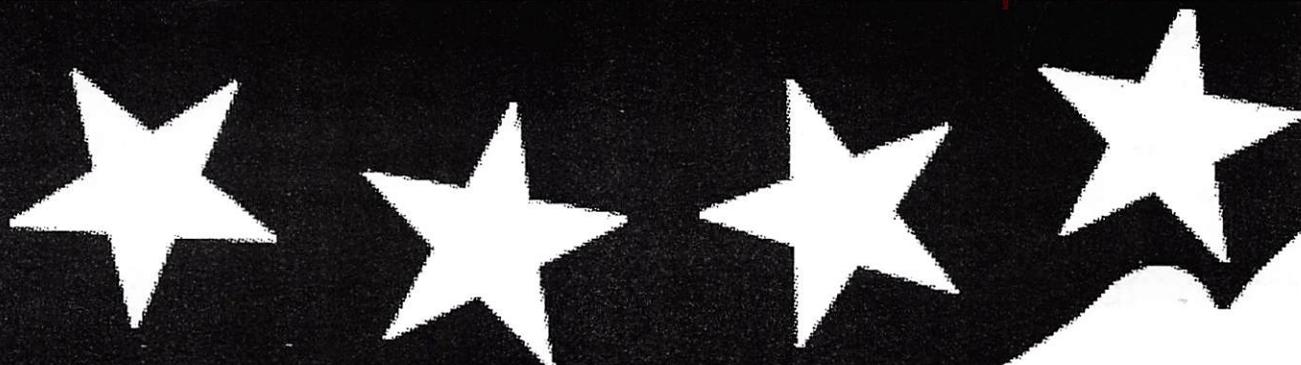


the inside track

October 2001 - November 2001

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



United
We
Stand

Check out our web site at www.fwtc.org

2001 Fort Wayne Track Club Officers and Board Members

OFFICERS

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Treasurer	Don Lindley	(219) 432-5998	lindleyd@fortwayne.infi.net

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FWTC INFORMATION

FWTC Mailing Address: Fort Wayne Track Club, PO Box 11703
Fort Wayne, IN 46860-1703
FWTC Telephone Number: 436-2234
FWTC is a member of the RRCA, Club #23 - USATF Club #45

Membership Dues

There is a membership application in this newsletter. If your mailing label says, "Exp Dec 01" it means that your dues will expire December 31, 2001. A notice will be sent out to you if you do not pay early. Pay for three years and save! Remember your dues is what keeps the club running.

Check out our web site at www.fwtc.org

ATTENTION TRACK CLUB MEMBERS

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

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

Have You Thought About Race Directing?

You have thought about race directing, but so what? Well, there are some openings and some opportunities to get started. Presently, the Nutri Run lacks a director as Doug Lehman has moved to St. Louis. As you may know, the Nutri Run consists of both a 5 mile and 20K race. Opportunities abound! There may be other openings as well. Not ready to go whole hog? We can work out an Assistant Race Director position which will give you valuable experience. Call Don Lindley at 432-5998 to discuss your interest.

FWTC Newsletter Deadlines
November 15, 2001
January 15, 2002

Kernel Klassic 5k

August 11, 2001

	Age	Age Group	Time		Age	Age Group	Time
1. Bret Grover	18	15-19	15:12.4	57. Joe Ziegler	65	60-69	21:22.7
2. Torrey Teats	21	20-24	15:56.7	58. Zachary Johnson	17	15-19	21:27.4
3. Fred Miller	24	20-24	15:58.3	59. David E Boylan	58	50-59	21:30.3
4. Steve Wilson	42	40-44	16:30.9	60. Tom Felger	61	60-69	21:32.2
5. Zach Scherer	18	15-19	16:37.9	61. Heather Carroll	16	15-19	21:41.4
6. John Schnieders	37	35-39	16:44.1	62. Emily Nestel	13	0-14	21:48.2
7. Craig Eckert	25	25-29	16:49.9	63. Gregory Steed	41	40-44	21:49.5
8. Trent Sinnett	39	35-39	16:55.2	64. Darlene Dietrich	44	40-44	21:50.0
9. Mason Bailey	31	30-34	17:00.9	65. Charissa Kinser	15	15-19	21:50.4
10. Scott Sears	28	25-29	17:01.4	66. Angela Minnefield	38	35-39	21:57.3
11. Timothy Swain	42	40-44	17:09.0	67. Ron Hammond	48	45-49	21:59.1
12. Joshua Foss	14	0-14	17:35.6	68. Dennis Dickey	35	35-39	22:03.0
13. Adam Haines	22	20-24	17:45.3	69. Jerry Bennett	50	50-59	22:06.0
14. Trevor Hughes	15	15-19	17:52.5	70. Ron Harmening	50	50-59	22:10.6
15. Adam Lenz	13	0-14	17:55.2	71. Honesty Hart	24	20-24	22:10.8
16. Carl A Risch	44	40-44	17:56.5	72. Kevin Harry	48	45-49	22:17.0
17. Keith Feemster	18	15-19	18:14.1	73. Mark Brattoli	45	45-49	22:24.7
18. Ron Gallogly	40	40-44	18:23.3	74. Rick Teats	51	50-59	22:26.9
19. Nick Paskiewicz	16	15-19	18:25.5	75. John David McPherson	48	45-49	22:28.7
20. Paul Shaffer	43	40-44	18:26.1	76. Angela Palevich	17	15-19	22:32.0
21. Donald Nash	49	45-49	18:29.8	77. Wendell Brown	54	50-59	22:32.5
22. Matt Bailey	28	25-29	18:30.5	78. Jim Woodruff	57	50-59	22:46.1
23. Daniel Carroll	17	15-19	18:37.0	79. Shane Harley	35	35-39	22:51.3
24. Justin Gauthier	16	15-19	18:40.7	80. Joe Halter	44	40-44	22:56.4
25. Cory Leas	18	15-19	18:46.5	81. Ralph Pierce	35	35-39	22:57.1
26. Linda Keuneke	37	35-39	18:47.6	82. Jodi Downing	17	15-19	22:58.1
27. Tim Grant	45	45-49	18:49.3	83. Andy Michaud	16	15-19	23:04.4
28. Paul E Knott	38	35-39	18:51.3	84. Jennifer Feemster	15	15-19	23:04.9
29. Nathan Williams	18	15-19	19:01.5	85. Rich Stephenson	54	50-59	23:05.9
30. John Foss	40	40-44	19:19.8	86. Eva Miller	12	0-14	23:12.8
31. Tina Bailey	28	25-29	19:38.0	87. David Swift	50	50-59	23:13.3
32. Cole Lenz	14	0-14	19:38.8	88. Jason Zuber	27	25-29	23:15.0
33. Jerry Pierce	53	50-59	19:44.2	89. Beth Foss	39	35-39	23:23.4
34. Mark Beals	39	35-39	19:45.0	90. Abbey King	16	15-19	23:35.4
35. Jeff Gray	39	35-39	19:45.7	91. Bob Kearns	68	60-69	23:40.7
36. Cassie Jones	18	15-19	19:52.3	92. Missy Hirschy	18	15-19	23:41.7
37. Stephen Smith	53	50-59	19:52.7	93. Tamara Wright	42	40-44	23:42.2
38. Nick Berghoff	16	15-19	19:55.3	94. Walter Post	52	50-59	23:49.7
39. Jason Lenz	39	35-39	19:55.8	95. Marsha Schmidt	55	50-59	23:52.0
40. Max Victor	39	35-39	20:00.4	96. Phil Drake	44	40-44	23:55.5
41. Chester Paskiewicz	43	40-44	20:06.0	97. Sharla Seidner	18	15-19	23:55.9
42. Bob Bruckner	55	50-59	20:07.3	98. Jason Turney	27	25-29	23:56.4
43. Krissy Sears	24	20-24	20:12.3	99. Amy Coleman	18	15-19	23:58.4
44. Michael Nunez	15	15-19	20:23.8	100. Tom Corda	42	40-44	24:05.2
45. Logan Burns	17	15-19	20:29.3	101. James H Wright	54	50-59	24:20.7
46. Seth Foss	15	15-19	20:31.1	102. Tom Rumble	58	50-59	24:24.2
47. Jon Lugar	17	15-19	20:32.7	103. Gene Chandler	69	60-69	24:32.4
48. Caleb Miller	17	15-19	20:34.8	104. Amanda Grant	43	40-44	24:38.7
49. Justin Clark	15	15-19	20:38.0	105. Ashley Herman	13	0-14	24:39.7
50. Scott Elliott	39	35-39	20:46.2	106. Dusty Miller	21	20-24	24:40.9
51. Candace Sielschott	17	15-19	20:53.7	107. Don Anderson	74	70-99	24:43.5
52. R William Schmidt	66	60-69	20:58.8	108. Tanji Hawk	27	25-29	24:44.2
53. Jarrod Herman	15	15-19	20:59.1	109. Barb Scrogam	54	50-59	24:45.2
54. Tim Hughes	43	40-44	20:59.7	110. Cheryl Kiefer	15	15-19	24:48.6
55. Margaret Reyling	17	15-19	21:04.8	111. Jon Douglas	36	35-39	24:49.1
56. Larry Emmons	45	45-49	21:20.2	112. Karen Taylor-Smith	49	45-49	24:54.2

