

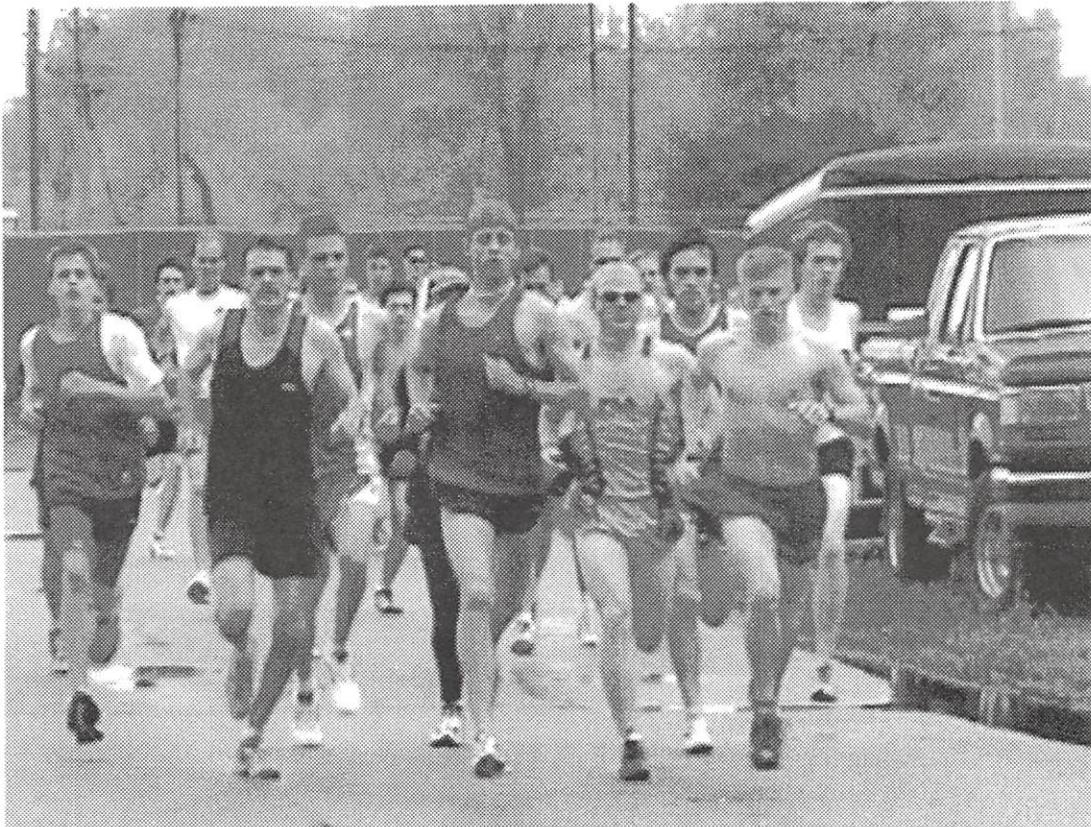
# the inside track

June 2003 & July 2003

*A PUBLICATION OF THE FORT WAYNE TRACK CLUB*



**HOME RUN 5K START**  
**Saturday, May 10th at WIZARDS STADIUM**



**SEE INSIDE RACE RESULTS**

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

Area Race Results: Nutri Run 20K & 5 Mile,  
Mastadon Stomp, Shoe Sucker Seven, Fools Frolic,  
Home Run 5k & 2003 Points Series Totals Thru April

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

# 2003

## Fort Wayne Track Club Officers and Board Members

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

### FWTC INFORMATION

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

### Membership Dues

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



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

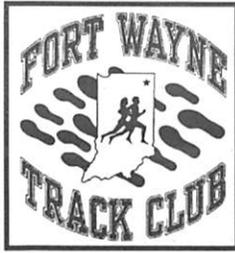
**Fort Wayne Track Club Meeting**  
**Minutes**  
**Wednesday March 12, 2003**

**17 Members Present**

Eric Ade  
Tammy Behrens  
Vern Ceder  
Bill Harris  
Steve Hilker  
JP Jones  
Tom Landis  
Don Lindley  
Beverly Metzger  
Joseph Nayarkas  
Casey Shafer  
Phil Suelzer  
Kimberly Summers  
Judy Tillapaugh  
Dwayne Weeda  
Laurie Whisler  
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, revised and approved.
4. Don gave the Treasurer's report showing that there is a balance of \$25,193.64, which is a loss of \$1,112.21. The membership currently stands at 433 for 1 year, 148 for 2 year and 42 for 3 year.
5. Judy presented to Bill Harris an "appreciation plaque" in honor of his two-year term as president of the FWTC.
6. Tim and Rose reminded members that the deadline for the "Inside Track" is March 18th.
7. Bill reported that there were over 160 runners in the Fanny Freezer Race.
8. Tom Landis reported that he will print the Points Series Results in each "Inside Track"..
9. The Nutri-Run will be held at the Chapel on March 22nd. Sara Kleinknight will be putting together a volunteer list. The Local Dietician Society will be volunteering for the race.
10. IPFW Annual Health Fair flyers were sent out. It is scheduled for March 26th.
11. Stephen Hilker reported that plans for the Rat Race are going well, and the new art-work for the T-shirts was displayed. Randy Brown is helping Steve get sponsors for the race. They will put down a special surface on the boardwalks this year to keep them from getting slippery. Five radio stations are advertising the race. The start time will be at 9:00 AM. There will be on-line pre-registration and Friday night packet pick-up as well as morning registration at the Performing Arts Center. The course will be a little different from last year and the 180 degree turn will be gone.
12. The Mastodon Stomp is scheduled for April 5th and proceeds from the race will benefit the IPFW Cross Country Team and Track Team.
13. Eric and Casey showed the board some of the FWTC apparel they are considering. A committee of a few board members will work together to come up with some specific selections.
14. Andy Downs presented a possible plan for Smith Field if it is closed. He hopes to raise awareness for the plan in the community. The plan for the property includes tennis courts, baseball fields, soccer fields, a fitness center, a 2000 meter indoor track, weight room, aerobics space, lockers, indoor skate park, and a series of trails for runners and bikers. There will be a man-made lake and trees planted throughout. Club members are encouraged to write elected officials to show their support for this plan ([cityofFt.Wayne.org](http://cityofFt.Wayne.org)). The board voted in favor of endorsing the proposed project.
15. The Fort Wayne Water Dept. will have their annual clean up along the river on Saturday May 17th. Gloves and bags will be available.
16. The Kidney Foundation Run with Kids Run will be in June.
17. To receive points for volunteering at a race, you must volunteer at a points series race.
18. Meeting adjourned.

**PREZ-SEZ - Judy Tillapaugh, RD**



JP Jones, Carl Risch, Mitch Harper, Bret Hess, Gary Bird, Mike Cole, Bill Crane, Phil Suelzer, Don Lindley, Stephen Hilker, Rick Hilker, Barrie Peterson, Brian Shepard, Mac McAvoy, Mark O'Shaughnessy, Carolyn Denice, and Kim and Jeff Milleman all are advocates for healthy living. Each one also is a Race Director. They are the heart and soul for events that excite them. It is their passion and commitment that shapes events for walker and runners to enjoy. We are so fortunate that they volunteer their time and talents. What motivates them?

"When I was younger I ran more than 100 races and never wondered how they were put on. I assumed everything would be done. Race directing for me is a way to give back to the sport." Mac McVoy, Race Director for Runners On Parade and Parlor City Trot

"After enjoying 15 years of running and working for Fort Wayne Community Schools, race directing became a natural angle to help kids enjoy fitness. The positive comments from parents and kids continues years after they participate." Phil Suelzer, Race Director for youth cross-country series

"Race directing is a way I can give back to others what running has given to me. It has been a benefit for my physical, mental, spiritual and occupational health. I hope others gain these benefits too." Don Lindley, Race Director for Fanny Freezer and Turkey Trot

"Seeing the end result motivates me. I really enjoy seeing people having a good time. I also like bringing to Fort Wayne race qualities I learned from attending events outside of Allen County." Stephen Hilker, Race Director for River City Rat Race

Typically the race directing start clock begins 6 to 12 months prior to event day and does not stop till all post event clean up, thank you's, and results are completed. Some are very simple with very few details. They might just offer a honey bear and cup of soup at the end. While others are rich with awards, entertainment and home-made goodies. All events have their own unique purpose and characteristics. Some events have the endurance of a marathoner while others dash away after one year.

The next time you attend a race think about taking time to thank the race director. Be patient if something is not perfect. Be one to pass on a smile and high five.

**ATTENTION RACE DIRECTORS**

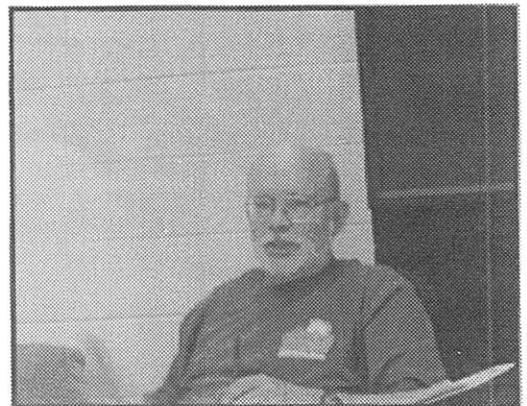
**Is Your Race on the FWTC Race Schedule? If not, contact Don Lindley at [lindleyd@infionline.net](mailto:lindleyd@infionline.net)**

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

**Next Newsletter Deadline  
Tuesday July 15th, 2003**

**Next FWTC Meeting  
Wednesday, June 11th 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**



## On The Fast Track

Beginning Thursday, June 5 and continuing through Thursday, July 23, Northrop High School (Spuller Stadium) will AGAIN be the site for 8 straight "speed" workouts. These workouts will commence with a group warm up at 6:00 p.m. and will consist of a variety of workouts making use of the Northrop track and cross country course. All "speed" workouts will be set up and organized by Northrop assistant boys' track and head cross country coach, Barrie Peterson, who also serves as past president and current board member of the Fort Wayne Track Club.

The tentative schedule of workouts and events will be as follows:

- June 5: Warm up (jog ½ mile + stretching + sprint drills + build-ups/stride-outs) + timed 3200 on track + 4 x partner 200's + warm down and stretch
- June 12: Warm up (as above) + 3 x repeat miles + 3 x 300 + warm down and stretch
- June 19: Warm up + 6 x repeat ½ miles + 3 x 150 + warm down and stretch
- June 26: Warm up + 12 x 400 on track + warm down and stretch
- July 3: Warm up + 4 x repeat miles + 4 x 300 + warm down and stretch
- July 10: Warm up + 8 x repeat ½ miles + 4 x 150 + warm down and stretch
- July 17: Warm up + 16 x 400 on track + warm down and stretch
- July 24: Warm up + times 3200 + warm down and stretch

We will charge \$2.00 per workout for the first seven workouts (or runners may pay \$10.00 for all seven and save a total of \$4.00). The final 2 mile championship on July 24 will cost \$5.00 to help defray the cost of awards, etc.

