

the inside track

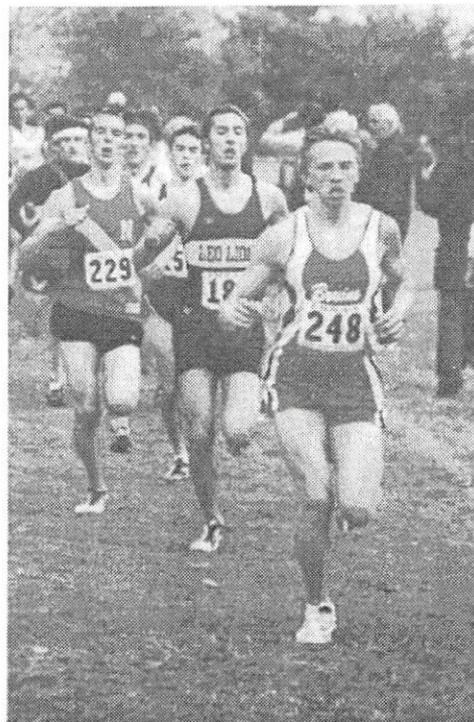
February & March 2004

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Allisa McKaig
Concordia High School

Fort Wayne Track Club's
High School Runners of the
Year
2003



Brennon Plotner
Northrop High School

INSIDE THIS ISSUE:

Area Race Results: Warpath 5K, Just Plain 10K, The HUFF
Points Series 2003 Award Winners

Check out our web site at www.fwtc.org

2004

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 newsletter@fwtc.org

FWTC INFORMATION

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.
 Remember your dues are what keep the club running.

Fort Wayne Track Club Means Volunteers!

Upcoming Events That Could Use Your Help

Fanny Freezer 5K — February 14. Contact Don Lindley at 260-436-2234 or
 lindleyd@infionline.net

Fort Wayne Track Club Banquet — February 15. Contact Judy Tillapaugh at 260-456-3277 or
 tillapaugh@ipfw.edu

Nutri-Run 20K and 5 Mile — March 20. Contact Jeff & Bev Metzger at 260-436-5632 or
 jbmetzger@aol.com

Prez–Sez

by Judy Tillapaugh, RD

As you think about running, walking, biking, and other fitness activities in your life, how would you answer this question? What keeps you coming back for more?

Chances are it is more than calories burned per hour or finish line times. Chances are it is about the people. It is about all the relationships before, during, and after workouts and events.

Those conversations, encouraging words, motivating cheers, de-stressing stories, side stitch jokes, partners who pace you, hand shakes, hugs, and helpful volunteers that seem to make the time so valuable.

Recently our community lost two fitness enthusiasts who gave so much to relationships- Phyllis Kerr and Tony Laux. They will forever be remembered for their friendly, unselfish, never complaining, never give up, and “I’ll take care of that” actions.

Phyllis Kerr, 54 died Tuesday December 23, 2003. Phyllis and her husband Ed were FWTC members for 6 years, 1985-1990. Her fond interest in fitness was evident at the funeral by all the running pictures. The one of Ed and her at Foster Park wearing her red FWTC singlet and striped shorts was especially meaningful. Phyllis was an office manger for Dr. Roller, DDS.

Tony Laux, 32, passed away Tuesday January 6, 2004, while with the IPFW Men’s Volleyball Team in Puerto Rico. He was their volunteer manager, the athletic department’s laundry/ equipment manager, worked full time for Group Insurance Services in Fort Wayne, and a member of the Sigma Phi Epsilon fraternity.

The team was taking a break at a beach in Vega Alta, Puerto Rico. Unfortunately Tony slipped and fell from an approximately 25-foot cliff near the beach, he landed in the swift currents of the Atlantic Ocean. Men’s Volleyball Coach Arnie Ball said Tony had gone to see another awesome view with a friend.

“His school spirit and his concern for others will be missed. He was very positive and very caring.” Ball said. In 1998 he graduated with a Criminal Justice degree, was working on a masters in education. He was a member of IPFW’s 1996 and 1997 Men’s Cross Country Team. His competitive interest started when he and his friend Ryan Peterson responded to a recruiting flier for cross country runners. As the coach, I met and talked with him, what motivated him? “Because some people say I can’t or I shouldn’t.” He had minimal running

background but a huge interest in taking on the challenge. He wanted to contribute to an NCAA Division II Athletic Team. He wanted to commit himself to being a supportive, optimist, never give up team member.