Kernel Classic 5k

August 11, 2001

	Age	Age Group	Time
113. Lorraine Fox	40	40-44	25:00.2
114. Donald Lindley	57	50-59	25:00.9
115. Patricia Miller	59	50-59	25:09.3
116. Alvin Brown	47	45-49	25:11.4
117. Alan Arnold	48	45-49	25:27.2
118. Tonya Young	16	15-19	25:39.1
119. Mike Kinser	40	40-44	25:42.7
120. Melissa Felters	15	15-19	25:44.8
121. John Whybrew	15	15-19	25:51.8
122. Denise Endsley	27	25-29	25:53.8
123. Jeremy Thornburg	26	25-29	25:54.3
124. Tammy Fenner	38	35-39	26:04.6
125. Rita Murrell	42	40-44	26:14.8
126. April Reynolds	15	15-19	26:20.1
127. Rick Hilker	46	45-49	26:34.5
128. Kath Jo Collins	27	25-29	26:43.8
129. Trace Roby	31	30-34	26:44.1
130. Isis Miller	15	15-19	27:07.5
131. Dale Miller	45	45-49	27:13.6
132. Rachel Whybrew	13	0-14	27:19.2
133. Byron Brankle	57	50-59	27:39.3
134. Gabriel Walgram	10	0-14	27:50.8
135. Lynn E Armstrong	54	50-59	27:57.7
136. Bob Hart	57	50-59	28:55.4
137. Brandy Draughn	25	25-29	29:00.2
138. Debbie Harry	49	45-49	29:09.9
139. Vicki Jacobs	51	50-59	29:15.1
140. Bill Miller	60	60-69	29:16.5
141. Kathy Wehrley	42	40-44	29:17.3
142. Kristin Riga	15	15-19	29:18.2
143. Edna West	71	70-99	29:32.6
144. Abby Lenz	13	0-14	29:34.0
145. Chuck Bagley	60	60-69	29:45.7
146. Mary Whybrew	9	0-14	29:48.4
147. Joni Lenz	44	40-44	29:49.9
148. Ray Bullock	71	70-99	29:52.2
149. Pat Harris	58	50-59	29:54.9
150. Blake Bloucher	11	0-14	29:56.1
151. Andrew Kelly	11	0-14	29:56.5
152. Hannah Smith	15	15-19	30:01.3
153. Patricia Hart	46	45-49	30:36.8
154. Dave Graham	44	40-44	30:38.1
155. Kathy Bantz	51	50-59	30:47.1
156. Sarah Kleinknight	58	50-59	30:47.9
157. Julie KorfMacHe	40	40-44	30:52.3
158. Linda Sebestyen	47	45-49	30:53.5

	Age	Age Group	Time
159. Deborah Riga	46	45-49	31:09.2
160. Andrew Bantz	8	0-14	31:14.3
161. Stephen Hedgecraft	57	50-59	32:29.7
162. Timothy Whybrew	14	0-14	32:38.9
163. Regina Blanchette	47	45-49	33:25.6
164. Bill Friend	62	60-69	33:38.9
165. Jennifer Hendricks	28	25-29	33:47.1
166. Matt Gorman	8	0-14	33:53.0
167. Kenneth E Disler	78	70-99	34:18.7
168. Sandy Ferris	44	40-44	34:58.9
169. Naomi Whybrew	11	0-14	35:18.9
170. Jeremy Pierce	8	0-14	36:09.5
171. Ashley Pierce	11	0-14	37:13.5
172. Rebecca Pierce	53	50-59	37:43.1
173. David Nichols	50	50-59	38:03.1
174. Polly Jacobs	75	70-99	38:13.6
175. Maurine Gensheimer	63	60-69	39:03.1
176. Adam Satterthwaite	14	0-14	43:12.4
177. Chris Gorman	10	0-14	48:41.0
178. Joy Whybrew	6	0-14	51:24.0
179. Dave Whybrew	54	50-59	51:25.0
180. David Gensheimer	42	40-44	53:23.0

5k walk	Age	Age Group	Time
1. Newton Vctor	44	40-44	28:49.5
2. Ron Wallace	58	50-59	30:37.5
3. Bob Gensheimer	65	60-69	32:25.2
4. James Hoffman	45	45-49	36:42.5
5. Gregory Smith	50	50-59	36:49.9
6. Lorelee Songer	19	15-19	36:52.7
7. Marty Songer	45	45-49	36:53.5
8. John Phagan	62	2 M 60-69	37:53.2
9. Kathie Nichols	50	1 F 50-59	38:02.4
10. Betty Sielschott	40	1 F 40-44	38:27.1
11. Kaleb Kern	12	1 M 0-14	40:54.0
12. Embree Tinkel	65	3 M 60-69	41:16.9
13. Bonnie Brown	65	1 F 60-69	43:23.2
14. Tammy Elliott	38	1 F 35-39	43:23.8
15. Linda Bragg	49	1 F 45-49	44:13.3
16. Kim Swagger	42	2 F 40-44	44:38.0
17. Heather Conwell	22	1 F 20-24	44:50.0
18. Stuart Eakins	12	2 M 0-14	44:51.0
19. Cody Younce	12	3 M 0-14	44:52.0
20. Nancy Tinkel	63	2 F 60-69	45:26.0
21. Mary Reyling	46	2 F 45-49	45:27.0
22. Suzan Downing	42	3 F 40-44	45:28.0
23. Deanna Bergsma	58	2 F 50-59	49:09.0
24. Susan Hodge	55	3 F 50-59	49:54.0

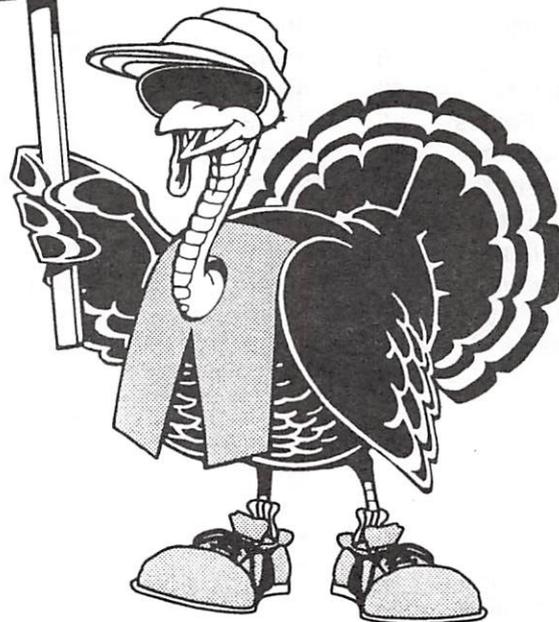
Mazock's 25th Thanksgiving Day Fun Run

Approximately a 6 mile run.
2828 Emerald Lake Drive,
Fort Wayne, Indiana.

No awards/no splits/ just old coffee
and stale doughnuts.

Jerry Mazock (219) 432-4755.
8:00 AM.

Emerald Lake subdivision is 1.6 miles
west of I-69 on Covington Road.
We turn our Christmas Lights on at
7:00 PM Thanksgiving night.



