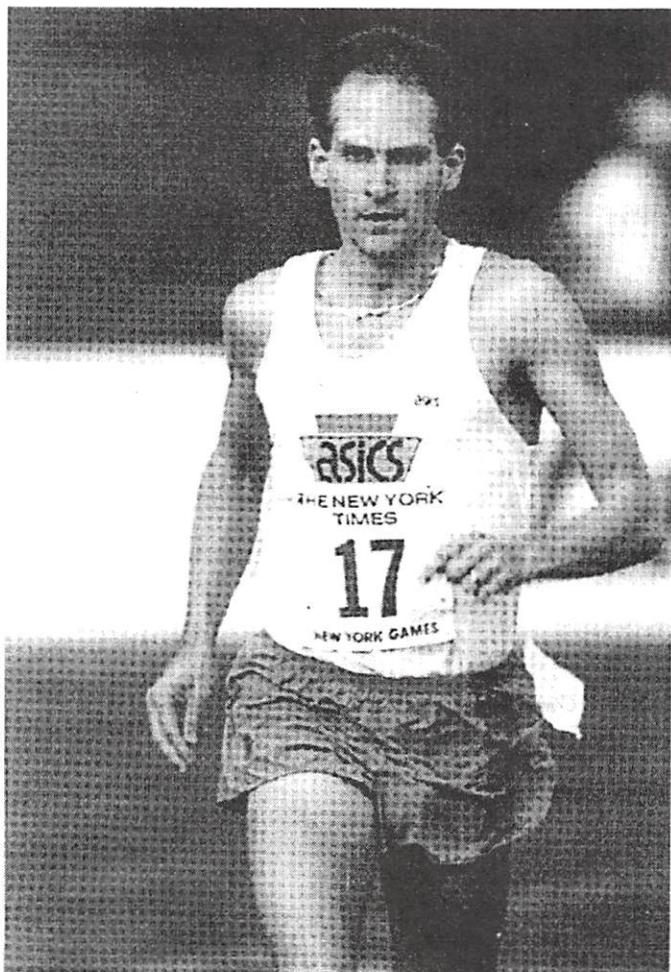


the inside track

February 2003 & March 2003

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



**DON'T MISS
OLYMPIAN
JIM SPIVEY**

**At the FWTC
Annual Banquet**

**February 9, 2003
IPFW Campus
Walb Student Union
Social 5:00 P.M.
Dinner 5:30 P.M.**

**Also Speaking:
Dr. Jay Fawver**

INSIDE THIS ISSUE:

**Area Race Results: Turkey Trot 2002,
Just Plain 10K 2002, Huntington Ultra Frigid Fifty,
2002 Final FWTC Points Standings and Award Winners,
Annual Banquet Information and Much More**

Check out our web site at www.fwtc.org

2003

Fort Wayne Track Club Officers and Board Members

OFFICERS

President	Judy Tillapaugh	(260)456-3277	tillapau@ipfw.edu
Vice President	Phil Suelzer	(260)486-1745	tri_kerl@yahoo.com
Treasurer	Don Lindley	(260) 432-5998	lindleyd@fortwayne.infi.net
Secretary	Judy White	(260)672-1470	whitejudy2@aol.com

FWTC BOARD MEMBERS

Eric Ade 435-1813 erica@waterfield.com
Donald Anderson 489-5225
Lynn E. Armstrong 486-3971 learnstrong47@hotmail.com
Tammy Behrens 625-3830 behrens@infi.net
Sam Bird 244-4408 garybird@onemain.com
Josh Brunson 486-8688 joshuabrunson@hotmail.com
Vern Cedar 745-4295 vceder@fwtc.org
DeWain Cobbs (574)267-2357 dcobbs@kconline.com
William A Crane 268-1007 wcrane77@hotmail.com
Katie Creighton 637-1102 kcreighton@canteburyschool.org
Jerry Diehl 492-7924 diehl@ipfw.edu
Michael Fruchy 627-5147 merf4@msn.com
Vincent & Carol Garcia
Alan Gilbert 627-5147 albarb04@aol.com
Bill Harris 657-5012 bharr2000@aol.com
Stephen M Hilker 747-7186 shilker@pleez.net
James P Jones 745-9724 senojpj@skynet.net
Linda Keuneke 478-4573 lkeuneke@bishoplucers.org
Sarah Kleinknight 456-3261 skleinknight@fssa.state.in.us
Paul Knott 485-1917 pknott@edglo.com
Tom Landis 693-3526 ltg5411@msn.com
Beverly Metzger 436-5632 beverly.metzger@fwcs.k12.in.us
Joseph Nayarkas 422-4451
Barrie Peterson 637-5717 barrie@myvine.com
Bill & Marsha Schmidt 485-1114 rwschmidt@fwi.com
Casey Shafer 456-9359 ghanishrunner@hotmail.com
Bill Sohaski 749-5081 sohaski@aol.com
Sam Stephens 471-1688
Kimberly Summers 436-0634 ktol@aol.com
Dwayne Weeda 492-6168
Laurie Whisler 486-8056
Roger L. Wilson 485-6119
Michael Yann 489-5265

Membership Coordinators

Don Lindley (260) 432-5998

Equipment Coordinators

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

Newsletter

Editor - Tim O'Connell 485-2370
Rose O'Connell 485-2370
E-mail troconnell@aol.com

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

FWTC INFORMATION

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

Membership Dues

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



Check out our web site at www.fwtc.org

Fort Wayne Track Club Meeting
Minutes
Wednesday December 11, 2002

21 Members Present

Eric Ade
JoAnn Bird
Sam Bird
Josh Brunson
Bill Crane
Carol Garcia
Bill Harris
Steve Hilker
JP Jones
Sarah Kleinknight
Tom Landis
Don Lindley
Rose O'Connell
Tim O'Connell
Marsha Schmidt
Casey Shafer
Bill Sohaski
Phil Suelzer
Judy Tillapaugh
Judy White
Mike Yann

1. The meeting was called to order by Bill Harris.
2. A devotion on realizing your potential was read by Don Lindley and a prayer was offered.
3. The Minutes from the November meeting were read and approved.
4. Don gave the treasurer's report with a balance of \$24,075.39. The membership stands at 487 paid. 1 year, 183 paid for 2 years, 86 paid for 3 years and 7 paid for 4 years. Both reports were approved.
5. JP reported the Just Plain 10k had 75 runners and 3 walkers. A total of 219 t-shirts were donated. One runner brought 75 t-shirts. The temperature was good, being around 35-40 degrees and there were no injuries.
6. Tom suggested 11 races for the FWTC points races. Those being FANNY FREEZER, RELAY FOR LIFE, NUTRI-RUN, MASTODON STOMP, RUN FOR FUN, PUMPKIN RUN, TURKEY TROT, PARLOR CITY RAT RACE, HARLAN DAYS AND RUNNERS ON PARADE. Points races are chosen based on their cost of entry, distance of the course, safety of the race, having the race results done in a timely fashion, and providing discounts to the FWTC members. A motion was made to accept these 11 races for the FWTC points of 2003. A discussion then followed on these races. An amendment to the motion was to add Just Plain 10k to the points race list. No second motion was heard. Another amendment to the motion was made to add Just Plain 10k and Dupont 5k and exclude Harlan Days. A second motion was made. The vote was carried for these 12 points races.
7. Don reported the Turkey Trot had 147 runners, with half being new to the race. Several club applications were distributed.
8. On the upcoming banquet, Bill Crane had new flyers printed and available. The flyers are going along well. The deadline for reservations is January 27th.
9. For the election of the new FWTC officers, Bill read from last month's memorandum for new President: Judy Tillapaugh; new Vice-President: Phil Suelzer; for new Secretary: Judy White; new Treasurer: Don Lindley. A motion was made to elect these new officers. There was a unanimous vote for our new FWTC Officers.
10. Judy introduced some of the new FWTC board members in attendance. They are: Sam Bird, Eric Ade, Josh Brunson and Casey Shafer.
11. Don reported on the RRCA affiliation. Terry Diller has advised the FWTC to pay insurance based on the number of household members. The RRCA will most likely have a reorganization the first of year. Our membership dues will be sent and insurance paid by the number of household members. Later a contribution may be made to the RRCA organization. A motion was made to accept this proposal. It was approved.
12. Judy reports she has free tickets to the IPFW men's basketball game on December 20. Also there are brochures available for the 2003 Indy Mini training program. Bret Hess is head of the program here in Fort Wayne. Also the Huff race needs volunteers for the day of the race.
13. Steve Hilker reported area businessmen are talking about turning Smith Field into a fitness center. There is a meeting at 10 AM on December 12th at Smith Field if interested.
14. Meeting adjourned.

Fort Wayne Track Club Meeting

Minutes

Wednesday January 8, 2003

21 Members Present

Eric Ade

JoAnn Bird

Sam Bird

Josh Brunson

Bill Crane

Carol Garcia

Bill Harris

Steve Hilker

JP Jones

Sarah Kleinknight

Tom Landis

Don Lindley

Rose O'Connell

Tim O'Connell

Marsha Schmidt

Casey Shafer

Bill Sohaski

Phil Suelzer

Judy Tillapaugh

Judy White

Mike Yann

1. The meeting was called to order by President Judy Tillapaugh.
2. A devotion on "Joy of Running" was given by Don and prayer was offered.
3. The minutes were read and approved.
4. Don gave the Treasurer's report noting a year-end balance of \$19,676.45. Don will plan the 2003 budget very close to the "actual" 2002 expenditures. The membership stands at 484 paid for 1 year, 244 paid for 2 years, 107 paid for 3 years, and 17 paid for 4 years. Both reports were approved.
5. Bill reported on the Fanny Freezer and encouraged runners to register early since there is no pre-registration. Don encouraged all board members to participate and volunteer in the race. Bill, Don, Mitch Harper and Bill Sohaski met with a representative of the New Sentinel about publicity for the FWTC races. A positive feature of the meeting is that they will change the release and consent form. It was noted by board members that it was difficult for race directors to know where to send race results at the Sentinel. Bill will follow up on this.
6. Judy explained the executive board's decision to continue to use RRCA for insurance. A new club has formed called AARC which offers less expensive insurance rates. The RRCA has raised their insurance rates because now they charge per individual instead of per household. The executive board decided to continue with RRCA for one year to see if the club could improve their financial and management status and will re-evaluate again next year. Don noted that the FWTC current dues are too low to cover the costs of insurance and the Inside Track publication and mailings.
7. Tim and Rose stated the deadline for the Inside Track is January 18th. Any race calendar information should be e-mailed to Don. It was suggested that "Happy Birthday" reminders be printed in the magazine.
8. Judy reported on the Huff held December 28th. She thanked the many FWTC members who volunteered at the race and the Friday night pasta meal. Race director Mitch Harper was very grateful for all of the help. There were a record number of participants this year (over 500). Completing the race there were: 175-30k runners, 170-one loop runners, and 150 relay runners. You may check out the Huff web page for pictures and articles.
9. Bill reported on the Banquet at IPFW on February 9th. There will be 2 guest speakers and the menu is planned. Bill encouraged members to pre-register and attend.
10. The NutriRun need a race director. The race is scheduled for March. There are currently no sponsors. Bill offered to help the director.
11. Judy reported on the Mastadon Stomp scheduled for April 5th. The proceeds of this race support the "Royal Don's Club" of IPFW. The IPFW cross country coach (Mike Fruchey) was present and thanked the club for its support.
12. Judy appointed Bill Harris, Vern Cedar, and Bill Crane to form a committee to up-date the FWTC bylaws. Judy moved to accept these members to head up this committee. The committee was approved.
13. Jed Pearson announced his recommendations for the "Outstanding High Scholl Runners for 2002" award. Cory Drake from Northrop and Elizabeth Herndon from Snider were chosen. Jed moved to accept these two runners for awards and the board approved. The awards will be presented at the banquet. Several board members suggested that there should be precise criteria listed to determine who should receive this ward. A committee may need to be formed to accomplish this task or it could be part of the by-laws committee duties.
14. Stephen reported that The Rat Race is scheduled for May 24th and will have a later start time of 9:00 a.m. There will be a race meeting at the YMCA next Wednesday at 7 p.m. and anyone interested in helping is invited.
15. Meeting adjourned.

NORTH COUNTRY TRAIL RUN
Marathon and 50 Miles
September 21, 2002

Manistee, MI, Manistee National Forest - this is one of the best premier trail run in the country. The course is flat, no creek crossings, and very few tree roots and rocks.

This was my third trip to this race, I was joined by Chad Ware and Tom Landis. I usually run the 50 miles race but do to a recent hernia surgery, I chose the shorter distance 26.2 miles. It was a point to point race that ran on the 50 mile course. Tom's finishing time of 11:42:51, 81st overall and 9th place in his age division was his first 50 mile run. Also, this was Chad's first 50 miler, but he did not make the 12 hour cut-off time, but he did finish 40+ miles before being pulled off. This is the furthest Chad has ever ran at one time.

In the 26.2 mile race, the race officials offered an award of \$50 for any male that could finish under 3:15 and female under 3:30. Only one male runner made it. I broke 3:15 but it did not count I still had 13.1 miles to go. My time of 6:13.54 was good enough to finish 39th overall and 7th in my age division.

OWEN-PUTNAM STATE FOREST
50 km and 50 Miles
November 2, 2002

Spencer, IN - Norm Carlson, RD, who has the Mochican 100 miles course record for 60 & over, trains on this course in his own backyard. The OPSF is completely opposite of the North Country race.

This has many steep hills, several creek crossings and lots of mud. But you could not resist the fall colors of the many rainbow color leaves falling as you ran. It was snowing leaves so much that covered the trails so much that it was hard to tell where you were running. Ask David Heitkamp how hard it was to found the trails. Paul Knott, Linda Keunke, Mitch Harper and JP Jones, ran the 13.2 fun loop. Paul and Linda's time of 2:14:17 and 2:14:23, respectively, were good enough for 4th and 5th overall. Mitch's time of 3:15:02 gave him a 14th place overall. JP Jones, 6:31:22 was an excellent time for him and considering he really enjoyed himself.

Tom Landis 50km time of 7:22:36, which was good enough for 16th overall and my time of 9:42:31 and 36th overall was a walk in the park!

Happy Trails! Don Lindley

Owen-Putnam 50/50 Trail Run

by Tom Mueller

Norm Carlson rules. The civic leader from Spencer, Indiana, delivered a picture-perfect fall day and a run on some of the greatest trails in central Indiana at this year's version of the Owen-Putnam 50 Km and 50 Mile trail run. Pre-event sign up was held at the Spencer United Methodist Church. Ultrarunning isn't a mainstream activity, and that's just fine with me. There are no labor strikes, and the last I heard no athletes were in litigation over salary caps. In contrast, we plunked five dollars each into a bucket. The money went to Habitat for Humanity. We then enjoyed a spaghetti dinner with the church folk.

On race day Norm offered a once-over on course directions, covered us in a prayer of protection and blessing, and shouted, "Go!" We were off to the races. The first five-mile power line loop contained some precipitous footing, including the infamous "butt slide hill." Although Norm pointed it out in his pre-race talk, I didn't note the alternate route, and plowed down the ravine. Yes, my butt did slide, and I came out with about five pounds of goop on each foot.

We routed back to the start area on some roads, and I was (un)lucky enough to spot a pair of frozen boxer shorts. I didn't want to know where they had been, or what they were doing on that road, but I used 'em to scrape the muck off my feet. Thank you, Lord, for those thick gloves I chose that morning!

We checked in at the start/finish area, and then started out on the first of two loops through glorious Owen-Putnam State Forest (the 50-mile runners did two power line loops, and three state forest loops). Fall was in full bloom, and gorgeous yellow leaves rained down through the trees; every turn on the trail could have been framed for a fall calendar photo. In fact, the sunny skies and scenery helped defer the impact of a deceptively hard course that offered hills, rocks, hidden

stumps, mud, and occasional tough footing through horse tracks.

At the crest of one hill, I pumped a fist in the air and thanked God for the ability to enjoy all that was around me. Ten years ago, almost to the day, I was paralyzed with a nerve disorder called Guillain-Barre. I couldn't walk, talk, or breathe. My recovery has been extraordinary, and having the gift of running Owen-Putnam a decade later was overwhelming.

I spent most of the second and final loop playing cat-and-mouse with my new friend, Ron Baker, who made the trip from Indianapolis to compete in his first trail race. Ron has also fought back from health problems; he lost 70 pounds and began running. He's a great inspiration, and has a very bright future in the sport. He beat me to the finish by 30 seconds, and claimed first place in the 30 to 39 age group!

