

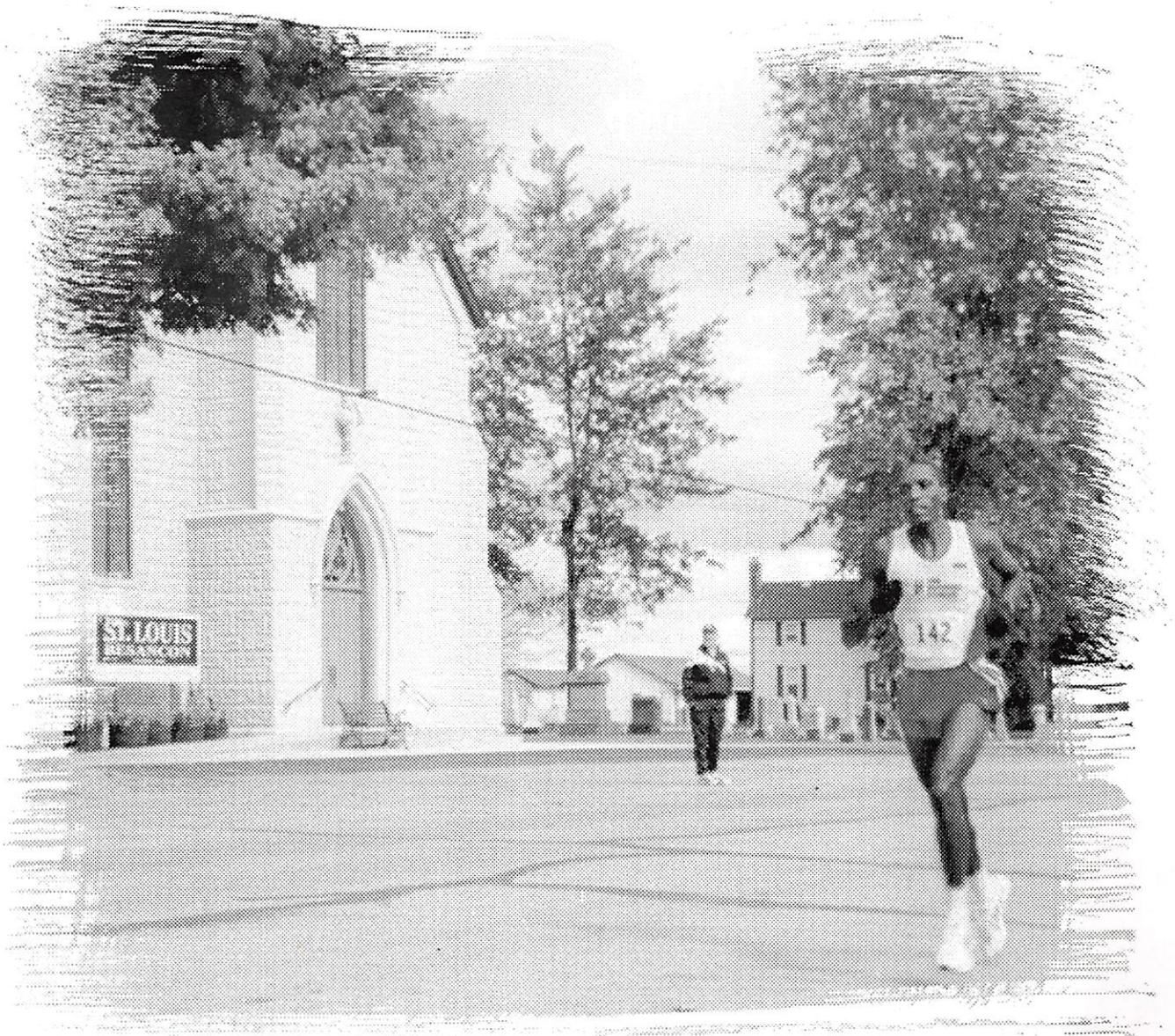
the inside track

December 2000 - January 2001

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Reuben Njau strides to Victory at the Zoom thru Zulu 10K



Check out our web site at www.fwtc.org

2000



FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

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

Board Members

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

Newsletter

Editor - Linda Ianucilli
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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

Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, September 13, 2000 7:00 p.m. - IPFW

17 Present

Don Anderson

Vern Ceder

Bill Crane

Jerry Diehl

Linda Gorman

Mitch Harper

Bill Harris

Stephen Hilker

J.P. Jones

Tom Landis

Don Lindley

Mac McAvoy

Barrie Peterson

John Schlatter

Bill Sohaski

Brad Thomas

Roger Wilson

1. Bill Sohaski called the meeting to order.
2. The opening prayer was offered by Don Lindley.
3. Bill Sohaski presented the August Minutes and they were approved.
4. Linda Gorman presented a report on the 2001 marathon. It will be combined with the Arts Fest 8k at IPFW on April 28, 2001. The race was approved as a club race.
5. Don Lindley gave the treasurer's report; monthly income was \$3,027.89 with expenses of \$254.58, and a year-to-date balance of \$19,607.32. He also stated that there are currently 543 members in the club.
6. Mac McAvoy gave an update on the Parlor City Trot. He reported that Caylor-Nickel and Wells Community Hospitals are now sponsors, that the National Guard and the Bluffton H.S. Cross Country teams will serve as volunteers, and that there are 150 pre-registered runners, 9 through the Internet.
7. Don Lindley stated that there needs to be a check list to be followed when using the Race Director software to insure that race results will get done in a timely fashion. Jerry Diehl responded that he and Paul Knott will work on such a list.
8. It was reported that a points race update will be in the next newsletter and that copies will be available at the Parlor City Trot.
9. Vern Ceder reported that race directors and others can update races online and that the newsletter editor can take the race calendar from the FWTC web site. There will also be online registration available and the ability to print out applications on some races.
10. Jon Schlatter gave a race calendar update.
11. Mitch Harper stated that the race applications for Zoom Thru Zulu have been mailed out and that he is working on a prize package tie-in with the Chicago Marathon for 2001. He also reported that he has several sponsors and that there is now a two person relay.
12. Don Lindley gave an update on the Turkey Trot 5k at Fox Island and reported that there will now be the Didier Award for the first high school female and male finishers.
13. Don Lindley spoke of the election of officers for 2001-2002 and there will be slate in place for the November meeting so they can be voted on.
14. Stephen Hilker said that he is now forming a committee for the 2001 Rat Race 10k and that those who want to be involved should contact him.

The meeting adjourned at 8:20 p.m.

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

Respectfully submitted,
Jon Schlatter, fill-in secretary

Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, October 11, 2000 7:00 p.m. - IPFW

14 Present:

Jay Brower

Vern Ceder

Katie Creighton,

Jerry Diehl

Linda Gorman,

Mitch Harper

J.P. Jones

Paul Knott

Tom Landis

Doug Lehman

Bill Sohaski

Brad Thomas

Judy Tillapaugh

Roger Wilson

1. Meeting was called to order by Bill Sohaski.
2. J. P. Jones offered the opening prayer.
3. September meeting minutes were unavailable.
4. J. P. Jones reported membership at 550 as October 10, 2000. He also presented the treasurer's report: year-to-date income is \$731.42; the cash balance in our checking accounts is \$15,711.58.
5. J. P. Jones also reported the Parlor City race had 278 entries for the half-marathon and 10K (combined).
6. Paul Knott presented a tentative Points Race schedule for 2001. There are three tiers of races based upon the track club's level of involvement. He asked board members to review the list so that it could be finalized at the November meeting. Suggested criteria for inclusion in the series are:
 - a. Race results efficiency
 - b. Quantity/quality of publicity for FWTC

The prospect of "Points" race directors budgeting and giving the FWTC a stipend to be used to supplement/underwrite "points" awards was introduced.

7. J.P. Jones and Judy Tillapaugh are still working on FWTC officers' nominations.
8. J.P. Jones reported the November 18, 2000, Turkey Trot has four entries. Entry forms will be in the next issue of the club newsletter.
9. Vern Ceder provided a handout outlining possible new web host options. The recommendation to switch to Readyhosting.com was approved.
10. Mitch Harper gave the Zoom Thru Zulu wrap-up. There were 360 participants in the October 8 event. There were approximately 12 relay entrants and the results are now posted on the FWTC website.
11. Bill Sohaski reported on the new race equipment purchases. Approximately \$2,900 was spent on the new "two-faced" race clock and new batteries for the print timers. The equipment is still in transit.
12. Linda Gorman provided Callithumpian race fliers and also indicated there was a "wonderful" 50-miler on November 4 that she would be glad to give interested parties more information.
13. Mitch Harper reported that he may be applying to host USATF 50k National Trail Championship. He also mentioned an offer from Mark GiaQuinta to provide free low-fat cheese pizza for club meetings if it is ordered from the Village of Coventry Pizza Hut. The club will take advantage of this offer for its December meeting and election of new officers. Doug Lehman will coordinate this.
14. J.P. Jones mentioned he will be checking the usual T-shirt distribution points for the T-shirts collected at the Just Plain 10k. He is open to distributing them to other needy sources as well. Please contact him if you have another organization that would use these items.
15. Doug Lehman, Nutri-Run race director, indicated the race would be held on March 24 at 9:00 a.m. The 2000 race course will be used again. There will be prize money offered and awards placing will go deeper.

The meeting was adjourned at 8:15 p.m.

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

Respectfully submitted,
Katie Creighton, Secretary

Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, November 8, 2000 7:00 p.m. - IPFW

19 Present

Vern Ceder

Katie Creighton

Jerry Diehl

Linda Gorman

Mitch Harper

Bill Harris

J.P. Jones

Paul Knott

Tom Landis

Doug Lehman

Don Lindley

Jon Schlatter

Marsha Schmidt

Bill Sohaski

Sam Stephens

Phil Suelzer

Brad Thomas

Judy Tillapaugh

Roger Wilson

1. Meeting was called to order by Bill Sohaski.
2. Don Lindley offered the opening prayer.
3. October meeting minutes were accepted as amended.
4. Don Lindley reported membership at 552 as of November 7, 2000. He also presented the treasurer's report: year-to-date income is \$1,060.62; the cash balance in our checking account is \$16,040.78.
5. Don Lindley indicated there would be a new award given at the November 18 Fox Island Turkey Trot. The first high school finishers - male and female - would receive an award in memory and honor of Jim Didier.
6. Paul Knott presented a tentative Points Race schedule for 2001. He recommended the club approve the schedule to include the "core" group of races as well as the second tier of races. Both the "Run for Fun" and the "Summer Nights" races were added to the list also. The Points Series, as approved, will include: Fanny Freezer, Nutri-Runs, Mastodon Stomp, Arts Fest Marathon, Fort Wayne Mile Championship, River City Rat Race, Parade Race, Parlor City Trot, Zoom Thru Zulu, Turkey Trot, Just Plain 10k, Shoe Sucker 7, Columbia City Heartbeat, Harlan Days, Van Buren Popcorn, Callithumpian, Run for Fun, and Summer Nights. "Points race directors will be asked to help underwrite the Points Series awards. These recommendations were approved.
7. J.P. Jones and Judy Tillapaugh completed work on FWTC officers' nominations. The election will be held at the December meeting. The slate of officers includes: Jon Schlatter, President; Doug Lehman, Vice-President; Don Lindley, Treasurer; and Carol and Vince Garcia, Secretary. This slate was approved as presented.
8. J.P. Jones confirmed the December 2 Just Plain 10k race date and starting time of 2:00 p.m. Race day registration only. Volunteers are still needed.
9. Vern Ceder reported the website has been switched to the new web host. The new host has extensive tracking capabilities that will provide good marketing information. It also has expanded e-mail and e-mail forwarding capabilities.
10. Jerry Diehl provided a handout with abbreviated instructions on how to operate the Race Director software.
11. Don Lindley provided a new equipment report. The new double-faced clock was used for the Pumpkin Race. It works very nicely and can be used for 24-hour events. The club still needs more people to become familiar (as well as qualified) to operate this equipment.
12. Phil Suelzer requested a \$100 donation from the club to cover some of the costs associated with the series of children's races he directs. Participation in these races has grown tremendously. Nearly 500 children took part in the races in 2000. It was recommended and approved that \$200 be put into the club's annual budget to help support this effort on a yearly basis. Phil is looking for a volunteer(s) to market the race series to the local press as well as to pursue additional financial sponsorship. Don Lindley requested that Phil provide the race dates for the club newsletter. Jon Schlatter suggested Phil provide an article describing the series for the newsletter as well.
13. Mitch Harper provided River Greenway maps to all in attendance. These maps will be inserted in the next newsletter. He also mentioned there would be a HUFF meeting at the Village of Coventry Pizza Hut after the November 18 Turkey Trot. He still needs volunteers on December 28 for race "goodie bag" stuffing, on December 29 for the pasta dinner and for lodging for some high school runners from out of town.
14. Don Lindley mentioned he would be sending the club's annual scholarship gift of \$600 to the IPFW men's/women's cross country and track programs.
15. There was discussion of modifications to the length and size of the newsletter. This discussion will be continued at future meetings.
16. Kim Milleman will continue as Annual Banquet chairperson.
17. The next meeting will be the holiday potluck and gift exchange. Gifts should cost no more than \$10.

