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A PUBLICATION OF THE FORT WAYNE TRACK CLUB

April 2001 - May 2001

the inside track



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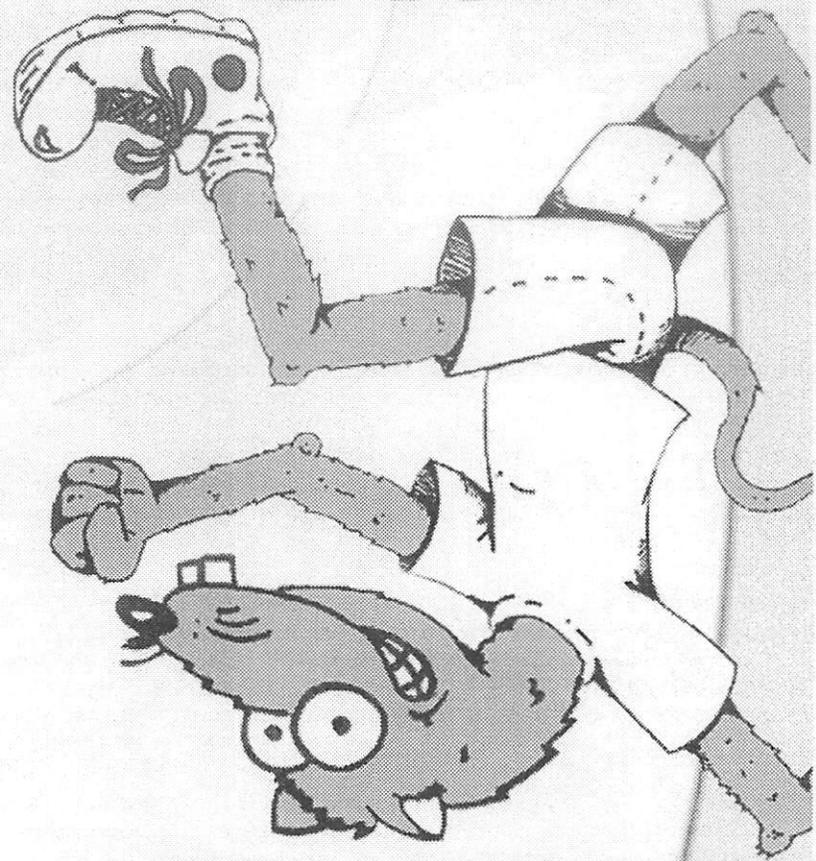
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My Huff 50K Trail Ultramarathon Final Race Report (Long) - Chuck Gulker

The following is a race account of an offroad ultramarathon I raced yesterday (Saturday, December 30th). Unfortunately, I do not have the literary skills necessary to convey the coolness (geez, that is an understatement) and difficulty this race played out to be. Anyway, I will at least try. Here goes.

First, the race was the Huff 50K standing for 'Huntington Ultra Frigid Fifty'. The race started at the Kil-So-Quah Campground on the Huntington Reservoir (Roush Lake) located about 6 miles south of Huntington, Indiana in the northern part of the state. The race went 3 laps (10.8 miles each) around the reservoir on a scenic, remote moderately hilly wooded trail. The actual race distance was 32.4 miles.....1.4 longer than a true 50K. The Huff is the 10th largest ultramarathon in North America. Organizers just announced that the 2001 race will be the United States Track and Field 50K offroad National championship race.

So just how did I get interested in racing ultras? Well, about a month after running the Columbus Marathon, I started thinking to myself, "now what should I do?" Hum, ultras sound kind of interesting. Why not try one out for style? Did some web research, and located a few offroad ultras down in Virginia in early Spring. One 50K was 4 weeks before the Boston Marathon which I also plan to race on April 16, 2001. Perfect I thought. I'll sign-up for the Holiday Lakes 50K. A few weeks passed, and I said, "I want to treat myself to an ultra before the end of the year". This then would make eleven different race distances for my first year of racing. Additional web research located reference to the Huff 50K. That night, I signed up online for the December 30th race and the rest is now history.

Once committed to the Huff, I had to obviously increase my long runs and start to practice on some trails....makes sense....race on trails--need to train on trails! Purchased some nice Gortex Montrail running shoes and got in several long trail (and road runs). My two best training runs were a 25.5 miler from Antrim Park to South Park and back, and a 4 hour (15 degrees) trail run up at Highbanks. I even got in two nice moderately long trail runs out in Portland, Oregon. Battled a tight right hamstring during a portion of my training period which forced me to cut back mileage, but luckily I could get in some fine indoor recumbent bike workouts at the Nationwide Wellness Center to make up the mileage loss.

It's now three weeks before Huff and I'm feeling really good physically. My hamstring is improving rapidly now. With my mileage taper, it would only get better. During this period, I begin to concentrate even more on proper nutrition and hydration. There is no question, I take a great deal of grief from my friends on proper nutrition, but I know during an ultramarathon, this just might make the difference between dropping out or finishing strongly.

It's now about a week before Huff and I got in several dawn training runs in very frigid temps. This allowed me to fine-tune and test my race apparel and gain confidence in running in cold, miserable conditions.

It's now 3 days before the big race. I continue my large intake of water, but now carbo load like there is no tomorrow. My log book shows I took in 467, 520, and 475 grams of carbs during the three days before Huff.

It's now Thursday evening.....the night before my planned departure for Indiana. Carefully packed up my gear and tried my best to experience mental comfort about the upcoming race. Despite excellent physical preparation, I was honestly a bit scared....especially knowing it was going to be very cold with SNOW. Would I be able to pull this one off? Have I finally exceeded the threshold of sanity? It's now Friday morning after a terrible nights sleep. I check the weather and various radars. It doesn't look too good. I send a very early morning e-mail to race promoter Mitch Harper about the race. I'm seriously thinking of not going, but instead running a 'Gulker 50K' over at Antrim on Saturday morning. My body feels like a fueled Saturn V rocket.....primed and ready to blast off! I'm going to run a 50K come Hell or High Water. It's just a matter of where. Mitch then responds back quickly saying "Chuck- the race will be held no matter what". OK, that does it. I'm going. By 10:00 AM Friday, I'm in my aging and rusty old van and driving off to Indiana. Now on with the story.

I'm now experiencing more mental strain. I continuing to worry a great deal. Once into northern Indiana, I can see the snow depth is now big time. It's starting to snow. Hum. What should I do? Keep going or bag it. I press on and arrive at my hotel around 2:30 PM or so. There is 8 inches of snow on the ground with huge piles of the white stuff everywhere. Then snow continues. The trees are covered....it's clearly a winter wonderland. How can anyone race an offroad ultramarathon in this stuff? The mental stress continues. My room will not be ready until 3:00 PM so I sit in the hotel lobby and watch some cheesy dating show hoping to gain some piece of mind and calm my nerves. Usually I'm pretty calm and relaxed before an event, but this race is smelling different than any other race I've been in. The front desk clerk then says "Mr. Gulker, your room is now ready".

I unpack and tune in the Weather Channel. 3-5 inches more snow is expected overnight with a nighttime low of 12. Lovely. I down some more UltraFuel pretending it is a Bud so I can talk myself out of racing in the morning. I eat a Subway sub purchased next door to the hotel. Unfortunately I am not drunk yet.

I leave for the pasta dinner a bit early so I can check out the race course and starting location. It's about a 5 mile drive to the race location from my hotel. After a 3/4 mile drive down the camp entrance road, I finally come to the remote starting area. There are two huge Indiana Department of Natural Resource snow plows clearing the roads and parking areas. Two two large tents are setup with race organizers putting on the final touches of their preparations. I wave at them. Several guys on snowmobiles buzz by. I snap a few pictures and check out the starting and finishing bins. The trails look terrible. This whole thing looks hopelessly impossible. I locate where I am going to park my vehicle in the morning to avoid getting stuck in the snow. I'm getting out of here now and going to head to the warm pasta dinner in downtown Huntington.

My Huff 50K Trail Ultramarathon Final Race Report ...cont. 2

It's now snowing pretty hard now as I pull next to the St. Peters Church Walk in the church and followed a bunch of racers to the basement registration area. Picked up my race packet consisting of a nice Huff 50K gear bag, shirt, water bottle/waist strap, race number, and other assorted goodies. Not too bad. These ultra folks seem pretty cool and seem to have their act together so far.

Went upstairs to the pasta dinner. Talked to a bunch of racers from all over the United States. Sat down and had dinner with some guy from Indianapolis. By pure luck, sitting next to us were three people from Columbus: Denise Ferguson-Fazio, age 37, and Dan Distelhof (my spelling is not right).....Dan raced the Chicago Marathon and was the 4:00 hour pace leader at the 2000 Columbus Marathon, and another woman (forgot her name). Denise and Dan raced in the Huff. The other woman was there to 'cheerlead and provide support'. Denise told me that Fronrunner owner Kevin O'Grady decided at the last minute to not race and would not be making the trip.

We got to hear a fine, fine after dinner talk by Bob Schul. Bob was the US Gold medalist in the 5000 meters at the 1964 Tokyo games. Bob's from Ohio and now lives in Dayton. He is the track coach at Wright State. The talk was on his training and rise to fame. We then got to see a video of his gold medal race. He also talked about mental toughness and how all the Huff racers would need it in the morning. More mental anxiety setting in.

