

the inside track

February 2001 - March 2001

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Mark Godale & Michelle Mitchell Celebrate Victory at the 2000 Huff



Check out our web site at www.fwtc.org

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 If you join during the year you pay as follows: 100%- Jan, Feb, Mar- 1st Qtr.

Members under 21: \$12

75%- Apr, May, Jun- 2nd Qtr.

Family rates: \$4 for ea. add'l family member (\$8 - max)

50%- Jul, Aug, Sep- 3rd Qtr.

125%- Oct, Nov, Dec- 4th Qtr.

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.

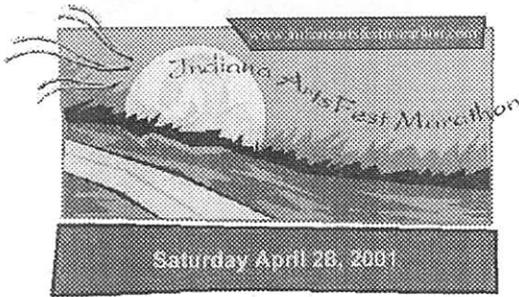
CLUB MEMBERSHIP APPLICATION WAIVER

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.

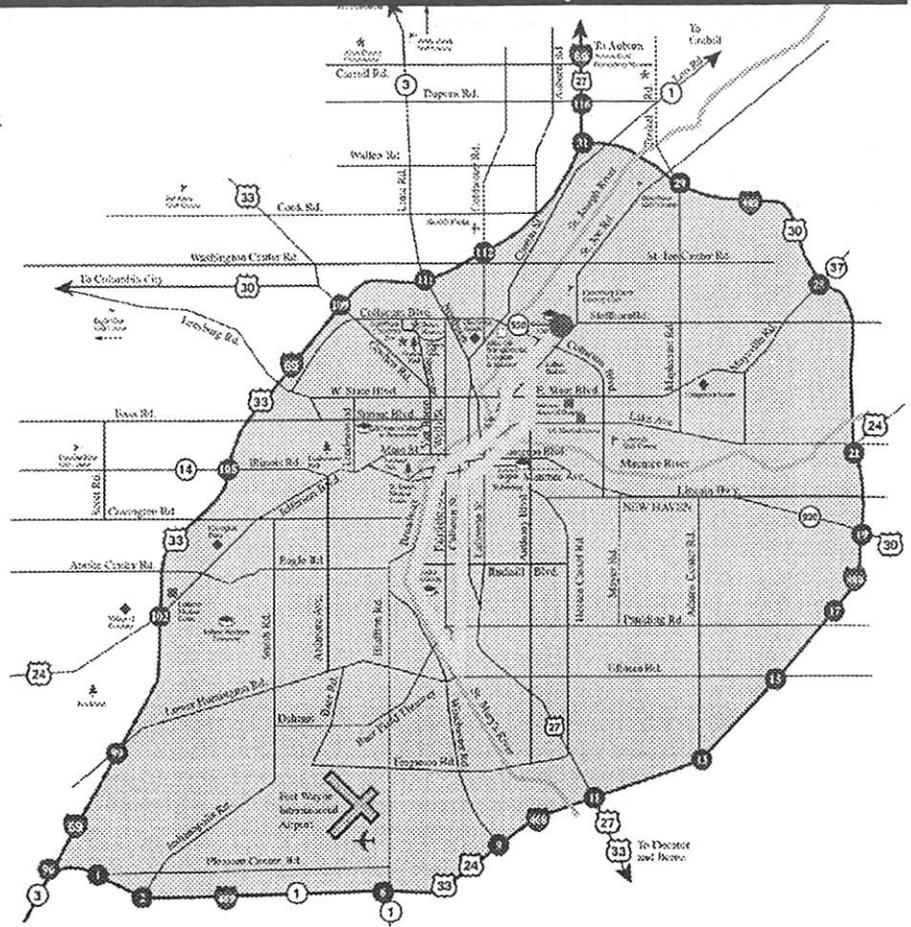
Signature: _____ Date _____

Parents Signature(if under age 18) _____ Date _____

Fort Wayne Marathon Course - Saturday, April 28, 2001



The starting line is at the IPFW campus. The course follows southwest along Fort Wayne's scenic River Greenway through Swinney Park. The course will curve around at Washington Blvd. to Wayne St and through the historic West Central neighborhood to Broadway Av. where it turns south to spacious Foster Park and once again picking up the River Greenway and following it to Tillman Rd. where the course connects to Calhoun St. The course runs north up Calhoun St. to Columbia St where it heads east to beautiful Lakeside Park. The final leg of the course connects at Lakeside Park heading north on North Anthony Blvd. and back to the IPFW Campus for the Finish.



Fort Wayne Track Club Monthly Meeting Minutes Wednesday, December 13, 2000 7:00 - IPFW

13 Present

Bill Sohaski
Don Lindley
Paul Knott
Linda Gorman
Tom Landis,
Carol Garcia
Judy Tillapaugh
Bill Harris
Jerry Diehl
Mitch Harper
Jon Schlatter
Steve Hilker
Roger Wilson

1. Meeting was called to order by Bill Sohaski.
2. Don Lindley offered the opening prayer.
3. Don gave treasure's report. He also reported on RRCA Insurance & membership. Dues for 2001 were \$1817.10. 9 races were submitted for approval, for insurance: Fanny Freezer, Nutri-Run, Rat Race, Parade, Speed workouts, Parlor City, Turkey Trot, J. P 10K, Marathon. All approved by board.
4. Don gave a wrap-up report on the Turkey Trot.
5. Paul gave points race results.
6. Judy called for a vote on new officers - all approved by board:
I.E. President Jon Schlatter, Vice President Doug Lehman, Treasurer Don Lindley, Secretary Carol and Vince Garcia.
7. Judy submitted new membership applications, approved with a few changes.
8. Judy and Don gave J.P. 10K wrap-up. Board recognized Judy and several others who stepped forward and handled the medical problem-in an exemplary manner.
9. Linda gave marathon report. Board voted to 100% support for Linda Gorman and her decisions, however expressed strong discomfort with several aspects of Diana SirLouis's handling of the race.
10. Santa conducted the gift exchange.

Just Plain 10K - December 2, 2000

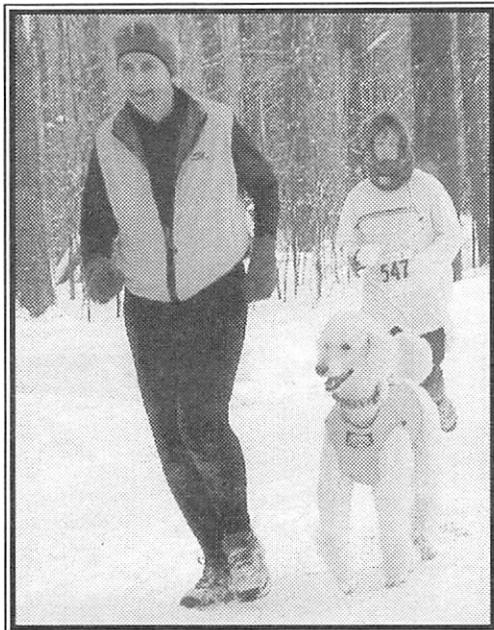
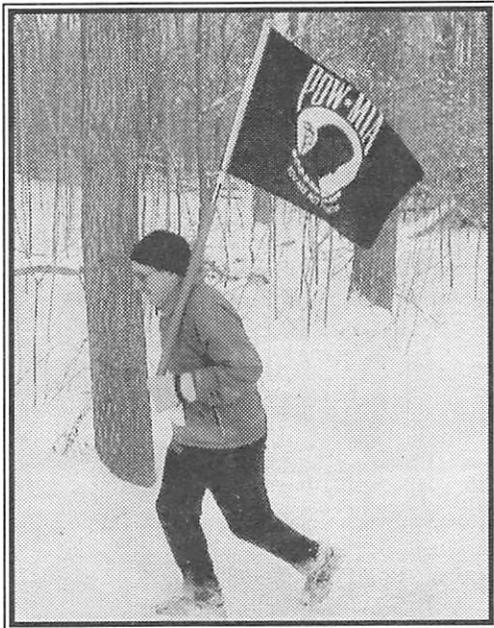
	City	Age	Time		City	Age	Time
1. Ron Sharp	Ft Wayne	35	33:23.0	56. Tamara Wright	Ft Wayne	42	54:00.0
2. Michael Fruchey	Huntertown	31	34:22.0	57. Laurie Yahl	Ft Wayne	22	54:08.0
3. Sam Stephens	Ft Wayne	37	36:00.0	58. Mary Sheffer	Warsaw	37	54:33.0
4. Michael Clay	Convoy, OH	41	36:06.0	59. Fred Hannan, Jr.	Ft Wayne	46	54:41.0
5. Adam Lee Truex	Ossian	17	37:12.0	60. Quinn Farver	Ft Wayne	41	56:04.0
6. Cody Griner	Uniondale	16	37:26.0	61. Aaron Cox	Ft Wayne	47	56:17.0
7. Michael Schoudel	Ft Wayne	32	37:40.0	62. Joan Gary	Fremont	64	56:20.0
8. Roger L Wilson	Ft Wayne	47	38:14.0	63. Martin Trapp	Ft Wayne	17	56:30.0
9. Jr Robert Minnich	Ft Wayne	33	38:36.0	64. Laurie Shafer	Ft Wayne	25	56:57.0
10. Rick Placencia	Garrett	16	39:09.0	65. James H Wright	Ft Wayne	53	57:21.0
11. Victor McHenry	Craigville	16	39:13.0	66. Tom Tuttle	Ft Wayne	16	58:06.0
12. Brad A Thomas	Ft Wayne	26	39:16.0	67. Mike Goodwin	Ft Wayne	16	58:12.0
13. Jon Uecker	Ft Wayne	27	39:24.0	68. Don Anderson	Ft Wayne	73	58:48.0
14. Michael Lewis	Wolcottville	34	39:39.0	69. Robert C Loomis	Monroeville	67	59:08.0
15. Mitch Nary	Garrett IN	16	40:15.0	70. Barrie Peterson	Ft Wayne	58	59:09.0
16. Brent Emerick	Columbia City	14	40:26.0	71. Tom Felger	Ft Wayne	61	59:11.0
17. David Swenson	New Haven	38	40:32.0	72. Lynn T Bobay	Columbia City	49	59:26.0
18. Linda Gorman	Ft Wayne	37	40:35.0	73. Caroline Runyan	Ft Wayne	36	1:01:32.0
19. Jed Pearson	Columbia City	49	40:54.0	74. Sarah Kleinknight	Ft Wayne	57	1:03:26.0
20. Robert W Eherenman	Roanoke IN	35	41:05.0	75. Mark Gia Quita	Ft Wayne	46	1:06:51.0
21. Bob Knuckles	Huntertown	44	41:31.0	76. Rick Hilker	Ft Wayne	45	1:10:00.0
22. Kim A Lefever	Columbia City	44	41:35.0	77. Diane Post	Ft Wayne	43	1:10:39.0
23. Paul Shaffer	Decatur	42	41:50.0	78. Donald Lindley	Ft Wayne	56	1:10:48.0
24. Kurt Ziemann	Ft Wayne	37	42:01.0				
25. Daniel Nestel	Ft Wayne	41	42:30.0				
26. Mandy Knuckles	Huntertown	16	42:37.0				
27. Chris Adang	Ft Wayne	25	42:54.0				
28. Dustin Hill	Columbia City	16	43:33.0				
29. Bob Bruckner	Ft Wayne	55	43:38.0				
30. John Treleaven	Ft Wayne	48	43:52.0				
31. Tom Landis	Churubusco	44	44:53.0				
32. John David McPherson	Ft Wayne	47	45:23.0				
33. Naomi Fruchey	Huntertown	29	45:31.0				
34. Steve Rhoades	Avilla	40	45:38.0				
35. Fred Stoffel	Larwill	50	45:53.0				
36. Ty Murphy	Columbia City	52	45:55.0				
37. William A Crane	Warsaw	58	46:14.0				
38. Paul Ausderan	Ft Wayne	46	46:25.0				
39. Jim Pickett	Waterloo	51	47:06.0				
40. David E Boylan	Ft Wayne	58	47:44.0				
41. Jim Bougher	Ft Wayne	38	48:16.0				
42. Jack Seigel	Ft Wayne	55	49:45.0				
43. Hans Schmidt	Columbia City	36	49:55.0				
44. Lindsae Rhoades	Avilla	19	50:04.0				
45. Joe Taylor	Kendallville	38	50:31.0				
46. Nathan Folks	Bluffton	17	50:40.0				
47. Greg Purcell	Ft Wayne	52	50:49.0				
48. Rich Stephenson	Monroeville	53	51:09.0				
49. Rick Evans	Ft Wayne	40	51:15.0				
50. Andy Haxton	Ft Wayne	32	51:25.0				
51. William E Harris	Ft Wayne	62	51:26.0				
52. Mark A Brattoli	Ft Wayne	45	52:20.0				
53. Joe Ziegler	New Haven	64	52:26.0				
54. Lorraine Fox	Ft Wayne	39	52:32.0				
55. Kristen Goeb	Ft Wayne	16	52:55.0				

