

# the inside track

June 2001 - July 2001

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



## Scenes from the 2001 Mastodon Stomp



Check out our web site at [www.fwtc.org](http://www.fwtc.org)

# 2001 FORT WAYNE TRACK CLUB

## Officers and Board Members

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Paul Knott (219) 485-1917

### FWTC INFORMATION

FWTC Mailing Address: Fort Wayne Track Club, PO Box 11703,  
Fort Wayne, IN 46860-1703

FWTC Telephone Number: 436-2234

The FWTC is a member of the RRCA, Club #23 - USATF Club #45

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1. Fanny Freezer Barrie Peterson 637-5717  
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3. IN ArtsFest Mar Linda Gorman 478-4573  
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4. River City Rat Race Stephen Hilker 747-7186  
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5. Parade Run Mike McAvoy 824-5158  
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9. Just Plain 10K James P Jones 745-9724  
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Check out our web site at [www.fwtc.org](http://www.fwtc.org)

# Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, March 14, 2001 7:00 - IPFW

## 21 Present

**Carol Garcia**  
**Vince Garcia**  
**Roger Wilson**  
**Joe Nayarkas**  
**Tom Landis**  
**Vern Ceder**  
**Don Lindley**  
**Stephen Hilker**  
**Bill Harris**  
**Marsha Schmidt**  
**Bill Schmidt**  
**Barrie Peterson**  
**Brad Thomas**  
**JP Jones**  
**Laurie Whisler**  
**Jed Pearson**  
**Karl Dietsch**  
**Paul Knott**  
**Linda Kenneke**  
**Jerry Diehl**  
**Bill Sohaski**

1. Meeting was called to order by Bill Harris.
2. Don Lindley read a short devotional and offered the opening prayer.
3. The minutes were distributed, read, and approved.
4. Don gave the treasurer's report and the track club is doing well.
5. Don reported on the up coming Nutri-Run. It will be 5 miles this year held on March 24th at 9 A.M. There have been 26 entries so far. A motion was made to drop the race as a points race. The motion was passed. This information will be on the FWTC web site.
6. Judy was on vacation but the mastodon Stomp will be on April 7th at 9 AM. Some volunteers are lined up.
7. The awards banquet invitations were sent out. the time will be 5:30 PM.
8. Linda reported on the Arts Fest Marathon. The course is set and ready to be certified. There will be 18 aid stations, many of them manned by neighborhood associations. The Mayor will make a proclamation at the race start. An announcer from TV 33 will read runners names as they cross the finish line. 100 entries have been received. Race chips will be used.
9. J.P. asked for a volunteer to help man the FWTC table at this years Health Fair at IPFW Ballroom on March 28th from 9 A.M. - 3 P.M.
10. Steve reported on the Olympic torch project. On January 3rd at 4 P.M., 75 people will be elected to carry the torch .2 of a mile from south to north Fort Wayne. the torch will be in Fort wayne overnight and a party is planned. Coke and GM are sponsors. A torch may be purchased for \$300.
11. The Rat Race brochures are out. A pre-race T-shirt is available. You may register online.
12. Jed has learned how to do the race calendar. He reported the Columbia City Hospital Race has been dropped. There is a new April Fool's race, and June 2nd the YMCA has a new race at 9 AM.
13. The Inside Track has won best newsletter for a medium size letter from the RRCA. There is a need for someone to go to New Mexico the week of May 2nd-7th to pick up the award.
14. The new business the director of the Cross Country Runner Club of Baerfield Air National Guard would like his runners recognized when they participate in FWTC races.
15. The Living Healthier series will have several talks for people who need better health in their lives. They will be at Taylor University starting march 28th at 7:45 P.M. They will be held every month. The cost is a can of food.
16. Chet Fleetword will allow his letter to be in the FWTC Newsletter. A discussion followed over a race award for oldest and youngest runner. No decision was made.
17. Meeting adjourned.

**Next Meeting April 7th, 7 P.M. IPFW**

# Fort Wayne Track Club Monthly Meeting Minutes

Wednesday, April 11, 2001 7:00 - IPFW

## 19 Present

**Carol Garcia**  
**Roger Wilson**  
**Jeff Milleman**  
**Kim Milleman**  
**Jerry Diehl**  
**Brad Thomas**  
**J.P. Jones**  
**Jack Gilbertsen**  
**Don Lindley**  
**Sam Stephens**  
**DeWayne Weeda**  
**Joe Nayarkas**  
**Vern Ceder**  
**Bill Harris**  
**Judy Tillapaugh**  
**Paul Knott**  
**Linda Kenneke**  
**Sarah Kleinkhight**  
**Laura Whisler**

1. Meeting was called to order by Bill Harris.
2. J.P. offered the opening prayer.
3. The minutes were submitted by Carol, corrected and approved.
4. Judy reported on the success of the Mastodon Stomp. One hundred-seventy-one registered runners participated in the race to raise \$2,000.00 for the IPFW cross country and track teams. Judy expressed her appreciation to the FWTC volunteers who assisted with the race.
5. Kim reported everything is going well for the FWTC awards banquet. Nikki Jasperson and Kaleb VanOrt will be the high school award recipients. Last year's high school awardees were sent banquet invitations. Brett Hess will be honored for his articles in The News Sentinel supporting runners. Ninety-four people are to attend with \$509 collected.
6. Don gave the treasurer's report, it was approved. Also a wrap up of the Nutri Run. One Hundred twenty five runners participated. Money lost on the race will be reimbursed per Doug Lehman. All left over food was taken to St. Mary's soup kitchen.
7. Linda reports The Arts Fest Marathon is ready for April 28th Marathon starts at 7:00 AM and other races starting at 8:30 AM. Captain Marty Bender has been very helpful and will supply 60 officers for the event. The certification is done, art will be for sale and there will be 18 aid stations. Drinks will be provided for each station, some will provide more at the operators or sponsors own expense. So far 175 runners have entered. The marathon will be the only race off campus.
8. Steve gave a quick update on the Rat Race. They hope to have more police and sentries. There will be a pre-race T-shirt. Nothing new to report on the olympic torch.
9. Mike McAvoy submitted an application for the runners on Parade race. The Fort Wayne Women's Bureau may take over this race someday to support it.
10. Jon Schlatter would like to help with the race calendar.
11. Kim asked the board for approval for businesses donating a gift for the banquet with a value of \$50-\$75 to receive one or two advertisements in the next year in the Inside Track Newsletter. A motion was made and approved.
12. The FWTC was thanked by Judy for their participation in the IPFW health fair.
13. The Great American clean up sent a letter to the FWTC. The cleaning would be along the River Green way. If interested, see Don.
14. The award given to the Inside track needs to be received in New Mexico. Terry Diller's secretary will pick it up if no one else can go.
15. Meeting adjourned.

**Next Meeting May 9th, 7 P.M. IPFW**

# Fort Wayne Track Club Monthly Meeting Minutes

## Wednesday, May 9, 2001 7:00 - IPFW

### 18 Present

Bill Harris

Don Lindley

Vern Ceder

Judy Tillapaugh

Paul Knott

Linda Keuneke

Mitch Harper

Jerry Diehl

Roger Wilson,

Bill Sohaski

Mike Fruchey

Don Anderson

Tom Landis

Joe Nayarkas

Kim Milleman

Steve Hilker

Bill Schmidt

Katie Creighton

1. Meeting was called to order by Bill Harris.

2. Two greeting cards were passed around for people to sign. One for Joyce (Hockensmith) Boytim who has lung cancer and one for J.P. Jones who recently lost his brother.

3. Kim Milleman reported on the FWTC Annual Banquet which was held April 22nd at IPFW. She felt it was a great success. 128 dinners were served. Surveys were completed to get feedback from club members. Kim said the comments were good. Bill thought everything was well done. There were some who mentioned that they would prefer having the banquet earlier in the year. Kim apologized that she forgot to recognize and give thanks to Paul Knott for all his time and enthusiasm given to the FWTC Points Awards. Jerry said "Thanks" for the 50th birthday cake that was given to him at the banquet.

4. Don provided a special devotion dedicated to Joyce Boytim.

5. Don provided the treasurer's report. He feels we are pretty well in line for our budget needs. Joe motioned that the budget information be approved, motion passed.

6. Don gave updated FWTC membership numbers. As of April 30th there's 478 members. He said we are a little behind last year but not by much.

7. Bill said a spring floral arrangement was sent to Joyce Boytim to pass on special thoughts, encouragement, and hope for cancer recovery. She replied with an e-mail message. It's an unexplainable situation. Don suggested that we put her letter in the next issue of Inside Track so more members are aware of her illness and have her address to send her positive thoughts. All agreed. Judy will send it to Linda Ianucilli.

8. Linda reported on the Indiana ArtsFest Marathon, 8 km run, 5 km walk, and 3 km walk that was held April 28th and was provided by IPFW's School of Visual and Performing Arts and the FWTC. 160 finished the marathon. She said "Thank You" to all who helped and participated. She felt most everything went well. The Fort Wayne Police Department especially cooperated well with the event details. A wrap meeting was held yesterday. She said the sponsors at the meeting mentioned their satisfaction and support for next year. They appreciated people who came to the event and stayed in Fort Wayne to visit some Fort Wayne attractions like the Children's Zoo. Wheelchair riders have asked that there be wheelchair access in the marathon next year.

Linda said she will be stepping down as race director. She feels confident that there's a person who will represent the FWTC on the event committee. Mark Giaquinta expressed high interest in being involved with event details. Linda said if anyone would enjoy contributing to the ArtsFest events next year they could contact Diana SirLouis at 481-6059 or her at 478-4573.

Publicity plans for next year have already started. Plans are being made to distribute fliers to as many mid-west marathons as possible.

Steve commented that he was helping in Foster Park during the marathon. He felt the run through Foster Park was great! This part of the course plus many of the other course parts gave much positive exposure of Fort Wayne.

Don mentioned words of thanks to Linda for all her work given the Indiana ArtsFest events, especially the course work. He said the board needs to determine who will replace Linda as the FWTC liaison with the Indiana ArtsFest planning committee. He also asked Linda who would be responsible for sending the FWTC their reimbursement check. Linda said Barb Romines.

# Fort Wayne Track Club Monthly Meeting Minutes

## Wednesday, May 9, 2001 7:00 - IPFW

Kim said Jeff and her would be very interested in being the next FWTC liaisons with the Indiana ArtsFest Committee. They have been approached by Diana SirLouis of IPFW's School of Visual and Performing Arts. She said Diana wants a decision tonight on who will be the new liaison. She has started work on next years event details.

