

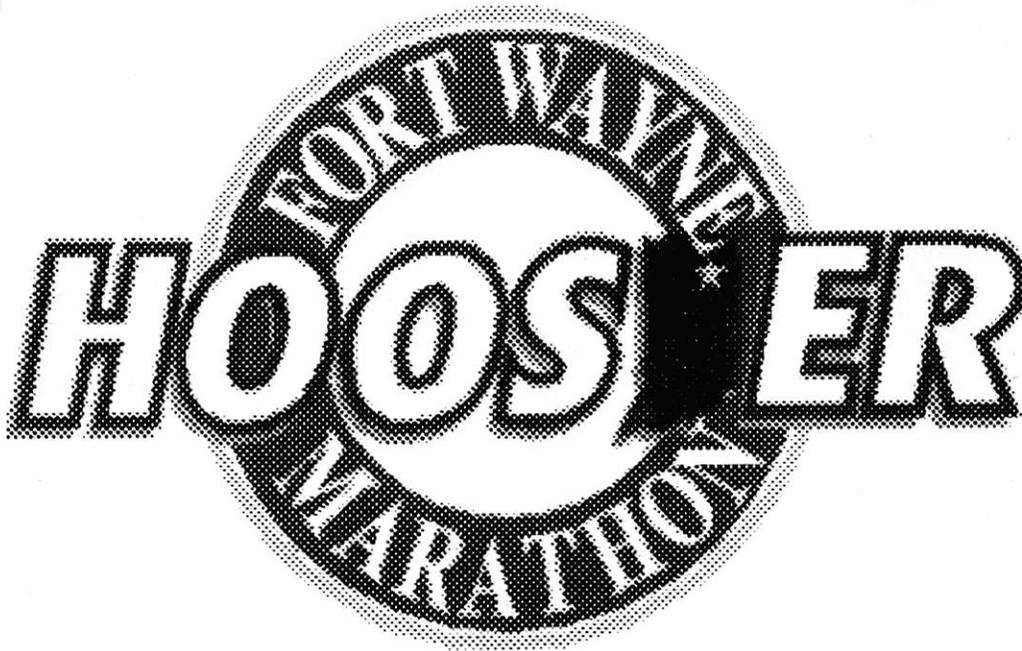
# the inside track

October 2000 - November 2000

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



## Marathon Update!!!!



**The Fort Wayne Hoosier Marathon is moving!**

**Our new date and time will be April 28, 2001, with a starting time of 7:00 am. We have joined forces with the Artsfest 8K and will begin the run at IPFW this year. The course will take you through the scenic northside of Fort Wayne to downtown and back to IPFW. Part of the course will be run on the River Greenway. Please mark this new day and time on your calendars and we will look forward to a great marathon this coming year!**

*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)*

# ELECTION TIME !!!!!

The FWTC has been blessed over the years with a strong board of directors. Every two years a new slate of officers is nominated and usually the candidates are chosen from the board.

The board is composed of some very talented people, and the whole procedure has worked quite well over time. Our membership is well north of 500 and contains a wealth of talent . Some of these folks may want to participate in some capacity but are reluctant to step forward.

Our nominating committee consists of the following three board members:

Judy Tillapaugh,	tillapau@ipfw.edu
J. P. Jones,	Fax 745 7339
Don Lindley,	lindleyd@fortwayne.infi.net

If you would like to see one of our members considered for either the board or an officer position please make your nominee, or nominees known in writing to one of the above. An email message would be most efficient..

Best regards to all, Bill



President's Column

# Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, August 9, 2000 7:00 - IPFW

## 14 Present

**Don Anderson,**

**Vern Ceder,**

**Katie Creighton,**

**Jerry Diehl,**

**Mike Fruchey,**

**Brett Hess,**

**Linda Ianucilli,**

**J.P. Jones, Paul**

**Knott, Don**

**Lindley, Barrie**

**Peterson, Bill**

**Sohaski, Bill**

**Schmidt, Jon**

**Schlatter**

1. Meeting was called to order by Bill Sohaski.
2. Don Lindley offered the opening prayer.
3. Jon Schlatter presented the July minutes. Minutes were approved as presented.
4. Don reported membership at 539 as August 8, 2000. He also presented the treasurer's report: year-to-date income is \$1,806.11; the cash balance in our checking accounts is \$16,786.27. A cash account has been opened for the Parlor City Trot that has \$2,500 in it as of July 31, 2000.
5. Brett Hess of the News Sentinel reported on the paper's points series. He thanked the club for its support and indicated the series was progressing well. Barrie Peterson gave a formal thank you to Brett on behalf of the club and the Fort Wayne running community for the outstanding articles about running that the paper has published this summer.
6. Paul Knott indicated the FWTC points races are updated through the Runners on Parade race. He mentioned the need for discussion on which races will be included in the points series for 2001. In addition, he indicated that points series race directors should be encouraged/required to include FWTC in the publicity and publications for the race.
7. Jon Schlatter reported the only addition to the recently published race calendar was the Food Bank 5K to be held at Canterbury High School on Saturday, October 14.
8. Vern Ceder informed the club that online registration for the Parlor City Trot was up and running, with some registrations already completed.
9. Linda Ianucilli was congratulated for her sub-14 hour Iron Man Triathlon finish. After 1-½ hours of swimming and 7 hours of biking, she completed the final segment marathon in 4 hours and 40 minutes.
10. The next Inside Track deadline is September 15.
11. Barrie Peterson gave a wrap-up report on the eight track workouts held at Northrop High School during June and July. The workouts averaged 45 runners per session. Overall, 19 women and 80 men participated. The Most Improved Runner and winners of the final 2-mile event will be published in the next issue of the newsletter.
12. Barrie also reported there were 82 participants in the Bruin Alumni 5K held on July 22. He thanked the FWTC for its support in this fundraiser for the Bruin cross country and track programs.
13. Don Lindley distributed a Parlor City Trot financial report. There has been a request for the club to sponsor/direct this event completely. He proposed the club considers how much it wished to be involved in this event and this will be discussed and decided upon at the next meeting.
14. Bill Sohaski called for new business:
  - a. Don Lindley asked for help in investigating different printing company options for the newsletter. The company currently being used has had management changes. Increased costs and timeliness of product delivery have become issues.
  - b. Linda Ianucilli requested photographs from running events be sent to her so they can be published in the newsletter.

The meeting adjourned at 8:05 p.m.

The next meeting will be 7:00 p.m. on Wednesday, October 11, 2000, at IPFW.

Respectfully submitted,  
Katie Creighton, secretary

# FORT WAYNE TRACK CLUB 5 KM TURKEY TROT

November 18, 2000 - Saturday, 11:00 am  
To Benefit Fox Island County Park Nature Center

FWTC POINTS RACE

ENTRY FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Tele. No. \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

### Entry Fees:

**Pre-Registration**  
**\$2.00 FWTC Member**  
**\$3.00 Non-Members**

**Race Day Registration**  
**\$3.00 FWTC Member**  
**\$4.00 Non-Members**

**Free - 15,000 cm for boys and girls, 10 years & Under**

**Awards:** Top Overall Male & Female and Master Male & Female  
12 Age Divisions: 1st Place Male & Female

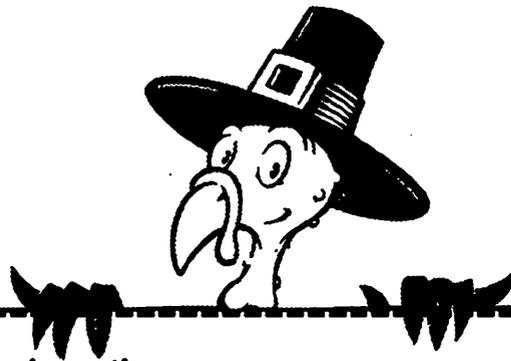
**New**  
**Didier Award 1<sup>st</sup> Place High School**  
**Male and Female**

**Distance:** 5K Run and 15,000 cm Turkey Toddlers  
**Time:** 10:45 am, 15,000 cm 11:00 am, 5K Run  
**Course:** Scenic Flat Trails

**Race Director:** Don Lindley (219) 436-2234  
**E-Mail:** lindleyd@fortwayne.infi.net

**Web Site:** www.fwtc.org

*Make Checks Payable To: Fort Wayne Track Club*



*Please complete form and mail to:*

**FORT WAYNE TRACK CLUB**  
**P O BOX 11703**  
**FORT WAYNE IN 46860-1703**

Liability Waiver: I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For the safety I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and re-lease the Fort Wayne Track Club, Allen County Park and Recreation, RRCA and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent's Signature if under 18 yrs** \_\_\_\_\_ **Date** \_\_\_\_\_

# Summer Nights 5K Run - September 2, 2000

	Age	Time	Pace		Age	Time	Pace
1. Jerry Williams Jr.	40-44	16:33	5:20/M	56. Jim Garner	45-49	24:20	7:51/M
2. Jim Furkis	20-24	16:58	5:28/M	57. Jake Garner	0-12	24:25	7:53/M
3. Sam Stephens	35-39	17:02	5:30/M	58. Don Anderson	70-99	24:27	7:53/M
4. Victor Estrada	20-24	17:18	5:35/M	59. Emily Mustelman	0-19	24:30	7:54/M
5. Chuck Schlemmer	35-39	17:26	5:37/M	60. Hana Cleveland	0-19	24:32	7:55/M
6. Robert Minnich	30-34	17:29	5:38/M	61. Adam Stone	0-12	24:39	7:57/M
7. Tim Morton	35-39	17:45	5:44/M	62. Jonathan Schlatter	40-44	24:50	8:01/M
8. Tim O'Connell	40-44	17:54	5:46/M	63. Reed Patrick	0-12	25:25	8:12/M
9. Kyle Doehla	13-15	17:58	5:48/M	64. Lisa Becker	30-39	25:26	8:12/M
10. Andy Garcia	16-19	18:08	5:51/M	65. Georgia Allen	60-99	25:40	8:17/M
11. Roger L Wilson	45-49	18:12	5:52/M	66. Dennis Butler	45-49	25:42	8:17/M
12. Mark Whited	35-39	18:32	5:59/M	67. Robert Warren	45-49	25:44	8:18/M
13. Marcos Hooley	16-19	18:45	6:03/M	68. Lynn T Bobay	45-49	25:45	8:18/M
14. David Swenson	35-39	18:47	6:04/M	69. Diana Schowe	30-39	25:54	8:21/M
15. Hal Pearson	45-49	18:51	6:05/M	70. Marsha Schmidt	50-59	26:04	8:25/M
16. Anne Duff	30-39	18:59	6:07/M	71. Chad Ware	30-34	27:17	8:48/M
17. Linda Gorman	30-39	19:08	6:10/M	72. Joan Gary	60-99	27:38	8:55/M
18. Paul Shaffer	40-44	19:15	6:13/M	73. Christy Reed	20-29	27:51	8:59/M
19. Jed Pearson	45-49	19:59	6:27/M	74. Jared Leamon	13-15	28:27	9:11/M
20. Jon Champion	20-24	20:10	6:30/M	75. Tim Garman	40-44	28:54	9:19/M
21. Paul E Knott	35-39	20:18	6:33/M	76. Lorri Johnson	30-39	29:35	9:33/M
22. Doug Alles	35-39	20:56	6:45/M	77. Rose Garman	30-39	29:51	9:38/M
23. Dean Speicher	30-34	20:57	6:45/M	78. Derek Sanford	0-12	31:01	10:00/M
24. Abel Rosado	35-39	21:04	6:48/M	79. Sarah Kleinknight	50-59	31:17	10:05/M
25. Jessica Palevich	0-19	21:08	6:49/M	80. Owen Stevens	60-69	32:22	10:26/M
26. Marty Hile	35-39	21:17	6:52/M	81. Veronica Moore	20-29	32:57	10:38/M
27. Harvey Hustle	55-59	21:20	6:53/M	82. Doug Lehman	45-49	33:50	10:55/M
28. John David McPherson	45-49	21:39	6:59/M				
29. Paul Ausderan	45-49	21:42	7:00/M				
30. Dewain Cobbs	55-59	21:47	7:02/M				
31. Tom Felger	60-69	21:50	7:03/M				
32. Resia Rinker	30-39	21:55	7:04/M				
33. Stan Singpiel	55-59	21:59	7:05/M				
34. Paul Imbody	13-15	22:00	7:06/M				
35. Sam N Bird	0-12	22:07	7:08/M				
36. Sue Cleveland	40-49	22:09	7:09/M				
37. Ty Murphy	50-54	22:11	7:09/M				
38. Mitch V Harper	40-44	22:13	7:10/M				
39. Trent Mast	0-12	22:15	7:11/M				
40. Patrick Kelker	45-49	22:18	7:12/M				
41. Steve Schwartz	50-54	22:29	7:15/M				
42. Sam Vargas	20-24	22:35	7:17/M				
43. David Mcdonald	45-49	22:49	7:22/M				
44. Caroline Runyan	30-39	22:57	7:24/M				
45. Verton L Troyer	50-54	23:01	7:25/M				
46. Jim Pickett	50-54	23:04	7:26/M				
47. Emily Nestel	0-19	23:06	7:27/M				
48. Joe Ziegler	60-69	23:14	7:30/M				
49. Dave Musselman	40-44	23:20	7:32/M				
50. Patty L Schwartz	40-49	23:26	7:34/M				
51. Vi Wysong	40-49	23:40	7:38/M				
52. Gary L Bird	40-44	23:41	7:38/M				
53. Patsy Doty	40-49	23:58	7:44/M				
54. Rich Stephenson	50-54	24:07	7:47/M				
55. Laura Miller	0-19	24:14	7:49/M				

