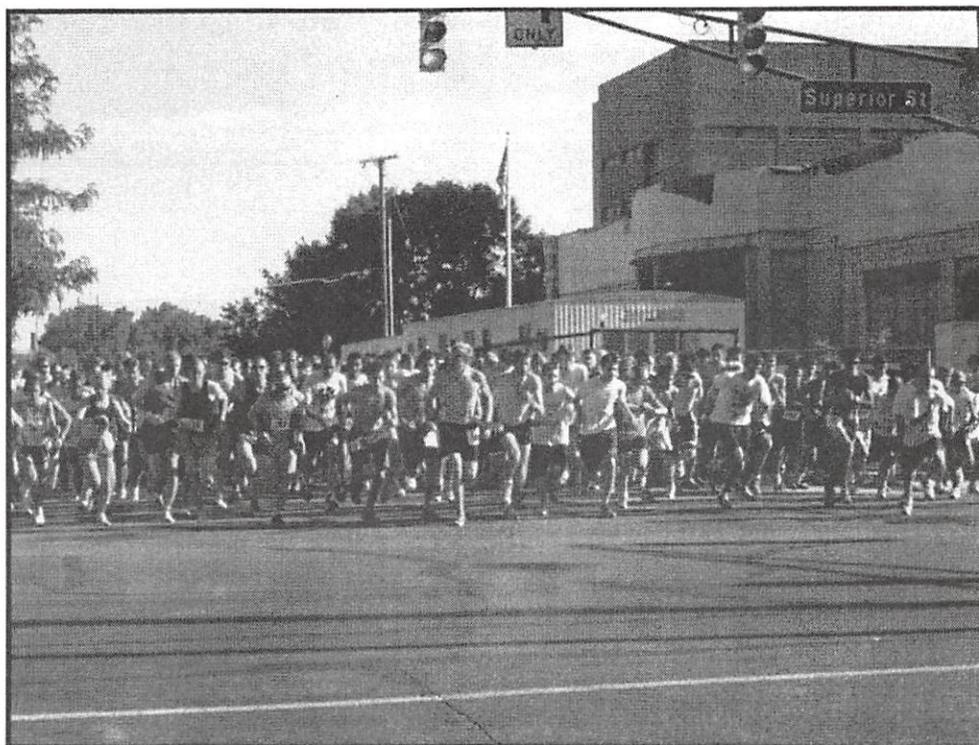


the inside track

October 2002 & November 2002

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



The Start of the Runners On Parade - July 13, 2002

**Left to Right: See Inside for a Complete List
Of Participants to Find Your Results**

INSIDE THIS ISSUE:

Editors Corner, Prez-Séz, and Nutrition Help from Judy, Area Race Results:
Runners on Parade, Harlan Days 10K Kernel Klassic, Funfest 5K,
Gator Gallop, Dupont 5K and 2002 Mid-Season FWTC Points Totals
Also Pictures from Various Races and Proposed 2003 Points Series Changes

Check out our web site at www.fwtc.org

2002

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Editor - Tim O'Connell 485-2370
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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

FORT WAYNE TRACK CLUB 5 KM TURKEY TROT

Saturday, November 16, 2002 11:00 am

To Benefit Fox Island County Park Nature Center

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

Awards:

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

12 Age Divisions: 1st Place Male & Female

Race Director: Don Lindley (260)436-2234; E-Mail: lindleyd@fortwayne.infi.net

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

FWTC

PO Box 11703

Fort Wayne, IN 46860

Make Checks Payable To: Fort Wayne Track Club

**FWTC
POINTS RACE**

Name _____

Address _____ Email : _____

City _____ State _____ Zip Code _____

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

Entry Fees: Pre-Registration: \$2.00 FWTC Member \$3.00 FWTC Member
Race Day Registration: \$3.00 FWTC Member \$4.00 FWTC Member
Free - 15,000 cm for boys and girls, 10 years & Under

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

Signature _____ Date _____

Parents Signature if under 18 yrs _____ Date _____



JUST PLAIN 10K RUN & 3.3 K WALK

Saturday, December 7, 2002 - 2:00 pm

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

Low Key Race

Pre-registration recommended but not necessary

No Awards - No Aid Stations

No Toilet Facilities

Refreshments after the race

Mail to: Fort Wayne Track Club

PO Box 11703

Fort Wayne, IN 46860

Entry fee - Gift wrapped T-shirt/s with size marked on outside

Donated to needy children

Race Director - J.P. Jones 260-745-7339

Name: _____ Sex: M ___ F ___

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

Street Address: _____ Email : _____

City: _____ State: _____ Zip Code: _____

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

Signature of participant:

Date: _____

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



Editors Corner

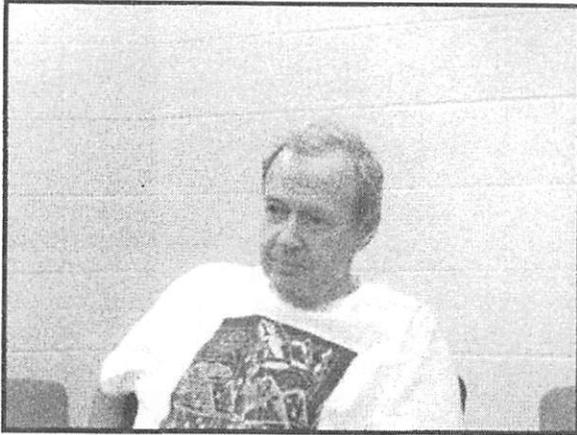
The Running Evolution

Did I misspell that? I use to hear about the "Running Revolution" or the "Running Boom" that took place 20 to 30 years ago. Whatever happened to that? Well, I know one thing about it. I started running during that time and never realized it was happening. I think I might have heard the terms floating around, but as a high school and collegiate runner, I never new that I was part of a revolution or boom, and never considered running as a revolutionary awareness that drew in hundreds of thousands of people, including me. I just simply ran. Something did happen though that popularized the sport in the United States, and got many more people running races and running for health benefits than ever before in our country's history. I don't know all the reasons for the increased participation in the sport of running at that time, but it probably hinges around many people being made aware of running, and all the good things that it can give. Actually, the media in one form or another is likely responsible. A good analogy is how our National Parks became so popular, or

how the Gold Rush came to be. Books and newspaper articles were written about the great beauty and opportunity that could be experienced by individuals who discovered these places, such as Yosemite and Grand Canyon National Parks. The public took it from there, and flocked to our newly opened or forming Park areas. During the late 1960s and into the 70s, the health care community started promoting the benefits of running relative to heart disease and general health. Doctors became runners, books were written, articles published, races founded and the media discovered and popularized great runners and personalities such as Steve Prefontaine, Bill Rogers and Frank Shorter, along with races such as the Boston and New York Marathons. It seemed as though everybody was running either for competition or because it was thought to be so good for you. Even my Dad started running after his doctor told him to relieve stress by exercise and jogging rather than what the "pill" generation of the 50s and 60s had been given. Every small town and large city had an annual 10K or Marathon event, and corporations got in the act by sponsoring races such as the Terre Haute Marathon (Oil) Marathon. Track became a professional sport for a short time with televised meets. All this, and I was oblivious to the upswing, maybe because I was introduced to the sport in the normal routine of my life. Runners enter the sport in a variety of ways. Most are initially exposed to running by way of organized team competition at the middle and high school levels, as was the case with me. I started running cross country as a freshmen when my older brother, a senior with football / student council president / drama / star status, plotted with the cross country coach to get me, the proverbial 88 pound weakling doing something after school besides just going home. They were as desperate for warm bodies then as they are now. He told me to get in the car after the 1st day of high school, and took me to Shoaff Park for something called cross country practice. That day I saw no benefit in running aimlessly around the park, which seemed so big. I was encouraged not to quit by my dad, and the fact that my brother would have killed me, and squashed me against the lockers at school. I ran my 1st cross country meet several days later, and thought it was OK, even though I was reduced to walking twice. My second meet about one week later was a different story though, I ran the whole way and absolutely loved it, especially the excitement of competition. Here was something an 88 pound weakling could do. I would guess that many runners have entered the sport the same way, through school team competition. Some are like my dad, and start running purely for health reasons, but because the attention is no longer on the sport as it was 30 years ago, the general public will not know to embrace it like during the boom. People have found other methods to get healthy - like fat burner pills, supplements, protein diets and red wine. The boom as we knew it is over, but not forgotten. Many individuals who participated in, and developed a love for the sport during those years are still involved in running and racing as is evident by the numbers in the 40 and 50 age groups, but are also picking up the gauntlet for fostering new participation. The elementary school cross country races organized by Phil Suelzer are a fine example. An application form with brief description of the events is in this issue of the Newsletter. Middle school coaches and high school coaches still remain in most cases the 1st contact a person has with beginning runners. How they approach the sport, teach it, coach it and build motivation must have a large impact on long term participation in the sport. I think our area coaches do a great job. There is much competition for able bodied athletes from other sports such as soccer and baseball, making their task of generating a high level of performance even more challenging. Identifying talent and fostering a healthy participation will help keep the sport of running sound, and expose our young people to something that we have come to know as a truly healthful life long activity for body, mind and spirit. Those of us who have evolved through and past the fastest years of our competitive careers, and those who have come to know the benefits of pure recreational running, must consider passing along our passion and experience to others.

Good running and keep healthy.

PREZ-SEZ - Bill Harris



We run for fun. We run for conditioning. We run for points! The Board is considering a different approach to calculating race points in 2003. A discussion of this approach appears elsewhere in the newsletter.

To be eligible for the points competition, participation in six points races is required, although directing a race counts in computing the minimum six races. Race volunteers receive 100 points for their efforts, but must still compete in the minimum six races. Club membership as of March 1 is necessary to be eligible for the points competition. Point values have also been modified. Check it out! Review the points suggestion carefully and express your comments orally or in writing to any Board member before the November 13th Board meeting.

The Board is excited about these changes and wants your comments. Help us make a good points system even better!

Gotta Run,

Bill

ATTENTION RACE DIRECTORS

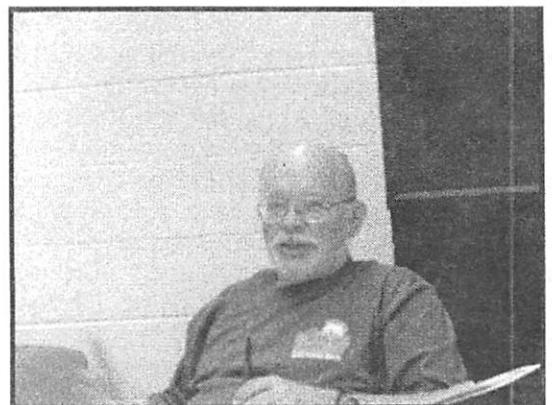
Is Your Race on the FWTC Race Schedule? If not, contact Don Lindley at lindleyd@fortwayne.infi.net

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

**Next Newsletter Deadline
Friday, November 15, 2002**

**Next FWTC Meeting
Wednesday, October 9, 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

POINTS RULES FOR 2003

TENTATIVE POINTS RULES FOR 2003

1. FWTC members must pay dues by March 1st. You must be a member by March 1st to be awarded any points for the current year.
2. Participants must complete a minimum of 6 races and volunteer for at least one race to earn points.
3. Participants earn 100 points for volunteer work at each race. The maximum that may be earned by volunteering is 200 points. These races do not count towards the 6 race minimum. If you volunteer and run the race you earn points for both.
4. Race directors will receive 100 points toward the series points plus each race will count toward the minimum. There will be no maximum points for race directors.
5. Age group placement:
 - a. Age group placement is determined by age as of January 1.
 - b. Under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over.
 - c. Points are awarded for each race based on your age as of January 1. Events will be recalculated to reflect the January 1 date. Example you turn 45 as of January 2 so all the races are run when your 45 your place at the event will not change but, each race will be recalculated as if the race took place on January 1. This will place you back in the 40-44 age group and place you with the other FWTC members the same age.
 - d. If the race has more age groups than the above, participants receive the points as earned in that race. This means it is possible for more than one participant to earn the same number of points in the same age group. Example 1 if a race has a 60-64 & 65-69 age group, means the 1st place winner in the 60-64 age group gets 100 points and the 1st place winner in the 65-69 age groups also get 100 points. Example 2 if there is a 14 & under and 15-19 age group, the winner of each group get 100 points. Points are given based on how participant's finish compared to other FWTC members.

First place: 100 points	Seventh place: 35 points
Second place: 85 points	Eighth place: 25 points
Third place: 75 points	Ninth place: 15 points
Fourth place: 65 points	Tenth place: 10 points
Fifth place: 55 points	Other finishers: 5 points
Sixth place: 45 points	
6. The top male and female award winners will be scored by a separate system based on the top 10 FWTC finishers in the races regardless of age group.
7. I would purpose that members look over the about rules and if you have any comments, changes or questions you contact Tom Landis via Email at LTG541TL@MSN.COM OR Don Lindley. We will try to make this change in the rules as easy to understand and fair as possible.

Thank You
Tom Landis

2002 Fort Wayne Track Club Points Series Standings
 Mens Current Standings Through Runners on Parade - July 13, 2002

1 Fanny Freezer	5 K	9 Harlan Days	10 K
2 NutraRun 20K	20 K	10 Dupont 5K	5 K
3 Mastodon Stomp	5 K	11 Parlor City Trot	13 M
4 Shoe Sucker 7	7 M	12 Zoom-Thru-Zulu	10 K
5 Ft Wayne Mile Championship	1 M	13 Parkview Pumpkin Run	5 K
6 River City Rat Race	10 K	14 Callithumpian Canter	5 K
7 Angola Half-Marathon	13.1 M	15 Fort Wayne TC Turkey Trot	5 K
8 Runners on Parade	5 K	16 Just Plain 10K	10 K

Race Month	Total	No	Feb 9th	Mar 23th	Apr 6th	Apr 20th	May 4th	May 25th	June 15th	July 13th	Aug 3rd	Sept 14th	Sep 21th	Oct 13th	Oct 27th	Oct 28th	Nov 23rd	Dec 7th
Race Day	Points	Races	5K	20K	5K	7.6M	1 M	10K	13.1	5K	10K	5K	13M	10K	5K	5K	5k	10k
Race No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		

Men 19 and Under >>>	Tot	#R	Men 40 - 44 >>>	Tot	#R	Men 50 - 54 >>>	Tot	#R	Men 70 and Over	Tot	#R
Nathan Folks	285	3	Scott Glaze			Jed Pearson			Don Anders	600	6
Sam Bird	280	4	Toby Jo Hullinger	300	4	John Treleaven	620	7	Ken Disler	420	5
Stephen Clark	185	2	Paul Shaffer	280	4	Fred Stoffel	470	5	Dwayne We	170	2
Joe Suelzer	160	2	Chuck Zumbrun	270	3	James Wright	380	6	JP Jones	85	1
Chris Miller	140	2	Kenny Cline	260	4	Jim Pickett	305	8	Curtis Nold		
Andy O'Connor	100	1	Jeff Metzger	250	4	Phil Suelzer	300	6			
Matt Wright	100	1	Gary Bird	240	3	Robert Snow	260	3			
Nick Bustos	75	1	Carl Risch	220	4	Don Ransome	255	4			
Evan Niner	55	1	Dan Cumiskey	200	2	Lynn Bobay	150	2			
Jacob Weide	45	1	Dan Nestle	185	2	Phil Luttmann	120	5			
			Jeff Milleman	165	2	Ty Murphy	110	2			
			Terry Diller	100	1	Tom Fuelling	110	4			
Men 20 - 29 >>>			Michael Skipper	100	1	David Winters	105	3			
Brad Thomas			Jim Berghoff	75	1	Jim Weide	75	1			
Chris Adang	670	7	Rick Evans	70	2	Tim Bolin	65	1			
Mike Cole	385	5	Gregg Kurtz	50	2	Verton Troyer	65	1			
Larry Park	200	2	Craig Bobay	45	1	Dauid Eckert	65	1			
Tim First	160	2				Steven Greider	60	2			
Perry Leavell	150	2	Men 45 - 49 >>>			Gary Dexheimer	60	2			
James Furkis	55	1	James McKinnon			Norm Bailey	55	1			
			Brad Altevogt	465	7	Steve Knouff	55	1			
Men 30 - 34 >>>			Kim Lefever	430	5	Dick Shenfeld	45	1			
Eric Kleinrichert			Tim O'Connell	310	4	Lon Braun	35	1			
Bob Minnich	425	5	John David McPherson	285	3	Steve Schwartz	30	2			
Mike Schoudel	300	3	Aaron Cox	280	7	Craig Hamilton	10	1			
Andy Haxton	285	3	Doug Sundling	270	8	Dan Kaufman	5	1			
Buff Dormeier	150	2	Tom Felts	200	2						
Jerry Berghoff	100	1	Roger Wilson	200	4	Men 55 - 59 >>>					
Chad Ware	85	1	Chuck Brown	175	2	Rich Stephenson					
Dan Grismore	65	1	Don Kramer	155	2	David Boylan	625	8			
			John Link	135	3	Bernie Burgette	480	6			
Men 35 - 39 >>>			Todd Seiman	120	2	Bob Bruckner	275	3			
Kevin Pensinger			Paul Beckwith	120	2	Dewain Cobbs	200	2			
Mark Beals	500	5	Howard Klinger	100	1	Jack Seigel	185	2			
Paul Knott	500	7	Jay Fawver	65	1	William Crane	150	2			
Brett Hess	290	4	Terry Anderson	65	1	Don Lindley	130	2			
David Swenson	160	2	Scott Miller	60	4	Larry Lee	75	1			
Brian Shepard	120	2	Kevin Truelove	55	3	Jon Ingleman	65	1			
Jeff Gray	100	1	Ron Zartman	50	2	Barrie Peterson	55	1			
Joel Brecount	100	1	Craig Bobay	35	1	John Brier	45	1			
Jim Bougher	100	2	David Weikel	30	2	Al Huth	35	1			
Joe Pais	90	2	Dennis Rohis	25	1						
Ron Sharp	85	1	Doug Ulmer	25	1	Men 60 - 69 >>>					
Ward Moya	85	1	Fred Hannan, Jr.	15	1	Tom Felger					
Eric White	85	1	Joseph Nayarkas	15	1	Joe Ziegler	710	8			
John Beasley	75	1	Rick Hilker	15	3	Bob Loomis	570	6			
Robert Novak	75	1	Tim Dooley	10	2	Freeman Hershberge	290	4			
Kent Mitchell	70	2	Tom Landis	10	2	Bill Harris	200	2			
Chad Ware	55	1	Chris Shoot	10	1	Karl Dietsch	140	2			
Steve McMahon	35	2	Hal Atkinson	5	1	Bernie Huesing	140	2			
			John Shire	5	1	Dick Harnly	110	2			
			Keith Niner	5	1	Don Ashton	110	2			
			Mitch Harper	5	1	Dick Sive	75	1			
			Dan Leffers	5	1	Bill Mack	35	1			

