

# the inside track

August 2002 & September 2002

*A PUBLICATION OF THE FORT WAYNE TRACK CLUB*



**Our Own Fort Wayne Runners at the Stockholm Marathon**  
Left to Right: Stephen Hilker, Don Ashton, Bobbie Clark,  
Kim Larsen, Judy Tillapaugh, Terry Anderson & Steve McMahon

## ***INSIDE THIS ISSUE:***

Editors Corner, Prez-Sez, and Nutrition Help from Judy  
Area Race Results  
Stockholm Marathon 20 Years Ago and Today

*Check out our web site at [www.fwtc.org](http://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 Footnotes quarterly newsletter, when address is incorrect.

**Don's email address is:**  
**Lindleyd@fort wayne.infi.net**  
**Telephone: 260-432-5998 or**  
**260-436-2234**  
**or**  
**FWTC**  
**PO Box 11703**  
**Fort Wayne, IN 46860-1703**

## Advertising Rates

	1 ISSUE	3 ISSUES	6 ISSUES
<b>Full Page</b>	\$75.00	\$200.00	\$325.00
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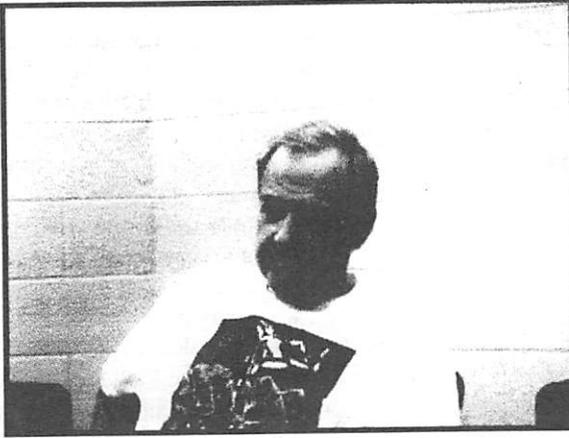
Insert race Applications (includes printing results)

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

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

All race applications must be supplied for insertion. Inside Track publishes 450 issues bi-monthly.

**PREZ-SEZ - Bill Harris**



“You don’t miss the water until the well runs dry” is an old expression we’ve all heard at least once. I have learned the truth of this expression first hand. These past four weeks I have been suffering a bout of plantar faciitis and have been unable to run as much or as far. As a result, my miles have dripped and so has my conditioning. I have sorely missed the joy of running and as well as planning for my next marathon. Fortunately, my condition has now improved sufficiently to permit me to resume a light schedule. This experience reaffirms my appreciation of running as fun and good recreation.

One of my common observations is that running is a great common denominator or leveler among various age groups and work interests. Many sports are reserved for the young, or require teams, organizations, expensive equipment, or a large time commitment. Running, on the other hand, can be a solitary endeavor. Expense is nominal and no organization is required. Equipment is minimal as well.

What I am trying to say in a ham-handed way is that running is a great sport and a super activity, one that can be performed at all levels from elite to recreational. As runners, we are quick to notice the change in the amount of daylight both in the Spring and Fall. We see changes in the seasons through the vegetation and sounds of the birds and insects before the non runners.

Plantar faciitis is described as a persistent pain located on the bottom of the heel and the inside of the foot. The plantar fascia is a tendon like structure that extends the entire length of the foot from the heel to the base of the toes. This area can become inflamed from excessive activity with resulting pain. My problem resulted from hitting the bottom step of a ladder while recovering from a fall. My treatments included: frequent stretching and kneading of the fascia and ice. Wearing my running shoes all the time helped as well.

Until next time, enjoy your running and make time for it in your schedule, however hectic it may be.

Gotta Run

**ATTENTION RACE DIRECTORS**

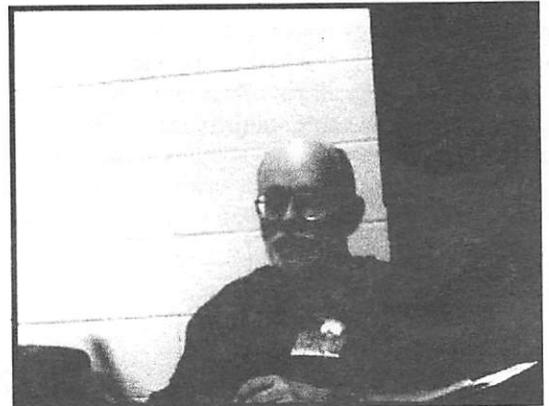
**Is Your Race on the FWTC Race Schedule? If not, contact Don Lindley at [lindleyd@fortwayne.infi.net](mailto:lindleyd@fortwayne.infi.net)**

**To get your race onto the Calender, or make updates and changes.**

**Next Newsletter Deadline  
Friday, September 20, 2002**

**Next FWTC Meeting  
Wednesday, August 14, 2002 7:00 P.M.  
IPFW - Hilliard Gates Activity Center Main  
Floor**

**Run at 6:00 P.M.  
IPFW - Hilliard Gates Activity Center**



**Don Lindley: FWTC Treasure et al**

## Editors Corner



Almost one year ago after the Parlor City Half Marathon, I was talking to Judy Tillapaugh about how I may be able to lend a hand with the FWTC Newsletter. I had arrived at the race registration area about one-half hour early, and noticed that the runners were moving towards the starting line. I asked myself why everyone except me would be lining up for the start half an hour early, and then a revelation struck me. I was late. You know the feeling, like driving into a church parking lot five minutes early, where there are hundreds of cars, no people walking in, and you suddenly realize that they changed from a winter to summer schedule and it just flew over your head. How could I be late though, when the Newsletter Race Calendar had the race starting at 8:30 A.M., and it was only 7:50 A.M.? Judy gave me the answer at the registration table as I hastily paid my entry fee. The Newsletter time was incorrect and I had eight (8) minutes to get to the start. (Each time I tell the story I'll be sure to cut that down by about one minute). Judy graciously accepted my wallet, glasses and car keys since I had no time to go back and get rid of them, and I rushed out to start the race. I had no warm-up, no stretching, a half-filled bladder and was

partially blind. I was never more ready to start racing. As the gun sounded, or GO was shouted, I really don't remember given my preoccupied state of mind with the bladder, I decided to utilize the first few miles as warm-up, after all, before last year I hadn't run a half marathon or more distance in a race since the late 70s. After approximately 5 or 6 miles, I started feeling pretty good and decided then to begin picking up the pace. I had been running with several people when I made this beautifully strategic choice, and found out just how much I was depending upon them for course guidance since I couldn't see well. Luckily, I still had my sense of hearing, as I had pulled far enough ahead of them to run myself completely off the course and into a wooded area, and could hear their faint shouts telling me I had gone into the runners Bermuda Triangle. I scampered back through the woods to the group, probably losing about one-quarter mile, (each time I tell the story I'll be sure to increase that by about one-quarter mile), and made no more indiscretions like that the rest of the race.

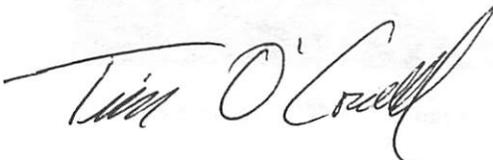
It was because of this event, and me in my after race depleted, confused and compromised state, that I unwittingly volunteered to help with the Newsletter; for which I now find myself as your new Editor. If I had only kept my mouth shut. As it was revealed, Linda Ianucilli, our previous Editor, had a very long run at the position, and as we all know, provided us with a wonderful newsletter. Linda, we all thank you for the excellent publication you provided, the many hours of work, and as I now realize, the difficult job of bringing together all the different types of information available into one, pleasing printed copy.

I also know now that the race calendar and race results are only as good as the information provided by the race directors. Race directors, please check your race details wherever printed to ensure accuracy. The information on our web site, [www.fwtc.org](http://www.fwtc.org), at "Race Calendar" will be identical to that printed in the FWTC Newsletter.

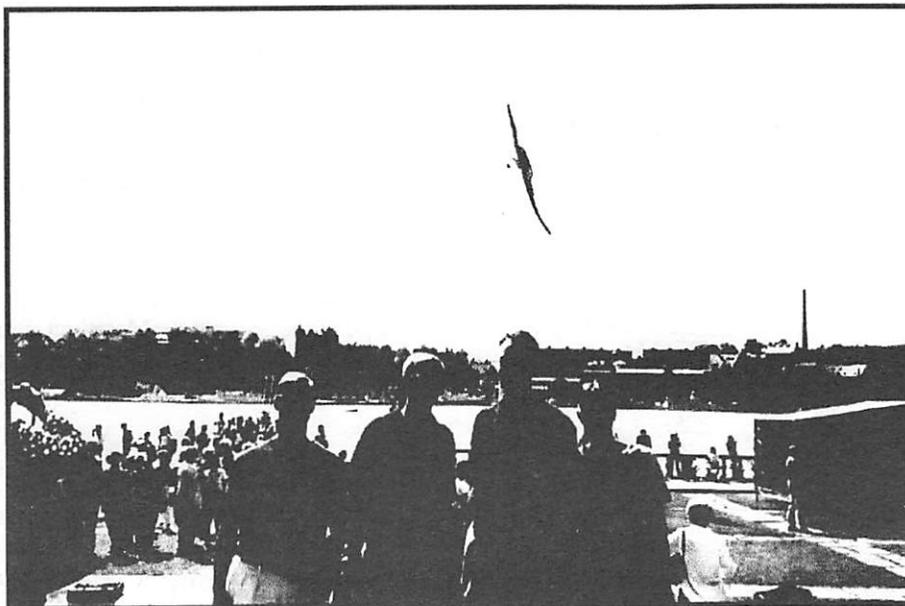
You may have noticed that my lovely wife, Rose, is shown pictured beside me and is listed as Co-Editor. This is because marriage really is for better or worse, and because of that, she also is part of my impetuosity. Keep in mind the picture wasn't taken right after I asked her to help me with this. As it is, Rose has thankfully agreed to add her skills to the project. We will hopefully continue to provide a publication that improves both aesthetically, and in content as we progress beyond the beginners stage.

Most importantly, we would very much like to invite Track Club Members to put their thoughts and experiences into this Newsletter. Race calendars and results are informative and fun to see, but sharing ideas and experiences with each other about a sport that we all enjoy is where it really gets interesting. Think about your daily runs and races, individual and team running experiences both now and in the past, and I'm sure you will have great stories to tell. Speak out on a local running issues, critique a race, tell about your favorite running place, training session, or how a race went for you. The possibilities are endless because running is a part of our lives, and nothing could be more interesting. Just look at daytime TV. You may either e-mail or snail-mail us your stories and thoughts at the address on the front, inside cover. Anything you do will be greatly appreciated by all. This month, I am including an article written by one of our own Track Club Members from July, 1982, 20 years ago. I will continue to do this as long as Dan Kaufman can provide FWTC Newsletter issues from his archives. I hope you find them interesting.

Good running and keep healthy,

# STOCKHOLM MARATHON 2002



Left to Right;  
Stephen Hilker,  
Terry Anderson,  
Steve McMahon &  
Kim Larsen from  
Stockholm, Sweden,  
enjoying some sights  
during their trip to the  
Stockholm Marathon.



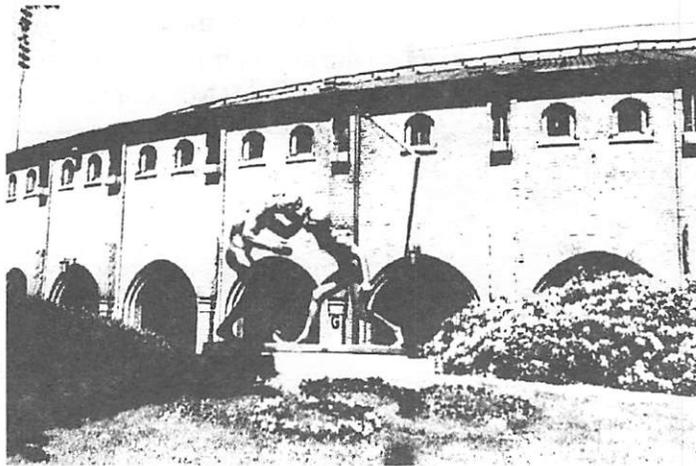
Stephen Hilker in the 1912 Olympic Stadium (looking quite fresh the night before the race) at sunset which was around 11:30 P.M. Now that's serious daylight savings time

# STOCKHOLM MARATHON 1982/2002

The following article is a re-print from the July, 1982 issue of the FWTC inside track Newsletter. Betty Hite, the author, participated in many Club Races and was an accomplished distance runner. Her experience 20 years ago at the Stockholm Marathon is a fun look back, especially to the Fort Wayne Runners who made the trip this year to participate at the Marathon.

## RUNNING IN SWEDEN

Betty Hite



I won the Lake County Heart Marathon, April 25, 1982, which qualified me to go to the Stockholm Marathon, June 5. I felt I could train and be prepared for the race. I could not, however, be prepared for the other obstacles I was to encounter.

I had four weeks to make sure of travel arrangements, see if I could miss the last week of school, and a myriad of other small chores. But the biggest obstacle was getting a passport. I found out that I had no birth certificate, one of the big essentials in getting a passport. The hospital had no record of my birth, nor did the state. I had to find two people who could verify that I had, indeed, been born. I also needed to provide early school records, etc., to prove, I suppose, that I hadn't been educated by the Commies and then dropped into Indiana as a plot against the CIA.

Time was getting short and I was getting desperate. Senator Lugar's office proved to be extremely helpful and my passport came the Thursday before I was to leave on Memorial Day. I ran the Elkhart to Goshen 20K, then my family picked me up to go to the airport. My flight was great though eight hours is a long time in the air. I was met in Stockholm by a member of the race director's staff and taken to Boson, a college type PE facility that the Swedish government uses for housing foreign athletes.

The other runners at Boson were definitely world class. They had run all over the world and done well in the process. Emile Puttermans was there as were Ingrid Christensons, Doug Curtis, Mike Pinocci (the teacher-turned-black-jack-dealer who said to tell Jan Hi), and several others. I was outclassed. But it was really interesting to listen to these people talk about running. Running is on a whole new plane for them. While I didn't learn much from them about running per se, I did learn a great deal about international competition, sponsorships, etc. It was a valuable experience. My next three days were spent sightseeing in Stockholm. I would not advise anyone to do this before a marathon. By Thursday night my legs were very tired and tight. Besides walking for hours, I had also run every day on the trails around Boson. I knew better than this, but I have occasionally been told that I don't use much sense when it comes to running.