Vern moved that the FWTC accept Jeff and Kim's offer to be FWTC liaisons for the Indiana ArtsFest Marathon, 8 km run, 5 km walk, and 3 km walk. Bill said he felt Mark would be happy to fit in with other responsibilities. After other discussion the board approved the motion.

Kim will contact Diana and let her know the decision.

9. Steve reported on the Rat Race which will be May 26th. The day before there will be pre-registration and goodie bag pick up 4:30 -7:30 pm at the YMCA downtown. Day of registration and bag pick up will be at the Performing Arts Center downtown. Currently 96 people have signed up. Volunteers are needed, contact Steve if interested. Steve feels the police will be more organized than last year. A mass mailing was recently done to over 1000 area runners, cost about \$400. There was a recent newspaper ad, cost covered by sponsorship. There will be a "Beat The Rat" feature. Everyone who beats the rat will get a button. Listen for the race jingle on FM 92.3 which was written by runner Scott Wagner. The course will be the same as last year. Steve said we are out to have a race for runners, have a good time, and create memories.

10. Bill reported that the Olympic torch nomination deadline is May 15th. Currently 273 people have submitted nominations.

11. There is no news on Runners On Parade. Don will e-mail Mac McAvoy for more information.

12. Linda commented on a few events missing on our newsletter event calendar. She recommended that it be updated. The points races especially need to be listed. Mitch mentioned the PanCan run and walk coming up Saturday. He encouraged people to help out or participate.

13. In new business, Vern said he got an e-mail from Colorado Habitat for Humanity. They want us to share our membership list with them. Many expressed potential problems. Steve motioned that we not do it. Motion was approved. Don said J.P. Jones went to the Race For Cure event in Indianapolis where as a volunteer. He signed a volunteer waiver. RRCA has a guideline that this be done. He suggested that we do this at FWTC events. All expressed that this would be a good idea to pursue. Don said he was contacted by the Fort Wayne Police Department concerning a victims assistance Foster Park 2 mile event last Sunday. They wanted to use our finish line clock yet said it costed too much. Don took the equipment and provided finish line service at no charge. For all the police did at the marathon, all felt this was fine. Don Anderson pointed out that Don Lindley was profiled in the May 2001 issue of Senior Life. "A very nice story" said Don.

14. Meeting was adjourned at 8:07 pm The next meeting will be Wednesday June 13th at 7:00 pm at the IPFW Hilliard Gates Sports Center.

Step In Secretary, - Judy Tillapaugh

# FWTC Newsletter Deadlines

## July 15, 2001

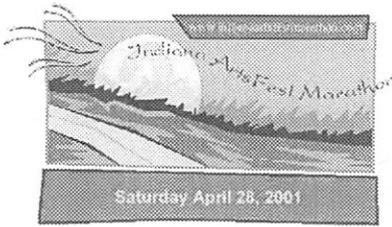
## September 15, 2001



# Arts Fest Marathon Results

Saturday, April 28, 2001

	Age	Pace	Time				
1. Michael McManus	37	6:37	2:53:14	51. Kevin Snell	41	8:26	3:40:54
2. Robert Minnich	33	6:54	3:00:41	52. Richard Mangold,	46	8:27	3:41:06
3. Jeff Pritchard	40	6:57	3:01:41	53. Curk Kendall	29	8:28	3:41:33
4. Roger Wilson	47	6:59	3:02:47	54. Ron Zartman	44	8:31	3:42:49
5. Paul Richardson	29	7:08	3:06:47	55. Frederick Stoffel	50	8:33	3:43:42
6. Demeritt, Katherine	23	7:14	3:09:31	56. Jason Duelle	32	8:33	3:43:46
7. David Fry	40	7:17	3:10:33	57. Denny Erswell	48	8:33	3:43:53
8. David Reimschisel,	41	7:19	3:11:35	58. Linda Ianucilli	38	8:34	3:44:19
9. Kurt Ziemann, Kurt	37	7:21	3:12:11	59. Tom Landis	45	8:35	3:44:51
10. Thomas Bussen	39	7:21	3:12:13	60. George Oliver	36	8:37	3:45:27
11. Paul Furr,	33	7:23	3:13:05	61. Ed Rodbro	42	8:37	3:45:33
12. Jim Harding	33	7:24	3:13:46	62. Linda Kovacs,	47	8:39	3:46:29
13. Ed Jacob	43	7:29	3:15:58	63. Robert Snow	49	8:40	3:46:50
14. Michael Buckley	40	7:31	3:16:48	64. Alan Smith	39	8:42	3:47:39
15. Roy Ramos	39	7:32	3:17:13	65. Peter Kurtz	42	8:42	3:47:53
16. George Nietert	48	7:33	3:17:49	66. Chris Herrera	36	8:42	3:47:57
17. Jeff Gray	38	7:40	3:20:36	67. Patrick Ryan	46	8:43	3:48:09
18. Luigi Buffone	40	7:41	3:20:57	68. Steven Rhoades	40	8:45	3:49:15
19. Matthew Carney	27	7:46	3:23:29	69. Brian Mangan	26	8:49	3:50:40
20. Brian James	36	7:47	3:23:30	70. Timothy Bolin	50	8:56	3:53:43
21. Scott Moore	37	7:50	3:24:57	71. Rick Grieze	37	8:56	3:53:59
22. Phil Rizzo	48	7:51	3:25:32	72. Ed Downey	47	8:56	3:54:01
23. Ken Myers	48	7:51	3:25:35	73. William T Nichols	42	8:57	3:54:21
24. Shawn Kerrick	35	7:54	3:26:53	74. Janet Cole	48	8:58	3:54:56
25. Jed Pearson	50	7:55	3:27:04	75. Kathleen Mitchell	26	8:59	3:55:20
26. Rob Christy	23	7:59	3:29:02	76. Trina Chapman-Smith	38	9:01	3:56:11
27. Kimberly Milleman	28	8:00	3:29:11	77. Daniel Smith	48	9:02	3:56:21
28. Brent Barta	41	8:00	3:29:14	78. Mark Myers	32	9:03	3:56:56
29. James Bushey	43	8:00	3:29:25	79. Attila Sali	41	9:04	3:57:16
30. Gerald Steinhoff	46	8:01	3:29:48	80. James Case	24	9:05	3:57:35
31. Irvin Kontowsky, Irvin	53	8:03	3:30:44	81. John Wells	26	9:12	4:00:40
32. Jeffery Milleman	44	8:03	3:30:50	82. Kristina Eiting	37	9:13	4:01:05
33. Sue Fowler-Finn	46	8:05	3:31:42	83. Derek Maratea	28	9:14	4:01:32
34. Bill Wilham	54	8:07	3:32:19	84. Kevin Truelove	44	9:14	4:01:37
35. Alan Adaskin	43	8:07	3:32:20	85. Robin Mauger	40	9:17	4:02:54
36. Donald Francher	33	8:09	3:33:15	86. Melanie Hensiek	27	9:18	4:03:31
37. Gregory Krohm	54	8:09	3:33:32	87. Daniel Uhlenhake	50	9:19	4:04:01
38. James Gavin	39	8:10	3:33:38	88. Len Pirocato	46	9:20	4:04:21
39. Mark Beals	38	8:14	3:35:32	89. Steve Piatt	52	9:24	4:06:13
40. Lucia Espinosa	26	8:14	3:35:38	90. Diana Schowe	36	9:26	4:07:04
41. Thomas Robinson,	35	8:15	3:35:49	91. Wesley Sabins	56	9:30	4:08:52
42. Donna Thackwray	41	8:16	3:36:14	92. Robin Stellhorn	39	9:33	4:09:53
43. Matt Meiser,	36	8:16	3:36:23	93. Wade Carnes	51	9:35	4:10:57
44. Craig Whitton	31	8:16	3:36:31	94. Thomas Kline	37	9:37	4:11:45
45. David Weikel	48	8:17	3:36:43	95. Jim Pickett	51	9:37	4:11:58
46. Richard Panning	52	8:17	3:36:50	96. Sharon Veach	32	9:39	4:12:37
47. Theresa Anderson	42	8:19	3:37:54	97. Art Obregon,	54	9:42	4:13:50
48. John McPherson	48	8:24	3:39:48	98. Scott Miller	48	9:44	4:14:54
49. Jeffrey Norr	39	8:25	3:40:29	99. Ty Murphy	52	9:44	4:14:59
50. Bob Smola	37	8:26	3:40:54	100. Lyn Tepper	54	9:45	4:15:16



# Arts Fest Marathon Results

## Saturday, April 28, 2001

101. Deborah Wise	33	9:46	4:15:34	131. Ned Holt	43	10:43	4:40:29
102. Dds Downie	46	9:47	4:16:01	132. Mike Devita	43	10:49	4:43:18
103. Rich Stephenson	54	9:49	4:17:07	133. Rick Evans	41	10:57	4:46:35
104. Mitch Harper	45	9:53	4:18:54	134. Bill Harris	63	10:57	4:46:47
105. Bill Kelley	55	9:55	4:19:40	135. David Heitkamp	50	10:58	4:47:08
106. Paul Jolliff	35	9:55	4:19:40	136. Kim Larsen	39	11:07	4:51:03
107. Christi Phillips	31	9:56	4:19:54	137. Laurie Whisler	36	11:10	4:52:16
108. John King	33	9:56	4:20:15	138. Joe McCaffrey	61	11:11	4:52:42
109. Keith Bernard	40	9:58	4:20:48	139. Tracy Hornbeck	43	11:13	4:53:47
110. Bob Ludemann	51	10:00	4:21:39	140. Diane Desmarteau	46	11:13	4:53:47
111. Eddie Lee	48	10:02	4:22:31	141. Jerry Schowe	45	11:17	4:55:23
112. Dennis Boom	32	10:03	4:23:04	142. Scott McKanna	47	11:21	4:57:11
113. Barb Scroggham	54	10:06	4:24:21	143. Daniel McCroskey	56	11:25	4:58:49
114. Grant Schultz	38	10:08	4:25:13	144. Richard Taylor	42	11:32	5:01:55
115. Joan Gary	64	10:08	4:25:19	145. Thomas Kelsey	48	11:36	5:03:33
116. Jeffrey Ford	44	10:10	4:26:06	146. David Young	51	11:42	5:06:17
117. Ben Christy	56	10:12	4:27:04	147. William Watson	54	11:43	5:06:43
118. Brian Fahl	37	10:17	4:29:10	148. Hajime Nishi	52	11:44	5:07:16
119. Thomas Raraigh	38	10:17	4:29:19	149. Jerry Shepherd	36	11:48	5:08:46
120. Roy Rubinstein	64	10:19	4:29:53	150. Dwight Mosley	49	11:55	5:12:00
121. Marty Baumann	53	10:22	4:31:35	151. Virginia Farneman	63	12:07	5:17:12
122. Vern Ceder	44	10:22	4:31:37	152. Sarah Taylor	16	12:18	5:22:13
123. Craig Schneider	49	10:26	4:33:03	153. Carol Mahara	15	12:18	5:22:13
124. John Sites	50	10:27	4:33:32	154. Mary Cailen	47	12:20	5:22:48
125. Diana Kuebler	46	10:33	4:36:22	155. Paul Sokolowski	53	12:20	5:22:49
126. Sandi Palos Mulliner	48	10:39	4:38:58	156. Edward Gebhart	63	12:24	5:24:41
127. Doug Copley	39	10:40	4:39:13	157. Bob Burns	55	12:40	5:31:44
128. Therese Sotir	41	10:41	4:39:47	158. Robert Warrner	53	12:51	5:36:27
129. Lindsey Dunn	24	10:42	4:40:04	159. James Warrner	45	12:51	5:36:27
130. Marcus Reese	24	10:43	4:40:27	160. Jerry Herdon	62	12:51	5:36:36