Left the pasta dinner around 8:30 PM for my hotel. It's snowing again Crap! After watching the 'Life of Evil Kneivel' on TV, I make a final check of my gear and hit the sack at 11:00 PM.

Buzz, Buzz, Buzz.....it's my alarm clock. The time says 4:45 AM. Down some water/orange juice and proceed to have a fine breakfast consisting of dry mini wheats, raisins, and two fig bars. It doesn't get much better than this folks. Look outside and see it is not snowing. Thank God. It does, however, seem like we got another 1/2 inch of snow overnight. Made a final decision on my layering.....it's going to be one short-sleeve Coolmax shirt, followed by a long sleeve Polartec turtle neck shirt, followed by a Polartec fleece pullover jacket. I later decided to NOT put a running jacket over my Polartec pullover. This later proved to be the correct decision. Carefully strapped on my new gaiters. Dress and equipment was not going to be the cause of any problems today I thought to myself.

Arrived at the race location at 5:55 AM. Parked in my pre-selected slot immediately across from the main tent and starting/finishing area. There was already activity going on with racers arriving. Stayed warm in my van. Had a banana and some Powerade. Listened to some awful country tunes on my radio.....not much good on the airwaves at that early hour. Around 6:45 AM, a pickup truck pulling a Civil War cannon pulls up. It didn't take a great deal of mental thought to know this would be our starting cannon.

It's now 7:30 and I get out of my warm van and jog around the parking area. Reality has finally hit me big time. I'm about to race my first ultramarathon in 12 degree temps with 8 inches of snow on the ground. It's too late to wimp out now.

About 7:45, I go inside the warmed tent and do some last minute small talk with Denise and Dan from Columbus. Collectively we are all very worried and concerned.

It's now 7:55.....5 minutes before the start. A huge (400+ racers.....200 50K'ers, and the rest single lappers and relay racers) have gathered in the starting area immediately outside the tent. We receive a prayer from a racer/minister and final safety instructions from the Huff organizers.

BOOM.....and I mean LOUD.....the civil war cannon blasted and the racers are off!!!!

The start proceeded about a 1/4 mile across a drifted (14-18 inches of snow) open field and then headed straight into the woods. To put in mildly, it was a bitch of a start.....unlike any other start I have ever experienced. People falling flat faced into the snow, other single lappers and relay racers flying by. Confusion everywhere. I maintain a decent pace and just try and stay on two feet! I've got 32.4 miles to race.

About a mile into the race we go down a moderate downhill and across a narrow and very snow covered wooden bridge. This is tricky as the pack hasn't thinned out yet. I continue to race well passing many runners. The pace is slowed terribly by the deep snow and tricky footing with the confusion and chaotic footprints. There is little or no talking as it takes 150% concentration to race under these adverse conditions. I can't describe the physical effort it takes to high step through deep snow, and have to do this for hours on end.

After about 3.0 miles, we come to a road which leads across a dam. Pretty awesome view. I'd say we were on this road for about 3/4 mile. We then turned left and proceeded about 200 yards across another very drifted field. Up ahead I could see a tiny shelter building which was the first of our aid stations (there were 3 in total.....one at the start/finish line and two others on the course). I took in two full cups of sports drink and had one chocolate turtle and one fig bar. Total time at rest----about 30 seconds. Took 20 steps, and then it was right back into the woods.

Somewhere between 5-6.5 miles, I thought to myself "I don't think it will be possible to finish this race. No way Jose". Kept on running....if you can call it that. We are now in the middle of literally nowhere. Nothing to see but trees and snow. I never saw one house, one bird, NOTHING. Think of Siberia in the Winter. This was Huff and I kid you not. The footing continues to be terrible. Remember the snow is 8 inches deep with frequent drifts. You try and run into others footprints or do whatever you can to find 'a good line'. The problem is, there are no good lines!

My Huff 50K Trail Ultramarathon Final Race Report ...cont. 3

I round a turn, go up a hill, and now come to the second aid station at the 7 mile mark off a remote road. Take in two more cups of drink and this time a handful of M&M's. It's right back into the wood again. A very short while later, we are forced to climb (literally) up a 40% incline (75 yards) of VERY drifted snow up to a road. We turn left and then run across the water for oh I'd say 1/2 a mile. Another nice view of the lake. We turn left after crossing the water and then head back into the woods. It's now 2 miles of rolling hills and we come back to the start/finish line to complete lap 1.

Coming up to the start/finish line, a course worker directs me to the 50K shoot. I run through a bunch of red cones and get scored for lap 1. The electronic overhead timer says 2:07. I'm feeling decent at this point, trying to ignore the fact that I have two more laps to go! I quickly do some mental math.....let's see $2:07 \times 3 = 6$ hours 21 minutes. Holly shit, I've got to be out here racing in this crap for another 4 hours 15 minutes? It's going to take a super human effort to pull off a finish today. Hea, but the reason I am here in the first place, is because it is not easy. Stop crying and start racing Chuck! Ok.

As you crossed the start/finish line, each racer had a choice to make. You could either go into the warm heated tent and have any one of three hot soups/drinks/other foods, or simply continue running about 25 yards to a aid table in the middle of a field. Yours truly avoided the heated tent on each lap, and only took a drink at the table in the middle of the snowy field. This was clearly the hard core approach, but I was afraid if I went into the heated tent, I would not go back out!

The second lap was a wee bit easier than the first lap.....this because the racers behind me had packed down the course by a small amount.....and I mean only a small amount. It was still just terrible terrain to race on. I just can't adequately describe the conditions to you all. Monotony and boredom is setting in now. The required concentration is starting to take a mental toll on me. I pass the three hour mark and I'm not even 1/2 way finished yet. Man oh mighty. I hit an hour stretch where IT IS JUST ME and the remoteness of nature. I can't dare daydream or look around for fear of falling or twisting my ankles/knees.

I pass under the scoring timer at the end of lap two. The time says 4:23. My speed fell off 16 minutes from lap 1. I'm holding up ok, but clearly am not daisy fresh at this point. I've now run longer in time than I've ever done before. I'm into new territory so to speak. Some spectator yells out "nice job man, you only have one more lap to go". Yea, one more lap.....but each lap is 10.8 miles long and takes well over 2 hours and 15 minutes you fool!!! As I pass through the 50K shoot, the official scorer says to me "you are racing great and are 14th overall". Those words seemed to motivate me.

I grab some more drink/figs at the start/finishing aid station, and then run solo across that terribly drifted field again into the cold and bleak remoteness/aloneness of the Indiana woods. I had to dig very deep to begin this final lap.

As I ran across the dam, my left leg momentarily buckled and I almost fell. Kind of scared me. Luckily, I could keep on running and it never bothered me again. It really seems weird running on a road after so many hours of running in snow.

After about 30 minutes of running by myself, I finally noticed another racer up in front of me. Great, something to look forward to (you have to think of

little games like this to stay sane out there!). I easily caught this dude. We had a 2 or 3 minute talk. He was from Tiffin, Ohio and was the 3rd runner on his relay team. This guy was obviously either totally out of shape or a chain smoker. Despite only being about 2 miles into his loop, he was breathing like there was no tomorrow and seemed totally exhausted. I pulled away from him and never saw him again after that.

Not much to report at this point, except for another hour of seeing no other fellow racers.....it's just me and only me. I'm starting to go nuts. Crunch, crunch, crunch of more snow-snow-snow. The snow was so deep, not even after the racers passed on three laps, did you ever see any dark areas on the ground.....only snow-snow-snow.

I finally hit the final aid station which was 'only' 3.5 miles to the finish line. Gosh darn-it, I'm really going to deserve a finishing medal from this race! Did the 1/2 mile run across the lake and actually got passed by another 50K racer. I'm not sure where this guy came from all of a sudden. We chatted briefly. He was from Wisconsin and said he'd done all previous Huff races. He pulled away from me by about 1 minute and we stayed that way to the end of the race.

Once I passed the "1 mile to go" sign, I greatly increased by pace figuring the end was near. That was the longest mile I have ever run! I kept looking for that wooden shelter house which marked the beginning of the park road leading to the finishing line. I'd round every turn in the woods, and not see it. Finally, there loomed the shelter. Finally left that stupid woods, and ran down the snow covered road. Several folks cheered me on. One guy yelled "your the man".

I made the much anticipated final turn into the coned lined scoring shoots and completed the 2000 Huff 50K ultramarathon! The timer said 6:43. My final lap was run in 2:20. I was given a green scoring card and helped (yes helped) to a small white heated scoring tent. I had to fill out some paper work (man that was fun after being on the course for going on 7 hours) and then was presented a very nice gold 2000 Huff 50K finishing medal-ribbon.

My Huff 50K Trail Ultramarathon Final Race Report ...cont. 4

I then made it to the main food tent where I enjoyed several cups of homemade chili and peanut butter and jelly sandwiches. Drank some sports drink as well. While eating, they did the awards ceremony. The winner was Mark Godale, age 30 from Cleveland, Ohio. He was announced as the US 50K Trail National Champion and ultradistance runner of the year by the USA Track & Field Association. A web search turned up many articles on Mark. I found this interesting: "he has climbed over the Sierra Nevada mountains, cruised through Death Valley, set an American record for a 24-hour run, and won the National 50-mile title". A 25 year old from Alaska won the woman's race, and the male Masters (over 40) Division was won by a guy from Czechoslovakia....a champion himself in his country. He was only 15 minutes behind the overall winner.