The weather was to be a big factor in the race. It had been in the 80s all week, and we kept watching the skies for signs of change. Saturday morning the skies were still bright blue. This was perfect for vacationing, but not for running. The race was to start at 4:00 P.M.—a terrible time in my opinion. When it's broad daylight at 3:00 A.M., why not start the race then? But as usual, no one asked my opinion. The seeded runners got their own warm up area, so as not to be trampled by the other 12,000 runners. Our numbers had our names printed on them, and this would become important later in the race as the spectators would look at our numbers and cheer for us on a first name basis.

At 4:00 P.M. it was 87 degrees F. I was having trouble staying cool just standing there. I was worried about the heat, I was scolding myself for being such a tourist, and I was wondering why I was in a race of this caliber in the first place. All runners, I think, can identify with these last minute doubts. While the race director was giving last minute instructions, in Swedish, the gun went off. It had started. The spectators were numerous and enthusiastic. Though I couldn't understand what they were saying, I knew what they meant. The course wound around the streets of Stockholm. The aid stations were extremely important; I used each one, though I knew it was adding to my time. On some parts of the course the temperature was over 100 degrees F. It was displayed on digital clocks in Celsius, and I was glad I couldn't do the conversion to Fahrenheit in my head.

The finish was the most emotional experience I've ever had in running. The race ended at the Olympic stadium from the 1912 Olympics. We passed through a big arch into the stadium itself. Our last 1/4 mile was running around the actual Olympic track. The stands were full of 50,000 vocal, enthusiastic spectators. It was really thrilling.

## RUNNING IN SWEDEN

Betty Hite

Though I was disappointed with my time, 3:02, I was more than positive about the race itself. It was well organized, well run, and had world class competition. I am proud to have been a part of it. The whole trip is an experience I'll never forget.

I passed up the Boston Marathon this year because I thought I had a better chance at the Lake County Marathon. The overall prize was a free trip to the Stockholm Marathon helped me make the decision. This was one of the best organized races I've ever been in. It was even comparable to the FWTC races! The temperature was almost perfect for running. The only problem was that the personal tail wind turned into a head wind—for the whole 26.2 miles! I'm really looking forward to the Stockholm Marathon June 5. I've never been anywhere, and this sounds really exciting.

I went to the Old Kent River Bank Run to run with some world class runners in a first class race. I had read about this from several sources and it sounded great. There were 3500+ registered runners including Herb Lindsay, Greg Meyer, Stan Mavis, Joan Benoit and Karen Blackford. Originally I was going to take it easy and enjoy the course. That lasted a mile or so. One neat thing about the race was that corporations were in charge of the aid stations and all runners were to vote on which was the favorite. On station had a brass band, one had lots of balloons, another had encouraging signs along the way. It added a little variety to the course. Greg Meyer won for the men and Joan Benoit was close to her world record time of 1:26 even with an unscheduled pit stop. It even happens to the biggies!

One neat thing I saw was when I was walking back to the car and saw Joan Benoit coming out of her hotel with a gigantic Nike bag slung over her shoulder. I thought at the time, "Even the best of them have to carry their own bags."

The race was marred by the death of a 29 year old East Lansing lawyer. I had no idea this had happened until Monday morning. He evidently had a heart attack, but he also had bronchial asthma. It's really too bad this had to happen. It gives critics more ammunition about the dangers of the sport. There is so much that is positive about running, I'd hate for people to be apprehensive about participating in it.

(Listed below are several of the races that Betty participated in before, and including the Stockholm Marathon.)

<u>Greenwood 10k</u>	4-17-82	<u>Markland Mall 10k Kokomo</u>	5-22-82
1st F overall	35 - 39 37:40	1st F overall	30-39 36:20
<u>Lake County Heart Marathon</u>	4-25-82	<u>Bonne Bell 10k Columbus</u>	5-23-82
1st F overall	30-39 2:52	4th F overall	30-39 37:12
<u>Lafayette Diet Pepsi 10K</u>	5-2-82	<u>Great Race II 20k Elkart</u>	5-31-82
1st F overall	35-39 37:20	1st F overall	35-39 1:17:44
<u>Old Kent Bank River Run</u>	5-8-82	<u>Stockholm Marathon</u>	6-5-82
1st F overall	35-39 1:35:10	5th F overall	3:02
<u>Warsaw 10k</u>	5-16-82		
1st F overall	30-39 36:31		

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### Stockholm Marathon 2002

By: Stephen Hilker

I wanted to share some of my experiences at the Stockholm Marathon with the Ft. Wayne Track Club. Steve McMahon, Terry Anderson, Kim Larson and I talked about the possibility of running an international marathon. We discussed Dublin and London. The January 2002 edition of Runner's World Magazine listed the top 10 marathons in the world and Stockholm made that list. Stockholm, as it turned out, was celebrating its 750<sup>th</sup> birthday the same week of the marathon and that sealed the deal. We started to research the best rates for flights, but finding accommodations would be difficult with all the visitors arriving for the celebration. Once deciding on Stockholm, Don Ashton, Bobbie Clark and Judy Tillapaugh rounded off our Ft. Wayne group. We contacted Marathon Tours. This turned out to be a very good choice. They do an excellent job! They provided a walking tour, a bus tour and a boat tour along with outstanding accommodations. The hotel was excellent and only 300 yards from the start finish line. The race starts and finishes at the 1912 Olympic Stadium. The old stadium has been the site of many track and field world records; more in fact, than any other stadium in the world.

The weather was unseasonably warm. Normally the temperatures are in the 60's. This year they were in the 80's at the start. Almost half the field of runners hail from Finland. It is for this reason that the race doesn't start until 2:00pm. Sweden enjoys long days this time of year, so no one had to finish in the dark. The course is two, almost identical loops through the beautiful Swedish capital. I think everyone agreed that it was the most beautiful marathon course any of us has run! Due to the warm weather, Steve McMahon and I viewed this as a fun run so to speak. We certainly didn't think that we would get a personal best. Our strategy was to walk the water stops. The tactic played off as we passed over 1000 runners in the last 6 miles of the race. I recommend running an international race to anyone who is interested. Keep in mind that no race is perfect and that there are differences. For example: They only measure the course in kilometers. The water on the course was warm and the expo was much smaller than in the United States. Safety in Sweden was not a concern. A couple people in the Marathon Tours group wore the stars and stripes during the race. Many runners wore their national flags on shirts and shorts. Sweden was also a good choice because so many Swedes speak English. The most rewarding aspect is the experience of visiting another country and making new friends. This is something that I wanted to do once, but now I am anxious to do again. We are starting to discuss another trip, although we haven't decided on a location (I am already leaning toward Copenhagen, Denmark). Let us know if you would like to join us!

## Fruits and Vegetables

Within the first 50 meters of grocery shopping our eyes have the pleasure of viewing a wide variety of colorful fruits and vegetables. Just 25 steps here and there we can pick and choose tasty choices for meals and/or snacks. 2 to 3 kinds of fruit and 2 to 3 kinds of vegetables would be fine purchases. The types can change as desired depending on recipes to prepare, what is in season, and personal preferences.

August and September are the months with the best mid-west harvest of fruits and vegetables. An ideal time to recognize and appreciate the dozens of nutritious choices available to us. We are so fortunate to have so many abundant colorful options.

To tempt your fruit and vegetable taste buds take this little quiz!

1. This fruit sounds like it should grow on an evergreen tree. Cut these when they are ripe and enjoy them fresh. They are delicious in stir fry dishes.
2. A vegetable that sounds like the amount of money you make at work. This vegetable is great raw, cut in sticks. Use it to flavor salads, soups and stews too!
3. A dried plum. Eat them as a snack or use their puree in place of 50% of the oil in baked goods.
4. A vegetable that sounds like it should be used when weighing gemstones. Mini versions of this vegetable are a delicious snack.
5. This fruit rhymes with very. They are great fresh and can be frozen for smoothies.

Answers: 1- pineapple, 2- celery, 3- prune, 4- carrot, 5- berry

Take a moment and think about your use of fruits and vegetables! Aim for 5 A Day!! Give yourself the vitamins, minerals, antioxidants, and phytochemicals that are within them. They work together in your body to promote good health and reduce risks for diseases like heart disease, obesity, and cancer.

One widely studied group of phytochemicals are flavonoids. The USDA defines a flavonoids as a large group of non-nutrient chemicals in plants that have biological activities related to health. Flavonoids are found in seedcoats, roots, leaves, and fruits of many plants. Some examples are beta-carotene (found in green leafy and orange vegetables), isoflavones (found in soy foods), anthocyanins (found in berries and other red, pink, blue, and purple fruits and vegetables) and quercetin (found in tea, green vegetables, and citrus fruits). So.....add flavonoid containing foods to the shopping list. Visit the produce isle and stock up! Be creative this summer and explore ways to add more colorful fruits and vegetables to your day. Try Mango Salsa or Berry Banana Smoothie!! Serve the salsa with low fat chips, rice, baked potato, lean burger, grilled fish, or grilled chicken.

### Mango Salsa:

1 pound red ripe tomatoes (about 4), diced  
1 mango, peeled and diced  
1 1/3 cups boiled black beans or kidney beans (about 1 can)  
½ cup green onions, sliced  
1/3 cup cilantro or parsley, chopped  
juice of 2 limes  
1 tsp oil

Toss all ingredients together; chill until ready to serve.

### Berry Banana Smoothie:

1 cup vanilla soy milk, regular milk, or yogurt  
½ to 1 cup berries  
1 sliced banana  
1 - 2 Tbps. sweetener of choice, optional  
1/8 tsp vanilla extract, optional

Blend all the ingredients together and serve!

Source for quiz, flavonoid information and recipe: Communicating Food For Health, June 2002, [www.foodandhealth.com](http://www.foodandhealth.com)

Week by week reach for fruits and vegetables when food shopping!! Enjoy!

Best,

Judy Tillapaugh, RD  
IPFW Wellness/Fitness Coordinator

May 10, 2002

Dear Fort Wayne Track Members,

On behalf of the IPFW's NCAA Division I Men's and Women's Cross Country and Track and Field Teams, thank you for supporting IPFW's 7<sup>th</sup> Annual Mastodon Stomp which was held April 6<sup>st</sup>, 2002. Lehman Investment Management, Orthopaedics Northeast, Keeblers, Pepsi, and Waterworks were the other key supporters who helped us create a fine fitness time for people of all ages and abilities.

We had a wonderful day - more than 250 runners, walkers, volunteers, and spectators were present to enjoy all the activities. There was a 5 km run, 5 km walk, and 1 mile kids stomp. This was the fourth year that we had the kids run.

Proceeds of the event will aid the cross country and track teams in covering costs like equipment, uniforms, competition expenses, and print costs. Our runners will continue to take strides of pride to promote running as a healthy exercise and competitive sport.

**Volunteers:**

Paul Knott  
Don Lindley  
Jerry Diehl  
Scott Diehl  
Bob Berger  
J.P Jones  
Jennifer Dahl  
John Schneiders  
Wayne Unsell  
Sara Unsell

Linda Keuneke  
Carol Garcia  
Jennifer Steigmeyer  
Tamara Wright  
Jim Wright  
Sara Kleinknight  
Moses DuPre  
Tom Deal  
Mark Lauer  
Tim Heffron

Bret Hess  
Brad Hess  
Sam Stephen  
Joe Gorman  
Kent Redman  
Steve Hilker  
Jeff Metzger  
Rose McLendon  
Mike Moore  
Linda Bird

We truly appreciate your event support and hope that you will consider joining our event next year! Your support helped make our community event enjoyable for one and all.

Best,

Judy Tillapaugh, R.D.  
IPFW Wellness/Fitness Coordinator

**Thank you to Don and  
The Fort Wayne Track Club and Aid Station at the  
Huff 50 K**

Don

Colleen Theusch came through with your e-mail address. I'll attach the e-mail I sent to the list-serv below but I just really need to thank you and the rest of your crew. First of all for showing up year after year and providing the best possible aid station and secondly, more specifically, for going all out to keep me in the race this year. It meant the world to me to be able to finish. I would not have been able to continue on without the help and encouragement you all gave me when I stumbled in at 1:30 in the morning.

I have thought several times since finishing that I was lucky to have had the big crisis at your station. All other stations on the course are nearly as wonderful as yours but I could tell that with you folks I was surrounded by a group of ultra veterans. You knew enough not to quit on me. You instilled some calm into me and seemed to know just how to treat hypothermia, hypoglycemia, nausea, and panic/depression.

Finishing in the beautiful warm morning sunshine seemed a million miles away from the problems I was having in the middle of the night. I may send you a cheesy article I wrote about the race purely for my own remembrance.

Thanks again. You made a huge difference. I owe you my buckle. Will you please pass along my thanks and best wishes to the other members of that aid station and to the Fort Wayne Track Club in general.

--Mark Carroll

P.S. I'm gonna try to clear out my schedule for HUFF this year so that I can come out and volunteer and, at least partially, repay the favor.

Hi all

Thank you, Thank you, Thank you to all involved with the race this year. Once a year a perfectly ordinary guy like me gets to have a major adventure thanks to everyone:

The other runners; the race management crew, especially Marc, Mark, Joe, Colleen, Leo, all volunteers; The park administrators; Other runners crews.

As usual every aspect of this race was first class. I could go on and on and on about how much this race means to me. It has become a huge part of my life and literally not a day goes by throughout the year when I don't have one or more Walter Mitty-like fantasies about it. I have always run way way over my head in this race. I usually finish hours faster than I actually deserve to and I have gotten into the habit of calling this phenomenon "Mohican Magic".....I always have one of the best races of my life at Mohican and usually things go freakishly well for me. This year that was not the case. I suffered nausea and vomiting (I don't know why) for nearly the entire distance. I managed to finish ONLY because of the unbelievably altruistic efforts of the volunteers, Mark Elderbrock, Colleen Theusch, and all levels of race management. I was weak as a kitten from 10 miles on and although I have always known that the support in this race was first class this was the first time that I found every bit of the support to be absolutely essential to keeping me on the course. I cannot imagine that I would have finished any other race because I refuse to believe that this level of support exists anywhere else. I have three children and two of them have some fairly serious Health issues. It means the world to me that I didn't have to walk through my front door and tell my family, with all the challenges that they face, that things got really hard so Daddy quit. I simply have to make special mention of the Fort Wayne Track club and their efforts to revive me at the 76.7 mile aid station at Rock Point. I literally stumbled into Rock Point at 1:30 in the morning having walked 35 minutes per mile to get there. I was hypoglycemic, and hypothermic and truly a "dead man walking". I was absolutely washed up and was, in fact, thankful that I had not had a medical emergency in the woods. These folks from the Fort Wayne Track Club simply wouldn't give up on me. They helped me change clothes, put a blanket on me, encouraged me to not drop out until I had sat for a good long while and even gave me a sound strategy for finishing the race. I have never been so sick in a race and am just absolutely blown away by the treatment I received. I have never, ever, been treated so lovingly in all my life.

