24:13.4	7:49/M
101. Andy Williams	41	16 M 40-44	24:16.9	7:50/M
102. Andrew Selking	31	8 M 30-34	24:21.1	7:51/M
103. Gregg Kurtz	41	17 M 40-44	24:28.0	7:54/M
104. Suzanne Dubnicka	30	2 F 30-34	24:31.1	7:55/M
105. Lou Wojcinski	33	9 M 30-34	24:39.2	7:57/M
106. John Penninger	28	7 M 25-29	24:40.9	7:57/M

Name	Age	Age Group	Time	Pace
107. Tom Fuelling	49	13 M 45-49	24:59.7	8:04/M
108. Chris Sanderson	33	10 M 30-34	25:16.0	8:09/M
109. Bill Foley	57	6 M 55-59	25:32.6	8:14/M
110. John Pontecoruo	38	16 M 35-39	25:39.5	8:16/M
111. Thomas Cleveland	38	17 M 35-39	25:42.5	8:17/M
112. Bob Loomis	67	1 M 65-69	25:43.2	8:18/M
113. Neal Cunningham	30	11 M 30-34	25:52.1	8:21/M
114. Doug Pickett	26	8 M 25-29	26:06.2	8:25/M
115. Diana Kuebler	45	1 F 45-49	26:11.6	8:27/M
116. Laura Weikel	24	3 F 20-24	26:12.2	8:27/M
117. Lynn Bobay	49	14 M 45-49	26:16.4	8:28/M
118. Lori Faurote	19	5 F 15-19	26:30.1	8:33/M
119. Shelley Fralick	19	6 F 15-19	26:30.5	8:33/M
120. Kent Ellis	46	15 M 45-49	26:39.3	8:36/M
121. Dick Harnly	62	2 M 60-64	26:41.3	8:36/M
122. Tressa Bunner	35	3 F 35-39	26:42.3	8:37/M
123. Marsha Schmidt	54	1 F 50-54	26:51.6	8:40/M
124. Del Lowe	39	18 M 35-39	27:05.0	8:44/M
125. Bobbi Barnes	49	2 F 45-49	27:08.2	8:45/M
126. David Gladding Vaw De	42	18 M 40-44	27:13.4	8:47/M
127. Brittney Coughlin	29	1 F 25-29	27:14.9	8:47/M
128. Bill Patterson	68	2 M 65-69	27:16.0	8:48/M
129. Cheri Steigmeyer	34	3 F 30-34	27:29.5	8:52/M
130. Renee Thomas	34	4 F 30-34	27:50.8	8:59/M
131. Tom Agness	53	4 M 50-54	28:36.0	9:14/M
132. Chelsea Strickland	13	5 F 0-14	28:39.0	9:15/M
133. Diane Post	43	2 F 40-44	29:18.9	9:27/M
134. Chris Gorman	8	5 M 0-14	29:31.6	9:31/M
135. Deborah Gunst	50	2 F 50-54	29:36.8	9:33/M
136. Larry Piano	51	5 M 50-54	29:39.2	9:34/M
137. Doug Lehman	48	16 M 45-49	29:39.6	9:34/M
138. Alton Myers	65	3 M 65-69	29:43.7	9:35/M
139. Marlin Short	51	6 M 50-54	29:54.0	9:39/M
140. Bev Saalfrank	50	3 F 50-54	30:14.1	9:45/M
141. David Gunst	56	7 M 55-59	30:15.2	9:45/M
142. Mallory Cleaveland	10	6 F 0-14	30:26.0	9:49/M
143. Tia Runyan	12	7 F 0-14	30:26.3	9:49/M
144. Richard Berry	55	8 M 55-59	30:53.2	9:58/M
145. Betty Greider	39	4 F 35-39	30:54.7	9:58/M
146. Cynthia Fritz	35	5 F 35-39	31:01.6	10:00/M
147. Jill Ash	38	6 F 35-39	31:03.3	10:01/M
148. Dana Budd	45	17 M 45-49	31:23.3	10:07/M
149. Diane Thomson	41	3 F 40-44	31:25.8	10:08/M
150. Carmen Cleaveland	33	5 F 30-34	31:26.3	10:08/M
151. Sarah Crane	25	2 F 25-29	31:26.6	10:08/M
152. Kim Lake	37	7 F 35-39	31:30.7	10:10/M
153. Kleinknight Sarah	56	1 F 55-59	31:44.1	10:14/M
154. Sandy Vanmarkwyk	26	3 F 25-29	31:58.2	10:19/M
155. Tim Hattery	38	19 M 35-39	31:58.7	10:19/M
156. Kenneth Relue	56	9 M 55-59	32:26.3	10:28/M
157. Christine Barlow	30	6 F 30-34	32:47.6	10:35/M
158. Melvin Day	68	4 M 65-69	33:36.8	10:50/M
159. Gigi Ruggiero	32	7 F 30-34	34:00.1	10:58/M
160. Kenneth E Disler	77	2 M 70-99	34:23.9	11:05/M
161. Teri Fuller-O'Brian	45	3 F 45-49	35:07.2	11:20/M
162. James P Jones	71	3 M 70-99	35:29.8	11:27/M
163. Keith Bungard	49	18 M 45-49	35:46.2	11:32/M
164. Angela Gault	42	4 F 40-44	36:42.4	11:50/M
165. David Gensheimer	41	19 M 40-44	46:33.4	15:01/M

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.

