

the inside track

April 2002 - May 2002

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



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Check out our web site at www.fwtc.org

2002 Fort Wayne Track Club Officers and Board Members

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President	William Harris	(219) 485-9805	bharr2000@aol.com
Vice-President	Vern Ceder	(219) 745-4295	vceder@fwtc.org
Secretary	Vincent & Carol Garcia	(219) 489-6134	garcia,vincent@marion-in.va.gov
Treasurer	Don Lindley	(219) 432-5998	lindleyd@fortwayne.infi.net

FWTC BOARD MEMBERS

Donald A Anderson	489-5225	
Lynn E Armstrong	486-3971	<i>learnstrong47@home.com</i>
William A Crane	268-1007	<i>wcrane77@hotmail.com</i>
Katie Creighton	637-1102	<i>kcreighton@carlterbury.school.org</i>
Jerry Diehl	492-7924	<i>diehl@ipfw.edu</i>
Michael Fruchey	627-5147	<i>michael.fruchey@prodigy.net</i>
Alan Gilbert	433-7728	<i>albert04@aol.com</i>
Linda Keuneke	478-4573	<i>lkeuneke@bishoplueers.org</i>
John E Hilker	432-2933	
Stephen M Hilker	747-7186	<i>shilker@pleez.net</i>
James P Jones	745-9724	<i>Fax 745-7339</i>
Sarah Kleinknight	456-3261	<i>skleinknight@fssa.state.in.us</i>
Paul Knott	485-1917	<i>pknott@edglo.com</i>
Tom Landis	693-3526	<i>ltg5411@email.msn.com</i>
Jeffrey Milleman	490-9626	<i>millemandds.aol.com</i>
Kim Milleman	490-9626	<i>millemandds.aol.com</i>
Joseph Nayarkas	422-4451	
Barrie Peterson	637-5717	<i>barrie@fwi.com</i>
Bill Schmidt	485-1114	<i>rwschmidt@fwi.com</i>
Marsha Schmidt	485-1114	<i>rwschmidt@fwi.com</i>
Bill Sohaski	749-5081	<i>sohaski@aol.com</i>
Sam Stephens	471-1688	
Phillip J Suelzer	486-1745	<i>ppjjsuel@aol.com</i>
Brad A Thomas	637-6008	<i>higb1130@aol.com</i>
Judy Tillapaugh	456-3277	<i>tillapau@ipfw.edu</i>
Laurie Whisler	486-8056	
Roger L Wilson	485-6119	

Membership Coordinators

Don Lindley (219) 432-5998

Equipment Coordinators

JP Jones (219) 745-7339
 Don Lindley (219) 432-5998
 Paul Ausderan (219) 436-4446
 Paul Knott (219) 485-1917

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

New for 2002 Co-Editors of the inside track
Tim O'Connell
Rose O'Connell

Phone 485-2370
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Check out our web site at www.fwtc.org

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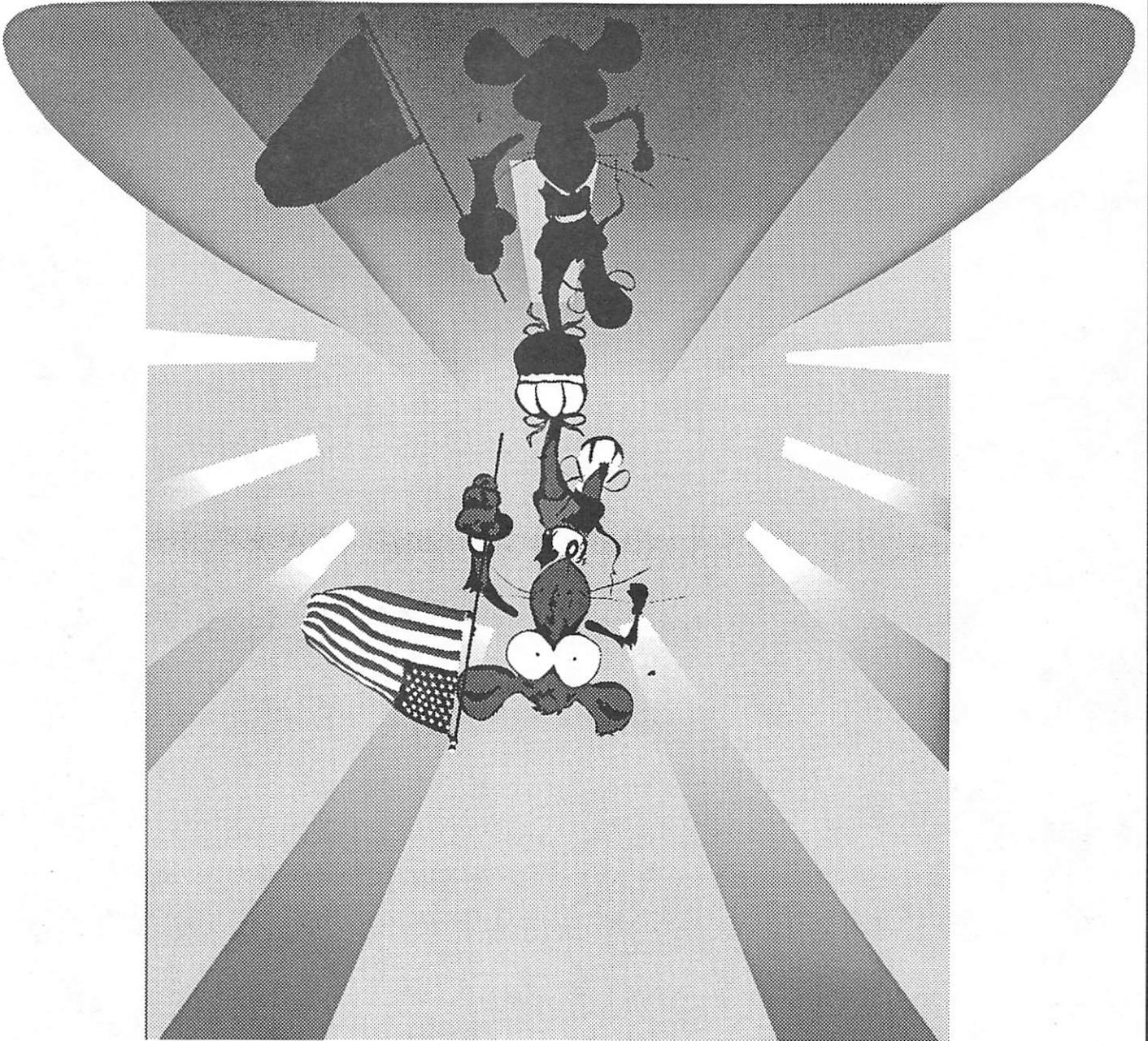
5k, 10k & 1/2 Marathon on Monday, May 27th

For Details — Fax: 219-293-8324 • email: wow@michiana.org



Saturday May 25, 2002
www.rcratrace.org

10K Race



3rd Annual River City Rat Race

2001 Points Series Awards Presentation

Overall Female Winners

- 1 Linda Keuneke
- 2 Anne Duff
- 3 Sue Fowler-Finn

Overall Female Grand Master Winner

Marsha Schmidt

Overall Male Winners

- 1 Ron Sharp
- 2 Robert Minnich
- 3 Brad Thomas

Overall Male Grand Master Winner

Bob Bruckner

Overall Female Masters Winner

Tamara Wright

Ironwoman Award

Tamara Wright (15 Out of 18 Races)

Overall Male Masters Winner

Roger Wilson

Ironman Award

James Wright (16 Out of 18 Races)

Female Age Group Awards

- 19 & Under Whitney Beeson
- 20 - 29 Kathy Demeritt (Tie)
Magan Dexheimer
- 30 - 34 Jennifer Steigmeyer
- 35 - 39 1 Diane Showe
2 Laurie Whisler

55 - 59 Marsha Schmidt

60 & Over Joan Gary

40 - 44 1 Renee Fenstermaker
2 Robbin Mauger

45 - 49 Judy Ingleman

50 - 54 Barb Scrogam

Male Age Group Awards

- 19 & Under Sam Bird
- 20 - 29 Chris Adang
- 30 - 34 1 Mike Fruchey
2 Mike Schoudel
- 35 - 39 1 Paul Knott
2 Brett Hess
3 Mark Beals
- 40 - 44 1 Paul Shaffer
2 Mitch Harper
3 Toby Jo Hullinger
4 Carl Risch

45 - 49 1 Jed Pearson
2 John David McPherson
3 John Treleaven
4 Kim Lefever

50 - 54 1 Jim Pickett
2 James Wright
3 Rich Stevenson
4 Gary Dexheimer

55 - 59 1 David Boylan
2 Don Lindley

60 - 69 1 Tom Felger
2 Joe Ziegler

70 & Over 1 Don Anderson
2 Ken Disler

2001 Fort Wayne Track Club Points Series Standings

WOMENS Complete Year End Results

RACES

1 Fanny Freezer	5 K	10 Kernel Klassic	5 K
2 Mastodon Stomp	5 K	11 Summer Nights	5 K
3 Shoe Sucker 7	7.6 M	12 Dupont 5K	5 K
4 Arts Fest Marathon	26 M	13 Parlor City Trot	13 M
5 Ft Wayne Mile Championship	1 M	14 Zoom-Thru-Zulu	10 K
6 Run for Fun	10 K	15 Parkview Pumpkin Run	5 K
7 River City Rat Race	10 K	16 Callithumpian Canter	5 K
8 Runners on Parade	5 K	17 Fort Wayne TC Turkey Trot	5 K
9 Harlan Days	10 K	18 Just Plain 10K	10 K