Following cross-country years, Tony’s drive to be a runner and contribute to the well being of others continued. Most evenings during the week he ran a campus course or biked, often finished a local event, frequently making encouraging comments to others. Tony was a successful runner.

Phyllis and Tony both kept coming back for more plus gave us more meaning to our love for fitness.

Let’s keep coming back for more!!

Tony Laux Remembered

By Paul Knott

The local running community will never have an opportunity to realize the depth of Tony’s desire, focus and growing dedication to running that had been evolving during the past year. I had the pleasure of helping Tony on a daily basis with thoughts of training, pacing and believe it or not nutritional advice. However, it was Tony who all along was actually helping me to believe, to realize and to understand the reason why I run and will continue to run. Tony knew this all along. He had a plan – he always had a plan! That was one of Tony’s greatest assets – helping others was always root intention.

I believe that, in part, this is what drove Tony to run and to truly believe in himself and that he could continue to improve. He knew his contribution to other runners would be thru his involvement. “If others see that I can do this” Tony would often remark, “then I know that they can run as well”!

He always thought the highest of all the runners around him. He had started to become more active in local races and was on the verge of becoming a Fort Wayne Track Club Member. Volunteering was certainly not far behind.

Tony will be missed on many levels the greatest may have been what he would have contributed to the local running community.

FWTC Board Meeting – 11/12/03

1. Judy called the meeting to order.
2. J.P. offered prayer.
3. The October meeting minutes were read and approved.
4. The dead line for the *Inside Track* is Nov. 15th. Tim will continue to help as needed.
5. Barrie Peterson updated members on Northrop's impressive cross country season. The team came in 2nd in the state meet.
6. Don read the treasurer's report. The current balance is \$28,225.02 with a net loss this month of \$1,068.82. The current membership is the same as last month. The report was approved. Don will send out membership renewal forms.
7. The points series rules and races for 2004 were discussed and voted on. (See attached page for results). The board approved an amendment to the guidelines for race directors. The following guidelines will be requirements for race directors of FWTC Points Series Races: a.) The race flyer will state that the race is a FWTC Points Race. b.) The age divisions for awards will be in at least 5 year increments and match the Points Series age divisions. c.) The race results will be sent to Tom Landis within 2 weeks in an acceptable format.
8. Mike Fruchey reported that the semi-state cross country meet went well at IPFW. The course was set up nicely. Mike thanked the club for helping with the event and also thanked the club for the scholarship money given to the IPFW cross country team.
9. Judy reported that Sara was working with a caterer for the FWTC banquet. The board approved keeping the price for the banquet the same as last year. Amy and Andrew Begley will be the guest speakers. Flyers will be ready soon to sign up for this annual event. Judy passed out an award nomination form to be filled out and turned in by Jan. 15th. Forms may be mailed to Judy or send nominations to her at: Tillapau@ipfw.edu. These awards will be presented at the banquet.
10. Judy reminded members to bring a snack to share, and a \$5.00-\$6.00 gift to the December meeting. The gift should be wrapped and be non-gender specific.
11. Don reminded the board that the Turkey Trot is this Saturday and will start at 11:00 AM. Don still needs volunteers to help.
12. J.P. announced that the Just Plain 10k is scheduled for Dec. 6th at 2:00PM. See J.P. if you want to volunteer to help.
13. The meeting was adjourned.