Nutri Run 20K - March 25, 2000

	Name	Age	Age Group	Time	Pace
1.	Mike Cole	24 ****	M 20-24	1:09:02.6	5:34/M
2.	Ron Sharp	34	**** M 30-34	1:09:59.5	5:39/M
3.	Kyle Minnich	25	**** M 25-29	1:15:43.7	6:06/M
4.	Doug Sundling	44	**** M 40-44	1:17:08.7	6:13/M
5.	Michael Clay	40	**** M 40-44	1:17:29.6	6:15/M
6.	Robert Minnich, Jr	32	1 M 30-34	1:18:35.0	6:20/M
7.	Paul Furniss	32	2 M 30-34	1:18:43.5	6:21/M
8.	Michael Henry	36	1 M 35-39	1:19:01.2	6:22/M
9.	Sam Stephens	36	2 M 35-39	1:19:07.6	6:23/M
10.	Rod Obregon	26	1 M 25-29	1:19:31.9	6:25/M
11.	Vincent Garcia	45	1 M 45-49	1:20:31.5	6:30/M
12.	Kraig Kerschner	34	3 M 30-34	1:21:24.0	6:34/M
13.	Derek Garcia	18	1 M 0-19	1:22:16.6	6:38/M
14.	David Swenson	37	3 M 35-39	1:24:03.4	6:47/M
15.	Mike Stone	40	1 M 40-44	1:24:28.7	6:49/M
16.	Jeremy Wayman	28	2 M 25-29	1:24:48.5	6:50/M
17.	Shannon Bowles	24	**** F 20-24	1:24:59.1	6:51/M
18.	Brad A Thomas	25	3 M 25-29	1:25:32.7	6:54/M
19.	Phil Suelzer	48	2 M 45-49	1:25:44.6	6:55/M
20.	Nikole Shriner	24	**** F 20-24	1:25:45.7	6:55/M
21.	Andy Garcia	16	2 M 0-19	1:25:49.7	6:55/M
22.	Jed Pearson	49	3 M 45-49	1:25:55.0	6:56/M
23.	Roger L Wilson	46	4 M 45-49	1:26:09.7	6:57/M
24.	David Dorais	45	5 M 45-49	1:26:44.4	7:00/M
25.	Brian Ruhl	41	2 M 40-44	1:27:44.6	7:05/M
26.	Tim First	27	4 M 25-29	1:28:03.7	7:06/M
27.	Tom Shearer	47	6 M 45-49	1:28:44.7	7:09/M
28.	Kim A Lefever	43	3 M 40-44	1:29:02.5	7:11/M
29.	Gerhard Fussle	45	7 M 45-49	1:29:48.9	7:15/M
30.	Daniel Nestel	41	4 M 40-44	1:29:59.7	7:15/M
31.	John Wienen	39	4 M 35-39	1:30:15.3	7:17/M
32.	Stan Willmert	44	5 M 40-44	1:30:45.0	7:19/M
33.	David Walda	29	5 M 25-29	1:31:52.0	7:25/M
34.	Steve McNulty	38	5 M 35-39	1:32:08.5	7:26/M
35.	Kim Davidson Milleman	27	**** F 25-29	1:32:11.6	7:26/M
36.	Jeff Milleman	43	6 M 40-44	1:32:47.2	7:29/M
37.	Patrick O'Beirne	36	6 M 35-39	1:32:54.6	7:30/M
38.	Matt Meiser	35	7 M 35-39	1:32:56.1	7:30/M
39.	Ahman Allaoui	30	4 M 30-34	1:33:28.2	7:32/M
40.	Judy White	41	**** F 40-44	1:33:32.4	7:33/M
41.	Kevin Lochner	44	7 M 40-44	1:33:33.3	7:33/M
42.	Robert Novak	35	8 M 35-39	1:33:34.8	7:33/M
43.	Beth Skinner	35	1 F 35-39	1:33:49.2	7:34/M
44.	Mark A Brattoli	44	8 M 40-44	1:33:49.6	7:34/M
45.	Linda K Gorman	36	2 F 35-39	1:33:51.8	7:34/M
46.	Don Ransome	49	8 M 45-49	1:34:02.5	7:35/M
47.	Jim Platt	33	5 M 30-34	1:34:19.5	7:36/M
48.	Robin Rizzo	34	1 F 30-34	1:34:33.5	7:38/M
49.	Julie McNulty	34	2 F 30-34	1:34:36.3	7:38/M
50.	Jennifer Steigmeyer	30	3 F 30-34	1:34:50.5	7:39/M
51.	J. David Reimschisel	40	9 M 40-44	1:34:51.2	7:39/M
52.	Mark O'Shaughnessy	40	10 M 40-44	1:34:52.2	7:39/M
53.	Todd Seiman	46	9 M 45-49	1:34:56.4	7:39/M
54.	Robert Snow	48	10 M 45-49	1:35:10.3	7:40/M
55.	Dan Cummiskey	39	9 M 35-39	1:35:28.7	7:42/M
56.	John David McPherson	47	11 M 45-49	1:36:24.2	7:46/M

57.	Paula Rickerd	30	4 F 30-34	1:36:34.9	7:47/M
58.	Judy Tillapaugh	41	**** F 40-44	1:37:05.4	7:50/M
59.	Art Obregon	52	1 M 50-54	1:37:21.5	7:51/M
60.	John McLaughlin	27	6 M 25-29	1:37:39.8	7:53/M
61.	E Hans Schmidt	35	10 M 35-39	1:37:48.8	7:53/M
62.	Thomas J Felts	45	12 M 45-49	1:37:57.3	7:54/M
63.	Wesley Sabins	55	1 M 55-59	1:38:00.5	7:54/M
64.	David E Boylan	57	2 M 55-59	1:38:02.8	7:54/M
65.	Scott A Wagner	39	11 M 35-39	1:38:17.6	7:56/M
66.	Dave Mahar	49	13 M 45-49	1:38:21.6	7:56/M
67.	Mark Lulling	40	11 M 40-44	1:38:37.1	7:57/M
68.	Tim Bolin	49	14 M 45-49	1:38:39.7	7:57/M
69.	Joe Ziegler	64	1 M 60-64	1:38:53.6	7:58/M
70.	John Shire	45	15 M 45-49	1:39:13.0	8:00/M
71.	Ron Zartman	43	12 M 40-44	1:39:39.1	8:02/M
72.	Laura Hogue	28	1 F 25-29	1:40:11.9	8:05/M
73.	Greg Purcell	51	2 M 50-54	1:40:49.6	8:08/M
74.	Mitch V Harper	43	13 M 40-44	1:40:54.4	8:08/M
75.	Debra Hoffer	30	5 F 30-34	1:41:02.9	8:09/M
76.	Susan Thornton	33	6 F 30-34	1:41:04.2	8:09/M
77.	Lonnie Braun	48	16 M 45-49	1:41:19.7	8:10/M
78.	Ellen Weiss	40	1 F 40-44	1:41:51.4	8:13/M
79.	Ty Murphy	51	3 M 50-54	1:41:58.1	8:13/M
80.	John N Link	43	14 M 40-44	1:42:17.2	8:15/M
81.	Martin J Cisna	33	6 M 30-34	1:42:20.7	8:15/M
82.	Jim Pickett	50	4 M 50-54	1:42:33.4	8:16/M
83.	Tammy Panning	30	7 F 30-34	1:42:43.0	8:17/M
84.	Jeff Metzger	39	12 M 35-39	1:42:51.0	8:18/M
85.	Steve Wildeboer	52	5 M 50-54	1:43:44.5	8:22/M
86.	James S Beeson	44	15 M 40-44	1:44:21.0	8:25/M
87.	Cathy Bryan	43	2 F 40-44	1:44:21.5	8:25/M
88.	Jason O'Connell	29	7 M 25-29	1:44:40.5	8:26/M
89.	Bill Rooney	33	7 M 30-34	1:45:05.3	8:28/M
90.	Elizabeth Story	24	1 F 20-24	1:45:19.7	8:30/M
91.	Stephen M Hilker	44	16 M 40-44	1:45:20.3	8:30/M
92.	Steve Adkison	55	3 M 55-59	1:45:59.8	8:33/M
93.	Terry Teegardin	37	13 M 35-39	1:46:13.9	8:34/M
94.	Freeman Hershberger	62	2 M 60-64	1:46:35.1	8:36/M
95.	Gregory A Fahl	47	17 M 45-49	1:46:45.9	8:37/M
96.	Fred Ross Jr	59	4 M 55-59	1:46:53.1	8:37/M
97.	Donald A Anderson	72	1 M 65-99	1:47:10.3	8:39/M
98.	Tom Felger	60	3 M 60-64	1:47:15.2	8:39/M
99.	Terry Anderson	46	18 M 45-49	1:47:50.1	8:42/M
100.	Thomas M Johnson	45	19 M 45-49	1:47:59.3	8:43/M
101.	Donald R Decook	47	20 M 45-49	1:48:11.1	8:43/M
102.	Craig Bobay	43	17 M 40-44	1:48:16.0	8:44/M
103.	Elizabeth Wladecki	42	3 F 40-44	1:48:55.0	8:47/M
104.	Barrie Peterson	57	5 M 55-59	1:49:11.7	8:48/M
105.	Robbin Mauger	39	3 F 35-39	1:49:22.4	8:49/M
106.	Michael Beard	44	18 M 40-44	1:49:23.8	8:49/M
107.	Charles Furst	60	4 M 60-64	1:49:36.3	8:50/M
108.	David L Winters	50	6 M 50-54	1:50:10.2	8:53/M
109.	Dennis K Strayer	50	7 M 50-54	1:51:30.2	9:00/M
110.	William E Harris	61	5 M 60-64	1:51:35.2	9:00/M
111.	Joel Brecount	33	8 M 30-34	1:51:43.6	9:01/M
112.	Bud Stiffler	61	6 M 60-64	1:51:59.9	9:02/M
113.	Molly Shoup	23	2 F 20-24	1:52:09.3	9:03/M
114.	Theresa Sotir	40	4 F 40-44	1:54:12.4	9:13/M
115.	Timothy Franklin	30	9 M 30-34	1:54:13.2	9:13/M
116.	Gary L Bird	41	19 M 40-44	1:54:46.7	9:15/M