Norm wanted us to thank the volunteers, so I say thank you Norm, for investing back into the sport and providing this excellent fall event. Thanks to the folks at United Methodist for inviting us for dinner. Thanks to Ron's wife, and the other volunteers, who were such encouragers throughout the day. Thanks to my running friends—you have been such a blessing to my life. And thanks to God, for giving us nature, and the ability to embrace and enjoy it.

OPSF 50 Mile and 50 Km

Spencer, Indiana
November 2
Trails

50 Miles

1. David Corfman, 40, OH	8:27:21
2. Rob Hruskovich, 34, MI	8:37:57
3. Ton McGinnis, 42	10:42:03
4. Chris McMahon, 43	10:43:58
5. Mike Dennis, 50	10:50:53
6. <u>Linda Barhorst</u> , 40, OH	10:58:02

7. Jeff Ruiz, 36, MI	11:57:44
8. <u>Melissa Gossman</u> , 42	12:37:38
<u>Donna Wagner</u> , 40	12:37:38
10. Pat Gorman, 44, IL	12:43:05
Burce Purdy, 46, MI	12:43:05
William Hollihan, 72, WI	12:43:05
13. Delbert Ruckle, 57, OH	13:01:30
14. Bob Hough, 51, KY	14:16:15

18 starters

50 Km

1. P.F. Potvin, 26, MI	4:48:44
2. Joel Lammers, 40, WI	4:53:10
3. Todd Veldhuizen, 29	5:39:58
4. Bill Korbecki, 29, IL	6:05:50
5. Bill Kuntz, 50	6:10:36
6. Tim East, 53	6:37:02
7. Pat Flahie, 27, MI	6:38:45
Mark Stuttgen, 50	6:38:45
9. Curt Chambers, 42	6:54:23
10. <u>Sylvia Gleason</u> , 43, OH	6:57:01
11. Ron Baker, 39	6:59:58
12. Tom Mueller, 45, OH	7:00:27
13. Evan James, 49	7:09:00
14. Jeff Riddle, 44, IL	7:12:36
15. Ken Meyer, 54	7:14:32
16. Tom Landis, 46	7:22:36
17. Paul Weber, 53, OH	7:25:53
18. <u>Rob Apple</u> , 41, TN	7:30:16
19. Jack Waddick, 44, IL	7:30:35
20. Rick Hayes, 51, IL	7:32:58
21. Joe Kazzkiatis, 52, IL	7:39:38
22. Mark Carroll, 38, OH	7:43:59
23. Chris Migotsky, 36, IL	7:50:00
24. <u>Brenda Gutmann</u> , 44, KY	7:55:26
<u>Cynthia Heady</u> , 41, KY	7:55:26
26. Kieth Thiesen, 56, IL	7:56:48
27. Tom Riddle, 56, KY	8:08:41
28. Paul Morgan, 61, FL	8:15:56
29. <u>Sue Barnes</u> , 42, MI	8:27:40
Tracy Skelton, 32, MI	8:27:40
Shaun Llewellyn, 38, MI	8:27:40
32. <u>Mary Zemla</u> , 29, IL	8:48:11
Jack Thomas, 50, IL	8:48:11
34. Woody Woodfill, 48,	9:16:10
35. Chuck Betzold, 54, IL	9:18:14
36. <u>Don Lindley</u> , 58	9:42:31

34 starters

IPFW 2002 Cross-Country Year in Review

This past season brought great change to the cross country program at IPFW. Beginning on September 1st, IPFW athletics officially became an NCAA Division I athletic institution. In addition to this exciting news, our team make-up changed greatly with the influx of seven freshmen and one transfer. The newcomers adapted to the longer college races very well and will provide a solid foundation for our future success. Both teams were led by freshman. Cody Brown led the men's team and had personal bests of 26:36 for the 8 kilometer and 33:13 for the 10 kilometer. Lauren Simpson led the women's team and had personal bests of 19:02 for the 5k and 23:16 for the 6k. On November 16th, both teams competed in the NCAA Great Lakes Regional at Purdue University. The men defeated Evansville and Wisconsin-Green Bay and the women defeated Cleveland State. The regional was a great experience for the group as they had the opportunity to race against the best area teams. In addition to racing, both teams succeeded in the classroom as the men's team had a GPA of 2.80 and the women's team had a GPA of 3.66. By virtue of their outstanding academic performance, the women will be an all-academic team with distinction as determined by the Women's Intercollegiate Cross Country Coaches Association. Overall, the season went very well and I expect great accomplishments in the future.



Feb-Mar Birthdays

LAST Name	FIRST NAME	Mo	Day	LAST Name	FIRST NAME	Mo	Day
MEIGHAN	DORI	2	2	SHOOT	CHRIS	3	1
SHENFELD	DICK	2	2	STEFFY	SUE	3	1
BEERS	ANGELA	2	3	CRAIG	ETHAN	3	2
SOHASKI	BILL	2	3	SEIGEL	JACK	3	3
ATKINSON	HAL	2	4	NESTEL	DANIEL	3	6
BRYSON	NEIL A	2	5	SULLIVAN	DALE L	3	6
FENSTERMAKER	STEPHANIE	2	5	BUSKIRK	JILL	3	7
SEIGEL	PEGGY	2	5	GREIDER	STEVEN	3	7
KONKIN	REBECCA	2	7	BOBAY	LYNN T	3	7
RUSS	DEAN	2	7	WALTER	MARK	3	10
NINER	HOLLY	2	9	KOEHLINGER	MERVIN	3	11
MACK	BILL A	2	9	MYERS	JERRA	3	11
SCHMIDT	JEREMY	2	10	DAX	ED	3	14
BURRIS	GRACE	2	10	CLINE	KENNY	3	15
DALE	DAVID C	2	11	MCAVOY	SEAN	3	16
GRISMORE	DAN	2	12	SABRACK	PAUL	3	20
SCHWARTZ	PATTY	2	13	STEIGMEYER	JENNIFER	3	20
DECOOK	DON	2	13	TRELEAVEN	JOHN	3	20
FENNIG	MARY	2	14	DEXHEIMER	BECKY	3	21
JOHNSON	GREGG	2	14	DEKKO	ERICA	3	21
DUFF	ANNE M	2	15	PEARSON	JED	3	23
HILKER	RICHARD M	2	17	FRUCHY	MICHAEL	3	25
NOLD	CURTIS	2	19	CUMMISKEY	DANIEL J	3	25
MOSES JR	WIN	2	20	ROHRS	DENNIS	3	25
O'CONNOR	ANDY	2	20	WRIGHT	MATTHEW	3	25
DEITLE	KATTIE	2	21	MOTYCKA	RONALD	3	26
GILBERT	RICK L	2	21	LUDWISKI	MICHELLE	3	28
SMITH	GORDON J	2	23	BUSHEY	JEFF	3	29
SHAW	PAUL	2	23	KIRBY	GEORGE	3	30
O'CONNELL	TIM	2	23	CARLSON	LINDSEY	3	30
SCHOUDEL	MICHAEL	2	24	LEFEVER	KIM A	3	30
LEHMAN	DOUG	2	26	LANDIS	TOM	3	30
PALEVICH	ANGELA	2	27	COX	AARON J	3	31
REIMSCHISEL JR	J DAVID	2	27	LINK	JOHN N	3	31
SUELZER	PHYLLIS	2	27				
MCKINNON	JAMES	2	29				
PALMER	LARRY	2	29				

Fort Wayne Track Club 2003 Points Races

1. Fanny Freezer 5K (February 8, 2003)
2. Relay for Life 5K (February 22, 2003)
3. NutraRun 20K (March)
4. Mastondon Stomp 5K (April)
5. Run for Fun 5K (May)
6. River City Rat Race 10K (May)
7. Runners on Parade 5K (July)
8. Dupont 5K (September)
9. Parlor City 1/2 Marathon (September)
10. Parkview Pumpkin Run 5K (October)
11. Fort Wayne Turkey Trot 5K (November)
12. Just Plain 10K (December)

POINTS RULES FOR 2003

1. FWTC members must pay dues by March 1st.
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.
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 at the time of the race. For example: You are 44 as of January 1 and run 2 races with 75 and 65 points. Before the next race you turn 45 and receive 85 points. This will be the points you get even though you will still be in the 40-44 age group for the year-end total.
 - 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.
 - e. Points are given based on how participants 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.

A NOTE FROM STEPHEN HILKER

Hello everyone,

I am organizing a group trip to Chicago to run the Shamrock Shuffle. This is an 8K race that starts and ends in Grant Park. The race is Sunday, March 23, 2003. I know 8K is not a great distance to run (approx 5 miles), but this is the first big event of CARA (Chicago Area Runners Assoc.) My plan is to go to Chicago on Saturday, March 22nd and attend the expo, have dinner and what else everyone wants to do in Chicago, spend the night in a hotel, run the race Sunday morning and return to Ft. Wayne. I did this race two years ago and it is fun! I think they have about 30,000 people who run and walk this event. It is put on by the people who run the Chicago Marathon and it is one of the biggest events for Chicago area runners. Please let me know if you or someone you know wants to join this group. I need to know soon so we can at least reserve some hotel rooms. We don't have to stick together, however, I'm sure many of us would like to get rooms close and perhaps go out to dinner the night before the race. Since it is only an 8K, you don't need to load pasta, but a friend advised me of a great Italian restaurant called Mangianno's on Clark St. I'm told they have excellent food at a great price. Let me know if you would like to join us.

Stephen Hilker

“New You” Resolutions

“I wish I could keep a normal blood pressure .” “ I hate my weight, need to lose 10 pounds.” “How do I fix a bad relationship?” “Stress is eating me up!” “My cookie intake is out of control.”

“New You” conversations with friends often include comments like these. They typically focus on a habit or a personal concern we do not like about ourselves. Most likely it has been troubling you for a long time. There’s also a high chance the wellness desire is very real and has numerous benefits.

What to do?? Lifestyle changes are tough! Our human nature can tend to prevent us from making a total commitment to being different. It is easier, less painful to stay with familiar habits and situations than going after changes that initially mean discomfort and sacrifices.

Motivation is the key to success. You have to really want to be a “New You” for the purpose of avoiding medication, saving a marriage, being alive for grandchildren, endurance and strength to complete activities, or another motivating factor.

Once you have the “Can Do” motivated attitude, then move forward to preparation and specific action steps. Don Smith, IPFW Personal Counselor, recommends going back to basics when the timing is ripe for changes. Mentally be aware of “what are you doing”, identify triggers, identify barriers, and then target “will do” small weekly goals. Week by week “go after” the goals. In the December 2002 issue of Environmental Nutrition (www.environmentalnutrition.com) an article on “How to Get and Stay Motivated for Change” included 10 tips that have stood the test of time in helping people continue lifestyle changes. Here are a few!

Tips To Staying Motivated:

*** Choose Successful Role Models**

Someone who has been there and lived to tell the tale can be a powerful motivator!

*** Get a Motivational Buddy**

A family member, good friend, or fitness pal can cheer you on! Instead of eating, talk the stress away.

*** Set Realistic Goals**

Focus on simple thought and behavioral changes instead of scale or blood pressure number. As self talk and habits improve, numbers will improve.

*** Use Humor**

*** Make a List of Rewards (non food)**

Write out incentives and carry them with you.

Be a “Can Do” person! Achieving “New You” resolutions can feel so good!

Judy Tillapaugh, RD

IPFW Wellness/Fitness Coordinator

2002 FWTC Points Series Totals

Men 19 & Under >>>	No. Races	Total Points
Sam Bird	6	480
Nathan Folks	3	284
Evan Niner	3	240
Sean McAvoy	2	200
Stephen Clark	2	185
Joe Suelzer	2	160
Chris Miller	2	140
Andy O'Connor	1	100
Matt Wright	1	100
Seth Bird	1	85
Nick Bustos	1	75
Jacob Weide	1	45

Men 20 - 29 >>>	No. Races	Total Points
Brad Thomas	15	1470
Chris Adang	8	640
Mike Cole	2	200
Dan Grismore	2	160
Larry Park	2	160
Tim First	2	150
Perry Leavell	1	55

Men 30 - 34 >>>	No. Races	Total Points
Bob Minnich	9	900
Chad Ware	6	465
Eric Kleinrichert	5	425
Mike Schouder	4	370
Andy Haxton	4	335
Jerry Berghoff	3	235
Buff Dormeier	1	100
Todd Deturk	1	85

Men 35 - 39 >>>	No. Races	Total Points
Kevin Pensinger	9	900
Ron Sharp	7	640
Mark Beals	8	595
Paul Knott	7	545
Jim Bougher	8	530
David Swenson	4	260
Jeff Gray	2	165
Joel Brecount	3	165
Jon Beasley	2	160
Eric White	2	150
Brian Shepard	1	100
Jim Platt	1	100
Joe Pais	1	85
Ward Moya	1	85
Robert Novak	2	80
Thomas Filus	1	75
Kent Mitchell	1	65
Steve McMahon	1	35

Men 40 - 44 >>>	No. Races	Total Points
Toby Jo Hullinger	9	705
Paul Shaffer	6	555
Jeff Metzger	7	510
Chuck Zumbrun	7	445
Scott Glaze	5	380
Gary Bird	6	370
Kenny Cline	6	340
Carl Risch	3	300
Michael Skipper	3	275
Rick Gilbert	3	255
Dan Cummiskey	3	250
Terry Diller	2	185
Dan Nestle	2	175
Dean Russ	2	160
James Bushey	2	155
Jim Berghoff	3	135
Gregg Kurtz	2	110
Rick Evans	3	105
Mark O'Shaughnessy	1	75
Mike Davis	1	55
Mark Weinert	1	25

Men 45 - 49 >>>	No. Races	Total Points
Brad Altevoigt	12	955
John Treleaven	11	880
James McKinnon	14	850
Doug Sundling	6	585
Tim O'Connell	6	555
John David McPherson	15	530
Aaron Cox	15	435
Chuck Brown	7	405
Kim Lefever	5	345
Roger Wilson	4	335
Tom Felts	5	225
Don Kramer	6	185
John Link	4	180
Mark Brattoli	2	120
Todd Seiman	2	110
Paul Beckwith	1	100
David Weikel	2	95
Scott Miller	4	90
Jay Fawver	2	70
Howard Klinger	1	65
Stephen Hilker	1	65
Tom Landis	2	65
Terry Anderson	4	60
Rick Hilker	5	50
Kevin Truelove	2	45
Tom Yoder	1	45
Jeff Milleman	2	40
Ron Zartman	2	40
Kevin Lochner	1	35
Dana Budd	2	30
Joseph Nayarkas	6	30
Dennis Rohrs	1	25
Doug McKinzie	1	25
Mitch Harper	3	25
Craig Bobay	2	20
Doug Ulmer	1	10
Fred Hannan, Jr.	2	10
Keith Niner	2	10
Tim Dooley	2	10
Chris Shoot	1	5
Hal Atkinson	1	5
John Schlatter	1	5
John Shire	1	5

Men 50 - 54 >>>	No. Races	Total Points
Jed Pearson	10	940
Jim Pickett	14	900
Fred Stoffel	11	855
Phil Suelzer	6	575
James Wright	11	485
Tom Fuelling	7	305
Phil Luttmann	4	290
Robert Snow	4	285
Tom Fowler-Finn	2	185
Tim Bolin	2	175
Don Ransome	2	160
Steven Greider	4	145
Ty Murphy	4	140
David Eckert	3	130
Lynn Bobay	5	125
David Winters	2	120
Lon Braun	3	120
Michael Barman	2	110
Steve Schwartz	2	90
Craig Hamilton	2	80
Dan Kaufman	1	75
Jim Weide	1	75
Art Obregon	1	65
Gary Dexheimer	1	65
Verton Troyer	1	65
Joel Schartzner	1	55
Norm Bailey	1	55
Steve Knouff	1	55
Dick Shenfeld	1	45

Men 55 - 59 >>>	No. Races	Total Points
Rich Stephenson	16	1215
Bernie Burgette	10	915
David Boylan	9	730
Dewain Cobbs	4	385
Jack Seigel	4	320
William Crane	3	205
Bob Bruckner	2	200
Barrie Peterson	3	175
Don Lindley	2	150
John Brier	3	145
John Peterson	1	85
Kent Ober	1	65
Larry Lee	1	65
Jon Ingleman	1	55