# YWCA DUATHLON - Saturday, August 12, 2000 - 4 Run / 15 bike

	Age	Run	Bike	Total		Age	Run	Bike	Total
1. PAUL B RICHARDSON	28	22:22	38:58	1:01:20	57. JON INGLEMAN	58	32:11	49:39	1:21:50
2. SCOTT A BEASLEY	38	23:53	38:03	1:01:56	58. CRYSTAL CONRAD	31	35:49	46:04	1:21:53
3. JACK VRANA	45	23:37	40:49	1:04:26	59. PATSY A DOTY	42	31:45	50:26	1:22:11
4. JOHN C LOCKWOOD	44	23:51	41:57	1:05:48	60. ANDREW R MILLER	17	34:14	47:59	1:22:13
5. MATTHEW PARLER	20	25:24	42:11	1:07:35	61. ROB PAYETTE	24	36:16	46:09	1:22:25
6. KEN C PRESTON	40	24:07	43:51	1:07:58	62. MICHAEL CLINE	38	32:17	50:25	1:22:42
7. SCOTT D LEFFORGE	20	23:58	44:11	1:08:09	63. ALLISON LAMBETH	21	33:47	49:18	1:23:05
8. SHAWN W MC ARDLE	42	26:51	41:20	1:08:11	64. KRISTINA A KELWASKI	21	34:00	49:18	1:23:18
9. MARK M LULLING	41	26:30	41:42	1:08:12	65. ERICA D DEKKO	31	34:16	49:15	1:23:31
10. MIKE MCCLARAN	28	23:35	44:38	1:08:13	66. SUSAN L MARKEY	45	32:22	51:20	1:23:42
11. KIM A LEFEVER	44	24:29	44:12	1:08:41	67. CHARLIE P SZILAGYI	27	32:10	51:35	1:23:45
12. DAVID A LEWIS	38	26:56	41:59	1:08:55	68. ERIC E BROOKS	31	34:06	49:43	1:23:49
13. BOB HUSTON	49	22:49	46:08	1:08:57	69. KARIN E CLINE	29	28:38	55:13	1:23:51
14. CHAD SMYTH	39	27:09	42:09	1:09:18	70. LISA D BALDWIN	34	32:08	52:08	1:24:16
15. JOHN WAGNER	36	26:39	42:49	1:09:28	71. TRACY L BROOKS	31	28:36	56:14	1:24:50
16. KEVIN M TRUELOVE	43	29:13	40:39	1:09:52	72. LISA K BECKER	37	34:37	50:29	1:25:06
17. THOMAS R BULGER	52	25:51	44:14	1:10:05	73. ALAN E THONG	18	31:07	54:40	1:25:47
18. JEFF E KINTZ	31	27:39	42:36	1:10:15	74. TOBY JO HULLINGER	41	30:52	55:23	1:26:15
19. TOM LANDIS	44	27:19	43:03	1:10:22	75. JAMES T COUGHLIN	30	31:08	56:10	1:27:18
20. BRETT S HESS	34	23:25	47:13	1:10:38	76. PHILIP K LOCKWOOD	50	36:04	51:27	1:27:31
21. JERRY L HALKOSKI	61	29:10	42:12	1:11:22	77. ROBERT C LOOMIS	67	32:38	55:12	1:27:50
22. STEVEN OCHS	41	26:59	44:49	1:11:48	78. KYLE N BLACK	27	34:49	53:10	1:27:59
23. TED A SCHOLTEN	37	26:24	45:26	1:11:50	79. ANDY J HAXTON	32	32:44	56:13	1:28:57
24. RITCHIE HAMLIN	37	26:19	46:10	1:12:29	80. THOMAS J PESENECKER	33	31:42	57:21	1:29:03
25. DOMINIC S CASINI	25	26:11	46:34	1:12:45	81. JUDY A INGLEMAN	44	31:42	57:37	1:29:19
26. DAN J HILL	22	28:10	44:41	1:12:51	82. STACEY PETERS	33	36:54	53:49	1:30:43
27. MIKE MOYA	36	29:37	43:19	1:12:56	83. BETH SMITH	30	35:04	55:57	1:31:01
28. STAN A KUNKEL	46	27:09	45:53	1:13:02	84. KIM MARKEY	41	37:15	55:12	1:32:27
29. THAIS ANN BULGER	31	28:23	45:22	1:13:45	85. JOSEPH E BEIER	36	34:47	1:00:43	1:35:30
30. JON J SCHLEMMER	35	27:34	46:23	1:13:57	86. JEANETTE A SAMUEL	35	39:04	58:21	1:37:25
31. LINDA A IANUCILLI	37	29:02	45:03	1:14:05	87. LISA R MASARIY	29	37:43	1:00:17	1:38:00
32. JASON J DAVIS	29	27:26	46:43	1:14:09	88. DAVID L GLADDING-VANDE	42	36:22	1:02:23	1:38:45
33. MARK W WHITED	35	23:30	51:32	1:15:02	89. JIM ANDERSON	37	36:41	1:02:42	1:39:23
34. KYLE B THOMAS	17	27:15	48:00	1:15:15	90. DARLA MURRAY	38	41:50	58:38	1:40:28
35. DAVE LONG	28	27:58	47:18	1:15:16	91. BECKY L RUBLE	37	34:53	1:05:45	1:40:38
36. JOEL D BEER	30	27:23	47:54	1:15:17	92. KRISTA GUIPE	29	42:20	58:59	1:41:19
37. JENNIFER J MESSER	29	30:39	45:51	1:16:30	93. AMY J LOSURE	23	39:42	1:01:41	1:41:23
38. PAULA K RICKERD	31	27:41	48:52	1:16:33	94. NICOLE HENRY	25	41:15	1:00:13	1:41:28
39. PHILIP A HUIZING	38	30:38	45:58	1:16:36	95. TONY LAUK	28	36:05	1:05:45	1:41:50
40. JACK O BEASLEY	64	29:19	47:23	1:16:42	96. SAM R SCHWARTZ	66			1:42:12
41. MICHAEL J SCARINGELLI	20	29:06	47:44	1:16:50	97. JEFF S RUBLE	42	42:08	1:02:30	1:44:38
42. JUSTIN L SMITH	19	29:11	47:42	1:16:53	98. KEVIN R WURM	46	42:06	1:02:37	1:44:43
43. RESIA L RINKER	37	28:53	48:04	1:16:57	99. CHADD B LANGSTON	17	34:54	1:10:59	1:45:53
44. GERALD STEINHOFF	46	27:12	49:55	1:17:07	100. JERRY H SCHILLINGER	37	39:50	1:06:07	1:45:57
45. JAMES M BOUGHER	37	28:03	49:27	1:17:30	101. HEATHER WOLFORD	24	39:22	1:11:13	1:50:35
46. DONALD W GALLIGHER	25	25:39	51:56	1:17:35	102. JON FARR	27	39:22	1:11:16	1:50:38
47. JOEL A BRECOUNT	34	29:53	47:55	1:17:48	103. DANIELLE D LUNDIN	42	40:05	1:13:06	1:53:11
48. STEPHEN J GABET	52	28:19	50:48	1:19:07	104. JENNIFER C COLLINS	50	45:35	1:09:26	1:55:01
49. SCOTT A MILLER	47	31:06	48:03	1:19:09	105. MELISSA LOWE	43	44:00	1:12:45	1:56:45
50. RICHARD W WISMER	49	33:12	46:07	1:19:19	106. MARVIN L SMITH	49	40:10	1:17:41	1:57:51
51. STEVE CORONA	51	29:34	50:00	1:19:34	107. VIOLET M HAWKINS	43	41:56	1:16:02	1:57:58
52. SCOTT R HARPER	35	30:16	49:37	1:19:53	108. CHRIS E FISHER	19	46:52	1:16:32	2:03:24
53. DALE L SULLIVAN	59	30:38	49:28	1:20:06	109. AMY E FISHER	20	46:51	1:16:36	2:03:27
54. GARY S GERMANN	51	29:18	50:57	1:20:15	110. KATHY D THOMPSON	37	48:43	1:15:31	2:04:14
55. MARTY W LIGGETT	60	32:21	47:58	1:20:19					
56. PHIL W EHERENMAN	69	30:49	49:36	1:20:25					

Fort Wayne Track Club  
P O Box 11703  
Fort Wayne IN 46860

April 17, 2000

Invent Tomorrow  
Attn: Barbra Krillenberger  
1833 Magnavox Way  
Fort Wayne IN 46804

Dear Mrs. Krillenberger,

Running is a wholesome, family oriented and community building activity.

The Fort Wayne Track Club, with well over 500 members, represents only a fraction of the runners (and other amateur athletes) in this city.

Runners in general have an above average level of education and income. Therefore we believe we have, as a group, a disproportionately large influence.

Some of the efforts we would encourage, that would benefit the Fort Wayne Community are:

- 1) A field house with a 1/8 mile indoor track.
- 2) Free access to school facilities for club and charitable running activities.
- 3) City sponsorship of one or more major foot races in the city.
- 4) Working (seasonal) water fountains and more of them.
- 5) "Adopt" a section of the river greenway program.
- 6) Encouragement and support from media on non-for profit events.
- 7) Major enhancement of the river greenway.
  - a) Several miles of well lit running areas.
  - b) Safety phones along the running areas.
  - c) Water fountains

Everybody doesn't run, or even like the activity, but the entire community may benefit in one way or the other from our promotion of running.

Thank you for the opportunity to comment,

Board of Directors  
Fort Wayne Track Club

January 15, 2001

November 15, 2000

# Newsletter Deadlines:



Don and Rosann Lindley

We want to thank you very much for your concern,  
 prayers and beautiful flowers sent our way, upon  
 death of my sister, Carolyn Dorman. She was so  
 dear to us and your words of encouragement  
 greatly eased our pain and gave us comfort.  
 In Christian love,

Dear FWTC Friends.

# 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)

# 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.



# Huff Updates

**\*\*\* Volunteers needed for HUFF \*\*\***

## Olympian Bob Schul to be The HUFF 50K Special Guest

1964 Olympian Bob Schul will be the Special Guest of The HUFF 50K Trail Run in December. He will speak at the pasta dinner the evening before the race and then will run the race the next day. Bob Schul was the 1964 Olympic champion at 5,000 meters in Tokyo. He held five American and one world record.

He recently published a book about his running experiences, "In the Long Run.

Books will be available at The HUFF. The pasta dinner will be held at 6:00 PM at the St. Mary's Catholic Church on N. Jefferson Street in Huntington IN.

Bob Schul appears courtesy of Doug Lehman and LEHMAN INVESTMENT MANAGEMENT.

You can learn more at [www.bobschul.com](http://www.bobschul.com)

Even if you are not running in any of the three HUFF events, please feel welcome to come to the pasta dinner to meet Bob Schul. The pasta dinner features pasta and salad from Casa D'Angelo, cake from Hall's Takes the Cake, and ice cream from Breyer's.

The HUFF 50K is also putting out the call for volunteers. The Huff 50K continues to grow. It is now one of the top ten 50K races in North America; it is the 14th largest ultramarathon in North America. Volunteers are needed to help with transportation, packet stuffing, registration, scoring, finish line, aid stations, parking and the pasta dinner. You need not commit to working the entire race. If you can give just two hours, come see what all the excitement is about.

Meet some of the nation's top ultradistance runners as well as Gold Medal winner Bob Schul. Call or email Mitch Harper, 436-0739 ([Huff50K@aol.com](mailto:Huff50K@aol.com));

Linda Gorman, 478-4573 ([gormlk@aol.com](mailto:gormlk@aol.com)); Judy Tillapaugh, 456- 3277 ([tillapau@ipfw.edu](mailto:tillapau@ipfw.edu)); or Jerry Diehl, 492-7924 ([diehl@ipfw.edu](mailto:diehl@ipfw.edu)) or the Kil-So-Quah's Dennis Conner, 219-356-8207 to volunteer.

Volunteers are particularly needed to help with lap counting and scoring. Jerry Diehl, Jon Schlatter and Paul Knott are the scoring gurus. The HUFF 50K is one of the few ultras allowing registration on race day. We are lucky that Bev Metzger will be adding strength in that area but others would be welcome. The HUFF's resident Trailblazer, Don Lindley, will need assistance marking the course the afternoon before the race. We could also use someone to help pick up supplies in the days before the race.

Linda hasn't started on the chicken noodle soup yet so things are still pretty calm at the henhouse. However, she recently supervised the preparation of a big batch of vegetable soup. That brings up another opportunity for volunteering; if you are a good cook, think about baking some muffins, bread, cookies or cornbread for the race. The HUFF has become known for its homemade food. If you have a talent, there's a place for it in volunteering at The HUFF. (And if you don't have a talent, we can use you, too!) Thank you for your help.