Women 19 and Under

Tot	#R
Whitney Beeson	200 2
Stephanie Fensterm	175 2
Angela Palevich	100 1
Aubrey Beeson	100 1
Jenna Shaffer	100 1
Tracy Butler	85 1
Jessica Palevich	85 1

Women 20 - 29 >>

Tot	#R
Kathy Demeritt	300 2
Megan Dexheimer	300 3
Kimerly Milleman	170 1
Laurie Yahl	100 1
Molly Shoup	85 1
Crystal Jones	75 1

Women 30 - 34 >>

Tot	#R
Jennifer Steigmeye	455 5
Paula Rickerd	400 4
Tracy Brooks	335 4
Kimberly Summers	315 4
Susan Thornton	100 1
Mary Beth Johnson	85 1

Women 35 - 39 >>

Tot	#R
Linda Keuneke	1070 11
Diana Showe	870 9
Laurie Whisler	400 4
Anne Duff	375 4
Mary Shaffer	225 3
Linda Ianucilli	200 1
Beth Skinner	140 2
Renee Thomas	85 1
Anita Lehman	85 1
Michelle Ludwiski	55 1
Julie McNulty	55 1
Caroline Ranyan	45 1

Women 40 - 44 >>

Tot	#R
Tamara Wright	1395 15
Renee Fenstermaker	620 8
Robbin Mauger	500 4
Betty Greider	445 7
Lorraine Fox	330 4
Judy White	200 2
Melissa Glaze	195 3
Katie Creighton	185 2
Cynthia Sabrack	85 1
Diane Post	75 1
Jill Bobay	75 1
Cindy Furkis	75 1
Dori Meighan	65 1
Kim Markey	65 1

Women 45 - 49 >>>

Tot	#R
Sue Fowler-Finn	600 5
Judy Ingleman	450 5
Patty Schwartz	300 3
Susan Markey	270 3
Susan Peterson	170 2
Cheryl Stromski	85 1

Women 50 - 54 >>>

Tot	#R
Barb Scrogam	1000 9
Bobbie Clark	85 1
Vicki Jacobs	85 1

Women 55 - 59 >>>

Tot	#R
Marsha Schmidt	800 8
Sarah Kleinknight	455 5

Women 60 and Over >>>

Tot	#R
Joan Gary	800 7
Polly Jacobs	100 1
Gloria Nold	100 1

2001 Fort Wayne Track Club Points Series Standings

MENS Complete Year End Results

RACES

1 Fanny Freezer	5 K	10 Kernel Klassic	5 K
2 Mastodon Stomp	5 K	11 Summer Nights	5 K
3 Shoe Sucker 7	7.6 M	12 Dupont 5K	5 K
4 Arts Fest Marathon	26 M	13 Parlor City Trot	13 M
5 Ft Wayne Mile Championship	1 M	14 Zoom-Thru-Zulu	10 K
6 Run for Fun	10 K	15 Parkview Pumpkin Run	5 K
7 River City Rat Race	10 K	16 Callithumpian Canter	5 K
8 Runners on Parade	5 K	17 Fort Wayne TC Turkey Trot	5 K
9 Harlan Days	10 K	18 Just Plain 10K	10 K

Men 19 and Under

Tot	#R
Sam Bird	835 9
Brad Hess	225 3
Brent Emrick	200 2
Colton Johnson	155 2
Chris Miller	150 2
Eric Nestle	100 1
Andy O'Connor	100 1
Matt Wright	85 1
Stephen Clark	85 1

Men 20 - 29 >>>

Tot	#R
Brad Thomas	600 6
Chris Adang	320 4
James Furkis	285 3
Jon Uecker	255 3
Tim First	200 2
Tod Esquivel	100 1
Mike Cole	100 1
Chris Dunmire	85 1

Men 30 - 34 >>>

Tot	#R
Bob Minnich	1255 12
Mike Fruchey	370 4
Mike Schoudel	275 3
John Hill	75 1
Jerry Gerig	75 1
Joel Brecount	65 1

Men 35 - 39 >>>

Tot	#R
Paul Knott	695 8
Brett Hess	640 7
Mark Beals	490 5
Ron Sharp	400 4
Gary Selking	250 3
Ward Moya	245 3
Steve McMahon	205 3
Brian Shepard	200 2
Rick Grieze	170 1
David Swenson	150 2
E. Hans Schmidt	150 2
Robert Novak	130 2
Joe Pais	100 1
Eric White	100 1
Doug McKinzie	100 1
Chris Narrick	85 1
John Beasley	75 1
David Janizek	65 1
George Mills	45 1
Joe Reddoch	45 1
Terry Teegardin	35 1
David McStemmen	25 1
Anthony Lehman	15 1
Thomas Filus	10 1

Men 40 - 44 >>>

Tot	#R
Paul Shaffer	855 9
Mitch Harper	450 6
Toby Jo Hullinger	445 6
Carl Risch	400 4
Craig Bobay	350 6
Jeff Metzger	270 3
Chuck Zumbrun	250 4
Dean Russ	230 4
J. David Reimschisel, Jr.	225 2
Jeff Milleman	205 2
Ron Zartman	205 2
Scott Glaze	200 4
Terry Diller	200 2
Gary Bird	185 4
Rick Evans	175 4
James Buschey	170 1
George Huber	160 2
Jim Berghoff	140 4
Rick Gilbert	140 2
V ern Cedar	135 2
Kevin Truelove	110 1
Mark O'Shaughnessy	100 1
Jay Fawver	90 2
Dan Nestle	85 1
Jeff Rowe	85 1
Mike Davis	75 1
Tom Landis	75 1
Quinn Farver	55 1
John Powell	35 1
Mark Weinert	40 2
Steve Conrad	25 1
Steve Eyers	15 1
Thomas Hawkins	15 1
Steve Ludwiski	5 1

**2001 Fort Wayne Track Club Points Series Standings
MENS Complete Year End Results (Continued)**

Men 45 - 49 >>>	Tot	#R	Men 50 - 54 >>>	Tot	#R	Men 55 - 59 >>>	Tot	#R
Jed Pearson	1060	12	Jim Pickett	1290	15	David Boylan	850	10
John David McPhers	900	15	James Wright	1045	16	Bob Bruckner	685	7
Roger Wilson	770	7	Rich Stephenson	735	10	Don Lindley	580	8
John Treleaven	680	9	Gary Dexheimer	485	5	William Crane	300	4
Kim Lefever	620	8	Verton Troyer	460	5	Wes Sabins	300	2
Tim O'Connell	385	4	Fred Stoffel	385	3	John Brier	285	4
Phil Suelzer	360	4	Tim Bolin	310	3	Dewain Cobbs	275	3
Doug Sundling	300	3	Dan Kaufman	285	3	Jack Seigel	245	3
Aaron Cox	295	9	Tom Fuelling	250	4	Barrie Peterson	165	3
Robert Snow	240	5	Michael Barman	250	4	Jon Ingleman	130	2
John Link	230	6	Ty Murphy	220	3	Mervin Koehlinger	100	1
David Weikel	215	2	Steve Schwartz	215	3	Ed Beckner	85	1
Don Kramer	220	4	David Winters	150	2	Kent Ober	65	1
Kevin Lochner	195	3	Lynn Bobay	145	5	Al Huth	55	1
Mark Brattoli	175	3	Lynn Armstrong	145	3	Steve Burns	35	1
Tom Landis	170	3	Art Obregon	130	1			
Jeffery Davis	160	4	Reg Johnson	125	3			
Joseph Nayarkas	140	6	Lon Braun	110	2			
Tom Felts	135	4	Joel Schwartz	75	1	Men 60 - 69 >>>	Tot	#R
Greg Hartman	100	2	Phil Luttmann	75	1	Tom Felger	1290	14
Scott Miller	100	3	David Eckert	75	1	Joe Ziegler	945	11
Hal Pearson	85	1	David Heitkamp	70	1	Bob Loomis	580	8
Dan Leffers	75	1	Dick Shenfeld	55	1	Freeman Hershberger	460	5
Doug McKinzie	80	4	Dennis Strayer	45	1	Bill Harris	330	3
Bruce Daugherty	65	1	George Kirby	35	1	Bill Schmidt	330	2
James Beeson	65	3	Ken Silkworth	25	1	Don Ashton	120	2
Jay Fawver	65	1				Dick Harnly	100	2
Stephen Hilker	70	2				Lynn Smith	85	1
Steve Eyers	55	1				Rex Reed	85	1
Jerry Diehl	55	1				Bill Mack	75	1
Jim Weide	65	1				Bernie Huesing	70	2
Doug Lehman	45	1				Bud Stiffler	65	1
Mark Giaquinta	45	1				Ron Bonar	25	1
Fred Hannan, Jr.	40	2				Dick Sive	15	1
Doug Lehman	25	1						
Paul Ausderan	25	1				Men 70 and Over	Tot	#R
Chris Shoot	20	2				Don Anderson	1500	15
John Schlatter	25	1				Ken Disler	510	6
Harry Quandt	5	1				JP Jones	235	3
Dean Russ	5	1				Curtis Nold	100	1
						Philip Wahls	85	1

PREZ SEZ:

Our track club is a volunteer organization. Members and interested persons donate their time to an activity they enjoy. Without these generous gifts of time, our race schedule would be meager to non-existent.

