

the inside track

April 2003 & May 2003

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



THE RIVER CITY RAT RACE 10K & 5K WALK
Saturday, May 24th at 9:00am www.rcratrace.org



BEAT THIS RAT

INSIDE THIS ISSUE:

Area Race Results: Fanny Freezer 2003,
Relay For Life 5K, 2003 Club Points Totals to Date,
Annual Banquet Pictures and Awards, with 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@skyyenet.net
Linda Keuneke	478-4573	lkeuneke@bishopluers.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	385-0905	
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 February 12, 2003

19 Members Present

Eric Ade

Tammy Behrens

Sam Bird

DeWain Cobbs

Bill Crane

Steve Hilker

JP Jones

Don Lindley

Beverly Metzger

Joseph Nayarkas

Rose O'Connell

Tim O'Connell

Bill Schmidt

Marsha Schmidt

Casey Shafer

Phil Suelzer

Kimberly Summers

Judy Tillapaugh

Judy White

1. The meeting was called to order by President Judy Tillapaugh.
2. Don offered a devotion titled "Jogging with Jesus" and prayer was given.
3. The minutes were read and approved.
4. Don gave the Treasurer's report showing that there is a balance of \$26,305.85 in the account. The membership currently stands at 406. There are 156 prepaid for 2 years, and 35 prepaid for 3 years. There are 100-120 people who have not renewed and Don will send out reminders and applications to them. The report was approved. The 2003 budget was presented and approved. It was suggested that race directors offer a drawing at the race registration for those signing up and paying for membership. The winner would receive a free membership.
5. Tim and Rose would like someone to write a summary of the High School awards and special awards that were presented at the banquet for the *Inside Track*. Bill Crane will write a summary of Jim Spivey's speech. It was noted that there was a discrepancy in the *Inside Track* regarding the points races. The points races will be reprinted in the next issue. Tammy suggested that opportunities to run in groups be posted in the book and on the website with the name and number of a contact person. There are currently several groups that get together to run on a weekly basis. Judy Tillapaugh suggested we have a Social Coordinator to organize group picnics and runs to promote the club.
6. Bill Harris gave a report on the Fanny Freezer race. There were a record number of runners registered (163). Bill thanked all who volunteered.
7. Bill Crane gave a report on the banquet and noted there were 150 people there. The banquet flowed nicely, but they ran out of drinks and water. Bill will collect all banquet evaluations for additional feedback.
8. Tom Landis was not present, but e-mailed that race directors need to keep track of runner's points. The first race for the News Sentinel Points Series will be the Home Run 5k on May 10th. There are 8 races in the series.
9. The Youth for Christ organization has over 150 runners signed up for the mini-marathon training group. It is also a fundraiser.
10. The Nutri-Run is scheduled for March 22nd. Sarah, Bill, Don, and Judy are organizing the race, but they still need a race director.
11. JP announced that the IPFW Health Fair is scheduled for March 26th. Jared from the Subway commercials will be there. There will be FWTC membership applications available at the table.
12. Judy reported that the Mastadon Stomp is scheduled for April 5th. The race benefits the IPFW track team. Volunteers are needed and should be there at 7:00 AM.
13. Steve stated that plans are going well for the Rat Race. Entry forms are available. The next Rat Race meeting is Wednesday at 7:00 PM at the YMCA. There will be a new mascot costume this year.
14. The board was able to view a plaque presented to the FWTC from the Leukemia & Lymphoma Society recognizing the FWTC's support.
15. A report on the upcoming Relay for Life 5k was given. There are currently 15 runners pre-registered. There is a heated pavilion and they will be serving homemade soup and cookies. Volunteers are still needed.
16. Casey and Eric would like to wear FWTC Logo shirts when they run in races. They will look into some options noting that the club colors are blue and green. The club could make shirts available for purchase to all members. The option could be available on the membership application forms.
17. Judy suggested that there be a position on the board for Marketing and Promotions. One duty would be to submit upcoming race information to the newspapers. Anyone interested in this position should see Judy.
18. Meeting adjourned.

PREZ-SEZ - Judy Tillapaugh, RD



**Why join the Fort Wayne Track Club(FWTC)?
What will the club offer me?** These are common important questions asked by fellow fitness enthusiasts. Clear answers are essential to boost membership motivation. We are only really, really motivated to do something if we realize all the benefits. As a member for 20 years I feel it is more than a newsletter. The club is all about us... all about our fitness interests, friendships, and supporting our favorite sport. Let me explain a little further.

The FWTC, established in 1977, is a not-for-profit organization for runners and walkers of all ages and abilities, and run by volunteers. The club seeks to provide events and services that will promote and support the health and competitive interests of individuals and their family members. Members gain benefits through the "Inside Track" Newsletter, www.fwtc.org web page, Points Race Series, monthly membership meetings, annual banquet, social gatherings, equipment rentals, RRCA liability insurance,

training groups, weekly group runs, children's program, events directed by FWTC, events supported by FWTC, and volunteering.

We are a member of The Road Runners Club of America which is a national association of not-for-profit running clubs dedicated to promoting long distance running as a competitive sport and healthful exercise. For coast to coast running information go to www.rrca.org.

Thirty two FWTC members have committed themselves to being FWTC Board Members and four FWTC Members are officers for 2003 and 2004. They are focused to help the club continue useful events and services plus seek progressive ways to be even better. They are interested in your goals!

As you scan down the board member and officer list you will notice many returning names plus new energy!! Our new members are Judy White, Sam Bird, Eric Ade, Josh Brunson, Casey Shafer, Kim Summers, Dewain Cobbs, Tammy Behrens, Beverly Metzger, and Michael Yann. Welcome!!

The FWTC is all about us! Comments, recommendations and questions are fine any time, just contact an officer or board member. Together let's keep pacing ourselves well!

ATTENTION RACE DIRECTORS

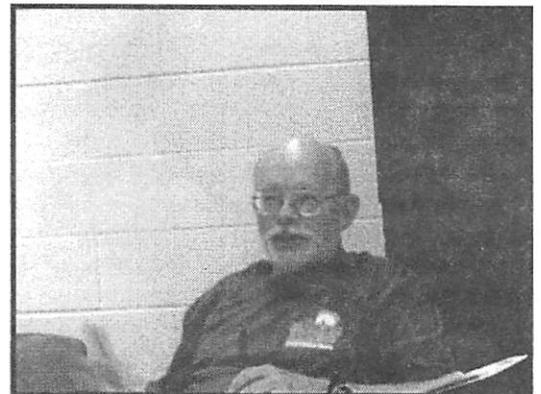
Is Your Race on the FWTC Race Schedule? If not, contact Don Lindley at lindleyd@fortwayne.infi.net

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

**Next Newsletter Deadline
Monday May 19th, 2003**

**Next FWTC Meeting
Wednesday, April 9th 7:00 P.M.
IPFW - Hilliard Gates Activity Center Main
Floor**

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



Don Lindley: FWTC Treasure et al

Running Groups in Fort Wayne FWTC

Saturdays:

YMCA Downtown - 7AM - group leaves at 7AM

Usually 8-12 miles with 10-30 people - All levels welcome

Contact: Steve Hilker 747-7186

Y @ Dupont - 7AM

Group training for the Indy Mini Marathon - all levels welcome

Contact: Kim Milliman 490-9626

Johnny Appleseed Park - 8AM (Starts earlier when gets warmer)

All distances and abilities run on Rivergreenway.

Contact: Brett Hess 637-3755

Bricks to Bricks Mini Training Group - Runners and Walkers

***All levels and abilities are welcome.**

March 22: Nutri-Run (The Chapel) 9AM

March 29: Foster Park 8AM

April 5: IPFW/Mastadon Stomp 9AM

April 12: Johnny Appleseed 8AM

April 19: Foster Park 8AM

April 26: Johnny Appleseed 8AM

Contact: Tammy Behrens 625-3830

During the Week:

YWCA - Wells St.

Meet in Main lobby

Monday: 5:45AM (4 miles), Tues.: 5:30AM (4-8 miles),

Wed.: 5:30AM (4 miles), Fri.: 5:30AM (9 miles)

Call member services desk in morning if any questions. 424-4908

Eric Ade and Casey Shafer train together during the week and are open to others joining them. M-F 5:00-5:15 PM and Sun. 10AM

They run at different locations. Contact one of them for more information.

Eric Ade 602-5410

Casey Shafer 456-9359 ghanishrunner@hotmail.com

RunIndiana.com will have the Team Bird training schedule on it. It is updated on a regular basis. You could also call Gary Bird (244-4408) with any questions.

*If you have a group you would like added to this list, contact Tammy Behrens 625-3830.

Healthy Thinking.....Healthy You

Pause just a moment, and listen to your self talk. Turn down the radio, CD, or TV. Tune out background noise. What's on your mind? What are you saying to yourself? Will the thoughts brighten your day or will they make the "to do list" seem harder to accomplish?

Hundreds of thoughts flow through our mind daily. They are the spark to direct all our feelings, decisions and choices. Some are warm and upbeat while others are cold and cloudy. The thoughts that dominate will determine the quality of our day and the chance to accomplish healthy intentions.

Thoughts like "I can plan this in my lunch menu", "I deserve some fitness time each day" and "My friend is just a call away" can influence positive lifestyle actions while thoughts like "I ate one cookie, failed my diet again", "It is too cold for fitness", and "There is no time for healthy eating" will make situations more difficult.

Having a constant positive thought pattern is not easy. We are surrounded by so many negative messages day by day, stress factors, and unexpected responses from others. It is hard to change automatic self talk and reactions that keep us from adopting healthier habits. Yet it is hard if we keep making it hard. If we keep telling ourselves "It Is Hard" and "I Can't" we will just keep doing the same hard on the health habits.