During the awards, the Huff scorer said that as of 7.5 hours into the race, there had been only 38 50K finishers (this out of a starting field of 200). 80 racers dropped out after the first lap. I ended up 16th overall with my 6:43 time and placed 4th in the Mens 40-44 division. Denise is a remarkably strong and determined woman. Her time was around 7:45. Dan finished in 7:05. All three of us from Columbus finished the 2000 Huff which was really great.

I departed the race at 4:10 PM and drove non-stop to Columbus. I was too exhausted to get a free shower at the local YMCA. Ran into some heavy snow just inside of the Ohio border which slowed me down to 35 mph. When I got out of my vehicle, I felt like an 85 year old tripler. I was also starting to chill rather badly.

A few minutes ago, I checked the Huff web site. They are in the process of updating the final results and their picture sections. They did just add a comment that pretty much tells the story: "To everyone who ran congratulations! This was no ordinary trail run."

It's now been a day since the cold and snowy Huff. How do I feel? Not real great to be honest with you all. I'm getting better at least. This morning I could hardly walk and my left shoulder was (and still is) very sore for some reason. Unfortunately I picked up a HUGE ugly blood blister on the inside of my left big toe.....no doubt the result of being wet and banged around for such a long, long time. Oh well. I lost 5 lbs and my resting pulse was 61 this morning, compared to my normal 49. This increase was exactly the same as what happened after the Columbus Marathon.

The most satisfying part of the race was knowing I had the guts and will power to finish under very demanding conditions. Will I do another ultra? Yesterday I would have said 'no'. Today, I will confidently say 'yes'. Where and what distance I do not know yet.

What are the requirements necessary to prepare for an ultramarathon? First, obviously a person must be in excellent physical condition. In my judgement, however, you must love to run and really WANT to race at this type of distance. A person also must have tremendous mind over body and common sense.

How did yesterday's Huff race compare to my Columbus Marathon? Answer: the Huff race was much more challenging in all respects: both physically and more importantly....mentally. The Columbus Marathon was raced under very optimal conditions on an easy course with crowd support. Huff was run in downright terrible conditions on a very demanding course with zero crowd support. The post race satisfaction was very high after Columbus, but Huff is even better and is surely a race I will never, never forget.

Would I recommend winter offroad ultramarathon racing to a friend? The answer to 99.99% of my friends is simple: 'no'. I hope some of you enjoyed reading this report.

Chuck Gulker
Columbus, Ohio



HUFF 50K Trail Run

December 30, 2000 - Written January 22, 2001
Mitch Harper- Race Director

Snow.

The race report for The HUFF 50K Trail Run could consist of one word followed by an otherwise blank page of white space. Some will say snow defined the race. Yet, even though it influenced times and performances it did not control them.

Runners subdued the course and the conditions. But not without a struggle.

Mark Godale was the repeat winner of The HUFF. His 2000 time was 5:04:54; his 1999 winning time was 3:26:27! Both times are course records. It is likely the record for slowest winning time will never be seriously challenged.

Race organizers have been concerned since the race began four years ago that runners would find the topography of the course a bit too easy. Snow changed any perceptions of that.

Mark said, "It was tough, the hardest conditions I have ever run in. It was tough mentally when I completed the second loop in the same time I finished the race last year." (Fort Wayne) News-Sentinel Jan. 1, 2001

Huntington Reservoir Manager Jeff Reed and his staff from the Indiana Department of Natural Resources did yeomen's work in ensuring that the staging area was cleared of snow for the event. The Kekionga Trail around the reservoir does not have snowmobiling as a permitted use. An Indiana Conservation Officer groomed the trail by snowmobile the day before the HUFF. The officer made multiple loops of the course but the consistency of the snow did not allow for the type of hard packing with which trail runners from, say, Michigan and Wisconsin, might be familiar.

Runners on the initial loop of the three-loop 50K course would punch through the top crust to softer snow underneath. The only runner doing any sort of trail blazing in front of Mark Godale was a relay runner. The next runner behind Mark was David Dwornick who was more than four minutes behind.

Mike Fruchey, the relay runner, marveled that Mark could continue the pace he did through three loops. One of the other elite runners, on dropping out after the first loop, said that, early on, it became apparent that Mark was negotiating the conditions so well that no one else would be competitive.

Jozef Gyurke, now of Carmel, NY, but a former member of the Slovak Republic National Team, was running his first ultramarathon in the Americas and came in second. A comparison of his loop times with Mark's show that he will be someone to watch in US ultras in 2001. 1st loop: Godale - 1:42:11; Gyurke - 1:52:12. 2nd loop: Godale - 1:39:46; Gyurke - 1:40:13; 3rd loop: Godale - 1:42:57; Gyurke - 1:50:42.

Asked why he chose The HUFF as his first ultra, Jozef replied that when he looked at the ultra race calendars he thought an Indiana race held in late December would be a lot like home. David Dwornick was the only other runner to finish under 6 hours.

The women's winner, Michelle Mitchell probably also thought the running conditions seemed a lot like her hometown of Fairbanks, Alaska. She was also a repeat winner. She won in 1998 with a time of 4:21:59. Her 2000 winning time was 6:15:29. Anong Pustow came in second with a time of 6:34:26. Cassandra McCune was the third finisher and the only other woman to finish under 7 hours!

Linda Gorman led the first loop with a time of 2:02:59 to Michelle's 2:08:51 and Anong's 2:09:48. Linda, who had won the Owen-Putnam 50K in November, was felled by the effects of hypothermia two-thirds of the way into the second loop.

Linda is an indispensable key to the success of the race these past four years and is responsible for the marvelous food that is a hallmark of The HUFF.

The HUFF had a record number of registrants in all three races: The HUFF 50K; the 3-person relay; and, the one-loop run. The 50K had 211 registered; 178 started; and, 76 finished. The race conditions were particularly frustrating for runners who had finished all three prior events and who observed the cut-off time for beginning the third loop. They should be pleased to know that we will have special recognition in 2001 for all runners who will have participated in each of the first five years of The HUFF 50K even though they might not have completed the third loop of the 2000 50K.

The runners had great support from a record number of volunteers organized by Judy Tillapaugh. Those for whom special mention should be made include Dennis Conner, Jon Schlatter, Paul Knott, Bev Metzger, Bob Loomis and the AmeriHost staff. We also thank race sponsor Doug Lehman of Lehman Investment Management who also brought in 1964 Olympian Bob Schul to address the pasta dinner. The Huntington Family YMCA under the direction of Harry Lembach once again provided hot showers after the race. The Huntington County Sheriff's Department provided safety service throughout the race. St. Peter's Lutheran School in Huntington served as a wonderful haven in the snow for the pasta dinner. Also, we wish to mention the generosity of product sponsors CarBoom gel, Boulder Bar, BUN bar, Crack Crème, W.L. Gore Co., Montrail Shoes, Abbey Brown Sweet Shoppe and Ellison Bakery. Again, the Great Race Historical Reenactors started the race with a huge cannon blast. Those listed above are really only a few of the many who should be thanked.

There were many great stories among the runners. Deserving particular mention is that of Dave Reimschisel. In 1998 he was the top local finisher of The HUFF. Last year, he registered but called a few weeks before the race to ask if we could hold his gear until the time came he could pick it up. Dave needed a new heart valve. This year, he was also the top area finisher in The HUFF 50K. It was also the one-year anniversary of his heart-valve replacement. His surgeon, Mark O'Shaughnessy, a past finisher of The HUFF, was also there for one loop.

The 2001 HUFF 50K Trail Run has been selected as the USA Track & Field National 50K Trail Championship. It will be run December 29, 2001. After four races, we can now calculate that there is only a 25% chance that there will be significant snowfall!

Even with snow, Mark Godale said, "It was a great race. It was just what ultramarathons are to be about."

Another Huff Report - Rich Limacher

Before I begin what promises to be another long-winded saga about some poor downtrodden author spending all his money to go down and trod somewhere, let me just preface my remarks with just a couple of remarks.

I want to publicly thank race director Mitch Harper. Despite AMAZINGLY HORRIBLE weather (and other) conditions, Mitch and company managed to stage another first-class event this past Saturday: the HUFF 50K in, over, under, around, and through that vast frozen reservoir outside Huntington, Indiana, known interestingly enough as the "Huntington Reservoir." Thank you, sir. And please also extend my heartfelt appreciation to all of your many incredibly TOUGH volunteers... who were there for me--and all of us--for as long as we needed them. It may be tough to keep moving all day long in weather like that, but it's even tougher to stand still. Now, lemme tellya 'bout this year's HUFF. (Actually... last year's, eh?)

I "knew" my last ultra of the second millennium was going to be a rough one, partially because of all the trouble I'd had trying to convince everyone that the year 2000 "ended it" in the first place and, secondly, because this last weekend of the Plasticseen Epoch happened to fall in winter. And this time around, winter killed us. As I gazed out the window of my lonely writer's garret, all I could see was the frozen storm sewer cover where NONE of any melted water was draining. (The garret's in the basement looking out over the alley.)