3.3KM Fun Run/Walk

	City	Age	Age Group
1. Beverly Metzger	Ft Wayne	38	1 F 0-99
2. Emily Nestel	Ft Wayne	13	2 F 0-99
3. Cindy Nestel	Ft Wayne	42	3 F 0-99
4. Katharina Beutelmann	Decatur	16	4 F 0-99
5. Lynn E Armstrong	Ft Wayne	53	1 M 0-99
6. Doug Lehman	Ft Wayne	48	2 M 0-99

HUFF 50K - Overall Finish List

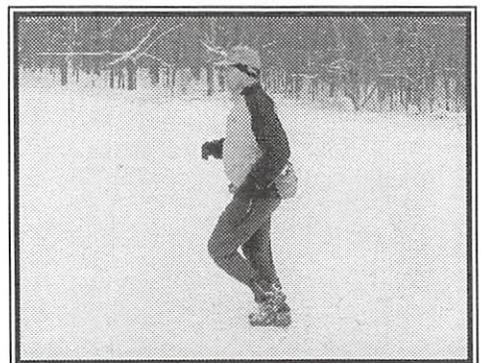
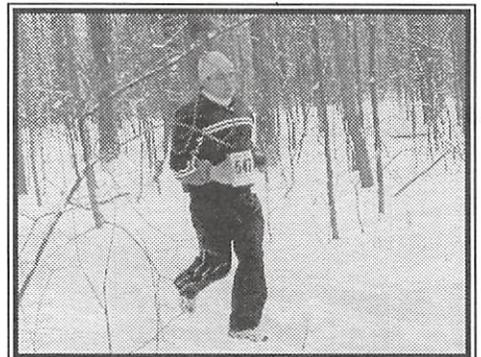
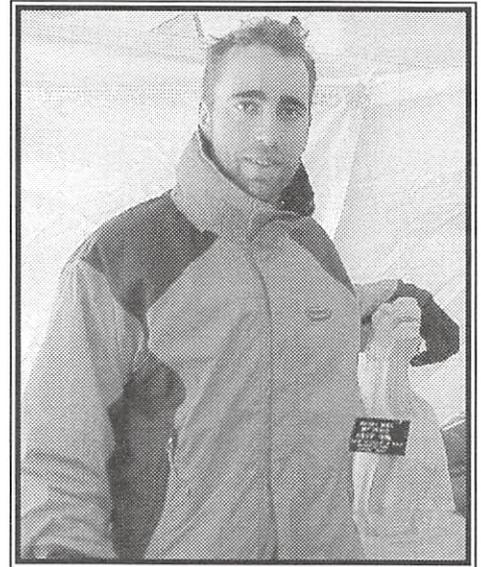
December 30, 2000



	City	Age	Time	Pace
1. Mark Godale	Aurora, OH	30	5:04:53.80	9:08/M
2. Jozef Gyurke	Carmel, NY	43	5:22:06.90	9:39/M
3. David Dwornick	Brownstown, MI	43	5:47:04.40	10:24/M
4. Richard PUNCHES	Rockford, MI	43	6:04:39.60	10:56/M
5. Anthony Vukovics	Vernon Hills, IL	34	6:06:42.60	11:00/M
6. Garrett Graubins	Denver, CO	28	6:07:01.00	11:00/M
7. Jeff Parker	Rochester, MS	40	6:07:54.00	11:02/M
8. Douglas Sawyer	Mahopac, NY	33	6:10:21.60	11:06/M
9. Michelle Mitchell	Fairbanks, AK	26	6:15:28.70	11:15/M
10. Vince Hazen	Chadron, NE	33	6:16:43.00	11:18/M
11. Laurel Cihak	Muskegon, MI	44	6:23:49.40	11:30/M
12. David Reimschisel	Leo, IN	40	6:32:43.90	11:46/M
13. Anong Pustow	Louisville, KY	37	6:34:25.50	11:49/M
14. Vern Vanbeek	Burlington, WI	42	6:42:17.30	12:04/M
15. Eric White	Ft Wayne, IN	36	6:42:17.30	12:04/M
16. Chuck Gulker	Hilliard, OH	44	6:42:51.40	12:05/M
17. Cassandra McCurle	Nashport, OH	31	6:49:47.30	12:17/M
18. Ken Price	Rochester Hills, MI	43	6:50:37.30	12:19/M
19. James Smith	Knoxville, TN	32	6:52:06.70	12:21/M
20. Dave Konkey	Porter, IN	33	6:56:11.70	12:29/M
21. Mark Wenneker	Indianapolis, IN	42	7:02:52.60	12:41/M
22. Michael Ward	Chicago, IL	43	7:03:39.30	12:42/M
23. Michael R. Jones	Valparaiso, IN	52	7:04:58.70	12:44/M
24. Ron Poore	Monroe, MI	42	7:05:39.50	12:46/M
25. Dan Distelhorst	Galloway, OH	42	7:07:05.90	12:48/M
26. Bob Gaylord	Fort Knox, KY	52	7:09:49.00	12:53/M
27. Philip Stuart	Bowling Green, OH	27	7:12:09.40	12:57/M
28. Ed Stuart	Holland, OH	54	7:12:17.70	12:57/M
29. Kim A Lefever	Columbia City, IN	44	7:12:39.60	12:58/M
30. Wesley Fenton	New Madison, OH	39	7:16:18.10	13:05/M
31. Tom Henson	Zeeland, MI	51	7:16:50.70	13:06/M
32. Travis Sybrowsky	Grand Ledge, MI	33	7:18:26.80	13:09/M
33. Jeff Laforce	Libertyville, IL	39	7:21:53.60	13:15/M
34. Mike Jacolenne	Zanesville, OH	49	7:22:02.30	13:15/M
35. Jack Thomas	Wheeling, IL	48	7:25:06.40	13:21/M
36. Denise Fazio-Ferguson	Columbus, OH	37	7:25:32.20	13:21/M
37. Roger L Wilson	Ft Wayne, IN	47	7:27:52.90	13:26/M
38. Richard Plezia	Morton Grove, IL	42	7:28:27.00	13:27/M
39. Marc Laudeman	Bremen, IN	44	7:34:35.90	13:38/M
40. Hugh Davis	Tell City, IN	37	7:36:05.30	13:40/M