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 Womens Current Standings Through Runners on Parade - July 13, 2002

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Race Month			Feb	Mar	Apr	Apr	May	May	June	July	Aug	Sept	Sep	Oct	Oct	Oct	Nov	Dec
Race Day			9th	23th	6th	20th	4th	25th	15th	13th	3rd	14th	21th	13th	27th	28th	23rd	7th
Distance	Total	No	5K	20K	5K	7.6M	1 M	10K	13.1	5K	10K	5K	13M	10K	5K	5K	5k	10k
Race No.	Points	Races	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Women 19 and Under >>>

Nikki Jaspersen	Tot	#R
Adele Mitchell	185	2
Samantha Lee	100	1
Jessica Palevich	75	1
Hannah Weide	65	1
Stephanie Fenstermak	55	1
Beth Niner	45	1
Sarah Bird	35	1
Angela Palevich	25	1

Women 45 - 49 >>>

Sue Fowler-Finn	Tot	#R
Patty Schwartz	385	4
Diane Post	185	2
Carol Weide	140	2
Phyllis Suelzer	100	1
Terri Gross	100	1
Carol Garcia	100	1
Judith Ingleman	85	1
Susan Markey	85	1
Holly Niner	85	1
Cheryl Stromski	75	1

Women 20 - 29 >>>

Megan Dexheimer	Tot	#R
Allison Park	200	2
Amy Stephan	175	2
Kimberly Milleman	165	2
Laurie Yahl	85	1

Women 50 - 54 >>>

Bobbie Clark	Tot	#R
Vicki Jacobs	200	2

Women 30 - 34 >>>

Jennifer Steigmeyer	Tot	#R
Tammy Behrens	400	4
Polly Grismore	185	2
Paula Rickerd	175	2
Kimberly Summers	85	1
Patty Berghoff	75	1
Tracy Brooks	65	1

Women 55 - 59 >>>

Barb Scroggham	Tot	#R
Sarah Kleinknight	500	5
Marsha Schmidt	370	4

Women 60 and Over >>>

Joan Gary	Tot	#R
Gloria Nold	200	2

Women 35 - 39 >>>

Diana Showe	Tot	#R
Linda Keuneke	640	7
Laurie Whisler	485	5
Nancy Burris	235	3
Mary Shaffer	205	3
Julie McNulty	165	2
Anita Lehman	85	1

Women 40 - 44 >>>

Tamara Wright	Tot	#R
Betty Greider	730	8
Judy White	365	5
Robbin Mauger	200	2
Renee Fenstermaker	200	2
Lorraine Fox	160	2
Cindy Furkis	85	1

**CROSS COUNTRY RACES
FOR ELEMENTARY SCHOOL STUDENTS
3RD - 5TH GRADES**

Cross-country races for elementary school students in the 3rd - 5th grade will be at seven FWCS locations. A different format will be used this year due to the increased attendance over the last two years(580 participants last year). This year will include 3 south qualifying races and 3 north qualifying races for each grade level. The dividing line for whether a school runs in the north or south races is State Road 37 and US 30 by-pass. Those schools which lie north of US 30 or north of State Road 37 run in the north races. Those schools which lie south of US 30 or south of State Road 37 run in the south races. The Cross-country races will be run in two sections, girls followed by the boys race. The races will be scored as usual, with the top 5 boys or girls on each team(school) comprising a team score. Individual awards will also be given to the top 10 runners in each division and first place team in the qualifying races. If a school cannot get 5 boys or girls to run in the race, the students may compete as individuals and be eligible for individual awards.

Mail the following entry blank, with through regular or school mail, to the race directors and school listed below. The top ten place winners at each grade level, both boys and girls, will be eligible for the finals races at Lakeside. The first place teams at each race will be eligible for the finals race and in addition, school that had at least 5 runners qualify as individuals, (any grade level and added together -example: Forest Park qualifies two girls at each grade level = 6 runner total) may also run as a team. Entry blanks for the finals races will be available at each of the 6 qualifying races.

Distance: 1 mile on grass		Cost: \$0.50 at all races	
Date	Race	Location	Contact
9/25	3 rd Grade/South	Waynedale Elem	Brad Cooper at Waynedale Elementary
9/25	3 rd Grade/North	Shoaff Park	Phil Suelzer at Forest Park Elementary
10/2	4 th Grade/South	Weisser Park	Ron Long at Weisser Park Elementary
10/3	4 th Grade/North	Shoaff Park	Nancy Wallace at Arlington Park Elementary
10/10	5 th Grade/South	Maplewood Elem	Darla Davis at Maplewood Elementary
10/9	5 th Grade/North	Shawnee M S	Jerry Zent at Shawnee Middle School
10/18	Finals Race-All Grades	Lakeside MS	Phil Suelzer at Forest Park Elementary
	Girls Race at 4:30	Boys Race at 5:00	

TEAR OFF AND SEND

STUDENT'S NAME: _____ M / F (circle one)

SCHOOL: _____ AGE: _____ GRADE: _____

I hereby waive, release and discharge for myself, my heirs, executors, administrator, legal representative, assigns and successors in interest (hereinafter collectively "successors") any and all rights and claims which have or which may hereafter accrue to me against the organizers and public entities, and properties (and their respective agents, officials, and employees) though or by which the events will be held for any and all damages which may be sustained by me directly or indirectly in connection with , or arising out of, my participation in or association with this event.

PARENT'S OR GUARDIANS SIGNATURE: _____

I, as parent or guardian of the above named minor, hereby give my permission for my child or ward to participate in the event.

Nutrition Messages

Consumer Reports on Health, Environmental Nutrition, and Communicating Food For Health are three health and nutrition newsletters that offer research, education, and practical information written by health care professionals for health promotion and disease prevention. The information is aimed to assist us with knowledge and skills important for wellness. Yet there are many other sources of nutrition. Hundreds of nutrition messages effect us daily. Some are valuable. Some can be confusing and inaccurate. Constantly put on your caution cap. Do not believe everything you see, hear, and/or read.

As you are staying up to date on nutrition news, plan to avoid impulsive responses. Instead of a quick judgement pause and learn about the whole story. Go past the headline! Are credible professionals quoted or interviewed? Is it based on sound scientific research? Is it supported by a national professional organization like the Institute of Medicine, National Heart, Lung, and Blood Institute, American Dietetic Association (www.eatright.org), and American College of Sports Medicine (www.acsm.org)? What is the main purpose of the report? Who is really benefitting from the news? The person selling the book? The supplement company? The American farmer? The average consumer?

Be a wise reviewer! Be choosy! Take what is offered and translate it as useful or not useful!

Day by day our body needs over 50 nutrients. They all have important head to toe health functions like building and repairing body tissues, producing muscle energy, strengthening the immune system, bone density, thinking, and breathing.

No one food nutrient is any more important than another one. Together they perform wellness work for you. The synergy effect!

When thinking about what eating style to follow just focusing on more fat or less fat is not the answer. Emphasizing protein (ex.- meat, poultry, fish, eggs, milk, and cheese) more than complex carbohydrates (ex.- breads, cereals, and vegetables) is not the answer. Choose the principles of variety, balance, and moderation. Choose not to purchase super sized choices. Choose to eat three meals and one to three snacks daily using wholesome foods from all food groups. Wholesome means selecting nutrient dense foods from food groups instead of empty calorie options. For example when picking a choice from the bread/cereal group, wheat toast or home made banana bread would be a better choice than a doughnut.

Both the Mediterranean Eating Plan and DASH Eating Plan emphasize use of produce, whole grain breads/cereals, lean meats, fish, and monounsaturated fats. They limit the use of sweets like table sugar, soda, and candy. Research has shown these eating plans can reduce blood pressure and the risk of a heart attack or stroke.

Other Tips:

* Buy fats that are high in monounsaturated fatty acids like peanut butter, nuts, avocados, olives, canola oil, olive oil or trans fatty acid free margarines such as Benecol and Take Control which contain plant stanols or sterols that have been proven to lower blood cholesterol levels when used most days of the week.

* Use beans at 4 to 6 meals during the weeksuch as soybean, split peas, pinto beans, lentils, white beans, and chick peas. They are good sources of plant protein and soluble fiber which can help lower blood cholesterol and blood pressure levels.

* Switch to fat-free dairy foods instead of whole milk dairy foods. This can reduce the amount of saturated fat consumed. Consider buying and trying fat free ricotta cheese, fat-free half-n-half, skim or 1% milk, and low fat cheese.

The previous three tips were from Communicating Food For Health, September 2002. www.foodandhealth.com

* Try flaxseed!...the tiny, shiny brown seeds with the mild nutty flavor are rich in an omega 3 fatty acid and have many health benefits like reducing blood cholesterol levels and improving the immune system. Use ground flax seed in foods like yogurt, batters, cereals, or casseroles. Consider 1 to 2 tablespoons of ground flax seed each day. For more flax information go to www.flaxrd.com. A flaxseed article was in Environmental Nutrition, August 2002, www.environmentalnutrition.com

Ready to search for more health and nutrition information?? Click on our NEW IPFW Health and Wellness web page www.IPFW.edu/health and click up news you can use.

To receive the DASH Eating Plan e-mail Tillapau@ipfw.edu or call 260-481-6647, leave name and address and I will send you the handout.

Have a healthy day!

Judy Tillapaugh, RD
IPFW Wellness/Fitness Coordinator

Fort Wayne Track Club Monthly Meeting

Minutes

Wednesday July 10, 2002

7 PM IPFW

11 Present

Carol Garcia
Vince Garcia
Tom Landis
Stephen Hilker
Bill Harris
Don Anderson
Jerry Diehl
Bill Sohaski
Judy Tillapaugh
Don Lindley
Tim O'Connell

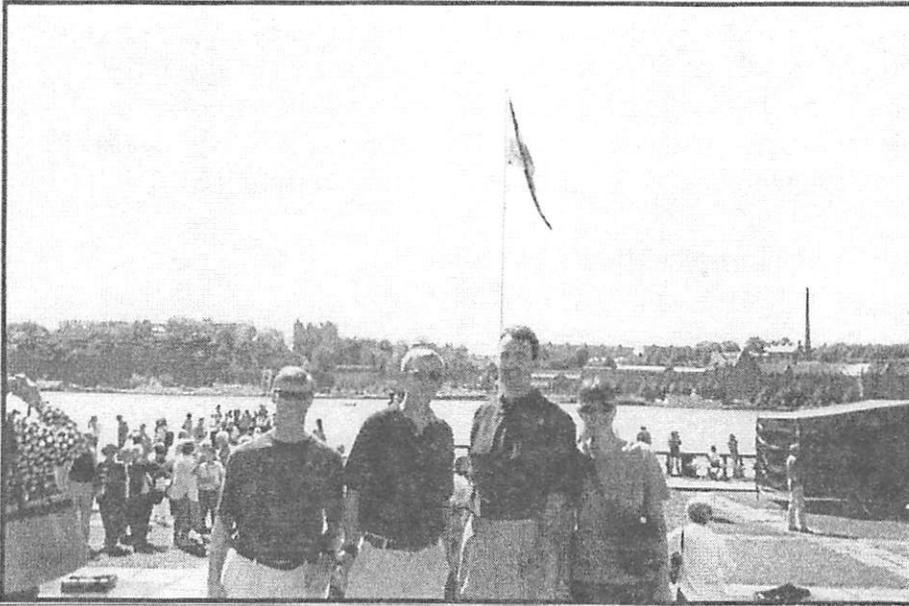
1. Meeting was called to order by Bill Harris.
2. Don read a letter he received thanking the FWTC for its help with aid stations at the Mohican 100 mile run. A certain runner, Mark Carroll, was especially grateful for the special care he was given at the aid station at 1:30 AM, prayer was offered.
3. Minutes were read with one correction. Mike Kast's last name is spelled with a K not a C. Minutes approved.
4. Don gave the Treasurer's Report with a balance of \$19,644.47. Report approved. The membership stands at 464 with 159 paid for 2 years and 78 paid for 3 years.
5. Reporting on the race calendar was Don. Many races held last year are not confirmed for this year. Don has been getting some of the race information very late.
6. Tim reported on the Inside Track. Tim is still using a borrowed digital camera and is working on getting used to it. The next cover will hopefully have a picture from Barrie Peterson's summer evening workout held this week. Tim will try to get more race results in the newsletter.
7. No technology report as Vern was unable to attend the meeting.
8. Don reported on the up coming Runners on Parade race. Mike McAvoy talked with Don and set up will begin at 4:30 am. Scott and Jerry Diehl will set up the finish line. Don and Bill Sohaski will work with entering race applicants and finishers numbers as they leave the chute.

New Business

9. Judy has reserved the IPFW WALB ballroom for Feb. 9, 2003 for the FWTC banquet.
10. Tom Landis will try to get in touch with Paul Knott to start learning the points system for the FWTC members.
11. Bill would like those who wish to be on the nominating committee for the next year's FWTC to please contact him. The nominating committee will be decided at the next FWTC meeting.
12. Steve will request a convention packet from the RRCA and look into possibly having a convention for them on different days in order to find what interest there is out there to help plan the next race.
13. Meeting adjourned.

Next meeting at 7 PM August 14, 2002 Hillyard Gates AC

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.



Our own Fort Wayne Runners at the Stockholm Marathon, 2002, Left to Right
Stephen Hilker, Don Ashton, Bobbie Clark, Kim Larsen, Judy Tillapaugh
Terry Anderson and Steve McMahon

Indiana University-Purdue University Fort Wayne 2002 Cross Country Season

The Fort Wayne Track Club would like to extend their best wishes to the Coaches and Athletes of the 2002 IPFW Mens and Womens Cross Country Teams. If you are in the area of any of the listed meets, it would be a great experience to attend and cheer our area collegiate runners on. They have put in many miles this summer and are working hard to compete at the Division 1 level. They would greatly appreciate your support and attendance at any of their competitions.

IPFW 2002 Cross Country Schedule

<u>Date</u>	<u>Race</u>	
8/30	Indiana Open	Bloomington, IN
9/6	Valparaiso Invitational	Valparaiso, IN
9/20	Indiana Intercollegiates	Bloomington, IN
9/28	Roy Griak Invitational	Minneapolis, MN
10/5	Indiana State Invitational	Terre Haute, IN
10/12	Bronco Invitational	Kalamazoo, MI
10/19	NCAA Pre-Meet	Terre Haute, IN
11/16	NCAA Great Lakes Regional	West Lafayette, IN
11/25	NCAA Nationals	Terre Haute, IN

Indiana University-Purdue University Fort Wayne 2002 Men's Cross Country Roster

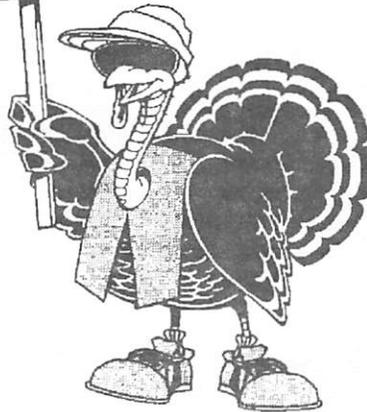
<u>Name</u>	<u>Year</u>	<u>High School</u>
Chris Brown	FR	Bluffton
Cody Brown	FR	Central Noble
Derek Leininger	FR	Columbia City
Brandon Reichert	SO	Northrop
Josh Smith	FR	Fremont
Paul Trahin (Captain)	SR	Carroll
Ian Wilson	SO	Homestead

Indiana University-Purdue University Fort Wayne 2002 Women's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>High School</u>
Stephanie Asher	SO	Huntington North
Ashley Keener	FR	Eastside
Gina Pruitt (Captain)	JR	Norwell
Kristen Simpson	FR	Northrop
Lauren Simpson	FR	Northrop
Rachel Stoffel	FR	Huntington North
Crystal Williams	JR	Elmhurst

**Mazock's 26th
Thanksgiving Day
Fun Run**

Approximately a 6 mile run.
2828 Emerald Lake Drive,
Fort Wayne, Indiana.
No awards/no splits/ just old coffee
and stale doughnuts.
Jerry Mazock (219) 432-4755.
8:00 AM.
Emerald Lake subdivision is 1.6 miles
west of I-69 on Covington Road.
We turn our Christmas Lights on at
7:00 PM Thanksgiving night.



FORT WAYNE TRACK CLUB BANQUET

The FWTC Banquet will be hear before you know it.
Be sure to mark your calender!!!

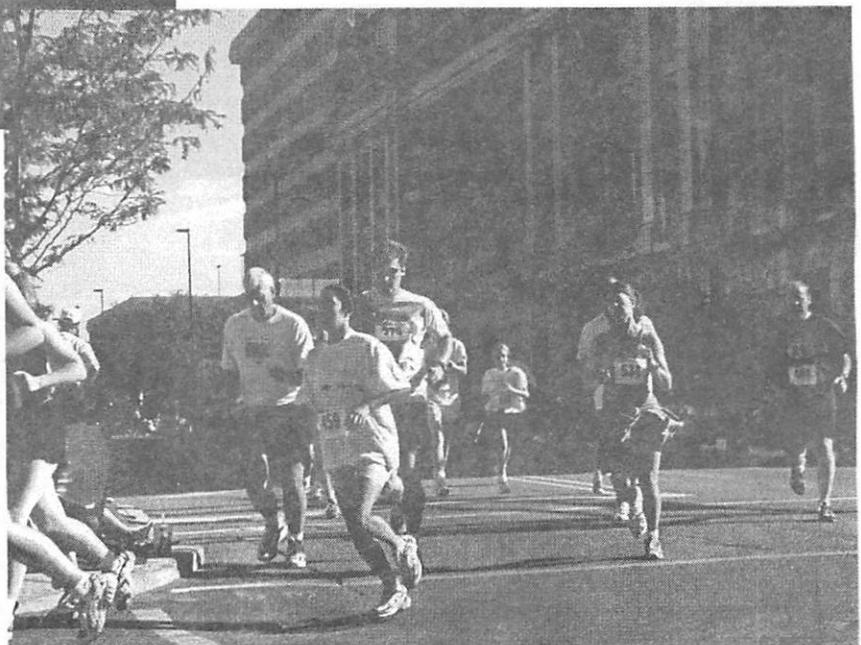
SUNDAY, FEBRUARY 9, 2003
IPFW Walb Student Union Ballroom
Banquet Starts at 5:00 P.M.