I therefore "knew" we were all in trouble. ("Why?" you ask. Well, for starters, usually because the same snow here by Chicago also dumps on Indiana as well--and maybe even more so. Northern Indiana has what they call "Lake Effect Snow," which--let me give you an example: if Chicago gets 18 inches, the HUFF gets three feet.) [Quick. Why is a man like a snowstorm? Because you never know how many inches you'll get or how long it'll last. End of joke.]

No kidding. There was NO JOKE come raceday morning. There I am standing, shivering, freezing with about three hundred of my fellow dog-eat-dog speed-intervalled race-ready competitors, not shedding our sweats nor warming up with windsprints, not hunkering down in the starting blocks, but hoping to Cheezesiss there's still time to boycott. Not a chance. The cannon (yes, an old army field piece which, if this were Colorado, would cause an avalanche) goes off and we... uh... no, not exactly surge forward... just kinda like ooze.

Ever watch molasses drip from a jar? We were like that on Saturday at 8:00 A.M. EASTERN (by the way) STANDARD TIME. There. That takes care of one "bitch."

I pick up one foot very high. I force it forward five inches. I push it back down. I am exhausted.

And that's how it goes for 31+ miles. In the beginning, we were all joking and talking and catching up on old "summer" times. ("You did the Chicago Half? Oh, really? What was your time?") We pretended to be thankful to be stuck at the back and unable to pass anybody. (Much of the trail is single-track and all of it--now--is triple-buried.) We assume, incorrectly of course, that three hundred of our closest friends running in front of us will pack the track down just fine.

"By our third loop," I joke, "this thing'll be smoother than the Dan Ryan Expressway." I lied. It wasn't. (Not by a long shot.)

I meet up with a nice young man wearing a bright orange stocking cap. He says he's only done three marathons and this is his first ultra. His ambition is to work up to a fifty-miler one day.

"Guess what?" I tell him. "THIS right here is tougher than any 50 I've ever done."

"Yeah?"

"Yeah. You get through this and I guarantee your first 50 goes smoother than poo oozing from a hot ox!"

He thanks me very much for my experience and wisdom... and then promptly leaves me in the dust. The, uh, "white powder." Gawd, I hate being "old" and "wise". (Like as if any of that's true har, har, har.) For once in my life I'd like to be "YOUNG" and "FAST". (Hmmm. When I WAS both of those things, uh, "fast" had an entirely different meaning. I remember getting slapped a lot.) Well, anyway, my orange-headed buddy disappears and I don't see him again until the start of the third loop. He's just coming out of the warming tent as I am finishing my pretzel.

"Hey!" he hollers. "Where's all the people?" "Remember how we joked about the three hundred runners in front of us on our first loop?" I ask him.

"Yeah."

"Well, let's just say we've passed 'em."

"They're all behind us?"

"No. They're all gone!"

So we plod along our merry way together for awhile, having a good time joking and laughing about all those folks "with brains" having bailed and are now sitting in a bathtub someplace, having a good time joking and laughing about "US".

OK, so let me capsulize this entire adventure now in 25 words or less. Well, all right, (you're right) it's not possible. Let's try 2500.

The path around the Huntington Reservoir is probably not the same path Chief Little Turtle and his band of 40 half-naked savages once took to stage a pre-dawn raid upon Fort Apache and Rin-Tin-Tin... but it's no doubt close. The chief and his men were stripped to the waist and war-painted for better camouflage. The HUFF ultrarunners this year were covered in multiple layers from head to foot, and many even had cloth over their face. The chief's band went barefoot or in flimsy moccasins. We went in Montrails. Ah, OK, maybe some off-brands as well. The ancient Indians stood still around the attack zone until sun-up, shivering quietly, displaying their bravery. The HUFF runners tramped around noisily almost until the sun went down, freezing loudly, showing off our wimpily, and bitching at the volunteers. Then too, Little Turtle didn't have a bubblebath. But we HUFF runners were able to eat up all the little chocolate turtles they did have. Unfortunately, one or two of us broke our teeth.

I don't recall if those Indians actually won their early morning battle, but this "Indiana" certainly won its. Look at the posted results. Wow! Only a 45 percent finishers' rate in a little ol' measly 50K race! And some folks were out there after dark!!!

When I got done with my first loop, there were throngs of onlookers and a guy with a bullhorn directing traffic. When I got done with my second loop, there was some girl by herself saying "good job" and about a half-a-dozen parked Jeeps with their engines running and windows steamed up. But when I got done with my third loop... there was NOBODY! And it was snowing again.

Even the clock had cloth over it. (And the first digit I could see was--Cheezesiss--an 8!!!) A frozen fist emerged from a van's sliding door, shaking, implying I should rip off my own tear-tag... to, you know, make sure my finishing place wouldn't be confused with the throngs finishing in front or behind me. And, after 10 or 15 minutes or so, the tag came

Another Huff Report - Rich Limacher

off.

No cheerleaders. No gasping onlookers. The sliding van door slams shut again. I trudge back to the tent. And, like Ahab the Arab before me, "into the tent I went."

"And there I saw Betima, layin' on zebraskin rug, with rings on her fingers and a bone in her nose, ho-ho."

It was the wife.

No, not doin' any of those "Arab" things, just sittin' and shiverin' in front of a propane heater and scowling.

"You said be back in six hours!" she gesticulates.

"Sorry," I dramatize. "I lied."

Funny thing. Even the floor of the tent was a sheet of ice. And from this, we learn physics: When you erect a tent over a 3-foot-deep snow-covered "patio" slab and fire up a gas heater, you melt the snow which the frozen slab then converts to ice. In fact, THE most dangerous section of the entire course were those six feet from the wife's chair to the table with the chicken noodle soup. No wonder there was so much left in the pan!

While I'm risking life and limb to beg my porridge, Mitch Harper strolls over. The first thing he gesticulates is how many top-notch runners have dropped out. The first thing I do is slurp.

Ah, but we had a good time (didn't we?) anyway. I told him of an amaz-

ing truth I probably discovered during my third loop. Thinking of my orange friend and how enthusiastically he beat me (heh-heh), I say to Mitch, "You wanna know somethin'?" Everybody who was out there with me and finished--to the person--was a positive thinker. I'm sure anybody who bitched at you DNF'd."

And, well, maybe I was right. Anyway, Mitch was so relieved that he didn't have to call Search-and-Rescue to find my ass, he reached over to shake my hand and spilled my soup. And his own dear wife snapped the picture.

Guess what. Today Mitch e-mails it to me. So, if anyone wants to see what a positive fool looks like after EIGHT HOURS and FORTY MINUTES of a little bitty measly ol' 50K footrace... just, you know, ask me off-line. (But no, unfortunately you can't see the slopped soup.)

By the way... that soup is THE BEST chicken noodle soup ever to be found anywhere on the planet Earth. I understand it's Linda Gorman's own secret recipe. And she's a fabulous ultrarunner herself, who also happens to BE from that part of the planet; but I understand the only way you can taste any of this scrumptious stuff is to show up next year and (no, I won't say "finish") just hang around the tent at the HUFF. Hopefully, although the soup may all be gone, the race will still be happening. So what's next for yours truly here at the pre-dawn of the THIRD MILLENNIUM?

That's easy: a bubblebath and another box of chocolate turtles.

Oh, and shopping for an orange stocking cap. (I'll try anything! Especially *now* to shave about three hours off my 50K time! :)