### Fools Frolic Results

Name	Age Group	Place	Time	Name	Age Group	Place	Time
Khelli Leitch	20-25	1	17.04	Kerry Baumgartner	40-44	16	24.43
Mark Sanderson	40-44	2	17.26	Joel Schartzer	55-59	17	24.48
Bob Knuckles	45-49	3	18.12	Diane Nusbaum	30-39F	18	24.51
Sam Bird	13-15	4	18.21	David McDonald	50-54	19	24.54
Chuck Schlemmer	40-44	5	18.33	Theresa Stakem	30-39F	20	25.20
Jed Pearson	50-54	6	19.02	Tim Gerst	40-44	21	26.11
Joe Snell	13-15	7	19.26	Joe Taylor	40-44	22	26.12
Doug Walter	40-44	8	20.34	Scott Frick	40-44	23	26.12
Joe Bean	40-44	9	20.47	Kimberly Brown	30-39F	24	27.10
Jerry Steinhoff	45-49	10	21.15	Mitch Harper	45-49	25	28.16
Troy McArthy	30-34	11	21.29	Joan Gary	50F+	26	28.49
Ted Snavley	40-44	12	22.52	Terry Gaff	50-54	27	29.27
Patty Schwartz	50F+	13	23.03	Ken Disler	80+	28	38.49
Jane McDonald	30-39F	14	23.24				
Chris Denton	30-34	15	24.38				

**FWTC POINTS 2003**

LAST Name	FIRST NAME	Gender	No. of Races	V. Pts	RD Pts	Total Points	Age Group
ALTEVOGT	LYNN	F	2	100		300	1
THOMAS	JESSICA	F	3			265	1
BIRD	SARAH	F	2	100		265	1
GROSS	KELLY	F	2			175	1
ROBERTS	AMY	F	1			100	1
BURRIS	GRACE	F	1			85	1
REED	MARLE	F	1			75	1
EGUIA	ANDRIA	F	2			175	2
MAY	MARTHA	F	1			100	2
REED	ANDREA	F	1			85	2
BEHRENS	TAMMY	F	3	200		485	3
GILLIE	KAREN	F	3	100		360	3
SUMMERS	KIMBERLY	F	1			100	3
STEIGMEYER	JENNIFER	F	1	100		100	3
SCHOWE	DIANA	F	2	100		300	4
BURRIS	NANCY	F	2	100		260	4
SHAW	LORI	F	2			175	4
CRANE	MARY A	F	1	100		100	4
KEUNEKE	LINDA K	F	1	100		100	4
WHISLER	LAURIE	F	1			100	4
WALKER	LEA	F	1			85	4
THOMAS	RENEE	F	1			85	4
METZGER	BEV	F	2	200		385	5
WHITE	JUDY	F	2	100		300	5
TILLAPPAUGH	JUDY	F	1	200	100	300	5
MORRIS-PARKER	MARGE	F	2			200	5
BRATTOLI	LORRAINE	F	1	100		165	5
WRIGHT	TAMARA	F	2			150	5
GREIDER	BETTY	F	2			120	5
BROOKS	LINDA	F	1	100		100	5
BALINGER	DEBRA	F	1			85	5
CREIGHTON	KATIE	F	1			85	5
KINDER	MELINDA	F	1			85	5
FWLER FINN	SUE	F	3	100		400	6
STRONSKI	CHERYL	F	2	100		265	6
SMMONDS	NANCY	F	3			225	6
BIRD	JOANN	F	1	200		200	6
SCHWARTZ	PATTY	F	2			170	6
SUELZER	PHYLLIS	F	1			85	6
GROSS	TERRI	F	1			65	6
POST	DIANE	F	1			65	6
FENSTERMAKER	RENEE	F	1			55	6
PETERSON	SUSAN	F	1			55	6
SCROGHAM	BARB	F	3	100		400	6
KLEINONIGHT	SARAH	F	2		100	185	6
GARY	JOAN	F	3			300	9
BIRD	SAM	M	3	100		365	11
MINNICK	JARED	M	3			265	11
CRAIG	CODY	M	1			100	11

Saturday, April 19, 2003

**FWTC POINTS 2003**

LAST Name	FIRST NAME	Gender	No. of Races	V. Pts	RD Pts	Total Points	Age Group
NAYARKAS	JOSEPH	M	1	100		100	16
CEDER	VERN	M	1		100	100	16
KLINGER	HOWARD	M	1	100		100	16
WILSON	ROGER L	M	1			75	16
HUBER	GEORGE	M	1			65	16
KRAMER	DONALD A	M	1			65	16
LINK	JOHN N	M	1			65	16
SHAW	PAUL	M	2			60	16
PIROPATO	LEN	M	1			55	16
FAWVER	JAY	M	1			45	16
RYAN	TIMOTHY	M	1			35	16
ULMER	DOUG	M	1			25	16
NINER	KEITH	M	1			15	16
LUDWISKI	STEVE	M	1			10	16
ATKINSON	HAL	M	1			5	16
BOBAY	CRAIG J	M	1			5	16
FELTS	THOMAS J	M	1			5	16
HILKER	RICHARD M	M	1			5	16
PICKETT	JIM R	M	3	100		285	17
PEARSON	JED	M	2	100		270	17
TRELAVERN	JOHN	M	2			200	17
SUELZER	PHIL	M	2			175	17
FUELLING	TOM	M	2			155	17
DON	DON	M	2			150	17
SCHWARTZ	STEVE	M	2			150	17
MCPHERSON	JOHN DAVID	M	3			145	17
BOBAY	LYNN T	M	2			130	17
MICHEL	BOB	M	2			130	17
DIEHL	JERRY	M	1	100		100	17
FWLER FINN	TOM	M	1	100		100	17
STOFFEL	FRED	M	1			75	17
BRAUN	LON R	M	1			55	17
COX	AARON J	M	1			55	17
MURPHY	TY	M	1			45	17
SNOW	ROBERT D	M	1			35	17
STARK	DAN	M	1			35	17
LINDLEY	DON	M	2	200		310	18
BURGETTE	BERNIE	M	3			240	18
BRUCKNER	ROBERT A	M	2			200	18
STEPHENSON	RICH	M	3			195	18
WRIGHT	JAMES H	M	2			100	18
SEIGEL	JACK	M	1			85	18
SCHARTZER	JOEL	M	1			45	18
OBREGON	ART	M	1			35	18
LEE	LAWRENCE H	M	1			25	18
CRANE	WILLIAM A	M	2	200		385	19
CASIANO	RAY	M	3	100		370	19
BOYLAN	DAVID E	M	2	200		360	19
ZIEGLER	JOE	M	2	100		300	19

Saturday, April 19, 2003

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**FWTC POINTS 2003**

LAST Name	FIRST NAME	Gender	No. of Races	V. Pts	RD Pts	Total Points	Age Group
Mellory	Jake	M	1			100	11
REX	DAVID T	M	1			100	11
BIRD	SETH	M	1	100		100	11
WHITE	DANNY	M	1	100		100	11
CRAIG	ETHAN	M	1			85	11
NINER	EVAN	M	1			85	11
THOMAS	BRAD A	M	3			285	12
ADE	ERIC	M	1			100	12
CARNEY	MATTHEW	M	1			100	12
DUNMIRE	CHRIS	M	1			75	12
GILLIE	SAM	M	3	100		315	13
JULIANO	ANTHONY	M	3			285	13
STEPHENSON	ANTHONY	M	3			270	13
Wollam	Paul	M	1			100	13
WOLFE	MIXE	M	1			85	13
SHARP	RON	M	4			400	14
KLEINRICHERT	ERIC	M	3			215	14
MINNICH JR	ROBERT J	M	2			160	14
WARE	CHAD	M	2			130	14
PETERSON	DOUG	M	1			85	14
WALTER	MARK	M	1			85	14
HESS	BRETT	M	1			75	14
PACE	MARK	M	1			75	14
METZGER	JEFFREY	M	3	100		360	15
BIRD	GARY	M	3		100	230	15
KNOTT	PAUL E	M	1	200		200	15
HULINGER	TOBY JO	M	2			130	15
BERGHOFF	JIM	M	2			100	15
BOUGHER	JIM	M	1			100	15
CUMMISKEY	DANIEL J	M	1			100	15
SWENSON	DAVID	M	1			100	15
CLINE	KENNY	M	2			90	15
ROEHLING	DAVID	M	1			85	15
TANER	JEFF	M	1			85	15
Haxton	Andy	M	1			75	15
McLaughlin	John	M	1			55	15
EYERS	STEVE	M	1			35	15
KURTZ	GREGG A	M	1			25	15
ALTEVOGT	BRAD	M	3	100		345	16
O'CONNELL	TIM	M	2	100		285	16
MCKINNON	JAMES	M	3	100		275	16
HARPER	MITCH V	M	1	200		235	16
LANDIS	TOM	M	2	100		230	16
FURKIS	MARK	M	2			200	16
SCHLATTER	JON	M	1	200		200	16
SUNDLING	DOUG	M	2			185	16
LEFEVER	KIM A	M	2	100		180	16
ROHRS	DENNIS	M	1	100		145	16
ZUMBRUN	CHUCK	M	3			115	16

Saturday, April 19, 2003

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**FWTC POINTS 2003**

LAST Name	FIRST NAME	Gender	No. of Races	V. Pts	RD Pts	Total Points	Age Group
PETERSON	BARRIE	M	2	100		230	19
HARRIS	BILL	M	1	100		200	19
COBBS	DEWAN	M	2			175	19
FELGER	TOM	M	2			155	19
DIETSCH	KARL	M	2			100	19
HARNLY	RICHARD W	M	1			100	19
ROSS	FRED	M	1			75	19
SHOOK	RUSSELL	M	1			75	19
STIFFLER	SUD	M	1			85	19
CLARK JR	WILLIAM R	M	1			35	19
DISLER	KEN	M	3	100		380	20
JONES	JAMES P	M	1	200		275	20
WIEDA	DWAYNE	M	1	100		185	20
ANDERSON	DON	M	1			100	20
LOOMIS	ROBERT C	M	1			100	20
PATTERSON	BLL	M	1			100	20

**Age Groups for Points**

Group	Age Range	Group #	Male Age Range
1	Under 19	11	Under 19
2	20-29	12	20-29
3	30-34	13	30-34
4	35-39	14	35-39
5	40-44	15	40-44
6	45-49	16	45-49
7	50-54	17	50-54
8	55-59	18	55-59
9	60-69	19	60-69
10	70 and over	20	70 and over

## **Bricks to Bricks Comes to Fort Wayne in 2003**

The Bricks to Bricks program had great success training to run/walk the Indianapolis Mini Marathon on May 3rd. The Bricks to Bricks training program started in Indianapolis over twenty years ago and trains over 800 people for the mini marathon. The program, which started in January, was held at the YWCA on Tuesday nights for an hour-long informational class. This class covered weekly topics such as shoes, cold/hot weather apparel, nutrition, injury prevention, flexibility, form, pace and quality workouts. Participants ran/walked together after the class and also on Saturday mornings for 14 weeks leading up to the 13.1 miles of the mini marathon.

Three weeks before the mini-marathon the group ran or walked a 10 mile time trial on the River Greenway here in Fort Wayne. This helped prepare the athletes for what the race would be like. Coaches Tammy Behrens, Tom Shearer, and Brenda Shearer, used this time trial to set goal times for each runner or walker for the Indy Mini Marathon. This gave the participants an idea of what mile pace to aim for so as to finish the race at the proposed goal.

Twenty-two runners and five walkers completed the race and joined each other at the Bricks to Bricks tent in Military Park after the race. Seventeen of these finishers had never completed a mini marathon before. In the tent they were treated to refreshments, a changing area, a disposable camera to take finish time pictures with in the finishing stage area, and were awarded the "miracle marble" - the finishing momento of the Bricks to Bricks program.

The group plans to continue this program next year with some summer training for other races including the Chicago Marathon. With almost 600 finishers from Fort Wayne and many more from the surrounding areas completing the Indianapolis Mini-Marathon, Bricks to Bricks is hoping to gain more participants for the start of the training program again next January in order to get ready for the running of the 2004 Indianapolis Mini Marathon. Runners and walkers can already register at [www.500festival.com](http://www.500festival.com). If anyone has any questions concerning joining this program next year, call or email Tammy Behrens at 625-3830, [behrens@infionline.net](mailto:behrens@infionline.net).

Gina Winicker (a participant) stated:

"My goal time was 2:04, or something close to that, but I really wanted to beat 2 hours. My official time was 1:58:38! I was really excited about that, and it was so amazing to me how much all the training really payed off. I felt so good the whole race. Thanks for all of your knowledg and experience, I benefitted from it a lot. Thanks for having such a PMA(Positive Mental Attitude) all of the time! You could pump anyone up on their worst day!"

## Natural Highs

Feeling great feels so good! It is our nature to regularly seek excitement and pleasure day by day to meet our high need for A HIGH!! Consider this example! Here comes a friend after his workout. You can see him as he strides straight toward you. There is a smile from cheek to cheek. . His chin is up and his eyes are searching for yours. The arms swing with confidence. Clear encouraging words are heard “How nice to see you. My exercise time was time well spent, the neck and shoulders are free of tension.. Do you have five minutes? Let’s talk about the day.”

He’s having a Natural High! Plenty of endorphines are flowing through the body from head to toe.

Have you ever been high? What makes you automatically smile? Chris Kuznar, IPFW Substance Abuse Council Chair, stated at a “Natural High” Workshop that A HIGH is an altered state of mind where biochemical changes occur that release adrenalin and endorphins which trigger the feel good feelings!!