*A big thank you to all of the volunteers at the Indiana Artsfest Marathon! Many good comments were heard about the race course, the aid stations and the police at the intersections. Thanks also to everyone that ran the race. More information about next years race will be in upcoming newsletters. Mark your calendar for next year!*

*Mohican 100 Mile Run, June 16 and 17, 2001. Volunteers are needed to help at the Rock Point Aid Station. If you are interested please contact Linda Keuneke at 478-4573 or by email at gormik@aol.com. The runners will be by our aid station three times. We will be up and running about 5am for the loop and the last runners should be around before 4am. Come help and see how much an ultra can be!*

*Thank you,*

*Linda Keuneke*

## Jed Pearson's Interview with Don Lindley in Regards to this years Nutri Run

### 1. What prompted the cancellation of this year's Nutri-Run 20K?

*We were unable to take on race management assignments without new volunteers. Without the number of volunteers, we thought we could not put on a first class race for the runners.*

### 2. I know Doug Lehman offered to take over as race director the event for this year and couldn't put the time and effort into the race since he is moving to St. Louis. Doug has been a big supporter of local races hasn't he? I'm know he's upset he couldn't fulfill his commitment for the race, right?

*Doug has been financial generous but generous with his time. He is a member that runs every race, but is willing to give up an event to help put on the event.*

### 3. How has Doug been able to help despite all the hassles involved with his moving?

*Doug prepared the entry form, help secured the contractual agreement with the school along with certificate of insurance and set up a email address for those runners that wanted more information. Also, he delegated JP Jones, Sara Kleinknight, Katie Creighton and I assigned various duties that needed to be done prior before any race could begin.*

### 4. Why was the decision made to keep the 5-mile race in lieu of just keeping the 20K?

*The 5-mile course out and back would require less traffic control, volunteers, and reduce the change of an accident in a very congested traffic and residential area. Of all of the years, we have not had an accident. But due to much more traffic, etc., I am consider the health and welfare and of the runner as a priority I remember in the 70's, there was an 10K, out and back in the country, from St. Francis's campus on Spring St out to Hadley Rd. How time has changed!*

### 5. Will the 20K likely be brought back to life next year or anytime in the future? If yes, how - if no, why not?

*I would like to see the 20K come back, as long as it bring us a healthy state and the course provided is taken in consideration for the safety of the runner.*

### 6. What kind of race organization problems has the event encountered in the past. Are these still troubling issues?

*A 20K race so early in the season is too long according to some runners, so that is the reason why we added a 5-mile run, and also, we incorporated other races on the track. And we had a Race Director and Co-Race Directors for all of the races, then later on in the years, we had only one race director volunteer to do it all. Mike McAvoy was the race director for many years and he did an excellent job, but without him the 20K would have died long time ago. Doug step in and took over eleven months ago, but now he cannot direct it due to circumstances beyond his control. I praised Doug for his commitment and willingness to see the race go on.*

### 7. What are your thoughts on the race - its history, the turnout, the competition, the distance, the course, etc?

*The first several races of the Nutri-run all runners were awarded a loaf of whole wheat bread, this year I wanted to bring back the tradition. This year The Mill Bread Company is providing the "dough" and don't forget the "dough" that Lehman Investment has provided. I believe the hilly 5 mile course is a very demanding course for anyone. To some of us it is equivilent to a 6 mile run. And if you want a longer training run, do the course again as a warmdown. I expect a good turnout and a increase in numbers for this event.*

### 8. Loss of the 20K means we don't really have any local/regional races greater than the 10K distance anymore except the HUFF, isn't that right?

*Yes, you are right there would be no races greater than the 10K locally, with the exception of the marathon. The FWTC one hour run and NAVAL 15K were other races that we lost due to lack of volunteers and sponsors. But regional races as defined as within 70 miles of FtWayne, I could run the South Bend marathon, Blueberry Stomp, or Muncie 10 miler. I enjoy traveling to Toledo and running the Churchhill Half Marathon and Dave's 10 miler, even Indy has races greater than the 10K distance.*

### 9. Do you expect a good showing for the 5-mile run and do you think the prize money will attract some of the top regional runners?

*Sure, and I think every FWTC member should show up and support this race and other races either as a runner, or volunteer. The prize money should enhance more competitive runners to participant, now even the grandmasters can take home the prize.*

### 10. Don, thanks for your willingness to step forward to keep the 5-mile race going. The runners really appreciate it. Who do you have helping you out?

*I only step forward to keep the race going, even though it is a shorter race. I could devote a half day on Saturday but not more than a full day, and I could very well manage the 5 mile run as a part of the 20K course and maybe next year someone will come forward and direct the 20K. JP Jones, Judy Tillapaugh, Paul Knott, Sara Kleinknight, Katie Creighton and Doug Lehman were recruited as the front line volunteers, that helped me things started, so they should get as much credit as I do. The most important help will be when I receive all of those telephone calls and email messages, asking, "where can I help". Every race director's dream would be, if everyone would call me that could help and I would have to put them on a waiting list. A race director's nightmare would be, if an volunteer call up the night before the race and was unble to help. I'm glad that I don't have to call approximate 45 volunteers just for the 5 mile run. Just think of all of the time it would take me to call you. To those that do volunteer, thank you very much.*



# Fort Wayne Track Club Points Race Series - 2001

## General Rules for Participation

Participant must be a FWTC member at the time of the race. Participant age group based on age as of January 1. Points awarded are based on finish place as compared to other FWTC members only in the races as listed below.

Award numbers to be based on participation in each age group.

Special awards given to most races completed (Ironman and Ironwoman).

### Overall Awards Basis

Overall awards (Open, Masters, Male, Female) are based on your overall performance in each Points Race.

Scoring system is similar to Age Group (10, 7, 5, 3, 2, 1) for overall placement, Open, Masters, Male, Female.

Highest Age Group Points total does not necessarily mean a place Overall!!!

Double points will be awarded for the Arts Fest Marathon.

### Age Groups

Open Male and Female (Top 3) based on overall finishes

Masters Male and Female (Overall, Over 40)

Grand Masters Male and Female (Overall, Over 50)

### Five Year Age Groups except:

Under 19 (Male, Female)

20 - 29 (Male, Female)

60 and Over (Female)

60 - 69 (male)

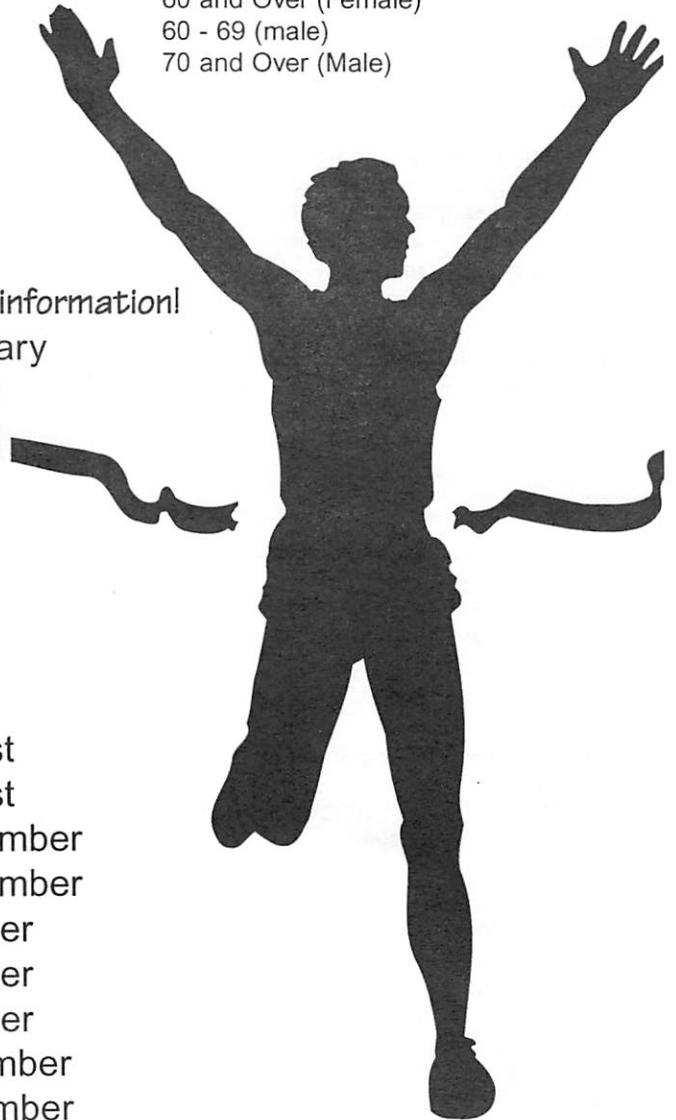
70 and Over (Male)

## 2001 Points Races

(All dates are tentative and subject to change)

Please consult the Inside Track for additional race information!