# Harlan Days 10k 2000 - August 5, 2000

	Age	Time	Pace		Age	Time	Pace
1. Ron Sharp	34	32:14	5:12/M	52. Garret Bradtmueller	15	46:59	7:35/M
2. Jeff Niding	20	32:48	5:17/M	53. Joe Suelzer	15	47:00	7:35/M
3. Jason Sorg	21	33:05	5:20/M	54. Don Anderson	73	48:21	7:48/M
4. Brandon Reichert	18	34:14	5:31/M	55. Caroline Runyan	36	48:26	7:49/M
5. John J Murphy	39	34:54	5:38/M	56. Kevin Mann	33	48:32	7:50/M
6. Michael Fruchey	31	35:03	5:39/M	57. Kristen Simpson	17	48:52	7:53/M
7. Sam Stephens	36	35:16	5:41/M	58. Dan Cline	29	49:08	7:55/M
8. Rick Hammer	20	35:37	5:45/M	59. Myron Meyer	73	49:13	7:56/M
9. Chris Leeuw	17	36:31	5:53/M	60. Phil Suelzer	48	49:14	7:56/M
10. Daniel Green	45	37:02	5:58/M	61. Josh Harris	15	49:47	8:02/M
11. Corey Drake	15	38:26	6:12/M	62. Barrie Peterson	57	50:02	8:04/M
12. Ardy Litzenberg	17	38:37	6:14/M	63. Laurie Yahl	22	50:31	8:09/M
13. Andy Garcia	16	38:42	6:15/M	64. Mandy Leeuw	15	51:14	8:16/M
14. Kim A Lefever	44	38:54	6:16/M	65. Tamara Wright	41	51:29	8:18/M
15. Sean McKinley	15	39:11	6:19/M	66. Donald Lindley	56	51:29	8:18/M
16. Thomas Bussen	38	39:22	6:21/M	67. John McMaster	14	52:33	8:29/M
17. Mike Ridenour	16	39:30	6:22/M	68. Jason Johnson	14	52:36	8:29/M
18. Chris Welch	17	40:11	6:29/M	69. John Brier	55	52:42	8:30/M
19. Robert Novak	36	40:33	6:32/M	70. Spencer Stuckey	27	53:33	8:38/M
20. Brennon Plotner	15	40:43	6:34/M	71. Joseph Beier	36	53:40	8:39/M
21. Tim Quandt	14	40:57	6:36/M	72. Diana Kuebler	45	53:45	8:40/M
22. Steve McNulty	39	41:31	6:42/M	73. Dick Harnly	62	54:13	8:45/M
23. Daniel Nestel	41	41:41	6:43/M	74. Brian Shaklik	35	54:16	8:45/M
24. Jamshid Nazari	40	42:03	6:47/M	75. Elaine Hawkins	38	55:21	8:56/M
25. Tyler Lee	15	42:06	6:47/M	76. Doug Nicola	43	55:43	8:59/M
26. Rod Abbott	41	42:07	6:48/M	77. Diana Schowe	35	55:56	9:01/M
27. Chris Dunmire	26	42:18	6:49/M	78. Joan Gary	63	56:28	9:06/M
28. John David McPherson	47	42:19	6:50/M	79. Lynn T Bobay	49	58:21	9:25/M
29. Andy Easton	14	42:25	6:50/M	80. Kim Shaklik	35	59:15	9:33/M
30. Brent Nelson	15	42:28	6:51/M	81. Phil Gustin	69	59:21	9:34/M
31. David S Weikel	47	42:29	6:51/M	82. Stacey Petro	23	1:00:31	9:46/M
32. Aubrey Gaffer	17	42:44	6:54/M	83. Patricia Trapp	50	1:00:46	9:48/M
33. Jon Gottschall	19	42:53	6:55/M	84. Kristin Shoemaker	20	1:00:48	9:48/M
34. Emily Hernandez	18	43:48	7:04/M	85. Belinda Sharp	50	1:01:09	9:52/M
35. Paula Rickerd	31	43:51	7:04/M	86. Dean Sharp	53	1:01:37	9:56/M
36. Josh Farrell	16	44:00	7:06/M	87. Renee Fenstermaker	43	1:02:09	10:01/M
37. Joel Reithmiller	18	44:14	7:08/M	88. Diane Post	43	1:04:00	10:19/M
38. Buck Hommedian	36	44:16	7:08/M	89. Ken Post	46	1:04:01	10:20/M
39. Cory Gaffer	15	44:44	7:13/M	90. Robert Leeper	73	1:04:24	10:23/M
40. Greg Ridenour	16	44:44	7:13/M	91. Donald Rhoades	66	1:09:04	11:08/M
41. Kristin Abels	15	44:45	7:13/M	92. Doug Lehman	48	1:10:25	11:21/M
42. Julie McNulty	34	44:46	7:13/M	93. Sarah Kleinknight	57	1:13:07	11:48/M
43. Tom Felger	60	44:50	7:14/M				
44. Ty Murphy	51	44:57	7:15/M				
45. Jeff Metzger	39	45:44	7:23/M				
46. Jim Pickett	50	46:07	7:26/M				
47. John Shire	45	46:16	7:28/M				
48. Steph. Fenstermaker	14	46:26	7:29/M				
49. Chris Gaffer	15	46:27	7:30/M				
50. Christian Bock	17	46:43	7:32/M				
51. William A Crane	57	46:44	7:32/M				

# How Time Flies When You're Having Fun!!!

By Barrie Peterson

Giving up eight straight summer Thursday evenings to help coach area runners and help with their speed training seemed like quite the sacrifice four years ago. Now, I actually look forward to these sessions with a great deal of excitement and anticipation. It has been really neat to see how these workouts have caught on and developed in numbers and in quality of training over the past four years.

the summer of 2000 saw 19 women and 80 men show up at least once out of the 8 possible thursday evenings of workouts and competitions. We averaged over 45 runners per session with a high of 55 on both the opening and closing sessions.

I personally want to thank Paul Knott for his help and expertise during the two weeks that I was out of town. as always, he did a great job filling in and kept very precise records for me.

Showing up at least 7 of the 8 sessions were the following: David Ellis, Ken King, Jamshid Nazari, Dan Biehl, Bob Eherenman, Eric Ade, Rick Hammer, Davis Swenson, Tom Felts, Steve Rhoades, Bill Freygang, Stu Neill, Tom Felger, Don Anderson, Mark Bratoli, Mark Adsit, Linda Gorman, Susan Thornton, Tammy Wright, Darlene Barton, Anne Barton, anne Duff, Susan Markey.

The top three workout leaders for the women were Linda Gorman (59 pts.), Shannon Bowles (55 pts.) and Darlene Barton (54 pts.). For the men, the top 3 workout leaders were Eric Ade (62.5 pts.), Mike Schoudel (39pts.), and Sam Stephens (31.2 pts.).

Our most improved female runner was Susan Thornton, with Laura Whistler finishing second. the most improved male runner was bill Freygang, with Stu Neill in second place.

The following are the results of our season ending-ending 2-mile run on the track:

Female 14 and under:	1. Jessica Palevich (13:42)
Male 14 and Under:	1. Phu Luu (11:39)
	2. Tim Quandt (12:00)
Female 15-19:	1. Lindsae Rhoades (13:24)
	2. Angie Palevich (13:25)
Male 15-19:	1. Chris Leeuw (10:40)
	2. Ardy Litzenberg (10:47)
Female 20-29:	1. Shannon Bowles (11:38)
	2. Darlene Barton (12:58)
Male 20-29:	1. Rick Hammer (10:19)
	2. Brad Thomas (10:37)
Female 30-39:	1. Anne Duff (11:42)
	2. Susan Thornton (13:47)
Male 30-39:	1. Mike Schoudel (10:30)
	2. Sam Stephens (10:38)
Female 40-49	1. Phil Suelzer (11:34)
	2. Ken King (12:27)
Male 50-59:	1. Merv Koehlinger (13:44)
	2. Jim Pickett (14:22)
Male 60 and Over:	1. Tom Felger (15:44)
	2. Don Anderson (15:36)

Thanks to EVERYONE who participated for your great efforts and support of our program.  
See you in the summer of 20001!!!

# 2000 Blueberry Stomp 15k - Monday September 4th

**Men's Overall Winner - Luke Baker, Marion IN 49:45**

**Women's Overall Winner - Karlene Herrell, Peru IN 59:42**

## Men's 12 & Under

1. Shorter, Erich City/St. Decatur, IL Time 1:30:11

## Men's 13 to 18

1. Prozynski, Ethan City/St. Chesterton, IN Time 1:17:22  
 2. Shannon, Gregory City/St. La Porte, IN Time 1:25:14  
 3. Topp, Brandon City/St. Rochester, IN Time 1:52:59

## Women's 13 to 18

1. Spencer, Juliann City/St. Elkhart, IN Time 1:19:43  
 2. Schlasser, Lori City/St. Plymouth, IN Time 1:37:35

## Men's 19 to 24

1. Baker, Luke City/St. Marion, IN Time 49:45  
 2. Miller, Fred City/St. Lagro, IN Time 54:22  
 3. Esquiuel, Todd City/St. Indianapolis, IN Time 54:28  
 4. McGill, Daniel City/St. Monticello, IN Time 55:54  
 5. Blossom, Thad City/St. W Lafayette IN Time 59:35  
 6. Harper, Brad City/St. Mishawaka IN Time 1:02:32  
 7. Hamstra, Darren City/St. DeMotte IN Time 1:03:07  
 8. Duvar, Andrew City/St. South Bend IN Time 1:04:01  
 9. Parlee, Matt City/St. W. Lafayette IN Time 1:04:14  
 10. Myers, Stephen City/St. Bourbon IN Time 1:04:52  
 11. Reed, Philip City/St. Bourbon IN Time 1:04:54  
 12. Beal, Brian City/St. South Bend IN Time 1:05:07  
 13. Harris, Kaplam City/St. South Bend IN Time 1:05:19  
 14. Doyle, Adam City/St. W. Lafayette IN Time 1:12:16  
 15. Erbse, Andrew City/St. Indianapolis IN Time 1:17:47  
 16. Tippy, Tom City/St. Plymouth IN Time 1:18:51  
 17. Alderfer, Kevin City/St. Plymouth IN Time 1:21:48  
 18. Day, Jeff City/St. Mishawaka IN Time 1:22:33  
 19. Chamberlain, Marc City/St. Plymouth IN Time 1:23:51

## Women's 19 to 24

1. Fischer, Sara City/St. Laporte IN Time 1:09:52  
 2. Hutchings, Crystal City/St. Plymouth IN Time 1:12:31  
 3. Beent, Stephanie City/St. Laporte IN Time 1:15:23  
 4. Long, Jami City/St. Plymouth IN Time 1:15:52  
 5. Head, Bekki City/St. South Bend IN Time 1:17:09  
 6. Cripe, Emily City/St. W Lafayette IN Time 1:20:15  
 7. Collins, Megan City/St. Chicago IN Time 1:21:32  
 8. Santana, Cynthia City/St. South Bend IN Time 1:32:38

## Men's 25 to 29

1. Cole, Mike City/St. Chesterton IN Time 49:55  
 2. Colfrod, Scott City/St. Logansport IN Time 53:00  
 3. Mays, Mark City/St. Fort Wayne IN Time 59:32  
 4. Obregon, Rob City/St. Pierceton IN Time 1:02:33  
 5. Smith, Burke City/St. New Castle IN Time 1:06:18  
 6. Dunmire, Chris City/St. Fort Wayne IN Time 1:07:49  
 7. Butler, Tom City/St. South Bend IN Time 1:09:21  
 8. Hanson, David City/St. South Bend IN Time 1:10:14  
 9. Hoover, Matt City/St. Lafayette IN Time 1:10:15  
 10. Shaw, Christopher City/St. Elkins Park PA Time 1:11:34  
 11. Baker, Eric City/St. Huntington IN Time 1:12:02  
 12. Kopetski, Pete City/St. Lafayette IN Time 1:13:43

## Men's 25 to 29

13. Bent, Robert City/St. Plymouth IN Time 1:15:30  
 14. Stevens, Benjamin City/St. Lafayette IN Time 1:18:17  
 15. Nurenberg, Justin City/St. South Bend IN Time 1:18:27  
 16. Rach, Michael City/St. Mishawaka IN Time 1:20:01  
 17. Hissong, Stephen City/St. Plymouth IN Time 1:20:01  
 18. Day, Jason City/St. La Porte IN Time 1:22:33  
 19. Hundt, Rich City/St. Plymouth IN Time 1:23:59  
 20. Dillon, Matt City/St. Hobart IN Time 1:25:38  
 21. Schneid, Mark City/St. Naperville IL Time 1:39:08  
 22. Collins, Roy City/St. South Bend IN Time 1:52:07

## Women's 25 to 29

1. Smenyak, Sarah City/St. Portage IN Time 1:02:46  
 2. Collins, Cynthia City/St. Chesterton IN Time 1:07:35  
 3. Thole, Carla City/St. Indianapolis IN Time 1:12:27  
 4. Schrader, Cherie City/St. Stillwell IN Time 1:15:28  
 5. Peterson, Genevieve City/St. South Bend IN Time 1:17:05  
 6. Hanson, Mary City/St. South Bend IN Time 1:18:16  
 7. Warner, Nancy City/St. South Bend IN Time 1:21:05  
 8. Bollenbacher, Brenda City/St. Bremen IN Time 1:23:51  
 9. Eder, Kate City/St. South Bend IN Time 1:24:21  
 10. Rearick, Maria City/St. South Bend IN Time 1:26:27  
 11. Macharaschwili, Carmen City/St. South Bend IN Time 1:32:20  
 12. Dennis, Katie City/St. Elkhart IN Time 1:36:08  
 13. Bettegnies, Stacey City/St. Swayzee IN Time 1:37:25

## Men's 30 to 34

1. Sharp, Ron City/St. Fort Wayne IN Time 51:04  
 2. Briggs, Mike City/St. South Bend IN Time 53:22  
 3. Schoudel, Mike City/St. Fort Wayne IN Time 55:47  
 4. Ream, Monty City/St. Logansport IN Time 56:23  
 5. Harper, Andy City/St. Winamac IN Time 56:33  
 6. Hanback, DJ City/St. South Bend IN Time 56:58  
 8. Hess, Brett City/St. Fort Wayne IN Time 57:41  
 9. Minnich Jr, Robert City/St. Fort Wayne IN Time 58:01  
 10. Kelly, Erron City/St. Indianapolis IN Time 58:59  
 11. Bartholmew, Jim City/St. South Bend IN Time 1:00:29  
 12. Enerenman, Robert City/St. Roanoke IN Time 1:04:04  
 13. Smenyak, Jeff City/St. Portage IN Time 1:05:07  
 14. Freeman, Tim City/St. Fort Wayne IN Time 1:06:46  
 15. Brackenbury, Tim City/St. Fairway KS Time 1:07:06  
 16. Harrington, Matt City/St. South Bend IN Time 1:07:35  
 17. Forten, David City/St. Plymouth IN Time 1:08:16  
 18. Jankowski, Paul City/St. Valparasio IN Time 1:08:52  
 19. DeMeyer, Don City/St. South Bend IN Time 1:09:12  
 20. Frey, Leo City/St. Valparasio IN Time 1:09:27  
 21. Schrock, Grant City/St. Wakarusa IN Time 1:10:45  
 22. Pinkerton, Nick City/St. Plymouth IN Time 1:11:49  
 23. Lehman, Bill City/St. Winona Lake IN Time 1:12:03  
 24. Lengacher, Steven City/St. Leo IN Time 1:12:06  
 25. Morrison, Kevin City/St. Plymouth IN Time 1:12:28  
 26. Corona, Steve City/St. Fort Wayne IN Time 1:12:32  
 27. Serf, Brad City/St. Fishers IN Time 1:13:13  
 28. Hufford, Scott City/St. Portage IN Time 1:14:18  
 29. Dinius, Todd City/St. Clarks Hill IN Time 1:14:48  
 33. Koulianos, Dan City/St. Ogden Dunes IN Time 1:20:07