RUNNERS ON PARADE PICTURES JULY 13, 2002



Bret Grover looking quite fresh at the Finish of the Runners on Parade 5k. Bret's winning time was 15:20.6, about 3 seconds ahead of 2nd place Kevin Pensinger with a time of 15:23.2



Race Date

RUNNERS ON PARADE 2002

Overall Finish List

July 13, 2002

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>	<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
1	Bret Grover	Bluffton IN	19	15:20.6	4:57/M	59	Chris Miller	Ft Wayne IN	14	18:32.9	5:59/M
2	Kevin Pensinger	Monroe IN	35	15:23.2	4:58/M	60	Alissa McKaig	New Haven IN	16	18:33.3	5:59/M
3	Jason Maus	Van Wert OH	22	15:24.5	4:58/M	61	A.J. Arnett	New Haven IN	17	18:33.8	5:59/M
4	Eric Ade	Ft Wayne IN	23	15:30.1	5:00/M	62	Cort Hollett	Ft Wayne IN	42	18:35.2	6:00/M
5	Terry Goodspeed	Muncie IN	22	15:43.9	5:04/M	63	Jared Gillespie	New Haven IN	15	18:35.8	6:00/M
6	Gabriel Rop	Indianapolis IN	30	15:57.0	5:09/M	64	Scott Lefforge	Bluffton IN	21	18:40.5	6:01/M
7	Andy O'Connor	Ft Wayne IN	18	16:01.0	5:10/M	65	Jason Lantz	Garrett IN	15	18:42.1	6:02/M
8	Rick Hammer	Hudson IN	21	16:16.8	5:15/M	66	Anthony Mauricio	Ft Wayne IN	19	18:43.1	6:02/M
9	Luke Hetrick	Westfield IN	22	16:22.2	5:17/M	67	Chris Leeuw	Ft Wayne IN	19	18:44.8	6:03/M
10	Matt Ingalls	Columbia City IN	16	16:31.2	5:20/M	68	Tony Degitz	Ft Wayne IN	16	18:45.9	6:03/M
11	Josh Brunson	Ft Wayne IN	25	16:32.5	5:20/M	69	Sam N Bird	Columbia City IN	12	18:50.8	6:05/M
12	Jerry Williams Jr.	Ft Wayne IN	42	16:37.9	5:22/M	70	Brian Kaufman	Ft Wayne IN	18	18:53.5	6:05/M
13	Monica Hosteler	Kendallville IN	25	16:45.5	5:24/M	71	Adele Mitchell	Ft Wayne IN	15	18:54.0	6:06/M
14	Tom Carney	Lakelamp MI	31	16:46.8	5:25/M	72	Elizabeth Herndon	Ft Wayne IN	16	18:54.4	6:06/M
15	Andrew Nelson	New Haven IN	17	16:55.9	5:27/M	73	Megan Dexheimer	Ft Wayne IN	22	18:57.5	6:07/M
16	Adam Klopfenstein	New Haven IN	18	16:57.5	5:28/M	74	Tim Traycoff	Fishers IN	39	18:58.6	6:07/M
17	Chris Brown	Bluffton IN	18	16:57.9	5:28/M	75	Alex Shane	Monroeville IN	17	19:00.5	6:08/M
18	Cory Leas	Poneto IN	19	16:58.3	5:28/M	76	Gordon Pleus	Ft Wayne IN	55	19:01.1	6:08/M
19	Kevin Heckman	Decatur IN	17	17:00.4	5:29/M	77	John Treleaven	Ft Wayne IN	50	19:01.7	6:08/M
20	Steve Rankin	Ft Wayne IN	17	17:10.5	5:32/M	78	Tyler Reese	Paulding OH	13	19:02.3	6:08/M
21	Scott Ecclestone	Ft Wayne IN	41	17:17.5	5:35/M	79	Paul E Knott	Ft Wayne IN	39	19:02.9	6:08/M
22	John Schnieders	Decatur IN	38	17:18.8	5:35/M	80	Gregg Osborn	Ft Wayne IN	40	19:06.4	6:10/M
23	Troy Hileman	Ft Wayne IN	17	17:20.2	5:35/M	81	Linda Keuneke	Ft Wayne IN	38	19:07.1	6:10/M
24	Randy Placencia	Garrett IN	14	17:22.0	5:36/M	82	Brian Wenninger	Scott OH	20	19:08.0	6:10/M
25	Doug Sundling	Bluffton IN	47	17:23.4	5:36/M	83	Andy Garcia	Ft Wayne IN	18	19:10.8	6:11/M
26	Chester Bennett	Garrett IN	20	17:24.4	5:37/M	84	Jed Pearson	Columbia City IN	51	19:11.4	6:11/M
27	Jon Arnt	Ft Wayne IN	20	17:26.4	5:37/M	85	Kim A Lefever	Columbia City IN	46	19:12.0	6:12/M
28	Chad Bennett	Garrett IN	17	17:28.5	5:38/M	86	Lebron Schoenewise	Decatur IN	17	19:12.6	6:12/M
29	Eric Van Wagner	Ft Wayne IN	15	17:29.4	5:38/M	87	Luke Pinkerton	Warren IN	16	19:19.5	6:14/M
30	Steven Thieme	Decatur IN	17	17:31.2	5:39/M	88	John Amborn	Ft Wayne IN	36	19:20.8	6:14/M
31	Brandon Jones	Ft Wayne IN	15	17:34.8	5:40/M	89	Kevin Hotopp	Bluffton IN	21	19:22.5	6:15/M
32	Brad A Thomas	Ft Wayne IN	27	17:44.1	5:43/M	90	Nolan Richhart	Woodburn IN	22	19:31.9	6:18/M
33	Johanna Olson	Kendallville IN	23	17:45.3	5:44/M	91	Neil Tate	N. Manchester	50	19:33.8	6:18/M
34	Matt Carney	Ft Wayne IN	28	17:48.9	5:45/M	92	Tom Shearer	Columbia City IN	49	19:39.7	6:20/M
35	Jon Beasley	Ft Wayne IN	37	17:49.6	5:45/M	93	Jonathan Garver	Ossian IN	14	19:40.6	6:21/M
36	Robert Minnich, Jr	Ft Wayne IN	35	17:52.8	5:46/M	94	David Ziltz	Ft Wayne IN	14	19:41.3	6:21/M
37	Alex Milentis	Ft Wayne IN	15	17:53.3	5:46/M	95	Mark Messmann	Ft Wayne IN	16	19:42.7	6:21/M
38	Jason Osborn	Ft Wayne IN	25	17:54.9	5:46/M	96	Molly Sanders	Ft Wayne IN	20	19:48.6	6:23/M
39	Andrew Smith	Ft Wayne IN	18	17:56.6	5:47/M	97	Jeff Taner	Ft Wayne IN	42	19:49.4	6:24/M
40	Corey Drake	Ft Wayne IN	17	17:58.0	5:48/M	98	Jonathon Gottschalk	New Haven IN	21	19:53.1	6:25/M
41	Jeremy MacKe	Ft Wayne IN	17	18:01.4	5:49/M	99	Kent Mitchell	Ft Wayne IN	40	19:53.6	6:25/M
42	Kyle Persing	Ft Wayne IN	16	18:02.9	5:49/M	100	Kermit Hogeston	Churubusco IN	34	19:54.3	6:25/M
43	Stephen Clark	Ft Wayne IN	14	18:04.2	5:50/M	101	John Houser	Ft Wayne IN	40	19:56.1	6:26/M
44	Tim O'Connell	Ft Wayne IN	46	18:05.1	5:50/M	102	Wade Bunnell	Ft Wayne IN	13	19:57.7	6:26/M
45	Jim Kruse	Ft Wayne IN	33	18:05.7	5:50/M	103	Sarah Manck	Ft Wayne IN	16	20:00.1	6:27/M
46	Scott Reiling	Ft Wayne IN	40	18:12.2	5:52/M	104	Spencer York	Ft Wayne IN	15	20:00.9	6:27/M
47	Nathan Poffley	Ft Wayne IN	20	18:13.4	5:53/M	105	David Bowers	Ft Wayne IN	29	20:03.5	6:28/M
48	Mark Doepner	Ft Wayne IN	20	18:15.5	5:53/M	106	Vincent Garcia	Ft Wayne IN	22	20:04.2	6:28/M
49	Jared Messmann	Ft Wayne IN	15	18:16.6	5:54/M	107	Amy Kempf	Ft Wayne IN	15	20:04.9	6:28/M
50	Patrick Schroeder	Ft Wayne IN	17	18:17.3	5:54/M	108	Phil Rizzo	Ft Wayne IN	49	20:05.6	6:29/M
51	Adam Grover	Bluffton IN	17	18:19.0	5:55/M	109	Kevin Lochner	N. Manchester	46	20:06.3	6:29/M
52	Roger Wilson	Ft Wayne IN	48	18:21.2	5:55/M	110	H. Ross Chasey	Ft Wayne IN	20	20:09.9	6:30/M
53	Brent Emerick	Columbia City IN	15	18:24.1	5:56/M	111	Kim Milleman	Ft Wayne IN	30	20:11.7	6:31/M
54	Ron Gallogly	Decatur IN	41	18:25.0	5:56/M	112	Mark Beals	Ft Wayne IN	39	20:12.4	6:31/M
55	Scott Saucedo	Ft Wayne IN	26	18:25.7	5:56/M	113	Chris Becker	Ossian IN	14	20:13.0	6:31/M
56	Brett Hess	Ft Wayne IN	36	18:27.4	5:57/M	114	Julie Goodspeed	Muncie IN	24	20:14.1	6:32/M
57	Jeremy Lung	Garrett IN	21	18:28.6	5:57/M	115	Nikki Jasperson	Ft Wayne IN	16	20:18.2	6:33/M
58	Joel Sanders	Ft Wayne IN	17	18:31.3	5:58/M	116	Diana Schowe	Auburn IN	37	20:19.1	6:33/M

Race Date
July 13, 2002

RUNNERS ON PARADE 2002

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>	<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
117	Chris Dunmire	Monroeville IN	28	20:19.6	6:33/M	175	Sean Collentine	Ft Wayne IN	52	21:52.5	7:03/M
118	William Delaney	Columbia City IN	14	20:20.4	6:34/M	176	Greg Sauers	Monroeville IN	13	21:53.5	7:04/M
119	Chris Kaufman	Ft Wayne IN	26	20:21.7	6:34/M	177	Katie Doehla	Ft Wayne IN	16	21:54.7	7:04/M
120	Evan Niner	Ft Wayne IN	14	20:22.2	6:34/M	178	Robert Novak	Ft Wayne IN	38	21:58.1	7:05/M
121	Dan Keown	Leo IN	33	20:23.2	6:35/M	179	David Lowe	Columbia City IN	43	21:59.0	7:05/M
122	Anthony David	Ft Wayne IN	22	20:24.0	6:35/M	180	Charles Troyer	Ft Wayne IN	43	22:00.3	7:06/M
123	Chuck Brown	Bluffton IN	46	20:25.5	6:35/M	181	Adam Osborn	Ft Wayne IN	15	22:01.2	7:06/M
124	Shane Ferrell	Ft Wayne IN	14	20:26.4	6:35/M	182	Mark Hopkins	Ft Wayne IN	22	22:03.7	7:07/M
125	Joe Mathis-Lilley	Ft Wayne IN	51	20:27.2	6:36/M	183	Amber Wray	Ft Wayne IN	15	22:06.1	7:08/M
126	Kenneth King	Ft Wayne IN	44	20:30.2	6:37/M	184	Dan Schield	Ft Wayne IN	14	22:07.0	7:08/M
127	James McKinnon	Waterloo IN	46	20:31.2	6:37/M	185	Margaret Reyling	Decatur IN	18	22:08.6	7:08/M
128	Nick Berghoff	Warren IN	17	20:33.4	6:38/M	186	Lindsae Rhoades	Berne IN	20	22:09.2	7:09/M
129	David Geiger	Churubusco IN	41	20:36.1	6:39/M	187	Sandra Calfo	Angola IN	24	22:11.2	7:09/M
130	Ted Williams	Winona Lake IN	44	20:39.6	6:40/M	188	Robert Snow	Ft Wayne IN	50	22:15.0	7:11/M
131	Kristen Simpson	Ft Wayne IN	19	20:40.1	6:40/M	189	Todd Thompson	Ft Wayne IN	21	22:15.9	7:11/M
132	Roger McGowan	Ft Wayne IN	16	20:40.7	6:40/M	190	Todd Stearns	Ft Wayne IN	40	22:16.7	7:11/M
133	Anthony Stephenson	Ft Wayne IN	32	20:41.2	6:40/M	191	Joe Ziegler	New Haven IN	66	22:20.1	7:12/M
134	Thomas J Felts	Ft Wayne IN	47	20:41.8	6:40/M	192	Joe Patterson	Ft Wayne IN	48	22:20.7	7:12/M
135	Josh Farrell	Ft Wayne IN	18	20:42.5	6:41/M	193	Douglas Call	Ft Wayne IN	39	22:21.3	7:13/M
136	Jeff Milleman	Ft Wayne IN	45	20:44.0	6:41/M	194	Paul Veldman	Ft Wayne IN	33	22:23.6	7:13/M
137	Gerry Vanhorn	Ft Wayne IN	21	20:45.0	6:42/M	195	Jim Weide	Ft Wayne IN	50	22:23.9	7:13/M
138	Kevin Snell	Ft Wayne IN	42	20:46.1	6:42/M	196	Gary Dexheimer	Ft Wayne IN	52	22:24.5	7:14/M
139	Jim Mohr	Ft Wayne IN	46	20:48.9	6:43/M	197	Hollie Parker	Columbia City IN	28	22:25.0	7:14/M
140	Cody Griner	Uniondale IN	18	20:49.7	6:43/M	198	Richard Taylor	Ft Wayne IN	44	22:25.4	7:14/M
141	Philip Sundberg	Ft Wayne IN	16	20:51.2	6:44/M	199	Greg Friend	Ft Wayne IN	46	22:25.8	7:14/M
142	Stephen Sundberg	Ft Wayne IN	17	20:55.4	6:45/M	200	Kristin Abels	Ft Wayne IN	17	22:26.3	7:14/M
143	Todd Ramsey	Churubusco IN	33	20:57.2	6:45/M	201	Le Ann M Buescher	Ft Wayne IN	20	22:26.7	7:14/M
144	Joseph Snell	Ft Wayne IN	13	20:58.0	6:46/M	202	Victor Bertl	Ft Wayne IN	37	22:28.9	7:15/M
145	Steve Andrews	Ft Wayne IN	43	20:59.3	6:46/M	203	Phil Bieberich	Ft Wayne IN	17	22:30.8	7:15/M
146	Chris Adang	Ft Wayne IN	27	21:03.5	6:47/M	204	Kelly Hurd	Ft Wayne IN	34	22:32.0	7:16/M
147	Dustin Agler	Decatur IN	15	21:10.0	6:50/M	205	Geoff Hyman	Payne OH	46	22:32.5	7:16/M
148	Troy Minton	Ft Wayne IN	34	21:11.9	6:50/M	206	Dick Powell	Ft Wayne IN	47	22:33.1	7:16/M
149	Micah Nichols	Ft Wayne IN	15	21:12.5	6:50/M	207	Christine Kmicikewicz	Ft Wayne IN	27	22:33.9	7:16/M
150	Lauren Simpson	Ft Wayne IN	19	21:13.9	6:51/M	208	Rick Briars	Ft Wayne IN	32	22:34.7	7:17/M
151	Andrew Michaud	Montpelier IN	17	21:14.5	6:51/M	209	Phil Luttmann	Kendallville IN	54	22:35.4	7:17/M
152	Patrick Chasey	Ft Wayne IN	54	21:16.7	6:52/M	210	Jeff Bredeneir	Ft Wayne IN	17	22:35.9	7:17/M
153	David S Weikel	Ft Wayne IN	49	21:18.3	6:52/M	211	Frederick Nuffer	Ft Wayne IN	15	22:38.6	7:18/M
154	Ross Schomburg	Ft Wayne IN	16	21:19.3	6:53/M	212	Robert Nuffen	New Haven IN	44	22:40.3	7:19/M
155	Jennifer Shearer	Ft Wayne IN	15	21:21.2	6:53/M	213	Szebo Szczepkowski	Ft Wayne IN	14	22:44.6	7:20/M
156	Steve Ross	Ft Wayne IN	44	21:23.9	6:54/M	214	Christy Fritch	Ft Wayne IN	19	22:46.6	7:21/M
157	John Stafford	Ft Wayne IN	52	21:24.5	6:54/M	215	Dick Shenfeld	Ft Wayne IN	55	22:47.6	7:21/M
158	Erik Lose	Decatur IN	14	21:25.5	6:55/M	216	Andrew Piropatto	Ft Wayne IN	12	22:48.3	7:21/M
159	Ryan Tipps	Ft Wayne IN	24	21:30.2	6:56/M	217	Leah Sanders	Ft Wayne IN	15	22:49.2	7:22/M
160	Samantha Lee	Ft Wayne IN	14	21:30.7	6:56/M	218	Amy Roberts	Ft Wayne IN	15	22:50.6	7:22/M
161	Robin Rizzo	Ft Wayne IN	36	21:33.8	6:57/M	219	Steve Roberts	Ft Wayne IN	12	22:51.6	7:22/M
162	Heather George	Auburn IN	22	21:35.6	6:58/M	220	Brian Dawson	Lafontaine IN	48	22:53.5	7:23/M
163	Jason Hazlett	Ft Wayne IN	29	21:36.0	6:58/M	221	Ashley Wray	Ft Wayne IN	15	22:54.3	7:23/M
164	Brad Lowe	Columbia City IN	16	21:36.5	6:58/M	222	Hannah Weide	Ft Wayne IN	15	22:56.7	7:24/M
165	Dewain Cobbs	Warsaw IN	59	21:39.5	6:59/M	223	Fred Hannan, Jr.	Ft Wayne IN	48	22:58.4	7:25/M
166	Jennifer Steigmeyer	Ft Wayne IN	32	21:41.2	7:00/M	224	Tom Blake	Ft Wayne IN	47	22:59.0	7:25/M
167	Cody Hoegeston	Avilla IN	26	21:43.8	7:00/M	225	Jason O'Connell	Ft Wayne IN	31	23:00.4	7:25/M
168	Paula Rickerd	Ft Wayne IN	33	21:44.2	7:01/M	226	Rich Stephenson	Monroeville IN	55	23:01.3	7:25/M
169	Curtis Fabian	Columbia City IN	13	21:45.9	7:01/M	227	Michael Gruss	Ft Wayne IN	25	23:02.0	7:26/M
170	Will Ragle	New Castle IN	31	21:46.4	7:01/M	228	Grant Schultz	Ft Wayne IN	39	23:03.1	7:26/M
171	Jessica Palevich	Ft Wayne IN	15	21:48.5	7:02/M	229	Matt Maley	Lafayette IN	38	23:04.2	7:26/M
172	Greg Ingermann	Ft Wayne IN	30	21:49.0	7:02/M	230	Ashley Sweazey	Ft Wayne IN	16	23:04.8	7:26/M
173	Brian Goodspeed	Ft Wayne IN	15	21:50.3	7:03/M	231	Scott Glaze	Roanoke IN	44	23:05.9	7:27/M
174	Len Piropatto	Ft Wayne IN	47	21:51.2	7:03/M	232	Mark Ramsey	Columbia City IN	42	23:06.8	7:27/M