Alcohol is the number one drug that Americans use to feel high. Nicotine and other drugs are also widely used . Yet when used beyond moderation they can harm the brain, heart, liver, and other body parts. They are temporary fixes! For lasting benefits quit the quick fixes and go for Natural Highs! As Chris said “You can do it without drugs.” Natural Highs are easy to achieve, low cost, and they enhance your health!

Natural “Healthy” Highs:

- \* Anticipation like preparing for a special event or celebration
- \* Laughing and giggling
- \* Any music that moves you
- \* Surprises like winning a contest, getting flowers, receiving a crazy card, or a call from a friend
- \* Physical activity like walking, running, biking, dancing, basketball, tennis, or gardening
- \* Sex with your favorite companion
- \* Vicarious participation like cheering on a favorite team and watching children play

So treat yourself today and everyday by adding more Natural Highs to your life! Over the summer skip alcoholic beverages more often and serve yourself and others nutri-fic thirst quenchers like sparkling water, V-8 juice, fruit smoothies, or herbal sun teas!

Be you, be fit!

Judy Tillapaugh, RD  
IPFW Wellness  
481-6647

## Plantar Fasciitis: The Runners Disease and What is Extracorporeal Shock Wave Therapy (ESWT)

Plantar fasciitis is well known to most runners, because most runners have or had it. It starts as a dull intermittent pain in the heel that may progress to a sharp persistent pain. Classically, it is worse in the morning with the first few steps. If this symptom is not present then the diagnosis of plantar fasciitis should be checked more carefully. It usually does not involve edema (swelling), redness, numbness or burning. If these symptoms are present, then you should be checked by a physician. The pain may be mild or debilitating. It can last for a few months, become permanent, or come and go. It sometimes disappears while running. About 10 percent of the population of the United States has or has had plantar fasciitis. It is the most common foot condition seen in a podiatrist office. It may affect one foot or both.

The plantar fascia is a specialized tissue, triangular in shape, narrow at the attachment to the heel and widens at its insertion behind the toes. It is not a tendon; ligament or muscle but has some characteristics of all three. It helps support the arch by acting as a bowstring that connects the ball of the foot to the heel. It endures tension that is approximately two times the body weight during the moment when the trailing leg begins to lift off the ground. This tension increases if there is a lack of flexibility in the calf muscle. If the insertion of plantar fascia at the heel remains inflamed for a long period of time the reaction of the body is to calcify the inflammation. Thus the term heel spur and plantar fasciitis are used interchangeably. You need an x-ray to confirm the presence of a spur. The spur does not cause the pain. The pain is caused by the inflammation. The term plantar fasciitis then is more appropriate than heel spur.

Although the exact cause of plantar fasciitis is not known, several contributing factors have been identified. They include walking barefoot, old or improper shoes, flat feet, high arch feet, tight Achilles tendon or calf muscle, sudden weight gain and increase in activity. I don't think it takes a rocket scientist to conclude that running puts abnormal stress on the heels.

Most podiatrists will agree that up to 90 percent of plantar fasciitis will resolve with rest, conservative treatment and time. Conservative treatment includes: changing shoes, rest, never going barefoot, orthotics, stretching and strengthening exercises, ice, physical therapy, anti-inflammatory medication and cortisone injections. Most of this treatment can be done on your own. Orthotics comes in a wide variety of quality, price and flexibility. Most of the time over the counter orthotics from the local pharmacy will work. If you have excessively high or low arches you may need custom made orthotics. Exercises should include calf stretching or "wall push-ups" several times per day.

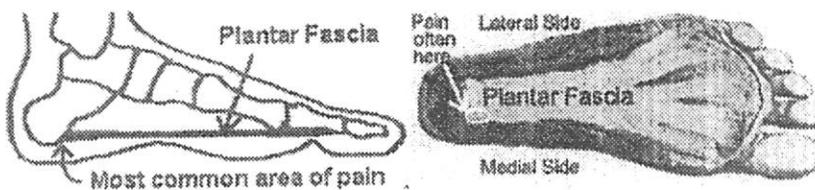
A percentage of plantar fasciitis will not respond to conservative care and rest within 6 to 12 months. Until recently some type of surgery was the next option. Surgery usually requires prolonged periods of immobilization. The FDA approved a new therapy on October of 2000. It is called Extracorporeal Shock Wave Therapy (ESWT). ESWT uses high-energy sound waves similar to the technology used to treat kidney stones. Extra corporal means outside the body. No incisions are needed because the sound waves can penetrate the skin. The procedure is painful however and does require some type of anesthesia or sedation. The beauty of this procedure is that patients can return to regular shoes and sedentary work the same day. Light running and heavy work can usually resume within a week. I have performed about 25 of these ESWT procedures since August of 2002. Most patient's symptoms are significantly improved and report 80 to 100 percent relief. Only 2 patients got less than 50 percent relief. The total therapeutic effect of ESWT can take up to 3 months.

In conclusion, plantar fasciitis is a common condition affecting over 25 million people in the United States. It is certainly more common in runners. Most plantar fasciitis can be controlled with common sense conservative measures. Changing shoes, rest, ice stretching, orthotics, physical therapy, and anti-inflammatory medication should relieve most plantar fasciitis. If your plantar fasciitis persists more than 12 months, Extracorporeal Shock Wave Therapy may be an attractive option.

Richard M. Hilker, D.P.M.

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## PLANTAR FASCIITIS: The Runners Disease and what is Extracorporeal Shock Wave Therapy (ESWT)



## FWTC2003members

**JUNE**

FIRST NAME	LAST Name	Mo	Day
MICHAEL C	MCMANUS	6	1
JOHN	PETERSON	6	2
AINSLEY	CARLSON	6	3
DANIELLE	GREEN	6	3
IAN	ROLLAND	6	3
GEORGE	JOACHIM	6	4
CHRIS	RUCKMAN	6	5
PAM	JOACHIM	6	5
DENISE	CONRAD	6	6
BETH	NINER	6	7
LEA	WALKER	6	7
KIMBERLY R	MILLEMAN	6	9
AMY	ROBERTS	6	10
JACK	ADE	6	11
JUNE	MINTCHELL	6	11
CHARLIE	BACKOFEN	6	12
JUDY	WHITE	6	13
JON	BEASLEY	6	16
VINCENT	GARCIA	6	16
CATHY	DWYER	6	17
CHET	FLEETWOOD	6	19
CHRISTOPHER	STEFFY	6	19
DON	ANDERSON	6	20
ANDREA	REED	6	20
ROBERT J	MINNICH JR	6	20
TAYLOR	KONKIN	6	21
ROBERT	NOVAK	6	22
MARK	WALDRON	6	22
KEN	POST	6	25
JOSEPH	NAYARKAS	6	26
JAMES P	JONES	6	26
STEVE	ADKISON	6	27
DWAYNE	WEEDA	6	29
DOUG	SUNDLING	6	30

**JULY**

FIRST NAME	LAST Name	Mo	Day
CRAIG W	HAMILTON	7	1
SUE	FOWLER FINN	7	3
LYNN E	ARMSTRONG	7	3
BRYAN	KEISTER	7	5
MARGEE	MORRIS-PARKER	7	6
SARAH	KLEINKNIGHT	7	6
MICHAEL J	ENGLER	7	8
COLIN	ALTEVOGT	7	9
DICK	SIVE	7	10
SUSAN	MARKEY	7	11
BEV	METZGER	7	11
SAMATHA	LEE	7	12
LORI	SHAW	7	13
BERNIE	BURGETTE	7	14
DEWAIN	COBBS	7	15
DANA	BUDD	7	16
STEPHANIE	THOMSON	7	17
LARISSA	THOMSON	7	19
SARA	UNSELL	7	19
JEFF	GRAY	7	20
TIMOTHY	RYAN	7	20
DAVID	SWENSON	7	20
NANCY	SIMMONDS	7	21
CHUCK	ZUMBRUN	7	22
TED C	TIERNON	7	23
KELLY	CLEVINGER	7	25
STEVE	KNOUFF	7	26
CARL	RISCH	7	26
JOE	KUHN	7	27
ANNE M	KARR	7	28
LEN	PIROPATO	7	28
DEAN A	SLAVENS	7	29
MIKE	WOLFE	7	30
MICHAEL L	MCAVOY	7	30
DAVID T	REX	7	30
TERRY L	ANDERSON	7	31
DAN	FRICK	7	31
MICHAEL	YAHN	7	31
VERN	CEDER	7	31

# 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

**Johnny Appleseed Park - 7AM** (Starts earlier when gets warmer)

All distances and abilities run on Rivergreenway.

This is a Leukemia Society training group.

Contact: Brett Hess 637-3755

## **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, both male and female joining them. They are interested in summer training with college-aged students. 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](mailto: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.

There are speed workouts, coached by Barrie Petersen, held at 6:00 on Thursdays from June 5-July 24 this summer at Northrop High School.

There will be a Yoder Begley Running Retreat for runners, walkers and joggers 18 years of age and older from July 18-20th in Chesterton, IN. They are also hosting a Running Camp for students grades 6-12 at Manchester College July 6th-10th. Check [www.yoderbegley.com](http://www.yoderbegley.com) or (260) 348-8478 for more information.

IPFW is hosting a Community Corporate Challenge on Saturday, June 21st. The six events include 2 Mile Poker Run/Walk, Eucher, 3 on 3 Basketball, Co-Ed Volleyball, Obstacle Course and Cookie Contest. Contact Judy Tillapaugh at 481-6647 or [tillapau@ipfw.edu](mailto:tillapau@ipfw.edu) if your company is interested.