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

Saturday, Oct 13, 2001

8:30 am. Sat. Cole Porter Classic, 15K & 5K Run/Walk & 5K Competitor Walk, Peru Circus Bldg, Peru, IN, Jim Yates, PO Box 168, Peru, IN 46970, 765-985-3488, email: jyates@netusa1.net

9:30 am Sat. Bridging The Gap to Heart Health, 5K Run/Walk, Historic covered Lockport Bridge, Montpelier, OH, Candy Scribner, Williams Co Health Dept, 310 Lincoln Ave, Montpelier, OH 43543, 419-485-3141, email: WilliamsHD@bright.net

9 am Sat. 8th Annual The, 5K Run/Walk, Highland Park, Kokomo, IN, Paul L Wood, PO Box 6115, Kokomo, IN 46904-6114, 765-455-1659, email: ksoexec@att.net, web site: <http://www.kokomosymphony.org>

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



Oct 14, 2001

1 pm Sun (L) 5th Annual Spineway Run/Walk, 5K & 2 Mile Non-Competitive, Fort Wayne Orthopedics, 7601 W. Jefferson Blvd, Fort Wayne, IN, Todd DeTurk or Greg Ingermann, PO Box 2526, Ft Wayne IN 46801-2526, 219-436-6326, web site:<http://www.fwortho.com>

2:00 pm Sun (R) Noble County 5K, 5K, Bixler Lake Park, Kendallville, IN, Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 219-894-4638

8 am Sun. The Downtown Doubler, 20K, 10K, 4-Mile, Monument Circle, Indpls, IN, Ken Long & Associates, 994 N Combs Rd, Greenwood, IN 46143, 317-884-4001, email:klong@kenlongassoc.com, web site:<http://www.kenlongassoc.com>

8:30 am Sun. JCC Bagel Run, 10K run & 5k walk, Olander Park, Sylvania, OH, Nancy Burham, email:419-885-4485

Oct 21, 2001

5K/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>

Sat Hoosiers Outrun Cancer, 5K Run/Walk, Bloomington, IN, Bloomington Hospital Foundation, PO Box 1149, Bloomington IN 47402, 812-353-5823, web site:<http://www.hoosieroutruncancer.org>

10 am Sun. Run for the Prize 1 Cor.9:24, 5K, Immanuel Lutheran Church, 2300 N Ridge Rd, Findlay, OH, Dave Braun, 18012 T.R. 70, Arlington, OH 45812, (419)365-5770, email:dbraun@mennel.com

2 pm. Sun Norris Insurance Bunker Hill, 5 Mile, Bunker Hill, IN, John Norris, PO Box 157, Amboy, IN 46911, 765-395-7730

8 am Sun. Columbus Marathon, 26.2 Miles, Columbus, OH, Mike Collins, 833 Eastwind, Westerville, OH 43081, 614-794-1566

Detroit Free Press Marathon, 26.2 miles, Detroit, MI, Detroit Free Press Marathon, 600 W Fort, Detroit, MI 48226, 313-222-6676

Louisville Marathon, 26.2 miles & 10K, Louisville, KY, Steve Dutton, Cherokee RR, 11198 Ampere, Louisville, KY 40299, 502-267-1825

Oct 27, 2001

8:00 am. Muncie Mini Marathon: Co sponsored by the Muncie Family YMCA and theMuncie Endurathon, 13.1 mile run/5k run/ 5k fun walk, Delaware Co. Fair grounds, Muncie, IN, Steven Tomboni, 500 S. Mulberry, Muncie In. 47305, email:stevetomboni@home.com

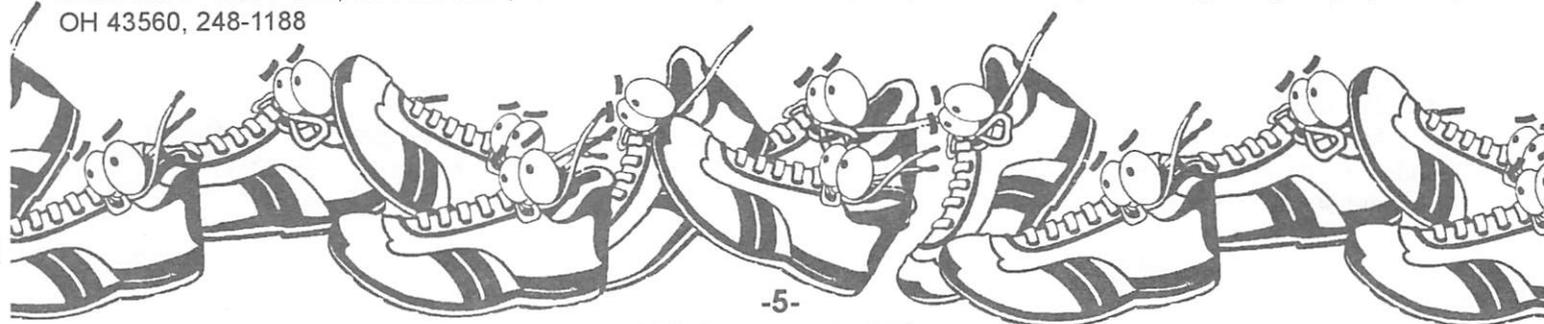
9 am Sat. 1st Annual Ankh 5K Walk/Run, 5K, Weisser Park, Fort Wayne, IN, Carl Johnson, Fort Wayne Parks & Recreation, 705 E State Blvd, Ft Wayne, IN 46805, 219-427-6780

9am Sat. RunBernheim 2001, 5 Mile Run/Walk, Bernheim Forest Park, Clermont, KY, Berheim Arboretum & Research Forest, PO Box 130, Clermont KY 40110, 502-955-8512, web site:<http://www.bernheim.org>

Oct 28, 2001

1:30 pm Sun LP Callithumpian Canter, 5K & 1 Mile Fun Run, Belmont HS, Decatur, IN, Josh Heckert, 219-724-4887

9 am Sun. Trot 4 Tots, 5K Run/Walk, Arrowhead Park, Maumee, OH, Lee Hammer, 6654 Kingsbridge Dr, Sylvania, OH 43560, 248-1188



Nov 03, 2001

7am Sat. OPSF 50/50 Trail Run, 50 km & 50 Miles & 15 Miles, Owen-Putnam County State Forest, Spencer, IN, Jeff Tincher, 10525 E Dallas Dr, Terre Haute, IN 47802, 812-894-3394, email:sactinch@rudymail.indstate.edu

8:30 am Sat. Chicago Lakefront 50K, 50K, Chicago, IL, Stuart Schulman, 2800 Lakeshore Dr, Suite 2808, Chicago, IL 60657, 773-477-9112, email:info@chicagoultra.org, web site:http://www.chicagoultra.org

9:34 am. Outback Scramble, Wacky 5M x/c course, Eagle's Crest, Indpls, IN, Tuxedo Brothers, (317)733-3300

Nov 04, 2001

2 pm Sun. 20th Annual Run The Mounds, 5 Miles x/c course, Mounds State Park, Anderson, IN, Bob Hart, ARRC, PO Box 282, Anderson, IN 46015, (765)643-6304, email:rrrunner@worldnet.att.net, web site:http://www.andersonroadrunners.org

Nov 10, 2001

6:40 am Sat.. Quivering Quads, 50 Miles & 50 KM, Culvre River State Park, Troy, MO, Fleet Feet Sports, 278 THF Boulevard, Chesterfield, MO 63005, 636-532-0522, email:info@fleetfeetsports.com, web site:http://www.fleetfeetsports.com

Nov 11, 2001

10am Sat.. Hoke's Farm Mini-Marathon X-C, 4.3 mile loop 3-Xs, Hoke's Farm 5K course, the Millrace & Shoup-Parsons Trail Loops, Goshen, IN, Ron Hoke, 311 W Waverly Ave, Goshen, IN 46526, 219-534-0311

Nov 17, 2001

11 am Sat. (LP) Turkey Trot X-C, 5K, Fox Island County Park, Fort Wayne, IN, Don Lindley, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860-1703, 219-436-2234, email:lindleyd@fortwayne.infi.net, web site:http://www.fwtc.org

Nov 22, 2001

8 am Thu Mazock's 25th Thanksgiving Day Run, Almost 6 miles, Emerald Lake subdivision, No Awards, No Splits, Just old coffee and stale donuts, Fort Wayne, IN, Jerry Mazock, 2828 Emerald Drive, Fort Wayne, IN 46804, 219-432-4755

9 am Thu 11th Annual Eastside 5K Turkey Trot, 5K, St Charles Mercy Hospital, Oregon, OH, Becky Rudnicki, Toledo Eastside TC, PO Box 167582, Oregon, OH 43616, 691-0912, email:Luv2runRN@aol.com

Dec 01, 2001

7 am Sat. Kentucky 50 Miler, Tom Sawyer State Park, Louisville, KY, Pete Shuler, 2840 Regan Ave, Louisville, KY 40206, 502-893-9521, email:runbikedefend@att.net, web site:http://www.cherokeeroadrunners.org

Dec 02, 2001

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

Dec 08, 2001

2 pm Sat (LP) Just Plain 10K, 10k Run & 3.3k Walk, Foster Park(Hartman & Fosterparkway), Fort Wayne, IN (PreRegistration is not required but helpful. Postmark No later than 12/3, Entry: Gift Wrapped T-shirt, James P Jones, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860, 219-745-7339, email:lindleyd@fortwayne.infi.net, web site:http://www.fwtc.org