Respectfully submitted,
Katie Creighton, Secretary

Zoom Thru Zulu 10K - New Haven, IN - 10/8/2000

WOMEN OVERALL

	Age	Time
1. Nicole Laselle Dayton	22	36:16:61
2. Karlene K. Herrell	35	36:36:82
3. Renee Mangette Blacklick	29	37:37:62
4. Lucie Mays	30	38:10:71
5. Linda Gorman	36	39:26:57

WOMEN MASTER

1. Judy White	42	42:36:76
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WOMEN 19 & Under

1. Kate Dusman	15	55:06:46
2. Kim Minnich	19	52:52:81

WOMEN 20-24

1. Abigail David Waterloo	23	44:09:67
2. Jessica Bonow	23	53:13:60
3. Karen Stahly	23	58:11:26
4. Nancy Clark	24	1:35:29
5. Jamie Simon	23	?

WOMEN 25-29

1. Holly Young-Reese	29	54:51:01
2. Crystal Jones	26	1:07:30
3. Jenni Smith	27	1:10:34

WOMEN 30-34

1. Debra Hoffer	31	43:12:34
2. Paula Rickerd	31	43:28:24
3. Jennifer Steigmeyer	30	45:27:39
4. Natalie Bowen	32	51:34:15
5. Beth Hoover	32	1:08:41

WOMEN 35-39

1. Anne Duff	35	40:33:79
2. Shelly Robinson	36	44:20:40
3. Trina C Chapman-Smith	37	45:00:57
4. Julie McNulty	35	45:09:95
5. Carma McPherson	38	45:31:84
6. Amy L Hile	35	45:54:02
7. Amy Hollenberg	38	47:56:44
8. Caroline Runyon-Gernand	36	49:25:63
9. Lorraine Fox	39	51:26:91
10. Diana Schowe	35	51:39:52
11. April McCarthy	36	52:18:63
12. Becky Ruble	37	54:11:23
13. Kim Larsen	39	54:56:65
14. Jo Ellen Rohloff Athens	38	59:15:35
15. Kim Lake	38	1:06:52
16. Betty Jackson Greider	39	1:13:46
17. Kathy Roudebush	38	1:15:48

WOMEN 40-44

1. Julie Stuckey	42	48:18:29
2. Julianne Houser	41	50:13:80
3. Cathy Myers	40	50:33:84
4. Therese Sotir	40	51:11:52
5. Tamara Wright	42	51:36:26

WOMAN 40-44

	Age	Time
6. Tavie Buhl	44	57:13:44
7. June Mintchell	41	1:03:17
8. Diane Post	43	1:03:39
9. Renee Fenstermaker	43	1:05:19
10. Julie Bossard-Nycumnd	41	1:05:36

WOMEN 45-49

1. Diana Kuebler	46	52:13:08
2. Judith Ingleman	45	52:53:55
3. Paula Stemen	48	56:56:74
4. Park Myong	45	57:03:04

WOMEN 50-54

1. Barb Scroggham	54	53:56:51
2. Betsy Hoffman	50	56:42:37
3. Mary Fennig	54	58:01:10
4. Thelma Riehle	52	1:22:45

WOMEN 55-59

1. Marsha Schmidt	55	51:41:59
2. Sarah Kleinknight	57	1:03:39
3. Lynne Huguenard	56	1:22:15

WOMEN 60 AND OVER

1. Joan Gary Fremont	64	56:12:72
2. Gloria Nold	65	1:08:41

MEN OVERALL

1. Reuben Njau	33	31:42:94
2. John Mortimer	24	32:04:60
3. Keith Madaras	31	32:13:54
4. Mike Flora	24	32:18:09
5. Ron Sharp	34	32:43:29

MEN MASTER

1. Michael Clay	41	36:19:70
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MEN 19 & Under

1. Chris Miller	13	45:04:13
2. Sam Bird	10	45:17:52
3. Justin Dickman	13	46:15:92
4. Colton Johnson	7	1:21:15
5. Todd Thompson	19	43:07:52

MEN 20-24

1. Eric Ade	22	33:10:17
2. Fred Miller	24	34:24:78
3. Tod Esquivel	23	35:57:76
4. Nick Sloffer	22	37:07:73
5. Jason Osborn	24	38:13:33
6. Josh Ashbaugh	20	43:24:52
7. Ryan Rothert	20	44:21:62
8. Jeremy Lung	20	44:41:14
9. Ryan Shepherd	21	47:17:60
10. Anthony Didier	23	1:02:39

MEN 25-29

1. Kyle Minnich	2	36:54:76
2. Brad Thomas	25	38:20:15
3. Tim First Fort	28	42:57:73
4. Eric Baker	28	44:35:66
5. Chris Adang	25	45:03:62
6. Rick Axe	28	50:07:44

MEN 30-34	Age	Time
1. Mike Fruchey	32	34:32:79
2. Robert Minnich	33	36:46:72
3. Denny J. Axe	34	39:44:67
4. Robert Eherenman	34	39:48:66
5. Mark A. Myers	32	44:07:64
6. Tim Freeman	32	45:41:99
7. Joel Barrett	32	46:13:99
8. Jeff Kintz	31	47:37:70
9. Jonathan DeNitto	31	48:45:56
10. Kevin Fuze	31	49:28:51
11. Derek Tinnin	33	50:06:24
12. Dan Starr	33	50:24:25
13. Michael Snavley	33	50:35:75
14. Robert Norton	32	50:40:57
15. Michael R. Christen	33	51:13:42
16. Kevin Mann	33	51:46:57
17. Brad Heyneman	31	53:05:40
18. Thomas Pinter	34	54:55:95

MEN 35-39	Age	Time
1. Chuck Schlemer	39	35:14:03
2. Sam Stephens	37	35:31:81
3. Mike Henry	36	36:40:53
4. John Schneiders	36	37:03:72
5. Kraig Kerschner	35	37:54:81
6. Brett Hess	35	38:57:21
7. Thomas Bussen	38	39:18:80
8. Gino Fisher	39	40:45:52
9. David Swenson	38	41:26:38
10. Jeff Gray	38	41:59:43
11. Scott Reiling	38	42:19:35
12. Steve Hoover	35	42:55:95
13. Luke Fetters	39	44:41:80
14. Ted Wells	35	44:47:17
15. Mark Beals	38	45:05:71
16. Jeffrey Metzger	39	45:44:59
17. Jim Meyerchick	39	46:47:40
18. Terry Teegarden	38	48:08:28
19. Harry MacRis	36	50:12:74
20. Tyrone Wilson	39	51:34:43
21. John Pale	36	52:07:50
22. Mike McCarthy	39	52:19:39
23. Mike Jones	39	53:14:78
24. Luther Latchau	39	54:01:24
25. Thomas Cleveland	38	1:00:00

MEN 40-44	Age	Time
1. Bob Curts	41	36:34:21
2. Kim Lefever	44	39:41:13
3. Mike Stone	40	40:04:24
4. Paul Shaffer	42	41:13:42
5. Ben Rettig	40	41:49:76
6. Jeff Maus	43	42:10:88
7. Jamshid Nazari	40	43:05:99
8. Rick Gilbert	43	43:43:61
9. Pat Beuchel	41	45:10:73
10. Richard Taylor	42	46:09:85
11. John Bomberger	41	47:25:87
12. James Unterreiner	41	47:31:44

MEN 40-44	Age	Time
13. Chuck Zumbrun	43	47:35:68
14. Rick Evans	40	48:41:58
15. Gary Bird	42	48:46:60
16. Mark Weinert	40	53:19:48
17. Dean Darland	44	54:39:45
18. Edward Wood	41	55:37:88
19. Mark Thomas	42	56:09:27
20. Quinn Farver	41	56:23:74
21. Bob Berger	41	58:13:37

MEN 45-49	Age	Time
1. Roger Wilson	47	38:28:56
2. Jed Pearson	49	39:59:42
3. Donn Nichols	48	41:02:00
4. David S. Weikel	48	42:27:99
5. Voyle Hartleroad	45	43:24:85
6. Richard Annis	49	43:48:69
7. John David McPherson	47	44:03:58
8. Donny Knight	45	45:04:74
9. Danny Gerbers	47	45:15:22
10. Paul D. Miller	46	46:15:17
11. Jeffery Davis	45	46:16:81
12. Andrew M. Feyes	46	47:07:59
13. Tom Felts	46	47:14:84
14. Paul Ausderan	46	47:43:04
15. Doug McKinzie	45	48:20:29
16. Stephen Hilker	45	48:42:28
17. Fred Hannan	46	50:26:61
18. Scott Miller	47	55:09:86
19. Aaron Cox	47	55:34:67
20. Mark Giaquinta	46	55:43:37
21. Mike Stein	48	56:49:82
22. Joseph Nayarkas	46	57:30:76
23. Rick Hilker	45	57:50:35
24. Lynn Bobay	49	58:40:50
25. Gordon Stemen	47	1:02:38
26. Kevin Wurm	46	1:03:07
27. Doug Lehman	48	1:21:14

MEN 50-54	Age	Time
1. Robert Meier	51	37:18:06
2. Mervin Koehlinger	54	39:23:88
3. Steve Knouff	51	44:54:23
4. Verton L. Troyer	51	46:11:18
5. Ty Murphy	51	46:32:97
6. Jim Pickett	50	47:02:13
7. Herb Horrom	52	49:13:86
8. Rich Stephenson	53	49:18:48
9. Phil Luttmann	53	50:20:76
10. Randy Burnison	53	50:34:82
11. Herb Hernandez	52	55:19:93
12. James H. Wright	53	56:16:48
13. Marlin Short	52	1:06:30:00
14. Reg Johnson	51	1:21:45:70

MEN 55-59		Age	Time	Zoom Thru Zulu 10K Relay Finishers	
1. James Sieftring	59	41:28:34	1. 34:17:93	Mark Sanderson-Jerry Williams	
2. William Crane	58	43:13:26	2. 36:56:13	Daniel Green-Ecclestone, Scott	
3. Bernie Burgette	57	44:27:70	3. 40:49:44	Kim Milleman-Milleman, Kyle	
4. Dave Boylan	58	45:07:38	4. 41:37:45	Dick Shenfeld-Nestel, Dan	
5. Bill Mack	59	53:16:29	5. 41:51:60	Kurt White-Piercy, David	
6. Martin Morrison	56	1:04:59:75	6. 47:28:62	Ruth Hershberger-Hershberger, Lester	
MEN 60-64		Age	Time	7. 51:12:27	Dan Holocher-Bandt, Tom
7. Freeman Hershberger	62	45:18:37	8. 52:28:19	Rachel Berry-Alex Nix	
8. David M. Peelle	62	45:29:46	9. 52:50:35	Tyler Wurm-Nick Ruble	
9. Joe Ziegler	64	45:41:58	10. 55:50:80	Toby Jo Hullinger-Jeff Ruble	
MEN 65-69		Age	Time	11. 57:18:91	Eric Kleinricht-Sauers, Jane
1. Robert Loomis	67	55:06:04	12. 1:02:22:33	Regina Blanchette-Phil Laughlin	
2. Curtis Nold	69	1:12:17:43			
MEN 70 over		Age	Time		
1. John Buterbaugh	73 M	1:03:00			

Noble County 5K

Male 1st Overall - Mike Flora 16:46

2nd Overall - Brian Shepherd

Master Overall - Hal Pearson

12-under	Chuck Wysong
13-15	Jes Pounds
16-19	Luis Reyes
20-24	Mike Flora
30-34	Dean Speicler
35-39	Chuck Schlemmer
40-44	Dave Musselman
45-49	Steve Caswell

Female 1st Overall - Theresa Schamberger

2nd Overall - Carma McPherson

Master Overall - Sharon Huss

Thanks to our wonderful sponsors:

Lehman Investments, Best Western, Scott's Foods, Richard's, Arby's, KFC, McDonald's, Stefanos, Dairy Queen, Applebees, Captain D's, Burger King, Culligan Water, Bakers, Pizza Hut, Rigby's, Walnut Room, Chloe's Florest, Scissor Shack

Track Club Member Profile

Name: Christi Stevens

Occupation: Stay at home mom

Birthdate: 8/21/77

Birthplace: Lafayette, Indiana

Family: Jacob (Husband); Adyn (son)

Hobbies: Reading, movies, working out, spending time with family

Favorite Family Activities: Walks, going to the park, visiting grandparents

Running Shoe Brand: Nike

Favorite Distance to Run: 2 miles

Favorite Food: Pizza

Favorite Place to Train: Anywhere in the country/rural area

Why do you run? Get in shape, feel good

Favorite Item of Clothing: Old jeans

Favorite Movie or TV Program, or Book:

Friends, Law & Order, The Practice, Sex & The City

Favorite Music: Dixie Chicks

Favorite Vacation Destination: We would like to visit Bar Harbor Maine.