RUNNERS ON PARADE 2002

Overall Finish List

Race Date

July 13, 2002

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>	<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
233	Rod Salway	Ft Wayne IN	29	23:08.2	7:28/M	291	Tom Wurst	Ft Wayne IN	38	24:14.3	7:49/M
234	Katie Nolting	Ft Wayne IN	18	23:08.8	7:28/M	292	Scott Moses	Yoder IN	21	24:14.9	7:49/M
235	Dennis Baker	Huntertown IN	43	23:09.3	7:28/M	293	Steph. Fenstermaker	Ft Wayne IN	16	24:16.1	7:50/M
236	Stephen Koch	Ft Wayne IN	28	23:09.9	7:28/M	294	Katie Morrical	Grabill IN	14	24:17.5	7:50/M
237	Brad Bermes	Hoagland IN	20	23:10.8	7:28/M	295	Sarah Schomburg	Ft Wayne IN	19	24:17.9	7:50/M
238	Bill Rooney	Ft Wayne IN	36	23:11.0	7:29/M	296	Tim Eshelman	Roanoke IN	42	24:18.3	7:50/M
239	Jacqueline Morris	Ft Wayne IN	29	23:11.5	7:29/M	297	Janet Souder	Ft Wayne IN	22	24:19.2	7:51/M
240	Cassy Egley	Decatur IN	19	23:12.2	7:29/M	298	Jaren Schroeder	Ft Wayne IN	18	24:20.9	7:51/M
241	John David McPherson	Ft Wayne IN	49	23:12.8	7:29/M	299	Lisa Denham	Ft Wayne IN	31	24:21.7	7:51/M
242	Gary L Bird	Columbia City IN	44	23:13.6	7:29/M	300	Aaron Cox	Ft Wayne IN	49	24:22.6	7:52/M
243	Tom Felger	Ft Wayne IN	62	23:14.8	7:30/M	301	Rachel Maranto	Ft Wayne IN	16	24:23.3	7:52/M
244	Kerri Schoultz	Chicago IL	24	23:16.6	7:30/M	302	Krista Minton	Ft Wayne IN	23	24:24.1	7:52/M
245	Kristin Andre	Ft Wayne IN	18	23:19.6	7:31/M	303	Keith Niner	Ft Wayne IN	48	24:24.9	7:52/M
246	Susan Palleschi	Ft Wayne IN	26	23:20.8	7:32/M	304	Gary Gordon	Churubusco IN	40	24:25.8	7:53/M
247	Chad Ware	Ft Wayne IN	35	23:22.3	7:32/M	305	Amy Archbold	Ft Wayne IN	30	24:26.2	7:53/M
248	Jacob Weide	Ft Wayne IN	12	23:26.5	7:34/M	306	Steven Buford	Ft Wayne IN	25	24:27.2	7:53/M
249	Kevin Morse	Ft Wayne IN	20	23:28.9	7:34/M	307	James H Wright	Ft Wayne IN	55	24:27.8	7:53/M
250	Brad Hess	Ft Wayne IN	9	23:29.5	7:35/M	308	Gary McFarren	Keystone IN	52	24:28.7	7:54/M
251	John Shire	Ft Wayne IN	47	23:31.2	7:35/M	309	Carmen McGehee	Ft Wayne IN	31	24:29.4	7:54/M
252	Cheryl McGowan	Ft Wayne IN	38	23:32.4	7:35/M	310	Eric Kleinrichert	Ft Wayne IN	34	24:31.8	7:55/M
253	Chris Anderson	Bluffton IN	17	23:33.8	7:36/M	311	Brad Heyneman	Ft Wayne IN	33	24:38.0	7:57/M
254	Amanda Weirich	Marion IN	16	23:34.9	7:36/M	312	Kasey Everson	Yoder IN	14	24:39.5	7:57/M
255	Rick Waggoner	Ft Wayne IN	41	23:35.9	7:36/M	313	Meg Hoyer	Louisville KY	26	24:40.2	7:57/M
256	Thomas Oliphant	Schoolcraft MI	52	23:36.5	7:37/M	314	Fred Nolting	Ft Wayne IN	47	24:42.0	7:58/M
257	Bob Michel	Ft Wayne IN	54	23:37.2	7:37/M	315	Tamara Wright	Ft Wayne IN	43	24:42.8	7:58/M
258	Dennis Klopfenstein	New Haven IN	45	23:37.9	7:37/M	316	David Corner	Ft Wayne IN	49	24:44.0	7:59/M
259	Daniel Nestel	Ft Wayne IN	43	23:39.3	7:38/M	317	Stephanie Koch	Leo IN	15	24:45.4	7:59/M
260	Scott Miller	Ft Wayne IN	49	23:40.7	7:38/M	318	Samuel Simonson	Ft Wayne IN	33	24:46.4	7:59/M
261	Nick Barchak	Ft Wayne IN	34	23:44.5	7:39/M	319	Greg Hermes	Ft Wayne IN	49	24:47.7	8:00/M
262	Chuck Zumbrun	Ft Wayne IN	44	23:45.7	7:40/M	320	Kevin Kurtz	Ft Wayne IN	38	24:50.1	8:01/M
263	Jason McPherson	Ft Wayne IN	18	23:46.9	7:40/M	321	Nishantha	Ft Wayne IN	35	24:51.7	8:01/M
264	George Petersen	Ft Wayne IN	50	23:48.2	7:41/M	322	Ben Glen	Ft Wayne IN	20	24:53.0	8:02/M
265	Alison Park	Ft Wayne IN	28	23:48.8	7:41/M	323	Samatha Simonson	Ft Wayne IN	12	24:54.3	8:02/M
266	Larry Park	Ft Wayne IN	29	23:49.6	7:41/M	324	Alyssa Bird	Scottsdale AZ	19	24:55.3	8:02/M
267	Kurt Sanders	Ft Wayne IN	12	23:50.5	7:41/M	325	Joe Stahl	Ft Wayne IN	15	24:56.0	8:03/M
268	David E Boylan	Ft Wayne IN	59	23:51.5	7:42/M	326	Bill Thompson	Hamilton IN	41	24:57.0	8:03/M
269	Davis James	Decatur IN	15	23:52.3	7:42/M	327	Scott Cooper	Garrett IN	41	24:57.9	8:03/M
270	Robert Trahin	Ft Wayne IN	42	23:52.9	7:42/M	328	Linda McGinnis	Ft Wayne IN	33	24:59.0	8:04/M
271	Michael Diflippantnio	Ft Wayne IN	46	23:53.5	7:42/M	329	Rich Powers	Ft Wayne IN	33	24:59.9	8:04/M
272	Jim Pickett	Waterloo IN	52	23:54.0	7:43/M	330	Arista Thieme	Decatur IN	16	25:00.5	8:04/M
273	Stephen Olson	Ft Wayne IN	28	23:54.5	7:43/M	331	Eric Sundberg	Ft Wayne IN	51	25:01.3	8:04/M
274	Joe Nichols	Ft Wayne IN	44	23:55.7	7:43/M	332	Randy Post	Ft Wayne IN	28	25:02.0	8:05/M
275	Jeff Etchey	Hicksville OH	36	23:56.6	7:43/M	333	Don Anderson	Ft Wayne IN	75	25:08.1	8:06/M
276	Susan McGrade	Ft Wayne IN	28	23:57.1	7:44/M	334	Barb Scrogham	Ft Wayne IN	55	25:11.6	8:07/M
277	Nicholas Kempf	Ft Wayne IN	13	23:57.7	7:44/M	335	Joyce Flanagan	Liberty Center IN	14	25:14.4	8:08/M
278	Julie Jackson	Ft Wayne IN	16	23:58.3	7:44/M	336	MacKenzie Wenninger	Scott OH	21	25:17.2	8:09/M
279	Abbey Bunnell	Ft Wayne IN	11	23:59.2	7:44/M	337	Jenna Mahon	Ft Wayne IN	12	25:18.4	8:10/M
280	Jake Malloy	Ft Wayne IN	16	24:00.1	7:45/M	338	Dean Russ	Ft Wayne IN	45	25:19.1	8:10/M
281	Joseph Kohnen	Ft Wayne IN	47	24:01.4	7:45/M	339	Ryan Bertl	Ft Wayne IN	14	25:19.7	8:10/M
282	Erin Bohnke	Ft Wayne IN	30	24:02.6	7:45/M	340	Timothy Ryan	Ft Wayne IN	46	25:20.4	8:10/M
283	Ashley Sholl	Ft Wayne IN	16	24:03.6	7:45/M	341	Don Ashton	Ft Wayne IN	61	25:21.0	8:11/M
284	Thomas Cleveland	Ft Wayne IN	40	24:04.6	7:46/M	342	Pete Eshelman	Roanoke IN	49	25:22.5	8:11/M
285	Jeff Pierce	Ft Wayne IN	28	24:07.0	7:47/M	343	Catherine Renken	Ft Wayne IN	15	25:23.0	8:11/M
286	Randy Vachon	Ft Wayne IN	43	24:08.9	7:47/M	344	Sarah Kessans	Salem IN	19	25:23.6	8:11/M
287	John Bennett	Garrett IN	46	24:10.1	7:48/M	345	Kathy Swenson	Ft Wayne IN	49	25:24.1	8:12/M
288	Tom Doehman	Ft Wayne IN	37	24:11.4	7:48/M	346	Joe Degitz	Ft Wayne IN	19	25:24.7	8:12/M
289	Greg Turk	Carlsbad CA	41	24:12.3	7:48/M	347	Thom Horton	Ft Wayne IN	42	25:27.2	8:13/M
290	Laura Green	Ft Wayne IN	29	24:12.8	7:48/M	348	Herb Hernandez	Ft Wayne IN	54	25:29.2	8:13/M

Race Date
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RUNNERS ON PARADE 2002

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>	<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
349	Erin Sanders	Ft Wayne IN	19	25:31.0	8:14/M	407	Lynn T Bobay	Columbia City IN	51	27:29.5	8:52/M
350	Joel Beier	Ft Wayne IN	10	25:33.6	8:15/M	408	Judith Ingleman	Ft Wayne IN	46	27:32.0	8:53/M
351	Jaymi Nau	Ft Wayne IN	14	25:36.2	8:15/M	409	Jon Ingleman	Ft Wayne IN	60	27:35.7	8:54/M
352	Joseph Beier	Ft Wayne IN	37	25:39.1	8:16/M	410	Bernie Huesing	Ft Wayne IN	69	27:38.7	8:55/M
353	Kim Palmer	Carol Stream IL	34	25:41.3	8:17/M	411	Lori Brown	Ft Wayne IN	37	27:40.3	8:55/M
354	Ellen Osborn	Ft Wayne IN	38	25:41.8	8:17/M	412	Christy Baumgartner	Ft Wayne IN	28	27:40.9	8:55/M
355	Jeff Keeling	Ft Wayne IN	48	25:44.7	8:18/M	413	Tom Allen	Ft Wayne IN	43	27:41.5	8:56/M
356	Robert C Loomis	Monroeville IN	69	25:48.6	8:19/M	414	Steve Dean	Ft Wayne IN	39	27:42.4	8:56/M
357	Bob Fahl	Roanoke IN	54	25:49.2	8:20/M	415	Sherrie Cahill	Ft Wayne IN	40	27:46.2	8:57/M
358	John Nelson	Roanoke IN	32	25:50.6	8:20/M	416	Bobbie Clark	Ft Wayne IN	52	27:47.9	8:58/M
359	Michelle Standora	Ft Wayne IN	23	25:51.6	8:20/M	417	Bethany Ecklor	Ft Wayne IN	15	27:49.0	8:58/M
360	Jay Fraser	Huntertown IN	31	25:54.6	8:21/M	418	Nancy Simmonds	Ft Wayne IN	48	27:50.0	8:59/M
361	Mary Fennig	Decatur IN	56	25:56.7	8:22/M	419	Sandy Szczepkowski	Ft Wayne IN	38	27:50.8	8:59/M
362	John A Hill	Ft Wayne IN	35	25:58.3	8:23/M	420	Joanne Mannes	Ft Wayne IN	38	27:55.7	9:00/M
363	Larry Lee	Ft Wayne IN	57	26:01.3	8:24/M	421	Rick Stout	Huntertown IN	42	27:56.2	9:01/M
364	Amy Stephan	Ft Wayne IN	24	26:08.4	8:26/M	422	Denise Ramsey	Columbia City IN	42	27:57.6	9:01/M
365	Audrey Waggoner	Ft Wayne IN	14	26:08.9	8:26/M	423	Jason Klug	Ft Wayne IN	27	27:59.7	9:02/M
366	Rebecca Lipasek	Ft Wayne IN	16	26:13.3	8:27/M	424	Jim Kirlin	Ft Wayne IN	37	28:00.4	9:02/M
367	Chris Shoot	Ft Wayne IN	49	26:14.3	8:28/M	425	Kenny Cline	Hicksville OH	41	28:01.4	9:02/M
368	Megan Luepke	Ft Wayne IN	17	26:15.1	8:28/M	426	Sarah Bricker	Muncie IN	22	28:02.4	9:03/M
369	Tony Rekeweg	Leo IN	32	26:15.8	8:28/M	427	Christine Pinkerton	Warren IN	13	28:05.6	9:04/M
370	Amanda Treham	Ft Wayne IN	20	26:16.7	8:28/M	428	Scott Hines	Ft Wayne IN	40	28:06.1	9:04/M
371	Sarah Badenhop	Ft Wayne IN	14	26:20.7	8:30/M	429	Shannon Rickard	Ft Wayne IN	26	28:07.6	9:04/M
372	Brooke Irvin	Ft Wayne IN	16	26:21.7	8:30/M	430	Earl Mutzfeld	Hamilton IN	52	28:08.3	9:05/M
373	Karen Gillie	Ft Wayne IN	31	26:23.5	8:31/M	431	Dick Sive	Ft Wayne IN	67	28:10.0	9:05/M
374	Sam Gillie	Ft Wayne IN	32	26:24.8	8:31/M	432	Angie Orr	Ft Wayne IN	26	28:15.7	9:07/M
375	William Dinger	Ft Wayne IN	47	26:26.2	8:32/M	433	Mary Krouse	New Haven IN	46	28:21.7	9:09/M
376	Michael Wolfe	Ft Wayne IN	32	26:33.5	8:34/M	434	Jenny Sanders	Ft Wayne IN	47	28:22.2	9:09/M
377	April Reynolds	Keystone IN	16	26:34.0	8:34/M	435	Dave Mitchell	St. Joe IN	39	28:23.8	9:09/M
378	Bryan Bartlett	Ft Wayne IN	34	26:35.1	8:35/M	436	Deb Gilliom	Noblesville IN	44	28:27.2	9:11/M
379	Scott Everson	Yoder IN	40	26:36.4	8:35/M	437	Valerie Powers	Ft Wayne IN	34	28:27.9	9:11/M
380	Joanna Bartley	Ft Wayne IN	34	26:41.3	8:36/M	438	Thomas Maupin	Grabill IN	38	28:32.4	9:12/M
381	Rick Hilker	Ft Wayne IN	47	26:41.8	8:36/M	439	Tom Ewing	Ft Wayne IN	51	28:37.2	9:14/M
382	David Maus	Ft Wayne IN	48	26:43.7	8:37/M	440	Lauren Soberalski	Ft Wayne IN	10	28:43.1	9:16/M
383	Carol Telley	Ft Wayne IN	33	26:45.6	8:38/M	441	Erin Velpel	Ft Wayne IN	19	28:44.2	9:16/M
384	Sean Telley	Ft Wayne IN	32	26:48.6	8:39/M	442	Don Golden	Ft Wayne IN	35	28:45.0	9:16/M
385	Alicia Griffin	Ft Wayne IN	14	26:49.3	8:39/M	443	Pamela Golden	Ft Wayne IN	37	28:48.3	9:17/M
386	Norman Muller	Hoagland IN	48	26:50.0	8:39/M	444	Jennifer Dillon	Ft Wayne IN	30	28:49.9	9:18/M
387	Tanna Merrell	Ft Wayne IN	23	26:52.4	8:40/M	445	Rose Ford	Ft Wayne IN	39	28:51.5	9:18/M
388	Karen Yager	Ft Wayne IN	23	26:55.0	8:41/M	446	Terri Neumann	Ft Wayne IN	27	28:52.8	9:19/M
389	Gary Falgout	Columbia City IN	41	26:57.2	8:42/M	447	Jane Sauers	Monroeville IN	46	28:53.7	9:19/M
390	Carol Weide	Ft Wayne IN	47	26:59.3	8:42/M	448	Heather Mitchell	St. Joe IN	17	28:55.6	9:20/M
391	Steve Koch	Leo IN	44	26:59.9	8:42/M	449	Beth Niner	Ft Wayne IN	13	28:57.0	9:20/M
392	Neeke Paris	Ft Wayne IN	12	27:00.6	8:43/M	450	Marie Vorndran	Ft Wayne IN	35	28:58.2	9:21/M
393	Lori Shaw	Ft Wayne IN	39	27:01.5	8:43/M	451	Abigayil Fiore	Ft Wayne IN	16	28:58.8	9:21/M
394	Bruce Thieme	Decatur IN	45	27:02.4	8:43/M	452	Larry Piano	Ft Wayne IN	54	29:05.1	9:23/M
395	Tracy Tomkiewicz	Ft Wayne IN	41	27:03.1	8:44/M	453	Connie Gordon	Churubusco IN	39	29:06.1	9:23/M
396	Joseph Shrenkel	Ft Wayne IN	37	27:08.5	8:45/M	454	Heather Sparks	Roanoke IN	31	29:15.7	9:26/M
397	Chelsey Moffutt	Tawas City MI	19	27:11.2	8:46/M	455	Barrie Peterson	Ft Wayne IN	59	29:16.2	9:26/M
398	Eric Fahsl	Springfield IL	19	27:15.6	8:47/M	456	Holly Niner	Ft Wayne IN	45	29:16.8	9:26/M
399	Quinn Farver	Ft Wayne IN	42	27:17.8	8:48/M	457	Dan Malloy	Ft Wayne IN	41	29:18.2	9:27/M
400	Mandy Leeuw	Ft Wayne IN	17	27:18.8	8:48/M	458	Brian Coughlin	Leo IN	41	29:18.8	9:27/M
401	Amanda Mannes	Ft Wayne IN	15	27:20.0	8:49/M	459	Natali Evans	Ft Wayne IN	12	29:26.7	9:30/M
402	Joseph Nayarkas	Ft Wayne IN	48	27:21.4	8:49/M	460	Rick Evans	Ft Wayne IN	42	29:36.0	9:33/M
403	Stephen Dever	Ft Wayne IN	35	27:22.1	8:50/M	461	Gina Piano	Ft Wayne IN	20	29:37.4	9:33/M
404	Kori Adams	Ft Wayne IN	29	27:26.1	8:51/M	462	Bill Sanders	Ft Wayne IN	62	29:38.5	9:34/M
405	Debbie Treleaven	Ft Wayne IN	51	27:27.6	8:51/M	463	David Bennett	Ft Wayne IN	45	29:39.3	9:34/M
406	Laura Buford	Ft Wayne IN	24	27:28.8	8:52/M	464	Dave Anderson	Ft Wayne IN	42	29:54.8	9:39/M