**Men's 30 to 34**

30. Sheltraw, Steve
31. Conley, Patrick
32. Schrock, Terry
34. Magee, Mike
35. Starr, Matt
36. O'Keefe, Jerome
37. Morrison, Marc
38. Peters, Tim
39. Shreiner, Robert
40. Nussbauer, Van
41. Barron, John
42. Patrick, Paul
43. Ware, Chad
44. Heyneman, Brad
45. Rinchart, John

**Women's 30 to 34**

1. Bulger, Thais Ann
2. Elijah, Melissa
3. Hiatt, Nicole
4. Barstis, Toni
5. Berg-Kucia, Tricia
6. Caldwell, Juli
7. Rajkj, Leanna
8. Tezich, Sheila
9. Newell, Mary
10. Knapp, Clair
11. Shroyer, Laura
12. Bennett, Dolores
13. Talbert, Cathy
14. Rinchart, Staci
15. Wheeler, Sherrie
16. Eckert, Jennifer

**Men's 35 to 39**

1. Sears, Russ
2. Sinnet, Trent
3. Stephens, Sam
4. Schnieders, John
5. Herrell, Mike
6. Kerschner, Kraig
7. Davis, Hugh
8. Nash, Kevin
9. Pederson, Scott
10. Bill, Brian
11. Goldsmith, William
12. Luttrell, Timothy
13. Fry, David
14. Mingery, Mark
15. Swenson, David
16. Galus, Ernest
17. McGehee, Mike
18. Jacobi, Art
19. Davis, Greg
20. Deweese, Bill
21. Tharp, Bruce
22. Arens, Dave
23. Novak, Robert
24. Gabbard, James

**City/St.**

Mishawaka IN
Plymouth IN
Logansport IN
Plymouth IN
Mount Vernon OH
Plymouth IN
Plymouth IN
Plymouth IN
Mishawaka IN
Mishawaka IN
Plymouth IN
Plymouth IN
Fort Wayne IN
Fort Wayne IN
Chesterton IN

**Time**

1:15:18
1:18:34
1:20:05
1:22:24
1:22:28
1:22:30
1:23:36
1:24:14
1:24:21
1:24:22
1:25:16
1:25:57
1:31:41
1:31:50
1:36:53

**City/St.**

Long Beach IN
Lafayette IN
Plymouth IN
Niles MI
Chicago IL
Warsaw IN
Chicago IL
Osceola IN
Fort Wayne IN
Fort Wayne IN
Chicago IL
Knox IN
South Bend IN
Chesterton IN
Bridgman MI
Naperville

**Time**

1:13:18
1:14:04
1:16:16
1:18:02
1:18:40
1:21:48
1:23:06
1:26:05
1:26:20
1:28:37
1:29:23
1:30:12
1:31:23
1:37:05
1:38:40

**Men's 35 to 39**

25. Pokorny, Bob
26. Kwierinski, Phil
27. Blanding, Chip
28. Hamlin, Ritchie
29. Rader, Rick
30. O'Leary, Dan
31. Baker, Mark
32. Bossert, Brian
33. Roggeman, Richard
34. Matney, Kent
35. Adamson, Dave
36. Pinder, Ed
37. Eichel, Ron
38. Sierzputowski, Joe
39. Montgomery, Tim
40. Zolman, Eric
41. Bollenbacher, Bryan
42. Houin, Kevin
43. Rhodes, Rich
44. Hinz, Tom
45. Evans, Chris
46. Frushour, Paul
47. Jennings, Doug
48. Lucero, Scott
49. Wallingford, Todd
50. Ahrendt, Gary
51. Crist, Jim
52. Craig, James
53. Samuelson, Todd
54. Kinch, Jim
55. Samuelson, Phil
56. Fisher, Jim
57. York, Gary

**City/St.**

Medina OH
South Bend IN
Kenosha WI
Corunna IN
Brownsburg IN
Franklin IN
Portage IN
Evanston IL
Mishawaka IN
New Paris IN
South Bend IN
Culver IN
Leo IN
Mishawaka IN
Culver IN
Warsaw IN
Bremen IN
Plymouth IN
Milford IN
Plymouth IN
Portage IN
La Porte IN
Logansport IN
Rensseber IN
Culver IN
Indianapolis IN
Silver Lake IN
Greenwood IN
Plymouth IN
Galveston IN
Carmel IN
Brookfield IL
Indianapolis IN

**Time**

1:06:58
1:07:00
1:07:24
1:09:18
1:09:22
1:09:58
1:10:33
1:10:51
1:11:19
1:13:30
1:13:33
1:14:53
1:15:00
1:15:47
1:16:23
1:17:16
1:17:58
1:18:49
1:18:50
1:19:34
1:20:15
1:20:20
1:21:01
1:21:09
1:22:00
1:22:12
1:22:55
1:24:22
1:26:33
1:29:44
1:30:46
1:33:05
1:41:27

**Women's 35 to 39**

1. Herrell, Karlene
2. Munger, Carla
3. Scannell, Nancy
4. Rasmuson, Sara
5. Weissin, Tammy
6. Dowell, Kathy
7. Demeyer, Susan
8. Shearer, Laura
9. Abrell, Jennifer
10. Fox, Lorraine
11. Blanding, Liza
12. Laronde, Teresa
13. Hoffer, Linda
14. Casteel, Christine
15. Simon, Jeanette
16. York, Dianne
17. Terezes, Spyro
18. Hartman, Donna
19. Emerick, Terri

**City/St.**

Peru IN
Greenwood IN
Valparasio IN
Plymouth IN
Granger IN
St Joseph MI
South Bend IN
Fort Wayne IN
Muncie IN
Fort Wayne IN
Indianapolis IN
Plymouth IN
Millersburg IN
New Castle IN
Granger IN
Indianapolis IN
Mishawaka IN
Peoria IL
Walkerton IN

**Time**

59:42
1:04:32
1:14:42
1:14:54
1:15:19
1:16:09
1:18:07
1:18:45
1:19:50
1:20:27
1:22:12
1:25:05
1:26:09
1:30:22
1:31:22
1:41:27
1:48:32
1:48:41
1:52:29

**Men's 40 to 44**

1. Haag, Mike`
2. Fox, Charlie
3. Daly, Mike

**City/St.**

Bremen IN
Plymouth IN
Valparaiso IN

**Time**

52:12
53:46
57:30

**Men's 40 to 44**

	<b>City/St.</b>	<b>Time</b>
4. Babcoke, Gary	Chesterton IN	57:56
5. LaPehn, John	Granger IN	58:30
6. Greathouse, Steve	Greenwood IN	58:36
7. Byers, Ray	Valparasio IN	58:40
8. Stone, Mike	Fort Wayne IN	59:01
9. Gassensmith, Vince	Indianapolis IN	59:39
10. Laudeman, Marc	Bremen IN	59:42
11. Spencer, Don	Elkhart IN	59:48
12. Lafever, Kim	Columbia City IN	1:01:36
13. McNeil, Rich	South Bend IN	1:01:53
14. Grant, Tim	New Castle IN	1:02:52
15. Grose, Mark	Osceola IN	1:02:57
16. Korzan, Lee	Granger IN	1:03:02
17. Nickerson, Jim	Valparasio IN	1:03:10
18. Niespudziany, Jeff	Mishawaka IN	1:03:31
19. Hochstetler, Russell	South Bend IN	1:03:40
20. Laffin, Gary	Racine WI	1:03:55
21. Gross, Brian	La Porte IN	1:04:08
22. Bell, Robert	Loogootee IN	1:04:18
23. Nestel, Dan	Fort Wayne IN	1:04:50
24. Grembowicz, Thomas	Fishers IN	1:05:00
25. Rigney, Bob	Shelbyville KY	1:05:18
26. Lampert, Stephen	Indianapolis IN	1:06:01
27. Huber, George	Fort Wayne IN	1:06:58
28. Rhodes, Steve	Avilla IN	1:07:34
29. Stogsdill, Kerry	Warsaw IN	1:07:41
30. Lilley, Todd	La Porte IN	1:07:45
31. Brattoli, Mark	Fort Wayne IN	1:07:48
32. Peters, Mike	Wabash IN	1:09:09
33. Tabor, Forrest	Warsaw IN	1:09:12
34. Clifton, Michael	Lafayette IN	1:09:45
35. Taylor, Richard	Fort Wayne IN	1:10:09
36. Schumacher, John	Fort Wayne IN	1:10:10
37. Zak, Mark	Goshen IN	1:10:10
38. Lowe, David	Columbia City IN	1:10:26
39. Shanks, Bruce	Plymouth IN	1:10:41
40. Overmyer, Randy	Tippecanoe IN	1:10:47
41. Chapman, David	Granger IN	1:10:51
42. Haile, Chris	Indianapolis IN	1:11:02
43. Shannon, David	La Porte IN	1:11:05
44. Bearss, Dan	Wakarusa IN	1:11:54
45. Griffin, Tim	South Bend IN	1:12:44
46. Haslanger, Mark	South Bend IN	1:13:01
47. Ulch, Roy	Argos IN	1:13:09
48. Hair, John	Plymouth IN	1:14:00
49. Rostochak, Jeff	Leesburg IN	1:14:00
50. Geiger, Jim	Niles MI	1:14:01
51. Hammond, Randy	Leo IN	1:15:00
52. Harper, Mitch	Fort Wayne IN	1:15:35
53. Fischer, Dale	Laporte IN	1:15:57
54. Townsley, Will	Niles MI	1:15:58
55. Kobiela, Joe	Auburn IN	1:16:36
56. Swiercz, Greg	Mishawaka IN	1:17:43
57. Born, Michael	South Bend IN	1:18:07
58. Laipple, Don	Roanoke IN	1:18:35
59. Mikel, Mark	Wakarusa IN	1:19:06
60. Rasmuson, Jeff	Plymouth IN	1:20:19
61. Retek, Ernie	South Bend IN	1:20:48
62. Bolden, Maxie	South Bend IN	1:22:18
63. King, Karl	Mason OH	1:22:51

**Men's 40 to 44**

	<b>City/St.</b>	<b>Time</b>
64. Stamper, Jim	Huntington IN	1:23:03
65. Lauster, Chris	Warsaw IN	1:23:30
66. Chamberlain, John	Plymouth IN	1:24:15
67. Torbet, Steve	Rinsselaer IN	1:25:33
68. Witek, Paul	South Bend IN	1:27:22
69. Montgomery, Brian	Plymouth IN	1:28:02
70. Tharp, Jim	Speedway IN	1:29:11
71. Warren, John	Bremen IN	1:32:50
72. Xaver, Gerard	Buchanan MI	1:33:15
73. Kenny, Michael	Indianapolis IN	1:34:45
74. Keeling, Myran	Logansport IN	1:42:06

**Women's 40 to 44**

	<b>City/St.</b>	<b>Time</b>
1. Lampert, Jean	Indianapolis IN	1:00:09
2. Isenberger, Jenny	Zionsville IN	1:05:23
3. Smith, Rita	Elkhart IN	1:05:50
4. Cleveland, Sue	Bloomington IN	1:10:35
5. Dunevant, Betsy	Valparasio IN	1:14:49
6. Grembowicz, Nancy	Fishers IN	1:15:37
7. Grant, Amanda	New Castle IN	1:15:52
8. LeCount, Loretta	Elkhart IN	1:19:15
9. Morris, Carol	Plymouth IN	1:22:06
10. Scott, Laura	Plymouth IN	1:22:14
11. Moncrieff, Lilia	Berrien Springs MI	1:23:13
12. Mikel, Kathy	Wakarusa IN	1:25:03
13. Buckmaster, Michelle	Walkerton IN	1:25:28
14. Sommerfield, Sharon	Plymouth IN	1:27:36
15. Knowland, Sandy	Galvsian IN	1:28:42
16. Palmer, Debbie	Plymouth IN	1:29:48
17. Jones, Diana	Speedway IN	1:31:47
18. Johnson, Tammy	Warsaw IN	1:33:20
19. Atherton, Vickie	Greenwood IN	1:34:44
20. Bearss, Peggy	Wakarusa IN	1:35:26
21. Kerker, Cindy	Kokomo IN	1:37:06
22. Holloway, Michele	Plymouth IN	1:38:03
23. Polizotto, Julie	Valparasio IN	1:40:26
24. Flynn, Kelsey	Plymouth IN	1:53:00
25. Rigney, Nancy	Shelbyville KY	1:53:00

**Men's 45 to 49**

	<b>City/St.</b>	<b>Time</b>
1. Sundling, Doug	Bluffton IN	56:48
2. Seats, Ron	Indianapolis IN	58:45
3. Pearson, Hal	Albion IN	59:06
4. Cannon, Harry	San Pierre IN	59:17
5. Vorick, Richard	Fort Wayne IN	1:00:10
6. Dorais, David	Wabash IN	1:00:13
7. D'Haenens, Jim	Granger IN	1:00:40
8. Bradford, Mike	Indianapolis IN	1:01:15
9. Pearson, Jed	Columbia City IN	1:02:33
10. Cook, George	Plymouth IN	1:02:56
11. Nichols, Donn	Fort Wayne IN	1:03:16
12. Dunevant, Don	Valparasio IN	1:05:49
13. Anspach, Geoff	Fort Wayne IN	1:06:37
14. Day, Marty	Carmel IN	1:07:24
15. Englert, Gerry	Granger IN	1:07:52
16. Shrock, Brad	Greentown IN	1:09:23
17. Dahms, Patrick	South Bend IN	1:09:52
18. Davidson, Gary	Logansport IN	1:10:13
19. Perri, Frank	South Bend IN	1:10:17
20. Foulhaber, Ed	South Bend IN	1:11:11