8 am Sat 25th Annual Huntsville Times Rocket City Marathon, 26.2 Miles, Huntsville, Huntsville, AL, Malcolm Gillis, 1001 Opp Reynolds, Toney, AL 35773, 256-828-6207, email:m.e.gillis@att.net, web site:http://www.huntsvilletrackclub.org

Dec 29, 2001

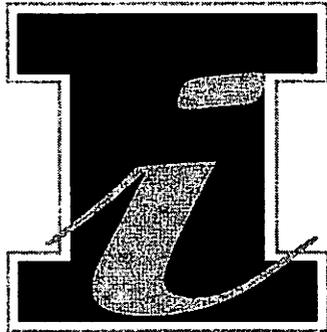
8 am Sat The Huff 50K, 50K, 3xRelay, & 1 Loop Fun Run (10.8 Miles), Trail Run on the Banks of the Wabash, Huntington, IN, Mitch Harper, 5207 Hopkinson Dr, Ft Wayne, IN 46814, 219-436-8284 or (fax) 436-8284, email:Huff50K@aol.com

Harlan Days 2001 10K - August 4, 2001

	Age	Time	Pace				
1. Ron Sharp	35	33:23	5:23/M	44. Joshua Hunter	17	48:02	7:45/M
2. Jason Sorg	22	34:15	5:31/M	45. John David McPherson	48	48:24	7:48/M
3. Jeff Nidinger	21	34:43	5:36/M	46. Jim Pickett	51	48:43	7:51/M
4. Brennon Plotner	16	37:27	6:02/M	47. Brian Goodspeed	14	48:57	7:54/M
5. Mike Ridenour	17	37:37	6:04/M	48. Matt Herber	16	49:22	7:58/M
6. Corey Drake	16	38:02	6:08/M	49. Marsha Schmidt	55	49:46	8:02/M
7. Ardy Litzenberg	18	38:09	6:09/M	50. Angie Bermes	22	50:06	8:05/M
8. Robert Minnich, Jr	34	38:40	6:14/M	51. Sara Lake	25	50:25	8:08/M
9. Andy Garcia	17	38:55	6:17/M	52. Jeff Metzger	40	50:41	8:10/M
10. Tim Quandt	15	38:57	6:17/M	53. Brian Shaklik	36	51:05	8:14/M
11. Phil Suelzer	49	38:59	6:17/M	54. Tonya Stoller	30	51:06	8:15/M
12. Josh Farrell	17	39:00	6:17/M	55. Stephanie Fenstermaker	15	51:23	8:17/M
13. Ward Moya	37	39:47	6:25/M	56. Tamara Wright	42	51:34	8:19/M
14. Chris Gaffer	16	40:19	6:30/M	57. John Brier	56	51:36	8:19/M
15. Brent Nelson	16	40:46	6:35/M	58. James H Wright	54	51:58	8:23/M
16. Greg Ridenour	17	40:52	6:35/M	59. Joseph Beier	37	52:00	8:23/M
17. Jonathon Gottschalk	20	40:57	6:36/M	60. Don Anderson	74	52:22	8:27/M
18. Cory Gaffer	16	41:07	6:38/M	61. Barb Scrogam	54	52:40	8:30/M
19. Jon Beasley	36	41:16	6:39/M	62. David Roehling	43	52:44	8:30/M
20. Matt Jeter	14	41:33	6:42/M	63. Kim Shaklik	36	53:28	8:37/M
21. Bob Bruckner	55	42:01	6:47/M	64. Myron Meyer	74	54:37	8:49/M
22. Diana Schowe	36	42:16	6:49/M	65. Mark Beck	36	54:40	8:49/M
23. Cassie Jones	18	42:21	6:50/M	66. Kyle Gehres	19	55:04	8:53/M
24. Garret Bradtmueller	16	42:22	6:50/M	67. Dean Russ	44	55:05	8:53/M
25. Jeff Gray	39	42:23	6:50/M	68. Rebecca Petersen	22	55:17	8:55/M
26. Abel Rosado	36	42:38	6:53/M	69. James Ramos	15	55:46	9:00/M
27. Emily Hernandez	19	42:39	6:53/M	70. Barrie Peterson	58	55:57	9:01/M
28. Scott Benjamin	26	43:06	6:57/M	71. Donald Lindley	57	55:57	9:01/M
29. Brandon Halter	14	43:17	6:59/M	72. Nicole Walker	15	56:17	9:05/M
30. Rod Abbott	42	43:20	6:59/M	73. Meredith Lerch	16	57:35	9:17/M
31. Andy Haxton	33	44:15	7:08/M	74. Hayli Dick	15	57:35	9:17/M
32. Lauren Simpson	18	45:01	7:16/M	75. Holly Gonzalez	28	57:42	9:18/M
33. Ryan Abbott	17	45:05	7:16/M	76. Joseph Nayarkas	47	57:44	9:19/M
34. Ted Wells	36	45:10	7:17/M	77. Kenny Cline	40	58:53	9:30/M
35. Jim Bougher	38	45:15	7:18/M	78. Abigayil Fiore	15	59:30	9:36/M
36. Kristen Simpson	18	45:44	7:23/M	79. Sara Petersen	22	59:45	9:38/M
37. Tom Felger	61	45:50	7:24/M	80. Kyle Ellis	14	1:00:07	9:42/M
38. Randy Prediem	14	45:54	7:24/M	81. Phil Gustin	70	1:00:50	9:49/M
39. Joe Ziegler	65	45:57	7:25/M	82. Buck L'Hommedieu	37	1:02:02	10:00/M
40. David E Boylan	58	47:08	7:36/M	83. Renee Thomas	35	1:02:26	10:04/M
41. Sean McKinley	16	47:25	7:39	84. Renee Fenstermaker	43	1:03:14	10:12/M
42. Shadricka Burnett	17	47:47	7:42/M	85. Natalie Petersen	25	1:04:36	10:25/M
43. Kristin Abels	16	47:48	7:43/M	86. Helen Twite	56	1:05:05	10:30/M
				87. Dwayne Weeda	73	1:10:15	11:20/M

Members Page

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Dupont 5K 2001 - September 15, 2001

	Age	Time
1. Jay Zarins	28	15:28
2. Eric Ade	23	15:44
3. Robert Minnich, Jr	34	17:33
4. Buff Dormeier	31	17:58
5. Matt Camey	27	18:20
6. Negash Metaferia	24	18:22
7. Linda Keuneke	37	18:40
8. Darlene Barton	26	18:54
9. Tim First	29	18:55
10. Anne Duff	36	18:59
11. Jeff Gray	39	19:01
12. Tom Lindsey	30	19:27
13. Spencer Kruse	20	19:30
14. Andy Haxton	33	19:42
15. Justin Barman	16	20:04
16. Diana Schowe	36	20:10
17. Jamie Wirges	20	20:28
18. Jennifer Gross	22	20:31
19. Erin Kingsbury	15	20:33
20. Andrew Pfeiffer	31	20:35
21. Paula Rickerd	32	20:41
22. Chuck Damman	36	20:51
23. Jeremy Wirges	23	21:01
24. Jerry Berghoff	31	21:02
25. Casey Johnson	12	21:04
26. Stephen Hatch	36	21:20
27. Jim Bougher	38	21:34
28. Anthony David	21	21:38
29. Chad Ware	34	21:41
30. Josh Ramsey	14	21:43
31. Mari Beyler	39	21:43
32. Tynae Wilson	11	21:45
33. Amy Roberts	14	21:55
34. Chad Creager	26	21:57
35. Jordon Garcia	13	22:13
36. Brent Coil	33	22:14
37. Tracy Brooks	32	22:16
38. Brian Shaklik	36	22:20
39. Lauren Steinmetz	13	22:23
40. Matt Miller	38	22:31
41. Grant Schultz	38	22:38
42. Sean McAvoy	11	22:42
43. Andrew Piropatto	11	22:44
44. Jenna Mahon	11	22:53
45. Carrie Allison	13	23:05
46. Kevin Mann	34	23:11
47. Jacqueline Morris	28	23:12
48. Ken Bebout	32	23:22
49. Bob Wilson	39	23:24
50. Karen Shaheen	25	23:26
51. Lynda Rich	12	24:05
52. Kim Shaklik	36	24:08
53. Aubrey Beeson	14	24:11
54. Chris Bird	39	24:13
55. Marla Toigo	29	24:19
56. Polly Grismore	29	24:34