I looked for you folks at the finish but could not find you. I finished my sixth Mohican in my slowest time ever and consider it to be the race of my life. You were, of course, thanked by me at the time by my ruining your aid station and blanket with a Hollywood-like spat of vomiting (sorry about your blanket). I have no other way of reaching you other than through this list-serv but I would appreciate it if someone at that aid station would contact me so that I may Thank You properly. I wrote an article about the experience purely for my own remembrance but would like to forward it to you folks.

Thanks again to everyone. What a great event. What great people.

With all my heart.....--Mark Carroll

## SPRING-TIME MARATHONS, 2002

DOUG SUNDLING

New York.  
The Big Apple.  
A marathon.  
3rd place.

Okay, so it's only the stem of the Big Apple. And a Top 5 finish here might be a Top 500 finish at the Big Apple. But the Long Island Marathon is still 26.2 miles.

So where do a few thousand folks run 26.2 miles in the completely urbanized and congested west end of Long Island?

On a 4-lane expressway, of course. Years ago, organizers convinced the necessary officials to allow runners to hog for one day a 6-plus mile stretch of the north-south Wantagh Expressway. "Neat," I thought as I toured the heavily trafficked four lanes of concrete on the afternoon before the Sunday, May 5, race.

Neither an interstate nor an inner city traffic artery, the Wantagh Expressway would cover nearly 18 miles of the marathon. Just under 5000 folks would ramble out of Eisenhower Park and scaddle southerly through East Meadow past businesses, houses, traffic lights, parked cars, a priest offering blessings as we passed a church, and a smattering of encouraging crowds. Then, after about 6 miles, all the runners would stream north onto the south bound lanes of the expressway. About 5 miles later, the half-marathoners would head back to Eisenhower Park. A little over a mile further up the expressway, marathoners would exit on a cloverleaf on-ramp, run the overpass, curl down the cloverleaf off-ramp, and accelerate to the south on the north bound lanes. Some 6 miles later, we would be sent back northward as we headed for the finish line at Eisenhower Park.

Engineered to proficiently move vehicles at 65 mph, the expressway offered little resistance. Lots of smooth, even concrete. But a scenic one lined with grass and trees.

Clear skies colored a Sunday morning rendered with 50 to 60°F temperatures and fortunately no wind.

"I ran a 2:48 several years ago and placed 74th," a talkative middle-aged local runner stated as we waited the start of the two races.

"You could run that now and place in the Top 10," added someone.

"In the Top 5," retorted another person.

No matter where, runners are runners, and their talk is as common a thread that weaves us together as the distances that challenge us.

Stay within myself was my race plan. The opening 6:26/mile pace was a bit faster than what I wanted, but the pace felt comfortable -- too comfortable with all those half-marathoners around me. When the half-marathoners left the expressway, the need for a thoroughfare to navigate the bumper-to-bumper northerly traffic of humans evaporated.

I was maybe 12th after this point, and runners started coming back to me. As we headed south, I became the hunter pursuing the struggling runners I had observed passing me as I had approached the turn around. After the next turn around, the timers at mile 20 indicated that runner #2 was two minutes ahead.

By now, I was into the hordes of walkers doing the half-marathon. Though they fueled me with encouragement and moving bodies to pass, I could no longer spot that lone figure some 600 meters ahead of me. I was holding near a 6:30/mile pace, but my left hamstrings were becoming a little crampy. Do I push it? Do I conserve and avoid a death march the last 2 or 3 miles? The recollection of a coach's voice barked at me: "How bad do you want second place?!" Memories of other marathons I had run reminded me: "Do you want to be able to walk the rest of today and tomorrow?"

My pace held and only faded to 7:00 for the last mile. I finished two minutes behind #2.

At the Harry Chapin Memorial Lakeside Outdoor Theatre, Alien Canopy provided entertainment as organizers prepared to present awards in the late afternoon. While listening to this band ramble through some decent tunes, I wondered why was a rock group playing a late afternoon outdoor gig after a marathon. I suspected one of them ran the race.

Yep. The lead singer. Not only was he on the oversight committee, he placed seventh in the marathon. As the Top 10 finishers gathered on the stage, I shook his hand and congratulated him. The front man for the rock group shrugged, "Man, I died out there."

When, after taking a year off, I decided to train again for a marathon, the absence of a marathon in Fort Wayne in 2002 sent me searching for a race. One of the reasons I chose the Canon Long Island Marathon was because no money was awarded. That meant only folks who wanted to run these races for the fun of it would be at the starting line.

But for my \$28 entry fee, I did nicely:

\* the usual T-shirt,

- \* a windbreaker of rip-stop nylon given to each entrant,
- \* a palm-sized medallion hanging from a red, white, and blue ribbon that was placed around the neck of each finisher at the finish line,
- \* a large plaque,
- \* a white polo shirt imprinted with "Canon Long Island Marathon Top Ten Overall,"
- \* a free massage at the post-race massage tent,
- \* two free pens courtesy of Celebrex and Viagra,
- \* a wrist wallet handed out at Saturday's race packet pick-up,
- \* all the Poland bottled water I could drink during and after the race,
- \* all the apples, bagels, and liquid strawberry yogurt I could consume after the race,
- \* a pair of Cool Shades sunglasses (courtesy of a raffle),
- \* a Canon advantix film compact camera (the grand prize at the raffle).

Maybe my time would have placed 70th or so years ago when the running boom brought impressive performances to big time events, but for my efforts I walked away with some nice stuff. And the satisfaction of running a 2:47:28, a time I haven't seen that fast next to my name for seventeen years.

Since I had done the training, maybe I could do one more marathon this year -- *run for the fun of it*. With no June Fort Wayne marathon, I headed for the Sunburst venue.

From the College Football Hall of Fame to the 50-yard line of Notre Dame. A 5KM, 10KM, and marathon culminating on hallowed ground: Notre Dame's football stadium.

And, as promoted, it was a festive time at this annual June event in South Bend.

The merry mood for Friday's preregistration scene at the College Hall of Fame buzzed with aerobics demonstrations, a merchandise tent, and a bustling College Hall of Fame patio full of buoyant folks helping or entertaining those registering for the runs.

Finishing in the brilliant late spring sunshine adorning the green carpet in Notre Dame's stadium thrust runners into the heart of this football cathedral. Yet the hallowedness of this mecca eluded me. A friend, who has lived in the area for years, reminded me as we stood on the lush grass and scanned the stadium's storied perimeter that thousands of screaming fans would alter the atmosphere a bit.

The free post-race massage felt wonderful as did the wet towel offered each finisher.

And the looping course with its nuances of hairpin turns, side street deviations, and meanderings along the St. Joseph River offered a pleasing change of pace from the long stretches that dominate other marathon courses.

I was also one of the fortunate runners who ran 27 miles rather than 26.2 miles. Between mile 11 and 12, a group of us added some 4 minutes 30 seconds to our times. Another group added about 7 minutes. The barricades to divert traffic up Clover St. off Northside Blvd. which ran along the north side of the river also diverted a bunch of runners -- north on Clover St., then east on Mishawaka Ave., and then south on Twyckenham Dr. before someone realized this wasn't where the course diverts to Mishawaka Ave. Some of us cut down the embankment, hurdled a fallen tree, and made our way back to Northside Blvd. Another group went across the bridge and came back on the Ironwood Dr. bridge.

Several runners had 14 miles to be -- what's the word? -- upset. My mind besieged my will to run with what now seemed to have become a waste of training, time, and the \$40 entry. It'd be easier to stop. Why bother. "The anti-runner takes over," Jeff Milleman said to me in Notre Dame stadium as we talked about the marathon and the marathon relay he and wife Kim ran, placing 7th in the coed division.

Runners preserve, sometimes with an attitude, but runners preserve. If I could finish under three hours, then I would. So just before my 47th birthday, I did something I thought would never happen again -- a personal record. My time of 2:54:07 was my fastest for 27 miles. But then again, I'd never run 27 miles.

*Runners off course* happens. And according to the South Bend newspaper article covering the event, this year's winner, Steve Wilson, went off course at that same spot last year.

I have neither seen nor heard of any response to that newspaper article, to a letter I wrote to Sunburst praising many aspects of the event while detailing the misdirection incident, or to the much more vehemently expressed reactions by other runners.

Steve Wilson won with an impressive 2:31:54 for a 42-year-old. The Sunburst folks promised money for the top open and master finishers, but none was awarded that day. Even though I finished 7th overall and was the first masters finisher behind Wilson, I haven't received any of this advertised prize money.

But, I have that PR for 27 miles.

## THE HAMPTONS OF LONG ISLAND

DOUG SUNDLING

After running a marathon in May and June and taking a break for nearly a month, on Sunday, July 7, I ventured into probably the richest per capita area on Earth to partake in the Firecracker 8KM run. A long distance relationship has two of us splitting time between the urban waterfront refuge of Long Island and the farm fields of northeast Indiana. Go figure.

A series of towns and enclaves compromise the Hamptons -- Westhampton, Southampton, East Hampton, and others between, like Bridgehampton. Ocean breeze caressed and blessed with gentle beaches of sand and smooth pebbles, this playground for the rich and ultrarich sprawls across the south fork of the east end of Long Island.

The race circulated through the heart of the Hamptons, Southampton. And, as we drove the course, I felt like we were rats negotiating a maze. A maze formed by hedges of privet.

Almost every property had walls of privet circumventing the yard. Privet is dense, can tolerate shearing, and grows as high as it does wide -- up to 15 feet. It tolerates all kinds of sunlight, transplants easily, and grows rapidly. The plant has its own temperament, branching profusely and growing in an irregular shape, but can be readily sheared and groomed to a more agreeable stature.

Curious what folks did if an individual plant among the hedges failed to conform or died, I found the answer as we drove around after the race: nurseries with acres of privet -- small, medium, large, whatever.

Day-of-race registration was from 7-8:30 AM for the 9 AM race. After touring the course with a map secured from their *Firecracker8KM* website, we arrived at the start/finish area just after 7 AM. Things were being set up, but there weren't any registration tables. At 8 AM, a table appeared outside the community center in the pleasant morning sunshine caressed with a balmy breeze. A gentleman sat down with a stack of racing numbers, a box lined with computer chips, a list of preregistered runners, and a box of T-shirts behind him. After checking off the entrant's name, he leafed through the numbers to find that runner's assigned number and then, while trying to prevent the breeze from dispersing the numbers, looked for the matching shoe computer chip before selecting either a

large or extra large T-shirt for that runner.

When a lady came over from day-of-race registration area and asked how he was doing, he responded he could use another person.

Having preregistered, I secured my number and chip and prepared to run with the some 300 plus runners. While jogging around for warm-up, I found a huge T-shaped corn field in the middle of this town of privet walled estates. Was someone still holding onto the old agricultural heritage to spite the money? Neat.

A blast from a small canon signaled the start of the race, and I ran even paced in the 5:50s, catching the third place runner by mile 2 who happened to be the lead female runner. After a mile or so, she faded off the pace, yet her 23-year-old legs, half as young as mine, still had speed mine didn't. Though I knew, without looking, she was gaining on me that last quarter mile, she finished three seconds short of my 29:30 and then thanked me for pacing her.

Awards began with the announcer recognizing the overall male and female winners. Then came age groups. The second overall finisher was a lanky, Hispanic complexion male whom I had watched from the back for most of the race and who would be the first finisher in the 20-29 age group. But that wasn't who was announced as the first finisher.

"Nah," I thought. "This is the *Hamptons*. These people wouldn't stiff their top finishers, would they?" When the announcer reached my age group, 40-49, the first finisher was the next forty-and-older male who finished behind me.

The overall second place finisher must have known something because I didn't see him anywhere in the crowd.

I was amused; my lady wasn't.

After the awards ceremony was completed, I approached the announcer who was shuffling through the computer printed results sheets he had read from. I pointed to the number two and three overall finishers and commented, "The second and third finishers didn't get anything." He shrugged and replied that since they finished second and third they were withheld from the age categories and that the race only gave awards to the overall winners and the top three in each age category.

Welcome to the Hamptons. Time to clean up the privet shearings.



# TRACK CLUB MEMBER PROFILE

The Inside Track would like to hear from FWTC Members. Fill out this profile form and return it to: **Linda Ianucilli, 6208 Blackstone Drive, Fort Wayne IN., 46818**

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Birthplace: \_\_\_\_\_

Family: \_\_\_\_\_

Pets: \_\_\_\_\_

Hobbies or interests: \_\_\_\_\_

Favorite family activities: \_\_\_\_\_

Running shoe brand: Years running/walking \_\_\_\_\_

Favorite distance to run/walk: PR: \_\_\_\_\_

Favorite after racing /training food: \_\_\_\_\_

Favorite place to train: Favorite race: \_\_\_\_\_

Why do you run/walk?: \_\_\_\_\_

Favorite item of clothing: \_\_\_\_\_

Favorite movie or TV program, or book: \_\_\_\_\_

Favorite music: \_\_\_\_\_

Collections: \_\_\_\_\_

Favorite vacation destinations: \_\_\_\_\_

Most prized possession: \_\_\_\_\_

Has there been an inspiration to your running/walking? If so, explain: \_\_\_\_\_

\_\_\_\_\_

Do you have a dream? If so explain? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Fort Wayne Track Club Monthly Meeting

## Minutes

Wednesday, May 8 7:00 - IPFW

### 13 Present

Carol Garcia

Bill Sohaski

JP Jones

Tim O'Connell

Bill Schmidt

Jerry Diehl

Tom Landis

Vern Ceder

Bill Harris

Stephen Hilker

Don Lindley

Sarah Kleinknight

Judy Tillapaugh

1. The meeting was called to order by Bill Harris.
2. Don read devotional on the winning/positive attitude.
3. Tim O'Connell gave the inside track report. Tim is using a borrowed digital camera to decide what features we need before buying a camera for the FWTC. He used the camera at the Shoe Sucker 7 race as a learning experience. Tim also reports the layouts in Microsoft are going pretty well and he has purchased a scanner for the Inside Track. Bill Schmidt said he could possibly get the FWTC digital camera at a discount.
4. The minutes were read and approved.
5. Don gave the treasurer's report with a balance of \$20,432.96. The FWTC membership stands at 446. The Rat Race has 55 entries at this time. The treasurer's report was approved.
6. Reporting on the race calendar, Don states he's not receiving any responses from e-mails to past race director for this year's race dates. The deadline for the next Inside Track would be today, but may be extended to May 20, 2002.
7. Nothing new to report in technology for the FWTC.
8. Bill reports that no one has stepped forward to be the race director for the 2003 marathon and it may have to be scrapped.
9. Steve Hilker reports the Rat Race has more sponsor checks coming in. The web site had a few problems, but those seem to be worked out. The medals are ordered. Rat tattoos will be given to those that our race the rat. A 5k walk was added this year. The advertisements were done for FOX 55. Steve still needs volunteers and more goods to place in the runner's goody bags. He also encourages early registration.
10. Judy Tillapaugh was not in attendance to report on the Mastodon Stomp. Steve reports there were a good number of runners and the weather was cool.
11. Judy Tillapaugh thanked those who helped with the Mastodon Stomp. The race raised at least \$2,000 for IPFW cross-country and track teams.