117.	Joseph Nayarkas	45	21 M 45-49	1:55:46.7	9:20/M
118.	Mary Zehninger	36	4 F 35-39	1:56:45.6	9:25/M
119.	Chris Holloway	37	14 M 35-39	1:58:00.0	9:31/M
120.	John Petrie	35	15 M 35-39	1:58:01.0	9:31/M
121.	Caroline Runyan	36	5 F 35-39	1:59:15.8	9:37/M
122.	Thomas Pesenecker	32	10 M 30-34	2:00:51.9	9:45/M
123.	Diana Schowe	35	6 F 35-39	2:01:08.7	9:46/M
124.	Craig W Hamilton	50	8 M 50-54	2:01:28.7	9:48/M
125.	Lynn T Bobay	49	22 M 45-49	2:01:39.6	9:49/M
126.	Don Jantz	63	7 M 60-64	2:04:27.2	10:02/M
127.	Bill Patterson	68	2 M 65-99	2:04:36.8	10:03/M
128.	Mark Thoma	41	20 M 40-44	2:04:47.3	10:04/M
129.	Joan Gary	63	1 F 60-99	2:05:09.6	10:06/M
130.	Craig Morgan	38	16 M 35-39	2:05:59.3	10:10/M
131.	Robert C Loomis	67	3 M 65-99	2:07:48.0	10:18/M
132.	Susan Peterson	45	1 F 45-49	2:13:20.9	10:45/M
133.	Renee Thomas	34	8 F 30-34	2:17:14.8	11:04/M
134.	Alton Myers	65	4 M 65-99	2:23:50.8	11:36/M
135.	Barb Scrogam	53	1 F 50-54	2:35:04.0	12:30/M
136.	Betty Greider	39	7 F 35-39	2:45:09.2	13:19/M
137.	James P Jones	71	5 M 65-99	2:48:29.2	13:35/M

Nutri Run 5 Miler - March 25, 2000

	Name	Age	Age Group	Time	Pace
1.	Scott Hardway	17	1 M 0-19	27:28.9	5:30/M
2.	Jerry Williams Jr	40	1 M 40-44	28:05.5	5:37/M
3.	Michael Fruchey	31	1 M 30-34	28:23.5	5:41/M
4.	Brandon Reichert	17	2 M 0-19	29:06.3	5:49/M
5.	Andrew Schmitz	18	3 M 0-19	29:40.9	5:56/M
6.	Jeremy Schmidt	25	1 M 25-29	30:17.3	6:03/M
7.	Chris Leeuw	17	4 M 0-19	30:22.4	6:04/M
8.	Corey Drake	14	5 M 0-19	30:27.5	6:05/M
9.	Jay Prichard	42	2 M 40-44	30:40.1	6:08/M
10.	Brent Munro	39	1 M 35-39	31:25.4	6:17/M
11.	Brent Emerick	13	6 M 0-19	31:59.2	6:24/M
12.	Robert W Ehereman	34	2 M 30-34	32:11.7	6:26/M
13.	Jon Uecker	26	2 M 25-29	32:21.1	6:28/M
14.	Tricia Bohan	16	1 F 0-19	33:04.9	6:37/M
15.	Mike Ridenour	15	7 M 0-19	33:31.3	6:42/M
16.	Phil Rizzo	47	1 M 45-49	33:32.1	6:42/M
17.	Josh Farrell	16	8 M 0-19	33:46.8	6:45/M
18.	Jeff Maus	42	3 M 40-44	33:57.5	6:47/M
19.	Steve Shulze	21	1 M 20-24	34:26.5	6:53/M
20.	Tim O' Connell	44	4 M 40-44	34:37.7	6:55/M
21.	Bryan Redman	17	9 M 0-19	35:14.7	7:03/M
22.	Emily Hernandez	17	2 F 0-19	35:45.4	7:09/M
23.	Rick L Gilbert	43	5 M 40-44	35:54.8	7:11/M
24.	Ray Contreraz	61	1 M 60-64	36:28.3	7:18/M
25.	Jeff Kintz	31	3 M 30-34	36:34.9	7:19/M
26.	Brittany Harvey	14	3 F 0-19	36:39.7	7:20/M
27.	Paul Miller	46	2 M 45-49	36:45.7	7:21/M
28.	Bernie Burgette	56	1 M 55-59	37:11.8	7:26/M
29.	Jamshid Nazari	40	6 M 40-44	37:20.6	7:28/M
30.	Chris Adang	25	3 M 25-29	37:30.8	7:30/M
31.	Dan Holocher	46	3 M 45-49	37:36.1	7:31/M
32.	John Trout	37	2 M 35-39	37:42.0	7:32/M
33.	Kyle Kerschner	30	4 M 30-34	37:58.2	7:36/M
34.	Joe Reddoch	35	3 M 35-39	38:13.1	7:39/M