Men 60 - 69 >>>	No. Races	Total Points
Tom Felger	16	1375
Joe Ziegler	14	1330
Bob Loomis	7	495
Freeman Hershberger	3	300
Don Ashton	4	270
Bernie Huesing	4	230
Bill Harris	3	215
Dick Harnly	3	175
Karl Dietsch	4	140
Fred Ross	1	85
Rex Reed	1	85
Bud Stiffler	1	65
David Dale	1	55
William Clark	1	55
Dick Sive	1	35

Men 70 and Over>>>	No. Races	Total Points
Don Anderson	13	1300
Ken Disler	8	635
Dwayne Weeda	7	595
JP Jones	3	235
Curtis Nold	1	75

Women 19 and Under >>>	No. Races	Total Points
Tynae Wilson	5	485
Nikki Jaspersen	2	185
Jessica Palevich	2	165
Adele Mitchell	1	100
Grace Burris	1	100
Jenna Shaffer	1	85
Samantha Lee	1	75
Hannah Weide	1	55
Stephanie Fenstermaker	1	45
Beth Niner	1	35
Sarah Bird	1	25

Women 20 - 29 >>>	No. Races	Total Points
Megan Dexheimer	2	200
Kimberly Milleman	2	185
Allison Park	2	175
Amy Stephan	2	165

Women 30 - 34 >>>	No. Races	Total Points
Jennifer Steigmeyer	7	685
Polly Grismore	4	360
Kimberly Summers	3	275
Tammy Behrens	3	270
Patty Berghoff	3	250
Tracy Brooks	2	165

Women 35 - 39 >>>	No. Races	Total Points
Linda Keuneke	10	985
Diana Schowe	9	840
Nancy Burris	8	625
Laurie Whisler	4	320
Mary Crane	2	165
Anita Lehman	1	85
Julie McNulty	1	85
Linda Ianucille	1	75
Renee Thomas	1	75

Women 40 - 44 >>>	No. Races	Total Points
Tamara Wright	16	1455
Betty Greider	12	790
Robbin Mauger	5	415
Judy White	4	400
Renee Fenstermaker	5	345
Lorraine Brattoli	3	245
Katie Creighton	2	200
Karen Kosberg	2	150
Dori Meighan	2	140
Ruth Dunn	1	100
Linda Brooks	1	45

Women 45 - 49 >>>	No. Races	Total Points
Sue Fowler-Finn	11	1085
Susan Markey	4	345
Patty Schwartz	3	270
Phyllis Suelzer	2	185
Terri Gross	2	185
Judith Ingleman	2	160
Cheryl Stromski	2	150
Rose O'Connell	2	150
Diane Post	2	140
Carol Weide	1	100
Carol Garcia	1	85
Holly Niner	1	75

Women 50 - 54 >>>	No. Races	Total Points
Bobbie Clark	7	700

Women 55 - 59 >>>	No. Races	Total Points
Barb Scrogam	12	1200
Sarah Kleinknight	9	795
Patty Seigel	1	75

Women 60 and Over >>>	No. Races	Total Points
Joan Gary	7	700
Gloria Nold	1	85

2003 Fort Wayne Track Club Banquet 2002 Points Series Awards Presentation

Overall Female Winners

1	Linda Keuneke
2	Diana Schowe
3	Sue Fowler-Finn

Overall Female Masters Winner

1	Tamara Wright
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Overall Female Grand Master Winner

1	Barb Scrogam
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Ironwoman Award

1	Tamara Wright	16 Out of 16 Races
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Overall Male Winners

1	Kevin Pensinger
2	Brad Thomas
3	Ron Sharp

Overall Male Masters Winner

1	John Treleven
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Overall Male Grand Master Winner

1	Jed Pearson
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Ironman Award

1	Rich Stephenson	16 Out of 16 Races
	Tom Felger	16 Out of 16 Races

Honorable Mention

Brad Thomas	15 Out of 16 Races
John David McPherson	15 Out of 16 Races
Aaron Cox	15 Out of 16 Races

Fort Wayne Track Club 23rd Annual
Nutri-Run
20km Run, 5 Mile Run and 5 Mile
Walk
9:00 AM, Saturday March 22, 2003

Location: The Chapel, 2505 West Hamilton Road, Fort Wayne, IN 46804

Entry Fees:	Entry fee	By 3/15	After 3/15
	Fort Wayne Track Club members	\$10.00	\$15.00
	Non-FWTC members	\$12.00	\$15.00

Bring a non-perishable food item for St. Mary's Soup Kitchen

Event Schedule: Registration: 7:00-8:45 AM Race Start: 9:00 AM

Awards: Bread from the Mill

Age Groups(20K Run): 14-Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54
 55-59,60-64,65-69, 70 & Over.

Age Groups(5M Run): 13-Under, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over.

For Information Contact: Sara Kleinknight at 456-3261

Nutri-Run/Walk Entry Form

Check event: ___ 20Km Run ___ 5 Mile Run ___ 5 Mile Walk

Name: _____ **Sex:** M ___ F ___

Age on 3/22/2003: ___ **Birth Date:** _____

Street Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Phone: _____ **Email Address:** _____

FWTC Member: Yes ___ No ___ **Circle Shirt Size:** S M L XL XXL

Make checks payable to Fort Wayne Track Club (or FWTC) and mail to:
FWTC Nutri-Run, c/o Don Lindley, PO Box 11703, Fort Wayne, IN 46860

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, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I permit my photograph or likeness to be used for any legitimate purpose.

Signature of participant: _____

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

Fort Wayne Track Club Turkey Trot 5K 2002
Overall Finish List
November 16 2002

Place	Name	City	Age	Group	Time	Pace	Place	Name	City	Age	Group	Time	Pace
1	Casey Shafer	Ft Wayne IN	22	**** M 20-24	16:05	5:11/M	61	Kent C Ober	Ft Wayne IN	57	3 M 55-59	24:04:00	7:46/M
2	Khelli Leitch	Muncie IN	22	1 M 20-24	16:24	5:17/M	62	Andrew Creighton	Ft Wayne IN	13	3 M 0-13	24:08:00	7:47/M
3	Eric Ade	Ft Wayne IN	24	2 M 20-24	16:36	5:21/M	63	Katie Creighton	Ft Wayne IN	44	2 F 40-44	24:08:00	7:47/M
4	Ron Sharp	Ft Wayne IN	37	1 M 35-39	16:41	5:23/M	64	Ron Zartman	Ft Wayne IN	46	10 M 45-49	24:09:00	7:47/M
5	Charlie Fox	Plymouth IN	43	**** M 40-44	17:21	5:36/M	65	Michael Variell	Convoy OH	46	11 M 45-49	24:13:00	7:49/M
6	Mark Sanderson	Van Wert OH	41	1 M 40-44	17:28	5:38/M	66	Bemie Burgette	Ft Wayne IN	59	4 M 55-59	24:18:00	7:50/M
7	Mark Furkis	Ligonier IN	47	1 M 45-49	17:30	5:39/M	67	Nicole Kimmel	Columbia City IN	12	2 F 0-13	24:34:00	7:55/M
8	Tim O'Connell	Ft Wayne IN	46	2 M 45-49	18:14	5:53/M	68	John McPherson	Ft Wayne IN	49	12 M 45-49	24:36:00	7:56/M
9	Doug Sundling	Bluffton IN	47	3 M 45-49	18:36	6:00/M	69	Leah Sanders	Ft Wayne IN	15	1 F 14-15	24:37:00	7:56/M
10	Phil Suetzer	Ft Wayne IN	50	1 M 50-54	18:39	6:01/M	70	Declan Fox	Plymouth IN	11	4 M 0-13	24:39:00	7:57/M
11	Robert Minnich, Jr	Ft Wayne IN	35	2 M 35-39	18:42	6:02/M	71	Joe Ziegler	New Haven IN	66	1 M 65-69	24:41:00	7:58/M
12	Brad A Thomas	Ft Wayne IN	27	1 M 25-29	18:47	6:04/M	72	Jennifer Steigmeyer	Ft Wayne IN	32	2 F 30-34	24:43:00	7:58/M
13	Forest Bishop	Ft Wayne IN	17	1 M 16-17	18:56	6:06/M	73	Seth Bird	Columbia City IN	16	2 M 16-17	24:44:00	7:59/M
14	Brad Altevogt	Ft Wayne IN	47	4 M 45-49	19:42	6:21/M	74	Aaron Cox	Ft Wayne IN	49	13 M 45-49	24:46:00	7:59/M
15	John Treleaven	Ft Wayne IN	50	2 M 50-54	19:47	6:23/M	75	Phyllis Suetzer	Ft Wayne IN	49	1 F 45-49	24:48:00	8:00/M
16	Kim A Lefever	Columbia City IN	46	5 M 45-49	19:50	6:24/M	76	Rich Stephenson	Monroeville IN	55	5 M 55-59	24:52:00	8:01/M
17	Paul Shaffer	Decatur IN	44	2 M 40-44	19:59	6:27/M	77	Jim Pickett	Waterloo IN	53	6 M 50-54	24:53:00	8:02/M
18	Jed Pearson	Columbia City IN	51	3 M 50-54	20:02	6:28/M	78	Joel Schartzler	Goshen IN	55	6 M 55-59	24:55:00	8:02/M
19	Matt Dunn	Decatur IN	15	1 M 14-15	20:27	6:36/M	79	Tom Felger	Ft Wayne IN	63	4 M 60-64	24:59:00	8:04/M
20	Linda Keunke	Ft Wayne IN	39	**** F 35-39	20:31	6:37/M	80	Sergio Mamani	Ft Wayne IN	36	5 M 35-39	25:01:00	8:04/M
21	Paul E Knott	Ft Wayne IN	39	3 M 35-39	20:38	6:39/M	81	Mitch V Harper	Ft Wayne IN	46	14 M 45-49	25:11:00	8:07/M
22	Evan Niner	Ft Wayne IN	15	2 M 14-15	20:39	6:40/M	82	Jim Dunn	Decatur IN	43	8 M 40-44	25:18:00	8:10/M
23	Brendan Fox	Plymouth IN	14	3 M 14-15	21:00	6:46/M	83	Chuck Zumbrun	Ft Wayne IN	45	15 M 45-49	25:22:00	8:11/M
24	Elmer Hall	Ft Wayne IN	30	1 M 30-34	21:04	6:48/M	84	Clark Anderson	Ft Wayne IN	31	4 M 30-34	25:26:00	8:12/M
25	Chris Adang	Ft Wayne IN	27	2 M 25-29	21:20	6:53/M	85	John Brier	Ft Wayne IN	58	7 M 55-59	25:28:00	8:13/M
26	James McKinnon	Waterloo IN	46	6 M 45-49	21:29	6:56/M	86	Staci Beiswanger	South Whitley IN	37	1 F 35-39	25:32:00	8:14/M
27	Kevin Lochner	N. Manchester IN	47	7 M 45-49	21:46	7:01/M	87	Tamara Wright	Ft Wayne IN	44	3 F 40-44	25:36:00	8:15/M
28	Stephen Olson	Ft Wayne IN	26	3 M 25-29	21:48	7:02/M	88	Michael Barman	Ft Wayne IN	53	7 M 50-54	25:51:00	8:20/M
29	Jessica Palevich	Ft Wayne IN	16	1 F 16-17	21:50	7:03/M	89	Courtney Raypole	Columbia City IN	11	3 F 0-13	25:59:00	8:23/M
30	Tom Loucks	Speedway IN	43	3 M 40-44	21:52	7:03/M	90	Robert C Loomis	Monroeville IN	69	2 M 65-69	26:09:00	8:26/M
31	Sue Fowler- Finn	Ft Wayne IN	48	**** F 45-49	21:54	7:04/M	91	Jim Berghoff	Ft Wayne IN	42	9 M 40-44	26:10:00	8:26/M
32	Ruth Dunn	Decatur IN	43	1 F 40-44	21:59	7:05/M	92	Don Anderson	Ft Wayne IN	75	1 M 70-99	26:24:00	8:31/M
33	Andrew Piropato	Ft Wayne IN	13	1 M 0-13	22:03	7:07/M	93	Mike Fitzpatrick	Columbia City IN	62	5 M 60-64	26:24:00	8:31/M
34	Len Piropato	Ft Wayne IN	48	8 M 45-49	22:03	7:07/M	94	Stephanie Fream	Ft Wayne IN	31	3 F 30-34	26:28:00	8:32/M
35	Dewain Cobbs	Warsaw IN	60	1 M 60-64	22:04	7:07/M	95	David Eckert	Ft Wayne IN	55	8 M 55-59	26:43:00	8:37/M
36	David Geiger	Churubusco IN	41	4 M 40-44	22:06	7:08/M	96	Larry Trumbull	Columbia City IN	40	10 M 40-44	26:56:00	8:41/M
37	Kinsi Hower	Ft Wayne IN	17	2 F 16-17	22:10	7:09/M	97	Susan Markey	Ft Wayne IN	47	2 F 45-49	26:58:00	8:42/M
38	Michael J Engler	Ft Wayne IN	35	4 M 35-39	22:18	7:12/M	98	Janelle Hibiske	Ft Wayne IN	23	2 F 20-24	27:13:00	8:47/M
39	Sarah Komaneec	Ft Wayne IN	16	3 F 16-17	22:20	7:12/M	99	Barb Scroggham	Ft Wayne IN	56	1 F 55-59	27:25:00	8:51/M
40	Sam Gillie	Ft Wayne IN	32	2 M 30-34	22:28	7:15/M	100	Nancy Simmonds	Ft Wayne IN	49	3 F 45-49	27:30:00	8:52/M
41	Jery Berghoff	Ft Wayne IN	32	3 M 30-34	22:29	7:15/M	101	Bobbie Clark	Ft Wayne IN	52	1 F 50-54	27:38:00	8:55/M
42	Todd Nichols	Columbia City IN	43	5 M 40-44	22:34	7:17/M	102	Robbin Meuger	Columbia City IN	42	4 F 40-44	27:44:00	8:57/M
43	Donald Kramer	Van Wert OH	48	9 M 45-49	22:37	7:18/M	103	Tom Fuelling	Ft Wayne IN	52	8 M 50-54	27:44:00	8:57/M
44	Jeff Metzger	Ft Wayne IN	41	6 M 40-44	22:42	7:19/M	104	Carrie Hynds	Champaign IL	29	2 F 25-29	27:45:00	8:57/M
45	Ray Casiano	New Haven IN	59	1 M 55-59	22:44	7:20/M	105	Rebecca Lipasek	Ft Wayne IN	17	5 F 16-17	27:55:00	9:00/M
46	Fred Stoffel	Larwill IN	52	4 M 50-54	22:51	7:22/M	106	Susan Sims	Ft Wayne IN	46	4 F 45-49	28:00:00	9:02/M
47	Shawn Striker	Ft Wayne IN	43	7 M 40-44	22:57	7:24/M	107	Jacki Wood	Ft Wayne IN	15	2 F 14-15	28:10:00	9:05/M
48	Jessica Thomas	Auburn IN	16	4 F 16-17	22:58	7:25/M	108	Rick Hilker	Ft Wayne IN	47	16 M 45-49	28:17:00	9:07/M
49	Freeman Hershberger	Goshen IN	64	2 M 60-64	23:01	7:25/M	109	Nancy Burris	Auburn IN	36	2 F 35-39	28:23:00	9:09/M
50	William A Crane	Warsaw IN	60	3 M 60-64	23:05	7:27/M	110	Anna Goodwin	Ft Wayne IN	15	3 F 14-15	28:40:00	9:15/M
51	Kevin Knight	Ft Wayne IN	24	3 M 20-24	23:10	7:28/M	111	Thomas Filus	Ft Wayne IN	39	6 M 35-39	28:57:00	9:20/M
52	Tynae Wilson	Ft Wayne IN	12	1 F 0-13	23:17	7:31/M	112	Joan Gary	Fremont IN	66	1 F 65-69	28:58:00	9:21/M
53	Jack Seigel	Ft Wayne IN	57	2 M 55-59	23:21	7:32/M	113	Debbie Treleaven	Ft Wayne IN	52	2 F 50-54	29:11:00	9:25/M
54	Angela Price	Leesburg IN	26	1 F 25-29	23:23	7:33/M	114	Joseph Nayarkas	Ft Wayne IN	48	17 M 45-49	29:23:00	9:29/M
55	Kimberly Summers	Ft Wayne IN	33	1 F 30-34	23:29	7:35/M	115	Rose O'Connell	Ft Wayne IN	50	3 F 50-54	29:59:00	9:40/M
56	Janet Souder	Ft Wayne IN	23	1 F 20-24	23:39	7:38/M	116	Lauren Greulick	Columbia City IN	11	4 F 0-13	30:04:00	9:42/M
57	Matt Creech	Ft Wayne IN	29	4 M 25-29	23:49	7:41/M	117	Don Greulick	Columbia City IN	47	18 M 45-49	30:05:00	9:42/M
58	Matt Hibisce	Ft Wayne IN	26	5 M 25-29	23:52	7:42/M	118	Natalie Stevens	Ft Wayne IN	30	4 F 30-34	30:19:00	9:47/M
59	Van Hauptert	N. Manchester IN	50	5 M 50-54	23:56	7:43/M	119	Holly Niner	Ft Wayne IN	45	5 F 45-49	30:47:00	9:56/M
60	Cody Craig	Columbia City IN	11	2 M 0-13	24:00:00	7:45/M	120	Keith Niner	Ft Wayne IN	49	19 M 45-49	30:48:00	9:56/M