Most Prized Possession: Wedding Ring

Has there been an inspiration to your

running? When I was pregnant, a man said that having babies could ruin a womans body: I've proven him wrong, I weigh less and look better than before I had my son 9 months ago!

Do you have a dream?

My dream about running would be to finish a marathon. Someday maybe be competitive in races.



Newsletter
Deadlines:
January 15
March 15

Race Results Policy

To be published here, the results must be sent in an HTML, Excel or text file to vcder@fwtc.org. Other than minor touch-ups, results will be posted in the layout submitted. **It is the race director's responsibility to make sure that results are submitted.**

We make every effort to post race results as soon as possible, usually within 24 hours of receiving them. If your race director promised that results would be posted, and they still aren't after a week, **contact the race director.** *Keep in mind that quite often there are delays in preparing the final race results due to incomplete entry forms, timing glitches, and various other causes.*

Parlor City Trot Half Marathon 2000 - Saturday, September 23

Open Category

Overall Female Winners

	Age	Time	Pace
1. Karlene Herrell	35	1:22:57.0	6:20/M
2. Anne Flynn	37	1:23:02.4	6:20/M
3. Linda Gorman	36	1:29:13.1	6:49/M
4. Kathy Demeritt	22	1:29:28.4	6:50/M
5. Reena Chandler	21	1:35:35.5	7:18/M
6. Megan Dexheimer	20	1:39:10.7	7:34/M

Women 20 to 24

	Age	Time	Pace
1. Joanna White	24	1:45:28.6	8:03/M
2. Laura Baugh	24	2:06:49.7	9:41/M
3. Stephanie Cox	22	2:09:25.2	9:53/M

Women 25 to 29

	Age	Time	Pace
1. Susan Mayer	26	2:06:26.6	9:39/M
2. Emily Hiester	25	2:09:24.9	9:53/M
3. Kathleen McGrath	29	2:13:11.1	10:10/M

Women 30 to 34

	Age	Time	Pace
1. Debra Hoffer	31	1:40:57.8	7:42/M
2. Susan Thornton	34	1:47:03.0	8:10/M
3. Paula Rickerd	31	1:47:12.3	8:11/M
4. Melissa Frieden	31	1:48:20.0	8:16/M
5. Jennifer Steigmeyer	30	1:50:25.8	8:26/M
6. Kimberly Summers	31	1:54:27.5	8:44/M
7. Sharon Veach	32	1:59:35.8	9:08/M
8. Mary Newell	31	2:08:59.3	9:51/M
9. Lisa Smith	30	2:12:01.1	10:05/M
10. Renee Thomas	34	2:24:52.5	11:04/M

Women 35 to 39

	Age	Time	Pace
1. Beth A. Skinner	36	1:40:24.8	7:40/M
2. Julie McNulty	35	1:44:24.3	7:58/M
3. Amy Hile	35	1:45:37.8	8:04/M
4. Karen Kosberg	38	1:52:25.2	8:35/M
5. Denise Conrad	39	1:57:27.4	8:58/M
6. Cynthia Brix	39	2:00:27.5	9:12/M
7. Caroline Runyan	36	2:00:45.9	9:13/M
8. Jan Harris	39	2:04:01.3	9:28/M
9. Diana Schowe	35	2:19:13.6	10:38/M
10. Tressa Brunner	36	2:20:34.4	10:44/M
11. Angela Smith	37	2:24:57.9	11:04/M
12. Brenda Miller	39	2:48:36.1	12:52/M

Overall Male Winners

	Age	Time	Pace
1. Keith Madaras	31	1:11:11.8	5:26/M
2. Mike Cole	25	1:11:26.7	5:27/M
3. Ron Sharp	34	1:12:36.7	5:33/M
4. Eric Ade	22	1:16:05.8	5:48/M
5. Trent Sinnett	38	1:18:18.9	5:59/M
6. Antonio Estevez	34	1:18:41.6	6:00/M

Men 20 to 24

	Age	Time	Pace
1. Jim Furkis	23	1:19:40.8	6:05/M
2. Tod Esquivel	23	1:20:19.4	6:08/M
3. Aaron Demeritt	23	1:39:58.0	7:38/M

Men 25 to 29

	Age	Time	Pace
1. Mark A Mays	27	1:27:33.6	6:41/M
2. Jon Uecker	27	1:29:03.8	6:48/M
3. Chris White	26	1:30:23.0	6:54/M
4. Tim First	28	1:31:54.5	7:01/M
5. Kent Shaw	26	1:47:25.7	8:12/M
6. Jason Knisely	28	2:13:12.7	10:10/M

Men 30 to 34

	Age	Time	Pace
1. Robert Minnich, Jr	33	1:24:51.3	6:29/M
2. Robert W Eherenman	34	1:34:43.1	7:14/M
3. Jerry Gerig	33	1:35:49.5	7:19/M
4. Bob White	32	1:38:16.2	7:30/M
5. Kyle Kerschner	31	1:42:20.9	7:49/M
6. Dana Sawyer	34	1:46:13.3	8:06/M
7. Mike Vitali	34	1:46:14.0	8:07/M
8. Dennis Dickey	34	1:55:19.5	8:48/M
9. Joel Brecount	34	2:05:36.7	9:35/M
10. Brad Heyneman	31	2:12:47.9	10:08/M
11. Chad Ware	33	2:32:02.4	11:36/M

Men 35 to 39

	Age	Time	Pace
1. Michael McManus	37	1:22:36.7	6:18/M
2. Kraig Kerschner	35	1:24:13.4	6:26/M
3. Brett Hess	35	1:26:02.4	6:34/M
4. John Schnieders	36	1:27:44.4	6:42/M
5. David Swenson	38	1:31:53.8	7:01/M
6. Chris Caruso	38	1:35:53.8	7:19/M
7. Steve McNulty	39	1:36:18.7	7:21/M
8. Robert Novak	36	1:39:14.7	7:35/M
9. Jeff Gray	38	1:40:47.2	7:42/M
10. Gary Dillman	37	1:46:09.8	8:06/M
11. Ronald Eichel	37	1:46:58.0	8:10/M
12. Mick Martz	39	1:49:50.2	8:23/M
13. Mark Beals	38	1:51:57.4	8:33/M
14. Marvin Eady Jr	37	1:55:16.2	8:48/M
15. Douglas Foland	38	1:55:33.8	8:49/M
16. Jeff Metzger	39	1:55:36.1	8:49/M
17. Mike Banman	36	1:58:03.4	9:01/M
18. Tim McRoberts	35	2:02:10.6	9:20/M
19. Jon Douglas	35	2:06:39.8	9:40/M
20. Tim Newlin	37	2:12:28.5	10:07/M
21. Jim Berghoff	39	2:12:42.7	10:08/M
22. Steve Smith	39	2:21:25.7	10:48/M
23. Russ Sorgen	38	2:23:40.8	10:58/M

Masters Category

Overall Female Winners

	Age	Time	Pace
1. Judy White	42	1:35:12.2	7:16/M
2. Sue Fowler-Finn	46	1:38:39.9	7:32/M
3. Patricia Lerch	52	1:47:29.6	8:12/M
4. Pam McCulloch	42	1:49:01.6	8:19/M

Women 40 to 44

	Age	Time	Pace
1. Judy Tillapaugh	41	1:50:54.5	8:28/M
2. Tamara Wright	42	2:03:22.9	9:25/M
3. Diane Post	43	2:37:45.2	12:03/M

Women 45 to 49	Age	Time	Pace
1. Mary Ellen Marik	46	1:58:01.0	9:01/M
2. Vickie Hughes	48	2:00:12.1	9:11/M
3. Judith Ingleman	45	2:11:11.5	10:01/M
4. Susan Markey	45	2:14:52.1	10:18/M
5. Katie Garlock	47	2:18:57.5	10:36/M

Women 50 to 54	Age	Time	Pace
1. Martha Reeves	53	2:08:52.1	9:50/M
2. Doris Griffith	54	2:13:21.3	10:11/M

Women 55 to 59	Age	Time	Pace
1. Sarah Kleinknight	57	2:34:04.1	11:46/M

Women 60 and over	Age	Time	Pace
1. Joan Gary	64	1:59:33.5	9:08/M
2. Gloria J Nold	65	2:31:38.9	11:35/M

Overall Male Masters Winners

	Age	Time	Pace
1. Steve Wilson	41	1:13:57.0	5:39/M
2. Gary Romesser	49	1:15:14.0	5:45/M
3. Jerry Williams	40	1:20:10.1	6:07/M
4. Rick Vorick	49	1:24:39.0	6:28/M

Men 40 to 44	Age	Time	Pace
1. Mike Stone	40	1:26:21.5	6:35/M
2. Brian Doyle	41	1:28:17.5	6:44/M
3. Kim A Lefever	44	1:34:10.3	7:11/M
4. George Huber	43	1:36:30.1	7:22/M
5. J. David Reimschisel	40	1:36:34.7	7:22/M
6. Jamshid Nazari	40	1:39:48.8	7:37/M
7. John Rajca	41	1:40:04.2	7:38/M
8. R. Nicholson	41	1:40:52.8	7:42/M
9. John Wiening	40	1:42:22.5	7:49/M
10. Richard Taylor	42	1:46:35.8	8:08/M
11. Kevin Truelove	43	1:49:03.5	8:19/M
12. Joe Kobler	42	1:50:14.3	8:25/M
13. Chuck Zumbrun	43	1:52:15.5	8:34/M
14. Vern Cedar	44	1:53:42.5	8:41/M
15. Michael Variell	43	1:55:00.0	8:47/M
16. Anthony Crowell	42	1:55:00.9	8:47/M
17. Gary Kuhn	44	1:57:18.6	8:57/M
18. Gary L Bird	42	1:57:30.8	8:58/M
19. Don Marik	44	1:58:03.6	9:01/M
20. Randy Hammond	44	2:01:22.0	9:16/M
21. Quinn Farver	41	2:06:25.0	9:39/M
22. David Lupien	42	2:22:07.1	10:51/M
23. Tom Allen	41	2:35:50.8	11:54/M

Men 45 to 49	Age	Time	Pace
1. Roger L Wilson	47	1:26:58.1	6:38/M
2. Doug Sundling	45	1:30:27.6	6:54/M
3. Jed Pearson	49	1:32:08.0	7:02/M
4. Rex Piercy	48	1:34:18.4	7:12/M

Men 45 to 49	Age	Time	Pace
5. Fred Stoffel	49	1:36:38.2	7:23/M
6. John Wulff	47	1:37:11.6	7:25/M
7. Donn Nichols	48	1:37:45.2	7:28/M

Men 45 to 49	Age	Time	Pace
8. John David McPherson	47	1:40:22.8	7:40/M
9. Terry Anderson	47	1:47:22.5	8:12/M
10. Ted Tiernon	46	1:48:18.9	8:16/M
11. Thomas J Felts	46	1:48:56.8	8:19/M
12. Lonnie Braun	49	1:49:52.7	8:23/M
13. Patrick Kelker	47	1:51:30.8	8:31/M
14. Kevin Burns	45	1:52:46.1	8:36/M
15. Donald Kramer	46	1:53:59.4	8:42/M
16. Doug McKinzie	45	1:55:35.7	8:49/M
17. Dana Grove	45	1:56:53.7	8:55/M
18. Randy Hyman	48	1:56:59.4	8:56/M
19. Michael Spurgeon	47	1:57:54.4	9:00/M
20. Patrick Ryan	45	1:58:39.5	9:03/M
21. Hal Atkinson	45	1:59:50.8	9:09/M
22. Stephen M Hilker	45	2:00:50.1	9:13/M
23. Les Brown	48	2:03:50.0	9:27/M
24. Fred Hannan, Jr.	46	2:05:32.4	9:35/M
25. Joseph Nayarkas	46	2:08:19.9	9:48/M
26. Jeff Keeling	46	2:08:54.7	9:50/M
27. Ray Paxson	46	2:11:33.6	10:03/M
28. Joe Reddoch	45	2:14:32.7	10:16/M
29. Lynn T Bobay	49	2:19:30.3	10:39/M