### NEW BUSINESS

12. The Pan Can race is this Saturday May 11, 2002. They may need extra volunteers.
13. The RRCA state representative is resigning. A new state representative is needed. See Judy Tillapaugh if you are interested.
14. The annual Relay for Life is early June. Allen County's is at IPFW from June 1st at 10 AM to June 2nd at 10 AM. Judy could use more people on her team. The cost is \$10.00 registration plus money raised for the Cancer Society. Also Whitley County Relay for Life would like the torch used to be run from the IPFW site to the Whitley county site. Judy will take the names of those interested in doing this.
15. Don will do the FWTC taxes by May 15.
16. Don reported that past president of the RRCA is concerned with the new bylaws that were to be passed at the last convention. The past president believes the new bylaws take away the control or say of the RRCA membership. The new bylaws were tables indefinitely after a vote was taken. Steve H. suggested that perhaps the RRCA convention could be held in Fort Wayne sometime in the future.
17. Meeting adjourned.

**Fort Wayne Track Club Monthly Meeting**  
**Minutes**  
**Wednesday, April 10, 2002 7: 00 - IPFW**

**18 Present**

Carol Garcia

Vince Garcia

Tim O'Connell

Rose O'Connell

Paul Knott

Don Anderson

Jerry Diehl

Sam Stephens

Dwayne Weeds

Tom Landis

Vern Ceder

Bill Harris

Stephen Hilker

Don Lindley

Laurie Whisler

JP Jones

Michael Yann

Sarah Kleinknight

1. The meeting was called to order by Bill Harris.
2. Don read devotional on the joy of running and offered a prayer.
3. The minutes were read. Steve Hilker had changes made in regard to information for the up coming Rat Race . There will be no fly over and no billboards will be used for advertisement. Minutes were then approved.
4. Don gave the treasurer's report with a balance of 18,452.18 dollars. The member ship stands at 423. The report was approved.
5. No news on the race calendar.
6. Tim O' Connell reports the inside track needs improvement with more pictures. Tim suggest a digital camera should be purchased by the track club. After discus- sion it was approved by the board to purchase a camera not to exceed \$400.
7. Vern reports on technology .
8. Bill reports on the 2003 marathon that no one has come forward to be the race di- rector, many people have offered to help but no has offered to be the director.
9. Sam Stephens reports the Nutri-run went well. No money was made but he is opti- mistic for next year. He had lots of positive comments. Next years race will take place at the chapel again.
10. Judy Tillapaugh was not in attendance to report on the Mastodon Stomp. Steve reports there were a good number or runners and the weather was cool.
11. Steve Hilker thanked the inside track for the cover picture . Photo copy brochures are out for Rat Race with the regular brochure to follow shortly. Steve hopes peo- ple will register on line. There will be a 5K walk this year also. More volunteers are needed. If interested you can e-mail Steve.
12. Paul Knott clarified the points race system for board members. A person needs to be a FWTC member on Jan. 1<sup>st</sup> to be counted (this was corrected in the inside track) The data base is established in January for the points system. The members age group is also determined on Jan. 1<sup>st</sup> . The overall winner is based on perfor- mance and you must finish in the top ten to collect points for this. The age group winners are those members that run in the most points races . A letter of clarification will be in the next newsletter. Paul also reminded board members that this will be the last year he will be doing the points race system.
13. Don mentioned the Great American Clean Up to be held in Fort Wayne on May 18<sup>th</sup> . Laurie Whisler will coordinate this for the FWTC .
14. Don will also try to find someone to represent the FWTC at the RRCA convention in May. Sam Stephens may be interested in this. Meeting adjourned.

**Next Meeting May 8, 2002, 7 P.M. IPFW**

# 3rd Annual River City Rat Race 10K

## Age Group Results

May 25, 2002

Results by Fort Wayne Track Club

### Overall Female Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Diana Schowe	Auburn IN	37	40	40:45	6:34/M
1	Ruth Dunn	Decatur IN	43	72	42:54	6:54/M

### Women 15 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tynae Wilson	Ft Wayne IN	11	112	45:45	7:22/M
2	Emily Nestel	Ft Wayne IN	14	143	47:03	7:35/M
3	Bliss Cook	Ft Wayne IN	14	174	48:23	7:47/M
4	Amanda Mannes	Ft Wayne IN	15	268	54:35	8:47/M
5	Bailee Souder	Garrett IN	15	312	1:00:12	9:42/M

### Women 16 to 17

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Trista Mathias	Larwill IN	16	177	48:39	7:50/M
2	Julie Jackson	Ft Wayne IN	16	185	49:00	7:53/M
3	Caitlin Brodmerkel	Ft Wayne IN	16	267	54:35	8:47/M

### Women 18 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Libby Battes	Ft Wayne IN	19	175	48:30	7:49/M

### Women 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Libby Borrer	Ft Wayne IN	21	49	41:51	6:44/M
2	Kasey Fowler- Finn	Ft Wayne IN	20	120	45:57	7:24/M
3	Lindsae Rhoades	Berne IN	20	121	45:58	7:24/M
4	Le Ann M Buescher	Ft Wayne IN	20	164	47:54	7:43/M
5	Emily Turner	Auburn IN	21	237	52:19	8:25/M
6	Gina Winicker	Ft Wayne IN	22	255	53:47	8:40/M
7	Danette Vongunten	Bluffton IN	24	256	53:47	8:40/M
8	Amy Stephan	Ft Wayne IN	24	262	54:00	8:42/M
9	Michelle Standora	Ft Wayne IN	23	284	56:20	9:04/M
10	Sarah Tinkel	Ft Wayne IN	22	307	59:07	9:31/M

### Women 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Darlene Barton	Avilla IN	27	66	42:34	6:51/M
2	Jennifer Foley	Ft Wayne IN	26	169	48:01	7:44/M
3	Honesty Hart	Anderson IN	25	202	50:20	8:06/M
4	Christine Kmicikewicz	Ft Wayne IN	27	209	50:40	8:10/M
5	Cori Willems	Ft Wayne IN	25	265	54:31	8:47/M
6	Jennifer Mullinax	Ft Wayne IN	28	271	55:00	8:51/M
7	Erin Overheul	Ft Wayne IN	28	272	55:01	8:52/M
8	Julie MacGowan	Ft Wayne IN	29	296	57:52	9:19/M
9	Erin Mauch	Ft Wayne IN	25	300	58:20	9:24/M
10	Angie Orr	Ft Wayne IN	25	306	58:59	9:30/M
11	Melina Griss	Indianapolis IN	26	333	1:05:03	10:29/M

**River City Rat Race Results (Continued)****Women 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tammy Behrens	Ft Wayne IN	31	88	43:56	7:04/M
2	Paula Rickerd	Ft Wayne IN	32	95	44:13	7:07/M
3	Monika Gibson	Warsaw IN	34	151	47:25	7:38/M
4	Polly Grismore	Ft Wayne IN	30	215	51:27	8:17/M
5	Tina Briars	Ft Wayne IN	32	241	52:40	8:29/M
6	Karen Gillie	Ft Wayne IN	31	247	53:13	8:34/M
7	Carla Ferretti-Hoover	Roanoke IN	34	278	55:42	8:58/M
8	Andrea Buday	Ft Wayne IN	33	290	56:55	9:10/M
9	Heather Rensberger	Ft Wayne IN	32	302	58:36	9:26/M
10	Patty Ballinger	Celina OH	33	311	1:00:05	9:41/M
11	Jennifer Dillon	Ft Wayne IN	30	322	1:01:29	9:54/M
12	Patty Berghoff	Ft Wayne IN	31	325	1:01:48	9:57/M
13	Christy Swartzentruber	Winona Lake IN	30	331	1:04:15	10:21/M

**Women 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Julie McNulty	Ft Wayne IN	36	99	44:39	7:11/M
2	Susan Reddoch	Carmel IN	35	125	46:04	7:25/M
3	Beth A Skinner	Ft Wayne IN	38	145	47:06	7:35/M
4	Amy Hile	Ft Wayne IN	37	167	47:57	7:43/M
5	Rhonda Snover	N. Manchester IN	39	180	48:44	7:51/M
6	Kelly Wright	Ft Wayne IN	36	190	49:31	7:58/M
7	Cheryl McGowan	Ft Wayne IN	38	211	51:10	8:14/M
8	Beth Berry	Ft Wayne IN	39	225	51:48	8:20/M
9	Laurie Whisler	Ft Wayne IN	37	227	51:51	8:21/M
10	Staci Beiswanger	South Whitley IN	36	233	52:16	8:25/M
11	Becky Ruble	Monroeville IN	39	238	52:21	8:26/M
12	Susan Lee	Ft Wayne IN	39	243	52:46	8:30/M
13	Susan Eggebrecht	Ft Wayne IN	39	244	52:46	8:30/M
14	Mary Crane	Warsaw IN	38	248	53:19	8:35/M
15	Gail Saalfrank	New Haven IN	38	257	53:49	8:40/M
16	Shelley Chapman	Leo IN	35	273	55:02	8:52/M
17	Ren Steury	Spencerville IN	38	274	55:02	8:52/M
18	Joanne Mannes	Ft Wayne IN	38	287	56:42	9:08/M
19	Cheryl Kiel	Ft Wayne IN	38	297	57:54	9:19/M
20	Lori Shaw	Ft Wayne IN	38	304	58:50	9:28/M
21	Tana Hoffmann	Ft Wayne IN	35	313	1:00:13	9:42/M
22	Maria Papp	Ft Wayne IN	39	315	1:00:18	9:43/M
23	Connie Gordon	Churubusco IN	39	318	1:01:03	9:50/M
24	Nancy Burris	Auburn IN	36	320	1:01:18	9:52/M
25	Kelly Mize	South Whitley IN	39	338	1:07:17	10:50/M

**Women 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Judy White	Ft Wayne IN	43	83	43:35	7:01/M
2	Melinda Kinder	Ft Wayne IN	41	196	49:57	8:03/M
3	Kim Larsen	Ft Wayne IN	40	224	51:47	8:20/M
4	Tamara Wright	Ft Wayne IN	43	231	52:05	8:23/M
5	Julianne Houser	Ft Wayne IN	42	252	53:41	8:39/M
6	Theresa Sotir	Ft Wayne IN	42	264	54:30	8:47/M
7	Mary Ann Parker	Ft Wayne IN	43	276	55:23	8:55/M
8	Jan Himmelein	Ft Wayne IN	43	277	55:37	8:57/M
9	Jan Mills	Ft Wayne IN	44	310	59:55	9:39/M
10	Diane Kaplanis	Ft Wayne IN	42	321	1:01:22	9:53/M
11	Denise Ramsey	Columbia City IN	42	327	1:02:19	10:02/M
12	Lauren Wengler	Ft Wayne IN	42	334	1:05:10	10:30/M
13	Renee Fenstermaker	Ft Wayne IN	44	341	1:09:31	11:12/M

**River City Rat Race Results (Continued)****Women 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sue Fowler- Finn	Ft Wayne IN	47	80	43:26	7:00/M
2	Patty L Schwartz	Syracuse IN	49	135	46:41	7:31/M
3	Cathy Bryan	Ft Wayne IN	45	220	51:37	8:19/M
4	Marla Williams	Middlebury IN	46	266	54:32	8:47/M
5	Carol Stucky	Hoagland IN	45	324	1:01:34	9:55/M
6	Nancy Simmonds	Ft Wayne IN	48	326	1:02:18	10:02/M
7	Diane Post	Ft Wayne IN	45	332	1:04:41	10:25/M
8	Cheryl Stromski	Antwerp OH	46	335	1:06:00	10:38/M
9	Sherry McClellen	Convoy OH	47	344	1:18:10,	12:35/M

**Women 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bobbie Clark	Ft Wayne IN	52	292	57:14	9:13/M

**Women 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Barb Scrogam	Ft Wayne IN	55	226	51:49	8:21/M
2	Mary Fennig	Decatur IN	56	270	54:54	8:50/M
3	Shirley Piercy	Ft Wayne IN	56	328	1:03:12	10:11/M
4	Helen Twite	Ft Wayne IN	57	339	1:07:23	10:51/M
5	Marg Knouff	Warsaw IN	56	346	1:27:41	14:07/M

**Overall Male Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Eric Ade	Ft Wayne IN	23	1	32:28	5:14/M
1	Jerry Williams Jr.	Ft Wayne IN	42	6	34:57	5:38/M