Fort Wayne Track Club Turkey Trot 5K 2002
November 16 2002

Place	Name	City	Age	Group	Time	Pace
121	Sarah Kleinknight	Ft Wayne IN	59	2 F 55-59	32:05:00	10:21/M
122	Patty Berghoff	Ft Wayne IN	31	5 F 30-34	32:42:00	10:33/M
123	Renee Thomas	Auburn IN	37	3 F 35-39	32:51:00	10:36/M
124	Renee Fenstermaker	Ft Wayne IN	45	6 F 45-49	33:44:00	10:53/M
125	Margie Morris-Parker	Ft Wayne IN	44	5 F 40-44	33:48:00	10:54/M
126	Peggy Seigel	Ft Wayne IN	56	3 F 55-59	34:24:00	11:06/M
127	Dwayne Weeda	Ft Wayne IN	74	2 M 70-99	34:29:00	11:07/M
128	Jonathan E Schlatter	Ft Wayne IN	46	20 M 45-49	34:47:00	11:13/M
129	Susan Peterson	Albion IN	48	7 F 45-49	34:55:00	11:16/M
130	Liane Shaffer	Decatur IN	14	4 F 14-15	35:20:00	11:24/M
131	Betty Greider	Ft Wayne IN	41	6 F 40-44	35:22:00	11:25/M
132	Lynn Hoffman	Ft Wayne IN	29	3 F 25-29	36:54:00	11:54/M
133	Ethan Craig	Columbia City IN	8	5 M 0-13	37:24:00	12:04/M
134	Shery Variell	Convoy OH	47	8 F 45-49	39:15:00	12:40/M
135	Linda Brooks	Ft Wayne IN	41	7 F 40-44	39:45:00	12:49/M
136	Joann Bird	Columbia City IN	45	9 F 45-49	40:00:00	12:54/M

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 Calendar, or make updates and changes.**

**Next Newsletter Deadline
Monday March 17, 2003**

**Next FWTC Meeting
Wednesday, February 12 7:00 P.M.
IPFW - Hilliard Gates Activity Center Main Floor**

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

FWTC Just Plain 10K Foster Park 2002

Race Date
December 07, 2002

Overall Finish List

10KM

10KM

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
1	Casey Shafer	Ft Wayne IN	22	33:13	5:21/M
2	Ron Sharp	Ft Wayne IN	37	33:48	5:27/M
3	Eric Ade	Ft Wayne IN	24	34:37	5:35/M
4	Josh Brunson	Ft Wayne IN	26	36:00	5:48/M
5	Chris Brown	Bluffton IN	18	36:49	5:56/M
6	Brad A Thomas	Ft Wayne IN	28	38:04	6:08/M
7	Phil Suelzer	Ft Wayne IN	50	39:30	6:22/M
8	Rick Vorick	Ft Wayne IN	52	39:32	6:23/M
9	Justin Metzger	Lakeview OH	16	39:36	6:23/M
10	John Treleaven	Ft Wayne IN	50	39:42	6:24/M
11	Brad Altevogt	Ft Wayne IN	48	39:53	6:26/M
12	Matt Ingalls	Columbia City IN	16	41:29	6:41/M
13	Robert Minnich, Jr	Ft Wayne IN	35	41:31	6:42/M
14	James E Bushey	Ft Wayne IN	44	41:47	6:44/M
15	Sam N Bird	Columbia City IN	12	41:56	6:46/M
16	Linda Keuneke	Ft Wayne IN	39	42:18	6:49/M
17	Dan Hammergren	Lakeview OH	17	42:42	6:53/M
18	Paul E Knott	Ft Wayne IN	40	42:57	6:56/M
19	Kyle Persing	Ft Wayne IN	16	43:27	7:00/M
20	Evan Niner	Ft Wayne IN	15	43:54	7:05/M
21	Sue Fowler- Finn	Ft Wayne IN	48	44:06	7:07/M
22	Chuck Brown	Bluffton IN	47	44:32	7:11/M
23	Kevin Parrella	Ft Wayne IN	38	45:17	7:18/M
24	Anthony Juliano	Ft Wayne IN	33	45:58	7:25/M
25	Jed Pearson	Columbia City IN	51	46:50	7:33/M
26	Joe Ziegler	New Haven IN	66	47:04	7:35/M
27	James McKinnon	Waterloo IN	46	47:09	7:36/M
28	Michael J Engler	Ft Wayne IN	35	47:30	7:40/M
29	Mark Smith	Ft Wayne IN	40	47:38	7:41/M
30	Jim Bougher	Ft Wayne IN	40	47:58	7:44/M
31	Fred Stoffel	Larwill IN	52	48:38	7:51/M
32	Katie Creighton	Ft Wayne IN	44	48:39	7:51/M
33	Maggie Smith	Ft Wayne IN	40	48:40	7:51/M
34	Bernie Burgette	Ft Wayne IN	59	48:40	7:51/M
35	Jack Seigel	Ft Wayne IN	57	48:44	7:52/M
36	Jeff Metzger	Ft Wayne IN	41	50:02	8:04/M
37	John David McPherson	Ft Wayne IN	49	50:09	8:05/M
38	Harrison Fausey	Columbia City IN	12	50:13	8:06/M
39	Jim Pickett	Waterloo IN	53	50:19	8:07/M
40	Tom Felger	Ft Wayne IN	63	50:24	8:08/M
41	Tamara Wright	Ft Wayne IN	44	52:09	8:25/M
42	Randy Hockemeyer	Decatur IN	35	52:14	8:25/M
43	Kathryn Pleus	Ft Wayne IN	52	52:21	8:27/M
44	Toby Jo Hullinger	Monroeville IN	43	52:33	8:29/M
45	Joel Feeman	New Haven IN	25	52:51	8:31/M
46	Mark Brattoli	Ft Wayne IN	47	53:12	8:35/M
47	Jennifer Steigmeyer	Ft Wayne IN	32	53:36	8:39/M
48	Gary L Bird	Columbia City IN	44	53:42	8:40/M
49	Aaron Cox	Ft Wayne IN	49	54:15	8:45/M
50	Lorraine Brattoli	Ft Wayne IN	41	54:24	8:46/M
51	Don Anderson	Ft Wayne IN	75	54:28	8:47/M
52	John Brier	Ft Wayne IN	58	54:46	8:50/M
53	Justin Barman	Ft Wayne IN	18	55:06	8:53/M
54	Michael Barman	Ft Wayne IN	53	55:08	8:54/M
55	Darryl Cargo	Ft Wayne IN	41	55:12	8:54/M
56	David Eckert	Ft Wayne IN	55	55:15	8:55/M
57	Rich Stephenson	Monroeville IN	55	56:11	9:04/M
58	Barb Scrogam	Ft Wayne IN	56	56:16	9:05/M
59	Chad Ware	Ft Wayne IN	35	57:14	9:14/M
60	Thomas Cleveland	Ft Wayne IN	40	57:31	9:17/M

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
61	James H Wright	Ft Wayne IN	55	58:48	9:29/M
62	Janell Brodrick	Ft Wayne IN	18	59:06	9:32/M
63	Joan Gary	Fremont IN	66	59:44	9:38/M
64	Susan Sims	Ft Wayne IN	46	1:01:02	9:51/M
65	Barrie Peterson	Ft Wayne IN	60	1:01:12	9:52/M
66	Rick Hilker	Ft Wayne IN	47	1:03:09	10:11/M
67	Dave Anderson	Ft Wayne IN	42	1:03:13	10:12/M
68	Sarah Kleinknight	Ft Wayne IN	59	1:04:46	10:27/M
69	Allison Treleaven	Ft Wayne IN	19	1:05:02	10:29/M
70	Debbie Treleaven	Ft Wayne IN	52	1:05:03	10:30/M
71	Dwayne Weeda	Ft Wayne IN	74	1:06:11	10:40/M
72	Betty Greider	Ft Wayne IN	41	1:15:23	12:10/M

Ryan Rau Wins the Huntington Ultra Frigid Fifty (HUFF)

December 28, 2002

When Brighton resident Ryan Rau showed up at his first ultramarathon last month, he simply wanted to finish the 31.2-mile race. He certainly didn't expect to win it. But, against heavy odds and withering competition, that's exactly what happened. The 22-year-old graduate of Pinckney high school (1998) and Alma College (2002) finished the HUFF (Huntington Ultra Frigid Fifty) 50K Trail Run in Huntington, Indiana in a time of four hours, 21 minutes and 53 seconds.

"When I first decided to do the race, I just wanted to complete it," Ryan said. "But to actually end up winning it. I didn't expect to do that. I've never run a big race like that." And things didn't exactly end there. The race took place on Saturday, December 28, on the Kekionga Trail in Huntington. On the following Tuesday, USA Track & Field named Ryan its Athlete of the Week. The recognition has left Ryan feeling a bit shell-shocked. "I was kind of surprised," he said. "In the last few weeks I've been surprised with each new news article. It's an honor, and it's exciting, but it's also surprising."

"It's a great surprise," said David Mitchell, Ryan's former track and cross country coach at Pinckney. "I had a feeling he would continue to mature and improve as an athlete. He did that at Alma, and he's showing that he's continuing to do that after college." Ryan, who is a personal trainer at Lifetime Fitness in Canton, said he's always ran to keep in shape but never undertook anything like the HUFF 50K challenge. "I've run most of my life, and that's the tool I've used for staying in shape," he said. "I've always just tried to maintain my fitness level, and I'd been running 50 or 60 miles a week."

"Ever since I can remember, he's been running," said Jay Rau, Ryan's brother, who is a senior at Pinckney and plays on the basketball team. "I'm very proud of what he did. I thought it was very cool."

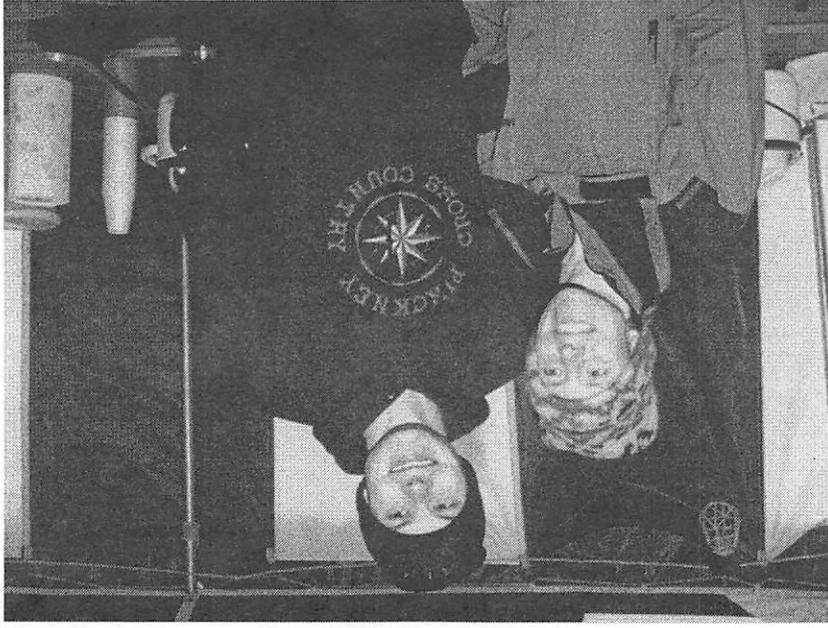
Ryan heard about the race about three weeks prior to it after Tom Carney, the current cross country and track coach at Pinckney, passed him the word. "I decided to do it just to see how it would go," Ryan said. "I started running about 80 miles a week after that." The race, which was the 13th biggest ultramarathon in the United States in 2002, was divided into three different "loops," each consisting of 10.4 miles. There was four or five inches of snow on the ground, making for unsure footing.

"I figured it was something he could do," Carney said. "Not many people can handle running 32 miles in snow." Ryan started off the first loop by simply trying to find a good pace. "I didn't push myself on that first loop," he said. "At the end of it I think I was in third or fourth place overall." Things got a little complicated at the beginning of the second loop. Ryan accidentally made a wrong turn and ended up losing seven minutes and three spots, but instead of panicking he stayed calm and focused on regrouping. "I just turned around and got back on track," he said. "I pushed it to where I was trying to catch people. By the end of the second loop, I was back in third place." Now it was the home stretch, and Ryan found himself fighting to edge the two runners in front of him. "I caught the second-place guy in the first two miles," he said. "He caught up to me two miles later, but I pulled away again. It was back and forth like that, but with six miles to go I knew I was in second place."

Right around this time Ryan suddenly caught up to Detroit resident Ryne Melcher of Detroit, who had been in the lead but whose endurance was starting to flag. "He had completely hit the wall," Ryan said. "I passed him and just tried to hang on. I set out to just run, but at that point I thought, hey, maybe I would win it." He stayed in the lead all the way until the end, edging Melcher by 21 seconds for the first-place finish. Royal Oak resident Todd Scott finished in third place in a time of 4:28:07.

Ryan said the first thing that flashed across his mind upon finishing was that it was nice to finally stop. "I thought, 'Thank God I'm done' when I crossed the line," he said. "I was just glad that it was over. I didn't put pressure on myself at all. To win it just added to it. I would've been happy just telling people that I finished the race."

Mitchell said he thinks Ryan won't slow down despite his recent success. "Ryan always had a great outlook on his running, he took it seriously, and he's always been a very intelligent athlete," he said. "He's a very humble person, and that continues to show. I think he'll continue to be a down-to-earth kid."



**Huff Women's and Men's Winners
Ann Heaslett and Ryan Rau**



First Place Overall Ryan Rau



Women's First Place Overall

**First Place Overall Winners of the Huntington Ultra Frigid Fifty (HUFF)
December 28, 2002**

The following was posted on the Ontario Ultra Series list by Ryne Melcher.

Date: Sun, 29 Dec 2002 12:18:30 -0500
From: <ryne@sympatico.ca>
Subject: All HUFFed out

Hello OUSers, another ultra in the books for June and myself. Our Christmas vacation started Boxing Day at the Harold Webster 10 Miler in Hamilton. We figured this would be a great last tune up for the Huntington Ultra Frigid Fifty (HUFF) two days later. I ran a comfortable 1h03m43s good enough to snag 2nd in my category. Jenn ran within a minute of her PR clocking 1h18m59s.

Then we scrambled off to the border to Grove City, PA to invade the Nike Outlet store. We scored many great deals. We only spent \$88USD but the stuff we got for that price would cost us just over \$700CDN. After a trip across the Ohio Turnpike to I-69 we arrived in Huntington. The dinner was excellent as RD Mitch Harper had a small army of volunteers to help with kit pick up and dinner. The dinner was an assortment of pastas, salads with raspberry vinaigrette, garlic bread and numerous goodies for dessert including cookies, muffins and cakes. Off to sleep we went then to save our energy to plow through the snow around the Huntington Reservoir the next day.

The course is 3 loops of 10.8 miles (32.4 miles total) and is broken into three sections. The first is from base to mile 4 (1st Aid Station) and goes past Huntington Airport and includes about 1.2 miles of road across the dam. From Station 1 to Station 2 (at 7.7 miles) you are completely on trail following a few small climbs through beautiful wooded trail and past a rifle range. From Station 2 back to the base you cross another bridge over the Wabash River and follow winding trail back to home. Then repeat two more times. There is very little elevation on this course and would be an amazingly fast course, except for the 4-6 inches of snow.