Say "YES" to thinking differently. Say "YES" to approaching a problem in a new way. The two most power filled words are "I Can."

Jane Loomis, heart attack survivor, has lost 50 pounds the past 1 ½ years and is enjoying all her heart healthy habits because she CAN. To boost the quality of her meals and snacks she focuses on all the colorful, low processed, and lean foods she CAN have instead of what she should limit. This has helped her more easily fill her grocery cart with nutritious selections and more easily prepare low stress meals and snacks.

March is National Nutrition Month. American Dietetic Association's 2003 theme is "Healthy Eating Healthy You." Celebrate fuels for fitness by thinking about how you can reach for more nutritious and delicious choices. Commit to a little goal day by day. Think ahead a bit too and imagine yourself regularly enjoying healthy choices.

A healthy eating plan includes a variety of fruits, vegetables, legumes, whole grains, lean protein sources, and low fat dairy choices used at 3 meals and 1 to 3 snacks. There is no one or two foods super foods for the body yet there are some foods that are packed with vitamins, minerals, and phytochemicals.

Some Very Nutritious Foods:

1. Cruciferous vegetables like broccoli, brussels sprouts, cabbage, cauliflower, turnips, and radishes
2. Garlic and onions
3. Carotenoid rich foods like deep green, yellow, red, and orange fruits and vegetables
4. Yogurt with live active bacterial cultures
5. Beans/ legumes
6. Soybean products
7. Citrus fruit
8. Nuts and nut spreads like peanut butter
9. Fish, especially those rich in omega three fatty acids like tuna, salmon, herring, sardines, and mackerel
10. Mushrooms, especially the Asian varieties like shiitake, maitake, or reishi (they contain immune boosting compounds)
11. Lean red meats and skinless poultry
12. Whole grain breads and cereals

Source : What to Eat Now- The Cancer Lifeline Cookbook, by Rachel Keim and Ginny Smith For more nutrition information click on www.eatright.org

Healthy Thoughts!

Judy Tillapaugh, RD
IPFW Wellness/Fitness Coordinator

Community Park Would Benefit the Entire Community

For months there have been discussions and debates about the operation and closure of Smith Field. Family Life Improvement Through Exercise (FLITE) is neither for nor against the continued operation of Smith Field. However FLITE does have a plan for the Smith Field property that would benefit the entire community if the airfield would be closed. The land would be turned into a community park with a variety of features that could be used by families and groups.

Cross Country Course

The plan includes over 3.5 miles of trails for cross country courses. The courses could be the site for Fort Wayne Track Club events, the Northrop High School Cross Country Invitational and other meets, and by countless joggers.

Walking / Jogging / Running Track

Next to the cross country trails will be asphalt paths for walking, jogging, and running. These paths would be similar to the widely popular paths that are being built in parks and office complexes throughout the country.

Indoor Track

A portion of the Smith Field land would be set aside for an indoor track facility. This feature would fill a void in the Fort Wayne area by providing a location for winter training and indoor track meets. Adding weight machines, cardiovascular equipment, and courts would make this facility an attraction to thousands.

Bicycling Course

Three Rivers Velo Sport, Inc. includes more than 350 members. There are hundreds of others in the area who use bicycling as their preferred form of exercise. A portion of the Smith Field land would be used for a bicycle course that is at least 3.5 miles long.

Other features would include:

- Baseball and softball diamonds to serve the more than 180 boys and girls who play in the Fort Wayne Challenger Baseball League and Northcrest Little League,
- Soccer and flag football fields to allow for growth in both sports,
- Adaptive reuse of the historically significant buildings on the Smith Field land as a museum and for other uses, and
- Green space for passive use of the park such as playing catch and picnicking.

This is the highest and best use of the Smith Field land for four reasons. The first is that Fort Wayne has been rated as unfit and unhealthy by a number of magazine articles and none of us wants to live in a community that is known for being unhealthy. The second is that Fort Wayne lacks recreational facilities such as cross country and bicycle trails and an indoor track facility that could be used for training, races, and meets. The third is that Fort Wayne lacks a single location that has a variety of attractions for families and groups. The fourth is that the northern part of Fort Wayne has grown tremendously in the past few decades without well-planned recreational space.

More information about FLITE and the community park proposal can be found at www.smithflite.org.

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.
-

Fort Wayne Track Club Points Through March 15, 2003

Women Under 19 Points

1.Sarah Bird	285
2.Jessica Thomas	185
3.Lynn Altevogt	100
4.Amy Roberts	100
5.Grace Burris	85
6.Kelly Gross	75
7.Marlle Reed	75

Women 20-29

1.Andria Equia	175
2.Martha May	100
3.Andrea Reed	85

Women 30-34

1.Tammy Behrens	285
2.Karen Gillie	260
3.Kimberly Summers	100

Women 35-39

1.Lori Shaw	175
2.Diana Showe	100
3.Lea Walker	85
4.Renee Thomas	85
5.Nancy Burris	75

Women 40-44

1.JoAnn Bird	200
2.Judy White	100
3.Margie Morris Parker	100
4.Judy Tillapaugh	100
5.Katie Creighton	85
6.Bev Metzger	85
7.Tamara Wright	75
8.Lorraine Brattoli	65
9.Betty Greider	55

Women 45-49

1.Sue Fowler-Finn	300
2.Nancy Simmonds	150
3.Patty Schwartz	85
4.Phyllis Suelzer	85
5.Terri Gross	65
6.Cheryl Stromski	65
7.Renee Fenstermaker	55

Women 50-54

Women 55-59

1.Barb Scrogam	200
2.Sarah Kleinknight	85

Women 60-69

1.Joan Gray	200
-------------	-----

Males Under 19

1.Sam Bird	285
2.Jared Minnick	185
3. David Rex	100
4.Cody Craig	100
5.Seth Bird	100
6.Evan Niner	85
7.Ethan Craig	85

Males 20-29 Points

1.Brad Thomas	200
2.Eric Ade	100

Males 30-34

1.Sam Gillie	250
2.Anthony Stephenson	185
3.Anthony Juliano	185
4.Michael Wolfe	65

Males 35-39

1.Ron Sharp	200
2.Eric Kleinrichert	150
3.Chad Ware	130
4.Mark Walter	85
5.Robert Minnich, Jr	75

Males 40-44

1.Gary Bird	165
2.David Swenson	100
3.Jeff Metzger	100
4.Jeff Taner	85
5.Toby Jo Hullinger	55
6.Jim Berghoff	45
7.Steve Eyers	35
8.Gregg Kurtz	25
9.Kenny Cline	15

Males 45-49

1.Brad Altevogt	260
2.Tom Landis	155
3.James McKinnon	140
4.Kim Lefever	125
5.Tim O'Connell	100
6.Mark Furkis	100
7.Vern Ceder	100
8.Mitch Harper	100
9.Joe Nayarkas	100
10.Dennis Rohrs	100
11.Chuck Zumbrun	100
12.Doug Sundling	85
13.Donald Kramer	65
14.Paul Shaw	50
15.Aaron Cox	45
16.Terry Anderson	35
17.Timothy Ryan	25
18.Keith Niner	15
19.Steven Ludwiski	10
20.Craig Bobay	5

Males 50-54

1.Jed Person	185
2.Jim Pickett	140
3.John David McPherson	120
4.Phil Suelzer	100
5.John Treleaven	100
6.Don Ransome	85
7.Fred Stoffel	75

**Fort Wayne Track Club Points
Through March 15, 2003**

Males 50-54 Continued	Points
8.Tom Fuelling	55
9.Ty Murphy	45
10.Lynn Bobay	45
11.Daniel Stark	35
Males 55-59	
1.Ray Casiano	185
2.Bernie Burgette	140
3.Don Lindley	135
4.Rich Stephenson	110
5.Bob Bruckner	100
6.Tom Fowler-Finn	100
7.Jack Seigel	85
8.Stephen Schwartz	75
9.Bob Michel	65
10.James Wright	45
11.Joe Scharzter	45
12.Art Obregon	35
13.Larry Lee	25

Males 60-69	Points
1. Joe Ziegler	200
2. Bill Crane	185
3.Dewaine Cobbs	175
4.David Boylan	150
5. Barrie Peterson	145
6. Fred Ross Jr	75
7. Bud Stiffler	65
8. Tom Felger	55
9. William Clark Jr	35
10.Karle Dietsch	25
Males 70 and Over	
1. Kenneth Disler	185
2. James P. Jones	175
3. Bill Paterson	100

Fort Wayne 2003 Points Races

1. Fanny Freezer 5K (Feb)
2. Relay for Life 5K (Feb)
3. NutraRun 20K (Mar)
4. Mastondon Stomp 5K (April)
5. Run for Fun 5K (May)
6. River City Rat Race 10K (May)
7. Runners of Parade 5K (July)
8. Dupont 5K (Sep)
9. Parlor City ½ Marathon (Sep)
10. Parkview Pumpkin Run 5K (Oct)
11. FWTC Turkey Trot 5K (Nov)
12. Just Plain 10K (Dec)