Men 50 to 54	Age	Time	Pace
1. Jessie Stout	51	1:45:28.8	8:03/M
2. Jerry Kiehl	50	1:45:52.4	8:05/M
3. Ed Oliphant	54	1:48:50.9	8:18/M
4. Ty Murphy	51	1:49:11.9	8:20/M
5. Jim Pickett	51	1:51:15.6	8:30/M
6. Greg Purcell	51	1:51:34.5	8:31/M
7. David L Winters	50	1:53:02.1	8:38/M
8. Lane Anderson	54	1:55:43.4	8:50/M
9. Verton L Troyer	51	1:56:08.9	8:52/M
10. Rich Stephenson	53	1:58:08.7	9:01/M
11. Herb Hernandez	52	2:03:22.5	9:25/M
12. Craig W Hamilton	51	2:09:19.8	9:52/M
13. Lee Pearson	51	2:10:04.0	9:56/M
14. Rick Storer	51	2:15:20.2	10:20/M
15. Ed Daniels	52	2:36:36.9	11:57/M
16. Ken Silkworth	53	2:41:33.0	12:20/M

Men 55 to 59	Age	Time	Pace
1. Brad Yoder	58	1:38:19.5	7:30/M
2. William A Crane	58	1:42:14.3	7:48/M
3. Dave Boylan	58	1:47:23.2	8:12/M
4. Wesley Sabins	55	1:50:07.1	8:24/M
5. Joseph Snider	55	2:01:10.1	9:15/M
6. Dave Wolff	57	2:17:20.7	10:29/M
7. Carl Fields	55	2:47:14.3	12:46/M

Men 60 to 64	Age	Time	Pace
1. Ray Contreras	62	1:43:03.7	7:52/M
2. Tom Felger	60	1:43:13.8	7:53/M
3. Freeman Hershberger	62	1:46:29.7	8:08/M
4. Gary Cox	62	1:53:40.3	8:41/M
5. Leland R Sibrel	63	2:00:28.5	9:12/M

Men 60 to 65	Age	Time	Pace
6. Joe Ziegler	64	2:02:05.0	9:19/M
7. Karl Dietsch	62	2:02:27.1	9:21/M

Men 60 to 65	Age	Time	Pace
8. Jack Morris	63	2:04:44.2	9:31/M
9. David C Dale	62	2:11:40.3	10:03/M
10. John Fitzgerald	62	2:12:12.1	10:05/M

Men 66 to 69	Age	Time	Pace
1. Ian Rolland	67	2:16:55.0	10:27/M
2. Donald Rhoades	66	3:00:26.5	13:46/M

Men 70 and over	Age	Time	Pace
1. Jerry Johncock	72	1:45:58.9	8:05/M
2. David Miller	70	3:00:26.3	13:46/M

Parlor City Trot 10K - Age Group Results

Open Category

Overall Female Winners

	Age	Time	Pace
1. Justina Faulkner	25	38:26.5	6:11/M
2. Tonya Aerts	28	47:54.4	7:43/M
3. Stephanie Baumgartner	25	49:28.4	7:58/M

Women 20 to 24	Age	Time	Pace
1. Tonya Garner	24	57:11.9	9:12/M

Women 25 to 29	Age	Time	Pace
1. Tonya Stoller	29	50:26.3	8:07/M
2. Jil Foreman	27	53:43.7	8:39/M
3. Sara Barbera	29	58:20.4	9:24/M

Women 30 to 34	Age	Time	Pace
1. Leslie Bickel	30	1:00:20.4	9:43/M
2. Laura Ellenhorn	30	1:09:47.7	11:14/M
3. Susan Stoppenhagen	32	1:27:35.5	14:06/M

Women 35 to 39

Women 35 to 39	Age	Time	Pace
1. Laurie Whisler	35	55:05.7	8:52/M
2. Mary Sheffer	36	57:08.4	9:12/M
3. Elaine Hawkins	38	58:04.8	9:21/M

Masters Category - Female Winners

	Age	Time	Pace
1. Mary McManus	44	47:32.7	7:39/M
2. Kristin Gillon	44	48:43.5	7:51/M

Women 40 to 44	Age	Time	Pace
1. Julianne Houser	41	51:19.8	8:16/M
2. Jenny Reichert	42	52:51.8	8:31/M
3. Cindy Carr	42	1:27:36.7	14:06/M

Women 45 to 49	Age	Time	Pace
1. Patty L Schwartz	47	50:16.0	8:06/M
2. Peggy Sundling-Oakley	48	52:58.9	8:32/M

Women 50 to 54	Age	Time	Pace
1. Patricia Trapp	50	1:04:12.2	10:20/M

Overall Male Winners	Age	Time	Pace
1. Brad Cooper	38	34:36.1	5:34/M
2. Michael Fruchey	31	36:30.0	5:53/M
3. Ed Freygang	37	37:10.1	5:59/M

Men 14 and under	Age	Time	Pace
1. Sam N Bird	10	46:30.4	7:29/M
2. Drew Nowakowski	12	52:01.9	8:23/M

Men 20 to 24	Age	Time	Pace
1. Scott Saucedo	24	40:24.3	6:30/M
2. Joe McFarren	20	43:57.4	7:05/M

Men 25 to 29	Age	Time	Pace
1. Bernie Zoll	25	39:08.3	6:18/M
2. Tad Baumgartner	26	55:37.1	8:57/M

Men 30 to 34	Age	Time	Pace
1. Colin Barbera	32	42:26.6	6:50/M
2. Todd Shalley	32	53:38.1	8:38/M
3. Sean Telley	31	56:58.0	9:10/M
4. Joe Cisna	33	57:01.4	9:11/M
5. Michael Ellenhorn	32	58:35.7	9:26/M

Men 35 to 39	Age	Time	Pace
1. Gino Fisher	39	40:35.0	6:32/M
2. Mark Corral	38	53:25.4	8:36/M
3. Henry Taylor	39	56:25.5	9:05/M
4. Kerry Marshall	35	58:37.1	9:26/M
5. Andy Vogel	39	1:06:29.9	10:42/M
6. Daniel Smith	36	1:11:05.4	11:27/M

Masters Category - Male Winners

	Age	Time	Pace
1. Neil Tate	49	41:01.4	6:36/M
2. James Freygang	41	42:49.5	6:54/M

Men 40 to 44	Age	Time	Pace
1. Kevin Lochner	44	45:43.6	7:22/M
2. Chuck Brown	44	46:28.6	7:29/M
3. Richard Nowakowski	43	52:03.0	8:23/M
4. John B Powell	43	58:53.3	9:29/M
5. Phil Saucedo	44	1:00:18.1	9:43/M

Men 45 to 49	Age	Time	Pace
1. Donald R Decook	47	49:11.0	7:55/M
2. Robert Durkin	48	58:07.0	9:22/M
3. Ron Covington	47	1:05:01.7	10:28/M
4. Alvin Brown	46	1:10:04.4	11:17/M
5. Doug Lehman	48	1:12:43.4	11:43/M

Men 50 to 54	Age	Time	Pace
1. Don Ransome	50	44:06.1	7:06/M
2. Stephen A Schwartz	52	48:51.8	7:52/M
3. Art Obregon	53	49:18.9	7:56/M
4. Larry Kantz	50	49:52.7	8:02/M
5. Gary Dexheimer	51	52:56.7	8:31/M
6. Philip Lockwood	50	56:23.2	9:05/M
7. James H Wright	53	57:51.7	9:19/M

Men 55 to 59	Age	Time	Pace
1. Bernie Burgette	57	45:57.1	7:24/M
2. Jon Ingleman	43	57:08.8	9:12/M
3. Monty Morrision	56	1:02:54.8	10:08/M

Men 60 to 69	Age	Time	Pace
1. Dick Sive	65	58:29.9	9:25/M
2. Curtis Nold	68	1:08:33.2	11:02/M

Owen-Putnam State Forest 50-Mile and 50Km - Spencer, Indiana
 November 4, 2000 (Mostly sunny, low 60sF)

50 Km Overall:

Joe Smindak 3:20:17 Linda Gorman 3:56:21

50 Miles Overall:

John Nichols 6:29:32 Brenda Gutmann 9:53:08

50 Kilometres

	Age	Time
1. Joe Smindak	40	3:20:17
2. Joel Lammers	38	3:49:09
3. Linda Gorman	37	3:56:21
4. Chris McMahon	41	3:59:50
5. Gene Brown	38	4:22:00
6. Bill Kuntz	48	4:34:32
7. Rod Wilson	38	4:37:14
8. Bruce Svoboda	41	4:43:56
9. Paul Bohanon	49	4:47:58
10. Joe Kazakaitis	51	4:52:14
11. Jerald Diehl	49	4:52:49
12. John Sites	49	4:53:34
13. David Dowd	34	4:54:02
14. Todd Veldhuizen	27	4:55:26
15. Steve Bush	47	4:56:21
16. Cheryl McKettrick	39	4:58:38
17. Brian McGowan	43	5:02:58
18. Keith Theisen	54	5:11:27
19. Bill Pustow	52	5:35:35
20. Mark Reddy	57	5:38:08
21. Mike Scott	51	5:42:08
22. Ken Meyer	52	5:57:33
23. Kenneth Mick	42	6:13:07
24. Mitch Harper	44	6:21:25
25. Don Lindley	56	6:21:25
26. Carrie Young	39	6:26:57
27. Albert Mesarosh	62	6:27:21
28. Lou Tieman	49	6:35:36
29. Joan Gary	64	6:40:04
30. Matt Whalen	24	6:54:56
31. Deb Gill	48	6:58:56
32. Charlotte Gerkin	54	7:12:09
33. John Whitmore	48	7:24:33
34. Sue Hedgecock	44	8:41:08

50 Miles

	Age	Time
1. John Nichols	37	6:29:32
2. Matt King	22	6:29:47
3. Curt Carey	37	7:11:01
4. Doug Hansel	41	7:35:15
5. Bill Thom	40	8:23:14
6. Patrick McDaniel	35	8:38:22
7. Mike Ward	42	8:45:32
8. Jack Thomas	48	8:47:33
9. Jason Feagan	23	8:49:50
10. Ben Singleton	24	8:49:50
11. Tom McGinnis	40	9:10:28
12. Javier Cendejas	57	9:13:19
13. Jose Wilkie	37	9:19:21
14. Herb Hedgecock	53	9:30:06
15. Jon Ferency	33	9:31:12
16. Dick Whicker	52	9:38:13
17. Brenda Gutmann	42	9:53:08
18. William Hollihan	70	10:20:45
19. Del Ruckle	55	10:27:09
20. Don Clark	49	10:33:25
21. Stephen Beatty	50	11:05:55
22. Buck Hales	47	11:05:55
23. Dave O'Brien	66	13:02:16
24. David Heitkamp	50	13:45:00

**15-mile loop in Owen Putnam County State
 Forest - 15 Miles**

	Age	Time
1. Jay Korff	32	1:49:55
2. Joe Price	37	1:52:11
3. Joe Sanders	40	1:52:18
4. Ralph Zarse	55	1:53:00
5. Carla Yerkes	40	1:53:47
6. Paul Knott	37	1:59:17
7. Gary Bair	49	2:06:12
8. Pat Lilly	44	2:19:19
9. Judy Tillapaugh	41	2:29:12
10. Maria Tamer	38	2:32:50
11. Mary Wiese	44	2:32:50
12. Carl Wells	53	2:34:24
13. Joe Baldwin	47	3:00:09
14. Jamie Fegans	24	3:16:00
15. Doug Lehman	48	3:18:12
16. Lesa Dowd	35	3:29:45

2000 Fort Wayne Track Club Points Standings

Fanny Freezer 12
 Harlan Days 10k
 Nutri-Run 20k
 Hot Air Affair
 Mastodon 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
1. Sam Bird	710	8
2. Eric Nestel	470	5
3. Paul Imbody	300	3

Men 20-24	Points	Races
1. Mike Cole	600	6
2. Tod Esquivel	270	3

Men 25-29	Points	Races
1. Brad Thomas	1155	12
2. Chris Adang	695	9
3. Chris Dunmire	655	7

Men 30-34	Points	Races
1. Bob Minnich	1525	17
2. Ron Sharp	1100	11
3. Michael Fruchey	1095	12
4. Mike Schoudel	440	6

Men 35-39	Points	Races
1. Sam Stephens	1470	15
2. David Swenson	830	10
3. Jeff Metzger	715	10
4. Robert Novak	600	8

Men 40-44	Points	Races
1. Paul Shaffer	1095	14
2. Kim Lefever	975	12
3. Doug Sundling	745	7
4. Mike Stone	620	7

Men 45-49	Points	Races
1. Roger Wilson	1565	16
2. John David McPherson	1345	19
3. Jed Pearson	975	12
4. Lynn Bobay	575	17

Men 50-54	Points	Races
1. Ty Murphy	1635	17
2. Jim Pickett	1120	15
3. Mervin Koehlinger	770	8
4. Rich Stephenson	525	9

Men 55-59	Points	Races
1. David Boylan	1360	15
2. Bill Crane	1055	11
3. Dewain Cobbs	520	6

Men 60-64	Points	Races
1. Joe Ziegler	1325	15
2. Tom Felger	880	10
3. Freeman Hershberger	770	8