**Male 15 and Under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	David Rex	Columbia City IN	13	25	38:57	6:16/M
2	Stephen Clark	Ft Wayne IN	14	28	39:07	6:18/M
3	Deric Poorman	Ft Wayne IN	15	29	39:07	6:18/M
4	Billy Snow	Auburn IN	15	33	40:08	6:28/M
5	Nick McBride	Ossian IN	15	37	40:32	6:32/M
6	Wade Bunnell	Ft Wayne IN	13	43	40:54	6:35/M
7	Ben Timmis	Ft Wayne IN	14	44	41:02	6:36/M
8	Chris Miller	Ft Wayne IN	14	48	41:45	6:43/M
9	Sam N Bird	Columbia City IN	12	51	41:57	6:45/M
10	William Delaney	Columbia City IN	13	52	42:03	6:46/M
11	Matt Jeter	Ft Wayne IN	15	60	42:21	6:49/M
12	Brandon Walter	Ft Wayne IN	15	70	42:40	6:52/M
13	Matt Rawlins	Columbia City IN	14	74	42:58	6:55/M
14	Philip Sundberg	Ft Wayne IN	15	86	43:53	7:04/M
15	Chris Becker	Ossian IN	14	102	45:10	7:16/M
16	Mitchell White	Ft Wayne IN	15	115	45:48	7:23/M
17	Jonathan Garver	Ossian IN	14	117	45:52	7:23/M
18	Brian Hendrix	Bolingbrook IL	14	155	47:32	7:39/M
19	Andrew Piropato	Ft Wayne IN	12	156	47:35	7:40/M
20	Broc Walter	Ft Wayne IN	15	158	47:38	7:40/M
21	Andrew Myers	Ft Wayne IN	13	330	1:03:34	10:14/M

**River City Rat Race Results (Continued)****Male 16 to 17**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Victor McHenry	Craigville IN	17	16	37:26	6:02/M
2	Adam Grover	Bluffton IN	17	23	38:35	6:13/M
3	Eric Boswell	Auburn IN	17	42	40:48	6:34/M
4	Joe Suelzer	Ft Wayne IN	17	46	41:26	6:40/M
5	Michael Nunez	Hartford City IN	16	58	42:16	6:48/M
6	John Kinsey	Ossian IN	17	59	42:19	6:49/M
7	Justin Clark	Huntington IN	16	61	42:22	6:49/M
8	Roger McGowan	Ft Wayne IN	16	108	45:38	7:21/M

**Men 18 to 19**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Justin Gillette	Niles MI	19	4	34:34	5:34/M
2	Zach Ruble	Monroeville IN	19	11	35:59	5:48/M
3	Nathan Folks	Bluffton IN	19	36	40:31	6:31/M
4	Nathan Sorg	New Haven IN	19	69	42:36	6:52/M
5	Dustin Hull	Columbia City IN	18	73	42:58	6:55/M
6	Nathan Reinhard	Hamilton IN	18	93	44:07	7:06/M

**Men 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jason Reinoehl	N. Manchester IN	23	8	35:15	5:41/M
2	Jon Fennig	Decatur IN	20	9	35:27	5:43/M
3	Rick Hammer	Hudson IN	21	10	35:33	5:43/M
4	Michael Scaringelli	Ft Wayne IN	21	56	42:14	6:48/M
5	Adam Arata	Ft Wayne IN	20	79	43:21	6:59/M
6	Brian Bokhart	Ft Wayne IN	20	123	46:03	7:25/M
7	Justin Smith	Ft Wayne IN	21	138	46:56	7:33/M
8	Brian Lantz	Rockford OH	20	146	47:08	7:35/M
9	Jeremy Wirges	Churubusco IN	24	150	47:24	7:38/M
10	Trevor Lee	Huntington IN	24	159	47:39	7:40/M
11	George Gebhart	Albion IN	24	168	47:59	7:44/M
12	Carmelo Pratico	Ft Wayne IN	20	170	48:12	7:46/M
13	Brian Miller	Ft Wayne IN	21	205	50:28	8:08/M
14	Adam Hand	Ft Wayne IN	22	235	52:19	8:25/M

**Men 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Fred Miller	Lagro IN	25	5	34:48	5:36/M
2	Matt Van Cleave	Huntington IN	26	14	36:31	5:53/M
3	Brad A Thomas	Ft Wayne IN	27	17	37:28	6:02/M
4	Chris Adang	Ft Wayne IN	27	62	42:26	6:50/M
5	Scott Saucedo	Ft Wayne IN	26	67	42:36	6:52/M
6	Brad Peterson	Ft Wayne IN	29	76	43:14	6:58/M
7	Chris Dunmire	Monroeville IN	28	87	43:55	7:04/M
8	David Bowers	Ft Wayne IN	29	89	43:57	7:05/M
9	Doug Patrick	Ft Wayne IN	27	97	44:24	7:09/M
10	Anthony Byrd	Ft Wayne IN	29	105	45:27	7:19/M
11	Htaw P Htoo	Ft Wayne IN	27	136	46:50	7:32/M
12	Jason Johanneseh	Indianapolis IN	27	137	46:55	7:33/M
13	Christopher Grabill	Ft Wayne IN	27	149	47:21	7:37/M
14	David L Miller	Ft Wayne IN	28	191	49:32	7:59/M
15	Cory Maryan	Anderson IN	28	203	50:21	8:06/M
16	Ryan Fruchey	Ft Wayne IN	27	280	55:45	8:59/M
17	Michael Haney	Ft Wayne IN	25	295	57:50	9:19/M
18	Andrew Conkle	Indianapolis IN	26	329	1:03:26	10:13/M

**River City Rat Race Results (Continued)****Men 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kevin Rigg	Lima OH	34	3	33:13	5:21/M
2	Jim Kruse	Ft Wayne IN	33	13	36:24	5:52/M
3	Tim Freeman	Ft Wayne IN	34	18	37:36	6:03/M
4	Paul Veldman	Ft Wayne IN	33	63	42:26	6:50/M
5	Michael Schoudel	Auburn IN	34	68	42:36	6:52/M
6	Brian Carpenter	St. Joe IN	32	71	42:41	6:52/M
7	Doug Nern	Ft Wayne IN	33	75	43:10	6:57/M
8	Kermit Hogeston	Churubusco IN	34	81	43:28	7:00/M
9	Jerry Berghoff	Ft Wayne IN	32	82	43:33	7:01/M
10	Jason Brooks	Ft Wayne IN	30	98	44:38	7:11/M
11	Bruce Carpenter	Ft Wayne IN	30	100	44:42	7:12/M
12	Gordon Miller	Ft Wayne IN	34	106	45:28	7:19/M
13	Andy Haxton	Ft Wayne IN	34	110	45:42	7:22/M
14	Brett Carpenter	Ft Wayne IN	34	111	45:44	7:22/M
15	Stephen J Conner	Springfield IL	33	129	46:25	7:28/M
16	Rick Briars	Ft Wayne IN	32	152	47:25	7:38/M
17	Josh Kesler	Huntington IN	32	160	47:40	7:41/M
18	Nick Barchak	Ft Wayne IN	34	163	47:54	7:43/M
19	Ed Coleman	Columbia City IN	33	165	47:54	7:43/M
20	Pete Hinzy	Ft Wayne IN	32	193	49:51	8:02/M
21	David Slyby	Ft Wayne IN	30	194	49:53	8:02/M
22	Jeff Kintz	New Haven IN	33	197	49:59	8:03/M
23	Jeff Trainer	Ft Wayne IN	34	198	50:00	8:03/M
24	Dan Grismore	Ft Wayne IN	30	216	51:27	8:17/M
25	George Parker	Ft Wayne IN	34	253	53:44	8:39/M
26	Michael Wolfe	Ft Wayne IN	32	261	53:59	8:42/M
27	Brian Beck	Ft Wayne IN	30	282	56:08	9:02/M
28	Jeffrey Buday	Ft Wayne IN	33	289	56:54	9:10/M
29	Jay Kimes	Ft Wayne IN	33	336	1:06:58	10:47/M
30	Jeff Davis	Ft Wayne IN	34	337	1:06:59	10:47/M

**Men 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kevin Pensinger	Monroe IN	35	2	32:29	5:14/M
2	Ron Sharp	Ft Wayne IN	36	7	35:09	5:40/M
3	Scott Reiling	Ft Wayne IN	39	19	38:11	6:09/M
4	Loren Bunnell	Ft Wayne IN	38	24	38:49	6:15/M
5	Eric White	Ft Wayne IN	37	30	39:10	6:18/M
6	Dave Arens	Sherwood OH	38	32	39:19	6:20/M
7	Tim Traycoff	Fishers IN	38	38	40:34	6:32/M
8	Paul E Knott	Ft Wayne IN	39	41	40:46	6:34/M
9	Mark Beals	Ft Wayne IN	39	45	41:08	6:37/M
10	Kevin Parrella	Ft Wayne IN	37	65	42:28	6:50/M
11	Jim Bougher	Ft Wayne IN	39	94	44:07	7:06/M
12	Joe Reddoch	Carmel IN	37	141	46:57	7:34/M
13	Robert Novak	Ft Wayne IN	37	142	46:58	7:34/M
14	Steve McMahan	Ft Wayne IN	38	144	47:03	7:35/M
15	Victor Bertl	Ft Wayne IN	37	172	48:16	7:46/M
16	Cort Chilian	Ft Wayne IN	36	182	48:50	7:52/M
17	Matt Maley	Laotto IN	37	210	51:06	8:14/M
18	Marvin Eady	Ft Wayne IN	39	212	51:14	8:15/M
19	Joel Brecount	Ft Wayne IN	35	217	51:28	8:17/M
20	Kerry Marshall	Ft Wayne IN	37	218	51:29	8:17/M
21	Randy Brown	Ft Wayne IN	36	219	51:33	8:18/M
22	Greg Crim	Ft Wayne IN	37	221	51:37	8:19/M
23	Mike Snavley	South Whitley IN	35	223	51:44	8:20/M
24	Kevin Mann	Ft Wayne IN	35	234	52:18	8:25/M

**River City Rat Race Results (Continued)****Men 35 to 39 (Continued)**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
25	Don Swartzentruber	Winona Lake IN	35	242	52:42	8:29/M
26	Kevin Gerber	New Haven IN	36	260	53:59	8:42/M
27	Greg Childers	Ft Wayne IN	38	285	56:40	9:08/M
28	Dave Bowen	Ft Wayne IN	38	303	58:49	9:28/M
29	Chad Ware	Ft Wayne IN	35	323	1:01:32	9:55/M
30	Kelly Fair	Ft Wayne IN	39	343	1:17:39	12:30/M

**Men 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Scott Ecclestone	Ft Wayne IN	41	12	36:14	5:50/M
2	Jay Prichard	Van Wert OH	44	15	36:40	5:54/M
3	Cort Hollett	Ft Wayne IN	41	20	38:13	6:09/M
4	Mike Slaubaugh	Ft Wayne IN	41	22	38:18	6:10/M
5	Paul Shaffer	Decatur IN	44	35	40:27	6:31/M
6	John Wiening	Ft Wayne IN	41	39	40:41	6:33/M
7	David Grimes	Ft Wayne IN	43	50	41:53	6:45/M
8	Ted Williams	Winona Lake IN	43	53	42:08	6:47/M
9	Jeff Taner	Fort Wayne IN	42	90	43:59	7:05/M
10	Steve Andrews	Ft Wayne IN	43	92	44:04	7:06/M
11	David Geiger	Churubusco IN	41	96	44:22	7:09/M
12	Jon Bomberger	Ft Wayne IN	42	103	45:16	7:17/M
13	Todd Stearns	Ft Wayne IN	40	104	45:26	7:19/M
14	John Houser	Ft Wayne IN	40	113	45:45	7:22/M
15	Jamshid Nazari	Ft Wayne IN	42	114	45:47	7:22/M
16	Charles Troyer	Ft Wayne IN	43	122	45:59	7:24/M
17	Bruce Cole	Ft Wayne IN	43	127	46:11	7:26/M
18	Mike Meredith	Ft Wayne IN	44	131	46:33	7:30/M
19	Robert Nicholson	Ft Wayne IN	42	132	46:33	7:30/M
20	Bob Nelson	New Haven IN	44	134	46:39	7:31/M
21	Kevin S Cooper	Garrett IN	41	140	46:57	7:34/M
22	Jeff Metzger	Ft Wayne IN	41	147	47:11	7:36/M
23	Steve Rhoades	Berne IN	41	157	47:37	7:40/M
24	Toby Jo Hullinger	Monroeville IN	43	166	47:55	7:43/M
25	Ric Poorman	Ft Wayne IN	42	179	48:42	7:51/M
26	Scott Glaze	Roanoke IN	44	181	48:47	7:51/M
27	Tyrone Wilson	Ft Wayne IN	41	187	49:08	7:55/M
28	Chuck Zumbrun	Ft Wayne IN	44	188	49:18	7:56/M
29	David M Graney	Ft Wayne IN	42	192	49:35	7:59/M
30	Larry Jackson	Ft Wayne IN	42	206	50:28	8:08/M
31	Joe Nichols	Ft Wayne IN	44	213	51:24	8:17/M
32	Stephen Parker	Ft Wayne IN	44	214	51:26	8:17/M
33	Jim Berghoff	Ft Wayne IN	41	239	52:22	8:26/M
34	Joseph Ryan	Ft Wayne IN	41	245	53:01	8:32/M
35	Tom Childers	Ft Wayne IN	42	249	53:23	8:36/M
36	Mark Ramsey	Columbia City IN	41	251	53:39	8:38/M
37	Darryl Cargo	Ft Wayne IN	40	259	53:58	8:41/M
38	Joe Taylor	Kendallville IN	40	263	54:20	8:45/M
39	Gary L Bird	Columbia City IN	44	275	55:18	8:54/M
40	Roger Grable	Columbia City IN	42	281	55:48	8:59/M
41	Chuck McQuaig	Leo IN	44	283	56:19	9:04/M
42	Tim Gerst	Avilla IN	41	286	56:41	9:08/M
43	Gary Gordon	Churubusco IN	40	291	57:09	9:12/M