1. Fanny Freezer	5K	February
2. Nutri Runs	20K	March
3. Mastadon Stomp	5K	March
4. Shoe Sucker 7	7M (XC)	April
5. Arts Fest Marathon	26.2 M	April
6. FtW Mile Championship	1 M	May
7. Run for Fun	10K	May
8. River City Rat Race	10K	May
9. Parade Race	5K	July
10. Harlan Days	10K	August
11. Van Buren Popcorn	5K	August
12. Summer Nights	5K	September
13. Parlor City Trot	13.1 M	September
14. Zoom-Thru-Zulu	10K	October
15. Callithumpian	5K (XC)	October
16. Parkview Pumpkin Run	5K	October
17. Turkey Trot	5K (XC)	November
18. JP Jones Just Plain 10K	10K	December



XC = Cross Country or Trail Race - Total Distance of All Events is 119.5 miles! - Average Race Distance is 6.6 miles.

# 2001 Mastodon Stomp 5K - April 07, 2001

<b>Overall Female Winners</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>	<b>Women 45 to 49</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>
1. Darlene Barton	26	21:29	6:56/M	1. Sue Fowler- Finn	46	21:40	6:59/M
				2. Diana Kuebler	46	25:46	8:19/M
<b>Women 14 and under</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>	3. Paula Stemen	48	27:01	8:43/M
1. Amy Skelly	14	25:35	8:15/M	4. Vickie Dahl	45	35:05	11:19/M
2. Hannah Ann Hollopeter	13	27:55	9:00/M	5. Diane Nestleroad	49	36:58	11:55/M
				6. Corrine Sullivan	48	37:15	12:01/M
<b>Women 15 to 19</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>	<b>Women 50 to 54</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>
1. Kirsten Anderson	18	31:02	10:01/M	1. Deborah Gunst	51	29:55	9:39/M
				2. Marg Knouff	54	40:39	13:07/M
<b>Women 20 to 24</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>	<b>Women 55 to 59</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>
1. Laurie Yahl	23	23:38	7:37/M	1. Marsha Schmidt	55	26:26	8:32/M
2. Amy Jarboe	24	25:15	8:09/M	2. Sarah Kleinknight	57	31:30	10:10/M
3. Christine Schoudel	21	25:28	8:13/M				
4. Nicki Osterholt	24	26:55	8:41/M	<b>Women 60 to 64</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>
5. Brandee Reiling	21	30:50	9:57/M	1. Joan Gary	64	27:03	8:44/M
				2. Maurine Gensheimer	62	41:40	13:26/M
<b>Women 25 to 29</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>	<b>Overall Male Winners</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>
1. Jennifer Schroeder	27	25:10	8:07/M	1. Jerry Williams Jr.	41	16:34	5:21/M
2. Martha May	25	27:09	8:45/M				
3. Sarah Crane	26	30:31	9:51/M	<b>Men 14 and Under</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>
4. Micki Gongaware	27	32:21	10:26/M	1. Toran Fiene	14	21:28	6:55/M
				2. Drew Wilson	13	21:30	6:56/M
<b>Women 30 to 34</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>	3. Sam N Bird	11	21:38	6:59/M
1. Jennifer Steigmeyer	31	22:13	7:10/M	4. Kyle Milleman	14	23:18	7:31/M
2. Tonya Stoller	30	23:47	7:40/M	5. Josh Kirlin	13	23:22	7:32/M
3. Carla Ferretti-Hoover	33	25:19	8:10/M	6. Dan Craig	13	23:58	7:44/M
4. Kimberly Brown	34	26:24	8:31/M	7. Andrew Piropto	11	24:01	7:45/M
5. Kelley Baumgartner	33	27:06	8:45/M	8. Dan Botteron	12	25:16	8:09/M
				9. Brad Dahl	14	34:22	11:05/M
<b>Women 35 to 39</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>	10. Chris Gorman	9	35:14	11:22/M
1. Diana Showe	36	22:55	7:24/M	11. Grant Romrell	11	42:52	13:50/M
2. Laurie Whisler	36	25:32	8:14/M				
3. Mary Shaffer	37	26:21	8:30/M	<b>Men 15 to 19</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>
4. Hengameh Nazari	39	32:14	10:24/M	1. Brandon Reichert	18	17:08	5:32/M
5. Laurie Lohse	36	32:47	10:35/M	2. Mike Rideriour	16	17:21	5:36/M
6. Dawn Kramer	39	38:18	12:21/M	3. Scott Hardway	18	17:27	5:38/M
				4. Chris Leeuw	18	17:28	5:38/M
<b>Women 40 to 44</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>	5. Ardy Litzenberg	18	17:28	5:38/M
1. Tamara Wright	42	24:49	8:00/M	6. Luke Stoffel	15	17:44	5:43/M
2. Cynthia Sabrack	43	25:43	8:18/M	7. Andy Garcia	17	18:02	5:49/M
3. Melissa Glaze	41	29:24	9:29/M	8. Sean McKinley	15	18:48	6:04/M
4. Dori A Meighan	43	31:17	10:05/M	9. Tim Quandt	15	19:24	6:15/M
5. Betty Greider	40	38:45	12:30/M	10. Brent Foellinger	17	19:28	6:17/M
6. Joy Brady	42	42:57	13:51/M				

# 2001 Mastodon Stomp 5K - April 07, 2001

Men 15 to 19	Age	Time	Pace	13. Thomas Cleveland	39	27:24	8:50/M
11. Josh Farrell	17	19:33	6:18/M	14. Joe Beier	36	31:02	10:01/M
12. Greg Ridenour	16	21:23	6:54/M				
13. David Bracho	19	26:48	8:39/M	Men 40 to 44	Age	Time	Pace
14. Derek Garcia	19	30:50	9:57/M	1. Paul Shaffer	43	19:15	6:13/M
				2. George Huber	43	20:51	6:44/M
Men 20 to 24	Age	Time	Pace	3. Rick L Gilbert	44	21:19	6:53/M
1. Jason Osborn	24	17:32	5:39/M	4. Scott Glaze	43	21:56	7:05/M
2. Jason Massey	24	22:30	7:15/M	5. Robert Nelson	43	22:46	7:21/M
3. Trevor Lee	23	22:37	7:18/M	6. Jeff Milleman	44	23:23	7:33/M
4. Andrew Sikora	21	22:49	7:22/M	7. Gary L Bird	42	23:37	7:37/M
5. Brian Miller	20	26:19	8:29/M	8. Andy Williams	42	24:08	7:47/M
6. Josh Stevens	23	27:57	9:01/M	9. Jim Berghoff	40	27:12	8:46/M
7. Nickolas Gray	22	35:28	11:26/M	10. Dean Russ	44	27:22	8:50/M
				11. David Gladding-Vander	43	29:14	9:26/M
Men 25 to 29	Age	Time	Pace	12. Thomas Hawkins	42	29:44	9:35/M
1. Brad Thomas	26	17:09	5:32/M	13. David Gensheimer	42	51:41	16:40/M
2. Jon Uecker	28	17:54	5:46/M				
3. Scott Benjamin	26	22:18	7:12/M	Men 45 to 49	Age	Time	Pace
4. Jeff Davis	25	23:41	7:38/M	1. Roger Wilson	47	18:06	5:50/M
				2. Kim A Lefever	45	20:07	6:29/M
Men 30 to 34	Age	Time	Pace	3. John Treleven	49	20:12	6:31/M
1. Robert Minnich	33	17:35	5:40/M	4. David S Weikel	48	20:33	6:38/M
2. Andy Haxton	32	21:33	6:57/M	5. Greg A Hartman	48	20:59	6:46/M
3. Alan Schneider	34	21:34	6:57/M	6. John David McPherson	48	21:22	6:54/M
4. Anthony Stephenson	31	22:11	7:09/M	7. Jeffery Davis	45	21:30	6:56/M
5. Eric Kleinrichert	33	23:43	7:39/M	8. Allen Whittington	45	22:24	7:14/M
6. Michael Meeks	34	24:10	7:48/M	9. Paul Ausderan	47	22:44	7:20/M
7. Jeff Kintz	32	24:16	7:50/M	10. Donald Kramer	47	22:58	7:25/M
8. John Rumpz	32	24:18	7:50/M	11. Doug McKinzie	45	23:03	7:26/M
9. Kevin Mann	34	24:19	7:51/M	12. Steve Romany	47	23:34	7:36/M
10. Chad Ware	33	26:29	8:33/M	13. Len Piropatto	46	24:02	7:45/M
11. Mike Wolfe	31	28:03	9:03/M	14. Aaron Cox	48	25:24	8:12/M
				15. Alvin Brown	47	25:29	8:13/M
Men 35 to 39	Age	Time	Pace	16. David Schnittgar	48	28:23	9:09/M
1. Joe Pais	36	17:47	5:44/M	17. Dana Budd	46	29:42	9:35/M
2. Chris Brady	38	18:27	5:57/M				
3. Brett Hess	35	18:58	6:07/M	Men 50 to 54	Age	Time	Pace
4. Gino Fisher	39	20:33	6:38/M	1. Tom Fowler- Finn	52	19:44	6:22/M
5. Darrel Fiene	37	20:44	6:41/M	2. Steve Knouff	51	21:01	6:47/M
6. Rod Wilson	39	20:52	6:44/M	3. Glenn Stout	52	23:18	7:31/M
7. Robert Novak	36	21:15	6:51/M	4. Rich Stephenson	54	23:38	7:37/M
8. E Hans Schmidt	36	23:08	7:28/M	5. Jim Pickett	51	23:45	7:40/M
9. Ted Wells	36	23:36	7:37/M	6. James Wright	53	26:20	8:30/M
10. Tom Skelly	37	24:04	7:46/M	7. Tom Fuelling	50	27:12	8:46/M
11. Ken Nelson	37	24:29	7:54/M	8. John Hollopeter	50	27:56	9:01/M
12. John Pontecorvo	39	26:32	8:34/M	9. Michael Cole	52	28:55	9:20/M
				10. Tom Agness	54	30:20	9:47/M

# 2001 Mastodon Stomp 5K - April 07, 2001

Men 55 to 59				Men 60 to 64			
	Age	Time	Pace		Age	Time	Pace
1. Bob Bruckner	55	20:47	6:42/M	1. Tom Felger	61	24:19	7:51/M
2. Dave Boylan	58	21:39	6:59/M	2. Bob Gensheimer	64	27:16	8:48/M
3. Dewain Cobbs	58	22:16	7:11/M	3. Dick Harnly	63	28:20	9:08/M
4. William A Crane	58	22:24	7:14/M	4. Edward Gebhart	63	29:18	9:27/M
5. Bernie Burgette	57	22:26	7:14/M	5. Mike Fitzpatrick	61	30:36	9:52/M
6. Barrie Peterson	58	24:55	8:02/M				
7. Jay Osborn	58	25:34	8:15/M	Men 65 to 69			
8. Donald Lindley	57	26:19	8:29/M	1. Joe Ziegler	65	22:21	7:13/M
9. Allen Albert	57	30:34	9:52/M				
10. Richard Berry	56	32:54	10:37/M	Men 70 and over			
				1. Don Anderson	73	26:44	8:37/M
				2. Dwayne Weeda	72	36:11	11:40/M
				3. Kenneth E Disler	78	38:18	12:21/M

# 2001 Mastodon Stomp 5K Walkers & Kids Mile Run

Note: This is not the order of how everyone finished. It's a list of all participants!  
 Congratulations Walkers!! Weigh To Go!!