By now you may have guessed that the focus in this column is to recruit volunteers to help in the upcoming races. If you did, you are correct! We always need help, whether it's at registration, set up, timing or any of the other jobs required for a well-run race. Please say "yes" when you are asked to help at a race. Better yet, call to VOLUNTEER your help for a future race.

With reluctance, the Board was forced to cancel the 2002 Marathon with the intention of sponsoring a Marathon in the Spring of 2003. Any number of people have approached me with a desire to assist in this 2003 Marathon. At present, however, we are in the unfortunate position of being without a Race Director, the all important planner who makes things happen. Right now the Board is looking for a volunteer who wants to be Race Director for our 2003 Marathon.

The Race Director can be assured of assistance in all areas necessary to plan and direct the event—whether it's budgeting, scheduling, getting race sponsors or planning and identifying the course. The Board will help the Race Director make the race a reality. But the Board needs a person or couple to step forward and volunteer for this this position. Call me at 485-9805. I will be pleased to talk with you.

Bill

Road Runners Club of America/Awards

As you know, The Fort Wayne Track Club is a member of the Road Runners Club of America, better known as RRCA. Each year RRCA asks for nominations from its member clubs for its Volunteer Award Program in recognition of many, many hours contributed by individuals to their home club.

We are fortunate to have three (3) recipients from our club for these volunteer awards, individuals who have generously and unselfishly donated their hours to promote running here in Fort Wayne.

Nominations for RRCA Volunteers Award Program

1. **Mitch Harper**/Race Director: HUFF & Zoom Thru Zulu
2. **Bill Sohaski**/immediate Past President of the Fort Wayne Track Club and all around volunteer
3. **Mike McAvoy**/Race Director for Runners on Parade and Parlor City Trot; he is very much involved.

Fort Wayne Track Club Awards

Golden Shoe Award

This award is given in recognition to a member who has given generously in time, effort and financially. This recipient finds time to contribute his time, talent and finances to Brian Shepherd and Noble County running. He also contributed similar effort to Judy Tillapaugh and the Mastodon Stomp. He was a financial sponsor to last years Mastodon Stomp and Nutri Run. Unfortunately, this recipient could not be at the Awards Banquet to receive his award as he lives in St. Louis.

Doug Lehman needs to be recognized for his many contributions despite his being six hours driving time from Fort Wayne. Please join me in celebrating this award to Doug Lehman.

Spirit of Running Award

This award celebrates the contribution of a member who takes time both to run and volunteer at races and club events. This individual does not have to be a member of the Track Club Board. This person is a member of the Board and is always visible at meetings and races. Over 70 years old, he ran the DuPont 5 K, the Calithumpian and the Turkey Trot. If something is to be done, whether with the newsletter, race or simply assisting in making track club activities operate more smoothly, this individual is there. He is a Race Director and his Just Plain 10K is a fun event in December, with the entry fee being a wrapped T –Shirt which he distributes to deserving recipients. Runners get a container of Honey produced by his bees. He is the Spirit of Running for 2001.

J.P. Jones it is a pleasure to make this presentation to you.

Volunteer of the Year

We are all volunteers when we work with the track club to promote running through our various races and activities. We are fortunate to have a number of individuals who always seem to be in the thick of things when it comes to track club activities. Whether it's race directing, securing volunteers to work races or promoting

fund raising activities by running, these individuals are there. Therefore, it is difficult to select just one to honor. This year's winner is always there for me and is an inspiration to those who know her.

Judy Tillapaugh you are the 2001 Volunteer of the Year.

President's Award

This award is an award, subject to the whims of the President and can be anything the President makes it. The individual goes about doing his job, as well as anything that is asked of him, with quiet efficiency. He responds to my questions quickly and is available for things that need to be done. He is a member of the Board and gives generously of his time to maintain our Web Site and frequently makes suggestion on improvement. He handles Board Meetings when I cannot and is a very valuable member of our Club.

Vern Ceder, you deserve this award.

Woody Woodpecker Award

Don Lindley tells me that years ago this award was given in recognition of an individual who in the course of contributing to the Club does something humorous or makes his or her job more difficult. It could be something as innocent as forgetting to bring a trash bag to yesterday's Fanny Freezer and having to trash pick brochures, unused cups and other needed items from a sack under the Aid Station as Judy and I did at Shoaff Park.

This award is to be given annually to celebrate a choice gaff or mistake. It is given in good fun and recognizes that funny things can happen in this life of ours, even when we are trying our best. We expect this year's recipient to be ever watchful and ready to nominate the next year's winner. When Kim ordered this award, she asked that Imperial Trophy produce the biggest and ugliest trophy that it could. We think she got what she ordered.

I first learned of the mishap in the year's HUFF while assisting with awards for finishing Relay and 50 K runners. The procedure was that each runner was to submit his ticket with approximate finish time in return for the medal. Easy enough. Periodically, Judy Tillapaugh took these tickets for what I thought were comparison purposes with the timers. However, what had happened was that the timing mechanisms had stopped functioning because of cold weather and the "official" times were based on estimates given by the finishing runners, who were not always precise.

Paul Knott, you are a great contributor and volunteer, but a timer who permits his equipment to malfunction because of a mere thing like cold must be recognized.

Presented by Bill Harris, FWTC President

Food Cravings

For men food cravings are typically pizza, chips, burgers, beer or nuts. For women food cravings are usually chocolate, another candy, ice cream, or cookies. Taste good, feel good foods! There are those moments during each week where we just long to have something that tastes real good. The food interest is without a nutrition deficiency!

What's the trigger? What sets the food craving in motion? Is it biological where we desire foods that will boost the sedative like brain chemical serotonin? Is it stress related where we get the munchies when we are handling a long "to do list" or having difficulty with a relationship? Is it psychological where we associate the food with a sporting event, happy memories or a celebration? Everyone has a different connection with their favorite foods.

Planning in and enjoying favorite foods can be fine for a healthy style of eating. Yet overindulging time and again can raise red flags for the waist line, blood pressure, blood sugar, or another health factor. We may set ourselves up for trouble with irregular meals or snacks. Who's in control? The food or you?

During one of our last "Weigh To Go" learning sessions at IPFW titled "Taming Food Cravings" Don Smith, IPFW Personal Counselor passed on a simple 3 step process to calm temptations. Read over the steps listed here and think about how they might be applied to your eating pattern. As Don pointed out, know that any effort to make a self improvement is fantastic no matter how small the change might seem. What is truly important is moving in a healthy direction.

Steps To Taming Food Cravings:

1. Identify Triggers

Make a list of thoughts, feelings, emotions, people, and places that influence extra eating or may cause a shift in eating intentions. So many times we are totally unaware of WHY a habit keeps happening. Be a little student of your habits.

2. Identify Food cravings

3. Identify Strategies To Break The Cycle

* Aim for 3 meals and a couple small snacks daily. Try to limit skipping or delaying meal times. The best way to reduce overeating or to use less empty calorie foods is to eat adequately during the day. Focus more on a healthy eating pattern and less on what to eat less of.

- * Eat at least half your daily calories by early afternoon
- * Slow eating pace, taste each bite, and enjoy the meal break
- * Make a list of non food activities you can enjoy instead of eating

In February, a statewide "Lighten Up" campaign was announced to assist us in attaining and maintaining a lifestyle that can promote a healthy weight, blood pressure, stress care and other health benefits. As the campaign sponsors mention, it is not designed to get us to look like Barbie or Ken dolls, which is totally unrealistic. The goal is to help us have a better level of health and wellness for higher quality living and lower health care costs!! Healthy living can save \$400 or more a year in health care costs! For more information on "Lighten Up" click on the campaign web site which is: www.lightenupindiana.com.

Careful with those food or beverage cravings! Put yourself in control, not the food....Keep investing in your health!!

Best,

Judy Tillapaugh, RD
IPFW Wellness/Fitness Coordinator

Fort Wayne Track Club

Points Race Series 2002

General Rules for Participation:

- Participant Must be a FWTC member at the time of the event
- Participant age group based on age as of January 1 of current year.
- Awarded points are based on finish place as compared to other FWTC members only in the races designated as Points Races.

Age Groups:

- Open Male and Female (Top 3) based on overall FWTC finish position.
- Masters Male and Female (Overall, Age 40 and Over)
- Grandmasters Male and Female (Overall, Age 50 and Over)

Five Year Age Groups Except for the following:

19 & Under	Male and Female
20 - 29	Male and Female
50 - 59	Female
60 & Over	Female
60 - 69	Male
70 & Over	Female

Awards to be based on participant numbers in each age group.

Special Awards given to most races completed (Ironman and Ironwoman)

See next Page for 2002 Points Series Race Schedule.

Fort Wayne Track Club

Points Race Series 2002

2002 Points Series Race Schedule

(All dates are tentative and subject to change. Please consult the Inside Track or www.FWTC.org for additional race information!)