## River City Rat Race Results (Continued)

### Men 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Roger Wilson	Fort Wayne IN	48	26	38:58	6:16/M
2	Leo Rivera	Elida OH	48	34	40:19	6:30/M
3	Brad Altevogt	Ft Wayne IN	47	47	41:29	6:41/M
4	Kevin Lochner	N. Manchester IN	46	54	42:12	6:48/M
5	Kim A Lefever	Columbia City IN	46	55	42:13	6:48/M
6	Tom Shearer	Columbia City IN	49	64	42:28	6:50/M
7	Jay Fawver	Ft Wayne IN	45	77	43:17	6:58/M
8	Jerry Steinhoff	Ft Wayne IN	47	78	43:19	6:59/M
9	Thomas J Felts	Ft Wayne IN	47	84	43:43	7:02/M
10	James McKinnon	Waterloo IN	46	85	43:47	7:03/M
11	Donald Kramer	Van Wert OH	48	109	45:39	7:21/M
12	Keith Bobay	Bloomington IN	49	118	45:54	7:23/M
13	Craig Bobay	Ft Wayne IN	45	119	45:54	7:23/M
14	Len Piropato	Ft Wayne IN	47	154	47:29	7:39/M
15	Michael Variell	Convoy OH	45	161	47:43	7:41/M
16	Kevin Truelove	Ft Wayne IN	45	162	47:49	7:42/M
17	John David McPherson	Ft Wayne IN	49	173	48:22	7:47/M
18	Terry Anders	Ft Wayne IN	48	178	48:40	7:50/M
19	Aaron Cox	Ft Wayne IN	49	189	49:21	7:57/M
20	Gary Carpenter	Bluffton IN	45	199	50:03	8:04/M
21	Tim Dooley	Ft Wayne IN	48	200	50:12	8:05/M
22	Michael Difilippantnio	Ft Wayne IN	46	204	50:24	8:07/M
23	Randy Hammond	Leo IN	46	207	50:30	8:08/M
24	Scott A Miller	Ft Wayne IN	49	208	50:32	8:08/M
25	Mitch V Harper	Ft Wayne IN	46	232	52:11	8:24/M
26	James R Crickmore	Ft Wayne IN	49	236	52:19	8:25/M
27	Kirby Moss	Ft Wayne IN	47	250	53:28	8:37/M
28	Christopher Koop	Ft Wayne IN	46	269	54:43	8:49/M
29	Joseph Nayarkas	Ft Wayne IN	47	288	56:43	9:08/M
30	Rick Hilker	Ft Wayne IN	47	293	57:30	9:16/M
31	Hal Atkinson	Huntertown IN	47	299	58:10	9:22/M
32	Mike Richardville	Ft Wayne IN	48	305	58:56	9:29/M

### Men 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Phil Suelzer	Ft Wayne IN	50	21	38:17	6:10/M
2	John Treleaven	Ft Wayne IN	50	27	39:00	6:17/M
3	Jed Pearson	Columbia City IN	51	31	39:15	6:19/M
4	Neil Tate	N. Manchester IN	50	57	42:15	6:48/M
5	Tim Bolin	Ft Wayne IN	51	91	44:01	7:05/M
6	Fred Stoffel	Larwill IN	51	101	45:03	7:15/M
7	Gordon Smith	Ft Wayne IN	50	116	45:51	7:23/M
8	Steve Knouff	Warsaw IN	52	124	46:03	7:25/M
9	Robert Snow	Ft Wayne IN	50	128	46:19	7:28/M
10	John Stafford	Ft Wayne IN	52	133	46:38	7:31/M
11	Jim Pickett	Waterloo IN	52	148	47:15	7:37/M
12	Ty Murphy	Columbia City IN	53	171	48:13	7:46/M
13	Stephen A Schwartz	Syracuse IN	54	183	48:51	7:52/M
14	Lon R Braun	Ft Wayne IN	51	184	48:52	7:52/M
15	Tom Swank	Ft Wayne IN	54	229	51:56	8:22/M
16	Craig Hamilton	Ft Wayne IN	52	230	52:02	8:23/M
17	Michael Yates	Ft Wayne IN	54	258	53:53	8:41/M
18	Tom Fuelling	Ft Wayne IN	51	279	55:44	8:58/M
19	Lynn T Bobay	Columbia City IN	51	294	57:36	9:17/M
20	Tom O'Mally	Ft Wayne IN	50	298	58:01	9:21/M

River City Rat Race Results (Continued)

21	Dan Barnes	Ft Wayne	IN	52	309	59:39	9:36/M
22	Larry Piano	Ft Wayne	IN	54	316	1:00:27	9:44/M
23	Don Keller	Ft Wayne	IN	53	317	1:00:42	9:46/M

**Men 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bernie Burgette	Ft Wayne	IN	58	107	45:36	7:21/M
2	William A Crane	Warsaw	IN	59	126	46:08	7:26/M
3	David Flack	Anderson	IN	58	139	46:56	7:33/M
4	Dave Reichwage	Ft Wayne	IN	55	153	47:28	7:39/M
5	Jack Seigel	Ft Wayne	IN	57	176	48:38	7:50/M
6	Rich Stephenson	Monroeville	IN	55	186	49:06	7:54/M
7	Joel Schartzler	Goshen	IN	55	195	49:56	8:02/M
8	James H Wright	Ft Wayne	IN	55	228	51:54	8:21/M
9	David E Boylan	Ft Wayne	IN	59	240	52:30	8:27/M
10	Max Tinkel	Ft Wayne	IN	59	308	59:12	9:32/M

**Men 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tom Felger	Ft Wayne	IN	62	201	50:17	8:06/M
2	William E Harris	Ft Wayne	IN	64	222	51:42	8:20/M
3	Karl Dietsch	Ft Wayne	IN	64	301	58:25	9:24/M
4	Edward Gebhart	Albion	IN	64	314	1:00:15	9:42/M
5	Dick Harnly	Ft Wayne	IN	64	319	1:01:12	9:51/M

**Men 65 and over**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joe Ziegler	New Haven	IN	66	130	46:32	7:30/M
2	Don Anderson	Ft Wayne	IN	74	246	53:10	8:34/M
3	Robert C Loomis	Monroeville	IN	69	254	53:45	8:39/M
4	Dwayne Weeda	Ft Wayne	IN	73	340	1:08:35	11:03/M
5	Kenneth E Disler	Ft Wayne	IN	79	345	1:18:52	12:42/M

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**ANGOLA HALF MARATHON****JUNE 15, 2002****OVERALL FINISH LIST**

Results by The Fort Wayne Track Club

Place	Name	City	Age	Age Group	Time
56	Josh Miller	Waterloo IN	14	2 M 0-17	1:44:25
57	Joe Kobieln	Auburn IN	44	17 M 41-50	1:44:44
58	Ken Kilgore	Lagrange IN	38	4 M 33-40	1:45:49
59	Thomas J Felts	Ft Wayne IN	47	18 M 41-50	1:46:42
60	Freeman Hershberger	Goshen IN	64	1 M 61-99	1:46:43
61	Don McElwee	Edgerton OH	44	19 M 41-50	1:47:40
62	Tom Felger	Ft Wayne IN	62	2 M 61-99	1:48:14
63	John David McPherson	Ft Wayne IN	49	20 M 41-50	1:48:27
64	Dave Wolff	Auburn IN	58	8 M 51-60	1:49:07
65	Craig Collins		35	5 M 33-40	1:49:47
66	Scott Glaze	Roanoke IN	44	21 M 41-50	1:50:25
67	Phil Luttmann	Kendallville IN	54	9 M 51-60	1:50:50
68	Steve Long	Bryan OH	32	8 M 25-32	1:50:54
69	Les Brown	Auburn IN	49	22 M 41-50	1:51:36
70	Jim Pickett	Waterloo IN	52	10 M 51-60	1:52:03
71	Jim Watkins	Bryan OH	42	23 M 41-50	1:53:17
72	Pat Patterson	Indianapolis IN	41	24 M 41-50	1:53:39
73	Tammi Elwood	Sherwood OH	29	2 F 25-32	1:53:45
74	Ty Murphy	Columbia City IN	53	11 M 51-60	1:53:46
75	Bob Krutsch	Antwerp OH	36	6 M 33-40	1:53:59
76	Anthony Stephenson	Ft Wayne IN	32	9 M 25-32	1:54:13
77	Rich Stephenson	Monroeville IN	55	12 M 51-60	1:54:15
78	Mike Ligett	Raleigh NC	54	13 M 51-60	1:54:16
79	Vicki Hughes	Lima OH	50	2 F 41-50	1:54:45
80	Chris Cain	Angola IN	42	25 M 41-50	1:55:38
81	Ted Warren	Gallatin TN	55	14 M 51-60	1:55:39
82	Laurie Brandon	Angola IN	32	3 F 25-32	1:56:42
83	Melinda Kinder	Ft Wayne IN	41	3 F 41-50	1:56:43
84	Pat Patterson	Indianapolis IN	15	3 M 0-17	1:57:19
85	Nishantha Gunawardena	Ft Wayne IN	35	7 M 33-40	1:57:29
86	Michael Halpin	Indianapolis IN	34	8 M 33-40	1:57:33
87	Jerry Smith	Holt MI	49	26 M 41-50	1:57:55
88	Mike Colligan	Ft Wayne IN	39	9 M 33-40	1:58:05
89	Laurie Whisler	Ft Wayne IN	37	3 F 33-40	1:58:21
90	Thomas Cleveland	Ft Wayne IN	40	10 M 33-40	1:58:22
91	Thomas Johnson	Ft Wayne IN	47	27 M 41-50	1:59:59
92	Amy Hile	Ft Wayne IN	37	4 F 33-40	2:00:46
93	Julianne Houser	Ft Wayne IN	42	4 F 41-50	2:00:56
94	Teresa Sachau	Lagrange IN	28	4 F 25-32	2:01:03
95	Terri Gross	Ft Wayne IN	46	5 F 41-50	2:01:39
96	Barb Scrogam	Ft Wayne IN	55	1 F 51-60	2:01:42
97	Aaron Cox	Ft Wayne IN	49	28 M 41-50	2:01:52
98	James Wright	Ft Wayne IN	55	15 M 51-60	2:01:52
99	Staci Beiswanger	South Whitley IN	36	5 F 33-40	2:02:02
100	Caroline Runyan	Huntington IN	38	6 F 33-40	2:02:48
101	Tamara Wright	Ft Wayne IN	43	6 F 41-50	2:02:49
102	Kerry Marshall	Ft Wayne IN	37	11 M 33-40	2:02:50
103	Dorinda Gunawardhana	Ft Wayne IN	31	5 F 25-32	2:02:51
104	Joel Brecourt	Ft Wayne IN	35	12 M 33-40	2:02:52
105	George Parker	Ft Wayne IN	34	13 M 33-40	2:03:50
106	Martin Hegarty	Chicago IL	42	29 M 41-50	2:06:36
107	Sonya Herber	Antwerp OH	40	7 F 33-40	2:06:43
108	Tim Conners	Toledo OH	47	30 M 41-50	2:06:45
109	Ron Eichel	Leo IN	39	14 M 33-40	2:07:05

**ANGOLA HALF MARATHON  
JUNE 15, 2002  
OVERALL FINISH LIST  
Results by Fort Wayne Track Club**

Place	Name	City	Age	Age Group	Time
1	Kevin Rigg	Lima OH	34	****	1:14:39
2	Kyle Minnich	Van Wert OH	27	****	1:17:54
3	Monica Hostetler	Kendallville IN	25	****	1:17:59
4	Eric Ade	Ft Wayne IN	23	****	:18:03
5	Brian Cass	Temperance MI	19		1:19:02
6	Rick Hammer	Hudson IN	21		1:21:08
7	James Furkis	Royal Oak MI	24		1:22:43
8	Justina Faulkner	Bourbon IN	26	****	:23:02
9	Erik Lemler	Bourbon IN	18		1:23:32
10	Mike Lewis	Lagrange IN	36		1:23:54
11	Jay Dardorff	Wheatfield IN	21		1:23:58
12	Keith Roberts		42	****	1:24:07
13	Steven Buell	Homer MI	20		1:24:21
14	Victor McHenry	Craigville IN	17		1:24:38
15	Robert Minnich, Jr	Ft Wayne IN	34		1:24:40
16	Ed Jacob	Van Wert OH	44		1:26:39
17	Brad A Thomas	Ft Wayne IN	27		1:27:04
18	Bob Price	Quincy MI	47		1:27:15
19	Paul Beckwith	Angola IN	46	****	1:28:58
20	Linda Keuncke	Ft Wayne IN	38	****	1:29:26
21	Phillip Yoder	Indianapolis IN	21		1:29:39
22	Megan Dexeimer	Ft Wayne IN	22		1:29:40
23	John Treleaven	Ft Wayne IN	50		1:30:11
24	Carlos Quintero	Defiance OH	42		1:30:39
25	Justin Grogg	Ft Wayne IN	20		1:30:51
26	Jim Ferrer	Angola IN	41		1:31:08
27	Ken Preston	Auburn IN	42		1:31:17
28	Brad Altevogt	Ft Wayne IN	47		1:31:18
29	Diana Schowe	Auburn IN	37		1:31:20
30	Jed Pearson	Columbia City IN	51		1:31:30
31	Henry Osier	Attica MI	53		1:32:39
32	Leah Long-Barthorst	Bluffton OH	35		1:32:48
33	Luke Van Horn		26		1:33:17
34	Vaughn Smith	Elkhart IN	58		1:33:26
35	Robert Kramer		44		1:33:44
36	Jim Ellert	Auburn IN	44		1:34:54
37	Brad Middleton	Auburn IN	44		1:34:56
38	Chris Sears	Angola IN	31		1:35:29
39	Randy Bukas	Whitehouse OH	47		1:36:34
40	Chris Sanderson	Angola IN	32		1:37:17
41	Julie Winter	Bloomfield MI	41	****	1:37:30
42	Mark Beals	Ft Wayne IN	39		1:37:51
43	Jennifer Steigmeyer	Ft Wayne IN	32		1:38:26
44	Dan Cumminskey	Ft Wayne IN	41		1:38:36
45	Larry Whitaker	Perrysburgh OH	52		1:38:50
46	Robert Freeman	Ft Wayne IN	46		1:39:29
47	James Mckinnon	Waterloo IN	46		1:39:40
48	James Miller	Spencerville IN	55		1:39:42
49	Chris Dummire	Monroeville IN	28		1:42:04
50	Greg Moe	Garrett IN	46		1:42:05
51	Jon Champion	Greenfield IN	26		1:42:23
52	Rita Smith	Elkhart IN	41		1:42:25
53	Rick Panning	Angola IN	53		1:43:31
54	Fred Stoffel	Larwill IN	51		1:44:11
55	James Strickland	Indianapolis IN	28		1:44:20