## IPFW Mastodon Stomp 2001

### 5 km Walkers:

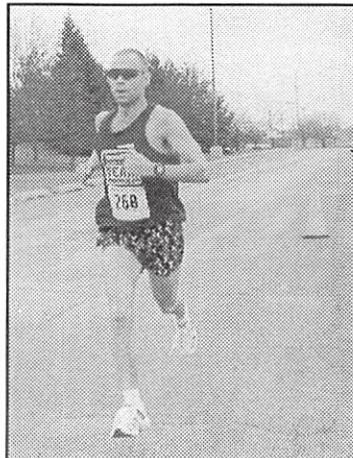
1. Tori Benton
2. Debra Boyd
3. Richard Boyd
4. Julie Carrie
5. Marianne Fitzpatrick
6. Teresa Galley
7. Mary Anne Gates
8. Beverly Hewitt
9. Diane Jones
10. Beau Krafft
11. Charline Nestlewood
12. Glenda Smith

## 1 Mile Kids Stomp:

1. Carter Milleman 6:59
2. Brad Hess 7:04
3. David Hardway 7:35
4. Laureen Kirlin 9:13
5. Josh Whisler 9:22
6. Austin Whisler 12:18
7. Hayley Swaidner 12:53
8. Hollie Whisler 15:03
9. Dalton Pais ??

Everyone's a winner! A mile of smiles!

*\*Thanks Mitch for the Photos!*





# Huntington Shoe Sucker Seven 2001

## Overall Finish List

April 21, 2001

### Open Category

	Age	Age Group	Time
1. Kevin Rigg	33	M 30-34	49:46
2. Victor McHenry	16	1 M 15-19	51:19
3. Brad A Thomas	26	1 M 25-29	53:29
4. Linda Keuneke	37	F 35-39	55:34
5. Adam Barton	24	1 M 20-24	56:57
6. Nathan Truex	15	2 M 15-19	58:06
7. Margaret Boggs	17	1 F 15-19	58:17
8. Paul E Knott	38	1 M 35-39	58:33
9. James Hilger	19	3 M 15-19	1:03:03
10. Chris Adang	26	2 M 25-29	1:03:37
11. Thomas Schelonka	28	3 M 25-29	1:03:42
12. Nathan Folks	17	4 M 15-19	1:05:06
13. Sam N Bird	11	1 M 0-14	1:05:07
14. E Hans Schmidt	36	2 M 35-39	1:07:34
15. Darlene Barton	26	1 F 25-29	1:07:41
16. David Bracho	18	5 M 15-19	1:08:24
17. Riley Ochs	12	2 M 0-14	1:08:37
18. Luke Fetters	39	3 M 35-39	1:09:14
19. Joel Barrett	32	1 M 30-34	1:11:33
20. Mike Snavley	34	2 M 30-34	1:14:01
21. Spencer Mize	13	3 M 0-14	1:20:07
22. Josh Kesler	31	3 M 30-34	1:20:22
23. Kim Larsen	39	1 F 35-39	1:22:56
24. Kevin Shes	22	2 M 20-24	1:31:05
25. Kelly Mize	38	2 F 35-39	1:43:02
26. Brandi Shidler	14	1 F 0-14	1:48:59

### Masters

#### Open Category

	Age	Age Group	Time
1. Duane Dye	42	M 40-44	49:47
2. Ruth Dunn	42	F 40-44	1:03:44

### Masters Category

	Age	Age Group	Time
1. Roger L Wilson	47	1 M 45-49	51:03
2. Vern Hillsman	43	1 M 40-44	54:39
3. Kim A Lefever	45	2 M 45-49	57:26
4. Kevin McAndrews	43	2 M 40-44	1:00:18
5. Dwayne Boggs	45	3 M 45-49	1:01:30
6. Bruce Daugherty	47	4 M 45-49	1:03:52
7. John Sites	49	5 M 45-49	1:07:31
8. Steve Ochs	41	3 M 40-44	1:08:36
9. Jerry Diehl	49	6 M 45-49	1:08:50
10. Patty L Schwartz	48	1 F 45-49	1:11:04
11. Erik Herendeen	47	7 M 45-49	1:12:36
12. Mitch V Harper	44	4 M 40-44	1:13:09
13. Lincoln Maine	40	5 M 40-44	1:21:56
14. Jerry Davis	46	8 M 45-49	1:22:47
15. Debbie Harry	48	2 F 45-49	1:27:17
16. Karen Taylor	48	3 F 45-49	1:30:23
17. Richard Eddie	43	6 M 40-44	1:30:45

### Grand Masters

	Age	Age Group	Time
1. Jed Pearson	50	M 50-54	58:53
2. Verton L Troyer	52	1 M 50-54	1:05:20
3. Stephen A Schwartz	53	2 M 50-54	1:06:27
4. Freeman Hershberger	63	1 M 60-64	1:06:52
5. Bruce Bordner	55	1 M 55-59	1:07:30
6. Joel Schartzer	54	3 M 50-54	1:08:58
7. David L Winters	51	4 M 50-54	1:11:14
8. Mike Fallahay	52	5 M 50-54	1:13:27
9. Joseph Hilger	51	6 M 50-54	1:14:18
10. Rick Beemer	50	7 M 50-54	1:18:10
11. Ara St John	57	2 M 55-59	1:21:46
12. Joan Gary	64	F 60-64	1:22:58
13. Donald Lindley	57	3 M 55-59	1:25:06
14. Reg Johnson	52	8 M 50-54	1:42:58
15. Paul Hiser	56	4 M 55-59	1:49:08

9 February 2001

Attention: Editor FWTC

The following request is obviously ridiculous.  
"No one runs at age 82."

Six days each week, I yet make the effort to move in excess of a fast walk. I am lucky enough to not have pain, ache or family doctor. I give all this credit to a good daily morning work out after an abundance of sweat.

I hope this year to again enter 5k races (Canal days, Columbia City, Popcorn Festival and Berne, of which will be my 25th consecutive year.)

In no case, do I wish to collect another T-shirt, trophy or medal.

But why must I be placed in the Inside track with the 70's and up? You are correct, 80 year olds do not run.

Smile...then toss this in your joke mail basket. Here is my \$16.00

C. Fleetwood

# 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 postaged 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**

# One Mile Championship Foster Park Mile Championship

May 5, 2001

Overall Female Winners Age		Time
1. Anne Duff	36	5:40
Women 30 to 39 Age		Time
1. Linda Keuneke	37	5:52
Women 40 to 49 Age		Time
1. Tamara Wright	42	7:12
2. Betty Greider	40	10:03
Overall Male Winners Age		Time
1. Eric Ade	22	4:37
Male Under 12 Age		Time
1. Sam N Bird	11	6:20
2. Andrew Piropatto	11	6:45
3. Bradley Hess	8	7:40
4. Nickalus Thomas	6	8:16
Men 13 to 19 Age		Time
1. Dan Faucett	19	5:29
2. Matthew R Wright	15	7:10
Men 30 to 34 Age		Time
1. Michael Schoudel	33	5:12
Male 35 to 39 Age		Time
1. Brian Shepherd	35	4:39
2. Ward Moya	37	5:20
3. Lenny Duff	36	5:22
4. Paul E Knott	38	5:33
Male 40 to 44 Age		Time
1. Jerry Williams	41	4:50
2. Paul Shaffer	43	5:23
Men 45 to 49 Age		Time
1. John Treleaven	49	5:49
2. John David McPherson	48	6:39
3. Len Piropatto	46	06:46
4. Robert Warren	47	7:03
Male 50 to 54 Age		Time
1. Jed Pearson	50	5:34
2. Jim Pickett	51	6:57
3. James Wright	54	7:13
4. Steven Greider	52	8:53
Men 55 to 59 Age		Time
1. Donald Lindley	57	7:05
Men 60 to 69 Age		Time
1. Joe Ziegler	65	6:21
Men 70 and over Age		Time
1. Don Anderson	73	7:48

# Nick Denice Race for Hope

## 10K Run Results

Saturday, May 12, 2001

1. Casey Shafer	33:22	48. Todd Snyder	51:44
2. Brad Thomas	36:13	49. T.K. Herman	51:45
3. Nathan Polks	37:16	50. Jerry Rickard	51:56
4. Ward Moya	37:54	51. Steve Beier	52:05
5. Unknown	38:28	52. Marsha Schmidt	52:44
6. Kathy DeMeritt	38:51	53. Chad Inman	52:58
7. David Piphoo	39:33	54. Don Lindley	52:59
8. Anne Duff	40:39	55. Dale Vandegriff	53:03
9. John Treleaven	41:39	56. Mark Troutman	53:07
10. Heather Weber	41:42	57. Tom Childers	53:27
11. David Weikel	41:55	58. Name Unknown	53:34
12. Dan Nestel	42:04	59. Stephen Downs	54:18
13. Matt Stier	42:59	60. Stephanie Fenstermaker	54:23
14. George Huber	43:09	61. Tom Wurst	54:43
15. Gary Dexheime	43:43	62. Brett Hagedorn	54:44
16. Sam Spring	44:13	63. Kay Cozad	55:27
17. James Bougher	44:34	64. Rick Sawye	55:44
18. Deb Casaburo	44:48	65. Mark Thoma	55:50
19. Matt Meise	44:49	66. Thomas Boyer	55:52
20. Richard Mullinax	45:08	67. Greg Childers	56:19
21. Andy Haxton	45:12	68. Bob Goeb	56:27
22. John McLaughlin	45:18	69. Dean Russ	56:46
23. Brad Stauffer	45:25	70. Sean Bratton	56:50
24. Doug Call	45:38	71. Hope Hube	57:26
25. John Koch	45:43	72. Jan Mills	57:50
26. Katie Creighton	45:44	73. Rebecca Spera	58:14
27. Dan Cummiskey	45:45	74. Monica French	58:58
28. Aaron Raudenbush	46:05	75. David French	58:59
29. Michael Cahill	46:14	76. Lita Willison	59:18
30. Don Parrish III	46:18	77. Michael Myers	59:19
31. Kathy Parisi	46:37	78. Bernard Huesing	59:31
32. Brendon O Hara	46:45	79. Tom Filus	1:00:25
33. Scott Glaze	46:48	80. Talli Moellering	1:01:16
34. Linda Ianucilli	47:35	81. Kirsten Conner	1:01:17
35. Randy Lehman	47:36	82. Michael Fitzpatrick	1:01:34
36. Jim Pickett	47:55	83. Fred Hannan Jr.	1:02:31
37. Julie Krouse	48:19	84. Natalie Cupp	1:02:51
38. Leo McNellis	48:38	85. Doug Copley	1:02:55
39. Holly Anthony	49:16	86. TA Weber	1:03:38
40. Beth Berry	49:18	87. Dana Budd	1:03:45
41. Dave Rusk	49:25	88. Joel Harte	1:05:16
42. Kevin Mann	49:38	89. Nicole Gates	1:05:36
43. David P. Schlueter	50:03	90. Jillian Gates	1:05:37
44. Jeff Gerke	50:07	91. Renee Fenstermaker	1:08:44
45. Kelly Wright	51:20	92. Ruth Beier	1:08:45
46. Julie Fleshman	51:21	93. Todd Tatnall	1:10:09
47. Daniel Palme	51:43	94. Philip Wahls	1:11:06
		95. Jamie Olivieri	1:15:25