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

March 22, 2003

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>	<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
1	Ron Sharp	Ft Wayne IN	37	1:11:55	5:48/M	61	Larry Jackson	Ft Wayne IN	42	1:46:48	8:37/M
2	Corey Drake	Ft Wayne IN	17	1:12:12	5:49/M	62	Randy Knotts	Wabash IN	40	1:46:52	8:37/M
3	Andrew Smith	Ft Wayne IN	18	1:15:21	6:05/M	63	Karen Gillie	Ft Wayne IN	31	1:47:04	8:38/M
4	Brennon Plotner	Ft Wayne IN	17	1:16:21	6:09/M	64	Sam Gillie	Ft Wayne IN	32	1:47:05	8:38/M
5	Kyle Minnich	Van Wert OH	28	1:19:11	6:23/M	65	Jennifer Messer	Ft Wayne IN	32	1:47:11	8:39/M
6	Scott Ecclestone	Ft Wayne IN	41	1:19:32	6:25/M	66	Toby Jo Hullinger	Monroeville IN	43	1:47:23	8:40/M
7	Doug Sundling	Bluffton IN	47	1:21:04	6:32/M	67	Robert Snow	Ft Wayne IN	51	1:47:28	8:40/M
8	Alissa McKaig	New Haven IN	17	1:21:32	6:35/M	68	Tom Felger	Ft Wayne IN	63	1:48:17	8:44/M
9	Matt Carney	Ft Wayne IN	28	1:22:45	6:40/M	69	Joel Barrett	Churubusco IN	34	1:49:05	8:48/M
10	Brad A Thomas	Ft Wayne IN	28	1:23:05	6:42/M	70	Patty L Schwartz	Syracuse IN	50	1:49:15	8:49/M
11	Ken Preston	Auburn IN	42	1:24:01	6:47/M	71	Chuck Zumbrun	Ft Wayne IN	45	1:49:36	8:50/M
12	Brad Altevogt	Ft Wayne IN	48	1:24:06	6:47/M	72	Rich Stephenson	Monroeville IN	56	1:49:56	8:52/M
13	John Treleaven	Ft Wayne IN	51	1:24:35	6:49/M	73	John David McPherson	Ft Wayne IN	50	1:50:29	8:55/M
14	Paul Richardson	Auburn IN	30	1:25:14	6:52/M	74	Aaron Cox	Ft Wayne IN	49	1:50:36	8:55/M
15	Jed Pearson	Columbia City IN	51	1:25:45	6:55/M	75	Steve Getts	Corunna IN	40	1:50:43	8:56/M
16	Ed Jacob	Van Wert OH	45	1:25:59	6:56/M	76	John McLaughlin	Ft Wayne IN	30	1:50:49	8:56/M
17	Adele Mitchell	Ft Wayne IN	16	1:26:12	6:57/M	77	Staci Beiswanger	South Whitley IN	37	1:51:05	8:58/M
18	Robert Minnich, Jr	Ft Wayne IN	35	1:27:14	7:02/M	78	Jim Spice	Ft Wayne IN	34	1:51:45	9:01/M
19	Roger Wilson	Ft Wayne IN	49	1:27:17	7:02/M	79	Stephen A Schwartz	Syracuse IN	55	1:51:48	9:01/M
20	Sam N Bird	Columbia City IN	13	1:27:27	7:03/M	80	Bob Michel	Ft Wayne IN	55	1:51:58	9:02/M
21	Jerry Gerig	Ft Wayne IN	36	1:28:47	7:10/M	81	Janet Steiner	Ft Wayne IN	40	1:52:28	9:04/M
22	Brett Hess	Ft Wayne IN	37	1:28:52	7:10/M	82	Melinda Kinder	Ft Wayne IN	42	1:52:48	9:06/M
23	Dave Arens	Sherwood OH	39	1:30:06	7:16/M	83	James H Wright	Ft Wayne IN	55	1:53:15	9:08/M
24	Sarah Manck	Ft Wayne IN	16	1:32:05	7:26/M	84	Laurie Whisler	Ft Wayne IN	38	1:53:17	9:08/M
25	Kevin Parrella	Ft Wayne IN	38	1:32:15	7:26/M	85	David M Huffman	Ft Wayne IN	42	1:53:54	9:11/M
26	Jared Minnick	Leo IN	18	1:32:27	7:27/M	86	Jennifer Savage	Warsaw IN	32	1:53:55	9:11/M
27	Sue Fowler- Finn	Ft Wayne IN	48	1:32:41	7:28/M	87	Tamara Wright	Ft Wayne IN	44	1:54:28	9:14/M
28	Gerhard Fussle	Winona Lake IN	48	1:33:01	7:30/M	88	Bill Harris	Grabill IN	64	1:56:44	9:25/M
29	Brad Middleton	Auburn IN	45	1:33:15	7:31/M	89	Stephanie Fream	Ft Wayne IN	31	1:56:45	9:25/M
30	Judy White	Ft Wayne IN	44	1:34:08	7:35/M	90	Darryl Cargo	Ft Wayne IN	41	1:57:28	9:28/M
31	John Koch	Ft Wayne IN	48	1:34:34	7:38/M	91	Gary L Bird	Columbia City IN	44	1:58:06	9:31/M
32	George Huber	Ft Wayne IN	45	1:34:48	7:39/M	92	Bob Sutton	Ft Wayne IN	38	1:58:06	9:31/M
33	Tom Carpenter	Ft Wayne IN	30	1:36:14	7:46/M	93	Jim Berghoff	Ft Wayne IN	42	1:58:40	9:34/M
34	Scott Weston	Muncie IN	40	1:37:17	7:51/M	94	Mary Beth Johnson	Columbia City IN	32	1:58:44	9:35/M
35	Phil Suelzer	Ft Wayne IN	51	1:37:34	7:52/M	95	Randy Hammond	Leo IN	47	1:59:24	9:38/M
36	Anthony Juliano	Ft Wayne IN	33	1:37:37	7:52/M	96	Thomas J Felts	Ft Wayne IN	48	2:01:24	9:47/M
37	Chris Dunmire	Ft Wayne IN	29	1:37:57	7:54/M	97	Mark Thoma	Ft Wayne IN	44	2:01:26	9:48/M
38	Kevin Lochner	N. Manchester	47	1:38:02	7:54/M	98	Mike Fitzpatrick	Columbia City IN	63	2:02:16	9:52/M
39	Dan Cummiskey	Ft Wayne IN	41	1:38:24	7:56/M	99	Mike Flynn	Ft Wayne IN	41	2:02:17	9:52/M
40	Don Ransome	Warsaw IN	52	1:39:26	8:01/M	100	Robert C Loomis	Monroeville IN	70	2:06:23	10:12/M
41	Dave Reichwage	Ft Wayne IN	56	1:39:48	8:03/M	101	Barb Scroggham	Ft Wayne IN	56	2:08:38	10:22/M
42	Kim A Lefever	Columbia City IN	46	1:40:12	8:05/M	102	Joan Gary	Fremont IN	66	2:12:59	10:43/M
43	Dennis Dickey	Hartford City IN	37	1:40:23	8:06/M	103	Nancy Simmonds	Ft Wayne IN	49	2:13:29	10:46/M
44	Andy Scott	Warsaw IN	33	1:40:46	8:08/M	104	Joseph Nayarkas	Ft Wayne IN	48	2:14:09	10:49/M
45	Anthony Stephenson	Ft Wayne IN	33	1:41:12	8:10/M	105	Rick Hilker	Ft Wayne IN	48	2:14:13	10:49/M
46	Jeff Metzger	Ft Wayne IN	42	1:41:19	8:10/M	106	Diane Post	Ft Wayne IN	46	2:19:29	11:15/M
47	Thomas Wheeler	Ft Wayne IN	40	1:41:32	8:11/M	107	Hal Atkinson	Huntertown IN	48	2:19:30	11:15/M
48	Andy Haxton	Ft Wayne IN	34	1:43:09	8:19/M	108	Karl Dietsch	Ft Wayne IN	65	2:24:59	11:42/M
49	Jessica Thomas	Auburn IN	16	1:43:41	8:22/M	109	Susan Peterson	Albion IN	48	2:26:58	11:51/M
50	Jay Fawver	Ft Wayne IN	46	1:44:16	8:25/M	110	Betty Greider	Ft Wayne IN	42	3:14:19	15:40/M
51	Bob Worrel	Ft Wayne IN	43	1:44:41	8:27/M						
52	Bernie Burgette	Ft Wayne IN	59	1:45:10	8:29/M						
53	Mike Snavley	South Whitley IN	36	1:45:24	8:30/M						
54	James McKinnon	Waterloo IN	47	1:45:30	8:30/M						
55	Doug Ulmer	Leo IN	48	1:45:45	8:32/M						
56	Lon R Braun	Ft Wayne IN	51	1:45:48	8:32/M						
57	E Hans Schmidt	Columbia City IN	38	1:45:58	8:33/M						
58	Matthew C Wojewuczki	Ft Wayne IN	33	1:46:07	8:33/M						
59	Jim Pickett	Waterloo IN	53	1:46:21	8:35/M						
60	Bob Winters	Huntington IN	36	1:46:41	8:36/M						

# Nutri-Run 5 Miles 2003 March 22nd

## Overall Finish List

Race Date

March 22, 2003

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>	<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
1	Tim Quandt	Ft Wayne IN	17	30:23	6:05/M	61	Leigh Ann Mann	Ft Wayne IN	35	51:37	10:19/M
2	Mike Ridenour	Ft Wayne IN	18	31:41	6:20/M	62	Daniel Stark	Ft Wayne IN	53	51:44	10:21/M
3	Wayne Johnson	Bradenton FL	44	31:54	6:23/M	63	Genie Gardner	Ft Wayne IN	41	51:58	10:24/M
4	Brandon Walter	Ft Wayne IN	16	32:20	6:28/M	64	Tracey Brown	Warren IN	33	52:28	10:30/M
5	Nicholas Cook	Ft Wayne IN	16	34:28	6:54/M	65	Lynn T Bobay	Ft Wayne IN	52	52:33	10:31/M
6	Amy Kempf	Ft Wayne IN	16	34:41	6:56/M	66	Teri Hendrickson	Carmel IN	24	52:51	10:34/M
7	Jeff Maus	Van Wert OH	45	34:46	6:57/M	67	Brian Cochran	Indianapolis IN	25	52:52	10:34/M
8	Kerik Usina	Ft Wayne IN	18	35:10	7:02/M	68	Amanda Turcotte	St John IN	25	52:55	10:35/M
9	Samuel Weitzel	Ft Wayne IN	15	35:15	7:03/M	69	Justin Daugherty	Ft Wayne IN	25	52:56	10:35/M
10	Raymond Jeter	Ft Wayne IN	16	35:18	7:04/M	70	Rochelle Alberding	Bluffton IN	60	54:28	10:54/M
11	Randy Graham	Ft Wayne IN	17	35:19	7:04/M	71	Kara Mooibroek	Ft Wayne IN	33	55:43	11:09/M
12	Kurt White	Ft Wayne IN	16	35:26	7:05/M	72	Tony Laux	Ft Wayne IN	31	55:45	11:09/M
13	Brian Goodspeed	Ft Wayne IN	16	35:44	7:09/M	73	Jeff Davis	Ft Wayne IN	35	59:14	11:51/M
14	Jeff Maddox	Ft Wayne IN	40	35:47	7:09/M	74	Jay Kimes	Ft Wayne IN	34	59:15	11:51/M
15	Tammy Behrens	Ft Wayne IN	32	35:56	7:11/M	75	Melissa Lowe	Ft Wayne IN	45	59:40	11:56/M
16	Robin Rizzo	Ft Wayne IN	37	36:25	7:17/M	76	Kathy Thompson	Ft Wayne IN	39	59:42	11:56/M
17	Phil Rizzo	Ft Wayne IN	50	36:26	7:17/M	77	Margie Millhouse	Ft Wayne IN	35	59:43	11:57/M
18	Mark Pace	Ft Wayne IN	39	36:36	7:19/M	78	Cathy Ferrando	Roanoke IN	35	59:48	11:58/M
19	Diana Schowe	Auburn IN	38	38:29	7:42/M	79	Jack Roeger	Ft Wayne IN	68	1:24:00	16:48/M
20	Neil Tate	N. Manchester	51	38:30	7:42/M	80	Patty Clayton	Ft Wayne IN	43	1:26:42	17:20/M
21	Chad Ward	Ft Wayne IN	16	38:36	7:43/M	81	Cherie Rumble	Ft Wayne IN	52	1:26:43	17:21/M
22	Greg Ridenour	Ft Wayne IN	18	39:02	7:48/M	82	Judy Roeger	Ft Wayne IN	66	1:27:24	17:29/M
23	Jack Seigel	Ft Wayne IN	58	39:11	7:50/M	83	Carla Brames	New Haven IN	41	1:27:25	17:29/M
24	Rachel Berry	Ft Wayne IN	15	39:32	7:54/M	84	Shelia Clay	Ft Wayne IN	37	1:29:53	17:59/M
25	Amy Roberts	Ft Wayne IN	15	39:44	7:57/M	85	Lynnette Pozorski	Ft Wayne IN	45	1:29:54	17:59/M
26	William A Crane	Warsaw IN	60	39:50	7:58/M						
27	Brad Quandt	Ft Wayne IN	15	40:36	8:07/M						
28	Eric Kleinrichert	Ft Wayne IN	35	40:43	8:09/M						
29	Al Hunt	Kendalville IN	58	41:07	8:13/M						
30	David Ellis	Ft Wayne IN	41	41:10	8:14/M						
31	Beth Berry	Ft Wayne IN	40	41:24	8:17/M						
32	Phillis Suelzer	Ft Wayne IN	50	41:54	8:23/M						
33	Greg Hall	Columbia City IN	34	42:03	8:25/M						
34	Joel Schartzler	Goshen IN	55	42:12	8:26/M						
35	Brain Loucks	Ft Wayne IN	33	42:37	8:31/M						
36	Thom Horton	Ft Wayne IN	43	42:38	8:32/M						
37	Kathryn Pleus	Ft Wayne IN	52	42:40	8:32/M						
38	Anita O'Reilly	Ft Wayne IN	45	42:43	8:33/M						
39	David Whitcomb	Montplelier OH	32	42:47	8:33/M						
40	John Shire	Ft Wayne IN	48	43:57	8:47/M						
41	Ellen Kegarise	Ft Wayne IN	23	44:20	8:52/M						
42	Dan Scharlach	Ft Wayne IN	24	44:21	8:52/M						
43	Jon Douglas	Van Buren IN	38	45:45	9:09/M						
44	Don Anderson	Ft Wayne IN	75	46:05	9:13/M						
45	Heather Fromm	Ft Wayne IN	27	46:06	9:13/M						
46	Scott Everson	Yoder IN	40	46:20	9:16/M						
47	Mary Crane	Warsaw IN	39	46:43	9:21/M						
48	Brian O'Rourke	Ft Wayne IN	44	47:08	9:26/M						
49	Donald Atteberry	Speedway IN	46	47:09	9:26/M						
50	Craig Bobay	Ft Wayne IN	46	47:10	9:26/M						
51	Polly Grismore	Ft Wayne IN	31	47:35	9:31/M						
52	Bill Patterson	Angola IN	71	48:18	9:40/M						
53	Kerrie Swapp	Ft Wayne IN	31	48:42	9:44/M						
54	Marty Lehmann	Ft Wayne IN	37	48:58	9:48/M						
55	Bruce Garnder	Ft Wayne IN	33	49:11	9:50/M						
56	Barrie Peterson	Ft Wayne IN	60	49:57	9:59/M						
57	Shawne Batterbee	Ft Wayne IN	34	50:03	10:01/M						
58	Chelsea Gardner	Ft Wayne IN	27	50:15	10:03/M						
59	Joe Messer	N. Manchester	44	50:37	10:07/M						
60	Don Keller	Ft Wayne IN	54	50:55	10:11/M						

**The 23<sup>rd</sup> Annual Nutri-Run  
From A Volunteer's Perspective.**

**By  
Sarah Kleinknight**

"I don't know who won the race or even who came in second or third. I do know who the last three runners were. I think I saw all the runners and walkers at least twice though. I was much too busy making sure I did my job well to notice much more. I can tell you it was cool and when the wind was blowing it was "cold" and the wind was blowing most of the time." I think that is what many of the volunteers at the Nutri-Run would say about the race.