Including the one loop run, 50k and 50k relay there were over 600 runners. I knew that the course would have a path beaten into it. What I didn't account for was that the path combined with the mild temperatures would make it like a skating rink for the final 21.6 miles.

I started relaxed and observed an African in shorts and a singlet fly up the first 1/2 mile. He'll win the one loop for sure I thought. Wait a minute, on the back of his singlet he has a 50k number! Dammit! I'll stick with my race and hope he crashes. That's my new plan. At mile 4 a gentlemen (his name escapes me) caught up and we ran the first loop together. This is his first ultra but he is a veteran of many marathons. One loop (10.8 miles) has us in at 1h22m. Not bad for running through fresh snow. I figure I'll be able to speed up now that the course has been matted down. (Note - this is where I learn it has been turned into a skating rink). The fellow I was running with stopped to make yellow snowcones and I never saw him again. I ask at aid stations where the leader is and I am informed he is 8-10 minutes ahead but isn't stopping at the stations for anything. I didn't see him at the pre-race dinner so I figure he'll get hungry soon and need to feast. Loop two has me through in 2h49m45s. The leader went through in 2h38m but again didn't stop for anything. I know I am going to get a "gift" on this last loop. I stay relaxed deciding to press from 6 miles out to the end to see if I can catch him. With just under 9 miles left out of nowhere flies by a very young looking 50k runner. We hit the road and I recatch him heading into the 6.8 mile to go aid station. We exchanged a few words, he informs me that he is freshly out of college and this is his first ultra but runs a sub 2h40m marathon. He flies out of the aid station. I am a little slower out but took in more fluid and fuel. 6 miles to go and I see a slow moving African feller. Well, I got my "gift," only one problem, I'm no longer chasing him! He tries to go with me for a little while but has just run out of steam.

4.8 miles to go and I am down but 1m12s as I could see him pass the 6 mile sign. I hit the 7.7 mile aid station, his lead dwindling, down to 50 seconds. We hit the road and pass the 1.8 mile to go sign, he's getting closer, 32 seconds. I launch into a kick as fast as I can go over slippery ice. Wham! Oops, too fast! No time to lay on the ground though! 0.8 miles left, under 20 seconds down. I can tell he's hanging on for dear life. There's 800 meters of trail left then road to the end. I know I have to get him before that point. Faster I go, he looks back and matches my pace. He hits the road with 300 meters to the end 15 seconds before me. Too little too late for me. 4h21m25s for Ryan Rau of Bloomington, MI and 4h21m37s for me. Who says speed work isn't important for ultras!!! I am glad to see Jenn has left for her 3rd loop as I know she is cursing the snow right now. Ann Heaslett from Wisconsin takes the women's' crown in just under 5 hours. I jog back out!

on the trail to find Jenn and find her bounding along. She comes across in 6th place in 5h46m. She proclaims she will never run trail in snow again! I tell her we're coming back next year as I need another crack at winning. She says call me and let me know how you did.

For those of you that are looking to do a 50k (52.5k) over the winter seriously consider the HUFF. With no snow it is a very fast course (Mark Godale has the men's' record which is just under 3h30m). With snow it is fun but slower. The organization is excellent. The kit is full of goodies. The dinner is excellent. The course marking is great, the awards, the post race selection of food is unlike any other race. The only complaint I made to Mitch and his team of wonderful volunteers was the lack of beer. Take the trip to Huntington, Indiana, it is one of the best run races in the country!!

Cheers,

Ryne

PS. in light of my need for more speed I did a 5k race today (Dec 29) but could only manage a 30m54s! Jenn did the smart thing and slept in and had Guinness for breakfast.

FOR IMMEDIATE RELEASE

Tuesday, December 31, 2002

Rau named Athlete of the Week

INDIANAPOLIS - Ryan Rau has been named USA Track & Field's Athlete of the Week after becoming the overall winner Saturday at the HUFF 50K Trail Run in Huntington, Ind.

Running in his first ultramarathon, Rau won the men's race in 4 hours, 21 minutes, 53 seconds, despite making a wrong turn during the second loop which cost him seven minutes. The 22-year-old Brighton, Mich., native faced a strong challenge from Ryne Melcher of Detroit, Mich., who finished as the runner-up, just 21 seconds behind Rau. Todd Scott of Royal Oak, Mich., was third in 4:28:07.

USATF's 2002 Women's Ultradistance Runner of the Year Ann Heaslett of Madison, Wisc., was the overall women's winner in 4:45:38. Tamara Whitten of Indianapolis, Ind., was the runner-up in 5:04:50, with Linda Barhorst of Fort Loramie, Ohio, third in 5:22:37.

Now in its second year, USATF's Athlete of the Week program is designed to recognize performers at all levels of the sport. USATF names a new honoree each week and features the athlete on the USATF Web site. Selections are based on top performances and results from the previous week.

2002 USATF Athlete of the Week Winners

January 3	Jim Garcia	July 2	Savante Stringfellow
January 8	Mary Louise Michelsohn	July 9	Nicole Teter
January 15	Tamara Diles	July 16	Maurice Green
January 22	Miguel Pate	July 23	Lashinda Demus
January 29	Regina Jacobs	July 30	Kerron Clement
February 5	Jeff Hartwig	August 6	Nate McDowell
February 12	Meb Keflezighi	August 13	Phil Raschker
February 19	Curt Clausen	August 20	James Carter
February 26	Jeff Hartwig	August 27	Marion Jones
March 5	Nicole Teter	September 3	Colleen De Reuck
March 12	Jeff Hartwig	September 10	Suzy Favor Hamilton
March 19	Aretha Hill	September 17	Tim Montgomery
March 26	Deena Drossin	September 24	Marion Jones
April 2	Kim Fitchen	October 1	Dan Browne
April 9	Deena Drossin	October 8	Jorge Torres
April 16	Khalid Khannouchi	October 15	Khalid Khannouchi
April 23	Kenta Bell	October 22	Connie Gardner
April 30	Suzy Powell	October 29	Bolota Asmerom
May 7	Deena Drossin	November 5	Marla Runyan
May 14	Savante Stringfellow	November 12	Ed Gawinski
May 21	Adam Nelson	November 19	Don Sage
May 28	Kevin Toth	November 26	Jorge Torres
June 4	Lashinda Demus	December 3	Ari Lambie
June 11	Anna Norgren Mahon	December 10	Helen Klein
June 18	Molly Huddle	December 17	Jared Cordes
June 25	Sanya Richards	December 31	Ryan Rau

HUNTINGTON ULTRA FRIGID FIFTY K - OVERALL FINISH RESULTS 12/28/02

Plc	Name	M/F	Age	Finish Time	Pace / Mile	Plc	Name	M/F	Age	Finish Time	Pace / Mile
1	Ryan Rau	M	22	4:21:22	7:50/M	55	Marc Laudeman	M	46	5:45:05	10:21/M
2	Ryne Melcher	M	27	4:21:53	7:51/M	56	Mark Beals	M	40	5:45:55	10:22/M
3	Todd Scott	M	39	4:28:07	8:02/M	57	Jennifer Dick	F	27	5:46:32	10:23/M
4	Garett Graubins	M	30	4:32:24	8:10/M	58	Dick Canterbury	M	55	5:46:40	10:24/M
5	Elijah Kosgei	M	27	4:32:28	8:10/M	59	Dave Kendrick	M	51	5:47:12	10:24/M
6	David Ahner	M	50	4:41:41	8:27/M	60	Doug Stadel	M	43	5:48:00	10:26/M
7	Ann Heaslett	F	39	4:45:38	8:34/M	61	Dwayne Potts	M	33	5:48:44	10:27/M
8	Alex McPherson	M	42	4:45:45	8:34/M	62	Matthew Rush	M	30	5:48:56	10:28/M
9	Kurt Molter	M	36	4:48:19	8:39/M	63	Richard Rezek	M	42	5:49:07	10:28/M
10	Paul Frost	M	31	4:51:14	8:44/M	64	Charles Evans	M	46	5:49:24	10:28/M
11	Jonathon Bennett	M	33	4:53:36	8:48/M	65	Megan Dexheimer	F	23	5:49:27	10:29/M
12	Eric White	M	38	4:54:27	8:50/M	66	Brent Barta	M	43	5:49:53	10:29/M
13	Gerry Hynes	M	36	4:54:51	8:50/M	67	John McCarthy	M	43	5:52:20	10:34/M
14	Clark Gloyeske	M	40	4:56:13	8:53/M	68	David Cox	M	44	5:53:40	10:36/M
15	Tim Yanacheck	M	55	5:04:24	9:07/M	69	Andrew Ploenzke	M	34	5:53:48	10:36/M
16	Tamara Whitten	F	35	5:04:50	9:08/M	70	Gerhard Fussle	M	48	5:54:20	10:37/M
17	Victor Harris	M	45	5:05:35	9:10/M	71	Brenda Gutmann	F	44	5:54:54	10:38/M
18	Ronald Ross	M	44	5:06:01	9:10/M	72	Forrest Bishop	M	17	5:57:15	10:43/M
19	Dave Konkey	M	35	5:07:41	9:13/M	73	Al Eder	M	51	5:57:36	10:43/M
20	Jed Pearson	M	51	5:10:39	9:19/M	74	Mike Kozlowski	M	27	5:58:29	10:45/M
21	Terry Fletcher	M	46	5:12:57	9:23/M	75	Tom Detore	M	54	5:59:40	10:47/M
22	John Heigis	M	32	5:14:30	9:26/M	76	Richard Plezia	M	44	6:01:30	10:50/M
23	Dan Distelhorst	M	44	5:15:59	9:28/M	77	Thomas Zak	M	37	6:02:02	10:51/M
24	Kim A Lefever	M	46	5:16:39	9:30/M	78	Rita Barnes	F	46	6:03:42	10:54/M
25	Ted Niemann	M	39	5:19:35	9:35/M	79	Jeff Day	M	26	6:04:06	10:55/M
26	Russ Goodman	M	30	5:20:19	9:36/M	80	Budd Glassberg	M	52	6:04:13	10:55/M
27	Rick Freeman	M	44	5:20:57	9:37/M	81	Kathy Watern	F	43	6:04:36	10:56/M
28	Charlie Skoog	M	50	5:21:17	9:38/M	82	Dean Gruber	M	28	6:04:55	10:56/M
29	Jerry Steinhoff	M	48	5:21:58	9:39/M	83	Chris Croy	M	46	6:04:57	10:56/M
30	Linda Barhorst	F	40	5:22:37	9:40/M	84	John Hammetter	M	42	6:06:01	10:58/M
31	Mark Rowe	M	29	5:22:39	9:40/M	85	Kyle Batt	M	32	6:09:21	11:04/M
32	Ken Preston	M	42	5:25:04	9:45/M	86	Alicia McElroy	F	28	6:09:21	11:04/M
33	Norm Dietrich	M	55	5:25:22	9:45/M	87	Cathy Drexler	F	41	6:09:35	11:05/M
34	Michael Jones	M	54	5:25:40	9:46/M	88	Charles Lee Jackson	M	43	6:10:45	11:07/M
35	Paul Richardson	M	30	5:27:53	9:50/M	89	Wes Nettles	M	32	6:12:15	11:10/M
36	Don Frichtl	M	46	5:28:02	9:50/M	90	Gary Hemmelgarn	M	57	6:12:36	11:10/M
37	Christine Crawford	F	33	5:28:04	9:50/M	91	Steve Kearney	M	54	6:12:54	11:11/M
38	Spencer Nelson	M	33	5:28:07	9:50/M	92	David Morris	M	47	6:12:55	11:11/M
39	Rex Piercy	M	51	5:28:34	9:51/M	93	Alan Smith	M	40	6:12:57	11:11/M
40	Bill Fix	M	42	5:29:25	9:52/M	94	Marty Atherton	M	42	6:17:05	11:18/M
41	James McKinnon	M	46	5:30:37	9:55/M	95	Ross Meyer	M	51	6:19:17	11:22/M
42	Don Ransome	M	52	5:31:33	9:56/M	96	James Bretl	M	40	6:21:57	11:27/M
43	Justin Gregg	M	20	5:31:47	9:57/M	97	Mike Allen	M	53	6:22:25	11:28/M
44	Cindy Lee Torres	F	42	5:32:45	9:58/M	98	Bill Wilham	M	56	6:22:42	11:28/M
45	Dan Barr	M	49	5:34:59	10:02/M	99	John N Link	M	46	6:22:44	11:28/M
46	Ross Matthews	M	26	5:35:48	10:04/M	100	Brenda Beedlow	F	33	6:22:49	11:29/M
47	Ellen Potts	F	30	5:38:06	10:08/M	101	Rob Apple	M	41	6:22:51	11:29/M
48	Ed Stuart	M	56	5:38:06	10:08/M	102	Steve Frist	M	33	6:23:04	11:29/M
49	Gregory Trapp	M	40	5:38:31	10:09/M	103	Doug Haston	M	40	6:23:07	11:29/M
50	Larry Hall	M	48	5:38:41	10:09/M	104	Natalie Kik-Brown	F	40	6:24:36	11:32/M
51	Doug Yoder	M	48	5:40:04	10:12/M	105	Philip Stuart	M	29	6:24:42	11:32/M
52	Kent Matney	M	41	5:41:24	10:14/M	106	John Linville	M	40	6:27:07	11:36/M
53	Jeff Tincher	M	46	5:43:17	10:17/M	107	Joe Kazakaitis	M	52	6:27:15	11:36/M
54	Pete Shafer	M	46	5:44:53	10:20/M	108	John Sites	M	51	6:27:19	11:37/M

Pic	Name	M/F	Age	Finish Time	Pace / Mile
109	David	M	57	6:27:29	11:37/M
110	Brad	M	48	6:27:53	11:38/M
111	Charles	M	60	6:28:38	11:39/M
112	James	M	38	6:29:00	11:40/M
113	Tom	M	46	6:30:24	11:42/M
114	Michael	M	45	6:30:59	11:43/M
115	Julie	F	43	6:31:15	11:44/M
116	Shelley	F	44	6:31:20	11:44/M
117	Ken	M	35	6:32:50	11:47/M
118	Linda	F	43	6:33:37	11:48/M
119	Soni	F	39	6:34:03	11:49/M
120	Marc	M	51	6:35:28	11:51/M
121	Bill	M	54	6:36:40	11:53/M
122	Travis	M	35	6:39:30	11:59/M
123	Tim	M	42	6:40:40	12:01/M
124	Rich	M	52	6:41:54	12:03/M
125	John	M	55	6:43:53	12:06/M
126	Susan	F	35	6:45:25	12:09/M
127	Verton L	M	54	6:49:41	12:17/M
128	Richard	M	44	6:50:14	12:18/M
129	James	M	22	6:50:26	12:18/M
130	Wes	M	22	6:50:35	12:19/M
131	Rudy	F	40	6:51:07	12:19/M
132	Bill	M	72	6:52:03	12:21/M
133	Beth	F	44	6:52:06	12:21/M
134	Ken	M	59	6:52:09	12:21/M
135	Jack	M	50	6:52:15	12:21/M
136	Bruce	M	46	6:52:19	12:22/M
137	Pat	M	44	6:52:22	12:22/M
138	Lynn	M	46	6:52:25	12:22/M
139	Jeff	M	41	6:52:29	12:22/M
140	Bill	M	42	6:52:52	12:23/M
141	Rebecca	F	44	6:53:14	12:23/M
142	Wade	M	53	6:53:29	12:24/M
143	Jim	M	53	6:53:58	12:25/M
144	James	M	46	6:56:16	12:29/M
145	Peg	F	54	6:58:42	12:33/M
146	Shaun	M	147	7:03:13	12:41/M
147	Shawn	M	38	7:05:02	12:44/M
148	Tracy	F	33	7:05:05	12:45/M
149	Varsha	F	39	7:13:10	12:59/M
150	Bud	M	64	7:13:28	13:00/M
151	Eddie	M	33	7:15:17	13:03/M
152	James R	M	49	7:17:34	13:07/M
153	Julie	F	41	7:23:38	13:18/M
154	Rich	M	56	7:23:43	13:19/M
155	Lois	F	54	7:25:28	13:21/M
156	Mark	M	46	7:25:34	13:21/M
157	Tom	M	46	7:27:18	13:24/M
158	Matt	M	37	7:27:37	13:25/M
159	Jason	M	29	7:27:57	13:26/M
160	Joel	M	36	7:40:53	13:49/M
161	Kerry	M	38	7:40:55	13:49/M
162	Corky	F	51	7:45:11	13:57/M
163	Frank	M	45	7:46:03	13:58/M
164	Janice	F	51	7:50:45	14:07/M
165	Marvin	M	64	7:58:53	14:21/M
166	John	M	50	8:00:16	14:24/M
167	John	M	63	8:07:38	14:37/M
168	David	M	52	8:20:53	15:01/M
169	Boonsom	F	45	8:24:05	15:07/M
170	Dick	M	56	8:24:27	15:07/M
171	Lesla	F	37	8:34:37	15:26/M
172	David	M	36	8:34:40	15:26/M
173	Joan	F	66	8:37:39	15:31/M
174	Rosemary	F	49	8:40:24	15:36/M
175	David	M	42	9:16:33	16:41/M