# April Fools Frolic

Nearly 90 runners showed up for the 1st Annual April Fool's Frolic for the Leukemia Society held on April Fool's Day. The male champion was Mike Flora with a time of 15:45. The female champion was Carroll High School standout Mandy Knuckles with a time of 19:10. The race raised over \$700.00 for the Leukemia Society.

The major sponsors for the race were Scott Frick, C.P.A. and Joe Taylor of Alum-Elec Structures, Inc. The water sponsor was Tri-Country Water Conditioning. Also special thanks go out to the award sponsors: Holiday Inn Express, Noble hawk, Subway, Blimpies, dairy Queen, Corunna Bedding, Betty's Salon, Do it Center, Family Shears, Wilby's Home Sweet Home and Scotts.

## Males

- |                      |              |
|----------------------|--------------|
| <b>1. Mike Flora</b> | <b>15:45</b> |
| 2. Jay Hicks         |              |
| 3. Brian Shepherd    |              |

**Master: Chuck Schlemmer**

- |          |                 |
|----------|-----------------|
| 12-under | Sam Bird        |
| 13-15    | Luke Stoffel    |
| 16-19    | Phillip McGuire |
| 20-24    | Nick Hayden     |
| 25-29    | Greg Cranson    |
| 30-34    | Joel Barrett    |
| 35-39    | Tim Morton      |
| 40-44    | Bob Knuckles    |
| 45-49    | Hal Pearson     |
| 50-54    | Jed Pearson     |
| 55-59    | Bill Crane      |
| 60 over  | David Peele     |

## Female

- |                          |              |
|--------------------------|--------------|
| <b>1. Mandy Knuckles</b> | <b>19:10</b> |
| 2. Diana Schowe          |              |
| 3. Anita Neff            |              |

**Master: Patty Schwartz**

- |          |                |
|----------|----------------|
| 19 under | Emily Schwartz |
| 30-34    | Joel Barrett   |
| 30-39    | Penny Ruppert  |
| 40-49    | Deb Byers      |
| 50 over  | Joan Gary      |

## One Mile

- |                     |                   |
|---------------------|-------------------|
| Girls               | Boys              |
| 1. Lauren Childers  | 1. Dalton Barrett |
| 2. Cassandra Schowe | 2. Teddy Berger   |
| 3. Sarah Bird       | 3. Sarah Palmer   |

## Kentucky Ultra Trail Sojourn 50KM

Farmers, KY, March 17, 2001

- |                          |                 |
|--------------------------|-----------------|
| <b>42nd Gary Bird</b>    | <b>7:03:28</b>  |
| <b>84th Don Lindley</b>  | <b>9:23:40</b>  |
| <b>88th Mitch Harper</b> | <b>10:20:50</b> |

A hard rain the day before the race assured us of a free mud bath. The temperature of 38 degrees at the start and high winds and sleet didn't help. This was Gary Bird's first attempt, Don Lindley's second attempt and Mitch Harper's third attempt. And we all finished in that exact order. All of the runners appreciated the volunteers at the aid stations, especially J.P. Jones and Sharon Pauley. Sharon drove from West Virginia to help. They were at the 6 mile and 25 mile aid station. The mud on my van was proof that JP and Sharon were there. Not all Kentucky roads to the aid stations in Daniel Boone National Park are paved We all finished very good for such miserable conditions. Our prize was free-ranch chicken eggs provided by Herb and Sue, the race directors. One of these days I will win one the the door prizes, Sue's home-made cherry preserves.

## RUNNING FIT MARATHON PICKNEY STATE PARK

SUNDAY, APRIL 29, 2001

**Male Age Group 55 - 59**

<b>Name</b>	<b>13.1 Split</b>	<b>Time</b>
<b>Don Lindley</b>	<b>2:35:34</b>	<b>6:15:01</b>

Listed as one of the toughest 25 marathons in the nation, 140 runners completed the course along with 300 plus half-marathoners. I was glad to finish about 20 minutes faster than last year. Only about 100 runners started at the official starting time, they had staggered starts for those that could not run faster than 6.5 hours.

# 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](mailto: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](http://www.fwtc.org)

Register for the FWTC Email Race Updates list

If you are interested in receiving email updates about FWTC races and events, please visit the signup site at [www.fwtc.org](http://www.fwtc.org)

# 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.

# FWTC RACE CALENDAR -

**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

**Monday, June 11, 2001 - 6:00 pm (R)**

Beefcake Cross Country Series, 4K, DeKalb High School, Auburn/Waterloo, IN, Big Red Track Club, 211 Worth Road, Auburn, IN 46706, email:trayle@locl.net

**Saturday, June 16, 2001 - 8:00 am (R)**

Mermaid Festival 5K, 5K/1M, Pilcher's Shoes, North Webster, IN, Brian Shepherd, 1426 Licolnway, Ligonier IN 46767, 219-894-4638

**Saturday, June 16, 2001 - 8:00 am (R)**

Turtle Days 5K, 5K, Churubusco High School, Churubusco, IN, Tim Wilkins

**Saturday, June 16, 2001 - 9:00 am (R)**

Buck Creek Run, 5K Run, Walk, Fun Run, Yorktown Middle School, Yorktown, IN, Randy Saunders, 765-759-7393, email:LIONS5K@aol.com

**June 16-17 Sat/Sun**

2001 Mohican Trail 100, 100 miles, Mohican State Park, Loudenville, OH, Volunteers needed for 5m,10m,35m,75m aid stations., Linda Keuneke and Don Lindley, Linda(478-4573)Don(432-5998) email:gormlk@aol.com or lindleyd@fortwayne.infi.net

**Monday, June 18, 2001 6:00 pm (R)**

Beefcake Cross Country Series, 4K, DeKalb High School, Auburn/Waterloo, IN, Big Red Track Club, 211 Worth Road, Auburn, IN 46706, email:trayle@locl.net

**Friday, June 22, 2001 - 6:30 pm (R)**

Old Settler's Day 4-Miler, 4M, First Church of God, Columbia City, IN, Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 219-894-4638

**Saturday, June 23, 2001 - 8 am (R)**

Buzzards' Roost, 10K, 1Mile FunRun, Arcadia, IN, email:achen@netusa1.net

**Saturday, June 23, 2001 (L)**

Fun Run 8am, 5K 8:30am - Double-Hump Romp, 5K & Fun Run, Shoaff Park, Fort Wayne, IN, Gary Williams, Rt1 7904 State Line Rd, Monroeville, IN 46773, 219-623-6144

**Saturday, June 23, 2001 (L)**

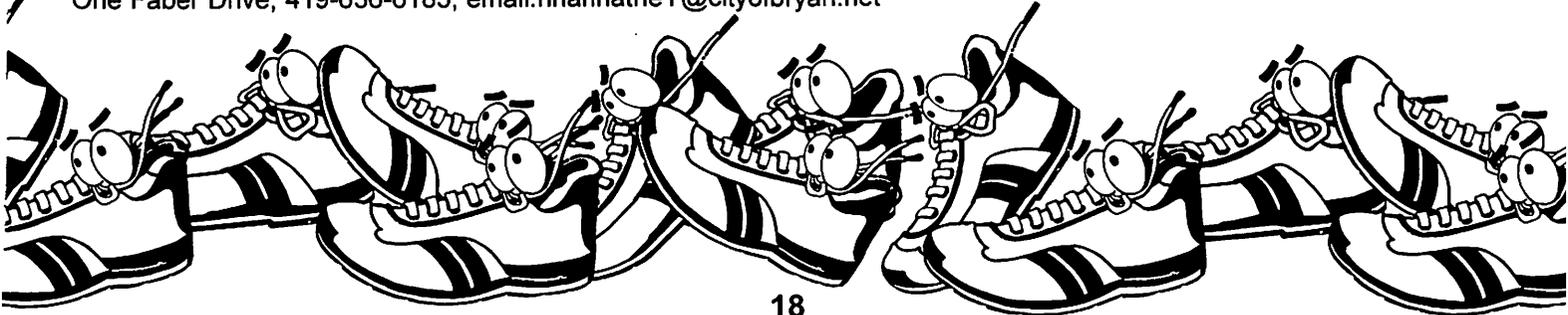
8th Annual Optimist City of Lakes Triathlon - Phil Eherenman, Warsaw IN, (219)267-3992 - Fax. (219) 269-2405 www.warsawoptimist.org

**Sunday, June 24, 2001 - 2pm (R)**

Race Thru Town - City of Lakes Festival, 5K, Center Lake, Warsaw, IN, Don (219) 267-5940, WCDC, Attn:Paula, 108 N Buffalo, Warsaw, IN 46580, Bill (219) 268-1236

**Saturday, June 30, 2001 - 8 am (R)**

Williams County YWCA, 5K Run & Walk, YWCA of Williams County, Bryan, OH, Holly Hanna, One Faber Drive, 419-636-6185, email:hhannatheY@cityofbryan.net