1	Fanny Freezer	5	K	February
2	Nutri-Run	20	K	March
3	Mastodon Stomp	5	K	April
4	Shoe Sucker 7	7.6	M (XC)	April
5	Fort Wayne Mile Championship	1	M	May
6	River City Rat Race	10	K	May
7	TRF Runners on Parade	5	K	July
8	Harlan Days	10	K	August
9	Dupont	5	K	September
10	Parlor City Trot	13.1	M	September
11	Zoom-Thru-Zulu	10	K	October
12	Parkview Pumpkin Run	5	K	October
13	Callithumpian Canter	5	K (XC)	October
14	FWTC Turkey Trot	5	K (XC)	November
15	JP Jones Just Plain 10K	10	K	December

Race Date
February 09, 2002

FWTC FANNY FREEZER 2002 Shoaff Park

Age Group Results

Overall Male Winners

Place	Name	City	Age	Overall	Time
1	Kaleb Van Ort	Waterloo IN	17	1	16:06

Men 14 and under

Place	Name	City	Age	Overall	Time
1	J J Horn	Ossian IN	14	31	19:27
2	Ryan Waybright	Fort Wayne IN	14	40	20:04
3	Sam N Bird	Columbia City IN	12	50	20:35
4	Grant Price	Huntertown IN	11	104	25:47
5	Clay Jones	Ft Wayne IN	10	115	27:10
6	Peter Mercer	Lafontaine IN	11	120	28:08
7	Will Mercer	Lafontaine IN	9	121	28:09

Men 15 to 19

Place	Name	City	Age	Overall	Time
1	Justin Gillette	Niles MI	19	3	16:31
2	Zach Scherer	Monroeville IN	19	4	16:34
3	Chris Kempf	Ft Wayne IN	16	5	16:42
4	Brennon Plotner	Ft Wayne IN	16	8	17:05
5	Zach Ruble	Monroeville IN	19	9	17:10
6	Corey Drake	Ft Wayne IN	16	10	17:26
7	Mike Ridenour	Ft Wayne IN	17	12	17:45
8	Chris Leeuw	Ft Wayne IN	19	16	18:11
9	Jared Messmann	Ft Wayne IN	15	19	18:29
10	Nathan Folks	Bluffton IN	18	23	18:39
11	Tim Quandt	Ft Wayne IN	16	24	18:47
12	Matt Jeter	Ft Wayne IN	15	26	19:05
13	Josh Farrell	Ft Wayne IN	18	27	19:12
14	Joe Suelzer	Ft Wayne IN	17	28	19:17
15	Nick Cook	Ft Wayne IN	15	29	19:21
16	Sean McKinley	Ft Wayne IN	16	30	19:26
17	Randy Graham	Ft Wayne IN	16	32	19:29
18	Brandon Walter	Ft Wayne IN	15	34	19:41
19	Garret Bradtmueller	Ft Wayne IN	17	44	20:14
20	Cody Griner	Uniondale IN	17	52	20:55
21	Brian Goodspeed	Ft Wayne IN	15	58	21:31
22	Greg Ridenour	Ft Wayne IN	17	62	21:45
23	Jay Price	Huntertown IN	16	86	24:18
24	Dan Stutzman	Goshen IN	18	93	24:48

Men 20 to 24

Place	Name	City	Age	Overall	Time
1	Adam Witmer	Ft Wayne IN	23	91	24:39

Men 25 to 29

Place	Name	City	Age	Overall	Time
1	Kyle Minnich	Van Wert OH	27	11	17:36
2	Brad A Thomas	Ft Wayne IN	27	22	18:39
3	Brad Peterson	Ft Wayne IN	29	37	19:58
4	Larry Park	Ft Wayne IN	29	42	20:07
5	Anthony Dembickie	Ft Wayne IN	28	46	20:16

Results Fort Wayne Track Club

Men 30 to 34

Place	Name	City	Age	Overall	Time
1	Buff Dormeier	Ft Wayne IN	32	7	17:04
2	Michael Schouderl	Ft Wayne IN	33	15	18:05
3	Tim Freeman	Ft Wayne IN	33	17	18:16
4	Andy Haxton	Ft Wayne IN	33	56	21:00
5	Chad Ware	Ft Wayne IN	34	70	22:39
6	Eric Kleinrichert	Ft Wayne IN	34	84	24:04
7	Jeff Trainer	Ft Wayne IN	34	85	24:09
8	Sam Gillie	Ft Wayne IN	31	101	25:33
9	Brian Elcher	Ft Wayne IN	33	110	26:16
10	Mike Wolfe	Ft Wayne IN	32	112	26:39
11	Tony Casto	Ft Wayne IN	33	113	26:49

Men 35 to 39

Place	Name	City	Age	Overall	Time
1	Kevin Pensinger	Monroe IN	35	2	16:16
2	Michael Henry	Ft Wayne IN	37	14	18:03
3	Ward Moya	Ft Wayne IN	38	18	18:25
4	Jon Beasley	Ft Wayne IN	36	20	18:31
5	Joe Mercer	Lafontaine IN	38	25	18:58
6	Kevin Parrella	Ft Wayne IN	37	35	19:42
7	Mark Beals	Ft Wayne IN	39	38	19:59
8	David Swenson	New Haven IN	39	43	20:10
9	Jim Bougher	Ft Wayne IN	39	57	21:00
10	Eddie Berry	Huntington IN	38	135	31:37

Men 40 to 44

Place	Name	City	Age	Overall	Time
1	Jerry Williams Jr.	Ft Wayne IN	42	6	16:50
2	Carl A Risch	Decatur IN	44	21	18:35
3	Paul Shaffer	Decatur IN	44	33	19:32
4	Jeff Maus	Van Wert OH	44	36	19:55
5	Bryan Keister	Ft Wayne IN	42	48	20:32
6	Kevin Snell	Ft Wayne IN	42	55	20:59
7	David Geiger	Churubusco IN	40	65	21:58
8	Chuck Deford	Ft Wayne IN	42	66	22:10
9	Thomas Bussen	Leo IN	40	71	22:46
10	Gary Carpenter	Bluffton IN	44	75	23:09
11	Gary L Bird	Columbia City IN	43	107	26:05
12	Scott Glaze	Roanoke IN	44	111	26:26
13	Kenny Cline	Hicksville OH	40	129	29:23
14	Gregg Kurtz	Ft Wayne IN	43	131	29:56
15	David Gensheimer	Ft Wayne IN	43	144	54:13

Men 45 to 49

Place	Name	City	Age	Overall	Time
1	Richard Kempf	Ft Wayne IN	46	13	17:59
2	Brad Altevogt	Ft Wayne IN	47	39	20:01
3	James McKinnon	Waterloo IN	45	45	20:14
4	Tom Shearer	Columbia City IN	49	53	20:57
5	Joe Patterson	Ft Wayne IN	48	59	21:36
6	Len Piropato	Ft Wayne IN	47	60	21:42
7	Donald Kramer	Van Wert OH	48	61	21:43
8	John N Link	New Haven IN	45	69	22:34
9	John David McPherson	Ft Wayne IN	49	72	23:00
10	Michael Variel	Convoy OH	45	77	23:18
11	Greg Ridenour Sr.	Ft Wayne IN	47	80	23:22
12	Aaron Cox	Ft Wayne IN	48	96	25:13
13	Terry Anderson	Ft Wayne IN	48	97	25:21
14	Ed Soberalski	Ft Wayne IN	46	116	27:26

Race Date
February 09, 2002

FWTC FANNY FREEZER 2002

Age Group Results

Overall Female Winners

Place	Name	City	Age	Overall	Time
1	Nikki Jasperson	Ft Wayne IN	16	41	20:05

Men 45 to 49

Place	Name	City	Age	Overall	Time
1	Rich Kempf	Ft Wayne IN	46	13	17:59
2	Brad Altevogt	Ft Wayne IN	47	39	20:01
3	James McKinnon	Waterloo IN	45	45	20:14
4	Tom Shearer	Columbia City IN	49	53	20:57
5	Joe Patterson	Ft Wayne IN	48	59	21:36
6	Len Piropato	Ft Wayne IN	47	60	21:42
7	Donald Kramer	Van Wert OH	48	61	21:43
8	John N Link	New Haven IN	45	69	22:34
9	John David McPherson	Ft Wayne IN	49	72	23:00
10	Michael Variell	Convoy OH	45	77	23:18
11	Greg Ridenour Sr.	Ft Wayne IN	47	80	23:22
12	Aaron Cox	Ft Wayne IN	48	96	25:13
13	Terry Anderson	Ft Wayne IN	48	97	25:21
14	Ed Soberalski	Ft Wayne IN	46	116	27:26

Women 14 and under

Place	Name	City	Age	Overall	Time
1	Amy Kempf	Ft Wayne IN	14	47	20:28
2	Jill Price	Huntertown IN	14	94	24:48
3	Whitney Soberalski	Ft Wayne IN	12	114	26:54
4	Jacki Wood	Ft Wayne IN	14	137	33:16
5	Harley Swaidner	New Haven IN	6	143	52:35