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Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
465	Rob Slocum	Ft Wayne IN	48	29:55.3	9:39/M
466	Cindy Swenson	Ft Wayne IN	29	29:56.0	9:39/M
467	Amy Maupin	Grabill IN	37	29:59.2	9:40/M
468	Annett Deroche	Ft Wayne IN	38	30:08.2	9:43/M
469	Sara Ramsey	Churubusco IN	30	30:12.6	9:45/M
470	Daniel Stark	Ft Wayne IN	52	30:19.8	9:47/M
471	Richard Evinger	Ft Wayne IN	53	30:23.7	9:48/M
472	Michelle Dunlap	Ft Wayne IN	25	30:28.2	9:50/M
473	Sarah Bird	Columbia City IN	9	30:28.7	9:50/M
474	Kalissa Blanchette	Ft Wayne IN	14	30:29.4	9:50/M
475	Steven Greider	Ft Wayne IN	53	30:33.8	9:51/M
476	David Baer	Ft Wayne IN	38	30:37.5	9:53/M
477	Lynn Mohr	Ft Wayne IN	53	30:40.4	9:54/M
478	Anne Hathaway	Ft Wayne IN	26	30:50.4	9:57/M
479	Rhonda Bauermeister	Ft Wayne IN	23	31:46.9	10:15/M
480	Ana Jimenez	Ft Wayne IN	27	32:01.6	10:20/M
481	Tom Agness	Ft Wayne IN	56	32:02.0	10:20/M
482	Sherri Landis	Ft Wayne IN	35	32:08.2	10:22/M
483	Renee Fenstermaker	Ft Wayne IN	44	32:09.4	10:22/M
484	Ashley Taylor	Ft Wayne IN	13	32:13.3	10:24/M
485	Sarah Taylor	Ft Wayne IN	17	32:13.9	10:24/M
486	Molly Slocum	Ft Wayne IN	16	32:35.0	10:31/M
487	Laurie Richwine	Ft Wayne IN	26	33:13.9	10:43/M
488	Myonna Jemison	Ft Wayne IN	9	33:14.3	10:43/M
489	Shanee Francher	Ft Wayne IN	10	33:27.1	10:47/M
490	Anna McNamara	Ft Wayne IN	9	33:33.3	10:49/M
491	Julie McNamara	Ft Wayne IN	36	33:33.9	10:49/M
492	Carol Kohnen	Ft Wayne IN	46	33:46.7	10:54/M
493	Andee Starewich	New Haven IN	14	33:56.8	10:57/M
494	Toni Koch	Ft Wayne IN	30	34:44.5	11:12/M
495	Nathan Hitchens	Ft Wayne IN	20	34:46.9	11:13/M
496	Tammy Paske	Ft Wayne IN	19	34:47.5	11:13/M
497	Kalie Krouse	Ft Wayne IN	20	35:41.3	11:31/M
498	Diane Post	Ft Wayne IN	45	35:41.7	11:31/M
499	Regina Blanchette	Ft Wayne IN	47	35:46.9	11:32/M
500	Betty Greider	Ft Wayne IN	41	36:31.1	11:47/M
501	Sherry Chapman	Ft Wayne IN	42	36:47.0	11:52/M
502	Jenna Chapman	Ft Wayne IN	14	36:47.4	11:52/M
503	Diane Nestleroad	Ft Wayne IN	51	37:14.2	12:01/M
504	Mike Dixon	Ft Wayne IN	14	37:16.2	12:01/M
505	Kenneth E Disler	Ft Wayne IN	79	37:47.6	12:11/M
506	David Gensheimer	Ft Wayne IN	43	51:13.3	16:31/M
507	Leslie Seel	Ft Wayne IN	30	55:30.2	17:54/M

Harlan Days 2002

Overall Finish List

Race Date

August 03, 2002

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>	<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
1	Tom Shearer	Columbia City IN	49	42:48	6:54/M	59	Rebecca Dawson	Warsaw IN	25	51:32	8:19/M
2	Pat Beuchel	Ft Wayne IN	43	42:57	6:56/M	60	Chad Alexander	Lafayette IN	29	52:20	8:26/M
3	Peter Ryan	Ft Wayne IN	18	43:02	6:56/M	61	Tamara Wright	Ft Wayne IN	43	52:25	8:27/M
4	Diana Schowe	Auburn IN	37	43:09	6:58/M	62	David Roehling	Harlan IN	44	52:30	8:28/M
5	Michael Skipper	Warsaw IN	42	43:22	7:00/M	63	Angela Karacson	Hicksville OH	28	52:33	8:29/M
6	Sam N Bird	Columbia City IN	12	43:23	7:00/M	64	Chad Ware	Ft Wayne IN	35	52:37	8:29/M
7	Sue Fowler- Finn	Ft Wayne IN	48	43:26	7:00/M	65	Chuck Zumbrun	Ft Wayne IN	45	52:44	8:30/M
8	Brad A Thomas	Ft Wayne IN	27	43:39	7:02/M	66	Don Anderson	Ft Wayne IN	75	52:46	8:31/M
9	Jared Minnick	Leo IN	18	43:41	7:03/M	67	Lisa Hieber	New Haven IN	35	52:49	8:31/M
10	Curt Foust	Bryan OH	24	43:59	7:06/M	68	Aaron Cox	Ft Wayne IN	49	52:54	8:32/M
11	Brian Wenninger	Scott OH	20	44:17	7:09/M	69	Polly Grismore	Ft Wayne IN	30	53:02	8:33/M
12	Jonathon Gottschalk	New Haven IN	21	44:55	7:15/M	70	Catherine Burlage	Ft Wayne IN	17	53:05	8:34/M
13	Brad Altevogt	Ft Wayne IN	47	45:03	7:16/M	71	Barb Scroggham	Ft Wayne IN	55	53:12	8:35/M
14	David S Weikel	Ft Wayne IN	49	45:06	7:16/M	72	Joel Brecount	Ft Wayne IN	36	53:39	8:39/M
15	Jim Platt	Ft Wayne IN	35	45:08	7:17/M	73	Kerry Marshall	Ft Wayne IN	37	53:39	8:39/M
16	Jim Bougher	Ft Wayne IN	39	45:10	7:17/M	74	MacKenzie Wenninger	Scott OH	21	54:02	8:43/M
17	Rick L Gilbert	Monroeville IN	45	45:39	7:22/M	75	William E Harris	Ft Wayne IN	64	54:40	8:49/M
18	Dan Schaber	Harlan IN	18	46:02	7:25/M	76	Rick Evans	Ft Wayne IN	42	54:40	8:49/M
19	Fred Stoffel	Larwill IN	51	46:09	7:27/M	77	Dan Grismore	Ft Wayne IN	30	54:43	8:50/M
20	Jeremy Schaber	Harlan IN	17	46:11	7:27/M	78	Anita Branch	Paulding OH	42	54:45	8:50/M
21	Sara Branch	Paulding OH	16	46:11	7:27/M	79	Sadie Bubb	Ft Wayne IN	25	55:31	8:57/M
22	Craig Phillips	Zionsville IN	33	46:45	7:32/M	80	Susan Markey	Ft Wayne IN	47	56:09	9:03/M
23	Joe Ziegler	New Haven IN	66	47:04	7:35/M	81	Kevin Mann	Ft Wayne IN	35	56:20	9:05/M
24	Matt Cobbs	Harlan IN	19	47:04	7:35/M	82	Darryl Cargo	Ft Wayne IN	40	56:35	9:08/M
25	Jessica Thomas	Auburn IN	16	47:05	7:36/M	83	Shelley Chapman	Leo IN	35	57:50	9:20/M
26	Adam Hand	Ft Wayne IN	22	47:05	7:36/M	84	Don Ashton	Ft Wayne IN	61	58:16	9:24/M
27	Kristin Abels	Ft Wayne IN	17	47:16	7:37/M	85	Michael Yates	Ft Wayne IN	54	58:26	9:25/M
28	Brian Goodspeed	Ft Wayne IN	15	47:17	7:38/M	86	Bobbie Clark	Ft Wayne IN	52	58:58	9:31/M
29	Sarah Komanee	Ft Wayne IN	16	47:24	7:39/M	87	Joan Gary	Fremont IN	65	59:32	9:36/M
30	Michael J Engler	Ft Wayne IN	35	47:25	7:39/M	88	Abigayil Fiore	Ft Wayne IN	16	59:44	9:38/M
31	Bob Wilson	Ft Wayne IN	40	47:51	7:43/M	89	Rick Harris	Ft Wayne IN	36	1:00:25	9:45/M
32	Chris Lauster	Warsaw IN	45	47:57	7:44/M	90	James Ramos	Ft Wayne IN	16	1:01:05	9:51/M
33	Rick Briars	Ft Wayne IN	32	48:16	7:47/M	91	Gary Faglout	Columbia City IN	41	1:01:22	9:54/M
34	Patrick Ryan	Ft Wayne IN	47	48:18	7:47/M	92	Matt Carney	Ft Wayne IN	28	1:01:36	9:56/M
35	Thomas Cleveland	Ft Wayne IN	40	48:24	7:48/M	93	James T Brown	Columbus OH	36	1:01:52	9:59/M
36	Brad Stauffer	Powell OH	36	48:31	7:50/M	94	Phil Gustin	Ottawa IL	71	1:02:05	10:01/M
37	Rich Matney	Defiance OH	16	48:33	7:50/M	95	Barrie Peterson	Ft Wayne IN	59	1:02:08	10:01/M
38	Tynae Wilson	Ft Wayne IN	12	48:34	7:50/M	96	Kenny Cline	Hicksville OH	41	1:02:32	10:05/M
39	Jennifer Messer	Ft Wayne IN	31	48:39	7:51/M	97	Jon Stayton	Ft Wayne IN	16	1:03:47	10:17/M
40	Hollie Parker	Columbia City IN	28	48:44	7:52/M	98	Beth Wild	Ft Wayne IN	35	1:08:14	11:00/M
41	Erin Brace	Ft Wayne IN	20	48:52	7:53/M	99	Sarah Kleinknight	Ft Wayne IN	59	1:10:49	11:25/M
42	Mark Beals	Ft Wayne IN	40	49:01	7:54/M						
43	Julie Jackson	Ft Wayne IN	16	49:03	7:55/M						
44	Tom Felger	Ft Wayne IN	62	49:04	7:55/M						
45	Gary L Bird	Columbia City IN	44	49:09	7:56/M						
46	Megan Oetting	Ft Wayne IN	15	49:10	7:56/M						
47	Jim Pickett	Waterloo IN	52	49:12	7:56/M						
48	David E Boylan	Ft Wayne IN	59	49:16	7:57/M						
49	Jeff Metzger	Ft Wayne IN	41	49:17	7:57/M						
50	Lon R Braun	Ft Wayne IN	51	49:30	7:59/M						
51	Sara Lake	Ft Wayne IN	26	49:31	7:59/M						
52	Bailee Souder	Garrett IN	15	49:41	8:01/M						
53	Jeff Kintz	New Haven IN	33	50:08	8:05/M						
54	Tyrone Wilson	Ft Wayne IN	41	50:21	8:07/M						
55	Rich Stephenson	Monroeville IN	55	50:26	8:08/M						
56	John David McPherson	Ft Wayne IN	49	50:50	8:12/M						
57	Jenny Hogston	Ft Wayne IN	32	51:11	8:15/M						
58	James H Wright	Ft Wayne IN	55	51:14	8:16/M						

ROAD RUNNERS CLUB OF AMERICA

RRCA E-press release

Wednesday, July 31, 2002

This edition: **RRCA Announces Roads Scholar® Class of 2002**

Alexandria, VA---The Road Runners Club of America (RRCA) is pleased to announce the 2002 RRCA OLE_LINK1Roads Scholar® award recipients: Chris Graff of Palo Alto, CA; Kyle Baker of Mason, MI; Amy Yoder Begley of Kendallville, IN; Tara Chaplin of Tucson, AZ; Jeanne Hennessy of Mahopac, NY; and Nicole Jefferson of Arvada, CO.

Each of this year's six recipients will receive a \$4,000 grant from the RRCA. These grants are intended to financially assist top American post-collegiate runners who show potential for national and international ranking. The program underscores the RRCA's 44-year-old commitment to the development of distance running in American.

The RRCA Roads Scholar® Class of 2002:

Chris Graff, 26, is a two-time NCAA All-American and a member of the Nike Farm team. Under well-known coach Frank "Gags" Gagliano, Chris finished 4th at the USA 15K Championships (44:25) and 1st at the Stanford Invitational 10K in March 2002 (28:35.81). Chris hopes to run either the Chicago or New York City Marathon in under 2:10. He was recently featured in the summer 2002 issue of the RRCA's quarterly magazine, Footnotes, in an article written by columnist Chris Lear.

Kyle Baker, 26, is a four-time Big Ten Track Champion and three-time NCAA All-American. A graduate of Michigan State University, Kyle has continued to work at the school while training under his college coach Jim Stintzi. Last August, Kyle was the top American finisher in the Crim 10 Mile Run, finishing 11th overall with a time of 49:10. His performances in 2001 earned him the title of Michigan Runner of the Year. Recently, Kyle finished 10th at the USA 25K Championships (1:17.57) and 20th at the USA 10K Championships (23:32). He is working to make the transition to longer road races while further lowering his track PRs.

Amy Yoder Begley, 24, is a 15-time NCAA All-American and graduate of the University of Arkansas. She finished 2nd at the Walt Disney World Half-Marathon in January 2002 with a time of 1:18.02 and 9th at the 2002 Winter US Cross Country Championships 8K. Amy is training with her coach and husband, Andrew Begley, to break 32:30 in the 10K and 15:15 in the 5K.

Tara Chaplin, 22, is a recent graduate of the University of Arizona and winner of the 2001 Honda Sports Award for cross country. She became the second woman in the history of the school to snag the women's national champion title at the 2001 NCAA Cross Country Championship, while also leading her team to a 5th place finish. She has started base training for her first marathon which she plans to run in the fall of 2002. Tara hopes to qualify and compete in the 2004 Olympics in Athens.

Jeanne Hennessy, 24, is a graduate of Villanova and former goalie for the school's soccer team. Jeanne picked up running after college when she decided to run a marathon with her brother in the memory of a friend. This past May she finished 2nd at the USA 25K Championships with a time of 1:27.18. Other 2002 highlights include her 12th place finish at the USA 15K Championships (51:55), 13th place finish at the USA Women's 5K Championships (16:39) and her 9th place finish at the Cooper River Bridge Run in June (33:59). Under the supervision of Coach Joe Vigil, Jeanne plans to continue to set PRs and hopes to make the 2004 Olympic marathon team.

Nicole Jefferson, 26, is a three-time national champion in track and field and a graduate of Western State College in Gunnison, Colorado. Recently, Nicole finished 8th and 9th respectively at the USA Outdoor Championships 5K (15:41.92) and the USA Women's 5K Championships (16:15). Nicole's biggest goal is to finish the LaSalle Bank Chicago Marathon in under 2:30-a feat she plans to accomplish within the next two years. Nicole will be featured in the fall issue of Footnotes in an article written by columnist Chris Lear.

RRCA President Freddi Carlip is pleased with the selection of the newest Roads Scholar recipients. "Our 2002 RRCA Roads Scholar® class is stellar. I wish all of our award winners success as they pursue their running dreams," says Carlip. "Our grants have helped so many runners achieve their potential." Since 1996, the RRCA has offered a total of \$144,000 in cash grants. Past RRCA Roads Scholar® awardees include: Keith Dowling ('96), Deena Drossin ('97), Peter Julian ('97 & '98), Scott Larson ('98), Milena Glusac ('00), Todd Reeser ('00), Josh Cox ('01), Collette Liss ('01), and Clint Verran ('01). "The RRCA Roads Scholar® program leads the way in helping post-collegiate runners reach their goals," added Carlip. "I'd like to thank all of the people who have made the program so successful."

The RRCA OLE_LINK2Roads Scholar® program is supported by funding from the Atlanta Track Club, the Credit Union Cherry Blossom 10 Mile Run, First USA, Houston Masters Sports Association, Howard County Striders, Kansas City Track Club, Knoxville Track & Field Club, Lilac Bloomsday Association, Mid-America Running Association, New York Road Runners Club, Rodale Press, Running Network, South Coast Running Club, Syracuse Chargers, Utica Road Runners and the RRCA's many individual donors. For a complete listing, please see the RRCA's Web site at <http://www.rrca.org/org/contributors.html>

<<http://www.rrca.org/org/contributors.html>>. If you would like to contribute to the RRCA Roads Scholar® program, please contact the RRCA at office@rrca.org <<mailto:office@rrca.org>> or 703-836-0558. Your donation is tax-deductible. The recipients of the stipend are chosen by a committee of ten members. Runners interested in applying for 2003 Roads Scholar® grants should contact the RRCA at office@rrca.org and ask to be included on the mailing list. Applications will be ready for distribution in late 2002.