35.	Dewain Cobbs	57	2 M 55-59	38:15.6	7:39/M
36.	Jeff Switzer	26	4 M 25-29	38:33.0	7:43/M
37.	Toby Jo Hullinger	40	7 M 40-44	38:34.1	7:43/M
38.	Donald Kramer	46	4 M 45-49	38:45.3	7:45/M
39.	Kelley Cather	27	1 F 25-29	38:57.6	7:47/M
40.	Michael Barman	50	1 M 50-54	39:01.1	7:48/M
41.	Dan Starr	32	5 M 30-34	39:04.8	7:49/M
42.	Herb Horrom	51	2 M 50-54	39:40.2	7:56/M
43.	George Petersen	48	5 M 45-49	39:49.1	7:58/M
44.	Patty L Schwartz	47	1 F 45-49	39:51.8	7:58/M
45.	Greg Ridenour	15	10 M 0-19	39:54.7	7:59/M
46.	Chris Crowell	30	6 M 30-34	39:56.5	7:59/M
47.	Stuart Neill	19	11 M 0-19	40:15.6	8:03/M
48.	Lisa Baldwin	33	1 F 30-34	40:25.7	8:05/M
49.	Richard Clark	42	8 M 40-44	40:47.4	8:09/M
50.	David Almdale	43	9 M 40-44	41:00.0	8:12/M
51.	Kimberly Summers	31	2 F 30-34	41:02.3	8:12/M
52.	John Peterson	54	3 M 50-54	41:05.9	8:13/M
53.	Tom Bandt	51	4 M 50-54	41:10.6	8:14/M
54.	Fred Hannan, Jr.	45	6 M 45-49	41:19.9	8:16/M
55.	Shadricka Burnett	16	4 F 0-19	41:20.8	8:16/M
56.	Brad Geistwhite	33	7 M 30-34	41:41.0	8:20/M
57.	Mark Spitzer	34	8 M 30-34	42:10.9	8:26/M
58.	Tom Markle	40	10 M 40-44	42:12.8	8:26/M
59.	Rich Stephenson	53	5 M 50-54	42:22.5	8:28/M
60.	Neal Cunningham	30	9 M 30-34	42:47.1	8:33/M
61.	Lynette Cahill	38	1 F 35-39	42:52.2	8:34/M
62.	Anita O' Reilly	42	1 F 40-44	43:00.4	8:36/M
63.	Tom Fuelling	49	7 M 45-49	43:23.2	8:41/M
64.	Hope Spitzer	28	2 F 25-29	44:06.8	8:49/M
65.	Steven E Ludwiski	43	11 M 40-44	44:24.4	8:53/M
66.	Andrew Ables	28	5 M 25-29	44:30.0	8:54/M
67.	Mitzi Kuhn	25	3 F 25-29	44:42.0	8:56/M
68.	Amy Rinehold	25	4 F 25-29	44:43.1	8:57/M
69.	Lynn E Armstrong	52	6 M 50-54	45:11.8	9:02/M
70.	John Brier	55	3 M 55-59	45:18.9	9:04/M
71.	Sandy Briner	35	2 F 35-39	45:19.9	9:04/M
72.	Thomas Cleveland	38	4 M 35-39	45:50.7	9:10/M
73.	Kevin Stone	45	8 M 45-49	46:08.6	9:14/M
74.	Sam N Bird	10	12 M 0-19	46:29.1	9:18/M
75.	Joanne Mannes	35	3 F 35-39	46:58.6	9:24/M
76.	Jeff Hoover	33	10 M 30-34	47:05.8	9:25/M
77.	Carla Ferretti-Hoover	32	3 F 30-34	47:06.7	9:25/M
78.	Dick Harnly	62	2 M 60-64	47:22.7	9:28/M
79.	Sharon Huss	59	1 F 55-59	48:15.2	9:39/M
80.	Dean Russ	43	12 M 40-44	48:20.4	9:40/M
81.	Mimi Harkenrider	36	4 F 35-39	48:21.7	9:40/M
82.	Bill Freygang	39	5 M 35-39	48:32.1	9:42/M
83.	Laurie Whisler	35	5 F 35-39	49:37.0	9:55/M
84.	Stacey Petro	23	1 F 20-24	49:59.0	10:00/M
85.	Kelly First	24	2 F 20-24	50:16.7	10:03/M
86.	Susanne Guitard	31	4 F 30-34	50:17.2	10:03/M
87.	Leah Giaquinta	20	3 F 20-24	52:01.5	10:24/M
88.	Mark Gia Quita	46	9 M 45-49	52:02.0	10:24/M
89.	Diane Post	43	2 F 40-44	53:06.0	10:37/M
90.	Marlin Short	51	7 M 50-54	54:42.7	10:56/M
91.	Kenneth Relue	56	4 M 55-59	55:39.4	11:08/M
92.	Donald Rhoades	66	1 M 65-99	1:03:27.2	12:41/M
93.	Shirley Wildeboer	52	1 F 50-54	1:07:24.5	13:29/M
94.	Hunter Goin	70	2 M 65-99	1:23:19.1	16:40/M

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

Matthew 25/Times Corners Lions Club 10K Run

Foster Park, Fort Wayne, IN
 April 8, 2000

PLACE	DIV/TOT	NAME	AGE	SEX	CITY	ST	TIME	PACE
1	1/5	MICHAEL FRUCHEY	31	M	HUNTERTOWN	IN	35:14	5:41
2	1/4	JEREMY SCHMIDT	25	M	FORT WAYNE	IN	38:44	6:15
3	1/7	JOHN SCHNIEDERS	36	M	DECATUR	IN	38:51	6:16
4	1/5	JAY PRITCHARD	42	M	VAN WERT	OH	39:06	6:18
5	2/7	DAVID SWENSON	37	M	NEW HAVEN	IN	39:15	6:20
6	2/5	CHARLES SCHORTGEN	41	M	CHURUBUSCO	IN	41:16	6:39
7	3/7	ROBERT NOVAK	35	M	FORT WAYNE	IN	41:24	6:40
8	2/4	BRAD THOMAS	25	M	FORT WAYNE	IN	41:46	6:44
9	3/4	CHRIS DUNMIRE	26	M	FORT WAYNE	IN	43:13	6:58
10	2/5	SEAN ROBINSON	34	M	FORT WAYNE	IN	44:18	7:09
11	4/4	CHRIS ADANG	25	M	FORT WAYNE	IN	45:19	7:18
12	3/5	BILL ROONEY	33	M	FORT WAYNE	IN	45:20	7:18
13	4/7	DAVID JANIZEK	37	M	FORT WAYNE	IN	45:42	7:22
14	3/5	JAMSHID NAZARI	40	M	FORT WAYNE	IN	45:58	7:25
15	1/2	DARLENE BARTON	25	F	FORT WAYNE	IN	47:00	7:35
16	1/1	STUART NEILL	19	M	FORT WAYNE	IN	48:05	7:45
17	1/3	DONALD KRAMER	46	M	VAN WERT	OH	48:15	7:47
18	2/3	JOSEPH NAYARKAS	45	M	FORT WAYNE	IN	50:14	8:06
19	1/1	DON ANDERSON	72	M	FORT WAYNE	IN	50:38	8:10
20	3/3	FRED HANNAN JR	45	M	FORT WAYNE	IN	50:38	8:10
21	5/7	DON SAJECKI	39	M	FORT WAYNE	IN	51:30	8:18
22	1/2	CATHY BRYAN	43	F	FORT WAYNE	IN	51:49	8:21
23	1/2	LISA BALDWIN	33	F	FORT WAYNE	IN	51:55	8:22
24	1/1	DON LINDLEY	56	M	FORT WAYNE	IN	52:01	8:23
25	1/2	LORRAINE FOX	39	F	FORT WAYNE	IN	52:47	8:30
26	1/3	TOM SWANK	52	M	FORT WAYNE	IN	54:01	8:42
27	4/5	RICK POINSATTE	33	M	FORT WAYNE	IN	54:25	8:46
28	6/7	JIM BERGHOFF	39	M	FORT WAYNE	IN	54:36	8:48
29	1/1	BERNIE HUESING	67	M	FORT WAYNE	IN	55:22	8:55
30	1/1	JUDY SANDERS	52	F	FREMONT	IN	57:02	9:12
31	2/3	TONY GARTON	52	M	BLUFFTON	IN	57:17	9:14
32	3/3	KENNETH SILKWORTH	53	M	FORT WAYNE	IN	58:46	9:28
33	7/7	WILLIAM FREYGANG	39	M	FORT WAYNE	IN	59:10	9:32
34	2/2	RENEE THOMAS	34	F	AUBURN	IN	59:42	9:37
35	2/2	LAURIE WHISLER	35	F	FORT WAYNE	IN	1:00:40	9:47
36	2/2	CHRISY CRAIG	28	F	FORT WAYNE	IN	1:01:23	9:54
37	4/5	JOHN LINK	44	M	FORT WAYNE	IN	1:01:23	9:54
38	5/5	ERIC KLEINRICHERT	32	M	FORT WAYNE	IN	1:01:24	9:54
39	2/2	DIANE POST	43	F	FORT WAYNE	IN	1:05:37	10:34
40	5/5	DAVID GENSHEIMER	41	M	FORT WAYNE	IN	1:24:16	13:35