Tom Landis

April and May Birthdays

April

May

GILLIE	KAREN	4 3	BOYER	NANCY	5 1
GILLIE	SAM	4 4	FURNISS	PAUL	5 2
HARRIS	BILL	4 4	DOOLEY	TIMOTHY O	5 3
PAULEY	SHARON	4 5	FOWLER FINN	TOM	5 4
LINDER	JACQUE	4 6	WRIGHT	JAMES H	5 4
RANSOME	DON	4 6	POWELL	JOHN B	5 5
SCHLATTER	JON	4 8	EGUIA	ANDRIA	5 6
YODER	THOMAS P	4 8	COLE	MICHAEL D	5 7
CRAIG	CODY	4 9	WAGNER	THOMAS	5 8
HUGENARD	LYNNE M	4 9	HULINGER	TOBY JO	5 9
MAZOCK	JERRY	4 9	MAY	MARTHA	5 9
THOMAS	JESSICA	4 10	KNOUFF	MARG	5 11
CASIANO	RAY	4 11	PARKER	TERRY L	5 11
SCHARTZER	JOEL	4 11	BURRIS	NANCY	5 12
HUBER	GEORGE	4 12	BOYER	TOM	5 14
BECKNER	ED	4 13	DERICKSON	KAREN	5 14
NOLD	GLORIA J	4 14	HAWKS	CATHY	5 15
HAWKS	ADAM	4 15	MCLAUGHLIN	JOHN	5 15
MINNICK	JARED	4 17	WALTER	CLINT	5 16
LINK	CHRISTY	4 17	FIRST	TIM	5 16
SMITH	LYNN	4 19	WEIDE	CAROL	5 17
CARNEY	MATTHEW	4 21	WEIDE	JIM	5 17
DEAL	L THOMAS	4 21	JACOBS	F M POLLY	5 20
BRAUN	LON R	4 21	WEINERT	MARK E	5 21
WOODSMALL	MARK	4 22	MILLEMAN	KYLE J	5 22
DIEHL	JERRY	4 24	FOWLER FINN	KASEY	5 23
HARPER	MITCH V	4 24	HAXTON	ANDY	5 23
BARRUS-WOODSMALL	DIANE	4 25	CARLSON	DAVE	5 24
STIFFLER	BUD	4 25			
WEIDE	RACHEL	4 26			
WARE	CHAD	4 26			
BROOKS	TRACY L	4 27			
HANNA JR	FRED	4 27			
OBREGON	ART	4 27			
BIRD	GARY	4 29			

Relay for Life 5k		Results						
Name	City	Sex	Age	Age Gp	Plc	Age Plc	Time	Pace
Ron Sharp	Ft Wayne	M	37	35-39	1	1 Ovl	16:36	5:21
Mark Sanderson	VanWert	M	41	40-44	2	1Mtr	17:06	5:30
Matt Ingalls	Col-City	M	17	HS	3	2 Ovl	17:09	5:31
Mark Furkis	Ligonier	M	47	45-49	4	2 Mtr	17:12	5:32
Dustin Rose	Oakhill	M	17	HS	5	1	17:51	5:45
Brad Thomas	Ft Wayne	M	28	25-29	6	1	18:16	5:53
Jay Prichard	VanWert	M	45	45-49	7	3 Mtr	18:38	6:00
Bob Knuckles	Huntertown	M	46	45-49	8	1	18:49	6:04
William Delaney	Col-City	M	14	MS	9	1	19:15	6:12
Brad Altevogt	Ft Wayne	M	48	45-49	10	2	19:21	6:14
John Treleaven	Ft.Wayne	M	50	50-54	11	1	19:33	6:18
Sam Bird	Col-City	M	13	MS	12	2	19:35	6:19
Jared Minnick	Ft.Wayne	M	18	19-24	13	1	19:45	6:22
Elizabeth Herndon	Ft Wayne	F	17	HS	14	1FOvl	20:06	6:29
Kermit Hogeston	Churubusco	M	34	30-34	15	1	20:43	6:40
James McKinnon	Ft.Wayne	M	46	45-49	16	3	20:44	6:41
Darlene Barton	Avilla	F	28	25-29	17	2FOvl	20:44	6:41
Neil Tate	N. Manchester	M	51	50-54	18	2	20:47	6:42
Kevin Parrella	Ft Wayne	M	38	35-39	19	1	20:50	6:43
Anthony Stephenson	Ft.Wayne	M	33	30-34	20	2	20:55	6:44
Anne Idoins	Auburn	F	17	HS	21	3FOvl	20:56	6:45
Tom Shearer	Col-City	M	50	50-54	22	3	21:01	6:46
Ryan Spence	Valparaiso	M	30	30-34	23	3	21:09	6:49
Megan LaRowe	Auburn	F	18	HS	24	1	21:16	6:51
Anthony Juliano	Ft Wayne	M	33	30-34	25	4	21:19	6:52
Jeff Maddux	Ft.Wayne	M	40	40-44	26	1	21:22	6:53
Sue Fowler-Finn	Ft Wayne	F	48	45-49	27	1FMtr	21:33	6:57
Jamie Boswell	Auburn	F	15	HS	28	2	21:36	6:58
Tyler VonSeggern	Col-City	M	12	MS	29	3	21:40	6:59
Sam Gillie	Ft.Wayne	M	32	30-34	30	5	21:44	7:00
Bob Bruckner	Ft Wayne	M	57	55-59	31	1	21:48	7:01
Don Ransome	Warsaw	M	52	50-54	32	4	21:51	7:02
Deb Casaburo	Ft.Wayne	F	32	30-34	33	1	21:52	7:03
Brain Goodspeed	Ft.Wayne	M	16	HS	34	2	21:55	7:04
Jessica Thomas	Ft.Wayne	F	16	HS	35	3	21:59	7:05
Michelle Kyler	Col-City	F	15	HS	36	4	22:00	7:05
Joe Ziegler	New Haven	M	67	65-69	37	1	22:01	7:06
Don Kramer	VanWert	M	49	45-49	38	4	22:25	7:13
Ray Casiano	New Haven	M	59	55-59	39	2	22:31	7:15
Steve Schwartz	Syracuse	M	55	55-59	40	3	22:37	7:17
Jerry Reinke	Flora	M	38	35-39	41	2	22:48	7:21
Andy Scott	Warsaw	M	33	30-34	42	6	22:53	7:22
DeWain Cobbs	Warsaw	M	60	60-64	43	1	22:55	7:23
Tom Landis	Churubusco	M	46	45-49	44	5	22:56	7:23
Tammy Behrens	Ft.Wayne	F	32	30-34	45	2	22:58	7:24
Dave Boylan	Ft Wayne	M	60	60-64	46	2	23:10	7:28
Jeff Metzger	Ft Wayne	M	42	40-44	47	2	23:15	7:30
Bernie Burgette	Ft Wayne	M	59	55-59	48	4	23:17	7:30
Carol Herndon	Ft.Wayne	F	38	35-39	49	1	23:18	7:30

Rebecca Hollenbaugh	S. Whitley	F	29	25-29	50	1	23:20	7:31
Fred Stoffel	Larwill	M	52	50-54	51	5	23:21	7:31
Monika Gibson	Warsaw	F	35	35-39	52	2	23:23	7:32
Patty Schwartz	Syracuse	F	50	50-54	53	2FMtr	23:24	7:32
Bob Worrick	Ft Wayne	M	43	40-44	54	3	23:41	7:38
Kevin Lochner	N. Manchester	M	47	45-49	55	6	23:53	7:42
Joel Barrett	Churubusco	M	34	30-34	56	7	23:56	7:43
Betty Funkhauser	Portage	F	45	45-49	57	3FMtr	23:56	7:43
Fred Ross	Warsaw	M	62	60-64	58	3	23:59	7:44
Chuck Zumbrun	Ft Wayne	M	45	45-49	59	7	24:01	7:44
Cody Craig	Col-City	M	11	MS	60	4	24:06	7:46
Mike Snavely	S. Whitley	M	36	35-39	61	3	24:08	7:47
Staci Beiswanger	S. Whitley	F	37	35-39	62	3	24:11	7:48
Randy Knotts	Wabash	M	40	40-44	63	4	24:15	7:49
Jim Pickett	Waterloo	M	53	50-54	64	6	24:22	7:51
John McPherson	Ft Wayne	M	50	50-54	65	7	24:23	7:51
Samatha Garcia	Col-City	F	15	HS	66	5	24:30	7:54
Angela Price	Leesburg	F	26	25-29	67	2	24:35	7:55
Karen Gillie	Ft. Wayne	F	31	30-34	68	3	24:36	7:56
Eric Kleinrichert	Ft. Wayne	M	35	35-39	69	4	24:36	7:56
Theresa Onderus	N. Manchester	F	31	30-34	70	4	25:04	8:05
Paul Shaw	Ft Wayne	M	46	45-49	71	8	25:11	8:07
Rich Stephenson	Monroeville	M	56	55-59	72	5	25:19	8:10
Joel Scharzter	Goshen	M	55	55-59	73	6	25:21	8:10
Karly Van Ort	Waterloo	F	16	HS	74	6	25:31	8:13
Thom Horton	Ft. Wayne	M	43	40-44	75	5	25:50	8:20
Beth Keim	S. Whitley	F	37	35-39	76	4	25:52	8:20
Brittany Garver	Warsaw	F	12	MS	77	1	26:03	8:24
Elizabeth Irvine	Warsaw	F	32	30-34	78	5	26:21	8:30
Cortney Raypole	Col-City	F	12	MS	79	2	26:22	8:30
Kayla Hogue	Col-City	F	15	HS	80	7	27:02	8:43
Ty Murphy	Col-City	M	54	50-54	81	8	27:12	8:46
Tabbie Garcia	Col-City	F	13	MS	82	3	27:14	8:47
Molly Papier	Ft. Wayne	F	33	30-34	83	6	27:44	8:56
Bud Stiffler	Anderson	M	64	60-64	84	4	27:56	9:00
Nancy Simmonds	Ft. Wayne	F	49	45-49	85	1	28:04	9:03
Barb Scroggham	Ft Wayne	F	56	55-59	86	1	28:28	9:10
Twila Smith	Col-City	F	38	35-39	87	5	28:42	9:15
Chad Ware	Ft Wayne	M	35	35-39	88	5	28:42	9:15
Roger Lemon	Col-City	M	54	50-54	89	9	29:01	9:21
Lori Shaw	Ft. Wayne	F	39	35-39	90	6	29:21	9:28
Paul Lich	Churubusco	M	43	40-44	91	6	29:29	9:30
Joan Gary	Fremont	F	66	65-69	92	1	29:47	9:36
Katheen Groninger	Mentone	F	38	35-39	93	7	30:01	9:40
Andria Eguia	Ft. Wayne	F	28	25-29	94	3	30:49	9:56
Renee Thomas	Auburn	F	37	35-39	95	8	30:53	9:57
Jordan Smith	Col-City	F	13	MS	96	4	31:02	10:00
Lawrence Lavine	Col-City	M	58	55-59	97	7	31:21	10:06
Sarah Bird	Col-City	F	10	Elem	98	1	31:24	10:07
Ethan Craig	Col-City	M	8	Elem	99	1	31:25	10:08
Margie Morris Parker	Ft. Wayne	F	44	40-44	100	1	31:36	10:11