Rich Limacher

ATTENTION TRACK CLUB MEMBERS

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

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

Fanny Freezer Fanny Freezer 5K - February 10, 2001

	Age	Time	Pace	Age	Time	Pace	
1. Kaleb Van Ort	16	16:10	5:13/M	48. Dewain Cobbs	58	21:32	6:57/M
2. Ron Sharp	35	16:14	5:14/M	49. Bruce Young	38	21:46	7:01/M
3. Michael Fruchey	31	16:20	5:16/M	50. Greg Ridenour	16	21:49	7:02/M
4. Mark Stahl	15	16:57	5:28/M	51. Jay Fawver	44	21:55	7:04/M
5. Jerry Williams	41	17:05	5:31/M	52. Mark Adams	47	21:58	7:05/M
6. Michael Clay	41	17:13	5:33/M	53. John David McPherson	48	22:02	7:06/M
7. Brandon Reichert	18	17:45	5:44/M	54. Thomas Bussen	39	22:16	7:11/M
8. Brad A Thomas	26	17:45	5:44/M	55. Jim Pickett	51	22:17	7:11/M
9. Jon Uecker	27	17:48	5:45/M	56. Drew Wilson	13	22:24	7:14/M
10. Nathan Folks	17	17:54	5:46/M	57. William A Crane	58	22:24	7:14/M
11. Victor McHenry	16	17:55	5:47/M	58. Jeffery Davis	45	22:29	7:15/M
12. Rowland Perez	40	18:02	5:49/M	59. Brian Ruhl	42	22:30	7:15/M
13. Brett S Hess	35	18:04	5:50/M	60. George Mills	39	22:32	7:16/M
14. Rich Kempf	45	18:06	5:50/M	61. Andy Haxton	32	22:32	7:16/M
15. Jr Robert Minnich	33	18:07	5:51/M	62. Allen Whittington	45	22:36	7:17/M
16. Roger L Wilson	47	18:11	5:52/M	63. David E Boylan	58	22:40	7:19/M
17. Brennon Plotner	15	18:18	5:54/M	64. Sam N Bird	11	22:42	7:19/M
18. Ardy Litzenberg	18	18:19	5:55/M	65. Bill Freygang	39	22:47	7:21/M
19. Chris Leeuw	18	18:20	5:55/M	66. Kelly Mahoney	31	22:49	7:22/M
20. Ward Moya	37	18:25	5:56/M	67. Joe Ziegler	65	22:52	7:23/M
21. Mike Ridenour	16	18:27	5:57/M	68. Scott Glaze	43	22:54	7:23/M
22. Brent Emerick	14	18:28	5:57/M	69. Jack Seigel	55	23:00	7:25/M
23. Andy Garcia	17	18:33	5:59/M	70. Michael Variell	44	23:23	7:33/M
24. Martin Trapp	17	18:35	6:00/M	71. Mike Moya	36	23:29	7:35/M
25. Mike Slavbaugh	40	18:57	6:07/M	72. Eric Kleinrichert	33	23:30	7:35/M
26. David Swenson	38	19:00	6:08/M	73. Robbin Mauger	40	23:36	7:37/M
27. Andrew Winch	29	19:04	6:09/M	74. Mitch V Harper	44	23:43	7:39/M
28. Michael Lewis	35	19:06	6:10/M	75. Rich Stephenson	54	23:52	7:42/M
29. Carl A Risch	43	19:09	6:11/M	76. Kimberly Summers	32	23:57	7:44/M
30. Paul Shaffer	43	19:11	6:11/M	77. Kristen Goeb	16	24:12	7:48/M
31. Jeremy Make	16	19:13	6:12/M	78. Joe Taylor	38	24:16	7:50/M
32. Corey Drake	15	19:18	6:14/M	79. Mitchell White	13	24:18	7:50/M
33. David Walda	30	19:21	6:15/M	80. Brian Doehla	41	24:21	7:51/M
34. Steve King	37	19:23	6:15/M	81. Scott Frick	38	24:30	7:54/M
35. Jed Pearson	49	19:23	6:15/M	82. Amy Kempf	13	24:37	7:56/M
36. Ken Rudolph	18	20:02	6:28/M	83. Nancy Bubanich	34	24:49	8:00/M
37. Jeff Maus	43	20:03	6:28/M	84. Ty Murphy	52	24:51	8:01/M
38. Katie Doehla	14	20:07	6:29/M	85. Chad Ware	33	25:00	8:04/M
39. Chris Adang	26	20:16	6:32/M	86. Tom Skelly	37	25:02	8:05/M
40. Meghan Doehla	17	20:19	6:33/M	87. Mark Weinert	40	25:06	8:06/M
41. Mathew Miller	39	20:44	6:41/M	88. Lorraine Fox	40	25:19	8:10/M
42. Rod Wilson	39	21:05	6:48/M	89. Ben Timmis	13	25:21	8:11/M
43. Steve Knouff	51	21:20	6:53/M	90. Laura Bowen	15	25:26	8:12/M
44. Mark Beals	38	21:21	6:53/M	91. Donald Lindley	57	25:26	8:12/M
45. Jim Bougher	38	21:22	6:54/M	92. Jill Price	13	25:27	8:13/M
46. Tom Landis	44	21:27	6:55/M	93. Keith Bowen	45	25:28	8:13/M
47. Fred Stoffel	50	21:28	6:55/M	94. Kim Larsen	39	25:42	8:17/M

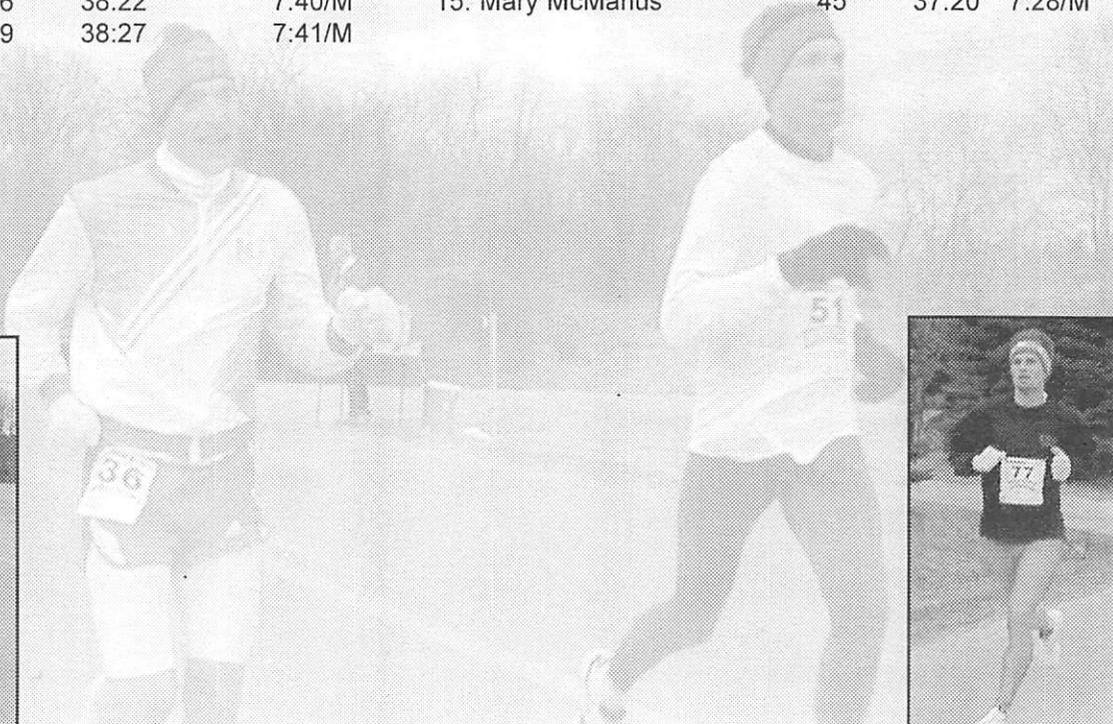
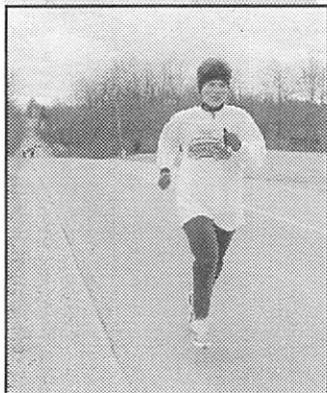
Fanny Freezer Fanny Freezer 5K - February 10, 2001

	Age	Time	Pace		Age	Time	Pace
95. Robert C Loomis	68	25:46	8:19/M	113. J. David Reimschisel, J	40	28:29	9:11/M
96. Steve Eyers	47	25:47	8:19/M	114. Latonya Jones	33	28:29	9:11/M
97. John Brier	56	25:53	8:21/M	115. Lynette Haynie	31	28:33	9:13/M
98. Aaron Cox	47	25:54	8:21/M	116. Jenny Order	23	28:39	9:15/M
99. Tamara Wright	42	26:05	8:25/M	117. Haley Menor	22	28:58	9:21/M
100. Leigh Meyers	13	26:07	8:25/M	118. Sarah Kleinknight	57	29:10	9:25/M
101. Fred Hannan, Jr.	46	26:08	8:26/M	119. John A Hill	33	29:35	9:33/M
102. Kimberly Brown	34	26:11	8:27/M	120. Renee Fenstermaker	43	30:40	9:54/M
103. Don Anderson	73	26:18	8:29/M	121. Dwayne Weeda	72	33:16	10:44/M
104. Laurie Whisler	36	26:23	8:31/M	122. Toby Jo Hullinger	41	33:33	10:49/M
105. Joan Gary	64	27:12	8:46/M	123. Doug Lehman	48	33:37	10:51/M
106. Rebecca Spera	25	27:15	8:47/M	124. Mary Knouff	54	34:18	11:04/M
107. Amy Skelly	13	27:34	8:54/M	125. Diane Jones	53	49:00	15:48/M
108. Jami Trowbridge	20	27:34	8:54/M	126. Beverly Hewitt	50	49:00	15:48/M
109. Bob Goeb	50	27:54	9:00/M	127. Kay Beemer	48	54:27	17:34/M
110. Melissa Glaze	41	28:06	9:04/M	128. Linda McGahey	44	54:28	17:34/M
111. James H Wright	53	28:14	9:06/M	129. Karen Gilson	41	54:29	17:35/M
112. Jama Reimschisel	12	28:20	9:08/M				