<b>Men's 45 to 49</b>			<b>Men's 50 to 54</b>		
	<b>City/St.</b>	<b>Time</b>		<b>City/St.</b>	<b>Time</b>
26. McDonald, David	Bronson MI	1:13:37	15. Knouff, Steve	Warsaw IN	1:10:20
27. Ryan, Patrick	Fort Wayne IN	1:14:11	16. Bordner, Bruce	Wakarusa IN	1:10:22
28. Prochno, Walt	Wheatfield IN	1:14:24	17. Stephens, Robert	South Bend IN	1:10:52
29. Pelke, Paul	Winfield IL	1:15:06	18. Misner, Terry	Bremen IN	1:11:51
30. Braun, Lon	Fort Wayne IN	1:15:35	19. Allen, Robert	Valparasio IN	1:13:19
31. Tetzlaff, Daniel	Plymouth IN	1:17:56	20. Jankowski, Chuck	Valparaiso IN	1:13:20
32. Fahl, Greg	Columbia City IN	1:18:01	21. Weaver, Roger	Goshen IN	1:13:47
33. Hannan Jr, Fred	Fort Wayne IN	1:18:17	22. Oliphant, Ed	Peru IN 1	:14:49
34. Wood, Otis	Ressehear IN	1:18:41	23. Tryoen, Verton	Milfird IN	1:15:37
35. Downie, J. Paul	Fort Wayne IN	1:18:43	24. Manthey, Bill	Mishawaka IN	1:16:05
36. Quandt, Harry	New haven IN	1:18:46	25. Manar, Larry	Plymouth IN	1:18:05
37. Decook, Donald	Argos IN	1:19:48	26. White, Glenn	Mishawaka IN	1:18:10
38. Cook, Ron	Van Alstyne TX	1:19:54	27. Geik, Ron	Culver IN	1:18:54
39. Stickel, Dennis	Nappanee IN	1:20:03	28. Hutmacher, Tom	Portage IN	1:19:43
40. Bontrager, Warren	Mishawaka IN	1:20:54	29. Stephenson, Rich	Monroeville IN	1:19:46
41. Hilker, Stephen	Fort Wayne IN	1:21:50	30. Forgues, Michael	Elkhart IN	1:20:03
42. Henderson, Greg	Auburn IN	1:22:20	31. Kunze, Keith	Indianapolis IN	1:20:07
43. Deardorff, Mike	Kokomo IN	1:22:45	32. Lammers, Bill	Mishawaka IN	1:20:53
44. Wise, Bob	Plymouth IN	1:23:54	33. Koztecki, Lien	Peru IN	1:20:55
45. Leonard, Paul	Niles MI	1:24:36	34. Tobias, Dick	Plymouth IN	1:21:07
46. Groen, Robert	DeMotte IN	1:24:40	35. Miller, Mark	South Bend IN	1:21:11
47. Phouleuanghong, Nou	Warsaw IN	1:26:38	36. Luttmann, Phil	Kendallville IN	1:22:53
48. Hatten, Kevin	Logansport IN	1:27:09	37. Murphy, Ty	Columbia City IN	1:23:19
49. Hathaway, Scott	Logansport IN	1:27:09	38. Echelbarger, Myron	Munice IN	1:24:22
50. Vanlue, Richard	Mishawaka IN	1:27:50	39. Cottrell, Patrick	South Bend IN	1:26:09
51. Wilke, Mike	Plymouth IN	1:28:08	40. Hamilton, Craig	Fort Wayne IN	1:26:21
52. Gaston, Ron	Granger IN	1:28:43	41. Snider, Joe	Fort Wayne IN	1:29:48
53. Budd, Dana	Fort Wayne IN	1:31:40	42. Bowman, Gregory	Bringinghurst IN	1:35:14
54. Ferris, Ed	Anderson IN	1:33:55	43. Silkworth, Ken	Fort Wayne IN	1:36:28
55. Hood, Dana	Flora IN	1:35:15	44. Keen, Mark	Westfield IN	1:37:40
56. Prozynski, Philip	Chesterton IN	1:36:53	45. Peer, Steve	Goshen IN	1:40:03
57. Bathon, Charles	South Bend IN	1:42:06	46. Johnson, Norm	Merrillville IN	1:49:31
58. Holt, Ron	Woodridge IL	1:48:11			

<b>Women's 45 to 49</b>			<b>Women's 50 to 54</b>		
	<b>City/St.</b>	<b>Time</b>		<b>City/St.</b>	<b>Time</b>
1. Gaston, Karen	Granger IN	1:12:55	1. Reeves, Marsha	Huntington IN	1:22:43
2. Gough, Laura	Plymouth IN	1:19:58	2. Scrogam, Barb	Fort Wayne IN	1:22:53
3. Clark, Franny	Demotte IN	1:21:41	3. Howard, Jill	Plymouth IN	1:23:59
4. Pipher, Theresa	Berreien Spring MI	1:23:57	4. Hoffman, Besty	North webster IN	1:34:24
5. Fair, Darla	North Liberty IN	1:24:04	5. Milton, Mary	Rock island IL	1:40:51
6. Peterson, Susan	Albion IN	1:30:55	6. Garver, Ruth	Elkhart IN	1:43:49
7. Keen, Linda	Westfield IN	1:32:39	7. Johnson, Donna	Merrillville IN	2:01:08
8. Hood, Deb	Flora IN	1:33:29			
9. Schobert, Carol	La Porte IN	1:40:32			
10. Heinrich, Martha	Indianapolis IN	1:42:15			

<b>Men's 50 to 54</b>			<b>Men's 55 to 59</b>		
	<b>City/St.</b>	<b>Time</b>		<b>City/St.</b>	<b>Time</b>
1. Terquino, Andrew	Hashport OH	1:03:41	1. Etherington, George	Elkhart IN	1:05:29
2. Nelson, Alan	Chesterton IN	1:03:54	2. Zarse, Ralph	Reynolds IN	1:06:24
3. Smith, Steve	Granger IN	1:04:39	3. Crouter, Darrel	Indianapolis IN	1:08:40
4. Whiteman, Mike	South Bend IN	1:05:07	4. Burgette, Bernie	Fort Wayne IN	1:09:58
5. DuBois, Michael	Rochester IN	1:07:00	5. Crane, William	Warsaw IN	1:10:27
6. Ransome, Don	Warsaw IN	1:07:30	6. Sharp, Tom	Min Creek IN	1:14:06
7. Mahar, Dave	Dowagiac MI	1:07:41	7. Corcoran, Tim	South Bend IN	1:15:03
8. Kirsch, Bill	Westfield IN	1:08:05	8. Hutch, Al	Kendalville IN	1:16:46
9. Hastings, Charlie	Logansport IN	1:08:22	9. Miller, Larry	Union MI	1:19:03
10. Kuch, Bob	Valparasio IN	1:08:41	10. Kunkle, Jere	Valparaiso IN	1:20:15
11. Bulger, Tom	Long Beach IN	1:08:48	11. Spencer, Bob	South Bend IN	1:20:53
12. LaCluyse, Steve	Granger IN	1:09:17	12. Downs, Stephen	Rochester IN	1:22:46
13. Booker, Ralph	Plymouth IN	1:09:22	13. Huff, Rick	Plymouth IN	1:22:51
			14. Holloway, Larry	Plymouth IN	1:23:35
			15. Peterson, Barrie	Fort Wayne IN	1:24:45



## Track Club Member Profile

**Robert W. Armao**  
**Seminarian**

**Born: 6-28-58**  
**Birthplace: Evanston, Illinois**

**Family: Wife, Ruth**  
**Kids, Chelsae - 14, Tyler**  
**Pets: Dog & Hedgehog**

**Hobbies: Running**

**Favorite Family Activity:**  
**Being with them**

**Running Shoe: New Balance**  
**Favorite Place to train:**  
**around Spy Run**

**PR: Mini - 2:10**

**Favorite Food: Bagels, Fruit**  
**Why do I run: Freedom**

**Favorite Movie: Midnight Clear**

**Favorite Music: Country**

**Collections: Books about the Sea**

**Vacation: Anywhere in the  
Caribbean**

**Most Prized Possession: My Family**  
**Your inspiration to run: Feeling the  
release after running**

**My Dream...to enjoy life!**

<b>Men's 55 to 59</b>	<b>City/St.</b>	<b>Time</b>
21. Hisey, Steven	Elkhart IN	1:11:36
22. Hauptert, Van	N Manchester IN	1:11:56
23. Kelker, Patrick	Fort Wayne IN	1:12:06
24. Clemmer, Marty	Westfield IN	1:12:48
25. McKinzie, Doug	Fort Wayne IN	1:13:37
16. Danger, Nick	Goshen IN	1:25:47
17. Conway, Robert	Niles MI	1:26:04
18. Ashton, Don	Fort Wayne IN	1:26:24
19. Ferency, Dave	South Bend IN	1:26:40
20. Fujimura, Thomas	Culver IN	1:26:57
21. May, Brian	New Carlisle IN	1:35:18
22. Morrison, Marty	Plymouth IN	1:35:45
23. Nagubadi, Subba Rao	Valparaiso IN	1:37:45
24. Conley, Mike	Elwood IN	1:40:58

<b>Women's 55 to 59</b>	<b>City/St.</b>	<b>Time</b>
1. Deer, Betty	New Palestine IN	1:31:12
2. Reichart, Maureen	Bourbon IN	1:32:00
3. Vanatta, Carol	South Bend IN	1:38:40
4. Kleinknight, Sarah	Fort Wayne IN	1:45:24

11:20

<b>Men's 60 to 64</b>	<b>City/St.</b>	<b>Time</b>
1. Norris, John	Amboy IN	1:08:35
2. Kuhn, Gus	Osceola IN	1:10:11
3. Hershberger, Freeman	Goshen IN	1:10:45
4. Felger, Tom	Fort Wayne IN	1:11:42
5. Brackenbury, Tom	Palos Park IL	1:15:22
6. Wakeland, Gary	Bowerbank ME	1:15:25
7. Harris, William	Fort Wayne IN	1:18:13
8. Pauwels, Joseph	Mishawaka IN	1:21:34
9. Satoski, Donald	Union Mills IN	1:23:33
10. Fislar, Dick	Rock island IL	1:24:24
11. Dietsch, Karl	Fort Wayne IN	1:26:50
12. Wilczak, Gene	Lockport IL	1:29:47
13. Allsop, Gaylen	Mishawaka IN	1:32:17
14. Hamilton, Keith	Andersen IN	1:33:56
15. Evans, Larry	Valparasio IN	1:34:43

10:11

<b>Women's 60 to 64</b>	<b>City/St.</b>	<b>Time</b>
1. Leiter, Evelyn	Bourbon IN	1:19:33

<b>Men's 65 to 69</b>	<b>City/St.</b>	<b>Time</b>
1. Clark, Devon	DeMolte IN	1:18:01
2. Babcocke, Gary	Ogden dunes IN	1:20:39
3. Rolland, Ian	Fort Wayne IN	1:26:42
4. Scholl, Lawrence	Goshen IN	1:28:26
5. Puppler, Jim	Plymouth IN	1:30:25
6. Wahls, Phillip	Fort Wayne IN	1:47:51

<b>Men's 70 and Over</b>	<b>City/St.</b>	<b>Time</b>
1. Lemont, Robert	Rockville IN	1:14:49
2. Hilker, Jack	Fort Wayne IN	1:33:58
3. Allen, Ralph	Knox IN	1:36:58
4. Henry, Howard	Plymouth IN	1:47:33

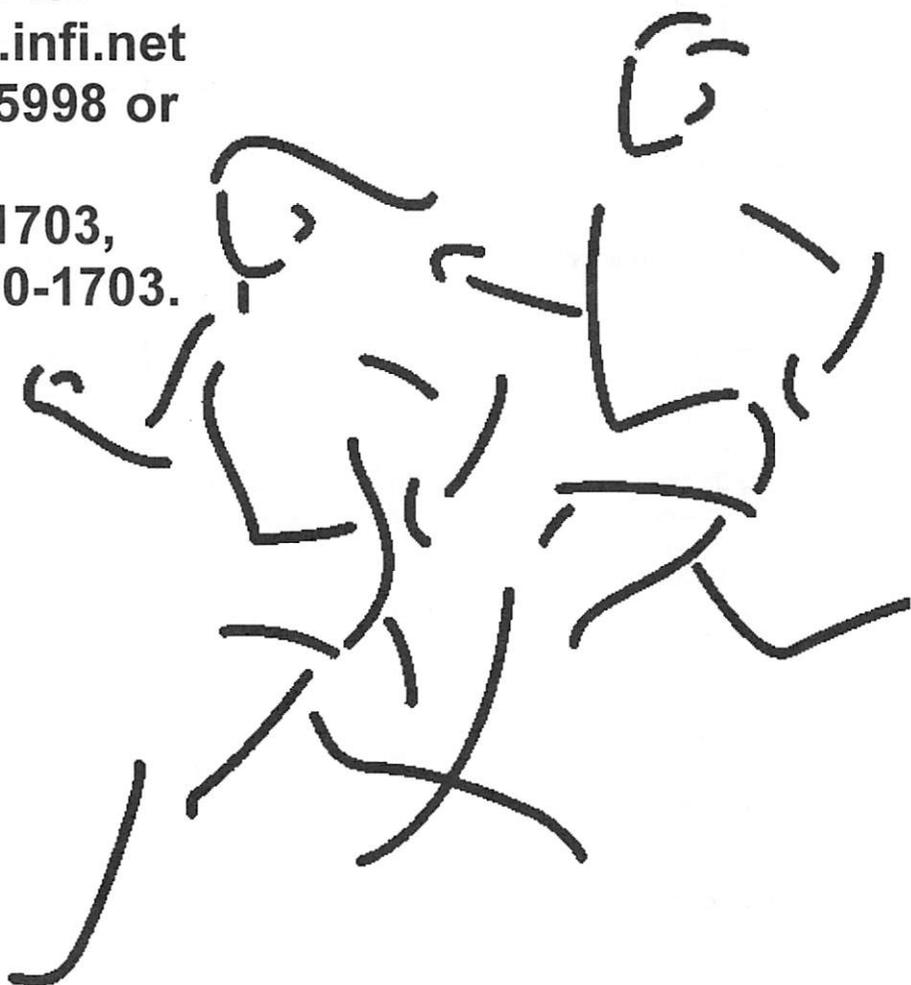
<b>Women's 70 and Over</b>	<b>City/St.</b>	<b>Time</b>
1. Presser, Jo	Michigan City IN	2:09:42