Relay for Life
Columbia City In.
5/22/2003

Don Lindley	Ft Wayne	M	59	55-59	101	8	32:06	10:21
Cheryl Stromski	Antwerp	F	47	45-49	102	2	32:20	10:25
Karen Miller	Ft Wayne	F	54	50-54	103	1	32:28	10:28
Jackie French	Warsaw	F	31	30-34	104	7	32:29	10:28
Nancy Marshall	Roanoke	F	52	50-54	105	2	32:33	10:30
Carla Denham	Peru	F	44	40-44	106	2	32:35	10:30
Tammie Brandt	Duluth	F	40	40-44	107	3	32:39	10:31
Sarah Kleinkight	Ft. Wayne	F	59	55-59	108	2	33:07	10:40
Mike Hough	Logansport	M	53	50-54	109	10	33:28	10:47
Gracie Burris	Auburn	F	9	Elem	110	2	34:31	11:08
Nancy Burris	Auburn	F	36	35-39	111	9	34:41	11:11
Kim Lefever	Col-City	M	47	45-49	112	9	34:51	11:14
Richard Jeffreys	Warsaw	MW	60	Walker	113	1W	40:31	13:04
Bev Metzger	Ft Wayne	FW	40	Walker	114	1W	40:33	13:04
Kenny Disler	Ft Wayne	M	80	70+	115	1	41:37	13:25
Stacey Foreman	Ft Wayne	F	34	30-34	116	8	43:47	14:07
Kathy Jeffreys	Warsaw	FW	56	Walker	117	2W	43:59	14:11
Sue Pence	S. Whitley	FW	48	Walker	118	3W	44:32	14:21
Brenda Shearer	Col-City	FW	47	Walker	119	4W	46:52	15:07
Carla Brames	New Haven	FW	41	Walker	120	5W	46:53	15:07
Linda Mundy	Ft. Wayne	FW	31	Walker	121	6W	50:49	16:23
Joyce Jordan	Ft. Wayne	FW	58	Walker	122	7W	53:23	17:13
Preston Keim	S. Whitley	M	8	FR	*1	1	4:22	
Stepanie Kyler	Col-City	F	11	FR	*2	1	4:30	
Trapper Mize	S. Whitley	M	9	FR	*3	2	4:35	
Scott Stoffel	Larwill	M	11	FR	*4	3	5:28	
Corinna Raypole	Col-City	F	10	FR	*5	2	5:32	
Josh Ware	Ft Wayne	M	9	FR	*6	4	6:24	

KUTS 7 50 MILE FINISH RESULTS

	NAME	AGE	HOME	50 MI TIME
1	David Nerrow	35	Acton MA	7:12:09
2	David Corfman	40	Cincinnati OH	7:50:49
3	Timothy Collins	29	Urbana IL	8:14:07
4	David Jackson	44	Lexington KY	8:24:37
5	Bob Combs	35	Warren OH	8:55:57
6	Gregory Trapp	40	Reynoldsburg OH	9:01:34
7	Bill Losey	31	Warren OH	9:05:35
8	Tanya Cady	49	Sagamore Hi OH	9:09:24
9	Sean McCormick	31	Cincinnati OH	9:09:47
10	Cole Hanley	38	Huron OH	9:23:45
11	Susan Donnelly	40	Oak Ridge TN	9:26:20
12	Roy Heger	48	Medina OH	9:31:31
13	Brian Young	34	Cincinnati OH	9:32:41
14	Bob Engel	47	Cincinnati OH	9:34:22
15	JJ Rochelle	39	Oak Ridge TN	9:59:02
16	Spencer Nelson	33	Champaign IL	10:08:39
17	Bruce Purdy	46	Manchester MI	10:08:39
18	Rob Apple	41	Murfreesboro TN	10:08:39
19	Jay Finkle	39	Roanoke VA	10:14:14
20	Steve Riportella	37	DesPlains IL	10:15:58
21	Allan Holtz	53	Oakdale MN	10:29:21
22	Alan Storrow	40	Villa Hills KY	10:39:32
23	Sean Collins	32	Southgate KY	10:39:32
24	Clem Izurieta	36	Ft Collins CO	10:42:38
25	Wee-Haur Pek	32	Singapore	11:11:45
26	Camille Rabon	26	Cullen VA	11:20:54
27	Sam Rabon	30	Cullen VA	11:21:14

KUTS 7 50 km finish results

	NAME	AGE	HOME	50 KM TIME
1	Brian Schworm	32	Clearfield KY	3:36:50
2	Ryne Melcher	24	Detroit MI	4:04:23
3	David Nerrow	35	Acton MA	4:06:24
4	Jim Almgren	31	Lexington KY	4:07:47
5	David Scott	42	Urbana IL	4:13:53
6	Ted Niemann	40	Columbus OH	4:13:58
7	David Corfman	40	Cincinnati OH	4:36:00
8	John Haight	41	Clearfield KY	4:36:00
9	Timothy Collins	29	Urbana IL	4:43:50
10	Don Frichtl	46	Paxton IL	4:43:59
11	Chris McMahon	43	Indianapolis IN	4:50:46
12	David Jackson	44	Lexington KY	4:53:30
13	Ken Sirois	56	Springboro OH	4:59:15
14	Jay Korff	34	Nashville TN	5:00:17
15	Randy Coons	45	Crescent Spg KY	5:00:38
16	Kurt Rompot	33	Coralville IA	5:06:31
17	David Haag	40	Simpsonville KY	5:07:54
18	John Stirling	xx	Louisville KY	5:07:54
19	Bob Combs	35	Warren OH	5:10:43
20	Bill Losey	31	Warren OH	5:10:43
21	Susan Donnelly	40	Oak Ridge TN	5:11:48
22	Mike Montgomery	56	Franklin TN	5:11:48
23	Bob Engel	47	Cincinnati OH	5:15:44
24	Sean McCormick	31	Cincinnati OH	5:15:44
25	Gary Hemmelgarn	52	Dayton OH	5:18:28
26	Brian Young	34	Cincinnati OH	5:22:09
27	Tina McCormick	29	Cincinnati OH	5:25:56
28	JJ Rochelle	39	Oak Ridge TN	5:25:56
29	Scott Ferrari	44	West View PA	5:27:14
30	Cole Hanley	38	Huron OH	5:27:36
31	Roy Heger	48	Medina OH	5:31:50
32	Debbie Miller	51	Louisville KY	5:32:05
33	Morris Miller	51	Louisville KY	5:32:05