Men 50 to 54

Place	Name	City	Age	Overall	Time
1	Robert Snow	Ft Wayne IN	50	74	23:05
2	Jim Pickett	Waterloo IN	52	81	23:29
3	Phil Suelzer	Ft Wayne IN	50	90	24:37
4	James H Wright	Ft Wayne IN	54	92	24:42
5	David Eckert	Ft Wayne IN	54	99	25:25
6	Tom Fuelling	Ft Wayne IN	51	103	25:40
7	Ty Murphy	Columbia City IN	53	106	26:04
8	Marlin Shont	Wauseon OH	53	133	31:24
9	Lynn T Bobay	Columbia City IN	50	139	33:41

Women 15 to 19

Place	Name	City	Age	Overall	Time
1	Lauren Simpson	Ft Wayne IN	18	49	20:33
2	Kristen Simpson	Ft Wayne IN	18	54	20:58
3	Karly Van Ort	Waterloo IN	15	67	22:13

Women 25 to 29

Place	Name	City	Age	Overall	Time
1	Alison Park	Ft Wayne IN	27	82	23:42
2	Becca Murphy	Ft Wayne IN	26	123	28:16
3	Shannon Willis	Ft Wayne IN	27	126	28:43

Men 55 to 59

Place	Name	City	Age	Overall	Time
1	Bob Bruckner	Ft Wayne IN	56	51	20:36
2	Dewain Cobbs	Warsaw IN	59	64	21:54
3	Jack Seigel	Ft Wayne IN	56	68	22:19
4	David E Boylan	Ft Wayne IN	59	78	23:19
5	Rich Stephenson	Monroeville IN	55	83	23:57
6	William A Crane	Warsaw IN	59	88	24:32
7	John Brier	Ft Wayne IN	57	105	25:55
8	Monty Morrison	Plymouth IN	58	136	31:51

Women 30 to 34

Place	Name	City	Age	Overall	Time
1	Monika Gibson	Warsaw IN	34	73	23:03
2	Greta Ottenweller	Ft Wayne IN	34	76	23:16
3	Karen Gillie	Ft Wayne IN	30	102	25:36
4	Brenda Moyer	Kendallville IN	30	117	27:32
5	Gretchen Maggart	Avilla IN	34	118	27:37
6	Polly Grismore	Ft Wayne IN	30	125	28:41
7	Latonya Jones	Ft Wayne IN	34	127	29:15
8	Jennifer Dillon	Ft Wayne IN	30	130	29:27
9	Heather Rensberger	Ft Wayne IN	32	138	33:17
10	Leslie Seel	Ft Wayne IN	30	142	50:38

Men 60 to 69

Place	Name	City	Age	Overall	Time
1	Tom Felger	Ft Wayne IN	62	63	21:53
2	Joe Ziegler	New Haven IN	66	79	23:21
3	Karl Dietsch	Ft Wayne IN	64	124	28:29

Women 35 to 39

Place	Name	City	Age	Overall	Time
1	Mary Shaffer	Warsaw IN	38	87	24:31
2	Kimberly Brown	Kendallville IN	35	108	26:09
3	Lori Shaw	Ft Wayne IN	38	122	28:11
4	Kelley Beasley	Ft Wayne IN	37	132	30:45

Men 70 and over

Place	Name	City	Age	Overall	Time
1	Kenneth E Disler	Ft Wayne IN	79	141	37:16

Women 40 to 44

Place	Name	City	Age	Overall	Time
1	Robbin Mauger	Columbia City IN	41	89	24:36
2	Kim Larsen	Ft Wayne IN	40	98	25:22
3	Lorraine Fox	Ft Wayne IN	41	100	25:31
4	Tamara Wright	Ft Wayne IN	43	109	26:15
5	Sherrie Cahill	Ft Wayne IN	40	128	29:16
6	Betty Greider	Ft Wayne IN	41	140	36:21

Women 45 to 49

Place	Name	City	Age	Overall	Time
1	Phyllis Suelzer	Ft Wayne IN	48	95	24:58
2	Susan Sims	Ft Wayne IN	45	119	27:56

Women 55 to 59

Place	Name	City	Age	Overall	Time
1	Sarah Kleinknight	Ft Wayne IN	58	134	31:33

Results Fort Wayne Track Club

Relay for Life
5K

Name	Age Group	Results Time	PLACE O/A	PLACE A/G	Sex
Kaleb VanOrt	16-19	15:46:00	1	0	M
Mike Cole	25-29	15:46:06	2	0	M
Brian Shepherd	35-39	16:06:00	3	0	M
Russell Simon	20-24	16:23:00	4	2	M
Mark Stahl	16-19	16:58:00	5	1	M
Jerry Williams Jr.	40-44	17:11:00	6	1M	M
Jon Tabor	20-24	17:14:00	7	1	M
Chuck Schlemmer	40-44	17:21:00	8	2M	M
Matt Ingalls	16-19	17:29:00	9	2	M
Brad Thomas	25-29	18:13:00	10	1	M
Victor McHenry	16-19	18:16:00	11	3	M
Jay Prichard	40-44	18:28:00	12	3M	M
Elias Rojas	13-15	18:28:00	13	1	M
Jose Lopez	13-15	18:30:00	14	2	M
Andreo Bonello	16-19	18:34:00	15	4	M
Doric Weimer	13-15	18:35:00	16	3	M
Noe Campos	13-15	18:35:22	17	4	M
Rubev Bonella	13-15	18:35:46	18	5	M
Bobby Jacobs	13-15	18:36:00	19	6	M
Jack Vrana	45-49	18:36:00	20	1	M
Loren Bunnell	35-39	18:36:00	21	1	M
Chris Harren	16-19	18:48:00	22	5	M
Andre Saza	13-15	18:52:00	23	7	M
Nathan Folks	16-19	18:59:00	24	6	M
Nick McBede	13-15	19:00:00	25	8	M
JJ Horn	13-15	19:04:00	26	9	M
Paul Beckwith	45-49	19:20:00	27	2	M
Jed Pearson	50-54	19:29:00	28	1	M
Kevin Parrella	35-39	19:31:00	29	2	M
Brent Emerick	13-15	19:43:00	30	10	M
Alfonso Bonella	13-15	19:48:00	31	11	M
Alfredo Coutreras	16-19	19:53:00	32	7	M
James McKinnon	45-49	19:57:00	33	3	M
Jeff Maus	40-44	19:58:00	34	1	M
Mark Beals	35-39	19:59:00	35	3	M
Sam Bird	12 under	20:00:00	36	1	M
Kevin Lochmer	45-49	20:05:00	37	4	M
Kim Lefever	45-49	20:16:00	38	5	M
Kermit Hogeston	30-34	20:20:00	39	1	M
Dustin Hull	16-19	20:22:00	40	8	M
Cameron Walter	13-15	20:54:00	41	12	M
Fred Stoffel	50-54	20:59:00	42	2	M
William Delaney	13-15	21:04:00	43	13	M
Chris Adang	25-29	21:06:00	44	2	M
Valerie Hrdesty	16-19	21:13:00	45	1 overall	F
Tom Shearer	45-49	21:14:00	46	6	M
Karley Van Ort	13-15	21:15:00	47	2 overall	F
David Simon	16-19	21:15:00	48	9	M
Adam Lich	16-19	21:21:00	49	10	M

Columbia City, IN Relay for Life
 5K 2/23/2002
 Results

Name	Age Group	Time	Overall Place	Age Group Place	Sex
David Geiger	40-44	21:33:00	51	2	M
Steve Schwartz	50-54	21:37:00	52	3	M
Donald Kramer	45-49	21:38:00	53	7	M
DeWain Cobbs	55-59	21:39:00	54	1	M
Todd Ramsey	30-34	21:44:00	55	2	M
Darren Reed	25-29	21:48:00	56	3	M
Deb Casaburo (Sauers)	30-34	21:53:00	57	3 overall	F
Chris Bear	16-19	21:54:00	58	11	M
Bob Nelson	40-44	22:02:00	59	3	M
Chris Croy	45-49	22:07:00	60	8	M
Ed Oliphant	55-59	22:11:00	61	2	M
Patty Schwartz	45-49	22:17:00	62	1 master	F
Joe Bear	40-44	22:19:00	63	4	M
David McDonald	45-49	22:21:00	64	9	M
Lynnette Holst	13-15	22:25:00	65	1	F
Jeffrey Metzger	40-44	22:33:00	66	5	M
Michael Varisll	45-49	22:52:00	67	10	M
Robert Warren	45-49	22:54:00	68	11	M
Diana Schowe	35-39	23:11:00	69	1	F
Jane MacDonald	35-39	23:35:00	70	2	F
Eric Kleinrichert	30-34	23:40:00	71	3	M
Anthony Hively	30-34	23:45:00	72	4	M
Robbin Mauger	40-44	23:42:00	73	2 master	F
Mike Gross	25-29	23:49:00	74	4	M
Hans Schmidt	35-39	23:53:00	75	5	M
Aaron Cox	45-49	24:09:00	76	12	M
Jim Wright	50-54	24:28:00	77	4	M
Joel Schartger	50-54	24:34:00	78	5	M
Matthew Ritzenthaler	12 under	24:40:00	79	2	M
Dennis Klopfenstein	40-44	24:53:00	80	6	M
Ty Murphy	50-54	24:55:00	81	6	M
Don Anderson	65 over	25:08:00	82	1	M
Kirk Lude	35-39	25:35:00	83	4	M
Staci Beiswanger	35-39	25:49:00	84	3	F
Meghan Hoyer	25-29	25:57:00	85	1	F
Lori Shaw	35-39	26:05:00	86	4	F
Becca Murphy	25-29	27:13:00	88	2	F
Richard Jeffreys	55-59	27:15:00	89	3	M
Roger Lemon	50-54	27:54:00	90	7	M
Derek Holst	12 under	28:04:00	91	3	M
Don Lindley	55-59	28:36:00	92	4	M
Kenny Cline	40-44	28:25:00	93	7	M
Lynn Bobay	50-54	28:26:00	94	8	M
Jim Pepler	65 over	29:46:00	95	2	M
Jordan Smith	12 under	29:57:00	96	1	F
Sara Ramsey	30-34	30:02:00	97	1	F
Jessica Tate	25-29	30:26:00	98	3	F
Jessica Olry	20-24	31:20:00	99	1	F
Tanalee Kelley	13-15	35:31:00	101	2	F