HUNTINGTON ULTRA FRIGID FIFTY K - OVERALL FINISH RESULTS 12/28/02 Page 2

HUFF 2002 Relay Division 1 : Male Open

BIB Number	First Name	Last Name	Division	Age	Team Number	Team Name	Place	Split Time	Overall Time
1000	Ron	Sharp	1	37	1	Sharp Dressed Men	1	1:07:37	3:26:18
1001	Casey	Shafer	1	22	1			1:10:12	
1002	Eric	Ade	1	24	1			1:08:29	
1078	Keith	Szymkiw	1	24	27	Front Line Racing Team	2	1:17:28	3:45:47
1080	Russell	Deroos	1	39	27			1:14:31	
1080	James	Furkis	1	25	27			1:13:48	
1166	Dennis	Chan	1	18	41	Team Greenwood	3	1:30:55	4:11:20
1167	Bryan	Beightol	1	18	41			1:27:01	
1168	Bob	Curts	1	43	41			1:13:24	
1006	Brad	Miller	1	33	3	Krush Groove	4	1:18:53	4:21:11
1007	Laud	Ryan	1	30	3			1:28:54	
1008	Curt	Munson	1	51	3			1:33:24	
1132	Steve	Lewark	1	56	44	Two Old Men and a Baby	5	1:26:55	4:37:26
1133	Mark	Leyba	1	40	44			1:49:32	
1131	Gregg	Svoma	1	34	44			1:20:59	
1104	David	Fry	1	41	35	Team Fry	6	1:32:42	4:38:54
1106	Cody	Messmann	1	17	35			1:47:50	
1105	Cody	Hannie	1	18	35			1:18:22	
1009	Jerry	Proctor	1	53	4	Three J's Racing	7	1:25:25	4:45:13
1010	Jody	Proctor	1	24	4			1:26:37	
1011	Jim	Nickerson	1	45	4			1:53:12	
1084	Jim	Smith	1	34	29	Team "V"	8	1:32:00	4:45:54
1085	Tony	Vollmar	1	34	29			1:37:39	
1086	Steve	Vollmar	1	31	29			1:36:15	
1165	Justin	Kowalewski	1	17	55	Team Register Early Next Year	9	1:28:40	4:51:18
1164	Chris	Kowalewski	1	31	55			1:18:10	
1163	Matthew	Bartlett	1	38	55			2:04:28	
1072	Nick	Ochs	1	16	25	Poison Ochs	10	1:36:40	4:52:54
1073	Paul	Ochs	1	38	25			1:31:37	
1074	Steve	Ochs	1	43	25			1:44:37	
1070	Adam	Grover	1	18	24	Team Grover	11	1:49:20	4:54:16
1069	Jarrold	Herman	1	17	24			1:45:00	
1071	Cory	Leas	1	20	24			1:19:56	
1003	Dick	Miles	1	49	2	Smash, Boom, Bang	12	1:45:10	4:46:04
1004	Charlie	Ross	1	54	2			1:32:52	
1005	Jerry	Gillissen	1	53	2			1:38:02	
1066	Fred	Ross	1	61	23	Troup	13	1:44:10	5:11:21
1067	Art	Obregon	1	55	23			1:59:23	
1068	Rod	Obregon	1	28	23			1:27:48	
1075	Bob	Neal	1	54	26	3-Guys Runnin	14	1:48:41	5:22:55
1077	David	James	1	48	26			1:45:07	
1076	Danny	Null	1	51	26			1:49:07	
1039	Michael	Allen	1	55	14	Team Richmond	15	1:32:31	5:32:08
1041	George	Sowers	1	58	14			2:03:56	
1040	Duane	Locker	1	55	14			1:55:41	
1043	Tracy	Knox	1	40	15	Trail Turtles, The Sequel	16	1:38:34	5:33:40
1044	Gerry	Englert	1	50	15			2:20:53	
1042	Justin	Englert	1	20	15			1:34:12	
1125	David	Swank	1	19	42	Hard Core Spartans	17	1:27:09	6:05:25
1127	Zach	Setser	1	14	42			1:58:08	
1126	Rick	Eddie	1	46	42			2:40:08	

HUFF 2002 Relay Division 2 : Female Open

BIB Number	First Name	Last Name	Division	Age	Team Number	Team Name	Place	Split Time	Overall Time
1063	Heather	Bang	2	30	22	Three Scoops Again	1	1:46:32	5:08:15
1064	Kara	Kelly-Sharp	2	32	22			1:35:51	
1065	Kathy	Parisi	2	37	22			1:45:51	
1021	Ann	Forshee-Crane	2	46	8	Power Huff Girls	2	1:37:20	5:15:49
1022	Cindy	Wigman	2	46	8			1:39:44	
1023	Louise	Forsythe	2	52	8			1:58:46	
1025	Alicia	McCLean	2	46	9	Absolut Champions	3	1:59:03	5:39:45
1024	Ruth	Connell	2	26	9			1:51:55	
1026	Harkness	Connell	2	23	9			1:48:47	
1027	Barbara	Spitler	2	44	10	Turtle Trail Blazers	4	2:16:21	6:35:58
1029	Connie	Bauswell	2	31	10			2:13:39	
1028	Lora	Meeker	2	29	10			2:05:57	
1081	Debbie	Harry	2	49	28	Snowbabes	5	2:23:49	7:39:02
1083	Diane	Kellenburger	2	55	28			2:38:18	
1082	Wray Jean	Cornwell	2	42	28			2:36:55	

HUFF 2002 Relay Division 3 : Mixed Open

BIB Number	First Name	Last Name	Division	Age	Team Number	Team Name	Place	Split Time	Overall Time
1018	Darlene	Barton	3	28	7	Not So Fast Huffers	1	1:33:56	4:17:40
1020	Adam	Barton	3	26	7			1:25:09	
1019	Michael	Schoude	3	34	7			1:18:35	
1056	Tina	Fearnow	3	47	19	Team HUFF	2	1:36:03	4:37:03
1055	Abdel	Bouaichi	3	40	19			1:32:25	
1054	Kevin	McAndrews	3	45	19			1:28:35	
1098	Allison	Traver	3	24	33	I Thought You Said 5K	3	1:51:05	4:46:07
1099	Brian	Reinhardt	3	39	33			1:25:38	
1100	William	Irvin	3	29	33			1:29:24	
1017	Kevin	Bang	3	34	6	Third Sole	4	1:46:56	4:51:05
1015	Rachel	Barton	3	32	6			1:32:20	
1016	Tim	Brady	3	43	6			1:31:50	
1138	Bill	Carder	3	32	46	Team Gardner	5	1:27:00	4:56:14
1139	Lisa	Tirado	3	35	46			1:47:35	
1137	John	Brabaut	3	34	46			1:41:40	
1145	James	Harris	3	38	48	Tower Runners	6	1:25:31	5:11:13
1144	Cindy	Moll	3	33	48			2:05:06	
1143	David	Kaufman	3	41	48			1:40:36	
1053	Jenny	Tunney	3	23	18	The "J" Team	7	1:45:24	5:21:01
1051	Julie	Rutherford	3	24	18			1:47:36	
1052	Jerry	Smith	3	49	18			1:48:02	
1012	Steve	Shaum	3	37	5	The Manchester X's	8	1:40:29	5:24:29
1013	Paul	Strode	3	35	5			1:26:33	
1014	Penny	Ruppert	3	38	5			2:17:27	
1091	Brian	Pattison	3	36	31	Mostly Dynamic	9	2:12:24	5:59:09
1090	Chuck	Zumbrun	3	45	31			1:47:16	
1092	Tricia	Eckert	3	30	31			1:59:28	
1097	Avan	Smith	3	19	30	Renegades	10	1:37:02	6:16:52
1087	Sheila	Egts	3	20	30			2:01:24	
1096	Joe	Annis	3	39	30			2:38:26	

HUFF 2002 Relay Division 4 : Male 19 & Under

BIB Number	First Name	Last Name	Division	Age	Team Number	Team Name	Place	Split Time	Overall Time
1134	Tim	Kelly	4	18	45	The Monkeys	1	1:16:40	3:45:10
1136	Dan	Hankosky	4	17	45			1:16:13	
1135	Mieczyslaw	Swaitkowski	4	18	45			1:12:17	
1159	Ryan	Warrenburg	4	18	54	Project Mayhem	2	1:14:55	3:59:16
1158	Colin	Riessen	4	18	54			1:29:54	
1160	Jeff	Powers	4	19	54			1:14:27	
1128	Jared	Campbell	4	17	43	Team Schweet	3	1:20:43	4:36:59
1129	Galen	Dekemper	4	16	43			1:53:19	
1130	Brad	Wheeler	4	17	43			1:22:57	
1046	Ruchin	Patel	4	17	16	Team Triple Threat	4	1:22:38	4:46:38
1045	Christian	Englert	4	17	16			2:08:47	
1047	Bruce	Faltynski	4	19	16			1:15:13	
1115	Matt	McMillion	4	18	53	Discovery Channel	5	1:38:56	4:54:53
1088	Nathan	Brownlee	4	18	53			1:49:22	
1089	Jason	Stubbeman	4	19	53			1:26:36	

HUFF 2002 Relay Division 5 : Female 19 & Under

BIB Number	First Name	Last Name	Division	Age	Team Number	Team Name	Place	Split Time	Overall Time
1036	Elizabeth	Herndon	5	17	13	The Tweedledees	1	1:31:55	4:55:01
1038	Jennifer	Shearer	5	15	13			1:48:46	
1037	Kinsi	Hower	5	17	13			1:34:19	
1121	Rebecca	Lipasek	5	17	40	Tweedledum	2	1:52:46	5:16:32
1119	Jessica	Palevich	5	16	40			1:39:54	
1120	Leah	Sanders	5	16	40			1:43:51	
1050	Raycene	Spreng	5	17	17	The 3 Amigos	3	1:52:39	5:43:47
1049	Jennifer	Rogers	5	14	17			1:54:58	
1048	Ashley	Hoss	5	15	17			1:56:10	
1146	Lindsey	Gangstod	5	15	49	Team Litkowski	4	1:56:12	6:04:06
1148	Patricia	Litkowski	5	16	49			1:56:51	
1147	Katherine	Gribble	5	16	49			2:11:04	

HUFF 2002 Relay Division 6 : Mixed 19 & Under

BIB Number	First Name	Last Name	Division	Age	Team Number	Team Name	Place	Split Time	Overall Time
1103	Adele	Mitchell	6	16	34	Team Bird	1	1:27:42	4:57:54
1101	Sam N	Bird	6	13	34			1:55:44	
1102	David	Rex	6	14	34			1:34:29	
1140	Brandon	Gardner	6	16	47	Mohican Harriers	2	1:43:18	5:21:16
1142	Christina	Mathie	6	17	47			1:59:02	
1141	Justin	Gardner	6	15	47			1:38:56	

HUNTINGTON ULTRA FRIGID FIFTY K - ONE LOOP FUN

RUN OVERALL FINISH RESULTS 12/28/02

Plc	Name	M/F	Age	Finish Time	Pace / Mile	Plc	Name	M/F	Age	Finish Time	Pace / Mile
1	Kevin Rigg	M	35	1:16:54.0	6:55/M	53	Jeremy Williams	M	16	1:42:55.8	9:15/M
2	Andrew Smith	M	18	1:20:59.5	7:17/M	54	Tony Wucson	M	34	1:43:19.2	9:17/M
3	Steve Draper	M	19	1:22:00.3	7:22/M	55	Troy Hershberger	M	39	1:43:30.9	9:18/M
4	Jon Amt	M	21	1:22:04.6	7:23/M	56	Brian Hickerson	M	39	1:43:32.6	9:19/M
5	Scott Ecclestone	M	41	1:22:37.7	7:26/M	57	Jeff Watern	M	41	1:43:44.2	9:20/M
6	Roger Huxhold	M	44	1:22:40.1	7:26/M	58	Charlie Hastings	M	53	1:43:51.4	9:20/M
7	Corey Drake	M	17	1:23:03.2	7:28/M	59	Michael Sapper	M	38	1:43:55.3	9:21/M
8	Tim Freeman	M	34	1:27:38.0	7:53/M	60	Thomas Wheeler	M	40	1:44:19.1	9:23/M
9	Alissa McKaig	F	16	1:27:46.8	7:54/M	61	Angela Price	F	26	1:44:22.5	9:23/M
10	Scott Lefforge	M	22	1:28:42.0	7:59/M	62	Kimberly Summers	F	34	1:45:02.0	9:27/M
11	Jim Evans	M	53	1:29:56.0	8:05/M	63	Andy Scott	M	33	1:45:29.4	9:29/M
12	Mike Ridenour	M	18	1:30:45.6	8:10/M	64	Donald Kramer	M	48	1:45:31.3	9:29/M
13	Margaret Boggs	F	19	1:30:53.0	8:10/M	65	Thomas Kline	M	38	1:45:50.7	9:31/M
14	Brad A Thomas	M	28	1:30:54.9	8:10/M	66	Charles Smith	M	35	1:46:01.0	9:32/M
15	Michael Meredith	M	30	1:31:17.9	8:13/M	67	Erica Brace	F	16	1:46:03.6	9:32/M
16	Christopher Kimes	M	31	1:31:20.0	8:13/M	68	Chris Davis	M	35	1:46:07.9	9:33/M
17	Sarah Manck	F	16	1:31:23.4	8:13/M	69	Rex Reed	M	61	1:46:19.5	9:34/M
18	Kent Mitchell	M	40	1:31:27.9	8:13/M	70	Kelly Fidler	F	27	1:46:23.1	9:34/M
19	Rex Beck	M	51	1:31:48.1	8:15/M	71	James Keldsen	M	34	1:46:25.6	9:34/M
20	Libby Borrer	F	22	1:32:36.4	8:20/M	72	Christine Schoudel	F	23	1:46:36.3	9:35/M
21	Brad Peterson	M	29	1:32:43.5	8:20/M	73	Laurie Whisler	F	38	1:46:37.5	9:35/M
22	A.j. Arnett	M	17	1:33:09.2	8:23/M	74	Melinda Kinder	F	42	1:46:45.7	9:36/M
23	Sue Fowler-Finn	F	48	1:33:56.4	8:27/M	75	John Huesing	M	36	1:47:01.2	9:37/M
24	Dwayne Boggs	M	46	1:34:11.2	8:28/M	76	David Geiger	M	41	1:47:11.9	9:38/M
25	Amanda Holzhausen	F	29	1:34:19.5	8:29/M	77	Rebecca Petersen	F	23	1:47:15.5	9:39/M
26	Karly Wade	F	20	1:34:21.2	8:29/M	78	Sue Brown	F	42	1:47:27.9	9:40/M
27	Thomas Cole	M	42	1:34:33.1	8:30/M	79	Tim Ambro	M	52	1:47:35.0	9:40/M
28	Kermit Hogeston	M	34	1:35:16.0	8:34/M	80	Jerry Maus	M	41	1:47:53.5	9:42/M
29	Curt Daniels	M	16	1:36:07.2	8:39/M	81	Roxane Osborn	F	42	1:47:55.1	9:42/M
30	Thomas Dershem	M	42	1:36:16.6	8:39/M	82	Heather Stoffel	F	39	1:49:06.1	9:49/M
31	Steve Hoover	M	37	1:36:32.0	8:41/M	83	Martin Hunnicutt	M	38	1:49:11.6	9:49/M
32	Justin Clark	M	16	1:36:55.6	8:43/M	84	Jay Price	M	17	1:49:27.6	9:51/M
33	Aaron Barton	M	23	1:38:06.1	8:49/M	85	Michael Casey	M	53	1:49:35.1	9:51/M
34	Kasey Fowler-Finn	F	20	1:38:10.2	8:50/M	86	Gino Weaver	M	31	1:49:39.5	9:52/M
35	Scott Nieten	M	18	1:38:25.6	8:51/M	87	Craig Ashford	M	31	1:49:41.7	9:52/M
36	Robert Nicholson	M	43	1:38:38.4	8:52/M	88	Mike Snavley	M	35	1:50:08.9	9:54/M
37	Brian Goodspeed	M	16	1:38:48.8	8:53/M	89	Sarah Koch	F	22	1:50:19.6	9:55/M
38	Holly Birkhold	F	31	1:38:58.5	8:54/M	90	Thomas Pintar	M	36	1:50:46.6	9:58/M
39	Brian Holzhausen	M	30	1:39:22.6	8:56/M	91	Timothy O'Hanion	M	56	1:50:52.3	9:58/M
40	John Koch	M	48	1:39:29.9	8:57/M	92	Patti Reinhardt	F	38	1:50:55.6	9:58/M
41	Luke Pinkerton	M	17	1:39:43.3	8:58/M	93	Angie Banush	F	34	1:51:01.8	9:59/M
42	Jim Bougher	M	40	1:40:25.4	9:02/M	94	Michael Variell	M	46	1:51:32.2	10:02/M
43	Bruce Bordner	M	57	1:40:27.3	9:02/M	95	Jennifer Messer	F	31	1:52:33.3	10:07/M
44	Patrick Ryder	M	47	1:40:32.1	9:02/M	96	Mike Fitzpatrick	M	62	1:52:34.6	10:07/M
45	Scott Smoot	M	35	1:40:37.2	9:03/M	97	Tom Archbold	M	52	1:53:08.4	10:10/M
46	Greg Ness	M	39	1:41:05.3	9:05/M	98	Patty L Schwartz	F	49	1:53:09.7	10:11/M
47	Joe McFarren	M	22	1:41:09.5	9:06/M	99	Stephen A Schwartz	M	55	1:53:12.6	10:11/M
48	Pete Maier	F	40	1:41:12.1	9:06/M	100	Jill Price	F	15	1:53:14.4	10:11/M
49	Norm Gecowets	M	55	1:41:41.6	9:09/M	101	Randall Fearnow	M	47	1:53:34.2	10:13/M
50	Anthony Juliano	M	33	1:42:13.4	9:12/M	102	David Eckert	M	55	1:54:19.0	10:17/M
51	Douglas Walter	M	39	1:42:35.2	9:14/M	103	Barb Price	F	43	1:54:34.3	10:18/M
52	Antoinette Francher-Donal	F	34	1:42:40.9	9:14/M	104	Harry Ausderan	M	53	1:55:00.3	10:21/M