Attendance: Judy Tillapaugh, Phil Suelzer, Don Lindley, Judy White, Don Anderson, Tammy Behrens, Mike Fruchey, J.P. Jones, Paul Knott, Tom Landis, Beverly Metzger, Tim O'Connell, Barrie Peterson, Marsha & Bill Schmidt, Bill Sohaski, Michael Yann, Linda Keuneke, Mitch Harper

FWTC Meeting Minutes – 12/10/03

1. Judy called the meeting to order.
2. Don read from the Race Set Before Us and prayer was offered.
3. The November meeting minutes were read and approved.
4. Don stated that there are currently 481 track club members and that 175 have renewed for 2004. The treasurer's report was read and there is a current balance of \$28,732.49. This is up \$2,000.00 from last year. The club paid \$1,764.50 to RRCA for insurance. The report was approved.
5. Chuck sent out the new *Inside Track*. The issue updated the board member list.
6. Don passed out the race schedule for 2004.
7. Tom Landis presented the updated points series results. He had to go to a 3 race minimum plus one volunteer race to qualify enough runners for the awards. There are still some age groups that have no runners who qualified even with the 3 race minimum. Tom explained that board members who volunteer time for the track club would acquire volunteer status even if it was not actually at the race.
8. JP reported on the Just Plain 10K race. There were 70 runners registered and 68 completed the race. There were 112 T shirts collected. One runner fell and hit his head after completing the race. Judy suggested that there is always a first aid kit available and that one person be designated at each race to be in charge of a first aid situation. This should be a requirement for all race directors. It would be good to have a stand by nurse for such a position and could be a way to earn volunteer points. Judy also emphasized that any runner under the age of 18 must have a parent sign the race registration form or they may not participate.
9. Mitch gave a report on the Huff. There will be chip timing and the race will be featured in the *Trail Runner* magazine. There are still a few logs which need to be removed from the trails.
10. Jed Pearson reported on his committee's recommendation for the outstanding High School male and female runner awards. They are: Allisa McKaig from Concordia and Brennon Plotner from Northrop. The board approved.
11. It was brought to the board's attention that we may want to consider purchasing a chip timing system. The cost should be investigated. The club also needs a place to store the track club trailer after it is purchased. Anyone with storage space should contact Judy.
12. The Track Club Banquet is February 15th. It would be nice if High School coaches would bring their teams. There will be special awards presented.
13. The meeting was adjourned and the holiday gift exchange began.

Attendance: Judy Tillapaugh, Don Lindley, Judy White, Tammy Behrens, Mitch Harper, Bill Harris, Steve Hilker, JP Jones, Tom Landis, Beverly Metzger, Amy Stephan, Bill Sohaski, Chuck Zumbrun Jed Pearson

** Please note there was an error in the October '03 meeting minutes. The current balance was actually \$29,452.84.

<i>Landis Tool Grinding, Inc.</i>		
	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

Concordia Girl's Cross Country Complete Great Season!

By Brad Peterson

The 2003 Concordia girl's cross country season was a great success on a number of levels. We were conference champions, sectional champions, and regional champions, 3rd at Semi State and 9th at State. We had the individual state champion in senior Alissa McKaig, which is the first time in 20 years a state champ has come out of Fort Wayne. (The last was Laura Didion of Northrop who my dad, Barrie Peterson coached.) Junior Adele Mitchell was 7th at the State meet and she is a favorite to win State next year. Senior Sarah Manck finished 38th at State to earn Class 3A All State honors. Those first three girls, known as the M+M+M girls, finished an amazing 1-2-3 at conference, sectional, and regional.

Alissa McKaig's season was obviously one of the major highlights of this year's team and of my coaching career. She went undefeated over the course of the season, and we run a tough schedule. She went to the Midwest Meet of Champions in Hilliard, Ohio to take on the best of the Midwest and won by 12 seconds. She topped off her state title by winning the prestigious Indiana Mental Attitude Award, of which she is very deserving. Many have asked me how Alissa was able to get to this level after just a 15th place finish her junior year. She trained hard every day year round last year. She runs quality every day. All of her easy runs are 6:30-6:40 pace. Her harder threshold runs are 5:45-6:00 pace. She runs 10-12 miles three Sundays a month at sub 7:00 pace. She eats very nutritiously, sleeps nine hours a night, stretches before and after every run, ice baths 2-3 days a week, and she is the most coachable athlete I have ever coached. I don't have to tell her twice a race strategy or how to run a workout. I never have to worry if she will follow the plan I give her. She always does it. She believes 100 percent in what you tell her. It also helps that she is such a strong Christian young lady. She does it to please the Lord and her faith shines brightly through her running. I have thoroughly enjoyed coaching her and will miss Alissa McKaig the person once she graduates, but we still have track to look forward to. I think she has some more surprises up her sleeve. She is going to get even faster because she loves running and truly has a hunger to be the best.