Men 70 and over	Points	Races
1. Don Anderson	1100	11
2. Ken Disler	675	8
3. JP Jones	580	7

Women 19 and under	Points	Races
1. Jenna Shaffer	455	5
2. Jessica Palevich	265	3

Women 20-24	Points	Races
1. Megan Dexheimer	470	5
2. Kathy Demerritt	400	3

Women 25-29	Points	Races
1. Kim Milleman	300	3
2. Crystal Jones	185	2

Women 30-34	Points	Races
1. Jennifer Steigmeyer	870	10
2. Paula Rickerd	735	8
3. Renee Thomas	675	9

Women 35-39	Points	Races
1. Caroline Runyan	1385	17
2. Linda Gorman	1185	12
3. Diana Schowe	970	13

Women 40-44	Points	Races
1. Diane Post	970	13
2. Tamara Wright	865	10

Women 45-49	Points	Races
1. Patty Schwartz	400	4
2. Phyllis Suelzer	200	2

Women 50-54	Points	Races
1. Marsha Schmidt	700	7
2. Barb Scrogam	445	5

Women 55-59	Points	Races
1. Sarah Kleinknight	885	9

Women 60 and over	Points	Races
1. Joan Gary	1170	12

SOUTH WHITLEY 5K RESULTS (10-14-2000)

Men's Division		Time			
1. Jay Hicks	17:39		14. Casey Kilgore	29:03	
a. 1st 25-29			a. 2nd 12 & under		
2. Kim Lefever	20:52		15. James O. Pepler	29:28	
a. 1st 40-49			a. 1st 60 & over		
3. Robert Novak	21:05		16. Craig Jordan	29:34	
a. 1st 35-39			17. Paul Parrow	30:12	
4. Ken Kilgore	21:34		18. Doug Lehman	32:54	
a. 2nd 35-39			19. Cail Fields	33:59	
5. Joel Barret	22:03		20. Don Rhoades		
a. 1st 30-34			a. 2nd 60 & over		
6. Dewaine Cobbs	22:37		21. Colton Johnson	36:25	
a. 1st 50-59			22. Reg Johnson	36:28	
7. Jeff Metzgar	22:37				
8. Fred Hannan	23:06		Women's Division		Time
a. 2nd 40-49			1. Rebecca Myers	23:03	
9. Greg Fahl	23:41		a. 1st 25-29		
10. Mitch Harper	24:36		2. Jane McDonald	30:46	
11. Michael Vanell	24:40		a. 1st 30-34		
12. Mike Snavely	25:40		3. Kelly Mize	31:29	
a. 2nd 30-34			a. 1st 35-39		
13. Austin (AJ) Harrison	27:30		4. Lucy Van Hoozen	32:25	
a. 1st 12 & under			a. 2nd 35-39		

Overall Results - Red Ribbon Run 10-21-2000 (Van Wert, OH)

	Age	Age	Sex	City	St	Minutes	Seconds
1. Jerry Williams, Jr.	40	40-44	M	Fort Wayne	IN	17	16
2. Mark Sanderson	39	35-39	M	Van Wert	OH	18	0
3. Tremaine Boaz	13	00-14	M	Van Wert	OH	20	44
4. Dave Stewart	33	30-34	M	Convoy	OH	21	18
5. Karl Waite	50	50-54	M	Van Wert	OH	21	24
6. Justin Yoh	14	00-14	M	Van Wert	OH	21	57
7. Justin Dickman	13	00-14	M	Van Wert	OH	22	8
8. Mike Variell	44	40-44	M	Convoy	OH	24	8
9. John Cramer	48	45-49	M	Middle Point	OH	24	14
10. Aaron Mills	13	00-14	M	Van Wert	OH	24	51
11. Bart Lewis	39	35-39	M	Van Wert	OH	25	11
12. Renette Reithman	37	35-39	F	Van Wert	OH	25	33
13. Jessica Hire	13	00-14	F	Van Wert	OH	27	1
14. David Mills	9	00-14	M	Van Wert	OH	28	0
15. Tavie Buhl	44	40-44	F	Van Wert	OH	29	10
16. Paula Stemen	48	45-49	F	Van Wert	OH	29	10
17. Gordon Stemen	47	45-49	M	Van Wert	OH	29	10
18. Tracy Wittman	29	25-29	F	Convoy	OH	31	1
19. Ginny Schaadt	23	20-24	F	Convoy	OH	31	2

Parkview Hospital Pumpkin Run 5K Run - October 28, 2000

	Age	Time	Pace		Age	Time	Pace
1. Jay Hicks	28	16:00.5	5:10/M	58. Monika Gibson	32	22:30.5	7:15/M
2. Jerry Williams	40	17:05.6	5:31/M	59. Jessica Newkirk	14	22:51.7	7:22/M
3. Negash Metaferia	23	17:12.3	5:33/M	60. Lauren Steinmetz	12	22:53.1	7:23/M
4. Paul Furniss	33	17:13.4	5:33/M	61. Brian Shaklik	35	22:55.2	7:24/M
5. Jon Uecker	27	18:16.6	5:54/M	62. Gary L Bird	42	23:02.7	7:26/M
6. Daniel Green	46	18:23.3	5:56/M	63. John N Link	44	23:20.9	7:32/M
7. Terry R Diller	42	18:29.3	5:58/M	64. Michael Barman	51	23:27.4	7:34/M
8. Tim Freeman	32	18:46.6	6:03/M	65. Jeff Wentle	16	23:30.2	7:35/M
9. Justin Barman	16	18:47.5	6:04/M	66. Mary Newell	31	23:34.4	7:36/M
10. David Swenson	38	18:56.0	6:06/M	67. Scott Koons	29	23:35.1	7:36/M
11. Micah Burdette	27	19:05.5	6:09/M	68. Rachel Berry	12	23:39.4	7:38/M
12. Terry Coonan	49	19:31.1	6:18/M	69. Craig W Hamilton	51	23:41.8	7:38/M
13. Robert Novak	36	19:33.2	6:18/M	70. Joel Schartzer	53	23:59.2	7:44/M
14. Tom Fowler- Finn	52	19:39.9	6:20/M	71. Nicole Frede	14	24:16.1	7:50/M
15. Kevin Parrella	36	19:48.6	6:23/M	72. Colleen Incremona	39	24:21.0	7:51/M
16. Rick L Gilbert	43	19:58.1	6:26/M	73. Jon Ingleman	58	24:27.4	7:53/M
17. Toran Fiene	13	20:00.9	6:27/M	74. Jennifer Rettig	42	24:30.4	7:54/M
18. Sean Collentine	50	20:01.6	6:27/M	75. Danielle Sullivan	28	24:42.8	7:58/M
19. Jim Curran	37	20:05.3	6:29/M	76. Mark O'Brien	40	24:53.7	8:02/M
20. Chuck Smith	25	20:08.3	6:30/M	77. Sue Steffy	34	24:55.9	8:02/M
21. Kim Milleman	28	20:15.4	6:32/M	78. Thomas Cleveland	38	24:56.9	8:03/M
22. Jim Berry	38	20:16.7	6:32/M	79. Butte Fell	27	24:58.8	8:03/M
23. Shelly M Robinson	36	20:17.8	6:33/M	80. Karen Kosberg	39	24:59.9	8:04/M
24. Donn C Knight	45	20:27.1	6:36/M	81. Joseph Nayarkas	46	25:11.9	8:07/M
25. Mark Myers	32	20:30.3	6:37/M	82. Polly Grismore	28	25:15.0	8:09/M
26. Kelly Aldridge	20	20:33.4	6:38/M	83. John Pale	36	25:21.1	8:11/M
27. Jeff Milleman	44	20:37.3	6:39/M	84. Tamara Wright	42	25:33.5	8:15/M
28. Steve Knouff	51	20:41.1	6:40/M	85. Aaron Cox	47	25:35.4	8:15/M
29. Josh Bauer	14	20:45.4	6:42/M	86. Barb Scrogam	54	25:36.6	8:15/M
30. Mark Ardington	46	20:49.4	6:43/M	87. Dean Russ	46	25:40.4	8:17/M
31. Kenneth King	42	20:51.5	6:44/M	88. Mark Thoma	42	25:44.3	8:18/M
32. Darrel Fiene	36	20:57.0	6:45/M	89. Steven E Ludwiski	43	25:46.1	8:19/M
33. James Unterreiner	41	21:00.9	6:46/M	90. Catherine Falvey	39	25:47.6	8:19/M
34. Sue Fowler-Finn	46	21:04.5	6:48/M	91. Bill Habegger	29	26:00.5	8:23/M
35. Tom Shearer	48	21:05.8	6:48/M	92. George Kirby	51	26:01.1	8:24/M
36. Jennifer Steigmeyer	30	21:09.0	6:49/M	93. Greg Adams	48	26:04.7	8:25/M
37. Elizabeth Herndon	15	21:14.0	6:51/M	94. David Gvaney	41	26:05.2	8:25/M
38. Bill Freygang	39	21:16.6	6:52/M	95. Quinn Farver	41	26:21.4	8:30/M
39. Jim Bougher	38	21:20.3	6:53/M	96. Shawn Richardville	24	26:21.8	8:30/M
40. Gary Dexheimer	51	21:21.6	6:53/M	97. Jennifer Hiser	15	26:24.3	8:31/M
41. Sam N Bird	10	21:22.5	6:54/M	98. Bryan Bartlett	32	26:32.7	8:34/M
42. Jared Kent	21	21:26.9	6:55/M	99. Rick Hilker	45	26:37.5	8:35/M
43. Tom Felger	61	21:28.1	6:55/M	100. Jamie Uecker	24	26:40.0	8:36/M
44. Andy Haxton	32	21:33.3	6:57/M	101. Jim Uecker	32	26:40.6	8:36/M
45. Dewain Cobbs	58	21:34.1	6:57/M	102. Robert Hall	68	26:41.5	8:36/M
46. Robin Rizzo	34	21:35.0	6:58/M	103. Doug McKinzie	45	26:43.8	8:37/M
47. Robert Snow	48	21:36.0	6:58/M	104. Kimberly Aspacher	42	26:45.3	8:38/M
48. Kent Redman	48	21:42.1	7:00/M	105. James H Wright	53	26:46.2	8:38/M
49. Chuck Troyer	41	21:48.7	7:02/M	106. Martha Pale	35	26:47.9	8:38/M
50. David Felts	13	21:53.5	7:04/M	107. Ashley Harris	14	26:50.9	8:39/M
51. Thomas J Felts	46	21:56.2	7:05/M	108. Rob Harris	47	26:51.5	8:40/M
52. Amy Kempf	13	21:58.6	7:05/M	109. Dick Sive	65	26:52.2	8:40/M
53. Chuck Zumbrun	43	22:05.6	7:07/M	110. Chris Lewis	33	26:53.2	8:40/M
54. Mitch V Harper	44	22:06.3	7:08/M	111. Tom Fuelling	50	26:54.1	8:41/M
55. Eric Kaschinske	26	22:07.2	7:08/M	112. Scott Herbst	42	26:54.8	8:41/M
56. Jill Price	12	22:29.3	7:15/M	113. Rich Harris	21	27:00.7	8:43/M
57. Ted Manganiello	30	22:29.8	7:15/M	114. Matthew Kelly	26	27:07.6	8:45/M