ROAD RUNNERS CLUB OF AMERICA

rrca e-press release

Thursday, September 5, 2002

This edition:

- 2002 RRCA Convention Photos Online
- Clubs Respond to President's Plea for Donations
- Annual Award Nomination Information

2002 RRCA Convention Photos Online

The 2002 RRCA National Convention photos are here! Visit the RRCA's web site at <http://www.rrca.org/publicat/publicat.html#NATCON> to reminisce. All photography is courtesy Clay Shaw of Sports/35 Photography.

Clubs Respond to the President's Plea for Donations

The national office is pleased to announce that 34 clubs have answered President Freddi Carlip's plea for donations. To date, the RRCA has received a total of \$9091.21 since the letter was mailed on Monday, August 19, 2002. Donations have come from clubs, corporations, and individuals. The RRCA appreciates and thanks all of the donors.

Annual Award Nomination Information

Please note deadlines for award nominations vary. Nominations must be postmarked by the deadline date. Most awards require that you submit your nominations to your regional directors. Please see their mailing addresses below.

REGIONAL DIRECTORS:

Central Director

Kathleen Gina
209 North Ashley #2
Ann Arbor, MI 48104
centdir@rrca.org <<mailto:centdir@rrca.org>>

Southern Director

Kim Ottaviani
1434 Washington St
Hollywood, FL 33020
southdin@rrca.org

Eastern Director

Donna Moulton
39 Bonnybank Terrace Portland, ME 04106
eastdir@rrca.org <<mailto:eastdir@rrca.org>>

Western Director

Po Adams
1009 Friars Court
Carmichael, CA 95608
westdir@rrca.org

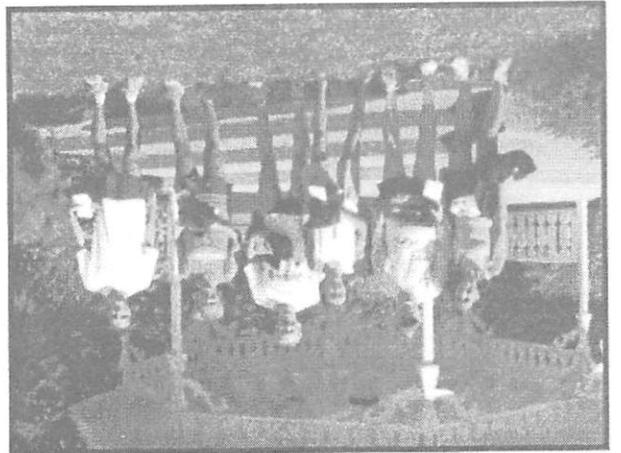
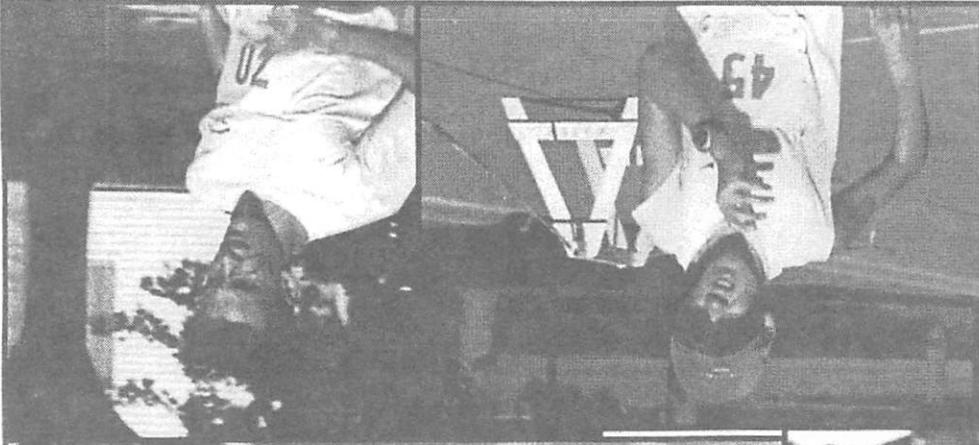
RRCA ROAD RUNNER OF THE YEAR

Nominations are due by Wednesday, January 1, 2003. These awards are selected from submissions by RRCA clubs. The nominees should be the top local RRCA club runners in one of the following categories: male open, male masters, female open, or female masters. Send name, club affiliation, PR's for 2002, and 250 words describing why this person should be RRCA Road Runner of the Year. These nominations should be sent to your Regional Director (see address above).

RRCA JERRY LITTLE MEMORIAL JOURNALISM AWARDS

National newsletter award winners are not eligible to enter the following year and must wait one year to re-enter the competition. The content should include variety, have a good physical presentation, be informative and creative. All newsletters must include the RRCA logo. All nominations are due by Tuesday, October 1.

Club Newsletters. Clubs can apply for the award in one of the three categories: large (500 or more members), medium (200-499 members), small clubs (fewer than 200 members). Newsletter editors should submit three copies of three different issues to their regional director. The 12 regional winners will then be asked to submit 10 copies of one issue to their regional directors, which will be sent to the judges of the national contest. The 12 regional winners will receive recognition in their regions, and the three national winners will receive their awards at the RRCA national convention. All clubs entering the contest will receive certificates from their regional directors.



FUNFEST 5K PICTURES
August 10, 2002

FUNFEST 5K RESULTS

Place	Name	City	Age	Age Group	Time
1	Eric Ade	Ft Wayne In	23	M 20-24	15:38
2	Andy O'Connor	Ft Wayne In	18	M 17-19	15:56
3	Josh Kendall	Greenfield In	22	M 20-44	16:02
4	Charlie Fox	Plymouth In	43	M 40-44	16:15
5	Jay Hicks	Winona Lake In	30	M 30-34	16:43
6	Stephen Clark	Ft Wayne In	14	M 13-14	17:06
7	Jason Reinoehl	N Manchester In	23	M 20-24	17:07
8	Eric Nestel	Ft Wayne In	7	M 17-19	17:08
9	Deric Poorman	Ft Wayne In	15	M 15-16	17:39
10	Baxter Bumworth	Leesburg In	14	M 13-14	17:42
11	Michael McKeighen	Pierceton In	20	M 20-24	17:48
12	Alexander Wimsatt	Marion In	14	M 13-14	17:49
13	Tom O'Connell	Ft Wayne In	46	M 45-49	17:51
14	Joe Mercer	Lafontaine In	38	M 35-39	17:56
15	Chris Miller	Ft Wayne In	15	M 15-16	17:58
16	Forrest Foellinger	Ft Wayne In	14	M 13-14	18:03
17	Loren Bunnell	Ft Wayne In	39	M 35-39	18:09
18	Luke Pinkerton	Warren In	17	M 17-19	18:12
19	Jared Mimick	Leo In	18	M 17-19	18:21
20	Justin Clark	Huntington In	16	M 15-16	18:35
21	Brent Emerick	Columbia City In	15	M 15-16	18:39
22	Camron Walter	South Whitley In	14	M 13-14	18:41
23	Tom Fowler-Finn	Ft Wayne In	54	M 50-54	18:42
24	Forrest Bishop	Ft Wayne In	17	M 17-19	18:43
25	Jay Lawmaster	Bremen In	35	M 35-39	18:47
26	David Rex	Columbia City In	14	M 13-14	18:53
27	Brian Smith	Ft Wayne In	16	M 15-16	18:57
28	Danielle Vohs	Huntington In	23	F 20-24	19:00
29	Brian Jenkins	Ft Wayne In	16	M 15-16	19:01
30	John Treleaven	Ft Wayne In	50	M 50-54	19:04
31	David Piercy	Ft Wayne In	14	M 13-14	19:06
32	Stefan Bolger	Ft Wayne In	14	M 13-14	19:08
33	Sam Bird	Columbia City In	12	M 00-12	19:10
34	Brad Altevogt	Ft Wayne In	47	M 45-49	19:11
35	Austen Davenport	Andrews In	16	M 15-16	19:15
36	Lindsay Bruick	Warsaw In	21	F 20-24	19:18
37	Ross Schomburg	Ft Wayne In	16	M 15-16	19:29
38	Marcus Lee Ft	Wayne In	16	M 15-16	19:30
39	Bryan Gill	Columbia City In	16	M 15-16	19:39
40	William Delaney	Columbia City In	14	M 13-14	19:48
41	Jeff Taner	Ft Wayne In	42	M 40-44	19:49
42	Tom Shearer	Columbia City In	49	M 45-49	19:50
43	Jon Gnagy	N Manchester In	41	M 40-44	19:51
44	Joe Wolf	Columbia City In	16	M 15-16	19:52
45	David Geiger	Churubusco In	41	M 40-44	19:57
46	Wade Bunnell	Ft Wayne In	13	M 13-14	20:00
47	Nathan Kreider	Columbia City In	17	M 17-19	20:04
48	Pam White Dezaggo	Rhinebeck NY	38	F 35-39	20:08
49	Bobb Dilley	N Whiteland In	20	M 20-24	20:17
50	Chuck Brown	Bluffton In	46	M 45-49	20:18
51	Darren Reed	Columbia City In	29	M 25-29	20:26
52	Evan Niner	Ft Wayne In	14	M 13-14	20:32
53	Shane Ferrell	Ft Wayne In	15	M 15-16	20:37
54	Stan Willmert	Wabash In	47	M 45-49	20:41
55	Jennifer Emley	Huntington In	18	F 17-19	20:46
56	Shay Knecht	N Manchester In	20	F 20-24	20:48
57	Fred Stoffel	Larwill In	51	M 50-54	20:49
58	Sue Fowler-Finn	Ft Wayne In	48	F 45-49	20:53
59	Todd Kefaber	Wabash In	36	M 35-39	21:09
60	Brad Yoder	N Manchester In	60	M 60+	21:10
61	Tynae Wilson	Ft Wayne In	12	F 0-12	21:14
62	Darrel Fiene	Marion In	38	M 35-39	21:15
63	David Lowe	Columbia City In	44	M 40-44	21:16
64	Alan Fulton	Rochester In	48	M 45-49	21:20
65	Cary Fabian	Columbia City In	13	M 13-14	21:29
66	Mark Pinkerton	Warren In	19	M 17-19	21:35
67	Andrew Rich	N Manchester In	47	M 45-49	21:41
68	John Donahue	Warsaw In	28	M 25-29	21:42
69	Jason Albright	Roanoke In	15	M 15-16	21:46
70	DeWain Cobbs	Warsaw In	60	M 60+	21:47
71	Lydia Flora	N Manchester In	18	F 17-19	21:52
72	Brian Dawson	Lafontaine In	48	M 45-49	21:56
73	Thom Frantz	N Manchester In	47	M 45-49	21:57
74	Tollie Parker	Columbia City In	28	F 25-29	22:01
75	Toby Jo Hullinger	Monroeville In	43	M 40-44	22:04
76	Erin Brady	Ft Wayne In	30	F 30-34	22:05
77	Van Hauptert	N Manchester In	50	M 50-54	22:07
78	Jessica Thomas	Auburn In	16	F 15-16	22:10
79	Ric Poorman	Ft Wayne In	42	M 40-44	22:12
80	Stan Singpiel	Wabash In	59	M 55-59	22:14
81	Alison Doyle	Nappanee In	25	F 25-29	22:15
82	Don Ransome	Warsaw In	52	M 50-54	22:16
83	Rhonda Snover	N Manchester In	39	F 35-39	22:17
84	Tony Shepherd	Warsaw In	45	M 45-49	22:19
85	Jeffrey Metzger	Ft Wayne In	41	M 40-44	22:20
86	Seth Bird	Columbia City In	15	M 15-16	22:21
87	Brian Cashdollar	N Manchester In	26	M 25-29	22:22
88	Reena Markstahler	N Manchester In	25	F 25-29	22:23
89	Dan Craig	Columbia City In	15	M 15-16	22:25
90	Don Curry	N Manchester In	55	M 55-59	22:26
91	Jon Campbell	Ft Wayne In	17	M 17-19	22:27
92	Nawid Moshref	Ft Wayne In	17	M 17-19	22:28
93	Brendan Fox	Plymouth In	13	M 13-14	22:29
94	Dillon Kimmel	Ft Wayne In	14	M 13-14	22:30

Place	Name	City	Age	Age Group	Time
95	Fred Hannan	Ft Wayne In	48	M 45-49	22:32
96	Evan Hauptert	N Manchester In	13	M 13-14	22:34
97	Jared Keyser	Huntington In	16	M 15-16	22:49
98	Rose Garman	Springfield IL	35	F 35-39	22:51
99	Fred Ross	Warsaw In	61	M 60+	22:52
100	Taylor Foustnight	Marion In	12	F 0-12	22:53
101	David Singer	N Manchester In	40	M 40-44	22:54
102	Patrick Rosdil	N Manchester In	39	M 35-39	23:04
103	Tyrone Wilson	Ft Wayne In	41	M 40-44	23:12
104	Zach Kressling	Ft Wayne In	16	M 15-16	23:15
105	Adam West	Akron In	26	M 25-29	23:16
106	Abbey Bunnell	Ft Wayne In	11	F 0-12	23:18
107	Robert Sennett	Warsaw In	59	M 55-59	23:22
108	Andrew Gnagy	N Manchester In	12	M 0-12	23:24
109	Melvin Rennaker	Wabash In	48	M 45-49	23:25
110	Ted Snavelly	Silver Lake In	43	M 40-44	23:29
111	David Parker	Columbia City In	29	M 25-29	23:35
112	Jim Pickett	Waterloo In	52	M 50-54	23:36
113	Steve Shaun	N Manchester In	36	M 35-39	23:38
114	Whitney Hauptert	N Manchester In	15	F 15-16	23:39
115	Evan Perkins	N Manchester In	20	M 20-24	23:41
116	Lynn Altevogt	Ft Wayne In	13	F 13-14	23:42
117	Staci Beiswanger	South Whitley In	36	F 35-39	23:48
118	Patrick Bloom	Columbia City In	16	M 15-16	23:51
119	Tim Ryan	Ft Wayne In	47	M 45-49	23:53
120	Aaron Cox	Ft Wayne In	49	M 45-49	23:55
121	Gary Bird	Columbia City In	44	M 40-44	23:59
122	Tyler Olson	Ft Wayne In	17	M 17-19	24:02
123	Bill McNeeley	N Manchester In	41	M 40-44	24:07
124	Kim Deboy	Marion In	13	F 13-14	24:12
125	Kirsten Hall	Marion In	13	F 13-14	24:23
126	Aaron Snover	N Manchester In	13	M 13-14	24:35
127	Tamara Wright	Ft Wayne In	43	F 40-44	24:36
128	Dennis Fulton	Bourbon In	45	M 45-49	24:40
129	Suzanne Peebles	Wabash In	38	F 35-39	24:42
130	Cali Spencer	Marion In	14	F 13-14	24:47
131	Gary Falgout	Columbia City In	41	M 40-44	24:52
132	Don DeCook	Argos In	49	M 45-49	25:12
133	Robert Ringle	Sanford NC	53	M 50-54	25:16
134	David Boyer	Ft Wayne In	15	M 15-16	25:18
135	Gary Eberly	N Manchester In	49	M 45-49	25:21
136	Jeff Snover	N Manchester In	40	M 40-44	25:22
137	Trent Duhamell	Wabash In	13	M 13-14	25:32
138	Julia Rosdil	N Manchester In	31	F 30-34	25:34
139	Kevin Clark	Urbana In	32	M 30-34	25:38
140	Bob Fahl	Roanoke In	54	M 50-54	25:40
141	Penny Ruppert	Ligonier In	38	F 35-39	25:41
142	Mike Fitzpatrick	Columbia City In	62	M 60+	25:51
143	Katie Barrus	Marion In	12	F 0-12	25:53
144	Jeff Berry	Kokomo In	38	M 35-39	25:54
145	Tim Garman	Springfield In	45	M 45-49	25:56
146	Larry Buchanan	Ft Wayne In	13	M 13-14	26:32
147	Leo Burns	Logansport In	49	M 45-49	27:05
148	Cathy Hawks	Ft Wayne In	44	F 40-44	27:16
149	Sara Miller	Peru In	50	F 50-54	27:23
150	Holly Vogel	N Manchester In	13	F 13-14	27:27
151	Judy Ingelman	Ft Wayne In	47	F 45-49	27:30
152	Debi Treleavin	Ft Wayne In	51	F 50-54	27:41
153	Linda Scott	Rochester In	58	F 55-59	27:59
154	Jon Ingelman	Ft Wayne In	60	M 60+	28:00
155	Ted Little	N Manchester In	49	M 45-49	28:01
156	Scott Beam	Ft Wayne In	41	M 40-44	28:05
157	Amy Beam	Ft Wayne In	39	F 35-39	28:06
158	Shelley Dereu	Westfield In	38	F 35-39	28:14
159	Vicki Onstott	Rochester In	51	F 50-54	28:16
160	Beverly Rhodes	Winona Lake In	50	F 50-54	28:25
161	Kate Blocher	N Manchester In	22	F 20-24	28:26
162	Joe Messer	N Manchester In	44	M 40-44	28:28
163	Bart Kimmell	Ft Wayne In	42	M 40-44	28:39
164	Jocelyn Warren	N Manchester In	20	F 20-24	28:56
165	Kristi Wozniak	South Bend In	31	F 30-34	29:03
166	Cory Markstahler	N Manchester In	25	M 25-29	29:04
167	Steve Olson	N Manchester In	48	M 45-49	29:09
168	Joe Frantz	N Manchester In	50	M 50-54	29:15
169	Sarah Bird	Columbia City In	9	F 0-12	29:24
170	Allison Everett	Marion In	12	F 0-12	29:47
171	Marcie Coulter-Kern	N Manchester In	42	F 40-44	29:50
172	Mark Jones	N Manchester In	49	M 45-49	29:52
173	John Burton	N Manchester In	32	M 30-34	29:53
174	Marisol Frazier	N Manchester In	24	F 20-24	29:54
175	Ruth Cook	Ft Wayne In	40	F 40-44	30:07
176	Shirley Piercy	Ft Wayne In	56	F 55-59	30:09
177	Declan Fox	Plymouth In	11	M 0-12	31:32
178	Jim Cook	Ft Wayne In	40	M 40-44	31:44
179	Teresa Fox	Plymouth In	44	F 40-44	32:51
180	Lucy Burns	Logansport In	48	F 45-49	33:33
181	Kalissa Blanchette	Ft Wayne In	14	F 13-14	33:41
182	Regina Blanchette	Ft Wayne In	48	F 45-49	33:45
183	Sherry Chapman	Ft Wayne In	41	F 40-44	35:30
184	Diane Nestleroad	Ft Wayne In	51	F 50-54	36:39