	NAME	AGE	HOME	50 KM TIME
34	Tanya Cady	49	Sagamore H's OH	5:32:25
35	Spencer Nelson	33	Champaign IL	5:32:25
36	Gregory Trapp	40	Reynoldsburg OH	5:36:00
37	Kevin Romans	xx	Louisville KY	5:36:05
38	Wee-Haur Pek	32	Singapore	5:37:25
39	Clem Izurieta	36	Ft Collins CO	5:42:06
40	Debbie Russo	45	Gallatin TN	5:45:58
41	Tim Bailey	43	Owingsville KY	5:51:51
42	Mark Carroll	38	Delaware OH	5:51:51
43	Sarah Levin	37	Wellington KY	5:51:51
44	Steve Riportella	37	DesPlains IL	5:53:30
45	Mike Allen	53	Dayton OH	5:54:12
46	Merrily Taylor	45	Milton WV	5:54:21
47	Rebecca Dey	44	Champaign IL	5:55:07
48	Debra Horn	43	Shaker Hghts OH	5:55:54
49	Eric Mitchell	39	Nitro WV	5:56:00
50	Bruce Purdy	46	Manchester MI	5:56:24
51	Rob Apple	41	Murfreesboro TN	5:56:40
52	Mark Donnelly	43	Louisville KY	5:58:53
53	Lynn Phillips	42	Lexington KY	6:02:30
54	Allan Holtz	53	Oakdale MN	6:04:00
55	Javier Cendejas	60	Louisville KY	6:06:41
56	Bill Dey	43	Champaign IL	6:07:56
57	Tom Landis	46	Churubusco IN	6:08:14
58	Robert Lisey	52	Wadsworth OH	6:11:03
59	Brenda Beedlow	33	North Olmsted OH	6:11:07
60	Donny Keller	44	Latrobe PA	6:11:24
61	Suzanne Weightman	39	Greensburg PA	6:11:24
62	Ken Klein	56	Centerville OH	6:11:57
63	Richard Maloof	42	Indianapolis IN	6:14:42
64	Alan Storrow	40	Villa Hills KY	6:14:57
65	Sean Collins	32	Southgate KY	6:15:14
66	Gary Bird	44	Columbia City IN	6:19:20
67	Jim Espich	55	Enon OH	6:19:56
68	Ben Mattingly	25	Lexington KY	6:19:56
69	Bruce Mattingly	51	Morehead KY	6:19:56
70	Shawn Nocita	40	Hollidaysburg PA	6:20:40
71	Sam Rabon	30	Cullen VA	6:21:30
72	Camille Rabon	26	Cullen VA	6:21:34
73	Lisa-St Bliss	34	Chicago IL	6:21:59
74	Kathleen Harris	47	Chicago IL	6:21:59
75	Nikki Seger	41	Chicago IL	6:21:59
76	Jean Gerstein	52	Chagrin Falls OH	6:22:20
77	Bill Piper	57	Lehigh PA	6:22:53
78	Gary Fell	55	Avon Lake OH	6:23:13
79	Karin Gibbs	37	St Joseph IL	6:34:38
80	Tim Gill	43	Savoy IL	6:34:38
81	Jay Finkle	39	Roanoke VA	6:37:38
82	Anita Walker	36	Carolina B' NC	6:37:38
83	Joe Kazakaitis	53	Oakwood IL	6:54:10
84	Micke Reynolds	50	Dublin OH	7:06:32
85	Rosemary Evans	49	Flemingsburg KY	7:07:36
86	Norm Yarger	63	Belvidere IL	7:09:12
87	Megan Salyer	21	Morehead KY	7:26:28
88	Sarann Mock	71	Cincinnati OH	7:28:20
89	Shirley Sirois	55	Springboro OH	7:31:20
90	Nick Graner	39	Fishers IN	9:58:00
91	Marilyn McGaffin	42	Carmel IN	9:58:00

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 McMahan, 43	10:43:58
5. Mike Dennis, 50	10:50:53
6. Linda Barhorst, 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. Rob Apple, 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

Biggest Races of 2002 by Category

100 Km

Miwok Trail, Sausalito, California	191
Edmund Fitzgerald, Duluth, Minnesota	48
Elkhorn Mountain, Montana City, Montana	48
H.U.R.T. Trail, Oahu, Hawaii	33
Kettle Moraine, Eagle, Wisconsin	22
Rails to Trails, Brooksville, Florida	22

100 Miles

Western States, Squaw Valley, California	255
Vermont, Woodstock, Vermont	190
Leadville, Leadville, Colorado	189
Wasatch, East Layton, Utah	123
Rocky Raccoon, Huntsville, Texas	91
Massanutten Mountain, Front Royal, Virginia	82
Arkansas Traveller, Perryville, Arkansas	81
Umstead, Raleigh, North Carolina	74
Mohican, Loudonville, Ohio	62
Cascade Crest, Easton, Washington	40

24 Hours

Olander Park, Sylvania, Ohio	164
FANS, Minneapolis, Minnesota	82
Across the Years, Queen Creek, Arizona	50
Cornbelt, Ames, Iowa	45
San Diego, San Diego, California	41

50 Km

Sunmart, Huntsville, Texas	649
Way Too Cool, Cool, California	525
Hinte-Anderson Trail, Susquehanna State Park, Maryland	258
Promise Land, Bedford, Virginia	205
Golden Gate Headlands, San Francisco, California	202
Skyline, Castro Valley, California	195
High Desert, Ridgecrest, California	184
McDonald Forest, Corvallis, Oregon	178
HUFF, Huntington, Indiana	175
Crown King Scramble, Phoenix, Arizona	174

50 Miles

JFK, Boonsboro, Maryland	862
American River, Sacramento, California	421
VHTRC Bull Run Run, Bull Run, Virginia	254
Mountain Masochist, Lynchburg, Virginia	244
Ice Age, La Grange, Wisconsin	240
Sunmart, Huntsville, Texas	218
Tahoe Rim Trail, Lake Tahoe, Nevada	174
Avalon Benefit, Avalon, California	159
Squaw Peak, Provo, Utah	129
Dick Collins Firetrails, Lake Isabella, California	125

Other

Quad Dipsea 28.4 Mile, Mill Valley, California	205
Knee Knackering Trail 30 Mile, Vancouver, British Columbia	151
Howl at the Moon Eight Hour, Danville, Illinois	119
Mount Mitchell 40 Mile, Black Mountain, North Carolina	95
Uwharrie Trail 40 Mile, Troy, North Carolina	86

Biggest Decrease

Chicago Lakefront 50 Km Fall, Chicago, Illinois	-51
Ice Age 50 Mile, La Grange, Wisconsin	-40
Kentucky Ultra Trail Sojourn 50 Km, Farmers, Kentucky	-30
Cirulnick-Innamorato 6-Hour, Forest Park, New York	-30
Kentucky 50 Mile, Louisville, Kentucky	-29

Skyline 50 Km, Castro Valley, California	-27
Mother's Day Six Hour, Topsfield, Massachusetts	-26
Frosty 50 Km, Winston-Salem, North Carolina	-25
Sri Chinmay Six Day, Wards Island, New York	-24
Chuckanut Mountain 50 Km, Bellingham, Washington	-23

Biggest Increase

Promise Land 50 Km, Bedford, Virginia	60
Capon Valley 50 Km, Yellow Spring, West Virginia	52
Mountain Masochist 50 Mile, Lynchburg, Virginia	50
Catherine's Fat Ass 50 Km, Newport News, Virginia	44
JFK 50 Mile, Boonsboro, Maryland	44
Tahoe Rim Trail 50 Km, Lake Tahoe, Nevada	43
Sylamore 50 Km, Allison, Arkansas	39
Quad Dipsea, Mill Valley, California	39
VHTRC Bull Run Run 50 Mile, Bull Run, Virginia	33
Le Grizz 50 Mile, Spotted Bear, Montana	32

Most Women

Sunmart 50 Km, Huntsville, Texas	276
Way Too Cool 50 Km, Cool, California	179
JFK 50 Mile, Boonsboro, Maryland	168
American River 50 Mile, Sacramento, California	108
Tahoe Rim Trail 50 Km, Lake Tahoe, Nevada	77
HAT 50 Km, Susquehanna State Park, Maryland	70
High Desert 50 Km, Ridgecrest, California	62
Golden Gate Headlands 50 Km, San Francisco, California	60
McDonald Forest 50 Km, Corvallis, Oregon	58
Skyline 50 Km, Castro Valley, California	57

Ultra Numbers:

Number of ultras and ultrarunners in North America

	Races	Total Starters	Total Finishers	Average per race
1979	78		2,380	27
1980	100	3,500	2,890	35 29
1981	141		3,847	27
1982	196		5,024	26
1983	211	6,996	5,480	28
1984	190	6,900	5,400	33 28
1985	198	7,500	5,800	36 29
1986	185	7,500	5,600	41 30
1987	199	8,700	6,900	44 35
1988	221	9,700	7,600	44 35
1989	230	10,300	8,200	45 36
1990	230	11,800	9,300	51 40
1991	250	12,600	10,200	50 41
1992	255	12,500	10,100	49 40
1993	270	13,500	10,600	50 39
1994	285	14,600	11,500	51 41
1995	285	15,700	12,200	55 43
1996	317	16,900	13,140	53 41
1997	335	16,900	14,860	63 49
1998	335	19,100	15,550	60 46
1999	315	19,880	16,369	67 53
2000	330	20,985	16,446	63 50
2001	326	21,083	18,844	65 55
2002	324	20,724	18,473	65 57

The actual number of different people who ran ultras is obviously lower (perhaps half the totals given), since many ultrarunners run several ultras in a year.

1979-1983 statistics from Nick Marshall's Ultradistance Summary.

Fort Wayne Track Club Annual Banquet and Awards
Sunday, February 9, 2003
Walb Student Union, IPFW Campus
Guest Speakers: Jim Spivey and Dr. Jay Fawver



Fort Wayne Track Club Awards

1. Outstanding Female High School Runner award goes to Elizabeth Herndon from Snider
2. Outstanding Male High School Runner award goes to Corey Drake from Northrop
3. Golden Shoe Award

This award is given in recognition to a member who has given generously in time, effort, and financially. The recipient finds time to contribute his time, talent, and finances to our Race Director Software Program. He has personally given his time managing finish lines at the Fanny Freezer, Runners On Parade, Turkey Trot, and Dupont 5 Km, He has been very active on the board and contributes to many decisions to help the FWTC serve many runners and walkers. He fills in where ever needed.

Our honoree is Bill Sohaski!

4. Spirit of Running Award

This award celebrates the contribution of a member who takes time both to run volunteer, and cheer on others at races and club events. His ever present positive attitude and constant smile send a healthy message to everyone about the benefits of all running for fitness and fellowship. He is a true reflection of the "Spirit of Running!"

Our honoree is Don Anderson.

5. Volunteer of The Year

Volunteers truly help the FWTC keep running well! Every activity, event, and service is accomplished by volunteers. We are very, very fortunate to have a core group of dedicated people who help make things happen.

Our recipient this year definitely has given many,many hours to the FWTC. For the past six years he has been our FWTC Points Series Coordinator. For the past two years he has been tabulated the News Sentinel Points results. He is our past Equipment Coordinator. For most all of our FWTC events he is running the Race Director Software for event registration and results.