	Age	Time
57. Ryan Wilkins	9	24:38
58. Martha May	26	24:50
59. Angie Miller	36	24:55
60. Sean Brattor	28	25:03
61. Gary Gordon	39	25:03
62. Kara Smith	28	25:07
63. Kim Gilbert	31	25:11
64. Eric Lahey	31	25:12
65. Jason Roemer	29	25:12
66. Ren Steury	38	25:17
67. Robyn Roemer	27	25:18
68. Mike Wolfe	32	25:21
69. Claire Weir	39	25:40
70. Marie York	26	25:59
71. Valerie Pontius	34	26:00
72. Amy Stephan	23	26:02
73. Bille Loraine	31	26:19
74. Lindsay Davies	13	26:25
75. Holly R Young Reese	30	26:26
76. Matt Loraine	34	26:32
77. Eva Trout	34	26:37
78. Gary Selking	37	27:19
79. Cyndi Collins	36	28:02
80. Patty Berghoff	30	28:26
81. John Price	35	28:29
82. Jerra Myers	21	28:38
83. Jamie Adam	21	28:41
84. Cody Gordon	13	28:43
85. Cynthia Fritz	36	28:47
86. Shelley Chapman	34	28:50
87. Connie Gordon	38	28:57
88. Beth Melchi	36	29:23
89. Christine Morrow	31	29:26
90. Melissa Young	37	29:31
91. Linda McGinnis	32	29:34
92. Matthew Rahn	23	30:16
93. Teresa Powell	24	31:20

Masters	Age	Time
1. Jerry Williams Jr.	41	16:49
2. Doug Sundling	46	17:26
3. Jay Prichard	44	17:45
4. Cort Hollett	41	18:00
5. Terry R Diller	43	18:28
6. Kim A Lefever	45	18:53
7. John Treleaven	49	19:11
8. Darrell Slocum	43	19:20
9. Jeff Taner	41	19:34
10. Chuck Brown	45	20:33
11. Pat Beuchel	42	20:56
12. Jay Fawver	45	21:03
13. Len Piropatto	47	21:21
14. James McKinnon	45	21:21
15. Toby Jo Hullinger	42	21:41
16. Sue Fowler- Finn	47	21:54
17. Charles Morrell	47	21:57

Dupont 5K 2001 - September 15, 2001

18. Jim Kruse	48	22:11
19. David Wilkins	41	22:42
20. John N Link	45	22:45
21. Michael Variell	44	22:59
22. Robbin Mauger	41	23:08
23. James S Beeson	46	23:51
24. Tyrone Wilson	40	23:55
25. Aaron Cox	48	24:08
26. Paula McEachern	41	24:17
27. Mark Ramsey	40	24:20
28. Steve Markley	40	24:29
29. Crickmore James	48	24:33
30. Kirby Moss	47	24:47
31. Joseph Nayarkas	47	25:19
32. Chris Shoot	48	25:24
33. Dean Russ	44	25:31
34. Roger Grable	41	25:56
35. Jim Shovlin	43	27:03
36. Linda MacKey	46	27:13
37. Thomas Schall	40	28:01
38. Brad Samuels	40	28:45
39. Pam Strange	43	28:48
40. Donna Crickmore	48	29:18
41. Ann Bogenschutz	41	29:39
42. Tim Bogenschutz	41	29:40
43. Dan Vergara	43	29:48
44. Denise Ramsey	40	30:15
45. Regina Blanchette	47	32:48
46. Sherry McClellan	46	35:03
47. Mary Ellen Leech	47	35:09

Grand Masters		Age	Time
1. Neil Tate	50	18:48	
2. Tom Fowler- Finn	53	19:00	
3. Daniel A Kaufman	50	20:19	
4. Gary Dexheimer	52	20:24	
5. Patrick Chasey	54	21:05	
6. David Peelle	63	21:08	
7. Tom Felger	61	21:38	
8. Bernie Burgette	58	22:09	
9. Jim Pickett	51	22:24	
10. Lynn B Smith	60	22:38	
11. Joel Scharzter	54	22:52	
12. John Stafford	52	22:52	
13. Marsha Schmidt	55	23:41	
14. James H Wright	54	24:07	
15. Michael Barman	52	24:21	
16. Don Anderson	74	24:53	
17. Tom Fuelling	51	26:00	
18. Rick Sherman	53	27:57	
19. Ray Clark	53	28:37	
20. Debbie Treleaven	50	28:39	
21. Tom Belleperche	51	28:51	
22. Sarah Kleinknight	58	30:52	
23. Leatha Blazetic	56	32:11	
24. Michael Mettler	62	32:27	
25. Dwayne Weeda	73	33:09	
26. Kenneth E Disler	78	33:35	
27. James P Jones	73	39:07	
28. Gene Geiger	69	39:43	

Dupont 5K - One Mile September 15, 2001

	Age	Time		Age	Time
1. Lindsay Hatch	10	08:36	13. Teri Dawson	52	17:12
2. Matt Gorman	8	09:35	14. Cindy Recht	49	17:12
3. Evan Markley	6	09:59	15. Roseanne Dawson	53	17:13
4. Jan Stinson	53	11:44	16. Theresa Sorgen	22	17:14
5. Michael Bloom	77	13:55	17. Mary Sorgen	47	17:16
6. Mary Beth Bloom	51	13:56	18. Delaney Schultz	6	18:05
7. Cora Guinto	70	16:10	19. Stephanie Schultz	32	18:05
8. Veronica McCoy	53	16:12	20. Steve O'Shaughnessy	43	19:20
9. Anita Thorp	64	16:23	21. Jen O'Shaughnessy	41	19:22
10. Camille Hilker	9	16:42	22. Vanessa Kreider	17	19:22
11. Cathy Allison	47	16:58	23. JoAnne E Bloom	78	22:56
12. Martha Bloom	43	17:09			

Colorful Eating....Judy Tillapaugh, RD

Plant power continues to make healthy news. In the June 2001 issue of Environmental Nutrition an article titled "Colorful Diet Helps Keep Cancer At Bay: Fruits and Vegetables Are Key" contains attractive information. The author said "The American Institute for Cancer Research estimate that eating a plant based diet, being physically active, and maintaining an ideal weight can reduce incidence of the most common sources of cancer by 30% to 40 %." What's the power behind fruits and vegetables? The benefits happen primarily because of the antioxidants and phytochemicals present in fruits and vegetables, especially red tomatoes, purple grapes, green peppers, orange sweet potatoes, yellow/green melon and other colorful fruit/vegetable choices. In addition to their high nutritional values most all are low in calories. By substituting low calorie fruits and vegetable for high calorie options weight loss or maintenance can be easier.

What Color Is Your Diet? The Seven Colors of Health" by David Heber, M.D., Ph.D with Susan Bowerman, M.S., R.D. is a new book available that offers plant based diet recommendations and current cancer research information. Dr. Heber is a nutrition and cancer expert at the University of California, Los Angeles (UCLA). One key guideline for people is to plan for 5 to 9 servings of fruits and vegetables daily. Sounds do-able!! Yes! Yes! Know that one serving is not real large. For example one serving is ½ cup fruit, ¾ cup juice, ¼ cup dried fruit, 1 medium piece of fresh fruit, ½ cup cooked vegetables, and 1- 1 ½ cups leafy vegetables. Two servings could be eaten at one meal or snack like having 1 cup of cooked carrots for dinner.

Color Your Meals By:

- * adding fruit to breakfast cereal
- * adding vegetables to sandwiches
- * adding vegetables to cooked rice or pasta
- * adding vegetables to potato, rice, bean, or pasta salads
- * having a glass of V-8 at lunch or dinner
- * having fresh fruit for dessert
- * buying fresh fruit and vegetables for snacks

Other creative ideas?? Pass them on! Tell a friend or co-worker!!

Fresh tender crisp vegetables kabobs, campfire potatoes, and grilled peaches or bananas are a few ideas you might try this

summer or fall. Just the thought of the flavorful grilled foods can be so inviting. That's great! They are good for us. Yes, colorful and easy to fix grill meals can be very nutritious for the waist line and overall health care. For more information about cancer and healthy eating call the American Cancer Society (ACS) anytime at 1-800-ACS-2345 or the local ACS number 471-3911. Their internet address is www.cancer.org. They can send you free nutrition brochures and recipes.