Relay for Life
5K
Results

Name	Age Group	Time	Overall Place	Age Group Place	Sex
Alicia Ritzenhaler	13-15	35:54:00	102	3	F
Ken Disler	65 over	35:57:00	103	3	M
Teresa Smith	35-39	35:57:00	104	5	F
Karen Steele	35-39	37:09:00	105	6	F
Gina Pace	35-39	37:22:00	108	7	F
Kayleigh Steele	12 under	39:42:00	107	2	F
Neil Tate	50-54	39:44:00	108	9	M
JP Jones	65 over	44:33:00	114	4	M
Sarah Bird	12 under	DNF			F
Jim Grindle	25-29	DNF			M
Crystal Oly	25-29	DNF			F
Chad Ware	30-34	DNF			M
Dave Lowe	40-44	DNF			M
Keith Bobay	45-49	DNF			M
Don Ransome	50-54	DNF			M

VanOrt wins Relay for Life 5K --- by Jed Pearson

Kaleb VanOrt, a DeKalb High School senior, edged Angola's Mike Cole, 26, by a fraction of a second to win the inaugural Whitley County Relay for Life 5K road race in a time of 15:46 February 23 in Columbia City.

The event, sponsored by the Whitley County Chapter of the American Cancer Society and several area businesses, was spearheaded by Jo Ann Bird, co-chairman of the WCACS Relay for Life, to promote awareness of local efforts to help fight cancer. The race was headquartered at Morsches Park and drew 114 runners, 10 youngsters who participated in a one-mile fun run, and 20 who walked the 3.1-mile distance.

VanOrt is the 2001 runnerup IHSAA state cross country champion and winner of the Charles F. Mass award, an honor equivalent to being named Indiana's Mr. Basketball. He was also named male High School Runner of 2000 by the Fort Wayne Track Club. VanOrt has verbally committed to run for Notre Dame University next fall but has his immediate sights set on winning the 3200-meter state championship this spring.

"I've been training since the beginning of the year, so this was a good race for me," VanOrt said. "I didn't know what to expect because I never ran against Cole before. My coach (Rowland Perez) said he's tough. I didn't know what he was going to do so I was hoping to hang back behind him for the first mile. I didn't know where he was so I just took the lead."

Cole, a former Angola HS, Ball State runner and now cross country coach at Fremont HS, along with West Noble HS coach Brian Shepherd, 36, were not far behind. All three went through the first mile mark in 5:00.

"We just kept exchanging surges through the second mile," said VanOrt. "Then a little after the two-and-a-half-mile mark, Cole put on another surge. I wasn't ready for it at all. He just kind of took off and luckily I hung in there. Then it came down to a kick."

Cole opened up a slight lead on the downhill as they made their way back into Morsches Park off VanBuren Street and headed to the finish line.

"Down the straight-away I caught back up to him. Right before the finish my legs started slowing up and I thought 'Oh man', but I held him off," said VanOrt.

Cole crossed the finish line less than a tenth of a second behind VanOrt who then collapsed into the arms of his coach at the end.

Shepherd finished a distant third in 16:06. His former West Noble standout, Russell Simon, was fourth in 16:23.

Columbia City's Matt Ingalls, who went out with the lead pack at the start and posted a 5:17 first mile split, was the top Whitley County finisher and placed ninth overall in 17:29. Ingalls, a CCHS sophomore, was second in the 16-19 age division behind DeKalb's Mark Stahl who finished fifth in 16:58.

Fort Wayne's Jerry Williams, 42, was the overall masters champion in 17:11 and placed sixth overall. Chuck Schlemmer of Ligonier was the second masters runner in 17:21.

The top female finishers were also DeKalb HS runners. Valerie Hardesty crossed the finish line in 45th place in 21:13, two spots and two seconds ahead of Karly VanOrt.

Deb (Sauers) Casaburo of Fort Wayne, a former Columbia City HS track and cross country superstar who still holds the IHSAA record in 300m hurdles set in 1987, placed third among the women in 21:53.

The top masters honors went to Patty Schwartz of Syracuse (22:17) and Robbin Mauger of Columbia City (23:42).

FWTC MINUTES DEC. 12, 2001

1. Meeting was called to order.
2. Don's devotional was a summary he had written of the events during the past year. A prayer was then offered.
3. Minutes were read and a correction was made to Jeff Davis' name. Minutes were approved.
4. Don gave the treasurer's report with a balance of \$20,078.31. Membership stands at 156 for 2002. Treasurer's report was approved.
5. Awards banquet was discussed. The dinner price per adult is \$9.95 or \$13.00 with drink options included. Dinner is ½ price for children ages 4-9 and free for 3 and under. It was decided that ticket prices would be \$7.00 for adults and \$3.50 for children. The track club will pick up the rest of the cost. Bill will ask Kim to check and see if FWTC could furnish the drinks. Meal ticket price approved.
6. Report on the race calendar. The HUFF will be held on Dec. 29th. The bag stuffing party is to be announced.
7. Don gave the Insider Track report. Latest issue was sent to the printer last Friday, Dec. 7th. Some changes have been made by Don. Bill Harris will ask Linda Ianucilli about her interest in editing the Inside Track. Don read a letter from Jeff Davis' family to the FWTC. Bill Sohaski will write thank you letters to those contributors to the Jeff Davis' fund for youth running programs.
8. J.P. gave the Just Plain 10K report. There were 56 runners and 1 walker. One-hundred-three T-shirts were collected. There were plenty of helpers and Mike Shoudel biked around the course a few times to make sure it was clear.
9. The marathon has no race director at this time. Roger Wilson volunteered to commit to being the race director for 2003. Don offered his help and Mark Giaquinta may help, also.
10. The Olympic torch run in January will not involved the FWTC, as reported by Steve Hilker.
11. In new business, Don reports the Fanny Freezer will be held on Feb. 9th unless he hears otherwise. And Mr. Barrie Peterson the race director.

Bill Sohaski inquired with Mailbox, Inc. about the cost to stuff, fold, label, sort, and deliver the newsletter to the Post Office. The cost would be \$145.00 for 550 letters. This was approved by the board.

FWTC will have a volleyball night at IPFW on Feb. 16th, Lewis vs. IPFW. Tickets will be distributed at the awards banquet.

There will be a 5K run/walk on Feb 23, 2002 at 10:00 am in Columbia City. All proceeds go to the relay for life. They will use the FWTC time equipment for this race. Race directors are Gary Bird and Jed Pearson.

12. Meeting adjourned

Attendance: Judy Tillapaugh, Stephen Hilker, Sarah KleinKnight, Roger Wilson, JP Jones, Don Anderson, Jerry Diehl, Tom Landes, Bill Harris, Don Lindley, JoAnn Bird, Sam Bird, Bill Sohaski, Vince Garcia, Carol Garcia.

FWTC MINUTES JAN. 9, 2002

1. Bill called meeting to order
2. Don read a devotional on listening to the coach and offered a prayer.
3. The minutes were read and approved.
4. Don gave the treasurer's report, there was a balance of \$21,742.15. The 2002 budge was proposed and approved by the board. The membership total was 210 for 2002, 89 for 2003, and 29 for 2004. The idea of purchasing an equipment trailer was discussed but no decisions was made.
5. Don gave the race calendar report. Don had samples of the format for the calendar in the inside track. The national guard armory has cancelled their race scheduled for Feb. The nutri-run race director is Sam Stephens.
6. Bill gave the inside track report. Linda I. Has resigned as the editor but will do one more issue. Tim Oconnell will be contacted by Judy T. to inquire about his interest in editing the inside track. Bill will send thank-yous to Linda and Julie for all of the work they have done for the inside track.
7. Vern reported on technology, the Huff web site was well done has tons of pictures.
8. Fanny freezer new race directors are Vern and Don and Bill Harris. The race will be Feb. 9th, race information will placed in the newspaper and a flyer will be made.
9. Bill reported on the awards banquet, Kim is working on getting a speaker. Kim still needs race photos to make a video for the banquet. Paul Knott will announce the awards. A high school boy and girl will invited as honored guest along with last years high school guest. The FWTC will pay for their dinners as well as their parents and coaches. Invitations will be mailed soon.
10. No report on the 2003 marathon as the new race director was unable to attend.

NEW BUSINESS

Sam Stephens was introduced as the new nutri-run director. The race will start at the chapel and is scheduled for Mar. 23rd at 9 a.m.