Our Honoree for the Volunteer of the year is Paul Knott. Thank you Paul for all your time and talents that you have given to benefit the health and fitness of many.

6. President's Award

This award is an award, subject to the whims of the President and can be anything the President makes it. This individual goes about doing his job, as well as anything else asks of him. Since the FWTC was formed he has dedicated himself to keep our financial records up to par. For the past several years he also has been the FWTC Membership Coordinator and Equipment Coordinator.

Highlights for 2002.....

Our honoree is Don Lindley!

7. Wood Woodpecker Award

This award is given in recognition of an individual who in the course of contributing to the club does something humorous or makes his/her job a little more exciting. It could be something innocent or something off the wall! It is given in good fun and recognizes the funny things can happen in this life of ours, even when we are trying our best.

Our honoree is picked by Paul Knott.....who is Don Lindley

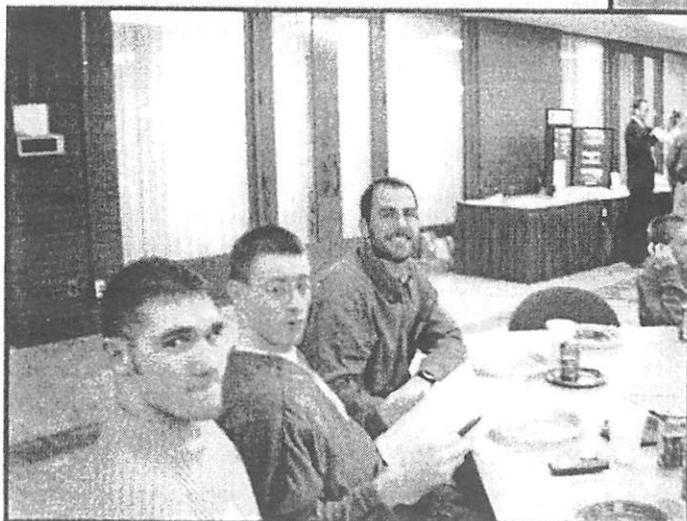
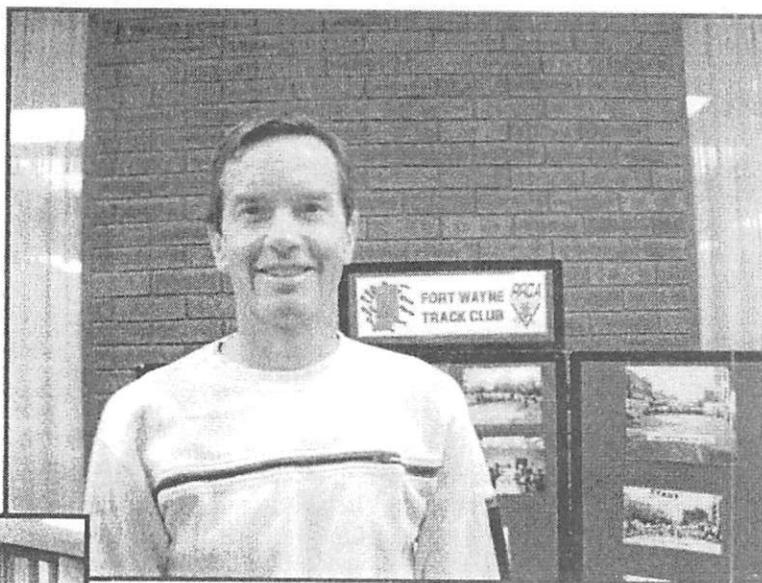
Pictures from the Banquet are on the following pages!

Fort Wayne Track Club Banquet Pictures - 2003



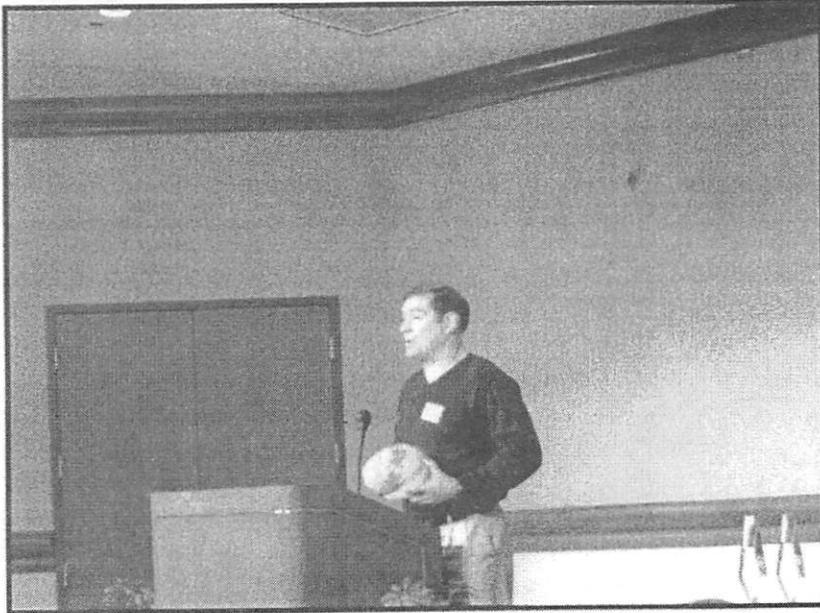
Shown is Linda Keuneke, Paul Knott and Mitch Harper, far left.

Phil Suelzer, Vice President, preparing himself for the eating to come.



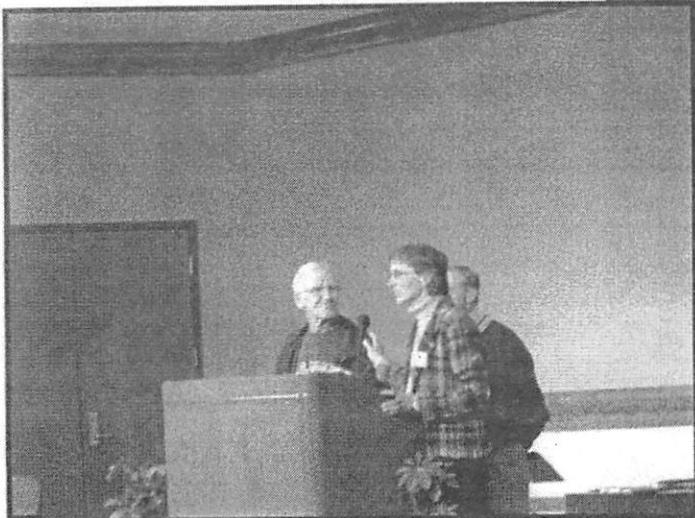
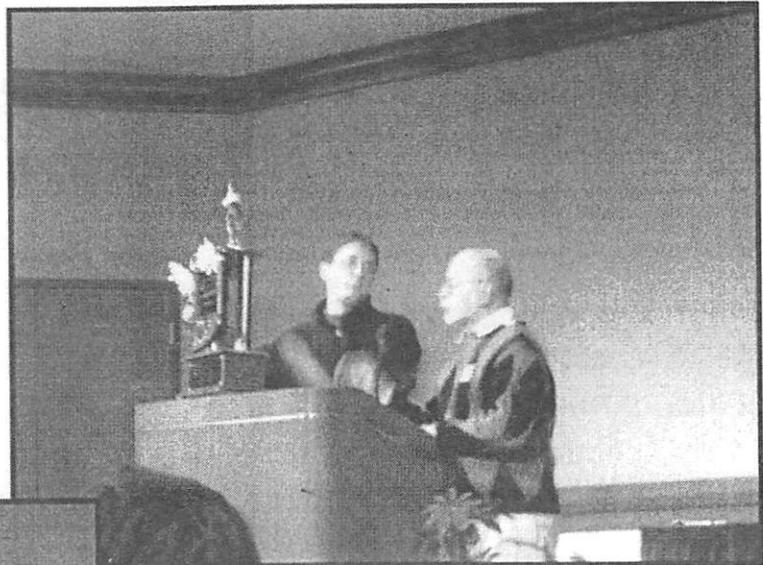
Mike Fruchey, IPFW Mens Head Cross Country Coach shown here in bearded form, along with team members.