# 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!**



# Swiss Days 2000 5K - July 29, 2000

	Age	Time			
1. John Ngure	19	15:56	56. Jason Liechty	19	21:58
2. Adam Lee Truex	17	16:42	57. Chuck Brown	44	22:00
3. Casey Shafer	19	16:46	58. William A Crane	57	22:02
4. Douglas Schwartz	28	17:02	59. Roderick Stutzman	19	22:06
5. John Schnieders	36	17:05	60. Michael Judge	15	22:07
6. Kyle Minnich	25	17:25	61. Tracy Books	20	22:10
7. Mark Sanderson	30	17:25	62. Jason Zuber	26	22:11
8. Seth Hunt	15	17:31	63. Tom King	50	22:17
9. Doug Sundling	45	17:39	64. J Adams Zimmerman	14	22:18
10. Chris Brown	16	17:42	65. Mark Bauman	19	22:19
11. Chris Scherer	15	17:42	66. Nick Bauman	15	22:25
12. Jeremy Schmidt	25	17:52	67. Kevin Fox	15	22:26
13. Kraig Kerschner	34	18:01	68. Zane Martens	15	22:29
14. Zach Ruble	18	18:03	69. Trevor Lesh	15	22:35
15. Marty Gingerich	30	18:06	70. Fred Hannan, Jr.	46	22:37
16. Carl A Risch	43	18:22	71. Katie Nolting	16	22:38
17. Nathan Truex	14	18:22	72. Daniel Judge	14	22:44
18. Gino Fisher	39	18:58	73. Vicky Sprunger	20	22:46
19. Victor McHenry	15	19:02	74. Gordon Truex	40	22:48
20. Scott Lefforge	19	19:17	75. Barry Humble	50	22:53
21. Kevin Hotopp	19	19:19	76. Alex Subler	15	22:57
22. Joe Company	19	19:20	77. Scott Steiner	15	22:59
23. Gary Cohee	40	19:25	78. Tracy Zurcher	30	23:05
24. Steve Beasley	40	19:27	79. Jason Sorg	21	23:10
25. Joshua Sprunger	14	19:38	80. James Sommer	15	23:13
26. Heath Lehman	14	19:44	81. Michael Lehman	14	23:15
27. Kent Frank	40	19:47	82. Ron Hammond	47	23:18
28. Brandon Geisel	15	19:50	83. Jenny Cook	15	23:23
29. Ron Gallogly	30	19:52	84. Brooke Welch	15	23:23
30. Kyle Brite	15	19:55	85. Hal Sommer	50	23:35
31. Kevin Heckman	15	19:56	86. Jenni Yost	15	23:36
32. Adam Grover	15	19:59	87. Liz Moore	15	23:38
33. Jonathon Kolwalczyk	15	20:11	88. Eric Potter	19	23:42
34. Russell Perry	15	20:17	89. Chris Clemens	15	23:44
35. Brittany Harvey	15	20:21	90. Gary McFarren	50	23:44
36. David McCarty	19	20:24	91. Doug Schneider	30	23:46
37. Ben Wanner	15	20:27	92. Cless Fox	30	23:50
38. Martin Malberg	19	20:31	93. Kristen Whitehurst	15	23:52
39. Luke Beasley	14	20:39	94. Candace Seelschott	15	23:53
40. Doug Bauman	50	20:47	95. Margaret Reyling	16	23:53
41. Kyle Kerschner	30	20:50	96. Trent Hullinger	15	23:56
42. Brad Weaver	40	20:53	97. Tyler Clemens	14	23:56
43. Paula Richerd	31	21:08	98. Gwen Bauman	30	24:00
44. Greg Rich	30	21:09	99. Gary Dexheimer	50	24:05
45. Steven Thieme	15	21:15	100. Alissa Werst	13	24:12
46. Joe McFarren	19	21:20	101. Jason Gerber	15	24:15
47. Mark Shorter	40	21:23	102. Amy Meyer	15	24:17
48. Kain Knowles	19	21:32	103. Ben Fox	19	24:17
49. James Liechty	15	21:37	104. Jeff Sorg	19	24:24
50. Jeremy Lesh	19	21:39	105. Levi Caskowski	14	24:29
51. Mitch V Harper	44	21:40	106. Craig McKean	19	24:31
52. Megan Dexheimer	20	21:47	107. Lester Etzler	50	24:32
53. Tim Dubach	15	21:52	108. Brooke Grider	15	24:34
54. Jeff Rich	31	21:55	109. Craig Beitler	15	24:35
55. Joshua Yost	19	21:56	110. John Fox	31	24:35
			111. Curt Frank	19	24:41

112. Lon Fox	40	24:42	170. Phil Van Gelder	15	28:36
113. Scott Ltwiller	30	24:43	171. Linda Rich	36	28:37
114. Joel Schartzner	53	24:45	172. Mary Fennig	36	28:45
115. Chad Gilbert	19	24:47	173. Holly Mahnensmith	30	29:01
116. Jenna Shaffer	15	24:48	174. David Knell	40	29:07
117. Sharla Seidner	17	24:50	175. Thomas Laskowski	40	29:13
118. Brian Johnston	19	24:53	176. Jill Yoder	36	29:14
119. Donna McCarty	30	24:54	177. Dan Chapmen	40	29:20
120. Amy Company	30	24:57	178. Natalie Bowen	35	29:25
121. Brent Lehman	40	25:02	179. Steve Amstutz	50	29:29
122. Danielle O'Man	15	25:10	180. Brad Amstrutz	19	29:29
123. Joel Love	14	25:16	181. Kathryn Stapley	30	29:47
124. John Flueckiger	15	25:19	182. Vicki Jacobs	50	29:50
125. Toby Jo Hullinger	41	25:23	183. Jessica Beymer	35	30:12
126. Jeremy Wendling	14	25:24	184. Lisa Rich	37	30:18
127. Bret Claghorn	19	25:27	185. Nick Moser	14	30:33
128. Jeni Stevens	15	25:32	186. Corrine Harvey	15	30:48
129. Andi Baumgartner	14	25:33	187. Jennie Skarp	35	30:49
130. John Malberg	50	25:44	188. Fred Fox	50	30:53
131. Mark Klopenstein	19	25:45	189. Sarah Minger	35	31:10
132. Ryan Parr	15	25:46	190. Angela Hirschy	38	31:16
133. Erv Brinker	55	25:46	191. Tracey Ewell	35	31:17
134. Brad Tumbleson	15	25:46	192. Becky Booker	39	31:19
135. Robert C Loomis	67	25:47	193. Kim Snyder	35	31:37
136. Sherri Steury	30	25:59	194. Carrie Moser	39	31:45
137. Eric Litwiller	15	25:59	195. Kristen Kramer	35	32:24
138. Jason Lehman	15	25:59	196. Thomas Ruble	40	32:58
139. Travis Geisel	14	26:03	197. Justin Zimmerman	15	33:00
140. Jerry Warner	50	26:11	198. Kathy Thorpe	40	33:11
141. Alan Arnold	40	26:13	199. Lindsey Vangelder	15	33:14
142. Eric Moser	15	26:20	200. Lisa Christopherson	35	33:24
143. Rod Burton	30	26:21	201. Jane Savers	41	33:27
144. Kyle White	14	26:27	202. Liane Shaffer	12	33:28
145. Todd Lautzenheiser	30	26:29	203. Paul Shaffer	42	33:28
146. Lana Amstutz	30	26:39	204. Ryan Moore	15	33:28
147. Dan Lynch	15	26:50	205. Janice Lehman	35	33:31
148. Leslie Sprunger	30	26:51	206. Vicky Knowles	42	33:43
149. Ray Bullock	69	26:51	207. Doug Lehman	48	33:44
150. Eric Brooks	31	27:09	208. Lana Shoaf	27	33:47
151. Becky Ruble	37	27:10	209. Jenna Ruble	15	33:48
152. Mark Neff	30	27:16	210. Rosalind Hoffman	45	33:52
153. Anita Lehman	34	27:17	211. Cassie Lehman	14	34:40
154. Staci Brown	30	27:25	212. Lana Grogg	33	34:41
155. Kristi Collier	30	27:29	213. Stacey Nussbaum	33	34:59
156. Doug Gerber	30	27:29	214. Emily Evans	15	35:08
157. Andy Evans	15	27:30	215. Lea Saures	15	35:10
158. Kyle Litwiller	15	27:41	216. Rick Evans	40	35:12
159. Stacy Flueckiger	30	27:42	217. Jeff Ruble	40	35:12
160. Dean Dearmond	30	27:53	218. Holly Flueckiger	33	35:44
161. Dick Sive	65	27:55	219. Bev Corner	45	40:01
162. Jonathan Stapley	19	28:08	220. Chet Fleetwood	81	41:23
163. Tracy Brown	30	28:12	221. Gail Kuhn	46	41:27
164. Kim Hart	14	28:13	222. Ron Fosnaugh	50	43:40
165. Chad Ware	33	28:26	223. Keith Moser	40	43:41
166. Lisa Frye	30	28:33	224. Jeff Schwartz	15	44:00
167. Mark Steenbarger	19	28:33	225. Polly Jacobs	74	45:00
168. Brett Sprunger	15	28:34	226. Kathryn Taylor	58	49:44
169. David Jaskie	30	28:35			

# 2000 Fort Wayne Track Club Points Standings

Complete as of September 16, 2000

Fanny Freezer 12  
Harlan Days 10 K  
Nutri Runs 20 K  
Hot Air Affair  
Mastadon Stomp

Van Buren Popcorn  
Shoe Sucker 7  
Summer Nights  
Arts Fest 8K  
Parlor City Trot 13.1

FtW Mile Championship  
Food Bank 5 K  
River City Rat Race 10 K  
Zoom-Thru-Zulu 10 K  
Hoosier Marathon 26.2 M

Callithumpian 5 K (XC)  
Old Settlers Days 4 M  
Turkey Trot 5 K (XC)  
Run Wild Zoo Run 4 M  
JP Jones Just Plain 10K  
Parade Race 5 K

## Men 19 and Under

	Points	Races
<b>1. Eric Nestel</b>	<b>470</b>	<b>5</b>
2. Sam Bird	310	4
3. Paul Imbody	300	3
4. Joe Suelzer	275	3
5. Andy O'Conner	185	2
6. Brent Emerick	100	1
7. Jeff Bushey	85	1
8. Chris Miller	85	1

## Men 20 - 24

<b>1. Mike Cole</b>	<b>500</b>	<b>5</b>
2. Tod Esquivel	85	1

## Men 25 - 29

1. Brad Thomas	755	8
2. Chris Dunmire	655	7
3. Chris Adang		
4. Rod Obregon		
5. Jon Uecker	255	3
6. Jeremy Schmid	200	2
7. Tim First	130	2
8. Jeff Switzer	130	2

## Men 30 - 34

1. Bob Minnich	1130	12
2. Michael Fruchey	840	9
3. Ron Sharp	600	6
4. Mike Schoudel	375	5
5. Bob Ehereman	215	3
6. Jim Platt	175	3
7. Paul Furniss	130	2
8. Joel Brecount	120	2
9. Martin Cisna	85	1
10. Brian Shepard	85	1
11. Scott Smith	75	1
13. Keith Walter	65	1
14. Mike Engler	55	1
15. Mark Walter	55	1

## Men 35 - 39

1. Sam Stephens	1170	12
2. David Swenson	655	8
3. Robert Novak	515	7
4. Jeff Metzger	510	7

	Points	Races
5. Rocky(Jeff) Rowe	460	6
6. Mike Henry	275	3
7. Gary Selking	150	2
8. Ward Moya	130	2
9. Dan Cummiskey	110	2
10. Brad Cooper	100	1
11. Paul Knott	85	1
12. Eric White	85	1
13. Tony Lehman	75	1
14. Steve McNulty	75	1
15. Jim Berghoff	75	3
16. Jim Boughner	60	2
17. Steve McMahan	50	2
18. E Hans Schmidt	45	1
19. Thomas Kline	35	1
20. Scott Wagner	35	1
21. Anthony Lehman	25	1
22. Terry Teegardin	15	1
23. Mark Weihert	5	1

## Men 40 - 44

<b>1. Paul Shaffer</b>	<b>805</b>	<b>10</b>
2. Kim Lefever	640	8
3. Doug Sundling	560	5
4. Mike Stone	435	5
5. Tim O'Connell	400	4
6. Dan Nestle	390	6
7. Carl Risch	285	3
8. Mitch Harper		
9. Tom Landis		
10. Mark Brattoli	240	6
11. David Reimschisel, Jr.	195	2
12. Jeff Milleman	190	4
13. Rick Gilbert	175	5
14. Jamshid Nazari	160	4
15. Mike Beard	150	2
16. Toby Jo Hullinger	145	7
17. Jim Bushey	110	2
18. Kevin Lochner	100	3
17. Paul Ausderan	90	2
18. Phil Rizzo	75	1
19. John Treleaven	65	1
20. David Weikel	65	1
21. Tom Fuelling	55	4
22. Don Ransome	55	1
23. Joe Reddoch	45	1