## Angola 5K Race Results / June 15, 2002 / Overall Finish List / Results FWTC

Place	Name	City	Age	Age Group	Time
1	Jerry Williams Jr.	Ft Wayne IN	42 *****	M 41-50	16:44
2	Randy Placencia	Garrett IN	14	1 M 13-17	18:12
3	David Rex	Columbia City IN	13	2 M 13-17	18:24
4	Baxter Burnworth		14	3 M 13-17	18:32
5	Jay Prichard	Van Wert OH	44	1 M 41-50	18:38
6	Tony Wagner	Angola IN	16	4 M 13-17	18:48
7	Trevor Baughman	Waterloo IN	14	5 M 13-17	18:53
8	Ryan Spiess	Corunna IN	16	6 M 13-17	19:12
9	Billy Snow		15	7 M 13-17	19:16
10	Amanda Portis	Kalamazoo MI	19 *****	F 18-24	19:25
11	Walter Burgin	Kokomo IN	20	1 M 18-24	19:49
12	Robert Leslie	Cincinnati OH	15	8 M 13-17	20:17
13	Michael Yoder	Kendallville IN	54	1 M 51-60	20:27
14	Martin Cholyer	Angola IN	16	9 M 13-17	20:36
15	Mitchell White	Ft Wayne IN	15	10 M 13-17	20:57
16	Bailee Souder	Garrett IN	15	1 F 13-17	21:36
17	Mary Ann Almsten	Maumee OH	29	1 F 25-32	21:43
18	Rachel Stoffel		18	1 F 18-24	21:48
19	David Peele	Ann Arbor MI	64	1 M 61-99	21:52
20	Riyan Lockard	Angola IN	12	1 M 0-12	22:06
21	Joe Halter	White Pigeon MI	45	2 M 41-50	22:22
22	Bliss Cook	Ft Wayne IN	14	2 F 13-17	23:18
23	Matt Strimple	Ft Wayne IN	15	11 M 13-17	23:22
24	Lisa Berry	Angola IN	30	2 F 25-32	23:24
25	Leslie Ferrier	Angola IN	16	3 F 13-17	23:47
26	Clint Zeedyk	Mark Center OH	29	1 M 25-32	23:48
27	Joel Schartzer	Goshen IN	55	2 M 51-60	23:54
28	Christopher Leslie	Cincinnati OH	12	2 M 0-12	23:54
29	Elizabeth Leslie	Cincinnati OH	15	4 F 13-17	23:57
30	Jenny Hogston	Ft Wayne IN	32	3 F 25-32	24:11
31	Ellen Wilson	Angola IN	14	5 F 13-17	24:28
32	Barry Kohli	Angola IN	15	12 M 13-17	24:29
33	Amy Archbold		30	4 F 25-32	24:33
34	Stephen Pawelkowski	Avilla IN	36	1 M 33-40	24:38
35	Ron Motycka	Ft Wayne IN	57	3 M 51-60	25:15
36	Gary Falgout	Columbia City IN	41	3 M 41-50	25:35
37	Dan Wyatt	Angola IN	40	2 M 33-40	25:51
38	Greg Huff		54	4 M 51-60	26:06
39	Yanto Go	Angola IN	22	2 M 18-24	26:13
40	Angela Nuttle	Hicksville OH	28	5 F 25-32	26:15
41	Jacob Wyatt	Angola IN	12	3 M 0-12	26:21
42	Annie Schlemmer	Lafayette IN	23	2 F 18-24	26:24
43	Dylan Hall	Lagrange IN	12	4 M 0-12	26:31
44	Vanessa Tracey		14	6 F 13-17	26:37
45	Cathy Hawks	Ft Wayne IN	44	1 F 41-50	27:39
46	Jill Parker	Ft Wayne IN	29	6 F 25-32	27:53
47	Annie Winter	Bloomfield MI	14	7 F 13-17	28:38
48	Jeremy Alyea	Garrett IN	31	2 M 25-32	31:28
49	Andrea Cox	Angola IN	57	1 F 51-60	31:37
50	Ina Thiel		15	8 F 13-17	31:45
51	Cynthia Fritz	Ft Wayne IN	37	1 F 33-40	31:47
52	Renee Fenstermaker	Ft Wayne IN	44	2 F 41-50	33:07
53	Chris Moe	Garrett IN	46	3 F 41-50	42:20
54	Angie Eichel	Leo IN	38	2 F 33-40	49:37
55	Patti Vande Zande	Lake Jimmerson IN	48	4 F 41-50	49:38
56	Robin Hammond	Ft Wayne IN	46	5 F 41-50	49:39

## Fort Wayne Track Club Race Schedule

### Races from 08/01/2002 to 11/01/2002

#### 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 available, 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 e-mail Don Lindley at [Lindleyd@fortwayne.infi.net](mailto:Lindleyd@fortwayne.infi.net) with details to accurately update the Calendar.

Date/Time	Local Points	Race Information
Aug 01, 2002 7:00 pm Thurs	L	New Haven Cross Country Benefit, 5K, New Haven High School, New Haven, IN, Bob Nelson, 9150 Seaview, New Haven, IN 46774, 260-749-4369, email: <a href="mailto:rmelson821@aol.com">rmelson821@aol.com</a> , web site: <a href="http://www.fwtc.org/raceinfo/newhaven2002.jpg">http://www.fwtc.org/raceinfo/newhaven2002.jpg</a>
Aug 03, 2002 7:30am Sat	L	Huntertown Heriage 5K Days Run/Walk, 5K, Huntertown Elementary School, Huntertown, IN, Registration @ 6:45am \$10
Aug 03, 2002 7am Sat	LP	Harlan Days 10K Race, 6.2 miles, Harlan Park, Harlan, IN, Thomas Bunner, D.D.S., PO Box 255, Harlan, IN 46743, 219-657-5197
Aug 03, 2002 8:30am Sat	R	The Lutheran Brotherhood Cornfest Five-Miler, 5 Mile & 1 Mile Fun Run, Hiers Park, Huntington, IN, Bob Jennings / Wabash River Valley Branch#8980, Lutheran Brotherhood, PO Box 915, Huntington, IN 46750, 359-1820
Aug 03, 2002 8am Sat	R	22nd Annual Women's Distance Festival 5K Run/Walk, 5K, Pearson Park, Toledo, OH, Terri & Steve Kaczor, WDF, 21803 McCutcheville, Bowling Green, OH 43402, 419-833-6365, email: <a href="mailto:skaczor.wcnet.org">skaczor.wcnet.org</a> , web site: <a href="http://www.toledoroadrunners.org">http://www.toledoroadrunners.org</a>
Aug 03, 2002 8am Sat	R	Ashley-Hudson Festival 5K Classic, 5K Run/Walk, Hudson, IN, Tatsy Hayes, PO Box 97, Hudson, IN 46747, 260-587-9500
Aug 03, 2002 9am Sat	R	9th Annual Buzzards Glory 5K Run, 5K, Football Stadium, Coldwater, OH, Karen Schoenherr, 419-678-4013, email: <a href="mailto:schoen@wcoil.com">schoen@wcoil.com</a>
Aug 04, 2002 5am Sun	R	Kingfish Mini Marathon, 13.1 M & 5K Run, Woodland Park, Portage, IN, 219-762-7348, web site: <a href="http://www.active.com">http://www.active.com</a>
Aug 04, 2002 7am Sun	L	Run for more Greenways, 5K Trail Run, Metea County Park, Fort Wayne, IN, Mitch Harper, 5207 Hopkinton Dr, Ft Wayne, IN 46814, 260-436-0739 <a href="#">PDF version of entry form</a> , email: <a href="mailto:mtchharper@aol.com">mtchharper@aol.com</a>
Aug 04, 2002 8:30am Sun	R	Gary Smith Worthington Classic, 5 Mile, Worthington, OH, Matt McGowan, PO Box 238, Granville, OH 43023, 740-587-0376, email: <a href="mailto:runohio@ee.net">runohio@ee.net</a> , web site: <a href="http://www.runohio.com">http://www.runohio.com</a>
Aug 07, 2002 6:30pm Wed	R	Midsummer Madness, 4M run/race walk, Crown Hill Cemetery, Indy, IN, Runners Forum, Benefit Brebeuf Men's X-C Team, 317-844-1558
Aug 10, 2002 7am Sat	R	Gator Gallop, 5K, St Aloysius Church, Yoder, IN, Chad Ware, 1121 Cottage Ave, Fort Wayne, IN, 46807, 260-744-0290, email: <a href="mailto:GatorNet@juno.com">GatorNet@juno.com</a>
Aug 10, 2002 7am Sat	R	Howl at the Moon 8 Hour Run & Walk, Kennekuk Cove County Park, Danville, IL, Marc, PO Box 1701, Danville, IL 61834, 217-431-4243, email: <a href="mailto:krr@kennekuk.com">krr@kennekuk.com</a> , web site: <a href="http://www.kennekuk.com">http://www.kennekuk.com</a>
Aug 10, 2002 8:00am Sat	R	FunFest 5K, 5K & 1 mile Fun Run, News-Sentinal Running Series, Warvel Park (9th & Market St) 1M @ 8am & 5K @8:30am, North Manchester, IN, Kevin Lochner, 10514 N Ogden Rd, N Manchester, IN 46962, 260-982-6105, email: <a href="mailto:klochner@ctlnet.com">klochner@ctlnet.com</a>
Aug 10, 2002 8:30am Sat	R	Nathan's Battle Race For Life, 4 Miles, Heartland Crossing, Indpls, IN, Ken Long & Assoc, 994 N Combs Rd, Greenwood In 46143 317-884-4001 web site: <a href="http://www.kenlongassoc.com">http://www.kenlongassoc.com</a>

Aug 10, 2002 8am Sat	R	16th Annual Kernel Klassic, 5K Run @8:30am and Walk @8am, Weaver Popcorn Co, Van Buren, IN, Dawn Black, 408 West Landess, Van Buren, IN 46991, 1-765-934-5383, email: <a href="mailto:dawn.black@popweaver.com">dawn.black@popweaver.com</a> , web site: <a href="http://www.popweaver.com">http://www.popweaver.com</a>
Aug 10, 2002 9am Sat	L	DINO(Do INdiana Off-Road), 15k and 5K, Franke Park, Fort Wayne, IN, Brian Holzhausen, 317-308-6449
Aug 10, 2002 9am Sat	R	Monclova Homecoming 5K, 5k Run/Walk, MoncloCommunity Ctr, Monclova, OH, Lee Grinonneau, Monclova Historical Society, 8115 Monclova Rd, Monclova, OH 43542, 419-865-7112
Aug 10, 2002 Sat	R	Run Thru Hell, 4.8 Mile & 10 Mile, Hell, Michigan, Pickney, MI, Harrison Hensley, PO Box 830, Pickney, MI 48169, 734-878-6640
Aug 10, 2002	R	Blacksnake Biathlon #3, 2M Run, 20M Bike, 2.5M Run, Johnson County Park, Camp Atterbury, IN, Johnson County Park Rec, 812-526-9816
Aug 17, 2002 8am Sat	L	9th Annual YWCA Duathlon, 4 mile run and a 15 mile bike, Oakview/ Perry Hill Elementary School, Fort Wayne, IN, Kim Ginder, 260-424-4908 Ext.259, email: <a href="mailto:duathlon@fortwayneywca.org">duathlon@fortwayneywca.org</a> , web site: <a href="http://www.active.com/event_detail.cfm?event_id=991204">http://www.active.com/event_detail.cfm?event_id=991204</a>
Aug 17, 2002 8am Sat	R	Onion Days, 5K, Town Park, Wolf Lake, IN, Brian Shepherd, 1426 Lincolnway, 260-894-4638
Aug 24, 2002 5:30pm Sat	R	Home Run Trot, 5K, McBride Stadium. Finish behind home plate, two free tickets to game, Richmon, IN, Richmond Parks & Recreation, 50 North 5th St., Richmond, IN 47374, 765-983-PARK
Aug 24, 2002 6:30pm Sat	R	Wabash Cannonball Run, 5K Run/Walk, Village Park, State Rd 64, Whitehouse, OH, Randy Bukas, Wabash Cannonball Run, PO Box 2476, Whitehouse, OH 43571, 419-877-5383, email: <a href="mailto:rjbukas@whitehouseoh.com">rjbukas@whitehouseoh.com</a>
Aug 24, 2002 8:30am Sat	L	15th Annual Bippus Block Bop, 4 Miles & 1 Mile Run/Walk, News-Sentinal Running Series, Bippus, IN, Eldon Brunner/Kil-So-Quah RR, 8414 N 300 W, Huntington, IN 46750, 219-344-1478
Aug 24, 2002 9am Sat	L	Celebrate Our Health because We Care, 5K Run/Walk, Foster Park, Fort Wayne, IN, Minority Health Coalition, 2700 S Lafayette St, Ft Wayne In 46806, 260-456-4566
Aug 24, 2002 9am Sat	R	Run 4 the Bone, 4M Run/Walk, Eagle Creek Park, Indy, IN, Tuxedo Bros, 317-733-3300, web site: <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Aug 24, 2002 Sat	R	Bears of Blue River, 10K, Shelbyville, IN, Shelbyville Parks & Recreation, 317-392-5128
Aug 24, 2002 Sat	R	Golden Gate Headlands 50K Trail Run, 50K, Sausalito, CA, Peter Franks, 2002 USAT&F Ultra Championships, email: <a href="mailto:peterfrank@attgobal.net">peterfrank@attgobal.net</a>
Aug 25, 2002 8am Sun	R	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: <a href="mailto:klong@kenlongassoc.com">klong@kenlongassoc.com</a> , web site: <a href="http://www.kenlongassoc.com">http://www.kenlongassoc.com</a>
Aug 31, 2002 7pm Sat	R	Summer Nights 5K/1M, 5K/1M, Ligonier Elementary, Ligonier, IN, Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 260-894-4638
Aug 31, 2002 9am Sat	R	Little Italy Festival 5K, 5K Run/Walk, So Vermillion HS, Clinton, IN, Bruce Speth, 765-832-6179
Aug 31, 2002 9am Sat	R	Toledo Classic Riverfest Road Race, 10K, Downtown Toledo, Toledo, OH, Pete Buehler, 419-578-9058