ArtsFest Run/Walk 8k Run - April 29, 2000

	Name	Age	Age Group	Time	Pace
1.	Ron Sharp	34	**** M 34-42	25:53	5:12/M
2.	Michael Fruchey	31	1 M 25-33	27:08	5:28/M
3.	Sam Stephens	36	1 M 34-42	28:23	5:43/M
4.	Brad A Thomas	25	2 M 25-33	28:49	5:48/M
5.	Roger L Wilson	46	1 M 43-51	30:15	6:05/M
6.	Rob Christy	22	1 M 17-24	30:23	6:07/M
7.	Rod Obregon	26	3 M 25-33	30:24	6:07/M
8.	Elmer Hall	27	4 M 25-33	30:34	6:09/M
9.	Ward Moya	36	2 M 34-42	30:43	6:11/M
10.	Mike Ridenour	15	1 M 9-16	30:55	6:13/M
11.	Mike Stone	40	3 M 34-42	31:54	6:25/M
12.	Chris Adong	25	5 M 25-33	33:02	6:39/M
13.	Fred Stoffel	49	2 M 43-51	33:18	6:42/M
14.	John Rajca	41	4 M 34-42	33:20	6:42/M
15.	Mervin Koehlinger	54	1 M 52-60	33:27	6:44/M
16.	Todd Thompson	19	2 M 17-24	34:42	6:59/M
17.	Kevin Snell	40	5 M 34-42	34:49	7:00/M
18.	Chris Gustafson	29	6 M 25-33	35:11	7:05/M
19.	Darlene Barton	25	**** F 25-33	35:14	7:05/M
20.	Joe Ziegler	64	1 M 61-69	35:28	7:08/M
21.	Gordon Smith	48	3 M 43-51	36:01	7:15/M
22.	William A Crane	57	2 M 52-60	36:38	7:22/M
23.	Donald Kramer	46	4 M 43-51	36:51	7:25/M
24.	Jeffery Davis	44	5 M 43-51	36:57	7:26/M
25.	John Wagner	36	6 M 34-42	36:59	7:26/M
26.	Jim Pickett	50	6 M 43-51	37:09	7:28/M
27.	Julie Stuckey	41	1 F 34-42	37:32	7:33/M
28.	Greg Ridenour	15	2 M 9-16	37:45	7:36/M
29.	Michael Variell	43	7 M 43-51	37:50	7:37/M
30.	Donald A Anderson	72	1 M 70-78	38:33	7:45/M
31.	Kristin Gillon	43	1 F 43-51	38:42	7:47/M
32.	James S Beeson	44	8 M 43-51	38:57	7:50/M
33.	Jamie McCord	22	1 F 17-24	39:04	7:52/M
34.	Caroline Runyan	36	2 F 34-42	39:10	7:53/M
35.	Cathy Bryan	65	1 F 61-69	39:24	7:56/M
36.	David M Graney	40	7 M 34-42	39:36	7:58/M
37.	Fred Hannan, Jr.	46	9 M 43-51	39:52	8:01/M
38.	Nancy Virtue	39	3 F 34-42	40:11	8:05/M
39.	John David McPherson	47	10 M 43-51	40:34	8:10/M
40.	Linda Anderson	38	4 F 34-42	40:36	8:10/M
41.	Ben Christy	54	3 M 52-60	40:45	8:12/M
42.	Brian Shaklik	34	8 M 34-42	40:50	8:13/M
43.	Toby Jo Hullinger	40	9 M 34-42	40:55	8:14/M
44.	Lisa Baldwin	34	5 F 34-42	40:56	8:14/M
45.	Andrew Selking	31	7 M 25-33	40:59	8:15/M
46.	Vicki Downs	33	1 F 25-33	41:02	8:15/M
47.	Clint Walter	32	8 M 25-33	41:31	8:21/M
48.	Frank Goodin	45	11 M 43-51	41:38	8:23/M
49.	Rich Stephenson	53	4 M 52-60	41:45	8:24/M
50.	Bud Stiffler	62	2 M 61-69	41:47	8:24/M

ArtsFest Run/Walk 8k Run - Cont.

	Name	Age	Age Group	Time	Pace
51.	Tamara Wright	41	6 F 34-42	42:07	8:28/M
52.	Diana Kuebler	45	2 F 43-51	42:38	8:35/M
53.	Jill Norris	27	2 F 25-33	42:51	8:37/M
54.	Kathy Knott	35	7 F 34-42	43:05	8:40/M
55.	Cindy Dawson	38	8 F 34-42	43:25	8:44/M
56.	Diana Schowe	35	9 F 34-42	44:13	8:54/M
57.	Dick Harnly	62	3 M 61-69	44:22	8:56/M
58.	David Krabach	40	10 M 34-42	44:30	8:57/M
59.	Ken Silkworth	53	5 M 52-60	45:38	9:11/M
60.	Jay Haney	51	12 M 43-51	45:59	9:15/M
61.	Steven Carr	35	11 M 34-42	46:08	9:17/M
62.	Tom Agness	53	6 M 52-60	46:42	9:24/M
63.	Renee Thomas	34	10 F 34-42	47:11	9:30/M
64.	Lynn T Bobay	49	13 M 43-51	48:22	9:44/M
65.	Dana Budd	45	14 M 43-51	48:22	9:44/M
66.	Pam Wilke	14	1 F 9-16	48:48	9:49/M
67.	Larry Piano	52	7 M 52-60	49:01	9:52/M
68.	Diane Post	43	3 F 43-51	49:06	9:53/M
69.	Ken Post	45	15 M 43-51	49:08	9:53/M
70.	Kim Shaklik	34	11 F 34-42	49:31	9:58/M
71.	Doug Lehman	48	16 M 43-51	50:37	10:11/M
72.	Betty Jackson Greider	39	12 F 34-42	52:19	10:32/M
73.	Kenneth E Disler	77	2 M 70-78	55:25	11:09/M
74.	James P Jones	71	3 M 70-78	58:42	11:49/M

ArtsFest Run/Walk 8k Run - Walkers

	Name	Age	Age Group	Time	Pace
1.	Lee Hyland	58	**** M 52-60	28:09	9:05/M
2.	Allen Albert	56	1 M 52-60	29:05	9:23/M
3.	Judith Ingleman	44	**** F 43-51	34:53	11:15/M
4.	Kay Lyons	49	1 F 43-51	37:00	11:56/M
5.	Sherri Leykauf	42	1 F 34-42	38:30	12:25/M
6.	Teri Fuller-O'Brian	45	2 F 43-51	38:42	12:29/M
7.	Andrew Christy	12	1 M 9-16	42:47	13:48/M
8.	Jocye Intriago	15	2 M 9-16	42:52	13:50/M
9.	Julie Carrier	48	3 F 43-51	44:40	14:25/M
10.	Vickie Dahl	44	4 F 43-51	46:22	14:57/M
11.	Beverly Metzger	37	2 F 34-42	46:22	14:57/M
12.	Maurine Gensheimer	62	1 F 61-69	47:28	15:19/M
13.	John Kruk	60	2 M 52-60	52:49	17:02/M
14.	Judy Kruk	50	5 F 43-51	52:51	17:03/M