HUFF 50K - Overall Finish List *continued*

	City	Age	Time	Pace
41.	Mark Stoddard	Brownsburg, IN	41	7:36:17.50 13:41/M
42.	Linda Ianucilli	Ft Wayne, IN	38	7:38:15.60 13:44/M
43.	Sam Spring	Fort Wayne, IN	35	7:39:03.50 13:46/M
44.	John Gustafson	Beach Park, IL	47	7:39:07.90 13:46/M
45.	Joe Price	Indianapolis, IN	37	7:41:20.60 13:50/M
46.	Bill Wagner	Chagrin Falls, OH	47	7:42:21.60 13:52/M
47.	Gary Hilliard	Youngstown, OH	46	7:45:35.80 13:57/M
48.	Jeff Milleman	Ft Wayne, IN	44	7:47:43.70 14:01/M
49.	Kim Milleman	Ft Wayne, IN	28	7:47:45.30 14:01/M
50.	Ed Rodbro	Wadsworth, IL	42	7:47:46.70 14:01/M
51.	Mike Allen	Kettering, OH	51	7:49:34.40 14:05/M
52.	Ken Klein	Centerville, OH	53	7:53:34.50 14:12/M
53.	Mike Cartwright	Fayetteville, NC	34	7:55:19.50 14:15/M
54.	Steve Wolf	Hilliard, OH	37	7:55:46.90 14:16/M
55.	David Hughes	Kokomo, IN	55	7:58:50.60 14:21/M
56.	Steve Ochs	Huntington, IN	41	8:04:46.80 14:32/M
57.	Andrew Ploenzke	Poplar Grove, IL	32	8:04:56.60 14:32/M
58.	Libby Jennings	Grand Rapids, MI	51	8:08:09.80 14:38/M
59.	Mike Smith	Fishers, IN	43	8:09:50.30 14:41/M
60.	E Hans Schmidt	Columbia City, IN	36	8:12:42.00 14:46/M
61.	Javier Cendejas	Louisville, KY	57	8:18:38.20 14:57/M
62.	Thomas McGinnis	Indianapolis, IN	40	8:21:21.20 15:02/M
63.	Dan Riggerbach	Seville, OH	42	8:21:42.20 15:02/M
64.	Nancy Majors	Chicago, IL	42	8:28:54.00 15:15/M
65.	Stephen J. Arndt	Michigan City, IN	49	8:29:09.60 15:16/M
66.	Jerry Diehl	Ft Wayne, IN	49	8:29:54.70 15:17/M
67.	Robert Huber	Bowling Green, OH	38	8:35:17.20 15:27/M
68.	Bill Diey	Champaign, IL	40	8:36:29.80 15:29/M
69.	Rich LiMacHer	Matteson, IL	50	8:40:57.40 15:37/M
70.	Paul Piplani	Mesa, AZ	53	8:52:03.40 15:57/M
71.	Tom Moeller	Laporte, IN	48	8:52:07.40 15:57/M
72.	Lynn Kamer	Wadsworth, IL	44	9:10:57.80 16:31/M
73.	Dave Mortensen	Beach Park, IL	46	9:10:59.20 16:31/M
74.	Gary Raike	Woodridge, IL	38	9:13:51.10 16:36/M
75.	Bud Stiffler	Anderson, IN	62	9:16:19.40 16:41/M
76.	Joan Gary	Fremont, IN	64	9:18:31.10 16:45/M
77.	David Heitkamp	New Haven, IN	50	10:31:27. 18:56/M
78.	Donald Lindley	Ft Wayne, IN	56	11:26:24. 20:35/M
79.	Dottie Duncan	Chicago, IL	46	11:38:17 20:56/M
80.	Dave O'Brien	Hales Corners, WI	66	11:38:19 20:56/M



HUFF One-Loop Fun Run One - December 30, 2000

	Age	Time	Pace		Age	Time	Pace
1. Jerid Stoffel	18	1:41:25.4	9:07/M	56. Jonathon Barr	30	2:36:05.5	14:02/M
2. Fred Miller	24	1:42:26.5	9:13/M	57. Craig Hamilton	51	2:36:12.7	14:03/M
3. Brendon Moody	19	1:45:08.7	9:27/M	58. Greg Ingermann	29	2:36:15.1	14:03/M
4. Nathan Folks	17	1:45:42.8	9:30/M	59. Mary Newell	31	2:36:16.5	14:03/M
5. Marlin Howe	45	1:47:26.8	9:40/M	60. Stephen A Schwartz	53	2:36:26.4	14:04/M
6. Victor McHenry	16	1:50:27.0	9:56/M	61. Donald Atteberry	44	2:36:38.7	14:05/M
7. David Shock	25	1:51:02.9	9:59/M	62. Jerry Cooper	42	2:37:15.3	14:08/M
8. Michael Henry	36	1:52:19.1	10:06/M	63. Jim Berghoff	40	2:38:36.9	14:16/M
9. Paul Richardson	28	1:53:21.3	10:12/M	64. Jim Espich	53	2:38:51.3	14:17/M
10. Susan Barth	20	1:54:28.0	10:18/M	65. Nick Ochs	14	2:42:24.8	14:36/M
11. Carl Moeller	33	2:00:46.2	10:52/M	66. Mary T Adamo-Price	41	2:42:27.0	14:37/M
12. Luke Stoffel	15	2:04:11.2	11:10/M	67. Patty L Schwartz	47	2:42:47.5	14:38/M
13. Carl Hansen	44	2:05:17.8	11:16/M	68. Larry Kantz	50	2:42:56.6	14:39/M
14. Jon Beasley	35	2:05:52.5	11:19/M	69. Kendra Hitchcock	39	2:43:00.6	14:39/M
15. Kraig Kerschner	35	2:06:21.3	11:22/M	70. Jamie Banks	36	2:43:01.4	14:40/M
16. Robert Cornell	35	2:09:08.5	11:37/M	71. Linda Kennedy	40	2:43:02.8	14:40/M
17. Larry Whitaker	50	2:10:25.4	11:44/M	72. Joel Brecount	34	2:43:20.4	14:41/M
18. Kirk Eisert	31	2:12:03.6	11:53/M	73. Eric Kleinrichert	33	2:44:05.7	14:45/M
19. Tom Villagomez	46	2:12:42.7	11:56/M	74. Jason Turney	27	2:45:51.3	14:55/M
20. Mark Thessin	31	2:14:48.0	12:07/M	75. Susan Mayer	26	2:46:07.1	14:56/M
21. Daniel Nestel	41	2:14:50.3	12:08/M	76. Donald Pogoda	39	2:47:25.5	15:03/M
22. S.j. Hoover	35	2:15:44.5	12:12/M	77. David S Weikel	48	2:47:56.8	15:06/M
23. John Buhler	54	2:17:15.1	12:21/M	78. Matt Blocher	35	2:50:29.0	15:20/M
24. Joe Pais	35	2:19:16.7	12:31/M	79. Rick Terkhorn	48	2:51:53.9	15:27/M
25. Adam Wilson	29	2:19:41.2	12:34/M	80. John Kinsey	16	2:51:55.1	15:28/M
26. Bob Womack	43	2:20:42.5	12:39/M	81. Michael Snavley	34	2:53:52.1	15:38/M
27. Ryan Link	24	2:20:57.9	12:41/M	82. Michael B McClaskey	43	2:54:58.0	15:44/M
28. Andy Haxton	32	2:21:30.3	12:43/M	83. Debra Turner	45	3:00:43.6	16:15/M
29. John Shire	46	2:21:33.9	12:44/M	84. Judy Sanders	52	3:01:13.6	16:18/M
30. Jim Pickett	51	2:21:54.7	12:46/M	85. Doug Tolle	34	3:02:59.4	16:27/M
31. Michael Lewis	35	2:22:27.5	12:49/M	86. Chrisy Link	29	3:03:05.9	16:28/M
32. Peter Ryan	16	2:22:32.5	12:49/M	87. Barry Beavers	45	3:09:34.5	17:03/M
33. Ron Hart	15	2:22:47.6	12:50/M	88. Kelly Muterspaw	33	3:10:53.5	17:10/M
34. Adam Lee Truex	17	2:22:49.6	12:51/M	89. Vickie Schroeder	48	3:10:54.9	17:10/M
35. Craig Bobay	44	2:22:58.1	12:51/M	90. Sharon Huss	60	3:11:12.3	17:12/M
36. Roxane Osborn	40	2:23:54.5	12:56/M	91. Ann Mize	54	3:14:02.5	17:27/M
37. Fred Brubaker	32	2:24:05.7	12:57/M	92. Bryan Waid	36	3:19:57.4	17:59/M
38. Eddie Overmyer	31	2:24:19.6	12:59/M	93. Doug Lehman	48	3:20:03.9	17:59/M
39. Jeff Maus	43	2:24:24.5	12:59/M	94. Joanna Flener	54	3:21:35.6	18:08/M
40. Ben Russell	31	2:24:41.0	13:01/M	95. Penny Norgaar	45	3:21:41.9	18:08/M
41. James L Miller	53	2:26:37.4	13:11/M	96. Todd Hammond	39	3:22:08.7	18:11/M
42. Jack Whitlow	56	2:26:42.2	13:12/M	97. Roxanne Edmiston	44	3:23:15.2	18:17/M
43. Donald Kramer	46	2:26:53.3	13:13/M	98. Michael Rickey	43	3:23:18.4	18:17/M
44. Dennis Cross	60	2:28:41.3	13:22/M	99. Richard Eddie	44	3:23:43.0	18:19/M
45. Michael Variell	44	2:28:53.7	13:23/M	100. Spencer Mize	13	3:36:14.0	19:27/M
46. Scott Smoot	33	2:29:25.5	13:26/M	101. Kelly Mize	38	3:37:02.8	19:31/M
47. Angie Bermes	21	2:29:50.9	13:28/M	102. Judi Wilham	53	3:39:33.0	19:45/M
48. Trina Chapman-Smith	37	2:29:54.4	13:29/M	103. Stephanie Stoffel	17	4:02:31.9	21:49/M
49. Chris Anang	26	2:30:26.2	13:32/M	104. Tara Bickel	18	4:02:33.0	21:49/M
50. Brad A Thomas	26	2:30:27.3	13:32/M	105. Tricia Miller	27	4:17:45.2	23:11/M
51. Tony Coulson	32	2:30:46.8	13:33/M	106. Eddy Miller	27	4:17:46.3	23:11/M
52. Rich Stephenson	54	2:33:29.8	13:48/M	107. Cuba Allen	52	4:28:09.2	24:07/M
53. Robbin Mauger	40	2:33:41.1	13:49/M	108. Thelma Riehle	53	4:32:20.8	24:29/M
54. Jim Bougher	38	2:33:43.3	13:49/M	109. Hunter Goin	70	5:15:44.4	28:24/M
55. Jeff Coates	39	2:34:39.5	13:54/M				

HUFF 50K Trail Relay - 3 Person Relay (3 x 11.12 miles)