Judy Tillapaugh is the race director for the Mastadon Stomp which will be held on Apr. 6th at 9 a.m. There is no mascot race this year however. This year's race will have sponsors and will benefit the IPFW track and cross-country teams.

Mike Cole is the race director for a new half marathon to be held in Angola, IN. The race will start at 7:30 am on June 16th. At the monument in town. Mike would like this to be a points race. There will also be a 5K run/walk he is currently working on getting sponsors and proceeds will benefit the animal shelter. Paul Knott suggested the following races for this year's points race: Fanny Freezer, Nutri-run, Mastodon Stomp, Shoe Sucker, Mile Championships, River City Rat Race, Angola Half Marathon, Runners on Parade, Van Buren popcorn Race, Parlor City Trot, Dupont 5K, Zoom thru Zulu, Calathumpian, Turkey Trot and Just Plain 10K. These were voted on and approved by the board.

Mitch Harper gave the Huff Report. The out of town newspapers had very good articles on the race. There were many good volunteers. The web site has 500 pictures and lots of great interviews. There were 550 runners making it tied as 10th largest ultra-marathon. One injury was reported: a broken ankle. Next year the DNR would like the race to start at the Little Turtle Pavilion.

Steve Hilker is going with a small group to Stockholm, Sweden in June for a marathon.

Judy and Sarah K. saw parts of the Olympic torch run and several FWTC members carried the torch.

Judy also gave out free tickets for the IPFW basketball game on Jan. 19th.

Meeting was adjourned

Attendance

Vince and Carol Garcia, Paul Knott, Linda Keuneke, JP Jones, Sam Stephens, Tom Landes, Vern Ceder, Bill Harris, Don Lindley, Mitch Harper, Judy Tillapaugh, Barrie Peterson, Sarah Kleinknight, Eric Ade, and Mike Cole.

FWTC MINUTES FEB. 13, 2002

Bill called meeting to order.

1. The minutes were read. One addition was made, Bill Harris was added as the Fanny Freezer race director. Minutes were then approved.
2. Tim and Rose O'Connell were introduced as the new Inside Track editors. Tim will try to meet with Linda Ianucilli for help in a smooth transition.
3. Don gave a devotion on team work and offered a prayer.
4. Don's treasurer's report shows a balance of \$23,771.63. Membership is at 357. Report was approved.
The race calendar reports that the half-marathon in Angola expects about 200 runners.
5. Fanny Freezer reported 144 runners. There were also lots of new volunteers.
6. The awards banquet went well. There were lots of good comments, approximately 120 people attended. Kim and Jerr Milleman will no longer be able to organize the banquet. We will need a new organizer for next year. The cost of the banquet was \$7.00 which was thought to be too high by some people, a short discussion on cost followed. Suggestions concerning the notification of points winners and the types of awards were also discussed. Hopefully point standings will be available on the track club web site.
7. Sam Stephens reported on the Nutri Run which will be held on Mar. 23rd at 9am. There will be separate chutes for the 5K and 20K races. The course is almost complete. The race will have sponsors and the shirts will be tank tops with the slogan "meet me at the chapel". Volunteers are lined up and JP will look into police help. Mill bread will be given as awards.
8. Judy reports the Mastodon Stomp is set for April 6th at 9:00 am. Lehman Management is again sponsoring the event along with others. The race will benefit the IPFW cross country and track teams. The new IPFW logo will be on the shirt and students will get a discount on the entry fee.
9. The IPFW Health Fair will be held on Mar. 27th from 9am to 3pm. JP would like a few volunteers to man the FWTC table.
10. The Runners on Parade race has no race director. Mike McAlvoy will be contacted as to his interest in directing the race. Bill Sohaski is willing to become its race director. The board approved this action.
11. Judy had tickets to the volleyball game on Sat, Feb 16th. It is FWTC night at the game.
12. The internation marathon has 7 to 8 places left for the trip to Sweden. If interested see Steve Hilker.
13. Tim O'Connell would like more advertisers for Inside Track.
14. Meeting was adjourned

Attendance: Carol and Vince Garcia, Jerry Diehl, Sam Stephens, Dwayne Weeda, Vern Ceder, Bill Harris, Tim and Rose O'Connell, Stephen Hilker, Don Lindley, JP Jones and Judy Tillapaugh.

Races from 04/01/2002 to 07/31/2002

Local / Points Codes:

- L - Local Race in the Greater Fort Wayne Area
R - Regional Race within 70 Miles of Fort Wayne
P - FWTC Points Race

We try to provide the most accurate and complete race information that we can, but we urge you to contact the race director for confirmations, postponements, or cancellations. If you are a race director or know of confirmed dates for 2002 races not already updated, please email us details so we can get the calendar updated accurately.

Date/Time	Local Points	Race Information
Apr 06, 2002 8:30am Sat	R	4th Annual Lighthouse Half Marathon, 1/2 Marathon & 5K Run, Huron High School, Huron, OH, Huron Chamber of Commerce, 419-433-5700, email: chamber@huron.net , web site: http://www.huron.net
Apr 06, 2002 8am Sat	R	Ed Dibble Towpath 19-mile, 19 Miles, Farnsworth Metropark, OH, Louis Miklovic, 419-868-1295, web site: http://www.toledoroadrunners.org
Apr 06, 2002 9am Sat	LP	IPFW Mastodon Stomp, 5K Run/Walk & 1M Kids Run, IPFW, Fort Wayne, IN, Judy Tillapaugh, 219-481-6647, email: tillapau@ipfw.edu
Apr 07, 2002 2pm Sun	R	Fool's Frolic, 5K & 1 Mile, Bixler Lake Park, Kendallville, IN, Brian & Lorri Shepherd, 1426 Lincolnway, Ligonier, IN 46767, 219-894-4638
Apr 07, 2002 8:00am Sun	R	Van Wert Marathon & Half-Marathon, 26.2M & 13.1M, Van Wert, OH, Mark Alstaetter or Ed Jacob, 802 S Walnut St., Van Wert, OH 45891, (419) 238-3559 or 238-4890, email: kiggs@bright.net or edjanebc@aol.com , web site: http://On Line registration: active.com
Apr 13, 2002 6:15am	R	Bull Run Run, 50 Miles, Bull Run, VA, Scott Mills, VHTRC, email: llkrunn@aol.com , web site: http://www.vhtrc.org/brr
Apr 20, 2002 10:00am	R	Spring Fling 4 Mile Run, 4 M, OSU/LTC Campus, Lima, OH, Kevin Rigg or Alvin Langhals, 419-339-9810 or 419-659-5868, email: klrigg@bright.net
Apr 20, 2002 9am Sat	L	9th Annual St Jude's Spirit Run, 5K Run & 1 Mile Run/Walk, St Jude School, Fort Wayne, IN, St Jude School, 2130 Pemberton, Fort Wayne, IN 46805, email: Stjudespirit@aol.com
Apr 20, 2002 9am Sat	RP	Shoe-Sucker Seven, 7.2M trail, Kil-So-Quah Campground, Huntington Reservoir, Huntington, IN, Rick Beemer, 5327 W 200 N, Huntington IN 46750, 219-356-6338, email: rickybeemer@yahoo.com
Apr 21, 2002 8am Sat	R	Glass City Marathon, 26.2M, Toledo, OH, Pat Wagner, 130 Yale, Toledo, OH 43614, 419-385-7025, email: Jpatmann50@aol.com , web site: http://www.toledoroadrunners.org
Apr 21, 2002 Sun	R	St Francis Hospital & Health Cts, 10M, Franklin HS, Indpls, IN, Ken Long, Toll Free 1-866-786-9255, email: klong@kenlongassoc.com , web site: http://www.kenlongassoc.com
Apr 27, 2002 Sat	R	Country Music Marathon, 26.2 & 13.1, Centennial Park, Nashville, TN, 615-742-1660, web site: http://www.cmmarathon.com