There were about 32 volunteers who helped make the race go smoothly. Tammy Behrens arrived at 6:30 a.m. to unlock the Chapel. Don Lindley arrived soon after with his van loaded with computers, the timing clock and timing machines, and road signs and aid tables, and race registrations and numbers etc. Judy Tillapaugh and I were there to organize and direct other volunteers. Thanks to Polly and Dan Grismore who arranged for the delivery of 140 loaves of whole-wheat honey round bread from the Mill bakery. Bill Harris brought water from the WaterWorks. Stephanie Baumgartner brought fruit donated by Lutheran Hospital. She also stayed to help with the finish line. Members of The Northeast Indiana Dietetic Association (Kassie Kidd, Jenny Kieffer and Charlene Burian) assisted with registration and the finish line. Bill and Mary Crane brought the shirts and helped Ken Disler with pre-registration. The computer people were Paul Knot, Linda Brooks, Tim O'Connell and Bev. Metzger. Mitch Harper brought out his bicycle and led the race around the course (he was wearing shorts - I got cold just looking at him).

Sam Steven measured and marked the course and also helped on the course. Three county sheriffs were on the course and blocked vehicle traffic when needed to ensure the safety of the runners (J. P. Jones made the arrangements to get them at the race). There were volunteers giving splits and handing out water and giving directions. Duane Weeds and four boys 14 years of age and younger (Danny and Bradley White and Jimmy Kawieck and Jamey Starnes) worked at the first aid station. Lorraine Brattoli and Susan Cure worked the 7/9 mile aid station. They had their hands full but got help for a while from a runner's wife. Ray Casiano, Dave Boylan, and Joe Ziegler provided mile splits and traffic control at critical intersection on the course. Margaret Klinger, Nancy Burris, Cheryl Stromski and Jon Schlatter were among those working the finish line.

We had many new runners and lots of new volunteers - what a wonderful combination. Hats off to all the volunteers - named and unnamed.

## 2003 Mastadon Stomp 5K

Race Date

April 05, 2003

PLC	Name	City	Age	Fin	Age	Group	Time	Pace
1	Ron Sharp	Ft Wayne IN	37	1	M	35-39	16:19	5:16
2	Brennon Plotner	Ft Wayne IN	17	1	M	15-19	16:38	5:22
3	Mark Furkis	Ligonier IN	47	1	M	45-49	16:51	5:26
4	Corey Drake	Ft Wayne IN	18	2	M	15-19	16:56	5:28
5	Jerry Williams Jr.	Ft Wayne IN	43	1	M	40-44	17:25	5:37
6	Gary Jewell	Kokomo IN	41	2	M	40-44	17:43	5:43
7	Brad A Thomas	Ft Wayne IN	28	1	M	25-29	17:58	5:48
8	Tim O'Connell	Ft Wayne IN	47	2	M	45-49	18:31	5:58
9	Doug Peterson	Berne IN	37	2	M	35-39	18:44	6:03
10	Brandon Walter	Ft Wayne IN	16	3	M	15-19	18:46	6:03
11	Brad Altevogt	Ft Wayne IN	48	3	M	45-49	18:50	6:05
12	Robert Minnich, Jr	Ft Wayne IN	35	3	M	35-39	19:07	6:10
13	Roger Wilson	Ft Wayne IN	49	4	M	45-49	19:10	6:11
14	Matt Jeter	Ft Wayne IN	16	4	M	15-19	19:12	6:12
15	Sam N Bird	Columbia City	13	1	M	0-14	19:15	6:13
16	John Treleven	Ft Wayne IN	51	1	M	50-54	19:17	6:13
17	Kyle Schmidt	Ft Wayne IN	15	5	M	15-19	19:19	6:14
18	Brian Goodspeed	Ft Wayne IN	16	6	M	15-19	19:27	6:16
19	Adele Mitchell	Ft Wayne IN	16	1	F	15-19	19:33	6:18
20	Sam Weitzel	Ft Wayne IN	15	7	M	15-19	19:47	6:23
21	Nick Cook	Ft Wayne IN	16	8	M	15-19	19:50	6:24
22	Kent Mitchell	Ft Wayne IN	40	3	M	40-44	20:34	6:38
23	Jared Minnick	Leo IN	18	9	M	15-19	20:39	6:40
24	Diana Schowe	Auburn IN	38	1	F	35-39	20:41	6:40
25	Jonathon Gottschalk	New Haven IN	22	1	M	20-24	20:49	6:43
26	Phil Rizzo	Ft Wayne IN	50	2	M	50-54	20:50	6:43
27	Mark Pace	Ft Wayne IN	39	4	M	35-39	20:55	6:45
28	Anthony Stephenson	Ft Wayne IN	33	1	M	30-34	20:58	6:46
29	Robin Rizzo	Ft Wayne IN	37	2	F	35-39	21:01	6:47
30	James McKinnon	Waterloo IN	47	5	M	45-49	21:02	6:47
31	George Huber	Ft Wayne IN	45	6	M	45-49	21:06	6:48
32	Chad Ward	Ft Wayne IN	16	10	M	15-19	21:14	6:51
33	Chris Dumire	Ft Wayne IN	29	2	M	25-29	21:17	6:52
34	Anthony Juliano	Ft Wayne IN	33	2	M	30-34	21:21	6:53
35	Darlene Barton	Avilla IN	28	1	F	25-29	21:25	6:55
36	Tammy Behrens	Ft Wayne IN	32	1	F	30-34	21:30	6:56
37	Kelly Mahoney	Logansport I	33	3	M	30-34	21:32	6:57
38	Bob Bruckner	Ft Wayne IN	57	1	M	55-59	21:32	6:57
39	Bob Winters	Huntington I	36	5	M	35-39	21:40	6:59
40	Jessica Thomas	Auburn IN	16	2	F	15-19	21:42	7:00
41	Jerry Steinhoff	Ft Wayne IN	48	7	M	45-49	21:51	7:03
42	David Foote	Albion IN	27	3	M	25-29	21:58	7:05
43	Dan Sheets	Ft Wayne IN	30	4	M	30-34	22:13	7:10
44	Jim Bougher	Ft Wayne IN	40	4	M	40-44	22:40	7:19
45	Tom Landis	Chunubusco	47	8	M	45-49	22:43	7:20
46	William A Crane	Warsaw IN	60	1	M	60-64	22:46	7:21
47	Joe Ziegler	New Haven IN	67	1	M	65-69	22:55	7:24
48	Tynae Wilson	Ft Wayne IN	12	1	F	0-14	22:56	7:24
49	Zac McGowen	Ft Wayne IN	19	11	M	15-19	22:56	7:24
50	Ray Casiano	New Haven IN	59	2	M	55-59	22:58	7:25
51	Bob Worrel	Ft Wayne IN	43	5	M	40-44	23:06	7:27
52	David Roehling	Harlan IN	45	9	M	45-49	23:07	7:27
53	Christopher Cain	Roanoke IN	26	4	M	25-29	23:13	7:29
54	David Hughes	Fort Wayne I	39	6	M	35-39	23:15	7:30
55	Jim Pickett	Waterloo IN	53	3	M	50-54	23:38	7:37
56	Chuck Zumbrun	Ft Wayne IN	45	10	M	45-49	23:44	7:39
57	Bernie Burgette	Ft Wayne IN	59	3	M	55-59	23:47	7:40
58	David Swenson	New Haven IN	40	6	M	40-44	23:50	7:41
59	Tom Felger	Ft Wayne IN	63	2	M	60-64	23:51	7:42
60	Eric Kleinrichert	Ft Wayne IN	35	7	M	35-39	23:56	7:43
61	Kelley Hartley	Ft Wayne IN	33	2	F	30-34	24:03:00	7:45
62	Michael Variell	Convoy OH	46	11	M	45-49	24:11:00	7:48
63	Marc Rich	Ft Wayne IN	27	5	M	25-29	24:12:00	7:48
64	Paul Wollam	Ft Wayne IN	31	5	M	30-34	24:19:00	7:51
65	Lynn Altevogt	Ft Wayne IN	14	2	F	0-14	24:23:00	7:52
66	Jake Malloy	Ft Wayne IN	17	12	M	15-19	24:25:00	7:53
67	Kevin Knight	Ft Wayne IN	25	6	M	25-29	24:27:00	7:53
68	Nolan Knight	Monroeville	28	7	M	25-29	24:29:00	7:54
69	John McPherson	Ft Wayne IN	50	4	M	50-54	24:30:00	7:54
70	Rich Stephenson	Monroeville	56	4	M	55-59	24:32:00	7:55
71	Cassy Egley	Ft Wayne IN	20	1	F	20-24	24:36:00	7:56
72	Rob Rosentreter	Union MI	25	8	M	25-29	24:36:00	7:56
73	Melinda Kinder	Ft Wayne IN	42	1	F	40-44	24:39:00	7:57
74	Jennifer Savage	Warsaw IN	32	3	F	30-34	24:40:00	7:57
75	Mark SchuMacKer	Ft Wayne IN	30	6	M	30-34	24:41:00	7:58
76	Bob Michel	Ft Wayne IN	55	5	M	55-59	24:55:00	8:02
77	Thom Horton	Ft Wayne IN	43	7	M	40-44	24:59:00	8:04
78	John N Link	New Haven IN	47	12	M	45-49	25:04:00	8:05
79	Richard Walz	Ft Wayne IN	23	2	M	20-24	25:18:00	8:10
80	Neal Cunningham	Ft Wayne IN	33	7	M	30-34	25:29:00	8:13
81	Laurie Whisler	Ft Wayne IN	38	3	F	35-39	25:39:00	8:16
82	Gina Winicker	Ft Wayne IN	23	2	F	20-24	25:43:00	8:18
83	Karen Gillie	Ft Wayne IN	32	4	F	30-34	25:53:00	8:21
84	Thomas Cleveland	Ft Wayne IN	41	8	M	40-44	25:55:00	8:22
85	Darryl Cargo	Ft Wayne IN	41	9	M	40-44	25:57:00	8:22
86	Robert C Loomis	Monroeville	70	1	M	70-99	25:57:00	8:22
87	Andrew Piropero	Ft Wayne IN	13	2	M	0-14	26:05:00	8:25
88	Don Anderson	Ft Wayne IN	75	2	M	70-99	26:07:00	8:25
89	Len Piropero	Ft Wayne IN	48	13	M	45-49	26:10:00	8:26
90	Sam Gillie	Ft Wayne IN	33	8	M	30-34	26:12:00	8:27
91	Tyrone Wilson	Ft Wayne IN	41	10	M	40-44	26:19:00	8:29
92	Dave Welkin	Ft Wayne IN	37	8	M	35-39	26:21:00	8:30
93	Dennis Rohrs	Ft Wayne IN	47	14	M	45-49	26:26:00	8:32
94	Kelly Houser	Ft Wayne IN	19	3	F	15-19	26:28:00	8:32
95	Nicki Osterholt	Ft Wayne IN	26	2	F	25-29	26:27:00	8:32
96	Kelly Gross	Ft Wayne IN	16	4	F	15-19	26:30:00	8:33
97	Kevin Mann	Ft Wayne IN	36	9	M	35-39	26:35:00	8:35
98	Mitch Harper	Fort Wayne	46	15	M	45-49	26:48:00	8:38
99	Alicia Clark	Laotto IN	37	4	F	35-39	27:02:00	8:43
100	Andy Williams	Bristol IN	44	11	M	40-44	27:05:00	8:44
101	Barrie Peterson	Ft Wayne IN	60	3	M	60-64	27:18:00	8:48
102	Dean Roney	Ft Wayne IN	50	5	M	50-54	27:25:00	8:51
103	Jim Shovlin	Ft Wayne IN	44	12	M	40-44	27:26:00	8:51
104	Cody Smith	Ft Wayne IN	14	3	M	0-14	27:46:00	8:57
105	Matt Freide	Ft Wayne IN	29	9	M	25-29	27:47:00	8:58
106	Cherie Clark	Ft Wayne IN	23	3	F	20-24	27:48:00	8:58
107	Danielle Stephan	Ft Wayne IN	34	5	F	30-34	27:49:00	8:58
108	Michelle Harris	Ft Wayne IN	21	4	F	20-24	27:51:00	8:59
109	Cindy Dawson	Ft Wayne IN	41	2	F	40-44	27:51:00	8:59
110	Scott Knerr	Ft Wayne IN	30	9	M	30-34	27:57:00	9:01
111	Tom Fuelling	Ft Wayne IN	52	6	M	50-54	27:59:00	9:02
112	Brandi Wallace	Ft Wayne IN	26	3	F	25-29	28:03:00	9:03
113	Dick Hamly	Ft Wayne IN	65	2	M	65-69	28:15:00	9:07
114	Nancy Simmonds	Ft Wayne IN	49	1	F	45-49	28:35:00	9:13
115	Nancy Burris	Auburn IN	36	5	F	35-39	28:40:00	9:15
116	Donald Lindley	Ft Wayne IN	59	6	M	55-59	28:42:00	9:15
117	Barb Scroggham	Ft Wayne IN	56	1	F	55-59	28:53:00	9:19
118	Larry Piano	Ft Wayne IN	54	7	M	50-54	29:23:00	9:29
119	Tommy Laux	Ft Wayne IN	31	10	M	30-34	29:24:00	9:29
120	Dan Stark	Ft Wayne IN	53	8	M	50-54	29:31:00	9:31
121	Donna Crickmore	Ft Wayne IN	50	1	F	50-54	29:33:00	9:32
122	Joan Gary	Fremont IN	66	1	F	65-69	29:37:00	9:33
123	Lynn T Bobay	Columbia City	52	9	M	50-54	29:45:00	9:36
124	Tom Dawson	Ft Wayne IN	47	16	M	45-49	30:15:00	9:45
125	Dianne Oberlin	Avilla IN	37	6	F	35-39	30:27:00	9:49
126	Russell Shook	Ft Wayne IN	64	4	M	60-64	31:43:00	10:14
127	Cheryl Stromski	Antwerp OH	47	2	F	45-49	31:44:00	10:14
128	Betty Greider	Ft Wayne IN	42	3	F	40-44	31:57:00	10:18
129	Sarah Kleinknight	Ft Wayne IN	59	2	F	55-59	32:03:00	10:20
130	Margie Morris-Parker	Ft Wayne IN	44	4	F	40-44	32:06:00	10:21
131	Kenny Cline	Hicksville O	42	13	M	40-44	32:24:00	10:27
132	William Clark	Ft Wayne IN	67	3	M	65-69	33:06:00	10:41
133	Dwayne Weeda	Ft Wayne IN	74	3	M	70-99	33:44:00	10:53
134	Cory Gardner	Ft Wayne IN	9	4	M	0-14	33:47:00	10:54
135	Bruce Gardner	Ft Wayne IN	33	11	M	30-34	33:49:00	10:55
136	Marlin Short	Wauseon OH	54	10	M	50-54	33:56:00	10:57
137	Erin Okeson	Ft Wayne IN	9	3	F	0-14	34:05:00	11:00
138	John Okeson	Ft Wayne IN	38	10	M	35-39	34:07:00	11:00
139	Tom Agness	Ft Wayne IN	56	7	M	55-59	34:14:00	11:03
140	Debra Ballinger	Ft Wayne IN	42	5	F	40-44	34:57:00	11:16
141	Karen Miller	Ft Wayne IN	57	3	F	55-59	34:58:00	11:17
142	Kenneth E Disler	Ft Wayne IN	80	4	M	70-99	39:28:00	12:44
143	Sherry Variell	Convoy OH	48	3	F	45-49	43:05:00	13:54
144	Beverly Metzger	Ft Wayne IN	40	6	F	40-44	43:22:00	13:59