**Newsletter
Deadlines:
May 15, 2001
July 15, 2001**

NutriRun 5M - Saturday March 24, 2001

Open							
	Age	Time	Pace		Age	Time	Pace
1. Mike Cole	25	26:0	5:13/M	35. Diana Schowe	36	39:10	7:50/M
2. Mike Flora	25	26:12	5:14/M	36. Christopher Grabill	26	39:34	7:55/M
3. James Furkis	23	26:58	5:24/M	37. Eric Kleinrichert	33	40:22	8:04/M
4. Tod Esquivel	23	27:06	5:25/M	38. Kristen Goeb	16	40:41	8:08/M
5. Jay Hicks	28	27:48	5:34/M	39. Amy Kempf	14	41:14	8:15/M
6. Brian Shepherd	35	28:11	5:38/M	40. Sam N Bird	11	41:41	8:20/M
7. Brandon Reichert	18	29:59	6:00/M	41. Neal Cunningham	31	42:25	8:29/M
8. Chris Leeuw	18	30:10	6:02/M	42. Polly Grismore	29	43:00	8:36/M
9. Joe Pais	36	30:13	6:03/M	43. Michael Snavley	34	43:05	8:37/M
10. Ardy Litzenberg	18	30:20	6:04/M	44. Justin Barman	16	43:10	8:38/M
11. Andy Garcia	17	30:37	6:07/M	45. Laurie Whisler	36	43:16	8:39/M
12. Brent Emerick	14	30:41	6:08/M	46. Marina Garcia	33	44:35	8:55/M
13. Jon Uecker	27	30:54	6:11/M	47. Rebecca Spera	26	46:32	9:18/M
14. Sean McKinley	15	31:00	6:12/M	48. Latonya Jones	33	48:52	9:46/M
15. Martin Trapp	17	31:54	6:23/M	49. Lynette Haynie	31	48:53	9:47/M
16. Philip McGuire	16	31:55	6:23/M	50. Jack Gilbertson	31	49:18	9:52/M
17. Corey Drake	15	32:00	6:24/M	Masters			
18. Jeff Pritchard	39	32:08	6:26/M		Age	Time	Pace
19. Josh Farrell	17	32:49	6:34/M	1. Jerry Williams Jr.	41	28:16	5:39/M
20. Lenna Westerkemp	22	33:04	6:37/M	2. Chuck Schlemmer	40	29:16	5:51/M
21. Linda Keuneke	37	33:53	6:47/M	3. Daniel Nestel	42	33:40	6:44/M
22. Michael Hoss	18	34:10	6:50/M	4. John Treleaven	49	34:15	6:51/M
23. Emily Hernandez	18	35:00	7:00/M	5. Leon Williams	41	34:21	6:52/M
24. Sam Spring	36	35:12	7:02/M	6. Kim A Lefever	44	34:28	6:54/M
25. Jim Bougher	38	35:54	7:11/M	7. Kevin Lochner	45	34:58	7:00/M
26. Andy Haxton	32	36:27	7:17/M	8. Judy White	42	35:18	7:04/M
27. Bill Rooney	34	36:29	7:18/M	9. Greg A Hartman	48	35:44	7:09/M
28. Kelly Mahoney	31	36:33	7:19/M	10. John David McPherson	48	36:20	7:16/M
29. Richard Mullinex	26	36:41	7:20/M	11. Jeffery Davis	45	36:22	7:16/M
30. Kelley Cather	28	37:03	7:25/M	12. Rick L Gilbert	44	36:40	7:20/M
31. Jennifer Steigmeyer	31	37:17	7:27/M	13. Sue Pearson	42	36:54	7:23/M
32. Rob Norwalk	37	37:49	7:34/M	14. Sue Fowler- Finn	46	37:05	7:25/M
33. E Hans Schmidt	36	38:22	7:40/M	15. Mary McManus	45	37:20	7:28/M
34. Kenneth M Steiner	39	38:27	7:41/M				



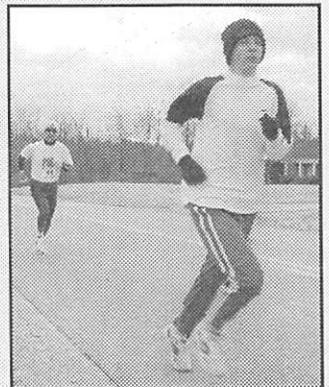
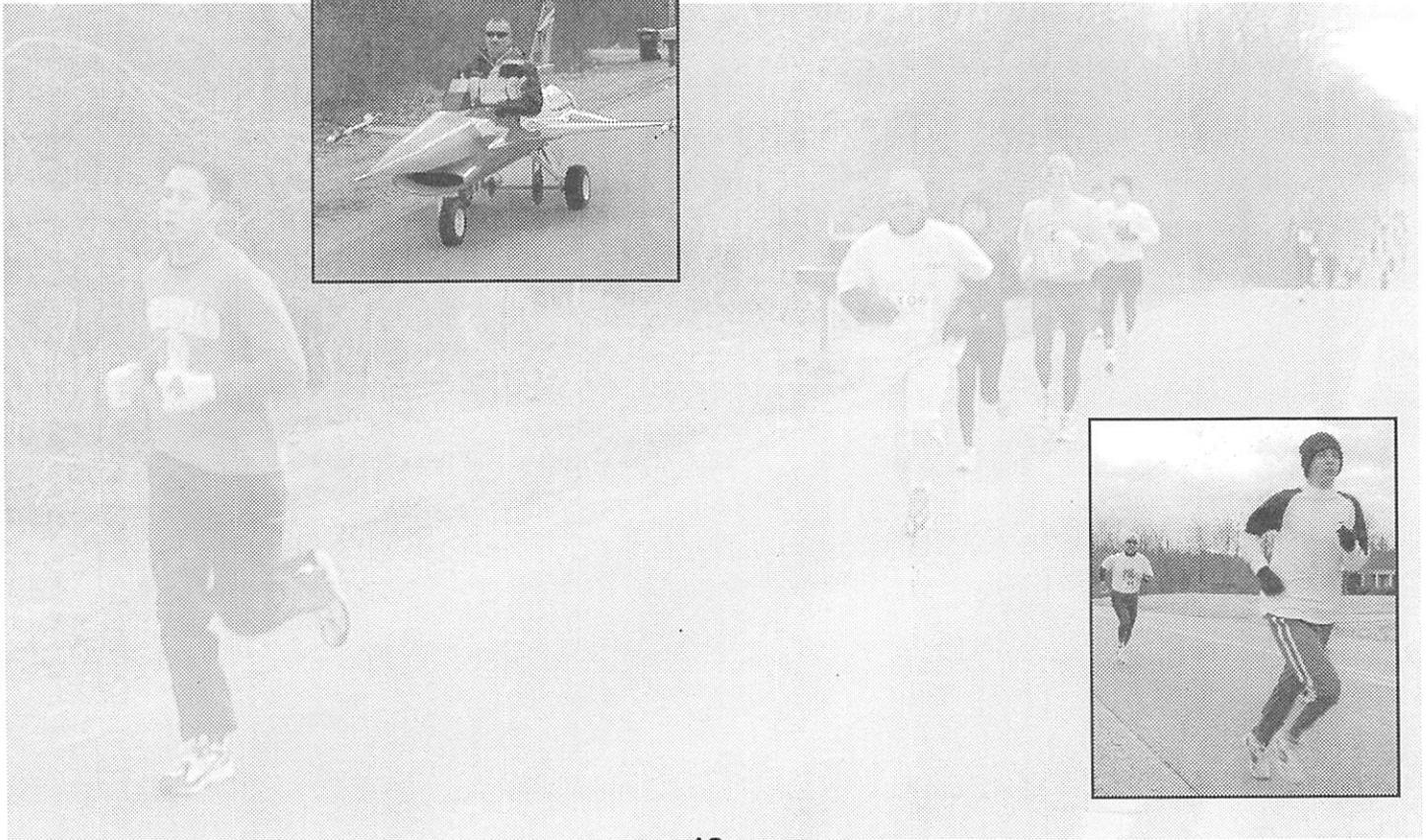
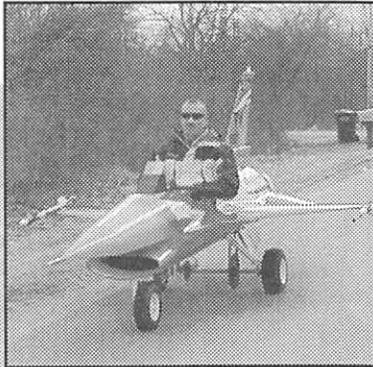
NutriRun 5M - Saturday March 24, 2001 (cont.)

Masters (cont.)