HUNTINGTON ULTRA FRIGID FIFTY K - ONE LOOP FUN

RUN OVERALL FINISH RESULTS 12/28/02 Page 2

Plc	Name	M/F	Age	Finish Time	Pace / Mile	Plc	Name	M/F	Age	Finish Time	Pace / Mile
105	Larry Whitaker	M	52	1:55:47.8	10:25/M	138	Sarah Kamer	F	14	2:14:41.0	12:07/M
106	Tom Villagomez	M	48	1:55:49.9	10:25/M	139	Monica Weaver	F	29	2:15:34.3	12:11/M
107	Tom Miklik	M	53	1:56:24.4	10:28/M	140	Shawn Stuckey	F	33	2:15:37.2	12:12/M
108	Kimberly Brown	F	36	1:56:36.1	10:29/M	141	Ed Reinemeyer	M	51	2:16:49.3	12:18/M
109	Allen Whittington	M	47	1:57:31.6	10:34/M	142	Tracy Boone	F	35	2:17:39.8	12:23/M
110	Tamara Wright	F	44	1:57:57.6	10:36/M	143	Carole Cames	F	50	2:18:30.9	12:27/M
111	Ernie Straun	M	62	1:59:03.8	10:42/M	144	Kerry Baumgartner	M	41	2:20:09.0	12:36/M
112	Michael McClaskey	M	45	1:59:12.3	10:43/M	145	Sarah Kleinknight	F	59	2:20:11.7	12:36/M
113	Greg Purcell	M	54	1:59:18.9	10:44/M	146	Roland Purdy	M	36	2:21:05.3	12:41/M
114	Teresa Long	F	35	2:00:07.2	10:48/M	147	Linda Dennis	F	49	2:21:45.1	12:45/M
115	Dave White	M	50	2:00:09.0	10:48/M	148	Garry Hill	M	54	2:22:29.9	12:49/M
116	Jamie Banks	F	38	2:01:32.5	10:56/M	149	Susan Randall	F	28	2:23:26.9	12:54/M
117	Kendra Hitchcock	F	41	2:01:33.9	10:56/M	150	O.k. Holzwarth	M	60	2:25:30.5	13:05/M
118	Tammy Gordon	F	28	2:01:35.8	10:56/M	151	Tom Allen	M	44	2:25:35.8	13:06/M
119	Ben Russell	M	33	2:02:00.3	10:58/M	152	J Ezell	M	56	2:25:38.3	13:06/M
120	Frederick Brubaker	M	34	2:02:02.8	10:58/M	153	Dana Budd	M	48	2:33:36.7	13:49/M
121	Randy Hammond	M	47	2:02:15.2	11:00/M	154	Karen Hauser	F	36	2:35:39.3	14:00/M
122	Paul Lineback	M	38	2:02:17.2	11:00/M	155	Judy Kruspig	F	46	2:39:01.0	14:18/M
123	Mark Thoma	M	44	2:02:46.5	11:02/M	156	Joanna Hill	F	56	2:42:01.0	14:34/M
124	Karin Gibbs	F		2:02:51.2	11:03/M	157	Linda Post	F	42	2:42:51.9	14:39/M
125	Sally Thomas	F	49	2:04:29.5	11:12/M	158	Wally Post	M	54	2:42:53.3	14:39/M
126	John Brier	M	58	2:04:59.9	11:14/M	159	Gregory Smith	M	52	2:44:35.6	14:48/M
127	Mike Flynn	M	41	2:05:22.2	11:16/M	160	Judi Wilham	F	55	2:50:14.3	15:19/M
128	Earl Sewell	M	35	2:05:28.6	11:17/M	161	Patrick Dolan Jr.	M	49	2:59:23.1	16:08/M
129	Michael Nunez	M	16	2:05:53.9	11:19/M	162	Betty Greider	F	42	2:59:31.5	16:09/M
130	Joseph Nayarkas	M	48	2:07:45.9	11:29/M	163	Yves Nugent	M	42	3:01:54.6	16:21/M
131	Rick Hilker	M	47	2:07:56.9	11:30/M	164	Marilyn Rehm	F	55	3:07:05.1	16:49/M
132	Ed Lester	M	36	2:08:46.2	11:35/M	165	Stacey Haston	F	36	3:08:27.8	16:57/M
133	Janis Clay	F	45	2:10:01.4	11:42/M	166	Doug Lehman	M	50	3:08:38.2	16:58/M
134	Nancy Burris	F	36	2:12:34.7	11:55/M	167	Cuba Allen	F	54	3:09:11.3	17:01/M
135	Barrie Peterson	M	60	2:12:42.0	11:56/M	168	Lynn Dunn	F	49	3:37:53.3	19:36/M
136	Andrey Baldwin	F	21	2:14:27.5	12:05/M	169	Linda Hawley	F	51	3:37:56.3	19:36/M
137	Chris Baldwin	M	47	2:14:32.5	12:06/M	170	James P Jones	M	74	3:59:06.2	21:30/M

Fort Wayne Track Club Member Profile



The Inside Track Newsletter would like to hear from our FWTC Members!!! Please fill out this profile form and return it to:

Tim and Rose O'Connell

6501 Underwood Cove, Fort Wayne, IN 46835,
or e-mail us at troconnell@aol.com We would like to hear from as many members as possible.

Name: _____

Occupation: _____

Birthdate: _____ Birthplace: _____

Family: _____

Pets: _____

Hobbies & Interests: _____

Favorite Family Activities: _____

Favorite Running Gear: _____

Years Running / Walking: _____

Favorite Foods: _____

Favorite Places & Courses to Run: _____

Why Do You Run? _____

Favorite Entertainment: _____

Collections? _____

Favorite Vacation Places: _____

Most Cherished Possessions: _____

Your Running Achievements: _____

Your Inspiration to Run/Walk: _____

Fort Wayne Track Club Race Schedule (ALSO AVAILABLE AT www.fwtc.org)

Races from 02/01/2003 to 05/31/2003

L – Local Race in the Greater Fort Wayne Area R- Regional Race Within 70 Miles of Fort Wayne P – FWTC Points Race
 We try to provide the most accurate and complete race information available, but we urge you to contact the Race Director for confirmations, postponements, or cancellations. If you are a Race Director or know of confirmed dates for 2003 Races not already updated, please e-mail Don Lindley at lindleyd@fortwayne.infi.net with details in order that the calendar may be updated. Calendar Date: 25JAN03

Date/Time	Local Points	Race Information
Feb 01, 2003 10am Sat	R	20th Annual Bop to the Top - 37 floors, 515 feet 806 steps, straight up AUL Bldg, Indpls, IN Contact: Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300
Feb 01, 2003 10am Sat	R	Todd Realty Winter Carnival 5K - 5K Lakeside Park, Syracuse, IN Contact: Brian Shepherd, 1426 Lincolnway, Ligonier, IN 46767, 260-894-4638
Feb 01, 2003 8am Sat	L	2003 Indpls Mini-Marathon Training Program IPFW's Hillard Gates Center, Ft Wayne, IN Contact: Brett Hess, 260-637-3755 Info/Fees: The Program, held every Sat for 13 weeks. Weekly long runs 8am ea Sat at Foster Park. Speedwork, 5pm ea Tues at Foster Park. Web site: http://www.personalbesttraining.com
Feb 02, 2003 1pm Sun	R	31st Groundhog 7 - 7 Miles Clay Jr HS, Carmel, IN Contact: Benefits StMarks UMC Mission Project, (317) 290-RUNR Email: webmaster@indyrunners.org Web site: http://www.indyrunners.org
Feb 02, 2003 7:30am Sun	R	37th Las Vegas Marathon and Half-Marathon - *New Int'l 5K Jean, NV, Las Vegas, NV Contact: (702) 876-3870 Web site: http://www.lvmarathon.com
Feb 08, 2003 10am Sat	R	2nd Annual Run for Roses - 8K Trail Run/5K Trail Walk Hardy Lake State Park, Austin, IN Contact: Brett Turner, 812-793-2759 Email: bturmer@browntown.com
Feb 08, 2003 2pm Sat	LP	Fanny Freezer 5K (FWTC Points Race) - 5K Shoaff Park, Fort Wayne, IN Contact: Vern Ceder, (260) 745-4295, No Pre-Race Registration, Race Day Registration Only Info/Fees: Race Day only, \$3 for FWTC members, \$4 for Non-members Email: vceder@fwtc.org Web site: http://www.fwtc.org/raceinfo/fannyfreezer03.html
Feb 09, 2003 5pm Sun	L	Fort Wayne Track Annual Banquet IPFW, Fort Wayne, IN Info/Fees: Guest Speakers: Jim Spivey and Dr. Jay Fawver Web site: http://www.fwtc.org/banquet2003.html
Feb 15, 2003 10am Sat	R	Think Spring - 5K & 1M Ligonier Elementary, Ligonier, IN Contact: Brian Shepherd, 1426 Lincoln Way, Ligonier IN 46767, 260-894-4638
Feb 15, 2003 9am Sat	R	Cupid's Fling 5K - 5K Run/Walk Clay Jr HS, Carmel, IN Contact: Runners Forum, 317-844-1558 Info/Fees: Pre \$18, Race Day \$20 Email: fling@runnersform.com Web site: http://runnersgallery.com
Feb 16, 2003 7am Sun	R	4th Annual Florida Gulf Beaches Marathon & 10K - 26.2 M and 10K Clearwater, FL Contact: 727-347-4440
Feb 22, 2003 10am Sat	RP	ACS Whitley County Relay for Life (FWTC Points Race) - 5K Run/Walk Mosches Park, Columbia City, IN Contact: Gary Bird, 670 Keiser Road, Columbia City, IN 46725, 260-244-4408 Info/Fees: \$10/Pre, \$12/Day, \$5 Fun Run, Hot Soup & Cookies Email: garybird@onemain Web site: http://user.whitleynet.org/keepingpace
Feb 22, 2003 7am Sat	R	20th Annual Blue Angel Marathon - Mar, 1/2Mar, & 5K Naval Air Station Penscola, Pensacola, FL Contact: (850) 452-4391 Web site: http://www.mwr-pcola.navy.mil
Feb 23, 2003 10am Sun	R	TRRC 25K - 25K & 5K Pred Oak Openings Metropark (Mallard Lake), OH Contact: Dennis Scott, 419-478-6405 Web site: http://www.toledoroadrunners.org
Mar 01, 2003 9am Sat	R	Annual Bulldog Jog - 5K Butler University, Hinkle Fieldhouse, Indpls, IN Contact: Cindy Hawkins, 317-940-9931
Mar 01, 2003 9am Sat	R	Polar Bear Run/Walk - 5M Run/Competive Walk/5M Family Walk Indpls, IN Contact: Ken Long, 317-884-4001 Info/Fees: Pre -\$11 to \$27, Family \$50, Race Day-No Shirt \$15 Email: klong@kenlongassoc.com Web site: http://www.kenlongassoc.com/pbear03.htm
Mar 02, 2003 2pm Sun	R	Black Walrus - 4 Miles Tipton M.S., Tipton, IN Contact: Mark Shorter, 765-452-2616