Fort Wayne Track Club Banquet Pictures - 2003



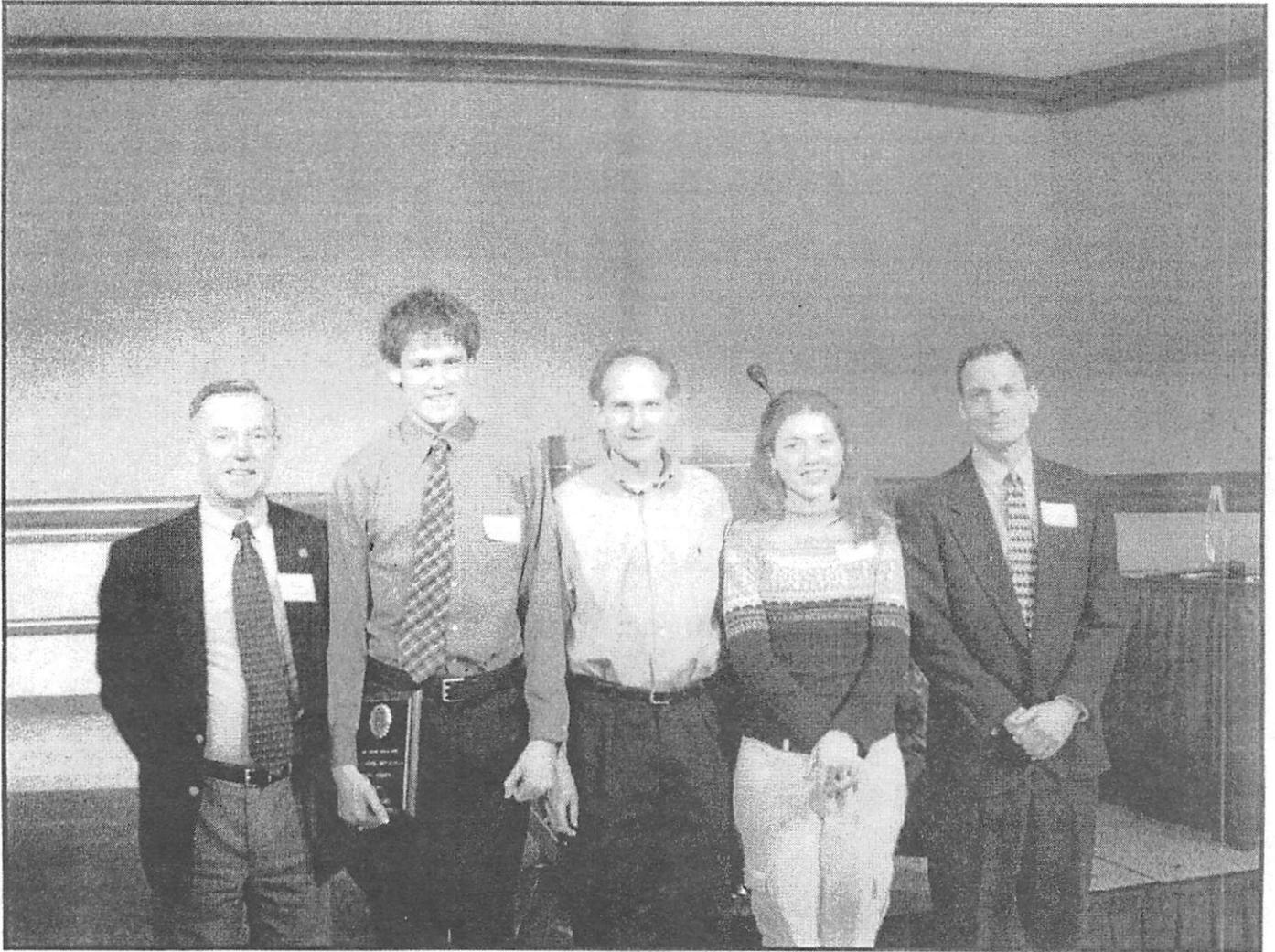
Dr. Jay Fawver
holding someones
brain, and telling
us all about it.

Don Lindley proudly
accepting the Woody
Woodpecker Award
from previous recipient,
Paul Knott.



Club President, Judy
Tillapaugh honoring
Ken Dishler for his
80 young years of
running.

Fort Wayne Track Club Banquet Pictures - 2003



Outstanding male and female High School Runner Award went to Corey Drake with Coach Barry Peterson from Northrup, and to Elizabeth Herndon with Coach Scott Eccelstone from Snider. Jim Spivey, center, is congratulating our winners.



Rose O'Connell with an accomplice fleecing banquet goers of a little more than the banquet fee. They do look dangerous.

**The Fort Wayne Track Club would like to Honor
2002 Outstanding High School Runners
Corey Drake and Elizabeth Herndon**

The Fort Wayne Track Club has named seniors Corey Drake of Northrop H.S. and Elizabeth Herndon of Snider H.S. as their **2002 Outstanding High School Runners**.

The two, along with their coaches, were honored Sunday, February 9, at the annual Fort Wayne Track Club Awards Banquet held at the Walb Student Union Building at 5:00 PM.

The Fort Wayne Track Club board of directors made their selection based on several criteria, including not only their running achievements, but mental attitude, team leadership, academic standing, and participation in Fort Wayne Track Club events.

Last year's honorees were Nick Stoffel of Huntington H.S. and Mandy Knuckles of Carroll H.S..

Corey Drake:

- 5th in IHSAA cross country finals in 15:53
- Manchester semi-state runnerup
- Bellmont regional cross country champion
- Woodlan sectional cross country champion
- Summit Athletic Conference cross country champion
- 3rd in 1600m in 4:36 at SAC track meet

Beth Herndon:

- 24th in IHSAA cross country finals in 15:09
- 14th at Manchester semi-state
- 3rd at Bellmont cross country regional
- 5th at Woodlan cross country sectional
- 3rd in Summit Athletic Conference
- 3rd in 1600m in 5:16 in SAC track meet

Landis Tool Grinding, Inc.



CNC Grinding



Shipping Address
2155 E. Business 30
Columbia City, IN 46725



Billing Address
P.O. Box 206
Churubusco, IN 46723

(260) 244-5030 Fax (260) 244-5383
Email LTG541TL@MSN.COM

Tom Landis



Fort Wayne Track Club
April and May
Members in Profile

We would like to introduce you to Parry Leavell. Parry is married to Tina and they have a poodle named Josie. Parry was born in Dekalb, Illinois. He works at National City Bank as a small business banking officer.

He enjoys running and community services. Favorite family activity is traveling, and his favorite place to visit is Gatlinburg, Tennessee. Parry also collects Purdue memorabilia and Rosaries.

Parry started running 2 1/2 years ago, and now he is preparing for his 3rd Indianapolis mini-marathon. The courses he likes the most to run are the Indy Mini-marathon, cross country courses and trail courses. Keeping fit and to relieve stress is the main reasons he runs.

We would also like you to meet Ted Van Antwerp. Ted is married to Tricia and they have a son, Theo and a daughter, Sarah. They have 2 dogs and a cat. Ted was born in Grosse Pointe, Michigan. He works as a sales manufacturer representative. He enjoys fishing and golf. Family activities are trips to Northern Michigan and Sunday cookouts. Vacation interest is anywhere in Florida.

Ted runs to relieve stress. His favorite place to run is by his home. Three to six miles is his favorite distance to run. Favorite training and after race food is spaghetti.

Ted was asked if he had a dream and his response was "God has given me everything I dreamed of, a beautiful wife and kids.

Thank you Parry and Ted for letting us get to know you and sharing your thoughts with the FWTC members.

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

Races from 04/01/2003 to 06/30/2003

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: 21MAR03

Date/Time	Local Points	Race Information
Apr 05, 2003 8:30am Sat	R	4th Annual Lighthouse Half Marathon - 1/2 Marathon & 5K Run Huron High School, Huron, OH <i>Contact:</i> Huron Chamber of Commerce, Deb Bogen, 419-433-5700 <i>Email:</i> chamber@huron.net <i>Web site:</i> http://www.huron.net
Apr 05, 2003 8am Sat	R	Chicago Lakefront George Cheung Memorial Race - 50 KM Lakefront, Chicago, IL <i>Contact:</i> Stuart Schulman, 2800 N Lake Shore Dr #2808, Chicago, IL 60657, 773-477-9112 <i>Info/Fees:</i> \$30-Pre, \$45-Post <i>Web site:</i> http://www.chicagoultra.org
Apr 05, 2003 8am Sat	R	Ed Dibble Towpath 19-mile - 19 Miles Farnsworth Metropark, OH <i>Contact:</i> Louis Miklovic, 419-868-1295 <i>Web site:</i> http://www.toledoroadrunners.org
Apr 05, 2003 9am Sat (FWTC Pts Race)	LP	IPFW Mastodon Stomp - 5K Run/Walk & 1M Kids Run IPFW, Fort Wayne, IN <i>Contact:</i> Judy Tillapaugh, IPFW Athletic Dept, 2101 Coliseum Blvd E, Ft Wayne IN 46805, 260-481-6647 <i>Info/Fees:</i> \$12 pre-3/30, \$15 >3/30; \$5 for all students. Proceeds to Benefit IPFW X-C and Track Teams <i>Email:</i> tillapau@ipfw.edu <i>Web site:</i> http://www.fwtc.org/raceinfo/2003mastodonstomp.pdf
Apr 05, 2003	R	D.IN.O. Trail Run Series - 5K/15K Washington Towp Park, Avon, IN <i>Contact:</i> Brian, 317-308-6449 <i>Email:</i> Brian@DINOseries.com <i>Web site:</i> http://www.DINOseries.com
Apr 06, 2003 2pm Sun	R	Fool's Frolic - 5K & 1 Mile Bixler Lake Park, Kendallville, IN <i>Contact:</i> Brian & Lorri Shepherd, 1426 Lincolnway, Ligonier, IN 46767, 219-894-4638
Apr 06, 2003 5K/Oct20 & Marathon/Oct21	R	Spirit of St.Louis Marathon & Family Fitness Run - 26.2 M & 1/2 Marathon StLouis, MO <i>Contact:</i> 314-725-9884 <i>Web site:</i> http://www.stlouismarathon.com
Apr 06, 2003 9am Sun	R	Races for All Races - 5M Run, 5K Competitive Walk, 5K Family Fitness Conseco Fieldhouse, Indpls, IN <i>Contact:</i> Ken Long, 994 N Combs Rd, Greenwood IN 46153, 317-884-4001 <i>Info/Fees:</i> \$11 - \$50, Long Sleeve Shirts <i>Email:</i> klong@kenlongassoc.com <i>Web site:</i> http://www.kenlongassoc.com
Apr 12, 2003 6:15am Sat	R	Bull Run Run - 50 Miles Bull Run, VA <i>Contact:</i> Scott Mills, VHTRC, <i>Email:</i> ilkrunn@aol.com <i>Web site:</i> http://www.vhrtc.org/brr
Apr 12, 2003 9am Sat	L	10th Annual St Jude's Spirit Run - 5K Run & 1 Mile Run/Walk St Jude School, Fort Wayne, IN <i>Contact:</i> St Jude School, 2130 Pemberton, Fort Wayne, IN 46805, <i>Email:</i> Stjudespirit@aol.com
Apr 13, 2003 8am Sun	R	Glass City Marathon - 26.2M Toledo, OH <i>Contact:</i> Pat Wagner, 130 Yale, Toledo, OH 43614, 419-385-7025 <i>Info/Fees:</i> \$45 for individuals/ \$40 per person for relays <i>Email:</i> jpatmann50@aol.com <i>Web site:</i> http://www.toledoroadrunners.org
Apr 19, 2003 8am Sat	R	People Pathways 10K Run and 5K Walk - 10K Run & 5K Walk Greencastle, IN <i>Info/Fees:</i> \$18/\$20 <i>Email:</i> lesstewart@mail.tds.net