	Age	Time	Pace
16. Donald Kramer	47	37:45	7:33/M
17. Howard J Klinger	46	37:46	7:33/M
18. Jeff Metzger	40	38:11	7:38/M
19. Robbin Mauger	40	38:33	7:43/M
20. Stephen M Hilker	45	39:02	7:48/M
21. Michael Variell	44	39:13	7:51/M
22. David Lowe	42	39:24	7:53/M
23. Patty L Schwartz	48	39:28	7:54/M
24. Craig Bobay	44	39:31	7:54/M
25. David M Graney	41	40:18	8:04/M
26. James S Beeson	45	40:57	8:11/M
27. Anita O' Reilly	43	41:00	8:12/M
28. Scott A Miller	48	41:12	8:14/M
29. Aaron Cox	47	42:33	8:31/M
30. Tamara Wright	42	42:38	8:32/M
31. Steve Eysers	47	43:06	8:37/M
32. Diana Kuebler	46	43:12	8:38/M
33. Anne M Karr	46	43:50	8:46/M
34. Thomas Boyer	45	43:52	8:46/M
35. Robert Warren	47	45:41	9:08/M
36. Linda MacKey	46	46:50	9:22/M
37. Judith Ingleman	45	46:52	9:22/M
38. Kimberly Aspacher	42	47:55	9:35/M
39. Betty Greider	40	1:04:25	12:53/M

Grand Masters

	Age	Time	Pace
1. Jed Pearson	50	32:34	6:31/M
2. Bob Bruckner	55	34:24	6:53/M
3. Michael M Yoder	53	36:41	7:20/M
4. David E Boylan	58	36:42	7:20/M
5. Joe Ziegler	65	36:56	7:23/M
6. Don Ransome	50	36:58	7:24/M
7. Bernie Burgette	57	37:41	7:32/M
8. Freeman Hershberger	63	37:51	7:34/M
9. Jim Pickett	51	38:15	7:39/M
10. David L Winters	51	38:16	7:39/M
11. Jack Seigel	56	38:29	7:42/M
12. Stephen A Schwartz	53	38:38	7:44/M
13. Kathryn Pleus	50	41:02	8:12/M
14. Barrie Peterson	58	42:10	8:26/M
15. Michael Barman	51	43:28	8:42/M
16. Marsha Schmidt	55	43:32	8:42/M
17. Robert C Loomis	68	43:35	8:43/M
18. Jon Ingleman	59	44:45	8:57/M
19. Don Anderson	73	44:48	8:58/M
20. Bob Goeb	50	45:26	9:05/M
21. Lynn T Bobay	50	45:27	9:05/M
22. Richard Crispen	56	46:34	9:19/M
23. Bernie Huesing	68	46:44	9:21/M
24. Karl Dietsch	63	47:59	9:36/M
25. Ken Silkworth	54	48:32	9:42/M
26. Dick Harnly	63	49:55	9:59/M
27. Donald Rhoades	67	1:05:25	13:05/M



Attitude Adjustment - Jon Schlatter

For being such powerful forces in lives attitudes are profoundly vague and mysterious creatures. When one attempts to trace back a particular attitude back to its point of origination one finds that it disappears in a nether void of faded and forgotten memories. Attitudes are not even static things but are constantly being redefined and reshaped. Attitudes seem to have an almost reciprocal relationship with actions, for not only do attitudes obviously effect actions, actions, or more specifically our emotional and mental reaction to them, both positively and negatively, help to redefine our future attitudes. I have meandered through all this psychological mumbo jumbo to say this that over the last five years that my attitudes concerning certain aspects of running have changed. I have found that upon further ponderance that this has less to do with all of the injuries that I have suffered through and more to do with the fact that I am smack dab in the middle of middle age. Attitudes that I would have been ashamed of in my 20's and early 30's I now fully embrace wholeheartedly. Back then all I wanted to do was to run as fast and as hard as I could for as long as I could. I could always rely on on the natural speed that I was born with (such as it was), an endurance that never seemed to fail, and a body that seemed to heal from injuries and recover from hard training runs with amazing quickness. I felt that when I got to the point where I could not run 2 miles under 12:15 anytime that I wanted to that I should give up the sport. But it has that the creeping of age is a great equalizer and I learned this lesson harshly as I saw my mile splits rise steadily over the years to the point were 8:00 per mile is what I now use as my standard. Now as I approach my 45th birthday I feel that most of my attitudes concerning running spring from one paramount one, namely that I am extremely grateful to still be running. So in light of this attitude I will...

1. ...after I have completed a race go back and cheer in the runners who will finish after me for now I more fully know and appreciate how hard they work to finish their race.
2. ...will run trails as much as I can for if I must severely limit how much I can run in a week for the sake of being able to run for the rest of my life I will run courses that mean the most to me.
3. ...never be ashamed to walk in the middle of a run for not only did walking enable me to return to running on a part time basis it also allows me to go distances that are not wise for me to run.
4. ...always express my thanks to the race director and their crew for after volunteering at a dozen or more races for the past few years I know how under appreciated their tasks are.
5. ...start to run those races that I always said that someday that I would do for with a uncertain second chance to run again the future has become now.
6. ...strive to learn that it is the run itself and not the time that is most important for in the words of a wise runner (JD), "tis better to be slow and still in the game than not in the game at all."
7. ...rarely turn down an opportunity to run with my friends or go on a road trip with them for being with them is the essence of all that is good about this sport.
8. ...never forget the importance of preparing properly for each race in terms of completely stretching and then completing the mental components.
9. ...learn to savor and fully enjoy every opportunity to run whether it be in training or for a race.
10. ...run most of the time with a bandanna tied around my neck for it shall be a reminder of all that I have accomplished and of all that I still get to do.

FWTC RACE CALENDAR - 04/07/2001 to 10/16/2001

Local/Points Codes: L - Local race in the greater Ft. Wayne area

R - Regional race within 70 miles of Ft. Wayne

P - FWTC Points race

Sat., Apr 07, 2001 - 9:00 a.m.(LP)

IPFW Mastodon Stomp, 5K Run/Walk & 1M Kids & 100yd Mascot Run, IPFW, Fort Wayne, IN, Judy Tillapaugh, 219-481-6647, email:tillapau@ipfw.edu

Sat., Apr 21, 2001

Flash Dash, 5K, SE side of Indy at Franklin Central High School, Indianapolis, IN, Ken Swank, 7605 Franklin Pk. Wds., Indpls, IN 46259-9708, (317)-862-2786 or 862-8826, email:Kenswank@aol.com

Sun., Apr 22, 2001

St Francis Hospital & Health Cts "Bricks to Bricks", 10M, Franklin HS, Indpls, IN, Ken Long, Toll Free 1-866-786-9255, email:klong@kenlongassoc.com, web site:<http://www.kenlongassoc.com>

Sat., Apr 28, 2001, - 10:00am

Spring Fling, 4 Miles, OSU Lima Branch Campus, Lima, OH, Alvin Langhals, 419-659-5868, email:klrigg@bright.net

Sat., Apr 28, 2001 - 7:00am (LP)

Indiana Artsfest, Marathon & 8K, IPFW Campus, Fort Wayne, IN, Linda Gorman, email:marathon@fwtc.org, web site:<http://www.indianaartsfestmarathon.com>

Sat., Apr 28, 2001 - 9:00 a.m. (R)

4th Annual Spring Fever 5K and 2 Mile Walk, 5K & 2M, Koskisuko Community YMCA, Warsaw, IN, Don Ransome, 1513 E Center St, Warsaw IN 46580-3607, 219 267-4140

Sat., May 12, 2001 - 8:30 am start (L)

Nick Denice Race for Hope, 10K run/5K walk, Baseball diamond at the corner of Aboite Center Road & Westlakes Drive., Fort Wayne, IN, Carolyn Denice, (219) 434-4075, email:cdenice@pancan.org

Sun., May 13, 2001 - 1:00 pm (R)

Mother's Day Run, 5-mile, Kendallville Youth Center, Kendallville, IN, Kendallville Parks and Recreation Department

Sat., May 19, 2001 - 9:00 am (RP)

Run for Fun, 10k & 5k, Warsaw, IN, Bill Crane, (219) 268-1236

Sat., May 26, 2001 - 8:00 AM (LP)

River City Rat Race, 10K, Downtown, Fort Wayne, IN, Steve Hilker, email:shilker@pleez.net, web site:<http://www.rcrtrace.org>

Mon., May 28, 2001 (R)

The Great Race, 5K/10K masters/Half-marathon, Various locations, Elkhart, IN, Ron Schmanske, P.O. Box 682, Elkhart, IN, (219) 296-5890 or 296-5862

Sat., Jun 02, 2001 - 9:00 am (R)

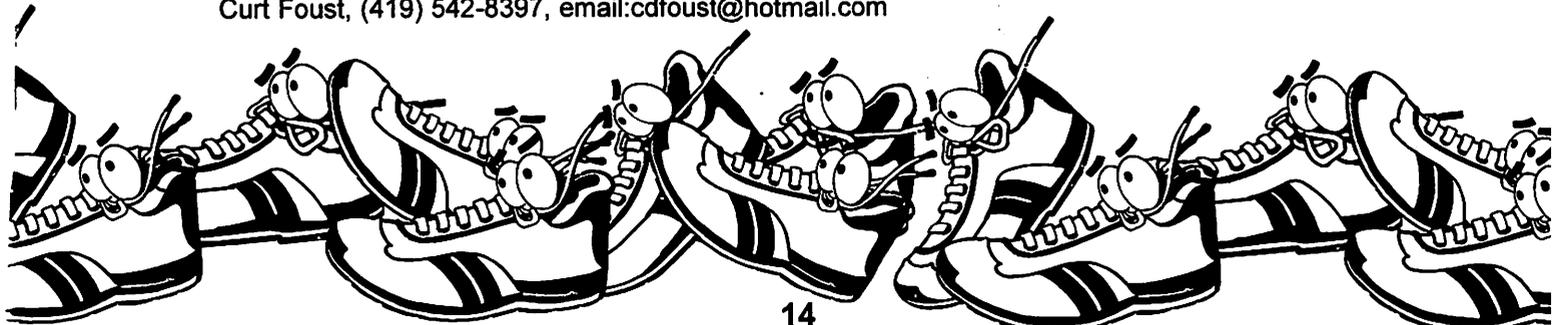
YMCA World's Largest Run, 5K Run & 2M Walk & Youth Mile <13 & PeeWee Run <7, YMCA of Dekalb County, Auburn, IN, Rich Teixeira, 533 North St., Auburn IN 46706, 219-927-3084, email:ymca@dklb.net, web site:<http://www.active.com> Register On Line