Mar 02, 2003 9:15am Sun	R	3rd Annual Arnold 5K/Arnold 5K Pump & Run - 5K Greater Columbus Convention Center, Columbus, OH <i>Contact:</i> Matt McGowan, 740-587-0376 <i>Info/Fees:</i> Six Lifting Division, press your wgt 10 times deduct 5 min off your running time <i>Web site:</i> http://www.runohio.com
Mar 02, 2003 9am Sun	R	11th Annual Race Through Hoosier History - 5 Mile Run/ 3 Mile Walk Crown Hill Cemetery, Indpls, IN <i>Contact:</i> Marty Davis or Jeff Coates, 317-920-2644, 317-876-1871 <i>Info/Fees:</i> \$15 -Pre, \$18 -Post, Proceeds Crown Hill Heritage Foundation <i>Email:</i> truenorth360@comcast.net <i>Web site:</i> http://www.crownhill.org
Mar 08, 2003 2pm Sat	R	25th Beer Bottle Open - 4M Columbus Grove HS, Columbus, OH <i>Contact:</i> Jerry Bunn, 206 Hall Ave Columbus OH 45830, 419 659-5702 <i>Info/Fees:</i> \$15 w/shirt, \$10 w/o shirt, Proceeds Dave Jones Memorial Scholarship and Grove X-C Team <i>Email:</i> jbunn@woh.rr.com
Mar 08, 2003 9am Sat	R	Norris Insurance 5K Run/Walk - 5K Amboy Park, Amboy, IN <i>Contact:</i> Mark Shorter, 765-452-2616
Mar 08, 2003 Sat	R	Rail Run 10K/Walk - 10K Carmel, IN <i>Contact:</i> Carmel Main Fire Dept, 317-844-1558 <i>Email:</i> aces@runnersforum.com
Mar 09, 2003 1pm Sun	R	Churchhill's 36th Half Marathon - 13.1M Monclova Primary Community Center, Monclova, OH <i>Contact:</i> Tony Bayford, 3126 W Sylvani Ave, Toledo, OH 43613, 419-472-0077 <i>Info/Fees:</i> \$15, after 2/28 \$18 <i>Email:</i> tbayford@accesstoledo.com <i>Web site:</i> http://www.toledoroadrunners.org
Mar 15, 2003 10am Sat	R	Wearin' of the Green - 5K/10K Prediction Pearson Metropark, Oregon, OH <i>Contact:</i> Edward O'Reilly, 7240 Salisbury Rd, Maumee, OH 43537, 419-867-1490 <i>Email:</i> WearinTheGreen17@aol.com
Mar 15, 2003 7am Sat	R	KUTUS7 - 50K & 51 Miles Morehead, KY <i>Contact:</i> Herb Hedgecock, UPO 836 MSU, Moorehead, KY 40351, 606-674-6286 <i>Info/Fees:</i> Entry Fee: \$40 (\$10-donation to a free health clinic, New course 20m + 11m loops <i>Email:</i> h.hedgec@morehead-st.edu <i>Web site:</i> http://people.morehead-st.edu/fs/h.hedgec/kyultra7.html
Mar 15, 2003 9am Sat	R	Huntington Baptist 5K - 5K 2435 Waterworks Road, Huntington, IN <i>Contact:</i> Steve Evers, 7984 S 350 W, So. Whitley, IN 46787, 260-723-6494 <i>Info/Fees:</i> No Entry Fee (Free) Free T-shirts to the first 50 entries <i>Email:</i> severs@fwi.com <i>Web site:</i> http://huntingtonbaptist.org
Mar 15, 2003 9am Sat	R	Running' With The Irish - 5K Run/Walk Indiana Dunes State Park, Chesterton, IN <i>Contact:</i> John Marshall St Patrick School, 640 N Calumet Rd, Chesterton, IN 46304, 219-464-3536 x304 <i>Email:</i> lamco@netnitco.net
Mar 15, 2003	R	D.IN.O. Trail Run Series - 5K/15K Eagle Creek Park, Indianapolis, IN <i>Contact:</i> Brian, 317-308-6449 <i>Email:</i> Brian@DINOseries.com <i>Web site:</i> http://www/DINOseries.com
Mar 16, 2003 10:00 AM(1 Mile), 10:30 AM(5&10K)	L	Tri-State - 1M, 5K, 10K Tri-State University, 1 University Ave, Angola, IN, Angola, IN <i>Contact:</i> Karen, 260-668-3607 <i>Info/Fees:</i> Road Course around scenic countryside; \$10 pre-register or \$15 race day; Proceeds benefit Tri-State University International Students Association and Breeden YMCA <i>Email:</i> smedley_80@yahoo.com
Mar 16, 2003 10am Sat	R	Wild Bill Lundberg Farmhouse - 5K Hillsdale College, Hillsdale, MI <i>Contact:</i> Jonathan Nikkila, 517-439-0397 <i>Info/Fees:</i> \$10 < 3/19, \$15 > 3/19, Bar-B-Q feast \$5 <i>Web site:</i> http://www.hillsdale.edu/chargers/mens/track
Mar 17, 2003 9am Mon	R	Shamrock Run/Walk - 5 Mile Run/Walk Downtown Indy, Indpls, IN <i>Contact:</i> Tuxedo Brothers, 317-733-3300
Mar 22, 2003 10:30am Sat	R	17th Annual Mountain Goat Hill Runs/Walk - 15K & 3M Run/Walk Kickapoo State Park, Danville, IL <i>Contact:</i> Marc Reddy - Goat!, PO Box 1701, Danville, IL 61834, (217) 431-4243 <i>Email:</i> kennekuk@net66.com <i>Web site:</i> http://www.kennekuk.com
Mar 22, 2003 7:30am Sat	R	Spotlight on Nursing - 10K Run & 5K Walk Indianapolis, IN <i>Contact:</i> Ken Long, <i>Email:</i> klong@kenlongassoc.com <i>Web site:</i> http://www.kenlongassoc.com
Mar 22, 2003 9am Sat	LP	Nutri-Runs (FWTC Points Race) - 20K (Pts Race) & 5M The Chapel, Fort Wayne, IN <i>Contact:</i> Sarah Kleinknight, FWTC PO Box 11703, Ft Wayne, IN 46860, 260-456-3261 <i>Web site:</i> http://www.fwtc.org/nutrirun
Mar 22, 2003 9am Sat	R	Old Ben 5K Run - 5K Rodgers Pavillion, Highland Park, Kokomo, IN <i>Contact:</i> Mark Shorter, 765-452-2616

Mar 22, 2003 9am Sat	R	Underground RR Run - 5K Westfield HS, Westfield, IN <i>Contact: Runners Form, 317-844-1558</i>
Mar 22, 2003 9am	R	3rd Annual Holliday Park Trail Run - 5M Run/3M Walk Holliday Park, Indpls, IN <i>Contact: Tuxedo Brothers, 317-733-3300</i>
Mar 23, 2003 1:00pm Sun	R	33th Annual Sam Costa Half Marathon - 13.1 Miles Clay Jr. High, Carmel, IN <i>Contact: Indy Runners, 317-290-RUNR</i> <i>Web site: http://www.indyrunners.org</i>
Mar 23, 2003 7:30am Sun	R	Washington DC Marathon - 26.2 Arlington, Va <i>Contact: 703-528-8176</i> <i>Info/Fees: \$85, Team Relay and Team Challenge applications</i> <i>Email: john@h2oentertainment.com</i> <i>Web site: http://www.washingtondcmarathon.com</i>
Mar 23, 2003 9:15am Sun	R	Shamrock Shuffle - 5K, 8K, 1 M Grant Park, Chicago, IL <i>Contact: 1-877-904-5407</i>
Mar 29, 2003 6am Sat	R	McNaughton Park Ultra - 50K and 50 Miles McNaughton Park, Pekin, IL <i>Contact: Andy Weinberg, 708 Washington St, Pekin, IL 61554, 309-346-3601</i> <i>Info/Fees: \$40 after 3/23 \$50</i> <i>Email: aweinberg@pekinhigh.net</i>
Mar 29, 2003 9am Sat	R	Coyote Chase - 5K Run/Walk Towne Meadows Elementary, Carmel, IN <i>Contact: Runners Forum, 317-844-1558</i>
Mar 29, 2003 Sat	R	Bedford Fitness Challenge 5k - 5K ?Run/Walk Bedford, IN <i>Contact: Bill Deckard, (812) 275-0403</i> <i>Web site: http://www.RunBloomington.com</i>
Mar 30, 2003 10 AM CST (11 in FW)		BOZ 15 KM - 15 K trail and 10K fun run trail run in dunes and on beach, Chesterton, IN <i>Contact: Steve Kearney,</i> <i>Email: st72ke@attbi.com</i>
Mar 30, 2003	R	Smoke Free Indiana Distance Classic - 15K, 4M Walk & Kids Events Downtown Indpls, Indpls, IN <i>Contact: Ken Long, 317-884-4001</i> <i>Email: klong@kenlongassoc.com</i> <i>Web site: http://www.kenlongassoc.com</i>
Apr 05, 2003 8:30am Sat	R	4th Annual Lighthouse Half Marathon - 1/2 Marathon & 5K Run Huron High School, Huron, OH <i>Contact: Huron Chamber of Commerce, Deb Bogen, 419-433-5700</i> <i>Email: chamber@huron.net</i> <i>Web site: http://www.huron.net</i>
Apr 05, 2003 8am Sat	R	Ed Dibble Towpath 19-mile - 19 Miles Farnsworth Metropark, OH <i>Contact: Louis Miklovic, 419-868-1295</i> <i>Web site: http://www.toledoroadrunners.org</i>
Apr 05, 2003 9am Sat	LP	IPFW Mastodon Stomp - 5K Run/Walk & 1M Kids Run IPFW, Fort Wayne, IN <i>Contact: Judy Tillapaugh, 260-481-6647</i> <i>Info/Fees: FWTC 2003 Points Race</i> <i>Email: tillapau@ipfw.edu</i>
Apr 05, 2003	R	D.IN.O. Trail Run Series - 5K/15K Washington Towp Park, Avon, IN <i>Contact: Brian, 317-308-6449</i> <i>Email: Brian@DINOseries.com</i> <i>Web site: http://www.DINOseries.com</i>
Apr 06, 2003 5K/Oct20 & Marathon/Oct1	R	Spirit of St.Louis Marathon & Family Fitness Run - 26.2 M & 1/2 Marathon St.Louis, MO <i>Contact: 314-725-9884</i> <i>Web site: http://www.stlouismarathon.com</i>
Apr 12, 2003 6:15am Sat	R	Bull Run Run - 50 Miles Bull Run, VA <i>Contact: Scott Mills, VHTRC,</i> <i>Email: ilkrunn@aol.com</i> <i>Web site: http://www.vhrtc.org/brr</i>
Apr 13, 2003 8am Sun	R	Glass City Marathon - 26.2M Toledo, OH <i>Contact: Pat Wagner, 130 Yale, Toledo, OH 43614, 419-385-7025</i> <i>Info/Fees: \$45 for individuals/ \$40 per person for relays</i> <i>Email: jpatmann50@aol.com</i> <i>Web site: http://www.toledoroadrunners.org</i>
Apr 19, 2003 8am Sat	R	People Pathways 10K Run and 5K Walk - 10K Run & 5K Walk Greencastle, IN <i>Info/Fees: \$18/\$20</i> <i>Email: lesstewart@mail.tds.net</i>
Apr 19, 2003 9am Sat	RP	Shoe-Sucker Seven - 7.2M trail Kil-So-Quah Campground, Huntington Reservoir, Huntington, IN <i>Contact: Rick Beemer, 5327 W 200 N, Huntington IN 46750, 260-356-6338</i> <i>Email: rickybeemer@yahoo.com</i>
Apr 26, 2003 7:30am Sat	R	Kentucky Derby Mini Marathon & Anthem BC/BS Marathon Louisville, KY <i>Web site: http://www.minimarathon@kdf.org</i>
Apr 26, 2003 Sat	R	Country Music Marathon - 26.2 & 13.1 Centennial Park, Nashville, TN <i>Contact: 800-311-1255</i> <i>Info/Fees: Over 50 bands, 28 Cheer Teams, Run Music City</i> <i>Web site: http://www.cmmarathon.com</i>

Apr 27, 2003 8:30 AM Sun	R	RESERVOIR MARATHON & HALF MARATHON - 26.2 & 13.1 M corner of Rt. 127 and Fox rd. on the south edge of town next to the hospital, Van Wert, OH <i>Contact:</i> Mark Altstaetter or Ed Jacobs, 802 S Walnut St., Van Wert, OH 45891, 419-238-3559 or 419-238-4890 <i>Info/Fees:</i> \$20 early (before March 1), \$25 late, register online http://www.active.com/event_detail.cfm?event_id=1020901 <i>Email:</i> kiggs@bright.net <i>Web site:</i> http://www.fwtc.org/raceinfo/vanwert.doc
May 03, 2003 8:20am Sat	R	AT&T Wireless 500 Festival 5K - 5K Indpls, IN
May 03, 2003 8am Sat	R	2002 Mini-Marathon - 13.1 Miles & 5K Indpls, IN <i>Contact:</i> Jeff Graves, PO Box 6, Indpls, IN 46206, 1-800-638-4296 <i>Email:</i> raceinfo@500festival.com <i>Web site:</i> http://www.500festival.com/mini_marathon/
May 04, 2003 6:30am Sun	R	5th Annual Flying Pig Marathon - 26.2 Miles Cincinnati, OH <i>Contact:</i> Cinnanati Marathon, Inc, 644 Linn St Suite 626, Cincinnati, OH 45203, 513-721-7447 <i>Web site:</i> http://www.flyingpigmarathon.com
May 04, 2003	R	City of Pittsburgh Marathon - 26.2 miles Heinz Field Home of Pittsburgh Steelers, Pittsburgh, PA <i>Contact:</i> 412-647-7866 <i>Info/Fees:</i> Finish on 50yd Line, "Music by the Mile" 40 Musical acts along the course <i>Web site:</i> http://www.pittsburghmarathon.org
May 10, 2003 6am Sat	R	Ice Age Trail Run - 50 Miles Kettle Moraine State Forest, La Grange, WI <i>Contact:</i> Holly Neault-Zinzow, Fax 262-495-8279, 262-495-3131 <i>Email:</i> iceagetrail50@aol.com <i>Web site:</i> http://badgerlandstriders.org
May 10, 2003 8am Sat	L	Nick Denice Race for Hope - 10K run/5K walk Baseball diamond at the corner of Aboite Center Road & Westlakes Drive., Fort Wayne, IN <i>Contact:</i> Carolyn Denice, PanCAN, PO Box 40092, Ft Wayne, IN 46804, (260) 434-4075 <i>Info/Fees:</i> \$20 through May 1st; \$25 day of event. All proceeds benefit PanCan (Pancreatic Cancer Action Network) a 501(c) non-profit corp. Plaques for top 3 men and women overall. <i>Email:</i> cdenice@pancan.org <i>Web site:</i> http://www.theraceforhope.org
May 10, 2003 9am Sat	R	Cherry Fest 10K - 10K & 1M Fun Run Whitehouse, OH <i>Contact:</i> Randy Bukas, 419-877-2814
May 17, 2003 8am Sat	R	Terre Haute Triathlon - 800m Swim, 40K Bike, 8K Run Hawthorn Park, Terre Haute, IN <i>Contact:</i> Paul Asay, 812-466-9561
May 17, 2003 9am Sat	RP	8th Annual Run for Fun for Leukemia & Lymphoma Society - 10K (FWTC Pts) & 5K Kosciusko County Fairgrounds (Showers available), Warsaw, IN <i>Contact:</i> Bill Crane, Genesis Mgt Services, Inc, 1670 East Kosciusko Dr, Warsaw, IN 46582-7526, 574-268-1236 or 888-268-1236 <i>Info/Fees:</i> Pre-\$20, after 5/2, \$25 (Discount \$2 for FWTC members) <i>Email:</i> runcrane@juno.com
May 24, 2003 8am Sat	LP	3rd Annual River City Rat Race - 10K Run and 5K Walk Downtown Performing Art Center Main St, Finsh Line at The Old Fort for both races, Fort Wayne, IN <i>Contact:</i> Steve Hilker, <i>Info/Fees:</i> 10K - FWTC Points Race <i>Email:</i> shilker@pleez.net <i>Web site:</i> http://www.rcratrace.org
May 26, 2003 9am Mon	R	Memorial Day 5K - 5K Run/Walk VA Medical Center, Danville, IL <i>Contact:</i> Kennekuk Road Runners, 217-733-2403 <i>Email:</i> kemekuk@anet66.com <i>Web site:</i> http://www.kennekuk.com
May 26, 2003 Mon	R	The Great Race - 5K/10K masters/Half-marathon Various locations, Elkhart, IN <i>Contact:</i> Ron Schmanske, P.O. Box 682, Elkhart, IN, (219) 296-5890 or 296-5862
May 31, 2003 9am Sat	R	D.I.N.O. Trail Run Series - 5K/15K Town Run Trail Park, Indpls, IN <i>Contact:</i> Brian Holzhausen, 317-308-6449 <i>Email:</i> Brian@DINOseries.com <i>Web site:</i> http://www.DINOseries.com



FORT WAYNE TRACK CLUB

MEANS "VOLUNTEERS"

Please indicate your areas of interests.

NAME: _____

PHONE: _____

- OFFICER
 President Vice President Secretary Treasurer

- RACE DIRECTOR
 Major Race Fanny Freezer Fun Run Training Run

ASSISTANT RACE DIRECTOR

- EQUIPMENT COORDINATOR
 Monitor maintenance of Equipment

- RACE SCHEDULE COORDINATOR
 RACE WALKING COORDINATOR
 MEMBERSHIP
 BOARD MEMBER
 FINISH LINES
 Timer Results

- COURSE TIMER
 WATER STATIONS
 MEASURE & SET UP COURSE
 Certified Uncertified
 CO-ORDINATE CLUB TRIP RACE
 Carpool Transportation for Handicapped Runners
 NEWSLETTER
 Editor Advertising Written Contribution

- Race Applications Businesses
 Mailing Typing Race Results
 FWTC BANQUET
 Decorations Program

- FWTC PICNICS
 ADVERTISING
 Obtaining Potential Race Sponsors
 Obtaining Newsletter Sponsors
 PUBLICITY COORDINATOR
 Send weekly schedules to newspapers
 ANYWHERE NEEDED

OTHER (Specify) _____

SHOW YOUR SUPPORT FOR YOUR FORT WAYNE TRACK CLUB

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

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:

Members under 21: \$12

Family rates: \$4 for ea. add'l family member (\$8- max)

100%-Jan., Feb., Mar- 1st Qtr.

75%-Apr., May, Jun.-2nd Qtr.

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: _____

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
Business Card	na	na	\$50.00
Cover (Inside front or back)	\$300.00	\$750.00	\$1200.00

Insert race Applications (includes printing results)

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

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

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



FWTC NEWSLETTER
P.O. Box 11703
Fort Wayne, IN 46860

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