**Kernel Classic 5k run
Overall Finish List
August 10, 2002
Results By Fort Wayne Track Club**

Place	Name	City	Age	Age Group	Time
1	Bret Grover	Bluffton IN	19	**** M 15-19	15:41
2	Adam Lenz	Montpelier IN	14	1 M 0-14	16:19
3	Zach Scherer	Monroeville IN	19	1 M 15-19	16:47
4	Chris Brown	Bluffton IN	18	2 M 15-19	16:54
5	Trent Sinnett	Kokomo IN	40	**** M 40-44	16:55
6	John Schnieders	Decatur IN	38	1 M 35-39	17:12
7	Doug Sundling	Bluffton IN	47	1 M 45-49	17:30
8	Mike Shelton	Anderson IN	46	2 M 45-49	17:42
9	Craig Eckert	Huntington IN	26	1 M 25-29	17:43
10	Adam Grover	Bluffton IN	17	3 M 15-19	17:46
11	Trevor Hughes	Huntington IN	16	4 M 15-19	17:51
12	Cole Lenz	Montpelier IN	15	5 M 15-19	17:52
13	Carl A Risch	Decatur IN	45	3 M 45-49	17:56
14	Tyler Evans	Gaston IN	19	6 M 15-19	17:57
15	Ron Gallygly	Decatur IN	41	1 M 40-44	18:05
16	Ryan Withem	Freedom IN	20	1 M 20-24	18:13
17	Joe McFarren	Muncie IN	21	2 M 20-24	18:23
18	Justin Gauthier	Muncie IN	17	7 M 15-19	18:49
19	Doug Osborn	Hartford City IN	48	4 M 45-49	18:58
20	Nick Berghoff	Warren IN	17	8 M 15-19	19:00
21	Jeremy Williams	Hartford City IN	16	9 M 15-19	19:14
22	Andy Michaud	Montpelier IN	17	10 M 15-19	19:27
23	Max Victor	Huntington IN	40	2 M 40-44	19:38
24	Michael Nunez	Hartford City IN	16	11 M 15-19	19:47
25	Joshua Young	Huntington IN	15	12 M 15-19	19:54
26	Stephen Smith	Fairmount IN	54	1 M 50-59	20:10
27	Patty Rose	Lafayette IN	51	**** F 50-59	20:28
28	Jarrod Herman	Keystone IN	16	13 M 15-19	20:31
29	Justin Ervin	Montpelier IN	14	2 M 0-14	20:35
30	Joel Allred	Poneto IN	17	14 M 15-19	20:43
31	Jason Lenz	Montpelier IN	40	3 M 40-44	20:46
32	Nathan Williams	Muncie IN	18	15 M 15-19	20:49
33	Charissa Kinser	Montpelier IN	16	**** F 15-19	20:51
34	Larry Emmons	Marion IN	46	5 M 45-49	20:53
35	Mark Spitzer	Marion IN	36	2 M 35-39	20:59
36	Stephen Dearing	Anderson IN	55	2 M 50-59	21:03
37	R William Schmidt	Ft Wayne IN	67	1 M 60-69	21:05
38	Sarah Weide	Troy OH	21	1 F 20-24	21:14
39	Richard Cook	Yorktown IN	34	1 M 30-34	21:20
40	Ron Hammond	Decatur IN	49	6 M 45-49	21:21
41	Ron Harmening	Pendleton IN	51	3 M 50-59	21:36
42	Mark Brattoli	Ft Wayne IN	46	7 M 45-49	21:37
43	Hannah Weide	Ft Wayne IN	15	1 F 15-19	21:41
44	Darlene Dietrich	Muncie IN	45	1 F 45-49	21:42
45	Jim Weide	Ft Wayne IN	50	4 M 50-59	21:44
46	Jonathan Cooper	Upland IN	24	3 M 20-24	21:49
47	Daniel Carroll	Indianapolis IN	18	16 M 15-19	21:53
48	Honesty Hart	Anderson IN	25	1 F 25-29	21:56
49	Angela Cook	Portland IN	23	2 F 20-24	22:01
50	Brittany Harvey	Decatur IN	17	2 F 15-19	22:09
51	Jacob Weide	Ft Wayne IN	12	3 M 0-14	22:12
52	Phil Luttmann	Kendallville IN	54	5 M 50-59	22:13
53	Joanna White	Middlebury IN	26	2 F 25-29	22:14
54	Amy Coleman	Hartford City IN	19	3 F 15-19	22:24
55	Jim Woodruff	West Lafayette IN	58	6 M 50-59	22:25
56	Jennifer Feemster	Warren IN	16	4 F 15-19	22:26
57	Bob Kearns	Anderson IN	69	2 M 60-69	22:27
58	Carolyn McKinney	Anderson IN	36	1 F 35-39	22:31
59	Kent Kiefer	Decatur IN	39	3 M 35-39	22:41
60	Tom Felger	Ft Wayne IN	62	3 M 60-69	22:43
61	Emily Nestel	Ft Wayne IN	14	1 F 0-14	22:48
62	Nikki Chenoweth	Lafontaine IN	17	5 F 15-19	22:57
63	Heather Carroll	Huntington IN	17	6 F 15-19	22:59
64	Hidi Hix	Jonesboro IN	23	3 F 20-24	23:01
65	Tim Hughes	Huntington IN	44	4 M 40-44	23:13
66	Chase Anderson	Bluffton IN	14	4 M 0-14	23:14
67	Lindsey Landis	Decatur IN	16	7 F 15-19	23:22
68	Curtis Flannery	Farmland IN	51	7 M 50-59	23:38
69	Doug McKinzie	Ft Wayne IN	47	8 M 45-49	23:43
70	Rodney McKenzie	Anderson IN	67	4 M 60-69	23:45
71	John McPherson	Ft Wayne IN	49	9 M 45-49	23:48
72	Jose Cruz	Marion IN	46	10 M 45-49	23:52
73	Jenny Hogston	Ft Wayne IN	32	1 F 30-34	24:04
74	Tonya Young	Huntington IN	17	8 F 15-19	24:06
75	Michelle Cooper	Upland IN	23	4 F 20-24	24:10
76	Joyce Flanagan	Liberty Center IN	14	2 F 0-14	24:13
77	Melissa Fettes	Huntington IN	16	9 F 15-19	24:17
78	Jim Ahler	Lafayette IN	55	8 M 50-59	24:14
79	Mitch V Harper	Ft Wayne IN	46	11 M 45-49	24:21
80	Wendell Brown	Warren IN	55	9 M 50-59	24:27
81	Karen Taylor-Smith	Anderson IN	50	1 F 50-59	24:28
82	Ashley Herman	Keystone IN	14	3 F 0-14	24:31
83	Linc Mitchell	Marion IN	38	4 M 35-39	24:33
84	Katherine Mitchell	Marion IN	35	2 F 35-39	24:37

Place	Name	City	Age	Age Group	Time
85	Steve Harvey	Bluffton IN	47	12 M 45-49	24:38
86	Gary McFarren	Keystone IN	52	10 M 50-59	24:40
87	Courtney Kinser	Montpelier IN	14	4 F 0-14	24:44
88	Eva Miller	Keystone IN	13	5 F 0-14	24:45
89	Lorraine Brattoli	Ft Wayne IN	41	1 F 40-44	24:49
90	Tom Ruple	Indianapolis IN	59	11 M 50-59	24:50
91	Shane Harley	Indianapolis IN	36	5 M 35-39	24:51
92	Alvin Brown	Warren IN	48	13 M 45-49	24:55
93	Chip Cooper	Van Buren IN	38	6 M 35-39	24:59
94	Emily Capper	Montpelier IN	14	6 F 0-14	25:08
95	Don Anderson	Ft Wayne IN	75	1 M 70-99	25:14
96	Kaleb Kern	Van Buren IN	13	5 M 0-14	25:15
97	Maggie Bailey	Montpelier IN	16	10 F 15-19	25:23
98	Walter Post	Anderson IN	53	12 M 50-59	25:28
99	Scott Everson	Yoder IN	40	5 M 40-44	25:31
100	Dale Miller	Keystone IN	46	14 M 45-49	25:34
101	Tracy Hill	Huntington IN	39	7 M 35-39	25:35
102	Heather Roush	Poneto IN	14	7 F 0-14	25:38
103	Cheryl Kiefer	Decatur IN	16	11 F 15-19	25:40
104	Barb Scroggham	Ft Wayne IN	55	2 F 50-59	25:43
105	Jody Ellet	Marion IN	44	6 M 40-44	25:50
106	Mike Brown	Gas City IN	28	2 M 25-29	25:55
107	Sharon Etherington	Anderson IN	39	3 F 35-39	25:57
108	Gene Chandler	Anderson IN	70	2 M 70-99	26:05
109	Anita Lehman	Decatur IN	36	4 F 35-39	26:14
110	Andrew Thomas	Montpelier IN	9	6 M 0-14	26:21
111	Carol Weide	Ft Wayne IN	47	2 F 45-49	26:23
112	Jackie Gage	Decatur IN	18	12 F 15-19	26:24
113	Patricia Miller	Alexandria IN	60	1 F 60-69	26:36
114	Jeff Sobell	Ft Wayne IN	32	2 M 30-34	26:38
115	Abby King	Montpelier IN	17	13 F 15-19	26:40
116	April Reynolds	Keystone IN	16	14 F 15-19	26:53
117	Alan Arnold	Monroe IN	49	15 M 45-49	26:56
118	Doug Rose	Pendleton IN	49	16 M 45-49	26:58
119	Kelsey Warren	Marion IN	14	8 F 0-14	26:59
120	Colleen Warren	Marion IN	43	2 F 40-44	27:00
121	Zach Suorbaugh	Liberty Center IN	16	17 M 15-19	27:09
122	Kip Kern	Van Buren IN	43	7 M 40-44	27:10
123	Joel Roush	Marion IN	31	3 M 30-34	27:13
124	Steve Vore	Upland IN	41	8 M 40-44	27:14
125	Hannah Smith	Hartford City IN	16	15 F 15-19	27:38
126	Ray Bullock	Upland IN	71	3 M 70-99	27:47
127	Jennifer Dillon	Ft Wayne IN	30	2 F 30-34	27:49
128	Hayden Rice	Ft Wayne IN	9	7 M 0-14	27:59
129	Josef Musser	Marion IN	51	13 M 50-59	28:15
130	Steve Ulrich	Noblesville IN	48	17 M 45-49	28:24
131	Char Simons	Olympia WA	42	3 F 40-44	28:38
132	Chuck Bagley	Anderson IN	61	5 M 60-69	28:41
133	Blake Boucher	Van Buren IN	12	8 M 0-14	28:43
134	Jennifer Luedtke	Marion IN	24	5 F 20-24	28:52
135	Bill Miller	Alexandria IN	61	6 M 60-69	29:07
136	Kathy Bantz	Hartford City IN	52	3 F 50-59	29:45
137	Edna West	Middletown IN	72	1 F 70-99	29:48
138	Tracey Brown	Warren IN	32	4 M 30-34	29:57
139	Andrew Kelly	Van Buren IN	12	9 M 0-14	30:04
140	Jill Guion	Anderson IN	36	5 F 35-39	30:38
141	Chandler Guion	Anderson IN	10	9 F 0-14	30:43
142	Shandalyne Cupp	Marion IN	12	10 F 0-14	31:37
143	Sarah Kleinknight	Ft Wayne IN	59	4 F 50-59	32:10
144	Denise Skillman	Anderson IN	42	4 F 40-44	32:53
145	Andrew McNamara	Montpelier IN	10	10 M 0-14	32:57
146	Cynthia Cruz	Marion IN	44	5 F 40-44	33:33
147	Rita Koch	Upland IN	58	5 F 50-59	34:10
148	Devin Sielschott	Decatur IN	16	18 M 15-19	34:24
149	Betty Greider	Ft Wayne IN	41	6 F 40-44	34:25
150	Phil Ehinger	Ft Wayne IN	39	8 M 35-39	34:49
151	Kristin Riga	Columbus IN	16	16 F 15-19	35:10
152	Allison Chiles	Carmel IN	12	11 F 0-14	35:47
153	Greg Chiles	Carmel IN	44	9 M 40-44	35:49
154	Jack Bickel	Muncie IN	70	4 M 70-99	36:12
155	Desiree Emmons	Marion IN	11	12 F 0-14	36:27
156	Evan Blackmon	Marion IN	9	11 M 0-14	36:28
157	Kenneth E Disler	Ft Wayne IN	79	5 M 70-99	36:30
158	David Myers	Ft Wayne IN	69	7 M 60-69	36:47
159	Sue Myers	Ft Wayne IN	62	2 F 60-69	36:48
160	Candace Sielschott	Decatur IN	18	17 F 15-19	37:26
161	Margaret Reyling	Decatur IN	18	18 F 15-19	37:27
162	John Stoner	Montpelier IN	42	10 M 40-44	37:57
163	Jeremy Thornburgh	Chicago IL	27	3 M 25-29	38:42
164	Cassie Lehman	Decatur IN	15	19 F 15-19	38:44
165	Karol Emmons	Marion IN	45	3 F 45-49	40:05
166	Adam Satterthwaite	Warren IN	15	19 M 15-19	40:17
167	Delores Blackmon	Marion IN	62	3 F 60-69	41:08
168	Denise Lehman	Decatur IN	13	13 F 0-14	41:29
169	Maurine Gensheimer	Ft Wayne IN	64	4 F 60-69	41:54
170	Tanner Byall	Hartford City IN	12	12 M 0-14	44:28
171	James P Jones	Ft Wayne IN	74	6 M 70-99	44:49
172	Greg Calahan	Daleville IN	51	14 M 50-59	45:05
173	David Gensheimer	Ft Wayne IN	43	11 M 40-44	55:41

Place	Name	City	Age Group	Time
1	Cassy Shafter	Wayne	M 20-24	15:25
2	Kevin Pensinger	Wayne	M 35-39	15:47
3	Reuben Njaj	Wayne	M 35-39	15:56
4	Jerry Williams Jr	Wayne	M 40-44	16:49
5	Doug Sundling	Wayne	M 45-49	17:23
6	Tim O'Connell	Wayne	M 45-49	17:35
7	Brad A Thomas	Wayne	M 25-29	17:37
8	Geahum Astaslike	Wayne	M 25-29	17:38
9	Jay Prochard	Wayne	M 45-49	17:47
10	Thomas Bussen	Wayne	M 40-44	17:49
11	Phil Switzer	Wayne	M 50-54	18:01
12	Robert Minnich, Jr	Wayne	M 35-39	18:03
13	Loren Bunnett	Wayne	M 35-39	18:11
14	David Rex	Wayne	M 0-15	18:26
15	Tom Freeman	Wayne	M 30-34	18:28
16	Roger Wilson	Wayne	M 45-49	18:29
17	Curt Hollett	Wayne	M 40-44	18:33
18	Gregg Osborn	Wayne	M 40-44	18:37
19	John Trelaven	Wayne	M 50-54	18:48
20	Tom Fowler-Finn	Wayne	M 50-54	18:52
21	Wade Bunnett	Wayne	M 0-15	19:06
22	William Delaney	Wayne	M 0-15	19:15
23	Brad Alivogari	Wayne	M 45-49	19:18
24	Joseph Snell	Wayne	M 0-15	19:26
25	Diana Schowe	Wayne	M 35-39	19:29
26	Jeff Tantor	Wayne	M 40-44	19:29
27	Ted Van Antwerp	Wayne	M 40-44	19:32
28	Curtis Pabian	Wayne	M 0-15	19:33
29	David Swenson	Wayne	M 40-44	19:35
30	Kenneth King	Wayne	M 40-44	19:42
31	Tom Shearer	Wayne	M 50-54	19:43
32	Kim Miller	Wayne	M 45-49	19:58
33	James Mckinnon	Wayne	M 30-34	20:01
34	Chris Dummire	Wayne	M 45-49	20:03
35	Michael Yoder	Wayne	M 50-54	20:09
36	David Geiger	Wayne	M 40-44	20:11
37	David Yoder	Wayne	M 50-54	20:11
38	Chris Adams	Wayne	M 25-29	20:15
39	Ruth Dumm	Wayne	M 40-44	20:22
40	Andy Haxton	Wayne	M 30-34	20:28
41	Heather George	Wayne	M 20-24	20:28
42	Jeff Brown	Wayne	M 45-49	20:28
43	Chuck Milliman	Wayne	M 45-49	20:36
44	Jay Fawer	Wayne	M 45-49	20:36
45	Mark Pace	Wayne	M 35-39	20:44
46	Sue Fowler-Finn	Wayne	M 45-49	20:44
47	Daniel A Kaufman	Wayne	M 50-54	20:53
48	Patrick Chasney	Wayne	M 55-59	20:54
49	Julie Goodspeed	Wayne	M 20-24	20:55
50	Antonio Donald	Wayne	M 30-34	20:56
51	Tracy Brooks	Wayne	M 30-34	21:14
52	Jim Dougher	Wayne	M 35-39	21:18
53	Nathan Carter	Wayne	M 25-29	21:26
54	George Gebhart	Wayne	M 20-24	21:32
55	Trina Chapman-Smith	Wayne	M 35-39	21:34
56	Tyler Van Seggem	Wayne	M 0-15	21:35
57	Donald Kramet	Wayne	M 45-49	21:35
58	Tom Hillinger	Wayne	M 40-44	21:36
59	David Bowers	Wayne	M 25-29	21:36
60	Jim Berry	Wayne	M 40-44	21:38
61	Hollie Parker	Wayne	M 25-29	21:38
62	Todd Stearns	Wayne	M 40-44	21:39
63	Matthew Berens	Wayne	M 40-44	21:40
64	Tammy Berens	Wayne	M 30-34	21:51
65	Joe Ziegler	Wayne	M 65-99	21:57
66	Adam Wintner	Wayne	M 20-24	21:58
67	Bernie Burgette	Wayne	M 55-59	22:04
68	Scott Mann	Wayne	M 40-44	22:04
69	Tricia Maliers	Wayne	M 40-44	22:07
70	Tom Bunker	Wayne	M 45-49	22:11
71	Rick L Gilben	Wayne	M 45-49	22:15
72	Steve Niens	Wayne	M 13 M 40-44	22:19
73	Mark Ramsey	Wayne	M 13 M 40-44	22:21
74	Fred Hansen, Jr	Wayne	M 45-49	22:22
75	Chad Green	Wayne	M 25-29	22:28
76	Carma McPherson	Wayne	M 40-44	22:30
77	Jon Carter	Wayne	M 0-15	22:32
78	Matti Kosoff	Wayne	M 14 M 40-44	22:33
79	David E Boylan	Wayne	M 1 M 60-64	22:33
80	Harrison Fausay	Wayne	M 8 M 0-15	22:43
81	John David McPherson	Wayne	M 16 M 45-49	22:58
82	John Dier	Wayne	M 3 M 30-34	23:03
83	David Wynn	Wayne	M 3 M 35-39	23:07
84	Tom Felger	Wayne	M 2 M 60-64	23:10
85	Tom Felger	Wayne	M 60-64	23:17
86	Rich Stephenson	Wayne	M 3 M 55-59	23:17
87	Frederick Muller	Wayne	M 9 M 0-15	23:33
88	Pete Hinz	Wayne	M 4 M 30-34	23:34
89	Ryan Wilkins	Wayne	M 10 M 0-15	23:41
90	Grant Schultz	Wayne	M 6 M 35-39	23:41
91	Stephen Parker	Wayne	M 15 M 40-44	23:46
92	Aaron Cox	Wayne	M 17 M 45-49	23:46
93	Kathy Moss	Wayne	M 18 M 45-49	23:46
94	Ray Casano	Wayne	M 4 M 55-59	23:46
95	Abby Bunnett	Wayne	M 1 F 0-15	23:49
96	Michael Barnell	Wayne	M 19 M 45-49	23:50
97	Joel Schaefer	Wayne	M 5 M 55-59	24:02
98	Mary Ann Parker	Wayne	M 2 F 40-44	24:02
99	Dean Russ	Wayne	M 36 M 2 F 35-39	24:04
100	Dean Russ	Wayne	M 45 M 7:50/M	24:16
101	Laura Green	Wayne	M 3 F 30-34	24:24
102	Becky Rubie	Wayne	M 3 F 35-39	24:32
103	Beth Fremton	Wayne	M 2 F 45-49	24:32

Gary Bird goes 68 miles in Vermont 100 --- July 24, 2002
Blisters take their toll

Call him crazy, but Gary Bird, Columbia City's ultra-trail runner, is pursuing a goal. He wants to complete a 100-mile trail run. Last Saturday morning he embarked on yet again another attempt - this time at the Vermont 100-Mile Endurance Run on some hilly back-country roads. But after 68 miles, with blisters on his feet, he called it quits.