Team Division: Mens Overall

1. A Bunch of Nobodies		Time	
Split			
1. Michael Fruchey	1	1:26:26.0	
2. Ron Sharp	1	2:45:26.8	1:19:01 1
3. Mike Cole	1	4:09:22.4	1:23:56 1
2. Front Line Racing Team			
1. Ken Cook	2	1:55:48.7	
2. Jason Aspinall	2		1:29:59 13
3. John Dorsch	2	4:46:51.7	1:21:04 13
3. Snowmen			
1. Jim Furkis	3	1:32:58	
2. David Moore	3	3:31:11.3	1:58:13 39
3. Thomas Wolfe	3	5:05:06.7	1:33:55 39
4. Sole Train			
1. Kevin Kelly	1	14 2:16	
2. Phil Hock		3:57:58.6	1:41:51 21
3. Jeff Day		5:14:20.8	1:16:22 21
5. Flying Buzzards			
1. Scott Shaum	1	10 2:03	
2. Steve Shaum		3:54:36.3	1:51:04 4
2. Paul Strode		5:24:03.7	1:29:27 4
6. Acorn Boys			
1. Brian Forester	1	15 2:16:	
2. Bill Baker		4:02:46.3	1:46:37 32
3. Tony Martin		5:39:58.6	1:37:12 32
6. Miller's Milers			
1. Bill Hunault	1	18 2:21	
2. Bruce Howard		4:12:19.6	1:50:30 26
3. Steve Miller		5:57:49.5	1:45:30 26
7. Krush Groove			
1. Jeff Miller		2:32:01.2	
2. Laud Ryan		4:25:41.6	1:53:40 20
3. Brad Miller		6:08:12.8	1:42:31 20
8. The Trail Turtles			
1. Gerry Englert		2:21:11	
2. Christian Englert		4:25:39.4	2:04:28 40
3. Justin Englert		6:11:16.7	1:45:37 40
9. Two Hoosiers and a Wolverine			
1. Lonnie Braun		2:39:57	
2. Rick Evans		5:00:16	2:20:19 8
3. William Harriss		6:18:38	1:18:22 8
10. Bad Heart, Bad Legs and a Weak Mind			
1. Dan Hurley		2:21:45.3	
2. Martin Collins		4:30:31.8	2:08:46 19
3. Monty Stump		6:28:13.4	1:57:42 19



HUFF 50K Trail Relay - 3 Person Relay (3 x 11.12 miles)

11. Team Delirious

1. Dwayne Boggs	2:11:49	
2. Erik Herendeen	4:25:19.4	2:13:30 9
3. Brian Dawson	6:30:43.0	2:05:24 9

12. Blazers II

1. Tom Carpenter	2:22:11.8	
2. David Walda	4:48:48.4	2:26:37 25
3. Elmer Hall	6:32:33.3	1:43:45 25

13. Pharoahs of the Forest

1. Dan Casey	2:27:27	
2. Charles Ross	4:25:47.4	1:58:20 28
3. Dick Miles	6:47:44.2	2:21:57 28

14. Team Bird

1. Kevin McAndrews	2:13:28.3	
2. Robert W Eherenman	4:11:09.1	1:57:41 43
3. Sam N Bird	7:02:41.5	2:51:32 43

15. Geezers

1. Al Chester	2:24:16.7	
2. Tim Rooney	4:23:23.6	1:59:07 29
3. Joe Hartl	7:08:08.8	2:44:45 29

Team Division: Womens Overall

1. Three Scoops

1. Kara Kelly-Sharp	2:29:25.6	
2. Heather Bang	4:29:06.4	1:59:41 30
3. Kathy Parisi	6:18:16.9	1:49:10 30

2. Three Wise Women (who came from afar)

1. Kris Cadwell	2:55:50.9	
2. Jamie Trudgeon	5:03:18.5	2:07:28 27
3. Janice Spodarek	6:36:16.4	1:32:58 27

3. Freaky Frozen Females

1. Nancy Boston	2:47:49	
2. Betsy Hoffman	5:21:05	2:33:16 2
3. Megan Hoffman	7:06:09	1:45:04 2

Team Division: Mixed Overall

1. The Has Beans

1. Darlene Barton	2:39:37.3	
2. Adam Barton	4:20:28.8	1:40:51 41
3. Michael Schoudel	5:46:26.8	1:25:58 41

2. Athletic Annex Fort Wayne

1. Brett Hess	2:03:04.3	
2. Matt Ebersole	3:52:43.3	1:49:39 36
3. Meredith Donges	5:57:35.1	2:04:52 36

3. CWRU Roughcats

1. Beth Yakes	2:38:08.0	24
2. Wayne Miller	4:25:49.0	1:47:41 24
2. Dan Deitz 3 87	6:00:33.9	1:34:45 24

4. Elves on the Run

1. Tyler Barker	2:23:28.3	
2. Robin Gerhart	4:42:17.2	2:18:49 16
3. Wally Post	6:53:27.2	2:11:10 16

5. Findley Striders #2

1. Roger Treece	2:24:17.5	
2. Deana Kisel	4:38:40.6	2:14:23 33
2. Donna Treece	7:06:45.8	2:28:05 33

6. M(U)T, M(U)T from Lansing

1. Laura Schultz	2:33:41.2	
2. Marnie Kerley	5:16:28.2	2:42:47 6
3. Dick Young	7:15:12.8	1:58:45 6

7. Findley Striders #3

1. Tom Chester	2:24:16.2	
2. Angela Brown	5:19:23.7	2:55:07
3. Erin Treece	7:27:54.3	2:08:31

8. The Doctor, Nurse and Patient

1. Nicki Hiday	3:38:37.1	
2. Ron Harmening	6:05:40.7	2:27:04 37
3. Bob Maley	8:18:58.2	2:13:18 37

9. Winkin, Blinken & Nod

1. Denise Skillman	3:38:39.6	
2. Karen Taylor-Smith	6:40:43.5	3:02:04 38
3. Bob Hart	9:05:00.2	2:24:17 38

Team Division: Mens Under 19

1. The Tere Drenth Fan Club

1. Ryan Warrenburg	1:32:16.3	
2. Colin Riessen	3:03:48.4	1:31:32 35
3. Jeff Powers	4:38:25.2	1:34:37 35

2. W.A.R.

1. Brent Emerick	1:49:47.1	
2. Dustin Hull	3:53:35.1	2:03:48 18
3. Matt Ingalls	5:29:49.5	1:36:14 18

Team Division: Womens Under 19

1. Punk Cross Country Runners

1. Emily Hoort	2:32:45.0	
2. Erin Holdren	5:02:52.6	2:30:08 12
3. Erica Stephenson	7:16:16.4	2:13:24 12

Mitch Harper reflects on the HUFF --- January 4, 2001

Despite the deep snow, the fourth annual Huntington Ultra Frigid 50K on December 30 went well from the perspective of many dedicated trail runners. That's no doubt the result of the many hours of hard work put into the event by race director Mitch Harper and his staff of volunteers. Pulling off such an event is certainly no easy task. To gain some insight into what it's like to organize and direct such an event, Keeping Pace offered Mitch an opportunity to share some thoughts on this year's HUFF and he graciously accepted.

KEEPING PACE: *The snow was an obvious hindrance to runners this year. What types of comments, good and bad, did you hear from the participants?*

MITCH: The best probably came from Jozef Gyurke. He is from the Czech Republic now living in New York. This was his first ultramarathon in the US. He said that when he was looking at race calendars he came across our race and thought, "Indiana, December, snow - just like running at home!" At least that was the gist of what I think he said.

I received lots and lots of email from very pleased runners. I talked to lots and lots and lots of runners who were very complimentary about the race, the amenities, the volunteers, the volunteers, and, oh, did I mention, the volunteers?

Some folks had some problems but they were very few and minor. Other folks were ecstatic when they completed the race. The one-of-kind snowfall lent more challenge, adventure and bragging rights to the event. Simply completing the distance was gratifying. I walked out about 3/4 of a mile on the trail before Mark Godale came in. Most folks who came by were smiling. They obviously had paced themselves and were coping well.

It's a trail run for goodness sakes. It takes a certain breed of runner to do trail events. They are up for whatever trail conditions are thrown at them. They are less stressed than other runners and are a friendly bunch. Those folks did well and had a good time.

Other folks should probably realize this 'ain't their thing.' I suspect they would complain if rain made everything muddy and slippery, or if there were extremely hot temperatures, and so on. They should avoid trail runs.

I think some of the elite runners were not particularly happy because of the conditions. They couldn't be competitive with Mark Godale and they were going to be out on a course much longer than they ever had been in their running careers. Some trail runners will be back another day. Others...well, my friend Mike Clay has always begged off doing The HUFF for years. All I can say is, gee, this wasn't the year to try it out for the first time.

There were two folks unhappy with what they thought were details missing in the confirmation packet. Both items were in the packet. One berated the finish line personnel as he completed the first loop about a "mistake" that had him starting late. Later he hugged me at the end - telling me that it was the finest race he had ever been in and we had the nicest people he ever encountered serving as volunteers. He profusely thanked all the people in the tent. I asked him if he was the same fellow I talked to in the morning! The other fellow emailed me the next day, apologized, and made similar comments about the race.

The vision from the beginning has been to give people a quality experience. This isn't the most difficult or scenic course. It has multiple loops. It is held at a time of year which can have unattractive, gray weather. But every runner should find 'signature' items that are simply not found at any other race. We try to anticipate the needs for food, showers and etc. and then do the best we can given our resources. Hold on for the total experience and runners ought to leave amazed at the whole experience. Anyway we try. And then, by golly, we have nicer and more talented people as volunteers than this race director deserves! The volunteer turn-out is a real tribute to Judy Tillapaugh.

KEEPING PACE: *Were any steps taken to clear the trails of snow? Do you plan to do something different next year for the national race if we have similar conditions? What are the possibilities?*

MITCH: Jeff Reed (reservoir manager) and the rest of the staff at Huntington Reservoir did an absolutely outstanding job in clearing the Kil-So-Quah Campground, just outstanding. It was difficult to do with all of the campsites. It is one of the biggest factors in consideration of using the Little Turtle SRA next year for the base camp.

There was a lot of discussion before the event as to the condition of the trail and what could be done to ameliorate the conditions. Much of the discussion and willingness to do something came from Tom Landis and Kim LeFever. Thoughts ranged from doing nothing - "Hey, it's a trail run" - to trying to go in with equipment to do snow clearing, which would be tough to do and be in line with IDNR. Jeff Reed was willing to talk to the conservation officer to do snowmobile trail grooming. I don't know the name of the particular officer but would like to thank him or her. The decision was made to do it as close to the race as possible. I suspect one of the considerations was not to give recreational snowmobilers the idea that the Kekionga Trail could be used for regular snowmobiling. Since the trail is prohibited to recreational snowmobilers, however, the trail could not be packed the way some runners are used to, say, in Michigan or Wisconsin.