I loved this 2003 team. I enjoyed every day coming to practice because of the great people we had on this team. I never had to worry about anyone having an attitude problem. I never had to worry about anyone not working hard. I had a pretty easy job this year coaching this team and I am thankful for that. I am also very thankful for some great mentors I have had, starting with my dad. Growing up, I went to everything with him, every meet and every practice that I could. I fell in love with cross country and track and field because of him. He has taught me so much about coaching, but also about how

to be a role model to the athlete. I am also thankful to Bob Shank at Northrop, Josh Fletcher at Northridge, and Erik Kellison at Franklin Central. They have always been ready and willing to give me coaching tips and are great friends. These sports have been great to me and I will do all I can to give back to these two great sports.

Team Bird Competes at Junior Nationals By Sam Bird

In December seven Team Bird members left with hopes of coming home with gold from New Mexico for the Junior Cross-Country National Meet. Brad Hess placed 60th overall with a time of 12:28 for the 3k midget race. His teammate James Martin placed 214th at 14:06. There were 265 athletes in their race.



For Team Bird girls Tynae Wilson finished 219th of 270 in the youth division 4k. Kelsey Knapp qualified at regional but could not go.

Sam Bird was the highest overall finisher for Team Bird, placing 27th at 15:11, just two spots away from becoming an All-American in the boys youth division 4k. He was first for the Hoosier finishers. There were 299 boys in his race.

In the high school 5k race there were three Team Bird runners. Curtis Fabian was 117th at 19:30. Ryan Venderly 151st at 20:02, and Trevor Baughman was 154th in 20:05. There were 223 boys in that race.

The meet took place December 13 a few miles out of Albuquerque. The 5000 ft. elevation made it race challenging. Most runners said they had a hard time breathing. There were over 3000 participants in this race from all over the nation. Team Bird had the Miami team to their right and the Buffalo team to their left. They had a great time there and hope to go to more national meets as they progress through their great running careers. Thank you all who helped sponsor Team Bird to go on this trip.

I Am More Than I Weigh

By Judy Tillapaugh, RD
IPFW Wellness Coordinator

My self esteem rises and falls based on a scale number. I frequently am dissatisfied with my body. I judge others by their shape and size. I restrict my calories often. I have an intense fear of gaining weight. The thinner I am the better I will perform. At times I feel out of control in the kitchen. I have followed several diets.

These thoughts are common in the minds of people with an eating disorder. Many men and women are not happy with their body. They daily have beliefs, attitudes, emotions, and habits that match the description of anorexia nervosa, bulimia nervosa, or binge eating disorders (compulsive overeating) that are the three main types of eating disorders. These occur in 5 -10 million girls and women and 1 million boys and men. Because of the secretiveness and shame associated with eating disorders, many cases go unreported.

Eating disorders are a treatable medical illness. They are not due to failure of will or behavior. The eating thoughts and behaviors are symptoms of a problem that can have life threatening consequences. There is no one cause of an eating disorder but many possible contributing factors. Psychological factors like low self esteem, poor body image, feelings of inadequacy, depression, and anger can contribute. Social factors like pressures that glorify "thinness" and the "perfect" body can contribute. Interpersonal factors like history of abuse, being teased, troubled family and personal relationships can contribute.

Treatment is available. The most effective and lasting treatment includes psychotherapy coupled with medical analysis and monitoring, nutrition counseling, and support group.

You can make a difference!! If you recognize eating disorder signs and symptoms DO NOT say "wow you have lost weight" or "why don't you just eat". Be a friend by expressing concern, offering assistance, and support. Help lead him/her to a healthier lifestyle.

How To Help A Friend With Eating and Body Image Issues:

- * Learn as much as you can about eating disorders
- * Know the difference between facts and myths about diets, weight, nutrition, and exercise
- * Know that a diet, weight, body size will NOT automatically lead to happiness and fulfillment
- * Stop judging or comparing people by their body shape and size
- * Stop dieting, role model a nutritious eating style
- * Become a critical viewer of the media and its messages about self esteem and body image
- * Talk with your friend in a caring and honest manner. Gently and firmly encourage the person to seek trained professional help. Remember you can not force a person to get help, adjust their attitudes, and change their habits. Support your friend to change and encourage them to be the one in control NOT the eating disorder.