Here, in his own words, is Gary's saga:

"As you know I went 68.2 miles in 17 hours 10 minutes, dropping out at the second trip through the Ten Bears aid station. Once again I agonized over bad blisters on both feet. Other than that I was feeling great for the distance. Although I couldn't finish, I had some memorable moments, the least of which occurred right after the start.

The start began at 4:00 am (their time) about an hour-and-a-half before daylight. I elected to just tag along with someone who had a flashlight. That always works well for me. Shortly after the start I turned my head while on a narrow part of the trail and got hit with a small branch that went right into my ear clear to the eardrum! My next few steps were a little strange.

Later around 41 miles while I was climbing Agony Hill trail I must have fainted. I awoke with a couple calling my name and joking about me napping! I'm not sure how long I laid along the trail. When I departed the last aid station I was the only one there with no one in sight so maybe I was down for 20 minutes. They helped me to my feet. I got a quick drink and finished climbing the hill. What was weird about the incident is that I felt great afterwards, like it re-charged my body.

As we got into the Ten Bears aid station the first time, the medical team checked everyone: their weight and vitals. I was a little nervous over the thought that something had caused me to faint, maybe lack of oxygen or high blood pressure? I weighed in at 189 lb and had lost only two pounds (love those turkey sandwiches). My blood pressure was good.

I decided to change socks again, for the next loop is a good 24 miles before returning back to Ten Bears. My blisters were getting worse! I called an EMT over for help. He worked on them for awhile, trying to add some comfort. But my impatience soon got in the way and I said "I need to go". I remembered Mitch Harper's words of wisdom - NO SOCIALIZING AT AID STATIONS - as well as Don Lindley's advice - RFP:RELENTLESS FORWARD PROGRESS.

I made it to the 51.7 mile aid station and was starting to be annoyed by my feet..draining precious energy away from the 100 goal, but got a little mental lift knowing that we would soon run across an open field which felt better on the blisters and I knew I could put some time back in the bank.

After getting to Tracer Brook aid station at 54.9 mile, what a fun group! They did not even have the courage to tell me that Prospect Hill was just around the corner. I must have sworn many kind words to those volunteers. At the top of Prospect Hill my feet were hurting, I could see my left shoe top in blood which further drained my thoughts of finishing.

I quickly searched my brain for thoughts of encouragement. I remembered Jerry Diehl's suggestion to "go one more station, just one more". It worked. I made to the next station but lost the time that I had banked and my hope of finishing in under 26 hours.

The toughest moment was at the Brown School House aid station and back to Ten Bears. Absolutely 5.4 miles of nothing! No one around - both feet feeling just awful!!! Well I made it back to Ten Bears but was mentally hurting now...searching for help! I again recalled another Don Lindley comment: "Do not be hasty in dropping out. Use your time."

I went to the medical aid tent, removed my shoes and socks to see what could be done. After cleaning my feet and letting them dry, a volunteer came over and asked if I was a DNF yet? I said "NO!" Then, in my defense, a fellow runner came over and asked him when the station closed? The runner told the volunteer that I didn't need to drop out until the aid station closes. Cool huh? Well by that time. I tried going again but I simply could not handle the tender skin.

I went back to the finish line to watch many of my fellow runners cross 100-mile line in the wee hours of the morning. It was very emotional to witness the agony, the joy and the burst of energy from all the finishers. I just hung my head low and began another climb to my tent upon the hill. For many of us just those kinds of moments alone can inspire human emotion to keep trying!

I remember reading some time ago a trivia question that read something like this: Who led the league in such in such year with the most hits, and in that same year led with the most strike outs? The answer: Pete Rose. I guess the moral to the question is that maybe three failures to make the 100-miler is what may be needed to actually succeed in doing it.

As I tried to sleep, in between cramps, I began to think Wow! I have officially completed four 50-plus mile runs. That equates to eight marathons plus with the two marathons I did in April, that gives me 10 marathons in seven months. That does not include the 20K, a half-marathon, and all the 5Ks, 10Ks as well. So I thought: Why do I need to feel sorry for in my quest to conquer the 100..nothing!

At the end of every race, my high school coach - Coach Snead - would ask what could have you done differently? I ask that same question to the kids I coach and to myself. Believe me I will become the authority on foot care over the next few months. ...besides we still have two more 50Ks to run and an annual fall marathon.
Happy Trails

Oh , a few more details. The Vermont 100 is very well-organized. About 300 participants started and about 2/3 finished. It was a nice sunny day with temperatures in the mid-80's. The course was mostly road of some type with trails interconnecting the roads. Aid stations were set almost 2-3 miles apart and that really chopped the distance up. We also ran through covered bridges along some very beautiful scenery.

The host is a horse ranch owner who is a super person. The event also features a 100/50 mile horse endurance race on the same course with about 100 horses and riders participating. The ranch setting was typical Vermont! Camping was also available on the farm with facilities to match..hard to find a race like that. Great food as well pre/post race feast were provided.

Probably my favorite experience of the whole thing was hearing a piano at 3:00 am on the morning of the run playing Chariots of Fire. Sure enough down by the starting line, there sat a man under a small tent playing a variety of piano classics to motivate the runners and riders."

Good Luck To All the Chicago Marathon Entrants

The following are ones we know

AUBURN INDIANA
NANCY BURRIS 36 F
KEN PRESTON 42 M
DIANA SCHOWE 37 F
EMILY TURNER 21 F

NEW HAVEN
DENNIS KLOPFENSTEIN 45 M
ROBERT NELSON 45 M

CHURUBUSCO INDIANA
PATRICK GROSS 2 M
KERMIT HOGESTON 34 M
CHAD SHEARER 32 M

COLUMBIA CITY INDIANA
THOMAS SHEARER 50 M

FORT WAYNE INDIANA
DAVID ANDERSON 36 M
HOLLY BOGGS 33 F
RICHARD BRIARS 32 M
LEANN BUESCHER 20 F
JAMIE BUFFINGTON 23 F
MATT CARNEY 28 M
JAMES CRICKMORE 49 M
MEGAN DEXHEIMER 22 F
RON DILL 51 M
JAY FAWVER 46 M
JONATHAN FEAN 23 M
KAREN GILLIE 31 F
SAM GILLIE 32 M

JUSTIN GROGG 20 M
JOSH HARRIS 26 M
DAVID JACKSON 24 M
JEFFREY KEELING 48 M
MELINDA KINDER 42 F
DAVID LOMBARD 36 M
TANNA MERRELL 24 F
RICHARD MULLINAX 28 M
SHIRLEY PIERCY 5 F
HEATHER RENSBERGER 33 F
TED SCHOLTEN 39 M
TODD STEARNS 40 M
CHRISTOPHER STINE 37 M

LAURIE WHISLER 37 F
KEVIN PARRELLA 38 M
SUZANNE PATTERSON 28 F
JOHN PETERSON 57 M
ROBERT WILSON 41 M
KAREN YAGER 24F
JOANNA BARTLEY 34 F
JOSEPH BEIER 38 M
J PAUL DOWNIE 48 M
JAMES KRUSE 33 M
MICHAEL WENDT 39 M
FREDERICK HANNAN JR 48M

Races from 10/01/2002 to 12/31/2002 with Local Points Codes:

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

We try to provide the most accurate and complete race information that we can but we urge you to contact the race director for confirmations, postponements, or cancellations. If you are a race director or know of confirmed dates for 2002 races not already updated, please e-mail us at lindleyd@fortwayne.infi.net so that we may maintain the calender updated accurately.

Date/Time	Local Points	Race Information
Oct 05, 2002 8:30 am Sat	R	5th Annual Warsaw Optimist Duathlon, 5k run/25k bike/5k run, Lakeview Middle School Reg 6:30 - 8:00, Warsaw, IN, Jeff Owens, 1-800-793-0555, email: jedff@stonecreekhomes.com , web site: http://www.warsawoptimist.org/du.htm
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: jsmindak@juno.com , web site: http://www.orrrc.org
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: ksoexec@att.net , web site: http://www.kokomosymphony.org
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: http://www.fwortho.com
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: marathon@freepress.com , web site: http://www.freep.com/marathon
Oct 06, 2002 8am Sun	R	Overlook Marathon/5 Miler, 26.2 and 5 Miles, Leavenworth, IN, Jeff Johnson, 888-781-4255
Oct 06, 2002 9:30am Sun	R	23rd Annual Oktoberfest Classic, 10K, Minister, OH, Oktoberfest Classic, PO Box 20, Minister, OH 45865-0020, 419-628-8016, email: oct10k@hotmail.com
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: alumni@valpo.edu , web site: http://www.valpo.edu
Oct 12, 2002 5pm Sat	R	Monster Mash Dash, 5K Run, Eagle Creek Park, Indy, IN, Tuxedo Bros, 317-733-3300, web site: http://www.tuxbro.com
Oct 12, 2002 8:30 am Sat		Cole Porter Classic, 15K & 5K Run/Walk & 5K Competitor Walk, Peru Circus Bldg, Peru, IN, Jim Yates, PO Box 168, Peru, IN 46970, 765-985-3488, email: jyates@netusa1.net
Oct 12, 2002 8am Sat	R	South Whitley 5K Run/Walk & 1 Mile Run, Whitko HS, South Whitley, IN, Kelly Mize, Entry Fee: \$12-Pre, \$10-after 10/7-no shirt, email: mizeclan@fwi.com
Oct 12, 2002 Sat		Applefest Run, 5K, Frankton, IN, Kip Riser, (765)754-7147 or 7757
Oct 13, 2002 1:30pm Sun	R	St John of the Cross, 5K run and 2K walk, (Sat Oct 12th 4-8PM free spaghetti dinner for all runners), St John of the Cross(state road 120), Bristol, IN, Paul Parrow, 574-264-4213, email: stjohns@netbahn.net
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: zulu10K@aol.com , web site: http://www.fwtc.org/zulu
Oct 13, 2002 7:30 am Sun		25th Annual LaSalle Bank Chicago Marathon, 26.2 Miles & 5K Run, Grant Park, Chicago, IL, Entry \$80, 312-904-9800, web site: http://www.chicagomarathon.com
Oct 13, 2002 9 am Sun		Mt Rushmore International Marathon, 26.2 Miles and Relay, Black Hills, Rapid City, SD, Stacey Sharp, 1-800-487-3223, email: info@mountrushmoremarathon.com , web site: http://mountrushmoremarathon.com
Oct 19, 2002 8 am Sat		6th Annual Indianapolis Marathon, 26.2 miles & Half-Mar, Indpls, Indpls, IN, Joel Sauer, Indpls Marathon Corp, PO Box 361074, Indpls, IN 46236, 317-826-1670, email: joel.sauer@indianapolismarathon.com , web site: http://www.indianapolismarathon.com

Oct 19, 2002 9am Sat	L	Ankh (Life/Eternity) Walk/Run, 5K, Weisser Park, SBA Academy, Ft Wayne, IN, Weisser Park Youth Center, 802 Eckart St, Ft Wayne, IN 46806, 260-427-6780, Entry Fee: \$10 incl. t-shirt KIDS FREE
Oct 19, 2002 9am Sat	R	Circleville Classic, 5 Mile, Circleville, OH, Jeff McGowan, PO Box 13173, Circleville, OH 43113, 614-755-9575, email: runohi@ee.net , web site: http://www.runohio.com
Oct 19, 2002 Sat		Four Season Pumpkin Patch Run, 5K run/walk, New Castle, IN, Duane Dye, 317-529-8003, email: dyed@nccsc.k12.in.us
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: fasttrac@gte.net , web site: http://www.fasttrackonline.com/holiday.htm
Oct 20, 2002 8:30am Sun	R	Trail Blazing Half Marathon,, 13.1 Miles, Indiana Shirley Creek National Forest, French Lick, IN, Jeff Johnson, 888-781-4255
Oct 20, 2002 8am Sun		Columbus Marathon, 26.2 Miles, Columbus, OH, 614-421-RUNN, web site: http://www.columbusmarathon.com
Oct 26, 2002 10am Sat (NEW TIME)	LP	Pumpkin 5K Run/Walk for Parkview Hospice, 5K, FWTC Points Race, Fort Wayne, IN, Amy Jackson, 260-373-7970, email: foundation@parkview.com
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: http://www.tuxbro.com
Oct 26, 2002 8am Sat	R	Muncie Mini Marathon: Dosponsored by the Muncie Family YMCA and the Muncie Endurathon, 13.1M/5K/5K fun walk, Delaware Co. Fair Grounds, Muncie, IN, Steve Tomboni, 500 S. Mulberry, Muncie IN 47305, 765-741-5539
Oct 27, 2002 1:30pm Sun	LP	Callithumpian Canter, 5K & 1 Mile Fun Run, FWTC Points Race & News-Sentinal Running Series, Decatur, IN, Josh Heckert, Belmont HS, 260-724-4887, email: bubba5976@mcisi.com
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, pre-entry \$25 by Oct 14, \$30 thereafter, email: normc@ccrtc.com
Nov 03, 2002 2pm Sun	R	21st Annual Run the Mounds, 8k Run/Walk, Mounds State Park, Anderson, IN, Bob Hart, ARRC, PO Box 282, Anderson IN 46015, 765-643-6304, \$25 incld sweatshirt, web site: http://www.andersonroadrunners.org
Nov 09, 2002 9am Sat	R	Run For Mental Health, 5k, Bixler Lake Campground, Kendallville, IN, Brian Shepherd, 1425 Lincoln Dr., Ligioner, IN 46767, 260-894-4638, email: shirt@ligtel.com
Nov 16, 2002 11am Sat	LP	Turkey Trot X-C, 5K, Fox Island County Park, Fort Wayne, IN, Don Lindley, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860-1703, 260-436-2234, Pre-registration \$2-FWTC Members; \$3-Non-Members FWTC Points Race, email: lindleyd@fortwayne.infi.net , web site: http://www.fwtc.org
Nov 21, 2002 8am Thu	L	Mazock's 26th Thanksgiving Day Run, Almost 6 miles, Emerald Lake subdivision, No Awards, No Splits, Just old coffee and stale donuts, Fort Wayne, IN, Jerry Mazock, 2828 Emerald Drive, Fort Wayne, IN 46804, 260-432-4755
Nov 23, 2002 10am Sat	R	Turkey Trail 8K Run/Walk, 8K (5 Miles), Fowler Park, Terre Haute, IN, 812-234-9944, email: fasttrac@gte.net , web site: http://www.fasttrackonline.com/holiday.htm
Dec 07, 2002 2pm Sat	LP	Just Plain 10K, 10k Run & 3.3k Walk, (FWTC Point Race)Foster Park(Hartman & Fosterparkway), Fort Wayne, IN (PreRegistration is not required but helpful. Postmark No later than 12/3, Entry: Gift Wrapped T-shirt, James P Jones, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860, 260-745-7339, email: lindleyd@fortwayne.infi.net , web site: http://www.fwtc.org
Dec 14, 2002 10am SAT		Christmas in the Park, 5K, 1 Mile fun run, Meadows Shopping Center, Terre Haute, IN, 812-234-9944, email: fasttrac@gte.net , web site: http://www.fasttrackonline.com/holiday.htm
Dec 28, 2002 8am Sat	L	The Huff 50K, 50K, 3xRelay, & 1 Loop Fun Run (10.8 Miles), Huntington, IN, Mitch Harper, 5207 Hopkinson Dr, Ft Wayne, IN 46814, 260-436-8284 or (fax) 436-8284, email: Huff50K@aol.com

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 _____ PHONE _____

ADDRESS _____

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Vice President

Secretary

Treasurer

RACE DIRECTOR

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Fanny Freezer

Fun Run

Training Run

ASSISTANT RACE DIRECTOR

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Monitor maintenance of Equipment

RACE SCHEDULE COORDINATOR

RACE WALKING COORDINATOR

MEMBERSHIP

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WATER STATIONS

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ATTENTION TRACK CLUB MEMBERS

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

Don's email address is:
Lindleyd@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
Full Page	\$75.00	\$200.00	\$325.00
Half Page	\$40.00	\$110.00	\$175.00
Quarter Page	\$25.00	\$65.00	\$100.00
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Cover (Inside front or back)	\$300.00	\$750.00	\$1200.00

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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

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