# FWTC RACE CALENDAR

**Saturday, June 30, 2001 - 8 am (R)**

Wawasee Flotilla Road Race, 8M/3.3M runs/3.3M walk, Lakeside Park, Syracuse, IN, Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 219-894-4638

**Monday, July 2, 2001 - 6:00 pm (R)**

Beefcake Cross Country Series, 4K, DeKalb High School, Auburn/Waterloo, IN, Big Red Track Club, 211 Worth Road, Auburn, IN 46706, email:trayle@locl.net

**Wednesday, July 4, 2001 - 7:30am (L)**

Run Wild, 4 Mile Road/Trail & Competitive Walk, Children's Zoo, Fort Wayne, IN, Karen Reilly, 3411 Sherman Blvd, Fort Wayne, IN 46808, 219-427-6809, web site:<http://On Line Registration: www.active.com>

**Wednesday, July 4, 2001 - 8:00am**

River Run, 5K, Defiance YMCA, Defiance, OH, Defiance YMCA, 1599 Palmer, Defiance, OH 43512, 419-784-4747

**Wednesday, July 4, 2001 - 8:00am**

8th Annual Starr Spangled 5K, 5K, Starr School, Toledo Eastside TC, Oregon, OH, Charlie Koehn or Beck Rudnicki, PO Box 167582, Oregon, OH 43616, 693-0053, email:Lov2runRN@aol.com

**Wednesday, July 4, 2001 - 8:00am**

Lincoln Prairie Trail, 10K Trail, Trailhead NW of Pana, Rte29 @BearCreek Rd, Pana, IL, Jim Deere, 120 E 3rd St Pana, IL, 217-562-3109, email:panail@mcleodusa.net

**Wednesday, July 4, 2001**

Coldwater Independence Day, 5K Run/RaceWalk & 1Mile Fun Run, Coldwater, MI, Deb Zakrzewski, (517)639-4370

**Wednesday, July 4, 2001 - 8:30am**

Chestfield Optimist, 10K, Chesterfield, IN, Dennis Knapp, 765-378-3143

**Saturday July 7, 2001 - 8:30 am (R)**

LaGrange County Courthouse Classic, 5K, St. Road 9 and Michigan Street, LaGrange, IN, Guy Thompson, (219) 463-8342, email:oneguy@kuntrynet.com

**Saturday July 21, 2001 - 8:00 am (R)**

Cancer Society 5K, 5K/1M/PeeWee, Wawasee Middle School, Syracuse, IN, Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 219-894-4638

**July 21, 2001 - 9:00 am (8:45-fun run) (L)**

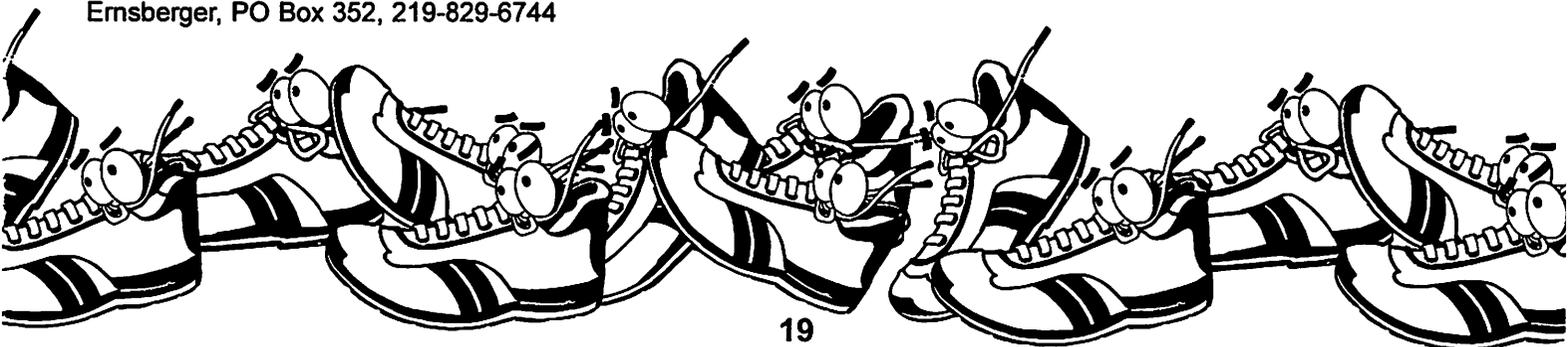
Bruin Alumni/Open, 5K/1M, Shoaff Park, Fort Wayne, IN, Barrie Peterson, 219-637-5717

**Saturday, July 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>

**Saturday, July 28, 2001 - 8 am (R)**

Vermont Settlement Classic, 5k Run & 2 Mile Walk, Orland American Legion, Orland, IN, Marylin Ernsberger, PO Box 352, 219-829-6744



# FWTC RACE CALENDAR

## **Saturday, August 4, 2001 - 7 am (LP)**

Harlan Days 10K Race, 6.2 miles, Harlan Park, Harlan, IN, Thomas Bunner, D.D.S., PO Box 255, Harlan, IN 46743, 219-657-5197

## **Saturday, August 4, 2001 - 8 am**

Converse 5K, 5K, First Farmers Bank, Converse, IN, John Norris, Norris Insurance, Box 157, Amboy, IN 46911, 765-395-7761 or 765-395-7730

## **Saturday, August 4, 2001 - 9 am**

Buzzards Glory Classic, 5K Run, Calvalier Stadium, Coldwater, OH, Karen Schoenherr, 706 Bittersweet Dr, Coldwater, OH 45828

## **Saturday, August 11, 2001 (R)**

5K@8:30 am, 1M@8:00 - FunFest 5, 5K/1M, Warvel Park (9th & Market St), North Manchester, IN, Kevin Lochner, email:klochner@ctlnet.com

## **Saturday, August 11, 2001 - 8:30 AM (Ohio time) (R)**

Community First 4 Mile & 1 Mile Fun Run, 4 Mile, Smiley Park, Van Wert, OH, Michael Clay, (419) 749-4034, email:nathian@im3.com

## **Saturday, August 11, 2001 (RP)**

Fun Run 8am, 5K 8:30am - 15th Annual Kernel Klassic, 5K Run and Walk, Weaver Popcorn Co, Van Buren, IN, Julie Hendryx, 130 East Main St, Van Buren, IN 46991, 1-800-999-2365 ext.5344

## **Saturday, August 25, 2001**

Bears of Blue River, 10K, Shelbyville, IN, Shelbyville Parks & Recreation, 317-392-5128

## **Saturday, August 25, 2001**

Joshua Academy 5k Run/Walk, 5K, Evansville, IN, Jerry Clark, (812) 858-2516, web site:<http://www.videobee.com/5krun.htm>

## **Saturday, September 1, 2001 - 7:00 pm (RP)**

Summer Nights 5K/1M, 5K/1M, Ligonier Elementary, Ligonier, IN, Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 219-894-4638

## **Sunday, September 2, 2001**

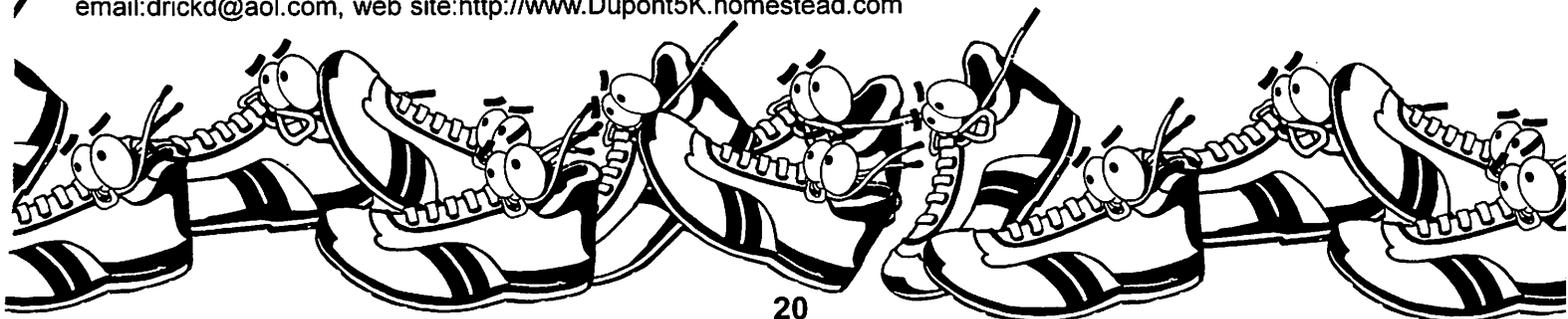
6:45am Invite Women's & 7am - Inaugural Rock'n'Roll 1/2 Marathon, 13.1 Miles, limit to 15,000 entrants, Virginia Beach, VA, Rock'n'Roll Half Marathon, 2100 Parks Ave, Virginia Beach, VA 23451, 1-800-311-1255, email:Register OnLine, web site:<http://www.eliteracing.com>

## **Sunday, September 9, 2001**

Pig Pen 10K run/wheelchair race/5K run/wald, Various, Tipton, IN, Physical Therapy Dept of Tipton Hospital, 765-675-8561

## **Saturday, September 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, web site:<http://www.Dupont5K.homestead.com>



# FWTC RACE CALENDAR

**Saturday, September 15, 2001 - 9:00 am**

Dick Lugar Run & Walk, 5K and 10K, Butler University, Indpls, IN, Tuxedo Brothers, 317-733-3300

**Saturday, September 15, 2001**

Darin Bryan Memorial, 5K run/walk, Edgewood, IN, Dane Carter, 317-770-9552, email:petebogg@iquest.net

**Saturday, September 22, 2001**

50M@7:30am and 26.2M@8am Sat

North Country Trail Run, Marathon & 50 Miles, Manistee National Forest, Manistee, MI, Steve Webster, Striders, 404 Chicago Dr, Grandville, MI 49418, 616-261-9706, email:striders@i2k.com

**Saturday, September 22, 2001**

Four Seasons Pumpkin Patch, 5K, New Castle, IN, Duane Dye, 765-529-8003, email:dyled@nccsc.k.12.in.us

**Sunday, October 7, 2001 - 9am**

Run 4 the Bone, 4 Mile Run/Walk, Eagle Creek Park, Indpls, IN, Tuxedo Brothers, (317)733-3300

**Saturday, October 13, 2001**

Applefest Run, 5K, Frankton, IN, Kip Riser, (765)754-7147 or 7757

**Sunday, October 14, 2001 - 2:00 pm (R)**

Noble County 5K, 5K, Bixler Lake Park, Kendallville, IN, Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 219-894-4638

**Saturday, October 20, 2001 - 5K/Oct20 & Marathon/Oct21**

Spirit of St.Louis Marathon & Family Fitness Run, 26.2 miles & 5K, StLouis, MO, 314-725-9884, web site:<http://www.stlouismarathon.com>

**Sunday, October 21, 2001 - 10:00 am**

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

**Saturday, November 3, 2001 - 9:34am**

Outback Scramble, Wacky 5M x/c course, Eagle's Crest, Indpls, IN, Tuxedo Brothers, (317)733-3300

**Sunday, November 4, 2001**

Run The Mounds, 5 Miles x/c course, Mounds State Park, Anderson, IN, Bob Hart, ARRC, PO Box 282, Anderson, IN 46015, (765)6304, email:rrrunner@worldnet.att.net, web site:<http://www.andersonroadrunners.org>

**Sunday, December 2, 2001**

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



# Quench Your Thirst

The signs of summer are everywhere. As the eyes look left and right at neighborhoods, parks, and our own back yard there are abundant colorful sights illustrating how beautiful and special nature can be. There are many outdoor opportunities to enjoy like flower care, gardening, fishing, tennis, golf, canoeing, swimming, biking, and hiking.