Sat., Jun 09, 2001 - 8:00 am

Greentown 5-Mile, 5M, Eastern Elementary School, Greentown, IN, John Norris, Norris Insurance, Box 157, Amboy, IN 46911, 765-395-7761 or 765-395-7730

Sat., Jun 09, 2001 - 8:30 am

Apache Run, 5K, Fairview High School near Sherwood, Ohio, on US 127, Sherwood, OH, Curt Foust, (419) 542-8397, email:cdfoust@hotmail.com



FWTC RACE CALENDAR - 04/07/2001 to 10/16/2001

Sat., Jul 21, 2001 - 9:00 am - (8:45-fun run) (L)

Bruin Alumni/Open, 5K/1M, Shoaff Park, Fort Wayne, IN, Barrie Peterson, 219-637-5717

Sat., Jul 28, 2001 - 7:30 am

Buckley 5 Miler, 5 Miles, Buckley Homestead County Park, Lowell, IN, Jeff Manes, (219) 696-3569, email:speeddem@mail.icongrp.com, web, site:http://www.buckley5miler.com

Sat., Aug 04, 2001 - 8:00 am

Norris, Norris Insurance, Box 157, Amboy, IN 46911, 765-395-7761 or 765-395-7730

Sat., Aug 11, 2001 - 8:30 am - 5K@8:30 am, 1M@8:00 (R)

FunFest 5, 5K/1M, Warvel Park (9th & Market St), North Manchester, IN, Kevin Lochner, email:klochner@ctlnet.com

Sat., Sep 15, 2001 - 8:00 am (L)

Dupont 5K, 5K, Dupont Hospital, Fort Wayne, IN, Richard M Hilker, 1104 W State St, Ft Wayne IN 46808, 219-484-0454, email:drickd@aol.com

Sat., Oct 21, 2001 - 10:00 am

Run for the Prize, 5K, Findlay, OH, Dave Braun, (419)365-5770, email:dbraun@menel.com

Interested in the Internet or computers?

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

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

If you are interested in any of the above, please contact Vern Ceder by email at vernc3@aol.com or by phone at 219-745-4295.

Visit the FWTC Web site!

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

Check it out at
www.fwtc.org

Register for the FWTC Email Race Updates list

If you are interested in receiving email updates about FWTC races and events, please visit the signup site at www.fwtc.org

ON THE FAST TRACK

Beginning Thursday, June 7, and continuing through Thursday, July 26, Northrop High School (Spuller Stadium) will be the site for 8 straight "Speed" workouts. These workouts will commence with a group warm up at 6:00 p.m. and will consist of a variety of workouts will be set up and organized by Northrop assistant boys' track and head Cross Country coach Barrie Peterson, who also serves as past president and current board member of the Fort Wayne Track Club.

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

JUNE 7: Warm up (jog 1/2 mile + stretching + sprint drills + build-up stride outs) + Timed 3200 on track + 10X partner 200"s + warm down and stretch.

JUNE 14: Warm up (as above) + 3 x repeat miles + warm down and stretch.

June 21: Warm up + 6 x repeat 1/2 miles + miles down and stretch.

June 28: Warm up + 12 X400 on track + warm down and stretch.

July 5: Warm up + 4 X repeat miles + warm down and stretch.

July 12: Warm up + 8 X repeat 1/2 miles + warm down and stretch.

July 19: Warm up + 16 X 400 on track + warm down and stretch.

July 26: Warm up + timed 3200 + warm down and stretch.

There will be no cost for the June 7 through July 19 workouts, but there will be a slight entry for the July 26 timed 3200 as we will give out awards for that race for summer improvement and/or participation.



ROAD RUNNERS CLUB OF AMERICA

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March 1, 2001

Linda Ianucilli
Fort Wayne Track Club
c/o Don Lindley, Treasurer
P.O. Box 11703
Fort Wayne, IN 46860

Dear Linda:

Congratulations! It is my great pleasure to inform you that you are the recipient of the 2000 RRCA Newsletter of the Year Award (medium - club category). We invite you to receive your award in person at the RRCA's 44th annual convention which will be presented at the RRCA Annual Awards Banquet on Saturday, May 5, 2001 in Albuquerque, NM, May 2 - 6.

Enclosed is a convention registration form with the fees waived. If you plan to come, please complete it and return it to Peter Casals ASAP, and please call the hotel to make your own room reservations. You will be reimbursed a total of \$300 for travel and lodging after you come to the convention. Please let Peter Casals in the RRCA office know if you plan to come no later than March 20th. If you have any questions, contact Peter, RRCA Programs Director, at (703) 836 -0558, ext. 14.

We look forward to hearing from you soon, and again, congratulations.

Warm regards,

Henley Gabeau
RRCA Executive Director

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

★ The RRCA: GRASSROOTS
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www.rrca.org

DASH For Good Nutrition

What do these habits have in common?

Green, red, orange, or another colorful vegetable four times per day

Whole grain breads and cereals at meals

1/3 cup nuts, 2 tablespoons sunflower seeds, or 1/2 cup cooked beans
four to five times each week

Season foods with lemon pepper, basil, parsley, or another salt free herb or spice

All of these are part of the National Heart, Lung, and Blood Institutes (NHLBI)

DASH eating plan. They are just a taste of what the eating style can offer for good nutrition. Some of the other guidelines encourage the use of two to three low fat or non-fat dairy foods daily and 5 to 7 ounces of lean meats, poultry, or fish daily. Sweet foods are fine yet their best limited to a few servings a week. The overall plan is just what a physician might order for health promotion and disease prevention.

DASH is defined as Dietary Approach To Stop Hypertension. Controlled studies have shown that DASHing at meals and snacks can lower blood pressure, as much as medication. Such Power!!

The plan is low fat, low salt, and high in fiber. It seems that the combination of food guidelines enhances the plan's effect on improving blood pressure levels. Eating low salt meals and snacks are not enough to cause optimal changes. Low salt modifications combined with low fat and high fiber guidelines increase health benefits. Better yet the benefits go beyond blood pressure!! The style of eating reduces a person's risk of cancer, stroke, heart disease, osteoporosis, diabetes, and constipation. It's high in so many valuable nutrients like calcium, potassium, magnesium, vitamin C, vitamin A, B vitamins, and fiber.

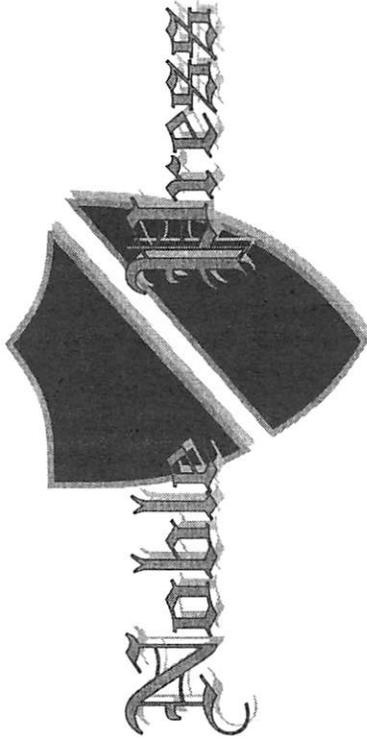
For more specifics on high blood pressure prevention and treatment tap into the NHLBI's web site at <http://www.nhlbi.nih.gov>. Open up the file on health information. In health information go to heart and vascular disease. Within this file you can click on "Facts About The DASH Diet" for a collection of information. Another resource web site to visit would be <http://dash.bwh.harvard.edu>. To hear messages on blood pressure call 1-800-575-well.

High blood pressure is a silent killer!! We can not sense whether it's high, normal, or low. Damage to artery walls and cells due to high blood pressure could be going on without your knowledge. Treat yourself well by being aware of your blood pressure levels day by day. Optimal blood pressure is 120 (systolic)/ 80 (diastolic) or below. Learn your systolic and diastolic numbers and consider "take care" habits to help your whole well being. FREE blood pressure checks are available at your physician's office and area health clinics. Feel free to stop by as needed.

Take Care,

Judy Tillapaugh, RD
IPFW Wellness/Fitness Coordinator

Members Page



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COMING EVENTS...

INDIANA ARTSFEST MARATHON & 8K

Saturday, April 28 - 7 AM
IPFW - Fort Wayne

NICK DENICE RACE FOR HOPE 10K

Saturday, May 12 - 8:30 AM
Aboite Center Road - Fort Wayne

RIVER CITY RAT RACE 10K

Saturday, May 26 - 8 AM
Downtown Fort Wayne

FWTC MEETINGS

Wednesday, April 11, 7:00 PM, Run 6:00
Wednesday, May 9, 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.



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