May 04,2002 8am Sat	R	2002 Mini-Marathon, 13.1 Miles & 5K, Indpls, IN, Jeff Graves, PO Box 6, Indpls, IN 46206, 1-800-638-4296, email: jgraves@500festival.com , web site: http://www.500festival.com
May 04, 2002	R	RRCA Convention @ Elizabeth River Run 10K, 10K, May 2-5, 2002, Norfolk, VA, Road Runners Club of America, c/o Tidewater Striders, 703-836-0558, email: convention@rrca.org , web site: http://www.rrca.org
May 05,2002 6:30am Sun	R	4th Annual Flying Pig Marathon, 26.2 Miles, Cincinnati, OH, Cinnanati Marathon, Inc, 644 Linn St Suite 626, Cincinnati, OH 45203, 513-721-7447, web site: http://www.flyingpigmarathon.com
May 11,2002 6am Sat	R	Ice Age Trail Run, 50 Miles, Kettle Moraine State Forest, La Grange, WI, Holly Neault-Zinzow, Fax 262-495-8279, 262-495-3131, email: iceagetrail50@aol.com , web site: http://badgerlandstriders.org
May 11,2002 8:30am Sat	L	Nick Denice Race for Hope, 10K run/5K walk, Baseball diamond at the corner of Aboite Center Road & Westlakes Drive., Fort Wayne, IN, Carolyn Denice, PanCAN, PO Box 40092, Ft Wayne, IN 46804, (219) 434-4075, email: cdenice@pancan.org , web site: http://www.theaceforhope.org
May 11,2002 8am Sat	R	25th Fifth Third River Bank Run, 25K & 5K Run/Walk, Downtown +9000 participants, Grand Rapids, MI, Designed the 25K USA Nat'l Championship for Men & Women, 616-771-1590, web site: http://www.riverbank.com
May 11,2002 9am Sat	R	Cherry Fest 10K, 10K & 1M Fun Run, Whitehouse, OH, Angie Kuhn, Whitehouse Cherry Fest 10K, PO Box 2476, Whitehouse, OH 43571, 419-877-0296
May 11, 2002	R	Whitley Heartbeat Festival, 5K Run, Columbia City, IN, Laura Williamson, email: laura.williamson@parkview.com
May 12,2002 1pm Sun	R	Mother's Day Run, 5M Run, 3M Walk, 1M Run, Youth Center, Kendallville, IN, Kendallville Parks and Recreation Department, 211 Iddings St, PO Box 516, Kendallville, IN 46755
May 18,2002 9:00 am		The Sole To Soul, 5K, Defiance College Stadium, Defiance, ON, Curt Foust, 1700 East High Street, Bryan, OH 43506, (419)630-0694, email: cdfoust@hotmail.com
May 18,2002 9am Sat	R	Run for Fun, 10K & 5K, Warsaw, IN, Bill Crane, (219) 268-1236, email: wcrane77@hotmail.com
May 25,2002 8am Sat	LP	River City Rat Race, 10K, Downtown, Fort Wayne, IN, Steve Hilker, email: shilker@pleez.net , web site: http://www.rcratrace.org
May 27,2002 Mon	R	The Great Race, 5K/10K masters/Half-marathon, Various locations, Elkhart, IN, Ron Schmanske, P.O. Box 682, Elkhart, IN, (219) 296-5890 or 296-5862
Jun 01,2002 8:30am Sat		St Francis Summer Run & Walk, 4M Run&Walk, Kiddle Romp, Garfield Park, Indpls, IN, Ken Long, 994 N Combs Rd, Greenwood, IN 46143, 317-884-4001, web site: http://www.kenlongassoc.com
Jun 01,2002 8am Sat	R	Ligonier Lions SportsFest, 5K & 1 Mile, Kenney Park, Ligonier, IN, Ligonier Lions Club, PO Box 102, Ligonier, IN 46767, Mike@260-894-4060 or Brian@ 260-894-4638
Jun 01,2002 9am Sat	R	White River Run & World's Largest 5K, 15K & 5K, Anderson, IN, Bob Hart, Anderson Road Runners Club, PO Box 282, Anderson, IN 46015, 765-643-6304, email: rrhrunner@worldnet.att.net , web site: http://www.andersonroadrunners.org

Jun 01,2002 9am Sat	R	YMCA World's Largest Run, 5K Run & 2M Walk & Youth Mile <13 & PeeWee Run <7, YMCA of Dekalb County, Auburn, IN, Rich Teixeira, 533 North St., Auburn IN 46706, 219-927-3084, email: ymca@dklb.net , web site: http://www.active.com Register On Line
Jun 06,2002 6pm warm[up]	L	On The Fast Track, workouts, Northrup HS, Ft Wayne, IN, Barrie Peterson, June 13, June 20, June 27, July 4, July 11, July 18, July 25
Jun 07, 2002		3rd Annual Jesus Run Weekend Festival, Marathon,Half Marathon, 5K, Denver, CO, 1-888-713-5700, web site: http://www.jesusrun.org
Jun 08,2002 7 am Sat	L	Canal Days, 5K & 10K Run, Ann St & Summit St, New Haven, IN, Marine Corps League %Carl Ehinger, 7500 US HWY 930E, Fort Wayne, IN 46803, 260-490-7089
Jun 08,2002 8:30 am Sat	R	Health & Wellness Run/Walk, 5K Run/Walk, Kosciusko Community Hospital Health & Wellness Ctr, Warsaw, IN, Kyle Pitt, KCH Health & Wellness Ctr, 1500 Provident Dr., Suite D, Warsaw, IN 46580, 574-372-7890, email: kpitt@kch.com
Jun 08,2002 8am Sat	R	2001 Sunburst, various, Notre Dame, South Bend, IN, Memorial Hospital, 615 N Michigan St, So Bend, IN 46601, 219-674-0900 ext 6262, email: idperalt@aol.com , web site: http://www.sunburst.org
Jun 08,2002 8am Sat	R	Strawberry Stomp 5K, 5K/1M, Downtown Wabash, Wabash, IN, Jeremy Wayman, 219-563-5630
Jun 08,2002 8am Sat		Greentown 5-Mile, 5M, Eastern Elementary School, Greentown, IN, John Norris, Norris Insurance, Box 157, Amboy, IN 46911, 765-395-7761 or 765-395-7730
Jun 08,2002 9:00 am Sat		Third Annual Apache Run, 5K and 1 mile, Fairview High School between Mudcreek and Blosser Roads, Sherwood, OH, Curt Foust, 1700 East High Street, Bryan, OH 43506, (419)630-0694, email: cdfoust@hotmail.com
Jun 08, 2002	R	The Pepsi/YMCA Y Tri-Triathlon, 400yd/S/9.3/B/3.1/R, Muncie, IN, 765-741-5539
Jun 09,2002 9:00 A.M		8th Annual Catawba Island Run For Humanity, 5 Mile, Catawba Island Club, Port Clinton, OH, CIC Fitness Center, 419-797-4424, email: DavidCamerino@msn.com , web site: http://www.cicclub.com
Jun 15,2002 7:30am Sat	RP	Angola Half-Marathon, 1½ Mar & 5K Run/Walk, City Courthouse Downtown, Angola, IN, Mike Cole, 60 N Public Sq, Angola, IN 46703, 260-665-6888, email: mikecolechs@yahoo.com
Jun 15,2002 Jun15-16 Sat/Sun		2002 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: lkeuneke@bishopluers.org or lindleyd@fortwayne.infi.net
Jun 23,2002 6am Sun		@Cellcom Green Bay Marathon, Mar, 1/2 Mar, 4M, Greenbay, WI, Cellcom Green Bay Marathon, A-1169 Port Plaza Mall, Green Bay, WI 54301, 800-889-1859, web site: http://www.greenbaymarathon.com
Jun 29,2002 7:30 am Sat	R	Starved Rock Triathlon, 1.5K Swim, 40K Bike, 10K Run, Lake Holiday, Ottawa, IL, 877-262-8148, email: TRIGUY@ELKHARTLAKEMULTISPORTS.COM , web site: http://www.ElkhartLakeMultiSports.com/Ottawa

Jul 06,2002 7:30am Sat	R	Hamilton Lake Road Classic, 5K Run, 2M Walk, Hamilton Lake, Hamilton, IN, Deb Headley, 4620 E St Rd 427, Hamilton,IN 46742, 219-488-3379
Jul 06,2002 8:30am	R	3rd annual "Courthouse Classic 5K", 5K, LaGrange, IN, Ken Kilgore, email: kkilgore@rexnet.net
Jul 06,2002 9am Sat	R	Twin Sisters Trail Run, 6M Run, 4M Walk, Westwood Park, New Castle, IN, Henry County Runners, 409 E Christopher Dr, New Castle, IN 47362, email: hcralvs2rn@netscape.net
Jul 13, 2002	R	23rd Muncie Endurathon, Half-Iron Triathlon, Muncie, IN, 765-287-1799, web site: http://www.muncieendurathon.com
Jul 14, 2002	R	Youth Triathlon, Muncie, IN, 765-287-1799, web site: http://www.muncieendurathon.com
Jul 20,2002 Sat	R	Red-tail Restoration Run, 10K Trail Run, Muncie, Muncie, IN, Jamie Banks, 765-284-2718, email: RTCFTL@cs.com
Jul 27,2002 8:15am Sat		Matthew 25 Health & Dental Clinic, 10K, 5K & Pee-Wee Run, Foster Park, Fort Wayne, IN
Jul 27,2002 8:30am Sat	R	7th Annual Hudson X-C Open, 5K, Hudson HS, Hudson, MI, Ron Carpenter, Hudson Booster 5K, 7857 Dillon Hwy, Hudson, MI 49247, 517-448-8086

Next Newsletter Deadline
Wednesday May 15, 2002

Next FWTC Meeting
Wednesday April 10, 2002 7:00 PM
Wednesday May 8, 2002 7:00 PM

Run at 6:00 PM
IPFW-Hilliard Gates Activity Center

**27th Annual
DAVE'S 10 MILE SHOE RUN
DELTA, OH
JANUARY 13, 2002**

Overall Place	Name	Time
22	Paul Beckwith	1:08:03
132	Joan Gary	1:48:05
133	Don Lindley	1:48:05
137	Dana Budd	2:02:30

This is a good race to start the new year out. Dave Mason, the race director, use to come to the Fort Wayne Track Club races in the 70's and sell shoes and apparel from his van. Dave and his son has a successful running shoe business in the Toledo area. I want to thank the Mason's family and their support in promoting running. Thank you for the many years of memories and directing this race.

Don Lindley

Members Page

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ATTENTION TRACK CLUB MEMBERS

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

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

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	1 ISSUE	3 ISSUES	6 ISSUES
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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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