Best,
Judy Tillapaugh, RD - IPFW Wellness/Fitness Coordinator

CAMPFIRE POTATOES - Serves 6

Ingredients:

- 2 pounds small potatoes, such as red potatoes, scrubbed
- 2 tablespoons olive oil
- 1 teaspoon salt, optional
- ½ teaspoon ground pepper
- 4 sprigs fresh rosemary or another favorite herb
- 6 cloves garlic, peeled and sliced

1. Heat grill until medium hot. If necessary, cut potatoes to uniform size to ensure even cooking. In a large bowl, combine all ingredients. Toss to combine.
 2. Transfer potatoes to a 12 by 24 inch piece of heavy duty aluminum foil. Fold and seal foil, forming a package.
 3. Place package on the grill. Grill potatoes until fork tender, about 30 to 40 minutes. Enjoy as a snack or create a meal with grilled meat, poultry, or fish, salad and fresh fruit.
- Note: If desired grill another vegetable with the potatoes like green pepper, mushrooms, zucchini. or onions.

Recipe Source: www.marthastewart.com

JUST PLAIN 10K RUN & 3.3 K WALK

Saturday, December 8, 2001 - 2:00 PM

FWTC POINTS RACE - FOSTER PARK, SOUTH END OF HARTMAN ROAD
FORT WAYNE, INDIANA

Low Key Race
Pre-registration recommended but not necessary

No Awards - No Aid Stations

No Toilet Facilities

Refreshments after the race

Mail to: Fort Wayne Track Club

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Fort Wayne, IN 46860

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Donated to needy children

Race Director - J.P. Jones 219-745-7339

Name: _____
Sex: M ___ F ___

Age on 12/8/2001: _____
Date of Birth: _____

Street Address: _____

City: _____
State: _____
Zip Code: _____

Waiver: In consideration of the acceptance of my entry, I, for myself, my executors and assignees, acknowledge that I have read, understand and agree to the following: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants; the effect of the weather, including precipitation and cold or hot temperatures; traffic and the conditions of the road and trail, all such risk being known and appreciated by me. For my safety I understand that bicycles, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and the release the Fort Wayne Track Club, all sponsors, all volunteers, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I permit my photograph or likeness to be used for any legitimate purpose.

Signature of participant: _____

If participant is under 18, a parent or guardian must sign on the minor's behalf. _____
Date: _____

Parlor City Trot 10K - September 22, 2001

Overall Female Winners

	Age	Time	Pace
1. Justina Faulkner	26	36:36	5:54/M
2. Tina Bailey	28	42:19	6:49/M
3. Paula Rickerd	32	44:03	7:06/M

Women 20 to 24

	Age	Time	Pace
1. Christina Egts	21	55:44	8:58/M
2. Tricia Archbold	23	59:08	9:31/M

Women 25 to 29

	Age	Time	Pace
1. Stephanie Baumgartner	26	47:56	7:43/M
2. Lisa Ulrey	29	49:47	8:01/M

Women 30 to 34

	Age	Time	Pace
1. Kimberly Gilbert	31	52:48	8:30/M
2. Tonya Hoffman	34	53:03	8:33/M

Women 35 to 39

	Age	Time	Pace
1. Rhonda Snover	38	49:05	7:54/M
2. Claire Weir	39	53:21	8:35/M
3. Kathy Thorpe	38	1:02	10:03/M

Overall Male Winners

	Age	Time	Pace
1. Bret Grover	19	32:03	5:10/M
2. Jim Furkis		33:53	5:27/M
3. Bernie Zoll		37:14	6:00/M

Men 19 and under

	Age	Time	Pace
1. Drew Nowakowski	13	47:57	7:43/M
2. Sean McAvoy	11	49:08	7:55/M

Men 25 to 29

	Age	Time	Pace
1. Matt Bailey	28	42:20	6:49/M
2. Tad Baumgartner	27	53:41	8:39/M

Men 30 to 34

	Age	Time	Pace
1. Robert Minnich Jr.	34	37:20	6:01/M
2. Buff Dormeier	31	37:45	6:05/M
3. Mike Else	32	47:11	7:36/M
4. Eriuc Kell	32	51:33	8:18/M
5. Mike Wolfe	32	57:37	9:17/M

Men 35 to 39

	Age	Time	Pace
1. Terry Herrell	37	49:05	7:54/M
2. Tracy Cross	37	52:34	8:28/M

Masters Category

Overall Female Winners

	Age	Time	Pace
1. Marsha Schmidt	56	49:36	7:59/M
2. Jenny Reichert	43	51:59	8:22/M

Women 40 to 44

	Age	Time	Pace
1. Susan Sims	44	57:23	9:14/M

Women 45 to 49

	Age	Time	Pace
1. Jackie Paulsel	49	55:53	9:00/M

Women 50 and over

	Age	Time	Pace
1. Becky Booker	57	1:00:	9:46/M
2. Gloria J Nold	66	1:06	10:38/M
3. Marg Knouff	55	1:18	12:35/M

Overall Male Winners

	Age	Time	Pace
1. Mark Sanderson	40	34:53	5:37/M

Men 40 to 44

	Age	Time	Pace
1. Toby Jo Hullinger	44	45:50	7:23/M
2. Chris Lauster	44	47:41	7:41/M
3. Richard Nowakowski	44	49:26	7:58/M
4. Gary Carpenter	44	51:13	8:15/M
5. Mark Weinert	41	54:02	8:42/M
6. John Stoner	42	1:11	11:34/M

Men 45 to 49

	Age	Time	Pace
1. Chuck Brown	45	44:18	7:08/M
2. James McKinnon	45	45:19	7:18/M
3. David McDonald	48	46:50	7:32/M
4. Tom Schumacher	47	49:04	7:54/M
5. Fred Hannan, Jr.	47	51:34	8:18/M
6. Mitch V Harper	45	51:39	8:19/M
7. Don Swartz	46	54:02	8:42/M
8. Gerald Towne	46	1:00	9:49/M

Men 50 to 54

	Age	Time	Pace
1. Joe Hernandez	51	49:07	7:55/M
2. Larry Kantz	51	50:56	8:12/M
3. Herb Hernandez	53	52:55	8:31/M
4. Philip Lockwood	51	55:14	8:54/M
5. Tony Garton	54	55:40	8:58/M
6. Tom Archbold	51	59:09	9:31/M
7. Ralph Waite	52	1:01	9:56/M

Men 55 to 59

	Age	Time	Pace
1. Dave Reichahge	55	45:50	7:23/M
2. Bernie Burgette	58	46:00	7:24/M
3. Robert Bertrand	58	1:00	9:47/M

Men 60 to 64

	Age	Time	Pace
1. Fred Ross Jr	60	47:48	7:42/M

Men 65 and over

	Age	Time	Pace
1. Curtis Nold	70	1:11	11:34/M

Parlor City Trot Half Marathon September 22, 2001

Overall Female Winners

	Age	Time	Pace
1. Tammy Casaletto	31	1:22:33	6:18/M
2. Linda Keuneke	37	1:26:10	6:35/M
3. Kathy Demeritt	23	1:27:35	6:41/M
4. Karlene Herrell	36	1:32:54	7:05/M
5. Diana Schowe	36	1:36:04	7:20/M
6. Anne Duff	36	1:36:05	7:20/M

Women 20 to 24

	Age	Time	Pace
1. Reena Chandler	24	1:42:39	7:50/M
2. Kimberly Minnich	20	1:46:13	8:06/M
3. Laurie Yahl	23	1:55:08	8:47/M
4. Brenda Schlegel	24	1:55:09	8:47/M

Women 25 to 29

	Age	Time	Pace
1. Tonya Garner	25	1:45:51	8:05/M
2. Amy Melhling	27	1:48:25	8:17/M
3. Susan Mayer	27	1:55:50	8:51/M
4. Natalie Cupp	29	2:15:58	10:23/M

Women 30 to 34

	Age	Time	Pace
1. Laura Henkaline	30	1:41:36	7:45/M
2. Tracy Brooks	32	1:42:49	7:51/M
3. Jennifer Steigmeyer	31	1:44:19	7:58/M
4. Kimberly Summers	32	1:47:13	8:11/M
5. Lynette Haynie	32	2:11:05	10:00/M
6. Latonya Jones	33	2:11:17	10:01/M
7. Cindy Compton	31	2:13:13	10:10/M
8. Chrysy Link	30	2:18:22	10:34/M
9. Jene Seiler	34	2:22:09	10:51/M

Women 35 to 39

	Age	Time	Pace
1. Beth A Skinner	37	1:46:28	8:08/M
2. Amy Hile	36	1:47:16	8:11/M
3. Julie McNulty	36	1:50:39	8:27/M
4. Kendra Hitchcock	39	1:54:56	8:46/M
5. Julie Hale	37	1:55:51	8:51/M
6. Jamie Banks	37	1:55:55	8:51/M
7. Caroline Runyan	37	2:02:54	9:23/M
8. Tressa Brunner	37	2:18:04	10:32/M