Apr 19, 2003 9am Sat	R	Shoe-Sucker Seven - 7.2M trail Kil-So-Quah Campground, Huntington Reservoir, Huntington, IN <i>Contact:</i> Rick Beemer, 5327 W 200 N, Huntington IN 46750, 260-356-6338 <i>Email:</i> rickybeemer@yahoo.com
Apr 19, 2003 9am Sat	R	24th Noblesville Kiwanis Sunrisers Spring Run - 15K/2M Fun Run Noblesville Middle School, Noblesville, IN <i>Contact:</i> Noblesville Sunrisers Kiwanis Club, PO Box 492, Noblesville, IN 46061, <i>Info/Fees:</i> \$15-Pre, \$20-Post <i>Email:</i> timmy418@hotmail.com
Apr 26, 2003 7:30am Sat	R	Kentucky Derby Mini Marathon & Anthemn BC/BS Marathon Louisville, KY <i>Web site:</i> http://www.minimarathon@kdf.org
Apr 26, 2003 8:30am Sat	R	Mothers Against Drunk Driving - 5K Run/1 Mile Fun Run/Walk Cardinal Greenway Depot, Muncie, IN <i>Contact:</i> East Central Indiana MADD, 1618 Glenn Ellyn Dr, Muncie, IN 47304, 765-649-2958 <i>Info/Fees:</i> \$10-Pre, \$15-Post <i>Email:</i> eastcentralindiana@hotmail.com <i>Web site:</i> http://www.madd.org/in/eastcentral
Apr 26, 2003 Sat	R	Country Music Marathon - 26.2 & 13.1 Centennial Park, Nashville, TN <i>Contact:</i> 800-311-1255 <i>Info/Fees:</i> Over 50 bands, 28 Cheer Teams, Run Music City <i>Web site:</i> http://www.cmmarathon.com
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
Apr 27, 2003 8am Sun	R	Running Fit Trail Marathon - 13.1 & 26.2 Miles Pickney State Park, Ann Arbor, MI <i>Contact:</i> Tami Duquette, 248-347-4568 <i>Info/Fees:</i> \$34-Pre, \$39-Race Day <i>Web site:</i> http://www.runningfit.com
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://www500festival.com/mini_marathon/
May 04, 2003 2:45pm Sun	L	16th Annual Victim Rights Run/Walk/Roll - 2 Miles Foster Park, Fort Wayne, IN <i>Contact:</i> Michele Carroll, Volunteer Coordinator, 1320 E Creighton St, Fort Wayne, IN 46803, 260-427-5232 <i>Email:</i> michele.carroll@ci.ft-wayne.in.us
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 3pm Sat	L	Home Run - 5K Wizards Stadium (The News-Sentinal Running Series, Fort Wayne, IN <i>Contact:</i> Brett Hess, The Leukemia & Lymphoma Society, 2000 N Wells St, Ft Wayne IN 46808, 260-637-3755 <i>Info/Fees:</i> \$10 >18yrs, \$12 - Adults, Race Day: \$13 & \$15, Baseball Themed Awards and free entry in today's game. <i>Email:</i> superhess@juno.com

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 8am Sat	R	26th Fifth Third River Bank Run - 25K & 5K Run/Walk Downtown +9000 participants, Grand Rapids, MI <i>Contact:</i> 616-771-1590 <i>Info/Fees:</i> Pre-\$23, Teams-\$75, USATF National Championship, 3,000 volunteers, 26,000 spectators, Media, TV/Radio covered <i>Email:</i> runinfo@riverbankrun.com <i>Web site:</i> http://www.53riverbankrun.com
May 10, 2003 9am Sat	R	Cherry Fest 10K - 10K & 1M Fun Run Whitehouse, OH <i>Contact:</i> Randy Bukas, 419-877-2814
May 11, 2003 10:00 am	R	Third Annual Sole to Soul - 5K Defiance College by the football stadium, Defiance, OH <i>Contact:</i> Curt Foust, (419) 630 0694 <i>Info/Fees:</i> All proceeds go to the American Cancer Society to help fight cancer <i>Email:</i> cdfoust@hotmail.com
May 17, 2003 8am Sat	R	Heartbeats - 5K Run/Walk Whitney County 4-H Fairgrounds, Columbia City, IN <i>Contact:</i> Gary Bird, 670 West Kesier Road, Columbia City, IN 46725, 260-244-4408 <i>Info/Fees:</i> \$12-pre & \$15 race day <i>Email:</i> garybird@onemain.com <i>Web site:</i> http://RunIndiana.com
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 (FWTC Pts Race)	RP	8th Annual Run for Fun for Leukemia & Lymphoma Society - 10K & 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) 10K-FWTC Pts Race <i>Email:</i> runcrane@juno.com
May 24, 2003 9am Sat (FWTC Pts Race)	LP	3rd Annual River City Rat Race - 10K Run and 5K Walk Downtown Peforming 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 7:30am Mon	R	24th Annual Cotton Row Run - 10K/5K Run & 1M Fun Run Huntsville, AL <i>Contact:</i> Huntsville Track Clun, 8811 Edgehill Drive, Huntsville, AL 35802, <i>Info/Fees:</i> \$10/\$15, No Race Day Reg: \$10,000 Prize Money <i>Web site:</i> http://www.huntsvilletrackclub.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> kennekuk@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.IN.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
Jun 07, 2003 6:30pm Fri	R	Old Settler's Day - 4 Miles News-Sentinal Running Series, Columbia City, IN <i>Contact:</i> Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 260-894-4638
Jun 07, 2003 7am Sat	L	Marine Corps League 5K - 5K & 10K Run Ann St & Summit St, New Haven, IN <i>Contact:</i> Marine Corps League %Carl Ehinger, 7500 US HWY 930E, Fort Wayne, IN 46803, 219-490-7089 <i>Info/Fees:</i> News-Sentinal Running Series
Jun 07, 2003 9am SAT	L	National Kidney Foundation - 5k Run/Walk Headwaters Park (Lincoln Financial Pavilion) on Calhoun St, Fort Wayne, IN <i>Contact:</i> Pam Hines, 5800 Fairfield Ave., Suite 110 Ft. Wayne, In 46807, 260-456-0654 <i>Info/Fees:</i> \$20 <i>Email:</i> phinesnkfi@aol.com
Jun 14, 2003 7:30am Sat	R	Angola Half-Marathon - 1/2 Mar & 5K Run/Walk City Courthouse Downtown, Angola, IN <i>Contact:</i> Mike Cole, 55 LN 240 A LAKE GAGE, ANGOLA IN 46703, 260-665-4146 <i>Info/Fees:</i> \$800 in prize money <i>Email:</i> colem@tristate.edu
Jun 14, 2003 9:00am (5K) & 8:30am (1 mile)	R	Fourth Annual Apache Run - 5K and one mile fun run Fairview High School near Sherwood, OH on US 127 about 5 miles south of Bryan, OH, Sherwood, OH <i>Contact:</i> Curt Foust, (419) 630-0694 <i>Email:</i> cdfoust@hotmail.com
Jun 14, 2003 9am Sat	R	Lake Mingo Trail Run - 7.1 Miles Kennekuk Cove County Park, Danville, IL <i>Contact:</i> Bub or Penny, Mingo, PO Box 1701, Danville, IL 61834, 217-431-5318 <i>Email:</i> kennekuk@net66.com <i>Web site:</i> http://users.net66.com/~kennekuk
Jun 21, 2003 Sat/Sun	R	2002 Mohican Trail 100 - 100 miles Mohican State Park, Loudenville, OH <i>Contact:</i> Volunteers needed for 5m,10m,35m,75m aid stations., Don Lindley, Don(260)(432-5998) <i>Email:</i> lindleyd@fortwayne.infi.net

In Memory of Eulalia V. Loucks

Our condolences to Tom, and the entire Loucks Family, from your friends at the FWTC

F E B R U A R Y 1 8 , 2 0 0 3

Eulalia V. Loucks

Indianapolis - 1919-2003

Eulalia V. Loucks, 83, of Indianapolis and formerly of Ossian for 20 years, died Sunday, Feb. 16, 2003, at Wishard Hospital.

The Lima, Ohio, native worked as paralegal for 10 years and enjoyed sewing, crafts and reading. Surviving are a son, Thomas of Indianapolis; a daughter, Susan M. Jackson of Fort Wayne; two grandchildren; and four great-grandchildren.

Editor & Co-Editor
"the INSIDE TRACK"



1980 - 1983

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: _____



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
 - Mailing
 - Business
 - 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

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

PRSR STD
U.S. POSTAGE
PAID
Ft. Wayne, IN
Permit No. 1799