Sep 02, 2002 8:30am Mon	R	On Your Marks for the Parks, 5M Run & 5K Walk, St Vincent Hospital, Indy, IN, Tuxedo Bros, 317-733-3300, web site: <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Sep 02, 2002 9am Mon	R	29th Annual Blueberry Stomp, 15K & 5K & 1 Mile Fun Run, Plymouth, IN, Adams Street Ministries, Inc, First Church of Christ, 321 N Center, Plymouth, IN 46563, 219-936-5020, web site: <a href="http://www.blueberryfestival.org">http://www.blueberryfestival.org</a>
Sep 07, 2002 6am Sat	R	Dances with Dirt Relay & Ultra Run, Slightly Marked Trail, 50Mile, 50K & 100K Relay, Half Moon Lake, Hell, MI, Dances With Dirt, 43271 Crescent Blvd, Novi, MI 48375, 248-347-4568, email: <a href="mailto:dirtdiva@runningfit.com">dirtdiva@runningfit.com</a>
Sep 07, 2002 7:30am Sat	L	Roanoke Fall-Fest Five, 5 Miles & 1 Mile Fun Run, Wells Fargo Parking Lot, Roanoke, IN, Dave Winters, 3402 E 716 N, Huntington, IN 46750, 260-672-8281
Sep 07, 2002 Evening Activity	R	Clarian Health Indpls Colts Stampede, 5M & 5k, Downtown Indpls(Kick-off Colts season), Indpls, IN, KLA, 994 North Combs Rd, Greenwood, IN 46143, 1-866-786-9255, email: <a href="mailto:klong@kenlongassoc.com">klong@kenlongassoc.com</a> , web site: <a href="http://kenlongassoc.com">http://kenlongassoc.com</a>
Sep 08, 2002 8am Sun	R	USAT Mideast Regional Champ Triathlon, 1.5K Swim, 40K Bike, 10K Run, Eagle Creek Park, Indy, IN, Tuxedo Bros, 317-733-3300, web site: <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Sep 14, 2002 7am Sat	R	4th Annual Wabash Valley Half Marathon, 13.1 M Run, Ivy Tech State College, Terre Haute, IN, Bruce Speth, 765-832-6179
Sep 14, 2002 8am Sat	LP	Dupont 5K, 5K, Dupont Hospital, Fort Wayne, IN, Richard M Hilker, 1104 W State St, Ft Wayne IN 46808, 219-484-0454, email: <a href="mailto:drickd@aol.com">drickd@aol.com</a> , web site: <a href="http://www.Dupont5K.homestead.com">http://www.Dupont5K.homestead.com</a>
Sep 14, 2002 8am Sat	R	StarStrides Run & Walk, 10K, 5K Competitive Walk & Fun Run, Indiana Convention Ctr, Indpls, IN, Ken Long, 994 N Combs Rd, Greenwood, IN 46143, 317-884-4001, email: <a href="mailto:klong@kenlongassoc.com">klong@kenlongassoc.com</a> , web site: <a href="http://www.kenlongassoc.com">http://www.kenlongassoc.com</a>
Sep 14, 2002 9am Sat	R	Dick Lugar Run & Walk, 10K Run/5K Run&Walk, Butler University, Indpls, IN, Tuxedo Brothers, 317-733-3300, web site: <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Sep 14, 2002 9am Sat	R	Walk, Roll or Run for Sarah's House, 5K & 10K, Bryan Recreation Park, off Center St, Bryan, OH, Michele Tinker, 419-636-7272, email: <a href="mailto:sarahhs@bright.net">sarahhs@bright.net</a>
Sep 14, 2002 Noon Sat	R	Orlander Park USATF 24 Hour Run, Olander Lake, Toledo, OH, Tom Falvey 2002 Ultra Championships, 3743 Woodmont Rd, Toledo, OH 43613, 419-475-0731, email: <a href="mailto:falvey@prodigy.net">falvey@prodigy.net</a>
Sep 17, 2002 7am-7pm Sat	R	12 Hours of DINO (Do INdiana Off-Road), 12hr of madness, Valley Branch Retreat, Nashville, IN, Brian Holzhausen, 317-308-6449
Sep 21, 2002 50M@7:30am and 26.2M@8am Sat	R	North Country Trail Run, Marathon & 50 Miles Limit 200, Manistee National Forest, Manistee, MI, Steve Webster, Striders, 4045 Chicago Dr, Grandville, MI 49418, 616-261-9706, email: <a href="mailto:steve@stridersrun.com">steve@stridersrun.com</a> , web site: <a href="http://stridersrun.com">http://stridersrun.com</a>
Sep 21, 2002 8am Sat	LP	Parlor City Trot, 13.1 Mile & 10K Run, News-Sentinal Running Series, Bluffton, IN, Mac MacAvoy, PCT/FWTC, PO Box 11703, Ft Wayne, IN 46860, 219-824-5158, email: <a href="mailto:clanmac@adamswells.com">clanmac@adamswells.com</a> , web site: <a href="http://www.fwtc.org">http://www.fwtc.org</a>
Sep 21, 2002 9am Sat	R	2nd Annual Marblehead Inn 5K Run, 5K Run, Marblehead Inn, Marblehead, OH, V. Rinehart, 419-756-6715, email: <a href="mailto:trinehart@neo.rr.com">trinehart@neo.rr.com</a> , web site: <a href="http://www.marbleheadinnohio.com">http://www.marbleheadinnohio.com</a>
Sep 22, 2002 8:30am Sun	R	Tuxedo Brothers Duathlon, 5K Run, 33K Bike, 5K Run, Eagle Creek Park, Indy, IN, Tuxedo Bros, 317-733-3300, web site: <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Sep 28, 2002 10:30am Sat	R	Hoosiers Outrun Cancer, 5K Run/Walk, Bloomington, IN, Bloomington Hospital Foundation, PO Box 1149, Bloomington IN 47402, 812-353-5000, web site: <a href="http://www.hoosiersoutruncancer.org">http://www.hoosiersoutruncancer.org</a>
Sep 28, 2002	L	9th Annual Food Bank 5K Run/Walk & PeeWeeRun, 5K, Canterbury School(Benefit Assoc.

8:45& 9:00 am Sat		Church Food Bank, Fort Wayne, IN, Rita Hayes, Canterbury School, 3210 Smith Road, Fort Wayne, IN 46804, 260-436-8621
Sep 28, 2002 9am Sat	R	Double Eagle Run & Walk, 10M Run & 4M Run/Walk, Eagle Creek Park, Indy, IN, Tuxedo Bros, 317-733-3300, web site: <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Sep 29, 2002 11am Sun	R	Wild Wild Wilderness Trail Run, 7.6 miles, Kickapoo State Park, Danville, IL, Susan, Wild 2001, PO Box 1701, Danville, IL 61834, 217-733-2403, email: <a href="mailto:krr@kennekuk.com">krr@kennekuk.com</a> , web site: <a href="http://www.kennekuk.com">http://www.kennekuk.com</a>
Oct 05, 2002 8:30am Sat	R	8th Annual Germantown 50KM Trail Run, 50K, Germantown, OH, Joe Smindak, 222 Liberty St, Dayton, OH 45402, 937-586-6546, email: <a href="mailto:jsmindak@juno.com">jsmindak@juno.com</a> , web site: <a href="http://www.orrc.org">http://www.orrc.org</a>
Oct 05, 2002 8am Sat	R	9th Annual The Composer's Classic, 10K & 5K Run/Walk X-C, Kokomo Wildcat Creek Golf Club, Kokomo, IN, Paul L Wood, PO Box 6115, Kokomo, IN 46904-6115, 765-455-1659, email: <a href="mailto:ksoexec@att.net">ksoexec@att.net</a> , web site: <a href="http://www.kokomosymphony.org">http://www.kokomosymphony.org</a>
Oct 06, 2002 1pm 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, 260-436-6326, web site: <a href="http://www.fwortho.com">http://www.fwortho.com</a>
Oct 06, 2002 7:45am Sun	R	25th Annual Detroit Free Press Marathon, 26.2 Miles, Detroit, MI, Patricia Ball, 600 W Fort St, Detroit MI 48226, 313-222-6676, email: <a href="mailto:marathon@freepress.com">marathon@freepress.com</a> , web site: <a href="http://www.freep.com/marathon">http://www.freep.com/marathon</a>
Oct 12, 2002 10:30am Sat	R	Building On Tradition - Homecoming, 5K Run/Walk, Valparaiso University, Valparaiso, IN, Jenny Banks, Office of Alumni Relations, VU, Loke Hall, Valparaiso, IN 46383, 800-833-6792 x23, email: <a href="mailto:alumni@valpo.edu">alumni@valpo.edu</a> , web site: <a href="http://www.valpo.edu">http://www.valpo.edu</a>
Oct 12, 2002 5pm Sat	R	Monster Mash Dash, 5K Run, Eagle Creek Park, Indy, IN, Tuxedo Bros, 317-733-3300, web site: <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Oct 13, 2002 1pm Sun	LP	Zoom thru Zulu, 10K, 10K relay, News-Sentinel Running Series, Zulu, IN, Mitch Harper, 5207 Hopkinton Dr, Fort Wayne IN 46814, 260.436.4824 FAX: 260.436.8284, email: <a href="mailto:zulu10K@aol.com">zulu10K@aol.com</a> , web site: <a href="http://www.fwtc.org/zulu">http://www.fwtc.org/zulu</a>
Oct 19, 2002 9am Sat	R	Circleville Classic, 5 Mile, Circleville, OH, Jeff McGowan, PO Box 13173, Circleville, OH 43113, 614-755-9575, email: <a href="mailto:runohi@ee.net">runohi@ee.net</a> , web site: <a href="http://www.runohio.com">http://www.runohio.com</a>
Oct 19, 2002 Sat	R	Edmund Fitzgerald 100K, 2002 USAT&F Championships, Duluth, MN, Sue Olsen, 982-892-1108
Oct 20, 2002 7pm Sun	R	Haunted 5K Run/Walk, 5K, Fairbanks Park, Terre Haute, IN, 812-234-9944, email: <a href="mailto:fasttrac@gte.net">fasttrac@gte.net</a> , web site: <a href="http://www.fasttrackonline.com/holiday.htm">http://www.fasttrackonline.com/holiday.htm</a>
Oct 26, 2002 10am Sat	R	Pleasant Run Run, 5M Run and Race Walk, Historic Irvington, Indy, IN, Tuxedo Bro, 317-733-3300, web site: <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Oct 26, 2002 8:30am Sat	L	Pumpkin 5K Run/Walk for Parkview Hospice, 5K, Fort Wayne, IN, Tim Miller, 260-373-9805, email: <a href="mailto:Tim.Miller@parkview.com">Tim.Miller@parkview.com</a> , web site: <a href="http://www.signmeup.com/10624">http://www.signmeup.com/10624</a>
Oct 26, 2002 Sat	R	Muncie Mini Marathon 5, 26.2M/13.1M/5K, Muncie, IN, 765-741-5539
Oct 27, 2002 1:30pm Sun	LP	Callithumpian Canter, 5K & 1 Mile Fun Run, News-Sentinal Running Series, Decatur, IN, Josh Heckert, Belmont HS, 219-724-4887, email: <a href="mailto:bubba5976@mchsi.com">bubba5976@mchsi.com</a>
Nov 02, 2002 7am Sat	R	OPSF 50/50 Trail Run, 50 km & 50 Miles & 15 Miles, Owen-Putnam County State Forest, Spencer, IN, Norm Carlson, 501 W Indiana, Spencer IN 47460, email: <a href="mailto:normc@ccrtc.com">normc@ccrtc.com</a>

# FWTC MEMBERSHIP APPLICATION

Name: \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Sex \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Work Phone \_\_\_\_\_

E-mail address: \_\_\_\_\_

Occupation: \_\_\_\_\_ Business Affiliation: \_\_\_\_\_

Type of Membership: Single: \_\_\_\_ Family: \_\_\_\_ New Member: \_\_\_\_ Renewal: \_\_\_\_\_

## Family Members:

Spouse: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_

Children: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_

Children: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_

Make checks out to: Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860-1703

## ***ANNUAL MEMBERSHIP DUES: January 1—December 31***

One year: \$16 Two Years: \$28 Three Years: \$36

New Members: first year only \$12 If you join during the year you pay as follows: 100%-Jan., Feb., Mar- 1st Qtr.  
Members under 21: \$12 75%-Apr., May, Jun.-2nd Qtr.  
Family rates: \$4 for ea. add'l family member (\$8- max) 50%-Jul., Aug., Sep.-3rd Qtr.  
125%-Oct., Nov., Dec.-4th Qtr.

The Fort Wayne Track Club has obtained an insurance policy through the Road Runners Club of America which gives coverage for various events. Through this insurance we are covered for weekly runs, picnics, socials, and volunteers at races and other club functions. Please sign a waiver if you have not already done so. The waiver will be kept on file. \$1.25 of your annual dues goes to the RRCA for your subscription to the quarterly magazine, FootNotes, that you receive as a member of the Road Runners Club of America.

## **CLUB MEMBERSHIP APPLICATION WAIVER**

I agree for myself, and any other person named on this application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record for any legitimate purpose. I understand and will abide by the guidelines that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club races.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents Signature(if under age 18) \_\_\_\_\_ Date: \_\_\_\_\_



# FORT WAYNE TRACK CLUB

## MEANS "VOLUNTEERS"

Please indicate your areas of interests.

NAME: \_\_\_\_\_

- 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     Advertising     Written Contribution
- Race Applications     Businesses
  - Mailing     Typing Race Results
- FWTC BANQUET
  - Decorations     Program
- FWTC PICNICS
- ADVERTISING
  - Obtaining Potential Race Sponsors
  - Obtaining Newsletter Sponsors
- PUBLICITY COORDINATOR
  - Send weekly schedules to newspapers
- ANYWHERE NEEDED
- OTHER (Specify) \_\_\_\_\_

SHOW YOUR SUPPORT FOR YOUR FORT WAYNE TRACK CLUB

MAIL VOLUNTEER FORM TO: Fort Wayne Track Club,  
P.O. Box 11703, Fort Wayne, IN 46860-1703

# Members Page

**347-2990**

**Phone**



**347-2521**

**Fax**

**IMPACT** *images*

**E-MAIL: [printing@locl.net](mailto:printing@locl.net)**

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# 2002

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### OFFICERS

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<b>Vice President</b>	Vern Cedar	(260) 745-4295	vceder@fwtc.org
<b>Secretary</b>	Vincent & Carol Garcia	(260) 489-6434	garcia.vincent@marion-in.va.gov
<b>Treasurer</b>	Don Lindley	(260) 432-5998	lindleyd@fortwayne.infi.net

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### Equipment Coordinators

JP Jones (260) 745-7339  
Don Lindley (260) 432-5998  
Paul Ausderan (260) 436-4446  
Paul Knott (260) 485-1917

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MicroSoft Word, Microsoft Publisher or  
Wordperfect preferred E-mail submissions.

### FWTC INFORMATION

FWTC Mailing Address: Fort Wayne Track Club,  
P.O. 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

### Membership Dues

There is a membership application in the newsletter. Re-  
member your dues is what keeps the club running.



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



FWTC NEWSLETTER

P.O. Box 11703

Fort Wayne, IN 46860

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