Overall Male Winners

	Age	Time	Pace
1. Keith Madaras	32	1:10:09	5:21/M
2. Tod Esquivel	24	1:11:24	5:27/M
3. Kevin Pensinger	34	1:12:51	5:34/M
4. Jason Newport	30	1:15:26	5:45/M
5. Eric Ade	23	1:16:29	5:50/M
6. Kyle Minnich	27	1:17:00	5:53/M

Men 20 to 24

	Age	Time	Pace
1. Aaron Demeritt	24	1:39:42	7:37/M
2. Todd Cox	24	1:46:50	8:09/M
3. Kevin Sites	22	2:17:44	10:31/M

Men 25 to 29

	Age	Time	Pace
1. Brian Forster	27	1:27:33	6:41/M
2. Kent Shaw	27	1:29:46	6:51/M
3. Tim First	29	1:36:23	7:21/M
4. Troy Egts	28	1:42:38	7:50/M
5. John McLaughlin	29	1:42:59	7:52/M
6. Randy Post	27	1:51:49	8:32/M
7. Jason Turney	28	1:56:25	8:53/M

Men 30 to 34

	Age	Time	Pace
1. Jim Uecker	33	1:34:10	7:11/M
2. Christopher Reed	34	1:35:42	7:18/M
3. Tom Lindsey	30	1:37:09	7:25/M
4. Andy Haxton	33	1:37:58	7:29/M
5. Richard Cummins	30	1:43:16	7:53/M
6. Shawn Eaken	30	1:43:17	7:53/M
7. Chad Ware	34	1:44:33	7:59/M
8. Joel Barrett	33	1:45:28	8:03/M
9. Mike Snavley	34	1:48:13	8:16/M
10. Brian Myers	31	2:07:25	9:44/M
11. John A Hill	34	2:24:19	11:01/M

Men 35 to 39

	Age	Time	Pace
1. John Schnieders	37	1:20:48	6:10/M
2. Eric White	37	1:23:31	6:23/M
3. David Swenson	39	1:26:00	6:34/M
4. Michael Herrell	37	1:26:55	6:38/M
5. Jeff Gray	39	1:29:49	6:51/M
6. Mark Seitz	39	1:30:24	6:54/M
7. Chris Long	39	1:33:33	7:08/M
8. Mark Beals	39	1:36:56	7:24/M
9. Dana Sawyer	35	1:38:33	7:31/M
10. Kevin Parrella	37	1:41:03	7:43/M
11. Mike Vitali	35	1:43:20	7:53/M
12. Steve McMahan	37	1:45:57	8:05/M
13. Jim Bougher	39	1:47:01	8:10/M
14. Brad Holsinger	37	1:48:16	8:16/M
15. Marvin Eady	38	2:11:18	10:01/M
16. Eric Smothermon	35	2:26:36	11:11/M

Masters Category

Overall Female Winners

	Age	Time	Pace
1. Janice Kreuz	54	1:30:49	6:56/M
2. Judy White	43	1:36:34	7:22/M
3. Patty L Schwartz	48	1:49:00	8:19/M

Women 40 to 44

	Age	Time	Pace
1. Laurie Stroup	40	1:54:30	8:44/M
2. Tamara Wright	43	2:00:48	9:13/M
3. Julianne Houser	42	2:12:47	10:08/M
4. Cathy Hawks	43	2:17:05	10:28/M
5. Debra Levy	43	2:29:28	11:25/M
6. Diane Post	44	2:37:57	12:03/M
7. Denise Skillman	41	2:37:58	12:04/M

Parlor City Trot Half Marathon September 22, 2001

Women 45 to 49				Age	Time	Pace				
1. Cheryl Claypool	45	1:58:52	9:04/M	18. Vern Ceder	45	1:56:18	8:53/M			
2. Cathy Bux	45	1:58:52	9:04/M	19. Joseph Nayarkas	47	1:56:35	8:54/M			
3. Susan Markey	46	2:04:30	9:30/M	20. Ray Paxson	47	2:00:31	9:12/M			
4. Anne Keller	48	2:15:48	10:22/M	21. Alvin Brown	48	2:06:53	9:41/M			
5. Judith Ingleman	46	2:16:35	10:26/M	22. David Maynard	48	2:21:20	10:47/M			
Women 50 and over				Age	Time	Pace				
1. Barb Scrogam	55	1:59:27	9:07/M	Men 50 to 54				Age	Time	Pace
2. Linda Elton	53	2:00:53	9:14/M	1. Jed Pearson	50	1:28:48	6:47/M			
3. Marsha Reeves	54	2:09:07	9:51/M	2. Monte Hitchcock	51	1:29:20	6:49/M			
Overall Male Winners				Age	Time	Pace				
1. Doug Sundling	46	1:19:16	6:03/M	3. Arnie Elton	53	1:31:52	7:01/M			
2. Paul Smith	46	1:21:34	6:14/M	4. Don Ransome	51	1:36:38	7:23/M			
3. Tim O'Connell	45	1:26:35	6:37/M	5. Verton L Troyer	52	1:40:29	7:40/M			
Men 40 to 44				Age	Time	Pace				
1. Mike Hall	42	1:27:34	6:41/M	6. David L Winters	51	1:41:55	7:47/M			
2. Brian Dudley	43	1:27:48	6:42/M	7. John Sites	50	1:43:24	7:54/M			
3. Chris Caruso	40	1:29:17	6:49/M	8. Tim Bolin	50	1:43:28	7:54/M			
4. Mark O'Shaughnessy	41	1:30:58	6:57/M	9. Jim Pickett	52	1:44:51	8:00/M			
5. Bryan Keister	42	1:32:22	7:03/M	10. Jerry Kiehl	51	1:45:24	8:03/M			
6. Robert Nicholson	42	1:36:08	7:20/M	11. Stephen A Schwartz	53	1:49:13	8:20/M			
7. John Rajca	42	1:38:02	7:29/M	12. Rich Stephenson	54	1:49:46	8:23/M			
8. Steve Laudick	44	1:40:32	7:40/M	13. Ty Murphy	52	1:55:28	8:49/M			
9. David Almdale	44	1:40:42	7:41/M	14. Lon R Braun	50	1:59:10	9:06/M			
10. Jeff Metzger	40	1:47:28	8:12/M	15. James H Wright	54	2:00:50	9:13/M			
11. Chris Cain	42	1:50:25	8:26/M	16. Rick Storer	51	2:02:01	9:19/M			
12. Chuck Zumbrun	44	1:50:33	8:26/M	17. Stan Paulsel	50	2:08:37	9:49/M			
13. Rick Evans	41	2:03:48	9:27/M	18. Mike Wertemberger	52	2:09:15	9:52/M			
14. Robert Levy	43	2:29:29	11:25/M	19. Lynn T Bobay	50	2:18:00	10:32/M			
Men 45 to 49				Age	Time	Pace				
1. Leo Rivera	47	1:29:51	6:52/M	20. Keith Paxson	50	2:18:28	10:34/M			
2. John Treleaven	49	1:31:09	6:57/M	21. Ed Daniels	53	2:24:18	11:01/M			
3. Gerhard Fussle	46	1:33:43	7:09/M	Men 55 to 59				Age	Time	Pace
4. Gordon Smith	49	1:35:33	7:18/M	1. Michael L Taylor	56	1:33:46	7:09/M			
5. Tim Miller	49	1:37:59	7:29/M	2. Brad Yoder	59	1:34:17	7:12/M			
6. Alan Fulton	47	1:39:55	7:38/M	3. Ed Oliphant	55	1:43:33	7:54/M			
7. Charles Koch	45	1:40:31	7:40/M	4. Jim Sjostrom	58	1:43:58	7:56/M			
8. John David McPherson	48	1:41:16	7:44/M	5. Lane Anderson	55	1:47:51	8:14/M			
9. Terry Elzey	45	1:41:20	7:44/M	6. Wesley Sabins	56	1:53:13	8:39/M			
10. Greg A Hartman	48	1:43:44	7:55/M	Men 60 to 64				Age	Time	Pace
11. Allen Whittington	46	1:46:25	8:07/M	1. Tom Felger	61	1:39:06	7:34/M			
12. Kevin Burns	46	1:47:14	8:11/M	2. Rex Reed	60	1:54:33	8:45/M			
13. John N Link	45	1:48:29	8:17/M	3. Don Ashton	60	2:00:20	9:11/M			
14. Patrick Ryan	46	1:48:55	8:19/M	4. William E Harris	63	2:00:37	9:12/M			
15. Stephen M Hilker	46	1:49:04	8:20/M	5. David C Dale	63	2:00:46	9:13/M			
16. Marc J Thompson	47	1:54:55	8:46/M	Men 65 and over				Age	Time	Pace
17. Rick Hawks	48	1:56:12	8:52/M	.1. Don Anderson	74	2:02:00	9:19/M			

August 30, 2001
FOR IMMEDIATE RELEASE

CONTACT: Henley Gabeau, Executive Director
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www.rrca.org

RRCA's ROAD ETIQUETTE NOT PEDESTRIAN

Alexandria, VA. Race events, clubs, coaches and individual runners looking to reinforce good manners in road races and training sessions again have some help from the Road Runners Club of America. Its popular brochure: *Rules of the Race, Road, Trail and Track: Race Etiquette for Runners*, is in its second printing and is now available.