The possibilities next year would probably be to have a snowmobile "posse," I suppose, under the guidance of the Conservation Officers or to actually let Tom Landis loose with whatever equipment he thinks is appropriate. Those Whitley County fellows are very resourceful.

KEEPING PACE: *Other than the snow, I didn't see any glitches in how the event went, despite your comment before the race that things were not under control. Were there any other serious organizational problems this year? If so, how can they be addressed next year?*

MITCH: Serious organization problems? No. The organizational improvements needed are for the most part incremental. We now have a cadre of people who know more than I do about their area. And I try to keep pushing authority out to people. You make the decisions; I'll back you up; tell me what resources you need to do your job. I would like to write out a lot more so that volunteers have lots of knowledge about what other people are doing when.

KEEPING PACE: *You gotta be impressed with Mark Godale - did he have any comments after the race?*

MITCH: Mark Godale told Brett Hess the best comment - it was the toughest race he ran this year. When presented with his award he said he would be back. I am grateful to Mark for his loyalty to this event. He has made it his event. In the relay - how about the "Nobodies?" (Mike Fruchey, Ron Sharp, Mike Cole). They show that it takes being fast and also being tough on the trails. This event is never just about speed or even endurance even in the best weather conditions. It is physical toughness and mental toughness, and that goes for the top women competitors as well: Linda Ianucille, Anong Pustow and Michelle Mitchell. And doesn't that fit Sam Bird? The best trailrunners are people who are keyed for an adventure on race day.

KEEPING PACE: *You also gotta be impressed by runners like Joan Gary, who gutted the whole thing out. Any comments from them or about them?*

MITCH: Joan went down to Owen-Putnam in November and did her first ultra. Now she's unstoppable; what next? As for others - I know the feeling of going ahead and completing the race regardless. My own experience at the Superior Trail 50 is fresh in my mind from last year. I was given a list of the 100 mile cut-off times; not the 50 mile cut-off times. Even though I was beyond the cut-off I went ahead up a mountain and completed the event in the dark. I am not listed in the race standings; not listed in UltraRunning magazine. Jon Schlatter as finish line chief was administering the cut-off time and the last four runners went out despite that. I received a few comments from runners who were pulled about the four who went on out. Some were unhappy. Those four at the end will show as having completed the course but not be part of the official standings.

KEEPING PACE: *You seemed to have plenty of volunteers on hand to help. Anybody stick out as a super hero in helping out during the day?*

MITCH: Paul Knott, Jon Schlatter, JP Jones, Bob Loomis and lots of others. I don't even know all of the volunteers. But as I mentioned earlier - all pulled together by Judy. One comment, though, Dennis Conner from Huntington is probably an indispensable person to this event. Lots of comments about how well the trail was marked - a real tribute to Don and Jerry's contribution. As always, Linda Gorman is a key. My wife and many others in the food area - non-runners who have somehow thought this is neat. Kerry Beaver at AmeriHost, Rick Eddie from Huntington, Kim L. and many, many others.

KEEPING PACE: *I keep hearing rumors the distance is not quite accurate. Any truth to them? If so, do you plan, or are you required to get the course certified before next year's race?*

MITCH: Yes, it is not a true 50K. It is longer than a 50K. A trail course cannot be certified. By the way, you may want to spread the word that the Road Running Technical Council just changed their rules to specify that a certified course needs to be recertified if it has been 10 years since the last certification. The USATF Mountain, Ultra, and Trail Council is not concerned that it be made closer to a true 50K. The distance has to be greater than 50K but only need be a place where national competitors can compete under the same conditions at the same distance on the same day.

KEEPING PACE: *What's it like to go through a year of planning, trying to take care of all the potential problems and details? Then how did you feel personally with the challenge the runners faced with the snow?*

MITCH: I cannot articulate that yet! It has been quite a two week period regarding the weather. We anticipated everything as best we could. I think there is hardly anything that the runners thought that hadn't already been identified by the core group as a concern.

KEEPING PACE: *Are you going to keep things the same next year with the fun run and relay or will you be forced to make changes due to the national event? Would you make any changes even if you weren't hosting the national?*

MITCH: I don't know. We still have to look quite willingly on going over to the Little Turtle SRA - for a lot of reasons. This is difficult when people have gotten used to how Kil-So-Quah works. And there are practical difficulties with the trail and distance that would have to be addressed. This is probably the biggest thing. Otherwise, I don't intend to tinker very much with the format. I wouldn't have asked for USATF consideration if the race had to shoehorn itself into some other form. You can't know this thing if you are not on site.

KEEPING PACE: *Any other comments, topics, issues you would like to cover?*

MITCH: Yes - but, right now I have to get back to my regular life for awhile.

KEEPING PACE: I appreciate all the work that you and your staff/volunteers put into the HUFF. As I said, it seemed like a great event, except for the snow, considering this was the first year I was able to participate. I feel like a wimp having to drop out after the first lap, then to see Kim Lefever, Hans Schmidt, Roger Wilson, Joan and all the others hang in there to the end. I'm definitely gonna try it again. Any thought of hosting an extended one-lap 20K at a different time during the year? Thanks again.

MITCH: Thanks for the comments. We have tried to set up the one-loop and relay as a way to give an outlet for younger runners, not to be exclusive is what I really mean. Ultrarunners tend to be 35 to 50 in age. I think young men and women get a real charge out of trail running- something different.

Robin Van Camp Gerhart, ARP - Anderson Road Runners

I would like to give a short synopsis of the Huntington Ultra Frigid Fifty. 15 members of the Anderson Road Runners Club made the drive to Huntington reservoir on December 30, 2000, to participate in either the Ultra (50K), Ultra Relay (3 person team, each running a 10.8 mile loop) or the One Loop Run (10.8 miles). Only 1-11/4 miles of this trail run was one pavement, the rest was snow covered trails.

As nine of the relay members awaited our first loop runners to come past the 2-hour mark, it became increasingly clear we were in for the run of the year. And not the kind of run, one was happy to be running. When i began questioning my sanity out loud, Karen Taylor-Smith told me, "not to think i those terms, but to think of this run as character building." So okay, she has been doing this course longer than me and has more marathons under her feet than I ever will hope to run

; she must know what she's talking about. However, never have I seen Bill Baker with a more gremlin-like look on his face or heard him complain about any run being too difficult, until he came back to the start/finish line after after the 2-mile warm up on the backside of the course/ The signals seemed mixed here from the accomplished runners, i decided it was time to get my own thoughts together on this run, so off I went in my layered look of nylon, Gortex and a big wool blanket that made me appear to be grizzly Adam's mate.

After a 2-hour plus wait for my relay partner, Tyler Barker - a great young man and Cross Country and Track runner for Frankton High School, to tag me, I was off on my "Character building" run. Not a quarter mile into the run, I knew this was the biggest mistake of my running career! The snow was over my ankles and most of the time about calf high. One could compare this course to football training...where you run through the tire stacked two high placed sand. Not only did every muscle in my body get a work out; my mind was wrung out. One was not able to enjoy the beauty of this snow laden country, for if you took your eyes off the narrow path you would surely be looking at the snow face to face on your stomach. My ankles turned under me so many times I lost count. Thinking my anger would get me moving better only produced tears which froze to my face! I kept thinking of Wally Post, my other brave and fearless relay partner. He already had a couple physical set backs this year, from which he rebounded nicely. He had been waiting over four hours, in 14-degree weather ti have a chance at this course which was now being snowed on again. i tagged Wally on the arm and sent him on his way with a prayer.

I not only prayed for Wally that day, i also sent a prayer for all the other runners on the course and in particular: Nicki Hiday, Denise Sherwood, Brian Forester, Tyler Barker, Tony Martin, Bill Baker, Karen Taylor-Smith, Ron Harmening, Bob Maley, Bob Hart, Jamie Banks, Kendra Hichcock and most of all...our own trail warrior, **Bud Stiffler who ran the entire 50K and finished first in his age group.**

As for "Character Building," I'm not sure. It seemed to me more like childbirth, the pain was real but you quickly forget it when you hold the little baby. There wasn't a baby to hold, but the most welcomed FINISH line I could ever imagine crossing!



Newsletter Deadlines:

March 15, 2001

May 15, 2001

July 15, 2001



ROAD RUNNERS CLUB OF AMERICA

1150 S. WASHINGTON STREET ★ SUITE 250 ★ ALEXANDRIA, VA 22314-4493
(703) 836-0558 FAX (703) 836-4430 office@rrca.org www.rrca.org

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★ 44th RRCA Convention
Albuquerque Road Runners
Albuquerque, NM
May 2 - 6, 2001

★ The RRCA: GRASSROOTS
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To: All Entrants in RRCA Journalism Contest

From: Mark Lidman

I am writing to inform you that the judges in the Central Region have selected the winners in the RRCA Journalism Contest and am pleased to announce the results:

Small Club: **Downriver Runner**. Editor, Karen Dukatz

Medium Club: **Fort Wayne Track Club**, "Inside Track". Editor, Linda Ianucilli

Large Club: **Badgerland Striders**, "The Strider". Editor, Sam Martino

Club Writer: Sam Martino, **Badgerland Striders**

Thank you for taking the time and effort to submit your newsletters for competition. The RRCA believes that rewards for excellence in journalism allows writers to maintain high standards for these vehicles, which are essential for effective club communication. National and regional winners will be presented with awards at the National Convention in Albuquerque.

We hope that all of you will enter the competition again next year.