# Huntington Shoe Sucker Seven 2003

Race Date

April 19, 2003

## Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>	<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Time</u>	<u>Pace</u>
1	Ron Sharp	Ft Wayne IN	37	43:00	6:09/M	61	Craig Bobay	Ft Wayne IN	46	1:11:37	10:14/M
2	Adam Lenz	Montpelier IN	14	45:41	6:32/M	62	Gary L Bird	Columbia City IN	44	1:11:52	10:16/M
3	Scott Ecclestone	Ft Wayne IN	41	47:27	6:47/M	63	Kim Larsen	Ft Wayne IN	41	1:12:29	10:21/M
4	Vern Hillsman	West Lafayette	45	48:53	6:59/M	64	Tom Felger	Ft Wayne IN	63	1:12:30	10:21/M
5	Pete Bruno	Okemos MI	38	49:20	7:03/M	65	Tom Pintas	Ft Wayne IN	36	1:13:37	10:31/M
6	Jerry Proctor	Valparaiso IN	53	49:35	7:05/M	66	Mike Fitzpatrick	Columbia City IN	63	1:13:59	10:34/M
7	Bob Knuckles	Huntertown IN	46	50:19	7:11/M	67	Rick Beemer	Huntington IN	52	1:14:16	10:37/M
8	Jed Pearson	Columbia City IN	52	51:11	7:19/M	68	Scott Everson	Yoder IN	40	1:14:33	10:39/M
9	Robert Minnich, Jr	Ft Wayne IN	35	51:40	7:23/M	69	Jack Whitlow	Fairmount IN	59	1:14:43	10:40/M
10	John Schnieders	Decatur IN	39	51:43	7:23/M	70	Bryant Maine	Gas City IN	42	1:15:07	10:44/M
11	Brad A Thomas	Ft Wayne IN	28	51:48	7:24/M	71	Mitch V Harper	Ft Wayne IN	46	1:15:50	10:50/M
12	Sam N Bird	Columbia City IN	13	54:24	7:46/M	72	Scott Fairchild Jr	Ft Wayne IN	59	1:16:25	10:55/M
13	Adam Barton	Avilla IN	26	54:52	7:50/M	73	Keith Bowen	Gas City IN	47	1:16:55	10:59/M
14	Kevin Snell	Ft Wayne IN	43	55:05	7:52/M	74	David Windmiller	Ft Wayne IN	16	1:16:57	11:00/M
15	Paul E Knott	Ft Wayne IN	40	55:45	7:58/M	75	Robert C Loomis	Monroeville IN	70	1:16:59	11:00/M
16	Kent Matney	New Paris IN	41	55:47	7:58/M	76	Cherie Clark	Ft Wayne IN	23	1:17:47	11:07/M
17	Russ Billau	Milan MI	41	56:07	8:01/M	77	Jennifer Savage	Warsaw IN	32	1:21:05	11:35/M
18	Michael Seeley	Notre Dame IN	25	56:21	8:03/M	78	Joan Gary	Fremont IN	66	1:21:48	11:41/M
19	Brad Yoder	N. Manchester	61	56:25	8:04/M	79	Lynn T Bobay	Ft Wayne IN	52	1:24:52	12:07/M
20	Sean Leffers	Ft Wayne IN	14	56:34	8:05/M	80	Sarah Kleinknight	Ft Wayne IN	59	1:26:35	12:22/M
21	Joseph Snell	Ft Wayne IN	14	56:53	8:08/M	81	Tom Allen	Ft Wayne IN	44	1:29:34	12:48/M
22	Tim Freeman	Ft Wayne IN	35	56:55	8:08/M	82	Donald Lindley	Ft Wayne IN	59	1:29:51	12:50/M
23	Darlene Barton	Avilla IN	28	57:07	8:10/M	83	O K Holzwarth	Ft Wayne IN	61	1:35:22	13:37/M
24	Anthony Juliano	Ft Wayne IN	33	57:09	8:10/M	84	Kenny Cline	Hicksville OH	42	1:37:43	13:58/M
25	Sue Fowler- Finn	Ft Wayne IN	48	57:25	8:12/M	85	James P Jones	Ft Wayne IN	74	2:24:03	20:35/M
26	John Sites	Peru IN	51	57:37	8:14/M						
27	Reid Boultree	Marion IN	47	57:43	8:15/M						
28	Daniel Leffers	Ft Wayne IN	51	58:17	8:20/M						
29	Kelly Mahoney	Logansport IN	33	59:16	8:28/M						
30	Larry Emmons	Marion IN	47	59:44	8:32/M						
31	Dwayne Boggs	Wabash IN	47	59:45	8:32/M						
32	Troy McArthy	Auburn IN	33	59:46	8:32/M						
33	Bob Winters	Huntington IN	36	1:00:35	8:39/M						
34	Bruce Deuperty	Ft Wayne IN	49	1:00:50	8:41/M						
35	Jason Lenz	Montpelier IN	41	1:01:06	8:44/M						
36	Randy Knotts	Wabash IN	40	1:01:18	8:45/M						
37	Kim Roulston	Ft Wayne IN	50	1:01:38	8:48/M						
38	Bill Smith	Ft Wayne IN	57	1:01:39	8:48/M						
39	David Ellis	Ft Wayne IN	42	1:01:53	8:50/M						
40	Sam Gillie	Ft Wayne IN	33	1:02:18	8:54/M						
41	Joel Barrett	Churubusco IN	34	1:03:05	9:01/M						
42	Mike Snavley	South Whitley IN	36	1:03:12	9:02/M						
43	Richard Taylor	Ft Wayne IN	44	1:03:39	9:06/M						
44	Joel Schartzer	Goshen IN	56	1:04:26	9:12/M						
45	David M Huffman	Ft Wayne IN	42	1:04:32	9:13/M						
46	Eric Kleinricht	Ft Wayne IN	35	1:04:58	9:17/M						
47	Steve McMahon	Ft Wayne IN	39	1:05:31	9:22/M						
48	Karen Gillie	Ft Wayne IN	32	1:06:37	9:31/M						
49	Tom Landis	Churubusco IN	47	1:06:53	9:33/M						
50	Chuck Zumbrun	Ft Wayne IN	45	1:07:11	9:36/M						
51	Terry Anderson	Ft Wayne IN	49	1:07:29	9:38/M						
52	Kevin Truelove	Ft Wayne IN	46	1:07:31	9:39/M						
53	Jeremy Jones	Bluffton IN	27	1:07:33	9:39/M						
54	Jason Turney	Marion IN	29	1:07:34	9:39/M						
55	Jim Woodruff	West Lafayette	58	1:07:37	9:40/M						
56	Marvin Eady	Ft Wayne IN	40	1:07:59	9:43/M						
57	Jeremy Porter	Wabash IN	24	1:08:05	9:44/M						
58	John Shire	Ft Wayne IN	48	1:08:13	9:45/M						
59	Jolynne Wrightman	Leo IN	35	1:10:00	10:00/M						
60	Carla Ferretti-Hoover	Roanoke IN	35	1:11:15	10:11/M						