For more information view
www.NationalEatingDisorders.org or
www.ANAD.org or
www.mentalhealthscreening.org.

Locally Consulting and Counseling Associates have therapists who assist eating disorder patients. Call 486-5251 and ask for Jean or Linda. IPFW has a support group that meets Mondays at 6:30 pm, Walb Union, Rm. 116. Call 481-6647 for details.

For sure, you are more than you weigh!!

PR Training



Join a motivational 15-week class for runners or walkers who want to complete the Indianapolis Mini-Marathon (13.1 miles). The class will include coaching and solid advice on training, nutrition, injury prevention and mental preparation. Guest speakers will be available from Fort Wayne Orthopedics, The The Rivers Running Company, IPFW Wellness Program, and more! Runners and walkers will also enjoy the camaraderie of training with others. This class is open to anyone who wants to run/walk the Indy Mini at any ability level.

Cost: Free of charge

Thursdays at the YWCA!

6 PM Run/Walk - 7 PM Class time (downstairs at the YWCA)

Class begins on Thursday, Jan. 22nd.

Runners/Walkers may join at any date.

Classes will last approximately 30 minutes.

We will also have a run/walk group on Saturday mornings.

Coaches: Tammy Behrens & Tom Shearer - Run, Brenda Shearer - Walk

Contact: Tammy Behrens - 625-3830 - behrens@infionline.net

Fort Wayne Track Club Points Series 2003 Awards Winners

Men 19 and Under

1. Sam Bird 670 pts
2. Danny White 400 pts

Men 20 –29

1. Brad Thomas 1190 pts

Men 30-34

1. Anthony Juliano 1270 pts
2. Sam Gillie 1065 pts

Men 35 –39

1. Ron Sharp 1000 pts
2. Robert Minnich, Jr 560 pts
3. Brett Hess 390 pts
4. Chad Ware 385 pts

Men 40-44

1. Jeff Metzger 870 pts
2. Paul Knott 700 pts
3. Toby Jo Hullinger 445 pts
4. Jim Berghoff 410 pts
5. Gary Bird 335 pts

Men 45 – 49

1. Brad Altevogt 1085 pts
2. James McKinnon 920 pts
3. Tim O'Connell 815 pts
4. Tom Landis 440 pts
5. Kim Lefever 405 pts
6. Chuck Zumbun 390 pts
7. Doug Sundling 370 pts
8. Joseph Nayarkas 215 pts
9. Mitch Harper 215 pts
10. Rick Hilker 215 pts

Men 50 – 54

1. John Treleaven 1090 pts
2. Jim Pickett 930 pts
3. John David McPherson 710 pts
4. Jed Pearson 535 pts
5. Lynn Bobay 360 pts

Men 55 –59

1. Ray Casiano 1245 pts
2. Bob Bruckner 1085 pts

3. Rich Stephenson 970 pts
4. Don Lindley 545 pts
5. Jack Seigel 430 pts
6. James Wright 355 pts

Men 60 –69

1. Joe Ziegler 1125 pts
2. Bill Crane 860 pts
3. David Boylan 805 pts
4. Dewain Cobbs 790 pts
5. Tom Felger 765 pts
6. Bud Stiffler 525 pts
7. Barrie Peterson 350 pts
8. Bill Harris 345 pts

Men 70 and over

1. Ken Disler 795 pts
2. Don Anderson 780 pts
3. Robert Loomis 600 pts
4. Dwayne Weeda 250 pts

Women 19 and Under

1. Lynn Altevogt 500 pts
2. Sarah Bird 385 pts

Women 20 –29

1. Amy Stephan 560 pts

Women 30 –34

1. Karen Gillie 1130 pts
2. Tammy Behrens 670 pts
3. Jennifer Steigmeyer 445 pts

Women 35 –39

1. Diana Schowe 800 pts
2. Linda Keuneke 785 pts
3. Nancy Burris 520 pts

Women 40 –44

1. Judy White 985 pts
2. Betty Greider 795 pts
3. Tamara Wright 635 pts
4. Bev Metzger 620 pts
5. Margie Morris-Parker 590 pts
6. Lorraine Brattoli 390 pts