Sincerely,

Mark J. Lidman
Central Region Director

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 the greater Ft. Wayne area

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

(P) FWTC 2001 points race

FEBRUARY 2001

10 SAT (LP) Fanny Freezer 5k, 2:00 pm, Shoaff Park, Ft. Wayne, IN
Barry Peterson, race day registration only.

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

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

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

17SAT(R) Think Spring 5k & 1 Mile, 10 am, Ligonier Elementary School, Ligonier, IN,
Brian Shepherd, (219) 894-4638

1-293d Infantry Follow Us 5K Run, 9:00am, Indiana Army National Guard
Armory, 130 W Cook Rd, Ft Wayne IN 46825, (219) 490-0221

18 SUN Motorola Marathon, Austin, TX, (877) 601-6686 <http://www.motorolamarathon.com>

24 SAT Blue Angel Marathon, Pensacola, FLA, (850) 452-4391 www.mwr-pcola.navy.mil

Bank of America Gasparilla Distance Classic, 15k/5k, Tampa, FLA,
Susan Harmling (813) 229-7866 www.doitsports.com/gasparilla

24 SAT Polar Bear Run/Walk, 5M, Indpls, IN, email: klong@kenlongassoc.com
www.kenlongassoc.com or toll free 1-866-786-9255

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

New Generation 5K Run/Walk, 8:30am, Family Care Ctr, 2821 Hillegas Rd,
Ft Wayne IN, 46808, (219) 496-9818, www.newgeneration.com

23rd Beer Bottle Open, 2pm, Col Grove HS, Jerry Bunn, 206 Hall Ave, Columbus,
Grove, OH 45830 (419) 659-5702 email: jbunn@who.rr.com

Fort Wayne Track Club Calendar of Races and Events - continued

- 11 SUN** Churchill's 34th Half Marathon, 2pm, Perrysburg, OH, email:tbayford@accesstoledo.com
www.toledoroadrunners.org
- Shamrock & Shenanigans 5K, 2pm, Matt Holappa, 209 E Liberty, Ann Arbor, MI,
48104, (734) 623-9640
- 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 am, 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
- Wearin' of the Green, Prediction 5K/10K, 10am, Edward O'Reilly, 7240 Salisbury Rd
Maumee OH 43537
- 18 SUN** Dallas Trails Marathon, Dallas, TX, Swiatocha's Athletic Store, (214) 890-7722
- 24 SAT(LP)** Nutra Runs, 20k/5 miles, 9 am (note change in time for 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, ILL, Marc Reedy (217) 431-4231
<http://users.net66.com/~kennekuk>
- 25 SUN** Sam Costa Half-Marathon, 1 pm, Carmel, IN, (317) 290-RUNR
<http://www.indyrunners.org/>
- (R) Van Wert Marathon & Half-Marathon, 8 am, 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 Shamrock Shuffle 8k, Chicago, ILL, (312) 666-9836 www.cara.org
- Smoke Free Indiana Distance Classic, Indpls, IN, email: klong@kenlongassoc.com
www.kenlongassoc.com or toll free 1-866-786-9255
- 07 SAT(LP)** Mastadon 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

Fort Wayne Track Club Calendar of Races and Events - continued

- 01 SUN** 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.orrccmarathon.com>
- The Stampede of Races, 20k/10k/5k/1M, 9 am, Ann Arbor, Mich., (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, MASS, (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>
- St Francis Hospital Bricks to Bricks, 10M, Indpls, IN , email: klong@kenlongassoc.com
www.kenlongassoc.com or toll free 1-866-786-9255
- 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 Matathon, Medford, WS, (715) 748-4729 or (888) 682-9567
Spring Fever 5K/2M Walk, 9am Koskiusko YMCA, Warsaw IN, Don Ransome,
1513 E Center St, Warsaw, IN 46580 (219) 267-4140
- 29 SUN** Michigain Trail Marathon, Ann Arbor, Mich., Running Fit, (734) 769-5016
<http://www.runningfit.com>

MAY 2001

- 5 SAT** Indpls 500 Mini-Marathon, 8am, (317) 633-6464, 1-800-638-4296, www.500festival.com
- 6 Sun** Run for the Zoo, Albuquerque, New Mexico (RRCA Convention) www.roadrun.org
- 6 SUN** Flying Pig Marathon, Cincinnati OH, 6:30am, www.flyingpigmarathon.com
- 12 SAT** Ice Age Trail 50 Mile Run, 6am, Whitewater WI, Holly-Neault-Zinow, (262-495-3131)
email: iceagetrail50@aol.com
- 12 SAT (L)** 10K for Pancreatic Cancer Action Network (a.k.a PanCan), St. Elizabeth, Aboite Ctr
Carolyn Denice, email: psdenice@aol.com
- 26 SAT (LP)** River City Rat Race 10K, 8am, Stephen Hilker (219) 747-7186 email L.shilker.pleez.net
www.rcrat.org

2000 Fort Wayne Track Club Points Standing

Complete as of December 2, 2000

Men 19 and Under		
	Pts.	#
1. Sam Bird	710	8
2. Eric Nestel	470	5
3. Paul Imbody	300	3
4. Joe Suelzer	275	3
5. Brent Emerick	200	2
6. Andy O'Conner	185	2
7. Jeff Bushey	85	1
8. Chris Miller	85	1

Men 20 - 24		
	Pts.	#
1. Mike Cole	600	6
2. Tod Esquivel	270	3

Men 25 - 29		
	Pts.	#
1. Brad Thomas	1255	13
2. Chris Adang	770	10
3. Chris Dunmire	655	7
4. Jon Uecker	440	5
5. Tim First	300	4
6. Rod Obregon	285	3
7. Jeremy Schmidt	200	2
8. Jeff Switzer	215	3

Men 30 - 34		
	Pts.	#
1. Bob Minnich	1590	18
2. Ron Sharp	1200	12
3. Michael Fruchey	1180	13
4. Mike Schoudel	515	7
5. Bob Ehereman	420	6
6. Joel Brecount	175	3
7. Jim Platt	175	3
8. Paul Furniss	130	2
9. Martin Cisna	85	1
10. Brian Shepard	85	1
11. Scott Smith	75	1
12. Clint Walter	75	1
13. Keith Walter	65	1
14. Joe Dee	65	1
15. Jerry Gerig	65	1
16. Mike Engler	55	1
17. Mark Walter	5	1

Men 35 - 39		
	Pts.	#
1. Sam Stephens	1570	16
2. David Swenson	915	11
3. Jeff Metzger	715	10
4. Robert Novak	600	8
5. Rocky(Jeff) Rowe	545	7
6. Mike Henry	445	5
7. Jim Boughner	200	4
8. Jim Berghoff	185	5
9. Gary Selking	150	2
10. Ward Moya	130	2
11. Terry Teegardin	125	3

Men 35 - 39		
	Pts.	#
12. Dan Cummiskey	110	2
13. Brad Cooper	100	1
14. Paul Knott	85	1
15. Eric White	85	1
16. Tony Lehman	75	1
17. Steve McNulty	75	1
18. Steve McMaho	50	2
19. E Hans Schmidt	45	1
20. Thomas Kline	35	1
21. Scott Wagner	35	1
22. Anthony Lehman	25	1
23. Mark Weihert	5	1

Men 40 - 44		
	Pts.	#
1. Paul Shaffer	1170	15
2. Kim Lefever	1060	13
3. Doug Sundling	745	7
4. Mike Stone	620	7
5. Tim O'Connell	500	5
6. Dan Nestle	455	7
7. Carl Risch	350	4
8. Tom Landis	340	8
9. Mitch Harper	315	8
10. Rick Gilbert	295	7
11. Jamshid Nazari	270	6
12. David Reimschisel	250	3
13. Mark Brattoli	240	6
14. Jeff Milleman	190	4
15. Bob Knuckles	185	2
16. Terry Diller	175	2
17. Mike Beard	150	2
18. Gary Bird	150	9
19. Toby Jo Hullinge	145	7
20. Donn Knight	120	2
21. Jim Bushey	110	2
22. Chuck Zumbrun	110	5
23. Kevin Lochner	100	3
24. Jim Stamper	100	2
25. James Beeson	100	3
26. Jeff Davis	85	1
27. Ron Zartman	75	3
28. Rick Evans	70	3
29. George Huber	65	1
30. David Graney	65	2
31. Steve Summers	55	1
32. Kevin Truelove	55	4
33. Jonathan Schlatter	55	1
34. Bob Gault	55	1
35. Craig Bobay		
36. Quinn Farver	35	1
37. Jon Schlatter	35	1
38. Rich Gilbert	25	1
39. Mike McClaskey		
40. Doug McKinzie	25	2
41. Vern Cedar	15	2

Men 45 - 49		
	Pts.	#
1. Roger Wilson	1665	17
2. John David McPherson	1410	20
3. Jed Pearson	1060	13
4. Lynn Bobay	600	18
5. Fred Hannan, Jr.	550	12
6. Phil Suelzer	470	6
7. Fred Stoffel	355	5
8. Donn Nichols	355	5
9. Hal Pearson	345	4
10. Robert Snow	330	5
11. Paul Ausderan	280	6
12. Thomas Felt	250	6
13. Don Kramer	245	5
14. Joseph Nayarkas	190	6
15. Doug Lehman	175	10
16. John Treleaven	140	2
17. David Weikel	130	2
18. Todd Seimen	120	2
19. Vincent Garcia	100	1
20. Phil Rizzo	75	1
21. Kevin Lochner	75	1
22. Tom Fuelling	70	5
23. Richard Annis	55	1
24. Don Ransome	55	1
25. Mark Gia Quinta	50	3
26. Mark Brattoli	45	1
27. Joe Reddoch	45	2
28. Jerry Diehl	45	1
29. Scott Miller	40	3
30. Lonnie Braun	35	2
31. Hal Atkinson	20	2
32. Doug McKinzie	20	2
33. Harry Quandt	15	1
34. Tim Bolin	5	1
35. Dana Budd	5	1

Men 50 - 54		
	Pts.	#
1. Ty Murphy	1735	18
2. Jim Pickett	1205	16
3. Mervin Koehlinger	770	8
4. Rich Stephenson	590	10
5. Verton Troyer	375	5
6. Dick Shenfeld	355	4
7. Mike Barman	310	5
8. Jim Wright	300	6
9. Greg Purcell	280	4
10. Art Obregon	240	3
11. Ken Silkworth	205	5
12. Gary Dexheimer	150	2
13. David Winters	120	2
14. James Miller	100	1
15. Don Ford	100	1
16. Reg Johnson	95	3
17. Phil Luttmann	90	2
18. Steve Schwartz	85	1

2000 Fort Wayne Track Club Points Standing

Complete as of December 2, 2000

19. Don Ransome	75	1
20. Craig Hamilton	70	2
21. John Peterson	65	1
22. Joel Scharzter	65	1
23. Gerald Thomson	55	1
24. Gary Oden	45	1
25. Dennis Strayer	45	1
26. Dale Stamwitz	35	1
27. Jim Deitle	30	2
28. Charlie Backofen	25	1