## HOME RUN 5K RESULTS May 10, 2003 Fort Wayne, IN

Weather: HOT and HUMID

1	Casey Shafer	20-24	15.49	79	Brandon Vanaman	12-under	24.16
2	Khelli Leitch	20-24	16.04	80	Beth Berry	40-44F	24.17
3	Dan Timm-Zimmerman	17-19	16.43	81	Dane Okleshen	12-under	24.20
4	Jon Fennig	20-24	16.44	82	David Huffman	40-44	24.24
5	Mike Cole	25-29	16.51	83	Toby Hullinger	40-44	24.30
6	Mark Furkis	45-49	16.54	84	Haley Nelson	F12-under	24.42
7	Ron Sharp	35-39	16.57	85	Bob Nelson	45-49	24.44
8	Jerry Williams	40-44	17.08	86	Dan Blake	40-44	24.49
9	Eric Ade	20-24	17.17	87	Chuck Zumbrun	45-49	24.55
10	Rick Trevino	20-24	17.28	88	John McPherson	50-54	25.11
11	Chris Brown	17-19	17.41	89	Matthew Creech	30-34	25.17
12	Scott Ecclestone	40-44	17.49	90	Kylee Keunke	F12-under	25.18
13	King Oberlin	20-24	17.56	91	Courtney Raypole	F12-under	25.18
14	Andy Hesterman	15-16	18.07	92	Linda Anderson	40-44F	25.32
15	Sam Bird	13-14	18.11	93	Jim Pickett	50-54	25.35
16	Amanda Portis	20-24F	18.24	94	Jay Miller	30-34	25.48
17	Tim O'Connell	45-49	18.25	95	Marci Arnt	40-44F	25.56
18	Bob Minnich	35-39	18.41	96	kaitlin Shawgo	15-16F	25.57
19	Kyle Schmidt	15-16	19.02	97	Tyrone Wilson	40-44	25.58
20	Brad Thomas	25-29	19.04	98	William Dinger	45-49	26.06
21	Brad Altevogt	45-49	19.07	99	Kathy Pleus	50-54F	26.12
22	William Delaney	13-14	19.12	100	Jim Shovlin	45-49	26.19
23	Phil Suelzer	50-54	19.18	101	Nancy Wellman	35-39F	26.24
24	Curtis Fabian	13-14	19.32	102	Jennifer Savage	30-34F	26.31
25	Kim Lefever	45-49	19.33	103	Trenton Boggs	30-34	26.32
26	Kent Mitchell	40-44	19.35	104	Megan Solon	17-19F	26.38
27	Jed Pearson	50-54	19.40	105	David Mitchell	40-44	26.52
28	Jeff Hess	25-29	19.44	106	Craig Berry	12-under	26.59
29	Adele Mitchell	15-16F	19.49	107	Amanda Coll	25-29F	27.07
30	Sam Leffers	13-14	19.51	108	Barb Scrogam	55-59F	27.14
31	Diana Schowe	35-39F	19.52	109	Katie Kingsbury	35-39F	27.31
32	Wes Kuhn	17-19	19.53	110	Dave Anderson	40-44	27.33
33	Phil Rizzo	50-54	20.01	111	Adrienne Berry	F12-under	27.50
34	Linda Keunke	35-39F	20.10	112	Daniel Barnes	50-54	28.00
35	John Treleaven	50-54	20.14	113	Jack Kenefie	25-29	28.04
36	Pedro Sedano	20-24	20.22	114	Jourdan Love	12-under	28.25
37	Erin Kingsbury	17-19F	20.25	115	Tom Fean	30-34	28.26
38	Paul Knott	40-44	20.40	116	Michelle Quinn	17-19F	28.33
39	A.J. Arnett	17-19	20.53	117	Douglas Stier	30-34	28.35
40	Sean McAvoy	13-14	20.57	118	Steve Dusseau	35-39	28.39
41	Harrison Fausey	13-14	20.59	119	Barb Dusseau	30-34F	28.39
42	Brian Watson	20-24	21.04	120	Shawne Batterbee	30-34F	28.54
43	Amanda Ponsot	17-19F	21.07	121	Adam Bartlett	12-under	29.04
44	Skip Stinson	35-39	21.19	122	Bryan Bartlett	35-39	29.05
45	Brad Peterson	30-34	21.22	123	Jord Disler	30-34F	29.07
46	Neil Tate	50-54	21.23	124	Rochelle Alberding	60-overF	29.10
47	Dan Diemer	35-39	21.26	125	unknown runner		29.11
48	Chuck Brown	45-49	21.27	126	Nancy Simmonds	45-49F	29.12
49	Sue Fowler-Finn	45-49F	21.32	127	Belle Marie Niblett	30-34F	29.49
50	Sean Collentine	50-54	21.55	128	Chad Ware	35-39	29.53
51	Jeremy McGrew	12-under	22.12	129	Christopher Arnett	13-14	29.55
52	Sam Gillie	30-34	22.18	130	Nancy Bruns	35-39F	29.57
53	Emily Nestel	15-16F	22.22	131	Kristi Leininger	25-29F	29.58
54	Dan Nestel	40-44	22.23	132	Kari Wike	20-24F	29.58
55	James McKinnon	45-49	22.24	133	Heidi Helmuth	17-19F	29.59
56	Len Piropat	45-49	22.32	134	Marilyn Koeman	40-44F	30.17
57	Ray Casiano	60-over	22.35	135	Tony Laux	30-34	30.18
58	Sergio Mamani	35-39	22.40	136	Ian Maisonneuve	12-under	30.47
59	Mike Elsie	30-34	22.42	137	Andrea Maisonneuve	35-39F	30.52
60	Javier Merceder	13-14	22.52	138	Phyllis Stuerzenberger	40-44F	30.57
61	Joshua Fisher	13-14	22.59	139	Diane Post	45-49F	30.59
62	Steve Martinsky	25-29	23.05	140	Gary Ellsworth	60-over	31.05
63	Andrew Piropat	13-14	23.05	141	Sue Rose	35-39F	31.49
64	Brad Hess	12-under	23.27	142	Betty Greider	40-44F	31.55
65	Rachel Maranto	17-19F	23.31	143	Don Lindley	55-59	31.56
66	Ashley Richey	17-19F	23.31	144	Than Craig	12-under	31.05
67	Landry Williams	12-under	23.33	145	Sarah Bird	F12-under	32.06
68	Brad Compton	45-49	23.37	146	Sarah Kleinght	55-59F	32.24
69	David Boylan	60-over	23.39	147	Larry Arnett	40-44	32.30
70	Gino Fisher	40-44	23.40	148	Neil Compton	12-under	32.37
71	Rachel Berry	15-16F	23.45	149	Alex Hess	12-under	33.12
72	Bernie Burgette	55-59	23.47	150	Zach Herber	12-under	33.13
73	David Geiger	40-44	23.50	151	John Herber	35-39	33.21
74	Janet Souder	20-24F	23.57	152	Susan Okleshen	40-44F	35.01
75	Cody Craig	12-under	24.02	153	Kyle Wood	13-14	35.04
76	Chris Denton	30-34	24.07	154	Hannah Dusseau	F12-under	37.01
77	Dewayne Miller	40-44	24.08	155	Lauren Herber	F12-under	37.04
78	Adam Witmer	25-29	24.12	156	Hillary Campbell	20-24F	37.05
				157	Grace Dusseau	F12-under	45.55
				158	Ethan Campbell	25-29	45.56

## Fort Wayne Track Club Race Schedule (ALSO AVAILABLE AT [www.fwtc.org](http://www.fwtc.org))

Races from 06/01/2003 to 08/31/2003

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@infionline.net](mailto:lindleyd@infionline.net) with details in order that the calendar may be updated. Calendar Date: 16May03

Date/Time	Local Points	Race Information
Jun 05, 2003 6pm Thu	L	<b>On The Fast Track - Summer Speed Training Workouts (Warm up+drills+stretch+timed 2 mile run +4xpartner 200's+warm down and stretch)</b> Northrop HS, Ft Wayne, IN Contact: Barrie Peterson, Email: <a href="mailto:barrie@myvine.com">barrie@myvine.com</a>
Jun 07, 2003 10:30am Sat	L	<b>Marine Corps League 5K - 5K</b> New Haven HS, New Haven, IN Contact: Marine Corps League, 7500 US HWY 930E, Fort Wayne, IN 46803, 260-493-8323 Info/Fees: News-Sentinel Running Series Email: <a href="mailto:rnelson821@aol.com">rnelson821@aol.com</a>
Jun 07, 2003 8:30 a.m. Sat	R	<b>YWCA Strawberry Festival - 5K Run/Walk</b> downtown Lafayette, Lafayette, IN Contact: Kristin Matz, YWCA of Greater Lafayette, 605 N. 6th St., Lafayette IN 47901, (765) 742-0075 Email: <a href="mailto:pubrel@dcwi.com">pubrel@dcwi.com</a> Web site: <a href="http://www.ywca-lafayette.org">http://www.ywca-lafayette.org</a>
Jun 07, 2003 8am Sat	R	<b>2003 Sunburst - Mar, Half Mar, 10K, 5K, &amp; Walk</b> Notre Dame 50 yard Line, South Bend, IN Contact: Memorial Hospital, 615 N Michigan St, So Bend, IN 46601, 574-284-3394 Web site: <a href="http://www.sunbursttraces.org">http://www.sunbursttraces.org</a>
Jun 07, 2003 8am	R	<b>Fast Flash - 5K</b> Franklin Central HS, Indpls, IN Contact: Runners Forum, 317-844-1558 Web site: <a href="http://www.runnersform.com">http://www.runnersform.com</a>
Jun 07, 2003 9am SAT	L	<b>National Kidney Foundation - 5k Run/Walk</b> Headwaters Park (Lincoln Financial Pavilion) on Calhoun St, Fort Wayne, IN Contact: Pam Hines, 5800 Fairfield Ave., Suite 110 Ft. Wayne, In 46807, 260-456-0654 Info/Fees: \$20 Email: <a href="mailto:phinesnkfi@aol.com">phinesnkfi@aol.com</a>
Jun 07, 2003 Sat	R	<b>White River Trail Run - 10K Run, 2.6 Mile Fun Run</b> Shadyside Activities Ctr, Anderson, IN Contact: Tommy Goodson, 765-642-4834 Email: <a href="mailto:RKastle@aol.com">RKastle@aol.com</a>
Jun 12, 2003 6pm Thu	L	<b>On The Fast Track - Summer Speed Training Workouts(Warm up+drills+stretch+3xmile+300-200-100 cutdowns+jog+stretch)</b> Northrop HS, Ft Wayne, IN Contact: Barrie Peterson, Email: <a href="mailto:barrie@myvine.com">barrie@myvine.com</a>
Jun 14, 2003 7:30am Sat	R	<b>Angola Half-Marathon - 1/2 Mar &amp; 5K Run/Walk</b> City Courthouse Downtown, Angola, IN Contact: Mike Cole, 55 LN 240 A LAKE GAGE, ANGOLA IN 46703, 260-665-4146 Info/Fees: \$800 in prize money Email: <a href="mailto:colem@tristate.edu">colem@tristate.edu</a>
Jun 14, 2003 8:15am	R	<b>Munster Rotary - 10K</b> Munster HS, Munster, IN Contact: Yuri Hoffman, 1-800-646-0387 Email: <a href="mailto:yurihoffman@hotmail.com">yurihoffman@hotmail.com</a>
Jun 14, 2003 8am Sat	R	<b>Greentown 5-Mile - 5M</b> Eastern Elementary School, Greentown, IN Contact: John Norris, Norris Insurance, Box 157, Amboy, IN 46911, 765-395-7761 or 765-395-7730
Jun 14, 2003 9:00am (5K) & 8:30am (1 mile)	R	<b>Fourth Annual Apache Run - 5K and one mile fun run</b> Fairview High School near Sherwood, OH on US 127 about 5 miles south of Bryan, OH, Sherwood, OH Contact: Curt Foust, (419) 630-0694 Email: <a href="mailto:cdfoust@hotmail.com">cdfoust@hotmail.com</a> Web site: <a href="http://www.centrallocal.k12.oh.us/ApacheRun5K.doc">http://www.centrallocal.k12.oh.us/ApacheRun5K.doc</a>
Jun 14, 2003 9am Sat	R	<b>Lake Mingo Trail Run - 7.1 Miles</b> Kennekuk Cove County Park, Danville, IL Contact: Bub or Penny, Mingo, PO Box 1701, Danville, IL 61834, 217-431-5318 Email: <a href="mailto:kennekuk@net66.com">kennekuk@net66.com</a> Web site: <a href="http://users.net66.com/~kennekuk">http://users.net66.com/~kennekuk</a>
Jun 14, 2003 Sat	R	<b>Buck Creek 5K - 5K Run/Walk</b> Yorktown, IN Contact: Randy Sanders, 765-759-7393 Web site: <a href="http://Lions5krun@aol.com">http://Lions5krun@aol.com</a>