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



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

JUNE 2000

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

(L) **Canal Days**, 10k & 5k, 7:00 am, New Haven, Ind., Carl Fhinger, 8130 Sakadem Pkwy, Ft. Wayne, Ind., 46825 (219) 490-7089

(R) **Strawberry Stomp**, 5k & 1 Mile Fun Run, 8:00 am, Wabash, Ind., Jeremy Wayman (219) 563-5630 www.activeusa.com

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

(R) **Stan Woolever Memorial R/W, 5kR & 2MW**, 9:00 am, Rossville H.S., Rossville, Ind., Jeff Moore (765) 379-3344

White River Run, 12k & 5k, 9:00 am, Anderson YMCA, Anderson, Ind., Tony Martin (765) 648-4203 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

10 Sat.

Fast Flash 5k, 8:00 am, Franklin Central H.S., Indianapolis, Ind.,
Eric Kellison (317) 595-0740 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/

Fremont Camelback 10k/5k Runs, Fremont, Ohio, (419) 665-2019

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

11 Sun.

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

Kelly's Island 10k/5k Runs, Kelly's Island, Ohio, Tom Etchill (419) 625-2019

16 Fri.

Kids Klassic, 6:30 pm, Kalamazoo, Mich., Deb Choep (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

(R)Turtle Days 5k, 8:00 am, Churubusco H.S., Churubusco, Ind.,
Kathy Kuzniar (219) 693-9656 Kathy41057@aol.com

Westfield Summerfest, 5k R/W, 8:00 am, Westfield H.S. Westfield, Ind., (317) 581-9416

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, 9:00 am, Yorktown Middle School, Yorktown, Ind.,
Randy Saunders (765) 759-7393

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

Freedom Run 2000, 5k Run & 2 Mile Walk, 9:00 am, Linton City Park,
, Ind., (812) 847-4846 chamber@ncci.net

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

17 Sat.

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)

JULY 2000

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

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

Heather Hills 5k, 9:00 am, Heather Hills Baptist Church, Indianapolis, Ind.,
Brian Holzhausen (317) 894-7474 bholzhausen@theschneidercorp.com

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

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

03 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

Chesterfield Optimist 10k, Chesterfield, Ind.,
Dennis Knapp (765) 378-3143 D1knapp598@cs.com

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

04 Tues.

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., Atlanta, GA., 30305

08 Sat.

(LP)**Runner's on Parade, 5k**, 8:00 am, Headwaters Park, Ft. Wayne, Ind.,
Mike McAvoy (219) 824-5158

(R)**Elephant Walk 10k**, 8:00 am, Peru Fire Dept., Peru, Ind.,
Carrie Gallahan (765) 475-2400 gallahan@dukehospital.org

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

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

07 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

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

(R)**Run for the Lights, 5k Run & 2 Mile walk**, 9:00 am, Archbold, Ohio,
Jack McCormick (419) 445-6780

Chicken 5k Run, Delta, Ohio, Jeff Taylor (419) 644-3088

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

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

Bix 7, 7 Miles, 8:00 am, Davenport, Iowa, Ed Froehlich (319) 359-9197
23 SUN Dog Days Sizzler, 5k, 8:24 am, Ann Arbor, Mich.,

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

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

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

AUGUST 2000

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

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

12 SAT(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

12 Sat.

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

19 Sun.

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

(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

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

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

20 Sun.

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

24 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

Bears of Blue River 10k, Shelbyville, Ind., Karen Martin (317) 392-5128

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, Variuos Distances, 8:00 am, Flint, Mich.,
Sherlynn Everly (810) 235-3396 www.doitsports.com/crim/

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

SEPTEMBER 2000

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

Little Italy 5k, 9:00 am, Clinton, Ind., Bruce Speth (765) 832-6179

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

03 Sun.

Scotty Hanton Marathon, Port Huron, Mich., Becky LaPine (810) 364-4550 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

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

Pig Pen 10k & 5k R/W, 8:00 am, Tipton, Ind., (More Info To Come)

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

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

Galloping Ghost 5k and 1 mile, Wheaton, ILL., CARA (312) 666-9836 www.cararuns.org

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

Race for the Cure, 5k, Toledo, Ohio, Allen Albert (419) 531-7187

16 Sat.

Darin Bryan Memorial Run, 5k, Edgewood, Ind., Dane Carter (317) 770-9552

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

Air Force Marathon, Wright-Patterson AFB, Dayton, Ohio, USAF marathon (800) 467-1823 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

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

(R) Thunder Run, 10k, 9:00 am, Tri-State University, Angola, Ind., David Finely (219) 665-4229 or (219) 665-6584

23 Sat.

(R) Symphony 5k Run/Walk, 8:00 am, Highland Park, Kokomo, Ind.,
Mark Shorter, CKRR, (765) 452-2616

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

Wild Wild Wilderness, 7.6 miles, Danville, ILL.,
Marc Reddy (217) 431-4243 <http://users.net66.com/~kennekuk>

Bucktown 5k, Chicago, ILL., CARA (312) 666-9836 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

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

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

OCTOBER 2000

01 Sun.

KeyBank Salmon Chase, 10k&5kR, 5kRW, 1:30 pm, South Bend, Ind.,
(219) 283-1136 karenb@madison.org

Slippery Elm Trail 5k, Bowling Green, Ohio, Neil Munger (800) 321-1897

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.

(R) Cole Porter 15k & 5k R/W, Circus Building, Peru, Ind.,
(More Info To Come)

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

Cinergy Indianapolis Marathon, Half-Marathon and 5k, Inianapolis, 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) 436-4824

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

Applefest Run 5k, Frankton, Ind., Kip Riser (765) 754-7147

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

OMNI 41 Pumpkin Prance, 5k, Schererville, Ind.,
CARA (312) 666-9836 www.cararuns.org

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

Race for the Cure, 5k, St. Mary-of-the-Woods, Ind.,
WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933

15 Sun.

(L)FWO Spineway 5k, 1:00 pm, Ft. Wayne, Ind.,
Greg Ingermann or Todd DeTurk (219) 436-6326

Norris Insurance 5 Mile Run & 5k Walk, Bunker Hill, Ind., Norris Insurance (317) 395-7761

Towpath Marathon, Cleveland, Ohio, Pacific Sports (216) 575-3439 www.pacificsportsllc.com

Detroit International Marathon, Detroit, Mich.,
Doug Kurtis (313) 222-6676 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

Immanual Lutheran Church Run for the Prize, 5k, Findlay, Ohio,
Dave Brown (800) 688-8151

22 Sun.

The LaSalle Banks Chicago Marathon, Chicago, ILL.,
(312) 243-0003 or (888) 243-3344 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

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

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

Run Bernheim 2000, 5 Mille R/W, Clermont, KY, (502) 955-8512 www.bernheim.org

29 Sun.

Columbus Marathon, Columbus, Ohio, Joan Riegel (614) 794-1566 www.columbusmarathon.com

NOVEMBER 2000

04 Sat.

Outback Scramble, Wacky 5 Mile X-Country Run, 9:34 am, Eagle's Crest, Indianapolis, Ind., Tuxedo Brothers (317) 328-1632 www.tuxbro.com

Owen/Putman 50/50, Spencer, Ind., (More Info To Come)

Parke-Davis United Way Fund Run, 10k, 9:00 am, Ann Arbor, Mich., Ann Remmers (734) 622-1884

05 Sun.

(R)Run the Mounds, 5 Miles, 2:00 pm, Mounds State Park, Anderson, Ind., Bob Hart (765) 643-6304 www.andersonroadrunners.org