Men 55 - 59	Pts.	#
1. David Boylan	1445	16
2. Bill Crane	1155	12
3. Dewain Cobbs	520	6
4. Jon Ingleman	480	7
5. Wesley Sabins	430	4
6. Barrie Peterson	420	6
7. Don Lindley	290	4
8. Larry Averbeck	200	1
9. Fred Ross Jr.	140	2
10. Jack Seigel	130	2
11. Don Ashton	130	2
12. Steve Adkison	75	1
13. Larry Lee	75	1
14. Bill Mack	75	1
15. Kent Ober	65	1
16. Dave Wolff	65	1
17. Kenneth Relue	55	1
18. Carl Fields	55	1

Men 60 - 69	Pts.	#
1. Joe Ziegler	1410	16
2. Tom Felger	945	11
3. Bob Loomis	835	12
4. Freeman Hershberger	770	8
5. Dick Harnly	370	6
6. Bill Harris	325	4
7. Bud Stiffler	240	4
8. Bill Schmidt	175	2
9. Ian Rolland	125	3
10. Karl Dietsch	110	2
11. Bill Patterson	110	2
12. Jack Morris	100	2
13. Leland Sibrel	75	1
14. Curtis Nold	65	1
15. Paul Demerchant	45	1
16. Bernie Huesing	45	1
17. Ron Bonar	25	1
18. Philip Wahls	20	2

Men 70 +	Pts.	#
1. Don Anderson	1200	12
2. Ken Disler	675	8
3. JP Jones	580	7
4. Jack Hilker	85	1
5. Chet Fleetwood	65	1

Women 19 and Under	Pts.	#
1. Jenna Shaffer	455	5
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
8. Aubrey Beeson	85	1

Women 20 - 24	Pts.	#
1. Megan Dexheimer	470	
2. Kathy Demerritt	400	3
3. Kathryn Johnson	200	2
4. Molly Shoup	100	1
5. Naomi Fruchey	100	1

Women 25 - 29	Pts.	#
1. Kim Milleman	300	3
2. Crystal Jones	185	2
3. Tara Sprunger	100	1
4. Jill Norris	100	1

Women 30 - 34	Pts.	#
1. Jennifer Steigmeyer	870	10
2. Paula Rickerd	735	8
3. Renee Thomas	675	9
4. Susan Thorton	315	4
5. Julie McNulty	255	3
6. Kimberly Summers	250	3
7. Tracy Rudisill	100	1
8. Robin Rizzo	100	1
9. Anita Lehman	75	1
10. Lisa Baldwin	65	1

Women 35 - 39	Pts.	#
1. Caroline Runyan	1460	18
2. Linda Gorman	1285	13
3. Diana Schowe	970	13
4. Lorraine Fox	560	8
5. Betty Greider	490	8
6. Robbin Mauger	325	4
7. Shelly Robinson	270	3
8. Beth Skinner	185	2
9. Karen Gerken	160	2
10. Julie McNulty	150	2

11. Jill Ash	120	2
12. Karen Kosberg	65	1
13. Jill Decamp	65	1
14. Laurie Whisler	55	1
15. Denise Conrad	55	1
16. Mary Sheffer	35	1

Women 40 - 44	Pts.	#
1. Diane Post	1055	14
2. Tamara Wright	965	11
3. Judy Ingleman	750	9
4. Judy Tillapaugh	370	4
5. Katie Creighton	300	3
6. Judy White	300	3
7. Julie Stuckey	285	3
8. Terri Gross	265	2
9. Renee Fenstermaker	230	4
10. June Mitchell	120	2
11. Kim Markey	110	2
12. Melissa Glaze	100	1
13. Caroline Streeter	85	1
14. Robin Bitting	75	1
15. Cindi Furkis	75	1

Women 45 - 49	Pts.	#
1. Patty Schwartz	400	4
2. Susan Peterson	285	3
3. Phyllis Suelzer	200	2
4. Susan Markey	100	1
5. Nancy Boyer	100	1

Women 50 - 54	Pts.	#
1. Marsha Schmidt	700	7
2. Barb Scrogam	445	5
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
8. Thelma Riehle	75	1

Women 55 - 59	Pts.	#
1. Sarah Kleinknight	985	10
2. Lynne Huguenard	185	2
3. Sharon Huss	100	1

Women 60 +	Pts.	#
1. Joan Gary	1270	13
2. Georgia Allen	200	2
3. Gloria Nold	170	2
4. Polly Jacobs	100	1
3. Joyce Fuzy	85	1
4. Sharon Huss	85	1

WEIGHT CONTROL WITH PORTION CONTROL

Losing extra fat weight can be very frustrating. There are so many diet choices like The Zone, SlimFast, Sugar Busters, Eat For Your Blood Type, and The Grapefruit Diet. They all have their special qualities. They all can cause weight loss. Yet they typically do not help keep the weight off. They do not usually offer eating guidelines supported by The American Dietetic Association, The American College of Sports Medicine, and many other nationally recognized health organizations.

The best way can be the simple way called portion control where no pills, special foods, or certain products are required. It's easy. Little planning is required and the cost is low. Does this sound too simple to be true?? Probably yes but I'm telling you it can work. Weight Control with portion control can help a person save calories to get a day by day calorie deficit to lose 1/2 to 1 pound extra fat weight each week.

Note Tufts University Health and Nutrition Letter, December 1999 reported that from the late 70's to the mid 90's, men began eating an extra 200 hundred calories a day- 2455 on average, as opposed to 2239. Women's calorie intake rose from 1534 calories a day to 1646. These are reported intakes, probably underestimated by at least a third, according to Marion Nestle, PhD, chair of New York University's Department of Food and Nutrition Studies.

One pound of fat is about 3500 calories. If a person has a calorie deficit where they eat or drink 500 calories less everyday than what they need for weight maintenance for seven days, they can help their body lose 1 pound of fat per week. This is a healthy rate of fat loss. Fast weight loss will likely cause extra fluid and muscle loss in addition to some fat loss. This can decrease metabolic rate and promote dehydration.

An even healthier fat loss happens if the calorie deficit is gained with a combination of less food calories and more activity calories. They work hand in hand. Added benefits occur since physical activity improves the whole cardiovascular system, bone density, immune system, stress management, and metabolic rate. There are many, many more. Regular physical activity has over 100 benefits.

According to the National Weight Control Registry which is maintained by researchers at the University of Pittsburgh School of Medicine and the University of Colorado Health Sciences who have followed hundreds of people who have lost at least 30 pounds and have kept it off, people enjoy a walking or/and running routine of about 4 miles daily or 28 miles each week. This was effective at achieving and maintaining fat loss.

For simple portion control think about how you can eat less meal by meal, snack by snack. Yes do spread calories out over the whole day using a variety of foods from all the food groups. This can help keep the blood sugar at healthy level, keep energy level consistent through out the day, and prevent periods of being overly hungry. Do not make any food forbidden, especially favorite foods. Usually if we label something "NO" the more we want it!!

Ideas For Portion Control:

INSTEAD OF

1. 6 to 8 ounces of meat, poultry or fish

Save 150 to 250 calories

2. 1 Tablespoon of mayonnaise, salad dressing

Save 60 to 80 calories

3. 2 cups of potatoes, rice, or pasta

Save 150 to 200 calories

4. 1 to 2 cups of dessert

Save 150 to 300 calories

USE

3 to 4 ounces which is about the size of a deck of cards

1 teaspoon which is the size of the butter, oil, or margarine tip of the thumb

1 cup which is about the size of a fist

1/2 to 1 cup which is about the size of a tennis ball

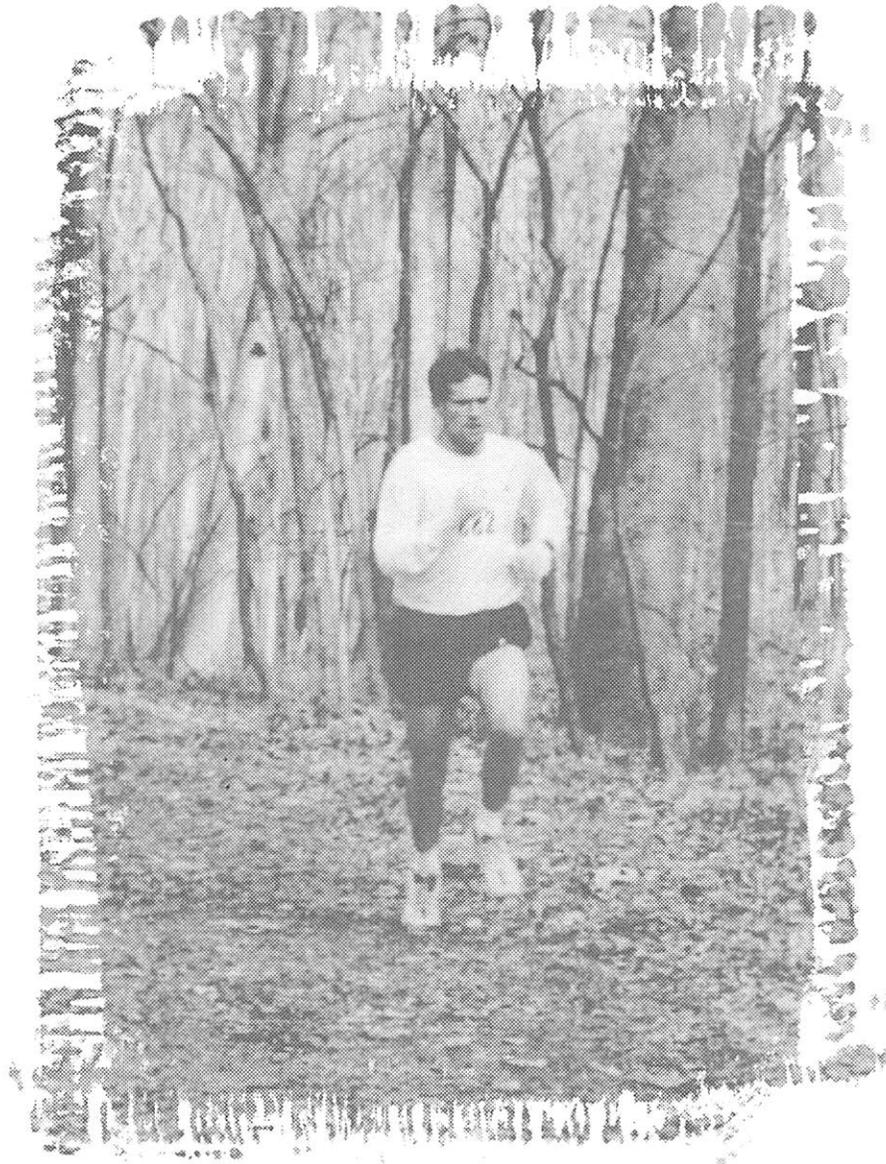
Steps towards better weight control can happen with better portion control and day by day physical activity. Choose to eat less and move more.