Jun 14, 2003	R	<b>Doughboy - 5K</b> Spencer, IN <i>Contact:</i> Norm Carlson, 812-829-3543
Jun 19, 2003 6pm Thu	L	<b>On The Fast Track - Summer Speed Training Workouts(Warm up+drills+stretch+7x 1/2 mile+ 250-150-75 cutdowns+jog+stretch)</b> Northrop HS, Ft Wayne, IN <i>Contact:</i> Barrie Peterson, <i>Email:</i> <a href="mailto:barrie@myvine.com">barrie@myvine.com</a>
Jun 21, 2003 Sat/Sun	R	<b>2002 Mohican Trail 100 - 100 miles</b> 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> <a href="mailto:lindleyd@fortwayne.infi.net">lindleyd@fortwayne.infi.net</a>
Jun 21, 2003	R	<b>Buzzard's Roost 10K - 10K Run/Walk</b> Arcadi, IN <i>Contact:</i> Evan Achenbach, 317-984-3019 <i>Email:</i> <a href="mailto:achen@netusa1.net">achen@netusa1.net</a>
Jun 26, 2003 6pm Thu	L	<b>On The Fast Track - Summer Speed Training Workouts(Warm-up+drills+stretch+16x440+jog&amp;stretch)</b> Northrop HS, Ft Wayne, IN <i>Contact:</i> Barrie Peterson, <i>Email:</i> <a href="mailto:barrie@myvine.com">barrie@myvine.com</a>
Jun 27, 2003 6:30pm Fri	R	<b>Old Settler's Day - 4 Miles</b> News-Sentinal Running Series, Columbia City, IN <i>Contact:</i> Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 260-894-4638
Jun 29, 2003 8:45 a.m. EST	R	<b>Moosejaw Duathlon - 3 mile trail run/2 mile canoe/kayak</b> St. Patrick's County Park, 50651 Laurel Rd, South Bend, IN <i>Contact:</i> Patrick Sawyer, (574) 243-1604 <i>Info/Fees:</i> \$15 online registration <i>Email:</i> <a href="mailto:pnsawyer@attbi.com">pnsawyer@attbi.com</a> <i>Web site:</i> <a href="http://www.paddlefest.org/duathlon.html">http://www.paddlefest.org/duathlon.html</a>
Jul 03, 2003 6pm Thu	L	<b>On The Fast Track - Summer Speed Training Workouts(Warm-up+drills+stretch+4x mile + 200-180-160-140-120- 100 cutdowns+jog&amp;stretch)</b> Northrop Hs, Ft Wayne, IN <i>Contact:</i> Barrie Peterson, <i>Email:</i> <a href="mailto:barrie@myvine.com">barrie@myvine.com</a>
Jul 04, 2003 7:30am Fri	L	<b>Run Wild - 4 Mile Road/Trail</b> Children's Zoo, Fort Wayne, IN <i>Contact:</i> Karen Reilly, 3411 Sherman Blvd, Fort Wayne, IN 46808, 260-427-6809 <i>Web site:</i> <a href="http://www.active.com">http://www.active.com</a>
Jul 04, 2003	R	<b>Chesterfield Optimist - 10K Run/5K Walk</b> Millcreek Civic Ctr, Chesterfield, IN <i>Contact:</i> Dennis Knapp, 765-378-3143
Jul 05, 2003 7:30am Sat	R	<b>Hamilton Lake Road Classic - 5K Run</b> Hamilton Lake, Hamilton, IN <i>Contact:</i> Deb Headley, 4620 E St Rd 427, Hamilton, IN 46742, 260-488-3379
Jul 10, 2003 6pm Thu	L	<b>On The Fast Track - Summer Speed Training Workouts(Warm-up+drills+stretch+9x 1/2 mile+6x 150 cutdowns+jog&amp;stretch)</b> Northrop HS, Ft Wayne, IN <i>Contact:</i> Barrie Peterson, <i>Email:</i> <a href="mailto:barrie@myvine.com">barrie@myvine.com</a>
Jul 12, 2003 8:30am(women) 9:00am(men)	R	<b>Red Dawn - 5K</b> Woodland Park, Portage, IN <i>Contact:</i> Jeff or Sarah Smenyak, 5684 Croft Walk, Portage, IN 46368, (219) 759-2728 <i>Info/Fees:</i> \$13 before July 5th and \$15 after <i>Email:</i> <a href="mailto:smenyak@attbi.com">smenyak@attbi.com</a>
Jul 12, 2003 8am Sat(FWTC Pts Race)	LP	<b>8th Annual Runners On Parade - 5K</b> News-Sentinal Running Series, Fort Wayne, IN <i>Contact:</i> Mike McAvoy, PO Box 11703, Fort Wayne, IN 46860, 260-824-5158
Jul 13, 2003 8:00AM	R	<b>Making Tracks For A Track - 4 Mile Relay</b> Fairview High School near Sherwood, OH on US 127 about 5 miles south of Bryan, OH, Fairview, OH <i>Contact:</i> Curt Foust, (419) 630-0694 <i>Info/Fees:</i> 2 runners running 2 miles each <i>Email:</i> <a href="mailto:cdfoust@hotmail.com">cdfoust@hotmail.com</a> <i>Web site:</i> <a href="http://www.centrallocal.k12.oh.us/MakingTracks.doc">http://www.centrallocal.k12.oh.us/MakingTracks.doc</a>
Jul 17, 2003 6pm Thu	L	<b>On The Fast Track - Summer Speed Training Workouts(Warm-up+drills+stretch+20x 440 +jog&amp;stretch)</b> Northrop HS, Ft Wayne, IN <i>Contact:</i> Barrie Peterson, July 24th (2mile Run+Award), <i>Email:</i> <a href="mailto:barrie@myvine.com">barrie@myvine.com</a>
Jul 19, 2003 8:30am Sat	L	<b>Bruin Alumni/Open - 5K/1M @8:15am</b> Shoaff Park, Fort Wayne, IN <i>Contact:</i> Barrie Peterson, 260-637-5717 <i>Info/Fees:</i> No Pre-registration, race day only: \$10 FWTC; \$15 Non-Members; \$5 Alumni & HS or younger <i>Email:</i> <a href="mailto:barrie@myvine.com">barrie@myvine.com</a>

Jul 19, 2003 9am Sat	R	<b>Red-tail Restoration Run - 10K Trail Run/5K Run</b> Muncie, Muncie, IN <i>Contact: Jamie Banks, 959 W CR 500 S, Muncie IN 47302, 765-284-2718 Email: <a href="mailto:TCPH@cs.com">TCPH@cs.com</a></i>
Jul 19, 2003 Sat	R	<b>Lapel CdLs 5K - 5K Walk/Run</b> Lapel, IN <i>Contact: Scott or Tammy Hersberger, 765-534-3754</i>
Jul 24, 2003 6pm Thu	L	<b>On The Fast Track - Summer Speed Training Workouts(Warm-up+drills+stretch+timed 2 mile Run + job&amp;stretch and Awards</b> Northrop HS, Ft Wayne, IN <i>Contact: Barrie Peterson, Info/Fees: Final Night - 2 Miles Run Email: <a href="mailto:barrie@myvine.com">barrie@myvine.com</a></i>
Jul 26, 2003 7:30am(10K) & 8:30am(5K) Sat	L	<b>Matthew 25 Health &amp; Dental Clinic - 10K, 5K &amp; Pee-Wee Run</b> Foster Park, Fort Wayne, IN <i>Contact: Kathy O'Shaughnessy, Info/Fees: News-Sentinel Running Series Points race Email: <a href="mailto:kappysue@comcast.net">kappysue@comcast.net</a></i>
Jul 26, 2003 8am Sat	R	<b>Orland Vermont Settlement Classic - 5K Run &amp; 2 Mile Walk</b> Orland American Legion, Orland, IN <i>Contact: Marylyn Ernberger, PO Box 352, Orland, IN 46776, 260-829-6744</i>
Jul 26, 2003 9am Sat	R	<b>STEVE'S RUN - 10K &amp; 5K Race 5K Competitive Walk &amp; 1K Fun Run</b> Dowagiac, Dowagiac, MI <i>Contact: Ron Gunn, Southwestern Michigan , 58900 Cherry Grove Rd, Dowagiac, MI 49047, Web site: <a href="http://www.michiganrunner.com/fireup/stevesrun">http://www.michiganrunner.com/fireup/stevesrun</a></i>
Aug 02, 2003 7:30am Sat	R	<b>Converse First Farmers Bank - 5K</b> Converse, IN <i>Contact: John Norris, 765-395-7761</i>
Aug 02, 2003 7am Sat	L	<b>Harlan Days 10K Race - 6.2 miles</b> Harlan Park, Harlan, IN <i>Contact: Thomas Bunner, D.D.S., PO Box 255, Harlan, IN 46743, 260-657-5197</i>
Aug 02, 2003 8am Sat	R	<b>Ashley-Hudson Festival 5K Classic - 5K Run/Walk</b> Hudson, IN, <i>Contact: Tatsy Hayes, PO Box 97, Hudson, IN 46747, 260-587-9500</i>
Aug 09, 2003 7am Sat	R	<b>Gator Gallop - 5K</b> St Aloysius Church, Yoder, IN <i>Contact: Chad Ware, 1121 Cottage Ave, Fort Wayne, IN, 46807, 260-744-0290 Email: <a href="mailto:GatorNet@juno.com">GatorNet@juno.com</a></i>
Aug 09, 2003 7am Sat	R	<b>Howl at the Moon 8 Hour Run &amp; Walk</b> Kennekuk Cove County Park, Danville, IL <i>Contact: Marc, PO Box 1701, Danville, IL 61834, 217-431-4243 Email: <a href="mailto:krr@kennekuk.com">krr@kennekuk.com</a> Web site: <a href="http://www.kennekuk.com">http://www.kennekuk.com</a></i>
Aug 09, 2003 8:00am Sat	R	<b>FunFest 5K - 5K &amp; 1 mile Fun Run</b> News-Sentinal Running Series, Warvel Park (9th & Market St) 1M @ 8am & 5K @8:30am, North Manchester, IN <i>Contact: Kevin Lochner, 10514 N Ogden Rd, N Manchester, IN 46962, 260-982-6105 Email: <a href="mailto:klochner@ctlnet.com">klochner@ctlnet.com</a></i>
Aug 09, 2003 8am Sat	R	<b>17th Annual Kernel Klassic - 5K Run/Walk</b> Weaver Popcorn Co, Van Buren, IN <i>Contact: Dawn Black, 408 West Landess, Van Buren, IN 46991, 1-765-934-5383 Email: <a href="mailto:dawn.black@popweaver.com">dawn.black@popweaver.com</a> Web site: <a href="http://www.popweaver.com">http://www.popweaver.com</a></i>
Aug 16, 2003 9am Sat	R	<b>D.IN.O. Trail Run Series - 5k/15K</b> Muscatatuck Park, North Vernon, IN <i>Contact: Brian Holzhausen, 317-308-6449 Email: <a href="mailto:Brian@DINOseries.com">Brian@DINOseries.com</a> Web site: <a href="http://www.DINOseries.com">http://www.DINOseries.com</a></i>
Aug 23, 2003 6:30 pm Sat	R	<b>Wabash Cannonball - 5K</b> Whitehouse is 20 miles southwest of downtown Toledo and 4 miles north of US 24, Whitehouse, OH <i>Contact: Randy Bukas, 419-877-5383 Email: <a href="mailto:rjbukas@whitehouseoh.com">rjbukas@whitehouseoh.com</a></i>
Aug 23, 2003 8:30am Sat	R	<b>3rd Annual Cornfest - 5 Mile &amp; 1 Mile Fitness Run</b> Huntington, IN <i>Contact: Youth Services Bureau, 1344 Maple Dr, Huntington, IN 46750, 260-356-9681 Info/Fees: \$10 pre; \$3-1 Mile; \$15 - 38/50/75 Mile Bike Route Email: <a href="mailto:ysbhc@mail.fwi.com">ysbhc@mail.fwi.com</a></i>
Aug 23, 2003 Sat	R	<b>Bears of Blue River - 10K Run/5K Walk</b> Shelbyville, IN <i>Contact: Shelbyville Parks &amp; Recreation, 317-392-5128</i>



# 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

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

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

## **CLUB MEMBERSHIP APPLICATION WAIVER**

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

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

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

# 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@infionline.net  
Telephone: 260-432-5998 or  
260-436-2234  
or  
FWTC  
PO Box 11703  
Fort Wayne, IN 46860-1703**

## Advertising Rates

	1 ISSUE	3 ISSUES	6 ISSUES
<b>Full Page</b>	\$75.00	\$200.00	\$325.00
<b>Half Page</b>	\$40.00	\$110.00	\$175.00
<b>Quarter Page</b>	\$25.00	\$65.00	\$100.00
<b>Business Card</b>	na	na	\$50.00
<b>Cover (Inside front or back)</b>	\$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  
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