	Age	Time	Pace		Age	Time	Pace
115. Kevin Wurm	46	27:08.2	8:45/M	174. Tiffany Flynn	22	35:33.3	11:28/M
116. John Trenker	50	27:12.8	8:46/M	175. Amanda Smith	15	35:33.8	11:28/M
117. Rebecca Spera	25	27:21.9	8:49/M	176. April Kellaris	22	35:34.6	11:28/M
118. Tom Filus	37	27:22.6	8:50/M	177. Marcia Kirilin	44	36:42.5	11:50/M
119. Ken Silkworth	53	27:23.5	8:50/M	178. Marg Knouff	54	37:02.1	11:57/M
120. Beth Anderson	45	27:24.8	8:50/M	179. Colleen Pentsos	27	39:03.3	12:36/M
121. Andy Berghoff	10	27:27.9	8:51/M	180. Nick Pentsos	27	39:04.1	12:36/M
122. Jim Berghoff	39	27:28.6	8:52/M	181. Tracey Lenz	41	39:27.7	12:44/M
123. Gary George	52	27:31.3	8:53/M	182. Polly Jacobs	74	40:05.0	12:56/M
124. Lauren Kirilin	9	27:39.7	8:55/M	183. Lynne Huguenard	56	41:28.1	13:23/M
125. Kim Shaklik	35	27:49.0	8:58/M	184. Carol Hoffert	50	46:26.8	14:59/M
126. Cheri Porter	48	27:50.3	8:59/M	185. Janette Bowers	32	46:34.9	15:01/M
127. Eric Parent	26	27:57.8	9:01/M	186. Francis Bader	69	48:58.5	15:48/M
128. Johni Rasmussen	59	28:05.4	9:04/M				
129. Sook-Ja H Hansen	52	28:07.5	9:04/M				
130. Ron Dial	28	28:08.4	9:05/M				
131. Matt Friede	27	28:20.3	9:08/M				
132. Dana Budd	46	28:32.3	9:12/M				
133. Renee Fenstermaker	43	28:34.6	9:13/M				
134. Tom Agness	54	28:42.0	9:15/M				
135. Lori Brown	35	28:42.7	9:15/M				
136. Andrew Candor	50	28:44.6	9:16/M				
137. Larry Piano	52	28:51.3	9:18/M				
138. Joe Kohnen	46	28:57.2	9:20/M				
139. Thomas Hawkins	42	29:16.3	9:26/M				
140. Andrew Barry	36	29:19.7	9:27/M				
141. Sarah Dinius	29	29:20.3	9:28/M				
142. Linette Barry	37	29:21.4	9:28/M				
143. Jay Hoffman	46	29:31.8	9:31/M				
144. Helen Twite	55	29:39.2	9:34/M				
145. Chrisy Link	29	29:52.4	9:38/M				
146. Penny Robinson	37	30:03.9	9:42/M				
147. Sarah Crane	26	30:10.6	9:44/M				
148. Doug Lehman	48	30:16.8	9:46/M				
149. Laurie Lehman	30	30:29.1	9:50/M				
150. Karen Freeborn	32	30:30.3	9:50/M				
151. Jeanette Klein	58	30:35.2	9:52/M				
152. John Dinius	33	30:55.9	9:58/M				
153. Jenny Nash	29	31:18.5	10:06/M				
154. Greg Hoffert	52	31:23.4	10:07/M				
155. Betty Greider	39	31:31.1	10:10/M				
156. Mindy Scheumann	24	31:33.2	10:11/M				
157. Tiffany Smith	26	31:34.2	10:11/M				
158. Caroline Runyan	36	31:53.6	10:17/M				
159. Shawn Friede	24	31:55.3	10:18/M				
160. Jennifer Johnson	45	32:02.4	10:20/M				
161. Tianna Reidy	27	32:17.9	10:25/M				
162. Cynthia Fritz	35	32:18.7	10:25/M				
163. Denise Pequignot	28	32:31.7	10:29/M				
164. Theresa Freese	35	32:59.9	10:38/M				
165. Kaye Pitcher	41	33:13.2	10:43/M				
166. Linda Schafer	41	33:17.9	10:44/M				
167. Quinn Schafer	9	33:18.6	10:45/M				
168. Leatha Blazetic	55	33:30.2	10:48/M				
169. Laurie Lahrman	46	33:31.0	10:49/M				
170. Stephanie Trenkner	11	33:32.4	10:49/M				
171. David Trenker	44	33:33.0	10:49/M				
172. Beth Monn	46	33:43.5	10:53/M				
173. Michael Mettler	61	33:57.9	10:57/M				

Breaking Behaviors

Work break doughnuts, after work cookies, T.V. time chips and soda, party time appetizers, burger and french fries while driving, no breakfast, zero vegetables at supper.....Do any of these food habits sound familiar?? Do you have a few food patterns your not real proud of?? Know that your not alone. All of us have some food habits we do day by day that may cause feelings of guilt or shame. We may get too many empty calorie foods and/or not enough healthful foods. During this holiday season think about how you can behave differently. Think about how you can give yourself the gift of good nutrition more often.

Eating is learned behavior. We started learning a personal style of eating the day we started eating. The learning process continued through the young years and past high school. How we choose to eat meal by meal is influenced by taste, smell, sight, who we are with, food prices, emotions.....a number of factors. Keeping this in mind know that since eating is a learned behavior we can choose to change choices for better sports performances, health and well being.

Jean Oser, Behavioral Therapist, for IPFW's "Weigh To Go" Weight Management Program For Women, shared some solutions to breaking behavior chains. She said before a new food habit can happen it's important to gain awareness of what people, thoughts, things, and/or events influence the actions. She pointed out that we are not addicted to specific foods. It's the process cycle that we are attached to. To understand more about behaviors she said to understand the details that lead to the habit.

Consider doing a food diary for a couple of days to learn more about actual food and beverage choices and amounts. Record who you eat with, where you eat, times you eat, and any thoughts/feelings. Think of a food diary as an effective awareness activity that can help you identify food process cycles that are linked to extra calories, fat, sugar or lack of calories, certain vitamins or minerals.

Process Cycle:

- 1. Negative or positive feeling (anger, excitement, frustration....)**
- 2. Eating or not eating to enhance or alter mood**
- 3. Person feels better....temporarily**
- 4. Guilt, shame, happy, or joyful thoughts/feelings**
- 5. More negative or positive feelings**
- 6. Cycle repeats itself**

To break the cycle new action interventions can be done. For example if someone frequently has a handful of holiday cookies in response to feeling bored, angry, or hopeless they could decide to walk a friendly dog, run a little, talk to a special person, listen to WLAB FM 88.3, write down what's on the mind, and/or sign up for a stress care class. Any of these ideas can shift a person towards more healthful behaviors.

Is there a holiday habit you would like to change?? Start with a couple changes, add more when your ready. Give yourself the gift of good nutrition!

Healthy Holidays,

Judy Tillapaugh, RD
IPFW Wellness/Fitness Coordinator.

Complete Callithumpian Canter 5K results --- October 29, 2000

Name	Time	Name	Time	Name	Time
1. Eric Ade	15:37	57. Darlene Barton	21:34	113. Rick Jones	27:12
2. Ron Sharp	15:46	58. Paul Ausderan	21:35	114. Joy Dunno	27:17
3. Fred Miller	16:24	59. David Pealle	21:37	115. Holly Huffine	27:57
4. Michael Fruchey	16:31	60. Ryan Fruchte	21:39	116. Tom Fuelling	28:11
5. Jerry Williams Jr.	16:38	61. Chuck Brown	21:40	117. Linda Mackey	28:15
6. Mark Furkis	16:48	62. John Wright	21:42	118. Dana Budd	28:42
7. Craig Eckert	17:15	63. Wade Bunnell	21:44	119. Liane Shaffer	28:47
8. Sam Stephens	17:26	64. Loren Bunnell	21:45	120. Erik Hisner	28:54
9. John Schnieders	17:27	65. Jennifer Steigmeyer	21:47	121. Beth Anderson	28:57
10. Tim O Connell	17:33	66. Amber Piercy	21:49	122. Cindy Furkis	29:16
11. Derek Leininger	17:39	67. Ty Murphy	21:49	123. J.J. Morgan	29:16
12. David Iott	17:42	68. Dave Boylan	21:52	124. Fran Jones	29:18
13. Robert Minnich Jr.	17:48	69. Ted Tiernon	21:54	125. Jodi Morgan	29:19
14. Doug Sundling	17:51	70. Paula Rickerd	22:03	126. Jenni Smith	29:22
15. Brett Hess	17:55	71. Freeman Hershberger	22:07	127. Ed Daniels	29:35
16. Randy Hisner	18:08	72. Jason Rauch	22:19	128. Sarah Kleinknight	30:10
17. Mike Henry	18:13	73. Darlene Cutrona	22:28	129. Richard Allen	31:08
18. Roger Wilson	18:14	74. Daniel Judge	22:39	130. Marlin Short	31:19
19. Brad Thomas	18:15	75. Fred Hannan	22:43	131. Doug Lehman	31:38
20. Joe Dee	18:16	76. Barry Humble	22:50	132. Shirley Piercy	32:17
21. Scott Ecclestone	18:31	77. John Cramer	22:59	133. Jeff Ruble	32:48
22. Kevin Heckman	18:34	78. Steve Summers	23:07	134. Kevin Wurm	32:49
23. Adam Barton	18:41	79. Don Kramer	23:16	135. Lydia Barger	33:05
24. Dan Green	18:46	80. David Batur	23:18	136. David Porter	36:09
25. Chad Clevenger	19:01	81. Keith Bowen	23:43		
26. Alex Shane	19:02	82. Mike Barman	23:48		
27. Benjamin Owen	19:05	83. Pete Garcia Jr.	24:02		
28. Gino Fisher	19:05	84. Laura Bowen	24:09		
29. Donn Nichols	19:06	85. Bubba Braun	24:14		
30. Ross Green	19:12	86. Becky Ruble	24:24		
31. David Piercy	19:15	87. Emily Zuercher	24:26		
32. Kim A. Lefever	19:18	88. Brian Zuercher	24:26		
33. Anne Duff	19:21	89. Elise Jones	24:27		
34. Deric Poorman	19:23	90. Ashley Henry	24:28		
35. Stephen Clark	19:25	91. Caroline Runyon	24:29		
36. Tim Myers	19:27	92. Brice Gavin	24:30		
37. Jeff Maus	19:29	93. Judi Holsinger	24:35		
38. Linda Gorman	19:31	94. Joseph Ziegler	24:41		
39. Paul Suelzer	19:33	95. Tamara Wright	25:24		
40. Brian Schultz	19:37	96. Georgia Allen	25:25		
41. Matthew Braun	19:40.1	97. Dewain Cobbs	25:30		
42. Matthew Knox	19:40.6	98. Anita Lehman	25:37		
43. Paul Shaffer	19:41	99. Tom Felger	25:48		
44. Justin Barman	19:44	100. Bob Loomis	25:56		
45. Adam Grover	19:59	101. Phyllis Suelzer	26:01		
46. Ryan Hisner	20:11	102. Lynn Bobay	26:13		
47. Jeremy Rauch	20:27	103. Joan Gary	26:22		
48. Chris Adang	20:31	104. Diana Schowe	26:26		
49. Rick Gilbert	20:33	105. Jim Wright	26:27		
50. Sean LaLonde	20:49	106. Aaron Cox	26:37		
51. Andy Gouty	20:59	107. Katie Litchfield	26:49		
52. Michael Holzhausen	21:01	108. Mary Fennig	26:51		
53. Dick Shenfeld	21:05	109. Bruce Thieme	26:53		
54. Sam Bird	21:17	110. Tony Allison	26:57		
55. William Crane	21:21	111. Judith Ingleman	27:04		
56. John D. McPherson	21:32	112. Jon Ingleman	27:04		

1 Mile Fun Run

1. Mike Caley	6:29.0
2. Erik Lose	6:41.0
3. Liz Thatcher	6:43.6
4. Emily Zuercher	6:47.8
5. Cassie Lehman	6:48.4
6. Shane Hisner	6:54.8
7. Sean McAvoy	7:04.8
8. Gavin Hisner	7:05.5
9. Abbey Bunnell	7:06.0
10. Ryley Hankerson	7:14.6
11. Kylee Ehrsam	7:15.5
12. Jamie Steiner	7:16.8
13. Brad Hess	7:19.7
14. Kaylee Faurote	7:24.4
15. Janelle Rhodes	7:31.8
16. Felicia Lehman	7:34.7
17. Madison Moore	7:37.2
18. Benjamin Judge	7:51.3
19. Ashley Huffine	7:56.1
20. Evie Lehman	8:01.6
21. Courtney Wright	8:12.7
22. Vince Cutrona	8:26.1
23. Britt Thatcher	8:51.0
24. Denise Lehman	8:53.3
25. Cassandra Schowe	9:57.9

Fort Wayne Track Club Calendar of Races and Events

We try to provide the most accurate and complete race information that we can, but we urge you to contact the race director for confirmations, postponements, or cancellations. Always send a self-addressed stamped envelope when sending for a race application.

More race information can be found at the following Internet Web Sites.