As the attractions of summer stir up active interests, think about one of nature's finest thirst quenchers. It's water!! As temperatures stay warm and our muscles move more our sweat rate increases so our fluid needs rise. One pound of sweat loss is about two cups of fluid. To stay primed for fitness monitor fluid losses and gains.

All body functions need fluid. Just a 2% body dehydration will limit abilities. Body weight is about 60% water, blood is about 83% water, and muscles are about 75% water. Body systems rely on a constant water supply for healthy fluid and electrolyte balance.

## Water Can:

- \* Maximize muscle energy, strength, and endurance
- \* Lubricate joints
- \* Carry nutrients to cells
- \* Remove body wastes
- \* Prevent heat exhaustion

To stay primed for fitness, monitor fluid losses and gains. Check your weight before and after being active. It's easy for the body to lose 2 pounds of sweat within 30 minutes of moving, especially if the humidity and temperatures are a bit high. Sweat is good! It's the key way for the body to cool itself for a healthy temperature. For every two pounds of sweat weight lost drink four cups of water. Spread total amount out over 2 to 4 hours for best absorption and tolerance.

## Strawberry Banana Shake (Two Servings)

### Ingredients:

- 4 strawberries or 2 tablespoons strawberry jam
- 2 bananas, chopped
- 1/4 cup chopped dates
- 1 cup non fat or low fat strawberry yogurt
- 1 cup nonfat milk
- 2 teaspoons honey
- 6 ice cubes

**Directions:** Place all ingredients in blender, add ice cubes and mix well. Serve as a quick meal or cool snack! This is a great source of protein, calcium, and potassium. Enjoy!

**Servings size:** 1 1/2 cups

**Per serving:** 200 calories, 36 grams carbohydrate, 1 gram fat, 13 grams protein, 3 grams fiber, 0 mg cholesterol, and 55 mg sodium

**Source:** Anderson Road Runners Club

Know that caffeinated beverages and food like regular coke, tea, and coffee promote fluid loss. and increase chance for dehydration. A general rule of thumb, for every cup of coffee drink two cups of water for dehydration defense. Alcohol too causes fluid loss. Better beverages for needed nutrients and hydration are 2 to 4 cups non-fat or low fat milk daily and 1 cup of high vitamin C juice daily. Other healthy options are herbal teas, sparkling calorie free water, and club soda. To perk up plain water consider adding a splash of juice, juice ice cubes, lemon wedges, a twist of lime, or slice of fruit. Use of foods high in water content like fresh fruit and vegetables will also help hydration.

## Water Tips:

- \* Drink 8 to 12 cups water daily.
- \* Limit caffeinated and alcoholic beverages
- \* Carry a water bottle when working, driving, exercising, and doing yard care.
- \* Drink ahead! Do not wait until your thirsty.
- \* Drink 2 to 3 cups of water 2 to 3 hours before exercising
- \* Drink 1 cup of water 15 to 20 minutes before exercising
- \* Drink 1/2 to 3/4 cup water every 15 to 20 minutes during exercise or activity outside
- \* If exercising more than 1 hour consider using 1/2 cup to 3/4 cup diluted juice (half juice and half water) or a sports drink every 15 to 20 minutes for blood sugar balance.
- \* Replace every pound of sweat loss with 2 cups of water.

Water is one of nature's greatest gifts. Give yourself water goodness day by day so all activities can be enjoyed to the fullest! Enjoy! Cheers To You,

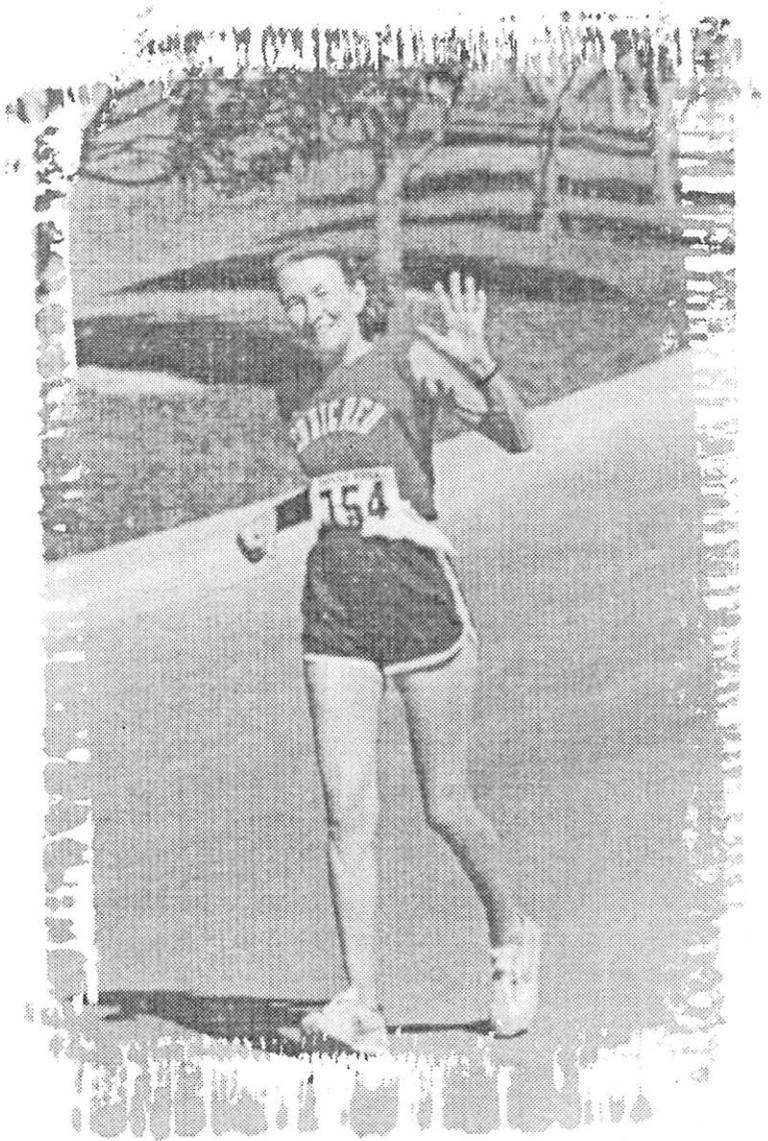
Judy Tillapaugh, RD - IPFW Wellness/Fitness Coordinator

## *Who is a hero?*

Someone who inspires you to do your best - go the extra mile - try a little harder - make you keep your head up and never quit.

My friend Ruth Dumas, whom I've known from running for over 22 years is my hero.

She had a great attitude. I saw her every morning at Foster Park walking a fast pace. - 3 miles, always a hello, how are you. She had run many races, received many awards (including the Home Loan 10,000 award winner jacket she proudly wore) had challenged herself often. She cared about others. Was a great helper in getting the River greenway completed. Even when sick with cancer she still walked her 3 miles. Even when she could no longer see very well, she walked 3 miles - thanks to the helping hands of her loving family.



I knew something was wrong when she always had someone at her side - but she kept on walking. Ten weeks of radiation, she kept walking.

She told me 85 years of age - she had a great life and was ready for her final race. When they gave her 3 to 6 months to live, she lived one year.

When in Foster Park - run the 2 mile loop and then go an extra mile for Ruth, she'll be smiling down on you.

P.S. She also ran a world record time at the Diet Pepsi 10K at Homestead in 1980 for women over 60. WOW!

Ruth has run her last race, walked her last walk. Let her spirit live on through us.

- Mary Connolly McManus

May 8, 2001

Dear Fort Wayne Track Club Members,

Thank you so much for the extremely nice basket of spring flowers that I received a couple days ago. Thank you also for the members who have sent cards and e-mails.

I have run 173 marathons, but those experiences pale beside what I am facing now. A great surprise to was that a person who has never smoked, who has been a runner, and who has maintained a healthy lifestyle could end up with lung cancer, the type for which there is no known cause. It completely infiltrated both my lungs, so there is no tumor to remove, nor can they use radiation without killing my lungs. I am currently undergoing chemotherapy, using two different drugs at the highest strength that can safely be given. Two days after the 4 ½ hour treatment, I go back 7 days straight for shots to pump up my white blood cells. There is a great deal of pain in the after effects of the chemo and the shots, so I have to keep myself very medicated, which leaves me very lethargic. Of course there are also other little annoying side effects. I will receive chemo every 21 days for 8 treatments. Halfway through the treatments I will be evaluated to determine whether the drugs are having any effect. If not, we try a different combination of drugs.

I am thankful for all the opportunities I have had, and for all the friendships I have made through running. If you have a couple of minutes drop me an e-mail. It does help to know there are so many people out there pulling for me!

Happy Trails!

Joyce (Hockensmith) Boytim  
6803 Wimbledon Estates Dr.  
Spring, Texas 77379

Home Phone Number: 281-376-3888  
Email Address: Marathnjoy@aol.com

Send Joy To Joycell

# Members Page

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# COMING EVENTS...

## OLD SETTLER'S DAY 4 MILER

Friday, June 23 - 6:30 PM  
Columbia City

## RUN WILD 4 MILE ROAD/TRAIL RUN

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

## HARLAN DAYS 10K

Saturday, August 4 - 7 AM  
Harlan, IN

## FWTC MEETINGS

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

## Advertising Rates

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

Insert race Applications (Includes printing results)

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

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

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