New York City Marathon, New York, NY, (212) 423-2249 www.nycmarathon.org

11 Sat.

Star Strides Run & Walk, 5 Mile & 5k, Indianapolis, Ind., Ken Long and Associates (317) 632-8812 www.kenlongassoc.com

Indiana Fall Classic, 10k, Hawthorn Park, Terre Haute, Ind., WVRR, P.O. Box 1933, Terre Haute, Ind., 47808-1933

Commodore Run 2000, Half-Marathon & 5k, 9:00 am, Crane, Ind., Robert E. Lee (812) 854-6158

(R)Valparasio Cross Country Runs, 10k & 5k, 2:00 pm, Valparasio, Ind., Mike Prow (219) 548-3694

18 Sat.

(LP)Turkey Trot 5k, 11:00 am, Fox Island County Park, Ft. Wayne, Ind., Don Lindley (219) 432-5998

Carmel FOP 5M, 5 Miles, 9:00 am, Forest Dale Elementary, Carmel, Ind., Runners Forum (317) 844-1558

Trailblazer Trek 2000, 5k, Vincennes University, Vincennes, Ind., Steve Riggins (812) 888-5736

19 Sun.

Randy's 10 Mile & 5k, Perry'sburg, Ohio, Kevin (734) 4565

23 Thurs.

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

24 Fri.

Citizens Gas Race for Heat, 10kR/5kW, Indianapolis, Ind., Ken Long and Associates (317) 632-8812 www.kenlongassoc.com

Fantasy 5k Run, 6:00 pm, Howell, Mich., Jim Young (517) 546-2439

19 Sun.

Leprechaun Marathon, Vandalia, Ohio Denny Fryman (937) 898-7015

DECEMBER 2000

02 Sat.

Jingle Bell Run, 5k, Terre Haute, Ind., WVRR P.O. Box 1933, Terre Haute, Ind., 47808-1933

03 Sun.

Kris Kringle 4 Mile, New Castle, Ind., Tim Grant (765) 529-7058

Jingle Bell 5k, Toledo, Ohio, Arthritis Foundation (419) 537-0888

Memphis Marathon, Memphis, Tenn.,
Kim Cherry (800) 893-7223 www.runmemphis.com

09 Sat.

Rocket City Marathon, Huntsville, Ala.,
Malcolm Gills (256) 828-6207 www.huntsvilletrackclub.org

26-31

Marathon Six-Pack, Six Marathons in Six Days, Vandalia, Ohio,
Denny Fryman (937) 898-7015

30 Sat.

(R)HUFF, 50k, 50k Relay, & 10.8 Miles, 8:00 am, Huntington, Ind.,
Mitch Harper (219) 436-4824 www.huff50k.com E-mail Huff50k@aol.com



Newsletter Deadlines:

July 15, 2000

September 15, 2000

November 15, 2000

A long time coming - by Jonathan Schlatter

The call to the start of the Shoesucker 7 came with an unexpected suddenness and I fought to control crumbling emotions as reality crushed all hope of completing my pre-race plans and I trudged over to join the growing knot of like minded fools. Then as Rick Beemer rambled on with his usual verbal shenanigans there was one, then another and another, then soon a whole teeming flight thereof, the butterflies, they were back. O how oft in private thoughts, in private moments I had dreamed of this time while learned ones in their learnedness debated among themselves and then returned unto me their muddled verdict. For two years I had struggled with chronically pinched nerves at L2, L3, and L5 along my back desperately seeking a way to run again. Some medical professionals said that I would never run again and that I should simply accept it, so I sought out those understood what was important to me, could give me hope, and would work with me to return me to my dreams. I accepted their treatments and was faithful to the proscribed therapies adding to them the bane of some runners, walking, and also biking, enjoying it as much as certain triathlete I know enjoys running. At first the improvements were barely noticeable but with the accumulation of days a vast change began to take place. While in the last six months a busted rib, a twice sprained ankle, and a broken hand may have delayed my return it also served to strengthened my resolve. I deliberately choose the Shoesucker Seven as my return to local racing because I have discovered that I am a person to whom sentiment and symbolism means much. Kil-So-Quah is a trail system were I have spent many enjoy times running with my combrogi and is also were I ran my last local race two years ago. As I crossed the finish line more than four minutes under my goal I was content knowing that this was where I belonged and then reflected upon those things that brought me to this place

1. First I had to admit to myself that I am and always will be a runner at the very core of my esse and that I would be willing to do anything short of that which was illegal or immoral to reclaim it.
2. I have made aggressive use of the therapeutic benefits of extremely hot and cold baths, a heating pad, ice packs (frozen veggies work well), and a whole litany of muscle rub creams.
3. I had an epiphany when I realized that below a 12:30 per mile walking pace that there was actually less pain in the immediate and now more in the long term if I ran so why not run.
4. With my son now a student at IPFW I was able to get a cheap yearly family pass to their workout center which coupled with my daily stretching routine gave me better overall fitness.
5. When I began to plan the music for my own funeral I knew that I was in trouble so I sought out a sports psychologist and along with some meds for a while I was able get my thoughts straight.
6. I finally got serious about loosing weight and had a long talk with Judy Tillapaugh who gave me some very doable ideas and so far this year I have lost 15 lbs.
7. There are two medical devices which have helped allot, one is custom orthodic inserts for my shoes and the other is a Tens unit which uses the voltage of a 9 volt battery to block pain.
8. I take daily an anti-inflammatory drug prescribed me by a physiatrist (rehab specialist) along with green tea and glucosamine sulfate which are medically proven to also be anti-inflammatories.
9. The hardest thing that I have had to accept is that I can no longer run long distances and so I have had to change my goals to include such things running a race in every Indiana county.
10. Much credit though goes to the staff at Aaron Chiropractic and in particular Dr. Joachim who worked with me not just as doctor to patient but more importantly as runner to runner.