FWTC WEB SITE www.fwtc.org (FWTC Phone # 1-219-432-5998)

MIDWEST RUNNING <http://www.bright.net/~gmike>

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

(L) Local race in greater Ft. Wayne area

(R) Regional race within 80 miles of Ft. Wayne

(P) FWTC 2001 points race

DECEMBER 2000

- 09 SAT (R) Lafayette Family YMCA Sleigh Bell Run 5k, 10:00 a.m., Lafayette, IN
Joe Casa Santa (219) 474-3448
- “ (R) 10th Annual Dick Gottschalk Memorial Jingle Bell 5k, 10:30 a.m., Rochester, IN
Debbie Gottschalk, 688 W. 18th St., Rochester, IN 46975 (219) 233-3874
- “ Reindeer Run, 10k & 5k, 9:00 a.m., Columbus, IN Barb Smitherman (219) 376-1736
- “ Rocket City Marathon, Huntsville, AL (256) 828-6207 www.huntsvilletrackclub.org
- 10 SUN Winter Run 5k, Carmel, IN Runner's Forum (317) 844-1558 www.runnersforum.com
- “ Polar Express 5k, Cincinnati, OH Don Connolly (513) 474-1399
- “ Rudolph Ramble 8k, Chicago, IL (773) 404-2372 caprievent@aol.com
- 12 TUE Cupids Fling 5k, Carmel, IN (317) 844-1558
- 16 SAT Conner Prairie Gingerbread 5k X-Country R/W 8:30 a.m. Connor Prairie, Fishers, IN
Donna Billard (317) 237-5018
- “ Reindeer Run 5k, Columbus, OH Jeff Glaze (614) 431-9134 glaze@premierace.com
- 26 - 31 Marathon Six-Pack, 6 Marathons in 6 Days, Vandalia, OH (937) 868-7015
- 30 SAT (R) HUFF, 50k, 50k Relay, 10.8 Miles, 8:00 a.m., Huntington, IN
Mitch Harper (219) 436-0739 www.huff50k.com E-mail: Huff50k@aol.com
- “ First Night 5k, Columbus, OH Jeff Glaze (614) 431-9134 glaze@premierace.com
- 31 SUN Resolution Run 5k, 11:45 p.m. Beaver creek H.S., Beaver creek, OH
Jack Holiday (937) 848-3082
- “ Last Race of the Year 5k, Chicago, IL (773) 465-8005 fatback@aol.com

JANUARY 2001

01 MON (R) Frigid Five, 5k, 1 p.m., Kosciusko YMCA Warsaw, IN Don Ransome (219) 267-4110

“ New Year’s Day Resolution Revelation, Indpls., IN (317) 632-8812

06 SAT (R) Frigid 5 miles, 10 a.m., Parks & Rec. Bldg., Kendallville, IN
Brian Shepherd (219) 894-4638

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

“ TRRC Icicle 5k Prediction Run, 9 a.m., Toledo, OH Dick Corado (764) 693-0363

“ Festival of Lights 5k, 5 p.m., Ann Arbor, MI Athletic Ventures (734) 332-3981

07 SUN Walt Disney World Marathon, Orlando, FL (407) 939-3453 www.runningnetwork.com

14 SUN Dave’s Running Shop 10M Shoe Run, Delta H.S., Delta, OH (764) 822-3498

“ Compaq Houston Marathon, Houston, TX (713) 957-3453 www.houstonmarathon.com

21 SUN Donut Dash 5k/10k, 11 a.m., Pearson Park, Toledo, OH Merle Dech (764) 381-2929

“ San Diego Marathon, San Diego, CA (858) 762-2900 www.sdmarathon.com

27 SAT Bop to the Top, 37 Floor Stairclimb, American United Life Bldg, Indianapolis, IN
Tuxedo Brothers (317) 328-1632 www.tuxbro.com

28 SUN Super Bowl 5k, 10 a.m., Novi, MI, Michigan Running Foundation (248) 478-3596
runningfoundation@ameritech.net

FEBRUARY 2001

03 SAT (R) Winter Carnival 5k, 10 a.m., Lakeside Park, Syracuse, IN
Brian Shepherd (219) 894-4638

“ Groundhog Gallop 4M, Jackson, MI Mike Burtch (517) 596-2013 mburtch@dmci.net

04 SUN Groundhog 7 Miler, 1 p.m., Carmel, IN (317) 290-RUNR webmaster@indyrunners.org

“ Las Vegas Marathon, Las Vegas, NV (702) 876-3870 www.lvmarathon.com

10 SAT (LP) Fanny Freezer 5k, 2 p.m., Shoaf Park, Ft. Wayne, IN ~~(219) 456-3331~~

“ Cupid’s Fling 5 k, Carmel, IN The Runners Forum (800) 262-RACE
<http://www.runnersforum.com/Races>

“ Run for the Roses 8k Trail Run, 9 a.m., Austin, IN Brett Turner (812) 793-2759
bturner@brownstone.com

“ Conoco 10k Rodeo Run, Houston, TX (713) 293-4395 www.rodeorun.conoco.com

- 17 SAT (R) Think Spring 5k & 1 Mile, 10 a.m., Ligonier Elementary School, Ligonier, IN
Brian Shepherd (219) 894-4638
- 18 SUN Motorola Marathon, Austin, TX (877) 601-6686 <http://www.motorolamarathon.com>
- 24 SAT Blue Angel Marathon, Pensacola, FL (850) 452-4391 www.mwr-pcola.navy.mil
- “ Bank of America Gasparilla Distance Classic, 15k/5k, Tampa, FL
Susan Harmling (813) 229-7866 www.doitsports.com/gasparilla
- 25 SUN Olympiad Marathon, St. Louis, MO Marathon Sports (314) 434-9577

MARCH 2001

- 10 SAT Showdown of the Shields, 5 Mile Run, 5k Walk, Lincoln Park, Columbus, IN
Columbus Running Club (812) 378-9206 www.RunColumbus.org
- 16 FRI IAC Shamrock Run & Walk, 5MR/5kW, Indianapolis, IN
Tuxedo Brothers (317) 328-1932 www.tuxbro.com
- 17 SAT Shamrock Scholarship 10k, 9:30 a.m., Westfield H.S., Westfield, IN
Mary Atteberry (317) 896-2841 atteberrym@wvs.k12.in.us
- “ (R) Run for Their Lives 5k, Muncie, IN Jay (765) 747-9107
- “ Shamrock Sportsfest 8kR/5kW, Virginia Beach, VA Jerry Bocrie (757) 481-5090
- 18 SUN Dallas Trails Marathon, Dallas, TX Swiatocha's Athletic Store (214) 890-7722
- 24 SAT (LP) Nutri-Runs, 20k/5 miles, 9 a.m. (note change in time from past years). Woodside
Middle School, Ft. Wayne, IN Doug Lehman (219) 672-2087
- “ Round-A-Bout 10k, Carmel, IN The Runner's Forum (800) 262-RACE
<http://www.runnersforum.com/Races>
- “ Holiday Park Shuffle, 5 Mile Trail Run, Holiday Park, Indianapolis, IN
Tuxedo Brothers (317) 328-1632 www.tuxbro.com
- “ Mountain Goat Hill Runs/Walk, Danville, IL Marc Reedy (217) 431-4231
<http://users.net66.com/~kennekuk>
- 25 SUN Sam Costa Half-Marathon, 1 p.m., Carmel, IN (317) 290-RUNR
<http://www.indyrunners.org/>
- “ (R) Van Wert Marathon & Half-Marathon, 8 a.m., Van Wert, OH
Mark Alstaetter (419) 238-3559 E-Mail kiggs@bright.net
- “ Around the Bay Road Race, 30/5k, Hamilton, ONT, CAN (905) 574-8982
info@aroundthebayroadrace.com

31 SAT Bedford Fitness Challenge 5k, Bedford, IN Bill Deckard (812) 275-0403
www.RunBloomington.com

APRIL 2001

01 SUN The Lasalle Bank's Shamrock Shuffle 8k, Chicago, IL (312) 666-9836 www.cara.org

07 SAT (LP) Mastodon Stomp 5k, IPFW, Ft. Wayne, IN Judy Tillapaugh (219) 481-6647

" Homeless Hustle, 10kR/5kW, Eagle Creek Park, Indianapolis, IN
Tuxedo Brothers (317) 328-1632 www.tuxbro.com

" Sun Run 5k R/W, St. Bartholomew Youth House, Columbus, IN
Columbus Running Club (812) 378-9206 www.RunColumbus.org

" Race Chase 10k/5k, Center Grove H.S., Greenwood, IN
Columbus Running Club (812) 378-9206 www.RunColumbus.org

" Ohio River RRC Marathon, Xenia, OH Chari & Kevin Walsh (937) 640-2786
<http://www.orrrcmarathon.com>

" The Stampede of Races, 20k/10k/5k/1M, 9 a.m., Ann Arbor, MI (734) 332-3981

08 SUN Athens Marathon, Athens, OH (740) 594-3825 <http://www.athensohio.com>

14 SAT Brown County Spring Classic 10kR/5kR/W, Brown County H.S., Nashville, IN
Dawn Jones (812) 988-9926 or (812) 988-9622

16 MON Boston Marathon, Boston, MA (508) 435-6905 www.bostonmarathon.org

21 SAT Fast Dash 5k, Franklin, IN The Runner's Forum (800) 262-RACE
<http://www.runnersforum.com/Races>

" Race for the Cure, 5kR/W, IU Track Stadium, Indianapolis, IN
Tuxedo Brothers (317) 328-1632 www.tuxbro.com

" Berean Bible 10k/5k, Columbus, IN Columbus Running Club (812) 378-9206
www.RunColumbus.org

22 SUN Glass City Marathon, Toledo, OH Tom Falvey (419) 475-0731
<http://www.ToledoRoadrunners.org>

28 SAT (LP) Indiana Artsfest Marathon & 8k, IPFW, Ft. Wayne, IN Diana Sir Louis
(219) 481-6059 <http://www.ipfw.edu/vpa>

" Country Music Marathon, Nashville, TN (800) 311-1255 <http://www.cmarathon.com>

" Pine Line Trail Marathon, Medford, WI (715) 748-4729 or (888) 682-9567

29 SUN Michigan Trail Marathon, Ann Arbor, MI Running Fit (734) 769-5016
<http://www.runningfit.com>

Are You Hard-Core?

By: Jon Schlatter

Three winters ago as I approached the turn around for an eight-mile run in Foster Park I came across a couple “warming up” in the universal way that most couples do. I gave it not a second thought for as with most runners it was not an uncommon sight. What was unusual was that a few moments later this couple caught up with me and we ran the main path of Foster Park for a while in the cold January air. With an exchange of names, long since forgotten, we did what most runners do, particularly strangers, when randomly thrown together on a training run, we began to speak of our running lives, races recently run, the types of training we do. After a bit of talk, the woman of the couple asked me how my 50k race had gone. In some surprise I gave her a second and third look and then recognized her as a runner that I had shared part of an 18-mile trail run at Huntington Reservoir the previous fall. I briefly spoke of how the race had gone and then asked her boyfriend who was from Kalamazoo what type of races he enjoyed. He responded that he mainly ran 5ks in which he had a PR around 15:04. I blurted out something about being in Brian Shepherd territory and how he must be a hard-core runner as I suddenly realized that I was proceeding at a pace that was a lot swifter than I was accustomed to. He retorted that he felt that he was normal but that anyone, such as me, who ran races further than a marathon was definitely hard-core. I had to let them go at this point, for I was struggling to maintain the pace. I thought to myself you don’t know the half of it because you don’t know my friends. This conversational exchange did, however, set my mind to considering and deliberating on the idea of just what constitutes a hard-core runner. It cannot be simply a matter of various accomplishments for that depends wholly upon what a runner does with the ability that she or he is born with. I think it comes down to the attitude they bring to the sport as possibly expressed in the following.

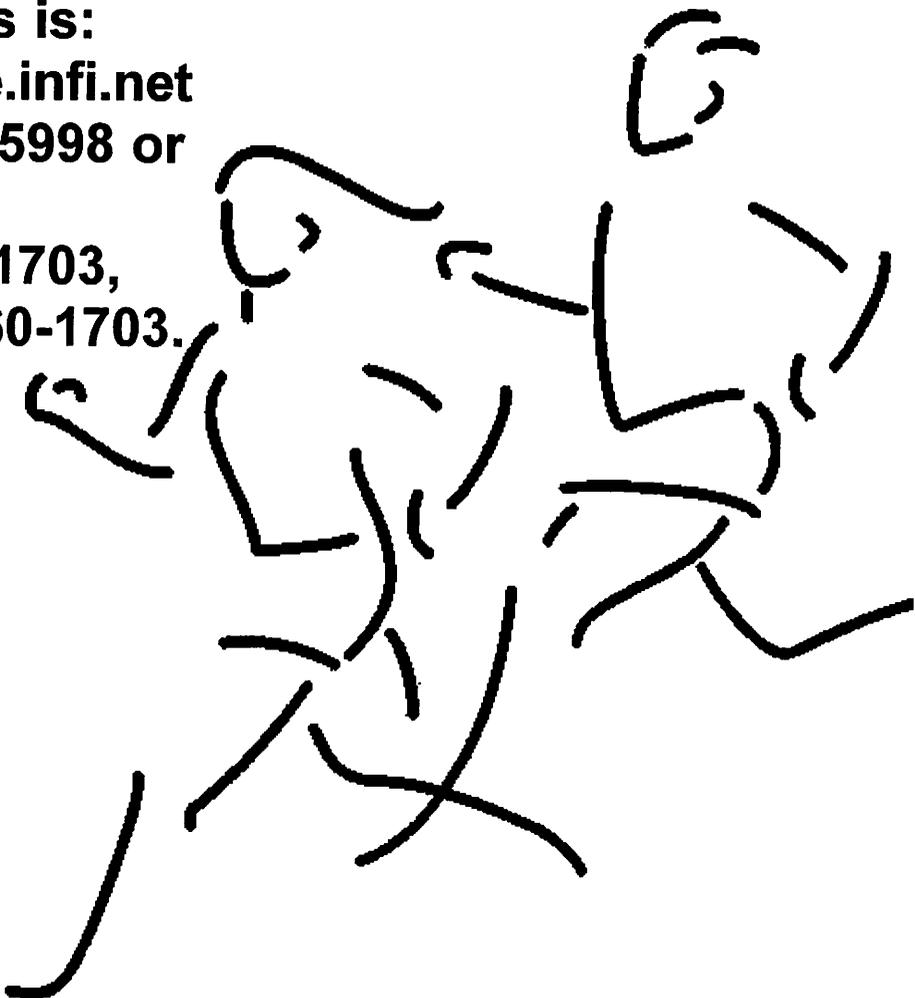
1. You can still remember the entire race course of the old Lincoln Bank/Home Loan/Summit City 10k and even come close on the mile markers and where the bands were placed.
2. When you are planning a family vacation you surf the net looking for a race to run in the areas that you will be traveling in and also to check out trail systems that may be nearby.
3. As you are driving home in a rainstorm or a snowstorm your only thought is that you cannot wait to get home and change so you don’t have to go “dancing” with this current weather phenomena.
4. You are traveling down a road that you have never driven before when it starts to feel vaguely familiar and after a few seconds you realize that a dozen years ago you ran a race on this road.
5. To you a perfectly fun weekend is spent getting little or no sleep as you crew for a friend as he or she is trying to accomplish the very understandable goal of finishing a 100-mile race.
6. You cannot balance your checkbook and you pay someone else to do your taxes but you can accurately and quickly figure the average mile pace for any distance and time while on the run.
7. It has been accurately asserted that your freezer contains several bags of frozen vegetables bought not for their nutritional value but because they make excellent reusable ice packs.
8. On your birthday, anniversary, or any other significant day you consider it the supreme act of unselfish love when your mate gives you presents of any sort of running-related gear.
9. You consider it perfectly normal to arise at 6:00 a.m. on a Saturday to go to a 5k race and then to travel another hour to a state recreation area for a 14-mile trail training run with your friends.
10. At first your kids were embarrassed but now they think that you are pretty cool because you watch their soccer games while doing continuous laps around the field until the contest is over.