Well Wishes,

Judy Tillapaugh, RD
IPFW Wellness/Fitness Coordinator

1/15/01

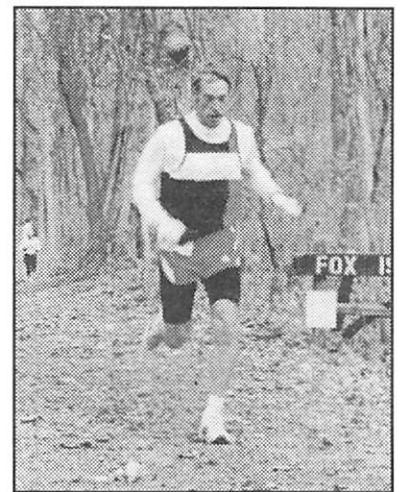
Memories from the 2000 Turkey Trot!



Ron Sharp wins the Turkey Trot in 16:07



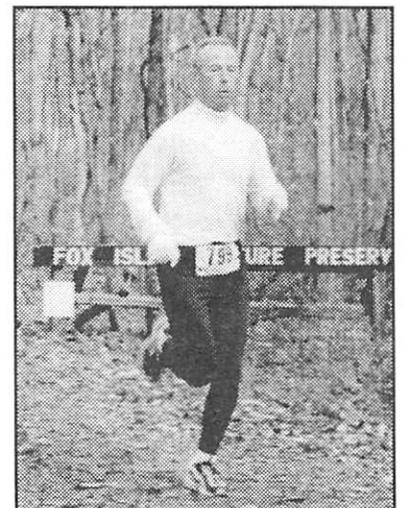
Second Place Mike Fruchey
time of 16:34



Jed Pearson - 19:37



Paul Ausderan,
Tom Landis
and William
Crane
approach the
finish Line.



Ty Murphy - 21:50

10. COMPLAINTS ABOUT THE TERRAIN... If you wanted to run on a flat, even surface maybe you could have tried running on the track. The Saginaw Lobe of the Wisconsin Glacier melted about 10,000 years ago and left the hills around here. That is a long time for a runner to carry a grudge. Remember, what they can a mountain in Kansas, in West Virginia, they call drive away.

9. COMPLAINTS ABOUT THE WEATHER... If you wanted a 70 degree, windless environment with a dry surface maybe you could have tried running on an indoor track. The weather gives us all reason to expand our wardrobe from everything from a Speedo thong to a full body armor of Gorex. It can take our body from frostbite to the medical tent at the Old Kent River Bank 25k Race in grand Rapids, Michigan for heat exhaustion. Do these runners at races that complain about the weather, nag about sunrises and sunsets, gentle spring showers, the first snowfall of the season, rainbows, lightning? Ok, bad example.

8. COST OF ENTRY FEES... I have paid twenty five cents AND twenty five dollars for road race entry fees. Both were bargains. Compared to golf, tennis, drag racing, polo, and sailing, our sport is cheap. Ask yourself two questions. ONE, do you know anyone that has filed bankruptcy and has been to the Betty Ford Clinic because of road race entry fees? TWO, How many road race directors do you know that have been featured on lifestyles of the Rich and Famous?

7. AGE GROUPS... When I first started road racing there were no age groups. The masters division was added, then the age groups by ten years, then the divisions were just about a standard five years. When will one year age groups be instituted? They are already keeping age records by year. This is the being contested in our court as one 83 year old guy was born in January, giving him a tremendous advantage. When I race, every runner is fair game to me. When I was young, I tried to beat the bald guys and gray haired guys. Now I try to beat the young guys with tattoos and piercings. Men, women, or children, makes no difference to me, and that includes the Titanic.

6. COMPUTER CHIPS... I was at the grocery store. The cashier scanned a can of green beans. The price did not go through. She scanned it again. The price did not go through. Finally, after several attempts, she called a price check. Same thing could happen at a marathon. The runner crosses the line, no time, and is sent back and forth across the line. After several times, and yet another price check, the exhausted runner goes to the food booth to get the well dressed goody bag, and is asked, "Paper or plastic?"

5. BREATHING STRIPS... When I was a little kid, I loved sticking bandages on me. Many times when I put on a Band-Aid, I was not seriously cut. Many times, I had no cut at all. I thought I looked cool. It did not do me any harm I suppose. I tried a breathing strip once. I pulled my mouth open with some duct tape. I do not need to wear glasses. To improve my vision, I propped toothpicks under my eyelids.

4. CLYDESDALE DIVISION... Weight division races? What looms in the future? Weight divisions at boxing matches? Weight divisions at wrestling meets? Ok, bad examples. You say that by adding weight divisions it makes it more "even". You want to make it even? Put away the scales at the race sign up. Take a muscle biopsy and run the race in two divisions, fast twitch and slow twitch. Racing will really be in trouble when a Clyde Dale division is added to the Kentucky Derby.

3. CERTIFIED COURSES... You know where the start is located and you know where the finish is located. That should just about do it. The dirty little secret in road racing is that every one of your personal records was set on a short course. I know how difficult the comment must be to accept. When some kid first told me about who really brought my Christmas present, I felt the same way. If the courses must be certified, then just for fun, make the race distance in miles, and mark the splits in kilometers. Why do you runners always look at their watches at every split? Carry a sextant and a protractor next race.

2. T-SHIRTS... I once heard a runner complain about the style, size, color, logo, sleeve, length, thread count, and lettering on the T-Shirt. Complain about the style of T-shirt. Since when did "style" and "T-shirt" ever get mentioned in the same sentence? Hey buddy, the "T" in T-shirt does not stand for tuxedo.

1. AWARDS... We have age groups. We go three deep or five deep in each age group with an award. Sometimes there are more awards in an age group than there are participants. Remember that the Olympics do not have age groups and they pass out only three medals, gold, silver and bronze. Think about that the next time a runner complains about awards. I gave away all my trophies to Special Olympics. The fireplace mantle used to look like Early Roseanne. The ticky tacky plastic trinkets are now replaced with Staffordshire figurines.

That just about covers it. Oh yeah, all of you runners that are complaining about the slower times high school kids are running now - that's just how your grandpa sounded when he told you about the war, the depression, and his walk to school in the winter.

Running Essay by Kristi Sanborn - Angola H.S Junior

I love any sport, but my favorite is Cross country running. Not only do you get many physical attributes like being able to run two and a half miles under 17 minutes, but also mental attributes like perseverance and courtesy. Cross Country has shaped some of my defining characteristics and helped me grow as a person.

the team aspect is what makes the sport so fun. Both the girls and the guys teams make everyone feel welcome. For example, one day running at Pokagon State Park i became lost and our best runner, senior, Courtney Sheffield ran all around the trails until she found me. She promised me from that day on she would always be watching over me and she did. We ran almost every day together, That makes me watch over and protect out incoming freshmen because that was the courtesy I received. It helps a lot to be accepted because as a freshmen I know I was a bundle of nerves, but I softened after experience.

On most Fridays out team has a fun night. We usually go to the Apple orchard in the park and play a co-ed game of Frisbee Football. We divide evenly both boys and girls and play only with a frisbee. it's a great team building activity. then Someone sponsors a pasta party where we eat lots of pasta and bread to load up on carbohydrates for the next day's race. We never say it out loud but it's sort of a eating contest and we all eat our fair share. Once at my party the girls alone ate three dozen chocolate chip cookies. Then we will go to the football game and catch up on the happenings. We sit as a team and keep the team spirit going.

Running gives me a great mental outlook also. The girls are always complimentary to each other. Like one day I was down

in the dumps and then junior Kristi Miller said to me, "You're having a bad day, but it doesn't mean you stink as a runner. you are a great person and always mean well so cheer up!" Comments like that are made everyday and are always sincere and genuine. The guys treat us with respect. They make you feel special and beautiful no matter who you are. One time one of our girls had an accident while running (which is not uncommon) after which the guys team huddled around her and walked her to the bus. She was able to change and not be embarrassed. They never said another word about it. that is respect.

When i see how mature and considerate our teams are for each other, I know my qualities as well as the others, must be improving and showing through to other people. Besides having the community comment on out good behavior by writing nice letters to the editor, we have made over nine hundred dollars at our summer car washes. Our coached comment on us after every race by writing encouraging note cards. Each filled out with not only out times for that race but our qualities. Like one of my recent cards, "Way to catch Lakeland's number one runner. I knew that you could do it and by the way, your idea for the car wash made us a ton of money. I like your ingenuity." Comments like that after every tuesday and Saturday race, could easily stick for life.

My qualities for life have definitely been sharpened and expanded from all my years of running. i push myself and always think positively. i think of myself when things get hard that if I can run up Hell's point six times then do this homework assignment will be nothing. a great body is not the only positive aspect to come out of Cross Country, a great mental attitude and qualities that last a lifetime.

Members Page



Jon F. Alt (219) 347-0407

FAX (219) 347-8691 • TOLL FREE (888) 347-2369

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COMING EVENTS...

FANNY FREEZER 5K

Saturday, February 10 - 2 PM
Shoaff Park

NUTRA RUNS 20K/5 MILE

Saturday, March 24 - 9 AM (Note Change from Previous Years)
Woodside Middle School

MASTADON STOMP 5K

Saturday, April 7
IPFW

FWTC BANQUET

April 22, 2001
Sunday, 4:00 p.m.

FWTC MEETINGS

Wednesday, March 14, 7:00 PM, Run 6:00
Wednesday, April 11, 7:00 PM, Run 6:00
IPFW - Hilliard Gates Activity Center

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