	Points	Races
24. Jerry Diehl	45	1
25. Scott Miller	40	2
26. Mark Gia Quinta	35	1
27. Harry Quandt	15	1
28. Tim Bolin	5	1
29. Hal Atkinson	5	1
30. Thomas Boyer	0	1
31. Robbin Bitting	0	1
32. Lonnie Braun	0	1
33. Jeff Braman	0	1
34. Gregory Fahl	0	1
35. Donald Decook	0	1
36. Dean Russ	0	1
37. Alan Bradley	0	1

## Men 50 - 54

<b>1. Ty Murphy</b>	<b>1175</b>	<b>12</b>
2. Jim Pickett	810	11
3. Mervin Koehlinger	670	7
4. Rich Stephenson	360	6
5. Dick Shenfeld	255	3
6. Art Obregon	240	3
7. Mike Barman	235	4
8. Ken Silkworth	180	4
9. Vernon Troyer	150	2
10. Gary Dexheimer	150	2
11. Greg Purcell	130	2
12. James Miller	100	1
13. Don Ford	100	1
14. Jim Wright	90	2
15. Steve Schwartz	85	1
16. Don Ransome	75	1
17. Reg Johnson	70	2
18. John Peterson	65	1
19. Joel Schartzter	65	1
20. Gerald Thomson	55	1
21. David Winters	55	1
22. Phil Luttmann	45	1
23. Gary Oden	45	1
24. Dennis Strayer	45	1
25. Dale Stamwitz	35	1
26. Craig Hamilton	35	1
26. Jim Deitle	30	2
27. Charlie Backofen	25	1
28. Steve Burns	0	1

**Men 55 - 59**

1. David Boylan	1030	11
2. Bill Crane	655	7
3. Dewain Cobbs		
4. Wesley Sabins	355	3
5. Barrie Peterson	355	5
6. Jon Ingleman	270	4
7. Larry Averbeck	200	1
8. Don Lindley		
9. Fred Ross Jr.		
10. Don Ashton	130	2
11. Steve Adkison	75	1
12. Larry Lee	75	1
13. Kenneth Relue	55	1

**Men 60 - 69**

1. Joe Ziegler	1005	11
2. Tom Felger	705	8
3. Bob Loomis	545	8
4. Freeman Hershberger	385	4
5. Dick Harnly	370	6
6. Bud Stiffler	240	4
7. Bill Harris	225	3
8. Bill Schmidt	175	2
9. Bill Patterson	110	2
10. Ian Rolland	90	2
11. Karl Dietsch	55	1
12. Jack Morris	55	1
13. Paul Demerchant	45	1
14. Bernie Huesing	45	1
15. Ron Bonar	25	1
16. Philip Wahls	20	2

**Men 70 +**

1. Don Anderson	1100	10
2. Ken Disler	675	8
3. JP Jones	480	6
4. Jack Hilker	85	1
5. Chet Fleetwood	65	1

**Women 19 and Under**

1. Jenna Shaffer	355	4
2. Jessica Palevich	265	3
3. Samantha Lee	100	1
4. Jennifer Lee	100	1
5. Stephanie Fenstermaker	85	1
6. Katie Nolting	75	1
7. LeAnn Buescher	45	1

**Women 20 - 24**

1. Megan Dexheimer	385	4
2. Kathy Weikel	300	2
3. Kathryn Johnson	200	2
4. Molly Shoup	100	1

**Women 25 - 29**

1. Kim Milleman	300	3
2. Tara Sprunger	100	1
3. Jill Norris	100	1
4. Crystal Jones	85	1

**Women 30 - 34**

1. Jenny Steigmeyer	510	6
2. Paula Rickerd	465	5
3. Renee Thomas	450	6
4. Julie McNulty	255	3
5. Susan Thorton	215	3
6. Tracy Rudisill	100	1
7. Robin Rizzo	100	1
8. Lisa Baldwin	65	1

**Women 35 - 39**

1. Caroline Runyan	1015	12
2. Linda Gorman	785	8
3. Diana Schowe	730	9
4. Betty Greider	390	6
5. Lorraine Fox	335	5
6. Robbin Mauger	325	4
7. Shelly Robinson	185	2
8. Karen Gerken	160	2
9. Jill Ash	120	2
10. Jill Decamp	65	1
11. Laurie Whisler	55	1
12. Mary Sheffer	35	1
13. Beth Skinner	10	1

**Women 40 - 44**

	Points	Races
1. Diane Post	760	9
2. Tamara Wright	530	6
3. Judy Tillapaugh	285	3
4. Terri Gross	275	2
5. Katie Creighton	200	2
6. Julie Stuckey	200	2
7. Kim Markey	110	2
8. Melissa Glaze	100	1
9. Judy White	100	1
10. Judy Ingleman	100	1
11. Caroline Streeter	85	1
12. Robin Bitting	75	1
13. June Mitchell	65	1
14. Renee Fenstermaker	45	1

**Women 45 - 49**

1. Patty Schwartz	400	4
2. Susan Peterson	185	2
3. Phyllis Suelzer	100	1
4. Nancy Boyer	100	1

**Women 50 - 54**

1. Marsha Schmidt	600	6
2. Barb Scrogam	260	3
3. Patricia Trapp	170	2
4. Sook-Ja Hansen	100	1
5. Bobbie Clark	100	1
6. Joyce Hockensmith	85	1
7. Bev Saalfrank	85	1

**Women 55 - 59**

1. Sarah Kleinknight	585	6
2. Lynne Huguenard	185	2
3. Sharon Huss	100	1

**Women 60 +**

1. Joan Gary	785	8
2. Polly Jacobs	100	1
3. Georgia Allen	100	1
4. Joyce Fuzy	85	1

# Cromwell Results - 5K

8-30-2000

## Male 1-Mile Results

1. Calvin Smith
2. Luke Bontrager
3. Chad Emery

## Female 1-Mile Results

1. Laura Wysong
2. Mellisa Scimmerhorn
3. Marie Warren
4. Holly Nicodemus
5. Allison Musselman

--

## MALE 5K AGE GROUP RESULTS

Overall Winner - Mike Flora

Masters Winner - Jed Pearson

### 12-under

- 1 - Trent Nash
- 2 - Drew Johnson
- 3 - Justin Bechtold
- 4 - Judd Jacobs

### 13-15

- 1 - Derek Leininger
- 2 - Austin Edge
- 3 - Jess Pounds

### 16-19

- 1 - Chad Schermerhorn
- 2 - Jay Wood

### 20-24

- 1 - Sam Vargas
- 2 - Matt Hobey

### 25-29

- 1 - Chris Corneal

### 30-34

- 1 - Paul Furniss

### 35-39

- 1 - Amoe Rozotto
- 2 - Ken Steckter
- 3 - Ken Mattney

### 40-44

- 1 - Mitch Harper

### 45-49

- 1 - Dave McDonald
- 2 - Fred Hannon

### 50-54

- 1 - Mike Lewis

### 55-59

- 1 - Clair Hostetler
- 2 - Ken Cunningham
- 3 - Don Lindley

### 60-over

- 1 - Don Rhoades
- 2 - Owen Stevens

## Female 5k Age Group Results

Overall Winner - Emily Cochard

Masters Winner - Judy Engelman

### 19-under

- 1 - ?
- 2 - ?
- 3 - ?
- 4 - Gwen Keller

### 20-29

- 1 - Betsy Yoder

### 30-39

- 1 - Laurie Cunningham
- 2 - Sherry Musselman
- 3 - Susan Funchauser

### 40-49

no participants

### 50-59

no participants

### 60-over

Joan Gary

# GOLF-GAZETTE

2000

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

# 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

---

## -----OCTOBER 2000-----

07 SAT(R) Noble County 5k, 2:00 pm, Bixler Lake Park, Kendallville, Ind.,  
Brian Shepherd (219) 894-4638

(R) Donor Duathlon, (5k run, 30k bike, 5k run), Lakeview Middle School,  
Warsaw, Ind., (219) 268-1236 or (888) 268-1236

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.,  
Bruce Speth (765) 832-6179

IU Run for the Endzone 5k, IU Memorial Stadium, Bloomington, Ind.,  
Jeff Corley (812) 855-2371 [www.RunBloomington.com](http://www.RunBloomington.com)

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

Flower Hospital 5k, 10:00 am, Sylvania, Ohio,  
Lynn Gorman (419) 824-1231

Germantown 50k, Germantown Metro Park, Germantown, Ohio,  
Joe Smindak (937) 586-6546 or (937) 285-6064

08 SUN(LP)Zoom Thru Zulu, 10k & 10k Relay, 1:00 pm, St Louis Catholic Church, Zulu, Ind.,  
Mitch Harper (219) 436-0739

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

Bagel Run 10kR and 5kW, 9:00 am, Jewish Community Center, Sylvania, Ohio,  
Nancy Burhams (419) 855-4485

14 SAT (R)South Whitley Celebration Days 5k, 8:00 am, Whitko H.S., South Whitley, Ind.,  
Chris Harrison (219) 723-5668 E-mail [ckgrandslam@hotmail.com](mailto:ckgrandslam@hotmail.com)

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](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

The Notable, 5 Mile Run & 5k Walk, 8:30 am, Columbus, Ind.,  
Mary Clark (812) 376-2638

Hoosiers Outrun Cancer, 5k, 10:00 am, Bloomington, Ind.,  
Diane Ballard (888) 409-2447 [Hoosiersrun@bloomhealth.org](mailto:Hoosiersrun@bloomhealth.org)

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

ORRRC Germantown 17k Classic, 8:00 am, Germantown, Ohio,  
Tom Tiller (937) 855-4270

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

(R) Light Up the Night 5k, 7:00 pm, Kenny Park, Ligonier, Ind.,  
Brian Shepherd (219) 894-4638

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

Heritage Festival 5k, Cultural Arts & Rec. Center, Franklin, Ind.,  
(317) 736-8792 E-mail [tdrenth@worldnet.att.net](mailto:tdrenth@worldnet.att.net)

Matinsville Fall Foliage 5kR/W, Martinsville, Ind.,  
Mark Ubel (765) 432-2369 [www.RunBloomington.com](http://www.RunBloomington.com)

Shoreline Classic, 15k&5k, Decatur, ILL.,  
(217) 877-9660

Towpath Marathon & Relay, 5k, Cleveland, Ohio,  
(216) 348-1825, E-mail [tdonovan@ohiocanal.org](mailto:tdonovan@ohiocanal.org)

Lite Lope 5k, 1:00 pm, Trenton, Ohio  
Fred & Linda Cooper (513) 422-7162

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)

Immanuel Lutheran Church Run for the Prize, 5k, 10:00 am, Findlay, Ohio,  
Dave Brown (800) 688-8151, E-mail [dbraun@menel.com](mailto:dbraun@menel.com)

Circleville Classic 5-Miler, Circleville H.S., Circleville, Ohio,  
Jeff McGowan (614) 755-9575

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(R) Muncie Mini-Marathon & 10kR/W, Muncie, Ind.,  
Doug Naffziger (765) 285-5312 E-mail [dnaffzig@bsu.edu](mailto:dnaffzig@bsu.edu)

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

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

29 SUN(LP)Callithumpian Canter, 5k & 1 Mile Fun Run, 1:30, Belmont H.S., Decatur, Ind.,  
Carl Risch (219) 724-8588 or Josh Heckert (219) 724-4887

Bloomington Break-Away 5k, Bloomington, Ind.,  
Libby Crosgray (812) 334-8349 [www.RunBloomington.com](http://www.RunBloomington.com)

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

The Gourd 10k Trail Race, 8:00 am, Coffee Creek Center, Chesterton, Ind.,  
John Marshall (219) 464-3536 or Katie Rizer (219) 926-1842

Owen/Putman 50/50,50k & 50 Miles, Spencer, Ind.,  
Jeff Tincher (812) 894-3394

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

The 24th Lieber 5kR/W, 2:00 pm, Lieber State Park, Cloverdale, Ind.,  
Lee Stewart (765) 653-9646

New York City Marathon, New York, NY,  
(212) 423-2249 [www.nycmarathon.org](http://www.nycmarathon.org)

11 SAT Star Strides Run & Walk, 5 Mile & 5k, Indianapolis, Ind.,  
Ken Long and Associates (317) 632-8812 [www.kenlongassoc.com](http://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

12 SUN(L) Jingle Bell Run for Arthritis, 5k, Franke Park, Ft. Wayne, Ind.,  
Ginger Todd (219) 434-7150

(R)CKRR Handicap, 4 Mile R/W, 8:00 am, Highland Park, Kokomo, Ind.,  
Mark Shorter, CKRR, 452-2616

# 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)

Jingle Bell Run for Arthritis, 5k R/W, 10:00 am, National Inst. Fitness & Sport,  
Indianapolis, Ind., Tuxedo Brothers (317) 328-1632

Reindeer Romp 5kR/W, Brown County State Park, Nashville, Ind.,  
Mike Cox, Dawn Jones (812) 988-9622 [www.Runbloomington.com](http://www.Runbloomington.com)

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](http://www.runmemphis.com)

09 SAT Lafayette Family YMCA Sleigh Bell Run, 5k, 10:00 am, Lafayette, Ind.,  
Joe Casa Santa (765) 474-3448

Rocket City Marathon, Huntsville, Ala.,  
Malcolm Gills (256) 828-6207 [www.huntsvilletrackclub.org](http://www.huntsvilletrackclub.org)

16 SAT Winter Run, 5k, Carmel Ind.,  
Runner's Forum (317) 844-1558 [www.runnersforum.com](http://www.runnersforum.com)

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) 436-0739 [www.huff50k.com](http://www.huff50k.com) E-mail [Huff5ok@aol.com](mailto:Huff5ok@aol.com)