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Turkey Trot 5K - November 18, 2000

	Age	Time		Age	Time
1. Ron Sharp	35	16:07.7	56. Nathan Reinhard	17	22:36.7
2. Michael Fruchey	31	16:34.2	57. Ron Hammond	47	22:41.8
3. Negath Metaferia	23	16:39.5	58. Kent C Ober	55	22:42.9
4. Adam Lee Truex	17	17:15.1	59. Verton L Troyer	52	22:45.4
5. Jim Furkis	23	17:25.7	60. Katie Creighton	42	22:50.0
6. King Oberlin	22	17:28.4	61. Donald Kramer	46	22:51.7
7. Sam Stephens	37	17:31.1	62. Jeff Metzger	39	22:55.4
8. Jerry Williams Jr.	40	17:41.2	63. Fred Hannan, Jr.	46	22:58.9
9. Cody Griner	16	17:48.3	64. Sam N Bird	10	23:02.4
10. Victor McHenry	16	18:04.8	65. Jim Pickett	51	23:06.4
11. Robert Minnich, Jr	33	18:06.2	66. Josh Bauer	14	23:16.6
12. Tim O' Connell	44	18:09.5	67. Tom Tuttle	16	23:18.5
13. Brad A Thomas	25	18:17.8	68. Jack Seigel	55	23:25.4
14. Roger L Wilson	47	18:27.4	69. Philip Sundberg	14	23:27.6
15. John Schnieders	36	18:28.7	70. Mitch V Harper	44	23:36.9
16. Michael Schoudel	32	18:29.6	71. Mike Goodwin	16	23:47.1
17. Mitch Novy	16	18:32.3	72. Doug McKinzie	45	23:48.9
18. Thomas Bussen	38	18:58.1	73. Rich Stephenson	53	23:50.1
19. Bob Knuckles	44	19:04.2	74. Kristen Goeb	16	23:58.9
20. Nathan Truex	15	19:18.9	75. Terry Teegardin	38	24:25.9
21. Dustin Hull	16	19:21.7	76. Carol Herndon	36	24:28.6
22. Joseph Wolf	14	19:25.9	77. Bill Wylie	56	24:33.6
23. Chester Bennett	18	19:27.5	78. David Lowe	42	24:38.2
24. Jed Pearson	49	19:37.1	79. Jenna Shaffer	15	24:39.3
25. Kim A Lefever	44	19:45.7	80. Joe Ziegler	64	24:47.6
26. Carl A Risch	43	19:46.9	81. Kimberly Summers	32	24:52.6
27. Rick Placencia	16	19:47.9	82. Jon Ingleman	58	24:53.7
28. Paul Shaffer	42	19:49.6	83. John Bennett	44	24:57.7
29. Neil Tate	49	19:55.7	84. Aubrey Beeson	13	25:01.3
30. Linda Gorman	37	20:03.1	85. Kathryn Pleus	50	25:02.0
31. Mandy Knuckles	16	20:07.1	86. Sam Hadley	48	25:13.2
32. Gordon Pleus	54	20:25.2	87. James Beeson	45	25:24.4
33. Chad Bennett	16	20:38.7	88. Tamara Wright	42	25:28.3
34. Kevin Lochner	45	20:51.6	89. Joel Schartzter	53	25:40.0
35. Bob Bruckner	55	21:03.6	90. Lorraine Fox	39	25:45.8
36. Mark Wylie	28	21:08.6	91. Van Hauptert	48	26:08.2
37. Jeffrey Rowe	40	21:15.4	92. Robert C Loomis	67	26:14.0
38. Ruth Dunn	41	21:23.4	93. Caroline Runyan	36	26:17.2
39. Darlene Barton	25	21:28.5	94. Randy Hockemeyer	33	26:21.1
40. Steve Rhoades	40	21:34.3	95. Mary Sheffer	37	26:27.4
41. Janet Souder	21	21:39.3	96. Chris Crowell	31	26:36.7
42. Elizabeth Herndon	15	21:42.2	97. Joan Gary	64	27:03.9
43. Tom Landis	44	21:44.4	98. James H Wright	53	27:30.0
44. Paul Ausderan	46	21:45.5	99. Judith Ingleman	45	27:30.8
45. William A Crane	58	21:48.9	100. Jim Berghoff	40	27:31.4
46. Ty Murphy	52	21:50.6	101. Jerry Berghoff	30	27:32.1
47. John David McPherson	47	21:54.5	102. Quinn Farver	41	27:34.0
48. Dewain Cobbs	58	22:01.4	103. Brian Miller	44	27:34.8
49. Jeff Switzer	27	22:03.1	104. Rick Hilker	45	27:39.9
50. Fred Stoffel	50	22:04.8	105. Lynn T Bobay	49	27:51.0
51. David E Boylan	58	22:05.8	106. Polly Grismore	29	27:52.1
52. Stephen Olson	24	22:07.7	107. Bob Goeb	50	27:55.7
53. Freeman Hershberger	62	22:21.0	108. Justin Ralston	17	28:07.9
54. Jennifer Steigmeyer	30	22:29.1	109. Barb Scrogam	54	28:14.4
55. Jim Bougher	38	22:35.8	110. Thomas Cleveland	38	28:28.0

Turkey Trot 5K - November 18, 2000

	Age	Time		Age	Time
111. Thomas Filas	37	28:34.2	126. Martin Didion	49	31:26.7
112. Mark Jones	47	28:51.6	127. Rita Bunner	45	31:34.2
113. Alex Bunner	12	28:56.4	128. Liane Shaffer	12	31:42.1
114. Alexis Amstutz	17	29:00.0	129. Renee Fenstermaker	43	31:46.0
115. Alex Bowers	19	29:04.9	130. Diane Post	43	32:22.4
116. Rebecca Spera	25	29:17.6	131. Austin Agier	9	32:38.4
117. Laurie Shafer	25	29:19.3	132. Doug Lehman	48	32:46.0
118. April Teel	23	29:42.1	133. Susan Peterson	46	33:16.7
119. Melissa Glaze	41	29:57.5	134. Peggy Seigel	54	34:03.9
120. Scott Glaze	42	29:58.8	135. Betty Greider	39	37:02.2
121. Sarah Kleinknight	57	30:19.0	136. Lynn Hoffman	27	41:30.7
122. Christi Stevens	23	30:55.0	137. Susan Schartzer	53	46:51.0
123. Penny Robinson	37	30:56.5	138. James P Jones	72	50:49.1
124. Erin Garner	32	31:07.7			
125. Sharon Huss	60	31:25.2			

Germantown 50K Trail Run - Germantown, OH - October 8

	Age	Time	Pace		Age	Time	Pace
1. Joseph M. Smindak	M 40	4:05:24	7:54	29. Dan Riggerbach	M 41	6:16:04	12:07
2. Steve Webster	M 46	4:11:26	8:06	30. Brenda Gutmann	F 42	6:20:48	12:16
3. John Nichols	M 36	4:15:14	8:13	31. Larry Berna	M 41	6:22:24	12:19
4. Brian Buchanan	M 43	4:19:07	8:21	32. Mike Allen	M 51	6:23:13	12:21
5. Thomas Possert	M 37	4:25:38	8:33	33. Jason Bour	M 32	6:24:00	12:22
6. Douglas Hansel	M 41	4:42:56	9:07	34. Rob Apple	M 39	6:38:21	12:50
7. Tracy Rose	F 37	4:53:51	9:28	35. Bruce Purdy	M 44	6:38:21	12:50
8. Mark Bodamer	M 42	5:03:53	9:47	36. Arthur Moore	M 63	6:39:42	12:52
9. Sylvia Gleason	F 41	5:12:18	10:04	37. Margaret Hurley	F 38	6:44:15	13:01
10. Dave Greenwood	M 49	5:14:27	10:08	38. Edward Bray	M 55	6:44:15	13:01
11. Daniel South	M 34	5:22:38	10:24	39. Paul Bohannon	M 49	6:44:59	13:03
12. Sean McCormick	M 29	5:28:27	10:35	40. Tom Tiller	M 59	6:49:08	13:11
13. Janet Suttmiller	F 44	5:31:48	10:41	41. Thomas Stone	M 40	6:51:26	13:15
14. Dale Ritter	M 36	5:32:14	10:42	42. John Grilliot	M 57	7:01:29	13:34
15. Alvin Eder	M 48	5:37:17	10:52	43. Len DeMoss	M 53	7:04:12	13:40
16. Gregory R Bell	M 40	5:45:00	11:07	44. Tom Frohlich	M 39	7:09:50	13:51
17. Joseph Plummer	M 47	5:45:59	11:09	45. Melissa Alwood	F 39	7:10:30	13:52
18. Bryan Whitt	M 26	5:47:38	11:12	46. Jim Borgstrom	M 64	7:11:07	13:53
19. Warren Flory	M 42	5:49:17	11:15	47. Don Lindley	M 56	7:24:51	14:20
20. Joe Kazakaitis	M 50	5:50:34	11:18	48. Tara Smith	F 40	7:33:43	14:37
21. Ingrid Honzak	F 52	5:51:08	11:19	49. Sandra Zanchi	F 49	7:46:48	15:02
22. Michael Randall	M 42	5:55:12	11:26	50. Chip Schwartz	M 32	7:46:48	15:02
23. Ken Klein	M 53	6:05:03	11:45	51. Zenek Zapotocky	M 53	7:52:21	15:13
24. Keith Theisen	M 54	6:05:39	11:47	52. Leo Lightner	M 72	7:52:21	15:13
25. John Sites	M 49	6:08:33	11:52	53. Sarann Mock	F 69	8:06:00	15:39
26. Joseph Petite	M 50	6:11:39	11:58	54. Gayle Godfrey	F 58	8:27:39	16:21
27. Gene Black	M 58	6:12:00	11:59	55. Eugene Barker	M 70	8:27:39	16:21
28. Bill Pustow	M 52	6:12:18	11:59	56. Kenneth Meyer	M 52	8:37:02	16:39
				57. David B Heitkamp	M 50	8:26:30	16:19



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COMING EVENTS...

HUFF 50K - 50K RELAY, 10.8 MILES

Saturday, December 30 - 8 AM
Huntington, IN

FRIGID 5 MILLER

Saturday, January 6 - 10 AM
Kendallville, IN

FANNY FREEZER 5K

Saturday, February 10 - 2 PM
Shoaff Park - Fort Wayne, IN

FWTC MEETINGS

Wednesday, December 13, 7:00 PM, Run 6:00
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Wednesday, January 10, 7:00 PM, Run 6:00
IPFW - Hilliard Gates Activity Center

Advertising Rates

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

Insert race Applications (Includes printing results)

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

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

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



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

Bulk Rate
U.S. POSTAGE
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