Mile Championship - Foster Park

May 6, 2000

Open Category

Name	Age	Age Group	Time	Pace
1. Latiff Cherond	26	****M 25-29	4:26.4	4:26/M
2. Mike Fruchey	32	1 M 30-34	4:33.7	4:33/M
3. Brian Shepherd	34	1 M 30-34	4:38.9	4:38/M
4. King Oberlin	22	1 M 20-24	4:41.1	4:41/M
5. Jerry Williams Jr.	40	2 M 40-44	4:42.8	4:42/M
6. Carl Risch	42	3 M 40-44	4:53.4	4:53/M
7. Rod Obregon	26	1 M 25-29	4:58.1	4:58/M
8. Michael Schoudel	32	2 M 30-34	4:58.7	4:58/M
9. Robert Minnich	32	3 M 30-34	5:03.1	5:03/M
10. Paul Furniss	32	4 M 30-34	5:04.9	5:04/M
11. Michael Henry	36	1 M 35-39	5:11.1	5:11/M
12. Sam Stephens	36	2 M 35-39	5:12.3	5:12/M
13. Lenny Duff	35	3 M 35-39	5:12.8	5:12/M
14. Paul Shaffer	42	4 M 40-44	5:19.2	5:19/M
15. Austin Eash	14	1 M 13-19	5:28.4	5:28/M
16. Anne Duff	35	***** F 30-39	5:34.2	5:34/M
17. Jed Pearson	49	1 M 45-49	5:34.9	5:34/M
18. Chris Warren	14	2 M 13-19	5:43.9	5:43/M
19. Tom Landis	44	5 M 40-44	5:46.8	5:46/M
20. Ty Murphy	51	1 M 50-54	5:47.9	5:47/M
21. Linda Gorman	36	1 F 30-39	5:53.0	5:53/M
22. Kelly Aldridge	18	1 F 0-19	5:54.7	5:54/M
23. Dick Shenfeld	53	2 M 50-54	6:04.6	6:04/M
24. Eric Kleinrichert	32	5 M 30-34	6:08.2	6:08/M
25. Dave Boylan	57	1 M 55-59	6:09.0	6:09/M
26. Jessica Palevich	13	2 F 0-19	6:14.7	6:14/M
27. Lindsae Rhoades	18	3 F 0-19	6:16.4	6:16/M
28. Emily Nestel	12	4 F 0-19	6:18.7	6:18/M
29. Gretchen Augsberger	24	1 F 20-29	6:31.0	6:31/M
30. John David McPherson	47	2 M 45-49	6:33.8	6:33/M
31. Art Obregon	53	3 M 50-54	6:38.1	6:38/M
32. Joe Ziegler	64	1 M 60-69	6:39.9	6:39/M
33. Tom Felger	60	2 M 60-69	6:45.7	6:45/M
34. Jake Gainer	11	1 M 0-12	6:54.2	6:54/M
35. Robert C Loomis	67	3 M 60-69	7:17.1	7:17/M
36. Judith Ingleman	45	1 F 40-49	7:26.1	7:26/M
37. Steven Grider	52	4 M 50-54	7:40.1	7:40/M
38. Lynn T Bobay	49	3 M 45-49	7:41.3	7:41/M
39. Robert Warren	46	4 M 45-49	7:48.5	7:48/M
40. Joan Gary	63	1 F 60-69	8:15.0	8:15/M
41. Betty Jackson Greider	39	2 F 30-39	8:41.3	8:41/M

First Annual Van Wert Reservoir Marathon

April 2, 2000

The First Annual Van Wert Reservoir Marathon took place on Sunday April 2, 2000 in Van Wert, Ohio. Mark Altstaetter and Ed Jacob were the two directors that put on the inaugural event. Chris Toepfer from Chicago, Illinois won the marathon with an impressive time of 2:33.33 on the oval course. Cheryl Chaney from Troy, Ohio took top honors in the women's marathon with a solid 3:40.33 performance,

In the half-marathon race, Bob Masters from Toledo, Ohio showed the watchers that he is definitely ready for the Olympic trials in Pittsburgh, running away from the rest of the field in a time of 1:08.54.

MEN'S OVERALL - MARATHON

Chris Toepfer 2:33.33
 Les Rau 3:14.21
 Bill Seldomridge 3:41.02

MEN 30-39

Jeff Kintz 4:04.10
 Alfred McClodden 4:11.01

MEN - 40-49

Fred Hannan 4:23.29
 Curtis Cormier 4:36.21
 Dan Molnar 4:41.43
 Dean Whittman 4:45
 David Heitkamp 5:30.37
 John Cannon 6:06.40

MEN - 50-59

Richard Levy 4:11.56
 Bill Whipp 5:50.04

MEN - 60 and over

Don Andree 4:10.24
 Arthur Mooore 4:28.17

WOMEN OVERALL - MARATHON

Cheryl Chaney 3:40.33
 Barb Roberts 3:40.36
 Jana Amstutz 4:10.21

WOMEN - 30-39

Sharon Shaffer 4:10.55
 Yen Neuyen 4:27.51
 Mary Zehringer 4:36.51

WOMEN - 50-59

Joyce Hockensmith 5:23.03

WOMEN - 60 and over

Joan Gray 4:33.54

MEN'S OVERALL HALF-MARATHON

Bob Masters 1:08.54
 Ron Sharp 1:09.34
 Steven Baugh 1:13.24

MEN - 0-29

Brian Kopack 1:13.57
 Kyle Minnich 1:18.26
 Nick Smith 1:21.18
 Dennis Anthony 1:30.09
 Matt Benner 1:32.53
 Eric Mueller 1:33.50
 Jeff Bockey 1:34.15
 Sean Rooney 1:40.43
 Andy Ryder 2:01.13
 Paul OBregon 2:11.32
 Bill Benoit 2:36.46

MEN - 30-39

Jack Toepfer 1:16.01
 Mike Fruechy 1:16.07
 Robert Minnich 1:26.20
 Sam Stephens 1:26.20
 Ted Newman 1:43.05
 Eric Steinke 1:46.51
 Dan Gremling 1:47.58
 Larry Hoffman 1:53.59

MEN - 40-49

Mike Clay 1:16.46
 Jay Prichard 1:22.55
 Kevin Kidd 1:38.42
 Tim Rooney 1:40.49
 Shelby Jordan 1:41.09
 Jerry Rex 1:43.23
 Dan Miller 1:43.45
 Don Kramer 1:49.01
 Jim Robideau 1:49.21
 Jerry Kiehl 1:49.21
 David Yahl 1:52.05
 Mike Variell 1:53.30
 David Sigmond 1:57.56
 Mike Hieronimus 1:57.38
 Daniel VonderEmbse 1:58.09
 Bill Harvey 2:09.21

Steve Anthony 2:10.52
 Ken Smith 2:03.25
 Don DeCook 2:38.20
 Larry Brown 3:18.18

MEN - 50-59

Dave Matthew 1:36.00
 Chuck Fowler 1:43.17
 Steve Wildeboer 1:43.45
 Greg Purcell 1:45.49
 Barrie Peterson 1:56.16
 Rich Stephenson 2:08.02
 Art Obregon 2:38.20

WOMEN OVERALL HALF-MARATHON

Erin Meadows 1:49.19
 Jennifer Peterson 1:51.33
 Colleen Holman 1:52.04

WOMEN- 0-29

Betty Camfield 2:03.05
 Sarah Knisely 2:03.05
 Alyssa Inniger 2:08.02
 Jennifer Wahl 2:13.21
 Jenni Smith 2:45.12
 Jamie Simon 2:45.15

WOMEN - 30-39

Renee Thomas 2:11.13

WOMEN - 40-49

Nancy Broadbridge 1:55.05
 Tavie Buhl 2:06.59
 Diane Post 2:32.25
 Betty Fox 2:53.17

WOMEN - 50-59

Lois Berkowitz 2:21.14
 Karen Miller 3:10.34



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? _____

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...

HOOSIER MARATHON

Saturday, June 10
Foster Park - Fort Wayne, IN 6:30 AM

TURTLE DAYS 5K

Churubusco, IN
Saturday, July 17 8 AM

OLD SETTLER'S 4 MILER

Friday, June 23
Columbia City, IN

RUNNING WILD ZOO RUN

Tuesday, July 4 - 7:30 AM
Franke Park, Fort Wayne, IN

FWTC MEETINGS

Wednesday, June 14, 7:00 PM, Run 6:00
Wednesday, July 12, 7:00 PM, Run 6:00
IPFW - Hilliard Gates Activity Center

Advertising Rates

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

Insert race Applications (Includes printing results)

12X Entry fee, minimum \$35.00 (10X Entry fee paid in advance)

Advertising must be supplied, camera ready art, or layout charges will be incurred.

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



FWTC NEWSLETTER
P.O. Box 11703
Fort Wayne, IN 46860

Bulk Rate
U.S. POSTAGE
PAID
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