Women 45 – 49

1. Nancy Simmonds 835 pts
2. Sue Fowler-Finn 800 pts
3. Cheryl Stromski 565 pts

Women 50 –54

No Volunteers in this group

Women 55 –59

1. Barb Scrogam 1400 pts
2. Sarah Kleinknight 725 pts

Women 60 –69

1. Joan Gary 700 pts
2. Rachelle Alberding 670 pts

Overall Male

1. Ron Sharp
2. Brad Thomas
3. Eric Ade

Overall Master Male

Brad Altevogt

Overall Grand Master Male

John Treleaven

Overall Female

1. Judy White
2. Linda Keuneke
3. Diana Showe

Overall Master Female

Sue Fowler-Finn

Overall Grand Master Female

Barb Scrogam

Ironman Male

1. James McKinnon
2. Jim Pickett
3. John David McPherson
4. Rich Stephenson

Ironman Female

Barb Scrogam

FWTC 2004 Points Races

Upon approval of each Race Director

1. Fanny Freezer 5K (February)
2. Nutri-Run 20K and 5 Mile (March)
3. Mastodon Stomp 5K (April)
4. Shoe Sucker Seven Trail Run (April)
5. River City Race 10K (May)
6. Angola ½ Marathon and 5K (June)
7. Runners on Parade 5K (July)
8. Harlan Days 10K (July)
9. Kernel Klassic 5K (August)
10. Dupont 5K (September)
11. Parlor City ½ Marathon and 10K (September)
12. Zoom Thru Zulu 10K (October)
13. Callithumpian 5K Trail Run (October)
14. Turkey Trot 5K Trail Run (November)
15. Just Plain 10K (December)

Points Rules For 2004

1. FWTC members must pay dues by March 1st to be awarded points for the current year.
2. Participants may earn 100 volunteer points for each race they work, with a maximum of 200 points counting towards their total points. Volunteer points are not mandatory. Points may be earned for both volunteering and running a race. There is no race completion minimum.
3. Race directors will earn 100 points toward the series and there are no maximum points for race directors.
4. Age group placement:
 - a. Age group placement is determined by age as of January 1st.
 - b. Age groups: under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70&over
 - c. Each race points are awarded based on your age as of Jan. 1st. Example: if you turn 45 after Jan. 1st, your place at the race will reflect your current age status, but your points will be recalculated into the 40-44 age division with other FWTC members the same age.
 - d. If the race has more age groups than the above, participants receive the points as earned in that race. It is possible for more than one participant to earn the same number of points in the "points series" age group. Example: if a race has a 60-64 & 65-69 age group, a first place winner in each age group would receive 100 points.
 - e. Points are given based on how participant's finish compared to other FWTC members.

1 st Place: 100 points	7 th Place: 35 points
2 nd Place: 85 points	8 th Place: 25 points
3 rd Place: 75 points	9 th Place: 15 points
4 th Place: 65 points	10 th Place: 10 points
5 th Place: 55 points	Other finishers: 5 points
6 th Place: 45 points	
5. 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.