The RRCA's race etiquette guidelines have been a big hit since being introduced by RRCA President Freddi Carlip, aka Miss Road Manners. "The RRCA Executive Board observed that courtesy in races and on training runs has declined at the same time that road racing numbers have grown," said Carlip. "Over the last decade the Road Runners Club of America's membership has grown 50% but RRCA leaders have observed that when seasoned runners collide with novices, there is often a clash in comparison to "road rage" by vehicles to "race rage" by runners. The first 100,000 of RRCA's *Rules of the Race* proved so popular that we printed more."

Many runners new to the sport have little or no race or training run experience. They do not observe proper race etiquette -- such as where to pin on a number, how to line up at a race start, how to get water at aid stations, or how to finish in a chute. Many do not know the etiquette for running properly on the roads, trails and track. For most running manners questions, Miss Road Manners, the RRCA's maven of common courtesy, has a simple, logical answer. (Miss RM may be contacted at missroadmanners@rrca.org).

Established in 1958, the RRCA is a non-profit organization with 700 clubs, 200,000 members, and over 2,000,000 race participants. It is the largest organization in America devoted exclusively to running. The Miss Road Manners etiquette program is one of many examples of the RRCA responding to and meeting a need. Want some copies for your club? *Rules of the Race: Race Etiquette for Runners* is available in bulk. Call the RRCA at (703) 836 - 0558 or email (office@rrca.org) for prices. A single copy may be obtained by sending a stamped, self-addressed, business size envelope to: RRCA Etiquette, 510 N. Washington Street, Alexandria, VA 22314. office@rrca.org; www.rrca.org #1



FORT WAYNE TRACK CLUB 5 KM TURKEY TROT

Saturday, November 17, 2001 11:00 am
To Benefit Fox Island County Park Nature Center

Distance: 5K Run and 15,000 cm Turkey Toddlers **Time:** 10:45 am. 15,000 cm; 11:00 am, 5K Run
Course: Scenic Flat Trails (e-mail: foxisland@mail.fwi.com)

Awards:

Top Overall Male & Female and Master Male & Female
Didier Award for 1st Place High School Male & Female runners

12 Age Divisions: 1st Place Male & Female

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

Please print out and complete form and mail with correct entry fee to:

FWTC

PO Box 11703

Fort Wayne, IN 46860

Make Checks Payable To: Fort Wayne Track Club

**FWTC
POINTS RACE**

Name _____

Address _____

City _____ State _____ Zip Code _____

Tele. No. _____ Date of Birth _____ Age _____ Sex _____

Entry Fees: Pre-Registration: \$2.00 FWTC Member \$3.00 FWTC Member

Race Day Registration: \$3.00 FWTC Member \$4.00 FWTC Member

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

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

Signature _____ Date _____

Parents Signature if under 18 yrs _____ Date _____



The running boom of the late 1970s and early 1980s reached Huntington and produced the Kilsquah Running Club, but in recent years, the membership in the club has dwindled to the point that its existence is threatened. Bob Jennings, who has been a club member for the last five years since moving to Huntington from Florida, is hoping for a revival of the club, promoting the benefits of running. "Our objective is to promote good health," he says. "Certainly, there are other ways of doing that, but running is inexpensive, there's no special equipment required, and we think people can continue to be fit even if they are aging."

The Kilsquah runners used to sponsor more than a half-dozen running events during the year in Huntington County, but those events are down to just a few, including runs in Bippus in August and Roanoke in October. They'll also sponsor a five-mile run in the city on Aug. 4 as a fundraiser for the Huntington County Youth Services Bureau. The biggest event the runners are involved in is the Huntington Ultra Frigid Fifty (HUFF) in December, a 50-kilometer event run at the Huntington Reservoir around Roush Lake. The event, which is co-sponsored by the Fort Wayne Track Club, will be held next year as a national-championship run.

"We're trying to re-energize the club," says Jennings. "We've hit a stale period here where some of us are getting older and there's been some injuries. Just by word of mouth, I know there are a number of runners in town who don't even know about the club."

He says club members are doing more now to get their name out. "We're going to reactivate the club newsletter, which has been inactive for some time. We're going to hold more group runs," he says. There are still 15 to 20 dues-paying members of the club, says Jennings. Dues are \$5 a year, and members will receive the quarterly newsletter which will contain information about upcoming race opportunities, not only in Huntington County, but around the area. The newsletter will include times for local club runs and also have articles on nutrition and other health-conscious information.

The popularity of running waned nationwide in the 1990s, coinciding with the drop in club membership in Huntington, says Jennings, but races are becoming popular again. He says six or seven club members are planning to run in a marathon in Indianapolis in October.

"Races are starting to attract more runners. A race recently in Fort Wayne had 700 runners. The numbers are going up," he says. "We're having higher numbers completing marathons, with many of the people not running for times, but for the fitness benefits. That's a big change." But Jennings says running isn't always about long distances. It's about being active and creating a healthier lifestyle. "We would like to see the community more interested in fitness and health," he says.

Jennings says the club can be a benefit for any level, from walkers to those who run marathons. The club can provide contact lists for walking partners or running partners. "We have people who run slower than 10-minute miles and we have people who run six-minute miles. On the group runs, we always make sure everyone has somebody to run with," he says.

Jennings says anyone interested in starting to run needs to take it slowly, but he also says the benefits will pay off. "I started out in Florida 23 years ago in order to get into better shape to play city league basketball in St. Petersburg," he says. "I would run from one telephone pole to the next one, then walk to the next one, then run, then walk. That's the key, to start gradually." Walking, which Jennings says is just as popular, has been an untapped area in the past, but he also says walkers are more than welcome to join, and walking programs are being planned. Currently, the club holds a group run at 6 a.m. on Sunday morning, runs at 6 p.m. Wednesday nights starting in front of the Merillat Complex at Huntington College, and also runs Saturday mornings at 8:30 a.m., leaving from Jennings' house on Poplar Street. "Huntington is a wonderful place to run," says Jennings. "We have the reservoir, which is a wonderful place to run along the bike trails, and the streets of town are nice to run on. You can get flats and you can get hills." For more information on the Kilsquah Runners, contact Jennings at 359-9075, Dave Winters at 672-8281 or Dennis Conner at 356-8207.



FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interests.

- OFFICER
 - President
 - Vice President
 - Secretary
 - Treasurer
- RACE DIRECTOR
 - Major Race
 - Fanny Freezer
 - Fun Run
 - Training run
- ASSISTANT RACE DIRECTOR
- EQUIPMENT COORDINATOR
 - Monitor Maintenance of Equipment
- RACE SCHEDULE COORDINATOR
- RACE WALKING COORDINATOR
- MEMBERSHIP
- BOARD MEMBER
- FINISH LINES
 - Timer
 - Results
- COURSE TIMER
- WATER STATIONS
- MEASURE & SET UP COURSE
 - Certified
 - Uncertified
- CO-ORDINATE CLUB TRIP RACE
 - Carpool
 - Transportation for Handicapped Runners
- NEWSLETTER
 - Editor
 - Race Applications
 - Mailing
 - Advertising Coordinator
 - Businesses
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 - Decorations
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- ADVERTISING - Obtaining Potential Race Sponsors
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 - Send weekly schedules to newspapers
- ANYWHERE NEEDED
- OTHER (Specify) _____

SHOW YOUR SUPPORT FOR YOUR FORT WAYNE TRACK CLUB

COMING EVENTS...

Sunday, October 14, 2001 - 1 PM

5th Annual Spineway 5K
Fort Wayne, IN

Sunday, October 28, 2001 - 1:30 PM

Callithumpian Canter 5K & 1 Mile Fun Run
Decatur, IN

Saturday, November 17, 2001 - 11 AM

Turkey Trot X-C 5K & Fun Run
Fox Island

Thursday, November 22, 2001 - 8 AM

Mazock's 25th Thanksgiving Day Run

Saturday, December 8, 2001 - 2 PM

Just Plain 10K Run & 3.3K Walk
Foster Park

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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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