-----JANUARY 2001-----

MON 01 5th Annual Frigid Five, 5k, 1:00 am, Kosciusko Community YMCA,  
Warsaw, Ind., Dan Ransome (219) 267-4140

MON 01 New Year's Day Resolution Revolution, Downtown Indianapolis, Ind.,  
Ken Long and Associates (317) 632-8812 [www.kenlongassoc.com](http://www.kenlongassoc.com)

SAT 06 Siberian Express, 7.6 Miles, Danville, ILL.,  
Marc Reddy (217) 431-4243 <http://users.net66.com/~kennekuk>

SUN 14 Compaq Houston Marathon, 7:45 am, Houston, TX.,  
(713) 957-3453 [www.houstonmarathon.com](http://www.houstonmarathon.com)

-----FEBRUARY 2001-----

SUN 04 Groundhog 7 Miler, 1:00 pm, Carmel Clay Jr. High, Carmel, Ind.,  
(317) 290-RUNR [webmaster@indyrunners.org](mailto:webmaster@indyrunners.org)  
Las Vegas Marathon and Half-Marathon, Las Vegas, Nev.,  
(702) 876-3870 [www.lvmarathon.com](http://www.lvmarathon.com)

SAT 10(L)Fanny Freezer 5k, 2:00 pm, Shoaf Park, Ft. Wayne, Ind.,  
The "RHINNO" (219) 456-3331

SAT 24 Blue Angel Marathon, Naval Air Station, Pensacola, FLA.,  
(850) 452-4391 [www.mwr-pcola.navy.mil](http://www.mwr-pcola.navy.mil)

-----MARCH 2001-----

SAT 17 Shamrock Scholarship 10k, 9:30 am, Westfield H.S., Westfield, Ind.,  
Mary Atteberry (317) 896-2841 E-mail [atteberrym@wws.k12.in.us](mailto:atteberrym@wws.k12.in.us)

Shamrock Sportsfest, 8kR and 5kW, Virginia Beach, VA.,  
[www.shamrocksportsfest.com](http://www.shamrocksportsfest.com)

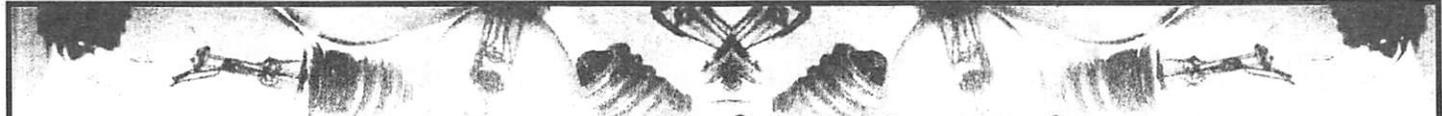
SAT 24(L)Nutra Runs, 20k & 5 Miles, Ft. Wayne, Ind.,  
Doug Lehman, (219) 672-2087

Mountian Goat Hill Runs/Walk, Danville, ILL.,  
Warc Reddy (217) 431-4243 E-mail [kennekuk@net66.com](mailto:kennekuk@net66.com)

SUN 25 Sam Costa Half Marathon, 1:00 pm, Carmel Clay Jr. High, Carmel, Ind.,  
<http://www.indyrunners.org/>

Van Wert Marathon & Half-Marathon, 8:00 am, Van Wert, Ohio,  
Mark Alstaetter (419) 238-3559, E-mail [kiggs@bright.net](mailto:kiggs@bright.net)

SAT 31 Bedford Fitness Challenge 5k, Bedford, Ind.,  
Bill Deckard (812) 275-0403 [www.RunBloomington.com](http://www.RunBloomington.com)



**Mazock's 24th  
Thanksgiving Day Run**  
**About 6 miles. No awards, no splits...  
just old coffee and stale donuts.**

For more information contact Jerry at 432-4755.

*\*\*\*We have over 34,000 Christmas lights on  
display starting at 7 PM Thanksgiving night.\*\*\**

## The Box

A few years I read an article in which a lady retold the story of how she received a small wooden box from the estate of her great-grandmother when she was a small child. The box was of little monetary value but the value of its sentimental attachment was that which was beyond measure. The author's great-grandmother had been, along with her husband, one of the first people to settle the great plains. The box contained the personal treasures that were collected over a lifetime of harsh living and of particular curiosity was the skeleton of a small canary. This puzzled the author until she was informed that the chirping song of the canary had helped ease the loneliness of prairie life for her great-grandmother and this is why the skeleton was kept. This story causes me to pause and ponder as to what tangible evidence that I have collected so far in my life as a runner. In 22 years of running I have done over 12,500 miles, participated in 145 plus races, had more than 3000 training sessions, gone on a dozen and a half road trips, raced in 20 Indiana counties, 3 states, and numerous trails systems, finished a 5k at a 6:08 pace, a 10k at a 6:36 pace, 2 miles under 12 minutes and a marathon under 4 hours, and volunteered at more races than I can remember. This is the raw data of half a lifetime spent pursuing this sport turned passionate obsession called running, more than some, not as much as others. In this mood of reflection I have come to the realization that mostly what I have accumulated from a couple decades of running is mostly memories and very little of what is tangible. Realizing that the ol' memory is not quite what it used to be and is suspect to only get worse I've decided to start collecting in a used wooden candy box personal running mementos such as these oddities which I have been able to scrounge together.

1. One of my regrets from my early years of running is that after letting my kids play 'daddy runner' with old bib numbers that I threw them away instead of saving them as I do now.
2. A simple small flashlight used in the coolest of all running, trail running at night, in particular "pacing" Don Lindley through the last 5 miles of a 50 mile race at OPSF.
3. A 9 volt battery to remind me that help comes from the strangest of medical devices and also of the simple, honest kindness of a running friend.
4. Do I really have only one T-shirt left from the Home Loan/Summit City10k, the premier race when I got started in this running business all those years ago?
5. Various finishing and age group medals from a multitude of races over the years which will make great playthings for the grand kids which will someday come, I hope.
6. A fading, been washed to many times, thread bare, the bill stiffener is missing, 'Why you still got this?', never did quite fit right Garfield & Odie running cap from the 1996 Indy-Mini.
7. Pictures, I got lots of pictures taken by both professional and amateur of friends and self at races over the years and some of us are even smiling; strange for runners ain't it?
8. There is a comical button among the items with words "born to run, & gasp, & wheeze, & pant", a gift from a non-running friend who has always been slightly amused at my devotion.
9. All manner of scraps of paper which contain among other things hand written pace charts, goals for old races, friends' phone numbers, and crude, quickly drawn maps to trail heads.
10. A county map of the state of Indiana with some of the counties colored in, a reminder that there will always be dreams and future opportunities to put more items in the box.



# THE LAKE PLACID IRONMAN IS NOW HISTORY!

by Linda Ianucilli

After two years of a lot of work, I can now say that I've successfully completed an Ironman... and it was worth every minute of training put into it.

When we arrived to register on Friday it was a mass of a lot of veterans and confused first time Ironman athletes. I've never been in a situation like that. Even the registration was a major undertaking. Finally after completing that phase, we drove past the city of Lake Placid onto the bike course. My initial reaction was that of fear as I did not do my homework and ride some "Real" hills. I spent most of Friday night being concerned not so much about climbing these hills, but being afraid of the speed going down the first set at 45 MPH on some slightly winding roads. So because of this, my husband convinced me to ride this section Saturday morning to get over the fear. And that was a good idea, as I discovered it wasn't that bad after all.

Then came the pre-race meeting, where I first saw a fellow Tri-Fudd member, Ward "Four Flat", Moya. We chatted for a while, and then parted ways as we both had things to do yet. The meeting was as expected except that they informed us that if we didn't have bar plugs in our handlebars, we would be immediately disqualified. So the rest of the afternoon consisted of us searching frantically for bar plugs. Finally we were successful and took care of the problem.

## RACE MORNING

Fortunately, the rain from the previous day let up, only to bring on a patch of FOG...OH NO, NOT AGAIN, THIS COULDN'T BE HAPPENING AGAIN! For anyone who doesn't know, last year Brian Schultz and I were denied our Ironman hopes at The Pineman Ironman because of fog.

They started us in the fog, all 1700 of us, at the same time. I've never been so pounded in my life. I guess I really underestimated the swim as that was the only discipline that I really felt the most confident in at the time.

I was getting beat up, and started to panic somewhat, because I couldn't get any air. It was two loops around Mirror Lake. I made the first loop ok, but started getting pretty cold. Then I got REALLY cold and felt like my arms were large icicles rotating over my head. When I finished, I had to wait until I was warm enough, by the medical people's standards, until I could continue. I was very lucky they let me continue.

Finally, at about 9 am, I started the bike. It was hilly to be sure, but if you spin instead of grind, it wasn't impossible. I couldn't believe how many people I passed on the hills spinning as they grinded away. The advantage of starting so far back, is all the people you catch the rest of the race!

The bike finally came to an end, as the last 12 miles were the toughest for me as it seemed they managed to have you finish up on a lot of steady drawn out climbs. I was actually looking forward to getting off the bike to run!

The run was my saving grace, like an old friend I haven't seen in a while. My whole goal was to run and only walk through the aid stations in order to eat and drink something. I took it one mile at a time. I felt pretty good, and seemed to draw a lot of energy from the fact that a lot of people around me were walking and I was still able to run. I was amazed at how many people started walking right away after they got off their bikes.

I had not really thought about my finish time, I guess I assumed it would be around 14 hours and 15 minutes. But late in the run I heard someone ask what time it was and another participant answered. It was then that I thought there was a chance I could still redeem myself and break 14 hours. So with two miles to go, I gave it all I had left, and tried to finish strong. I came in at 13:59:43.

It was a great experience, and I would love to do it again as I'm pretty confident I could be around 13 and one half hours.

Brian Schultz turned in an excellent performance at 11:03 and some change. Mike Henry, was very impressive finishing only three minutes behind Brian. I believe he ran a 3:44 marathon...AMAZING! Ward Moya, had a fine race, although I think he had higher expectations, I'm sure he'll kick some butt in Florida in November.

But perhaps one of the best parts of the race was having the Ironman "Master", in attendance to cheer us on. Of course I'm talking about "Beaser", Scott Beasley. He was there to cheer people on and to generally enjoy actually "Watching" an Ironman race.

I had to laugh, as he was perched up on the hill above the finish line in his lawn chair and a beer in hand. I talked to him afterwards and he said one thing that stuck in my mind, referring to the race "I love this shit". That pretty much sums it all up, the reason we put ourselves through all the miles of training...we love this shit!

# Shaping Healthy Habits

Eating times can be the best times for family and friends. They are one of life's simple pleasures to enjoy. Meals and snacks are a time to tell stories, share ideas, talk about school. Parents or care givers arrange meal/snack times, places, and food choices. As author Ellyn Satter, R.D., ACSW said, "Parents are responsible for what and where children eat. Children are responsible for how much they eat."

Healthy habits help the weight too!! Day by day nutritive eating and activities and help height and weight grow at a healthy rate. Food energy balanced with fitness energy work well together! Yet if more food energy is eaten than the body needs and/or if too little activity is done extra weight gain may happen. One pound of fat is about 3500 calories! DO NOT DIET for weight loss! Shape your own healthy weight by using the day by day habits listed here!

## Day By Day Habits:

- \* Eat breakfast, lunch, dinner, and 2 to 4 snacks daily
- \* Reduce use of high calorie foods like soda, candy, chips, fried foods, butter, and gravy
- \* Plan family meals and snacks, include the children's ideas
- \* Make a "Go Power" snack list
- \* Go food shopping using a food list.
- \* Allow everyone a chance to prepare meals and snacks
- \* Set the food table with favorite plates, silverware, glasses, napkin, and place mat
- \* Turn off the TV
- \* Eat sitting down at the food table
- \* Take a couple deep breaths before the first meal bite
- \* Chew food slowly
- \* Stop eating when full
- \* Pack a meal or snack on travel days or special events
- \* Order "Nutritive" foods when eating out
- \* After meals take a little walk or do another family activity
- \* Plan after school fun like running, soccer, biking, basketball, jump rope, or hop scotch

No one food is either "Good" or "Bad". All foods can fit in nutritive eating plans. Enjoy your favorite foods every so often. What's important is picking nutritious foods most of the time.

For more information on healthy weight management for kids consider buying Ellyn Satter's book titled "How To Get Your Kid To Eat...But Not Too Much", 1987

Enjoy!

Judy Tillapaugh, RD

IPFW Wellness/Fitness Coordinator

— Limit caffeine drinks like coke sodas, Pepsi, Mountain Dew, coffee, and tea. These are fluid robbers!

— 2 to 3 hours before practices and competitions drink 2 to 3 cups of water

— 15 to 20 minutes before practices and competitions drink 1 to 2 cups of water

— During practices and competitions drink ½ to ¾ cup water every 15 to 20 minute

Measure this amount and learn what it looks like and tastes like.

— After practices and competitions replace lost sweat fluids. 1 pound of sweat equals

2 cups of water. Measure body weight sometimes before and after practices and competitions to learn personal sweat rate.

If 2 pounds are lost give your body 4 cups of fluid. Re-fueling fluid can be a mix of water, juice, and/or sports drink. The better re-fueling the better you'll feel!

Enjoy!

Judy Tillapaugh, RD



# 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...

## ZOOM THRU ZULU - 10K AND 10K RELAY

Sunday, October 8 - 1 PM  
Zulu, IN

## SPINEWAY 5K

Sunday, October 15 - 1 PM  
Fort Wayne, IN

## CALLITHUMPIAN CANTER 5K

Sunday, October 29 - 1:30 PM  
Bellmont HS - Decatur IN

## TURKEY TROT

Saturday, November 18 - 11 AM  
Fox Island County Park

## FWTC MEETINGS

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

## Advertising Rates

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

Insert race Applications (Includes printing results)

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

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

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



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

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