WARPATH 5K
 November 29
 December 6, 2003

FWTC Just Plain 10K Foster Park

Results By Don Lindley, FWTC

ES = elementary school,
 MS = middle school,
 HS = high school divisions

Name	Division	Place	Time
Brian Shepherd	M35-39	Overall	16.43
Mike Flora	M25-29	2	16.53
Chuck Schlemmer	M40-44	Masters	17.52
Curtis Fabian	MMS	4	18.08
Sam Bird	MMS	5	18.12
John Schmieders	M35-39	6	18.29
Christopher Slabach	M40-44	7	18.55
Bryant Blair	MMS	8	19.31
Steve Andre	MHS	9	19.37
Kim Lefever	M45-49	10	19.43
Adam Polhemus	M19-24	11	20.01
Neil Tate	M50-54	12	20.05
Elizabeth Herndon	F20-24	Overall	20.1
Kermit Hogeston	M35-39	14	20.13
Kristina Trcka	FHS	15	20.34
Sam Leffers	MHS	16	20.39
Shane Lenon	MHS	17	20.46
Bryan Keister	M40-44	18	20.57
Kevin Lochner	M45-49	19	21.49
Bruce Daugherty	M45-49	20	21.52
Skip Stinson	M35-39	21	22.29
Alison Slabach	F40-44	Masters	22.39
Ted Snavelly	M40-44	23	22.43
Tom Landis	M45-49	24	22.44
Scott Harper	M35-39	25	22.58
Courtney Raypole	FMS	26	23.01
Dennis Klopfenstein	M45-49	27	23.09
DeWain Cobbs	M60-64	28	23.32
Leah Sanders	FHS	29	23.55
Anna Honig	FMS	30	23.56
Nicole Kreis	FHS	31	24.08
Michael Variell	M45-49	32	24.16
Marcus Heminger	M19-24	33	24.16
Freeman Hershberger	M65-69	34	24.24
Joel Barrett	M35-39	35	24.27
Jennifer Savage	F30-34	36	24.29
Carol Harper	F35-39	37	24.37
Donald Kramer	M45-49	38	24.41
Kristin Andre	F20-24	39	24.57
Ciersten Deardorf	FMS	40	24.58
Stephen Woenker	M45-49	41	25.03
Linda Anderson	F40-44	42	25.11
James Martin	MES	43	25.29
Mike Snavelly	M35-39	44	25.35
Jonathan Harper	MES	45	25.38
Joel Schartzer	M55-59	46	25.57
Bob Fahl	M55-59	47	26.03
Beth Keim	F35-39	48	26.25
Mitch harper	M45-49	49	26.46
Marie York	F25-29	50	27.07
Brenda Daugherty	F45-49	51	27.26
Jason McKown	M19-24	52	27.37
Brody Wilson	MES	53	27.38
Trapper Mize	MES	54	27.59
Meg Honig	F20-24	55	28.01
Katie Honig	FHS	56	28.06
Rich Honig	M45-49	57	29.03
Aaron York	M30-34	58	29.29
Jenny Sanders	F45-49	59	29.3
Kailee Wilson	FMS	60	29.34

Name	Division	Place	Time
Phillip Kelley	M40-44	61	29.41
Kelsey Mize	FMS	62	29.42
Cendra Deardorf	FES	63	29.53
Joan Gary	F65-69	64	30.56
Stephanie Wilson	F30-34	65	31.09
Don Lindley	M55-59	66	31.19
Jennifer Stump	FHS	67	31.22
Shawn Kelley	MES	68	31.24
Rachel Honig	FES	69	31.37
Leticia Deardorf	FHS	70	34.46
Helen Ryan	F50-54	71	32.16
Kelly Mize	F40-44	72	32.44
Sarah Bird	FES	73	33.33
Jeremy Harper	MMS	74	35.15
Carolyn Utesch	F45-49	75	36.12
Vicki Myers	F50-54	76	40.26
Lead Deardorf	FES	77	42.13
Jessica Harper	FHS	78	
Sherry Variell	F45-49	79	

The Road to Boston



Entrants must have run a qualifying time after September 28, 2002 at a certified marathon in order to participate in the 2004 race. All participants must adhere to the guidelines set forth by the B.A.A., USA Track and Field or foreign equivalent, Wheelchair Athletics USA, and the International Stoke-Mandeville Wheelchair Sports Federation. Qualifying times must be met in competitions observing these same rules. Proof of qualification must accompany the application. Participants must be 18 years or older on race day.

QUALIFYING TIMES

AGE GROUP	MEN	WOMEN
18-34	3hrs 10min	3hrs 40min
35-39	3hrs 15min	3hrs 45min
40-44	3hrs 20min	3hrs 50min
45-49	3hrs 30min	4hrs 00min
50-54	3hrs 35min	4hrs 05min
55-59	3hrs 45min	4hrs 15min
60-64	4hrs 00min	4hrs 30min
65-69	4hrs 15min	4hrs 45min
70-74	4hrs 30min	5hrs 00min
75-79	4hrs 45min	5hrs 15min
80 and over	5hrs 00min	5hrs 30min

FWTC Just Plain 10K Foster Park

December 6, 2003

Results By Don Lindley, FWTC

Place Name	City	Group		Time
		Age Place	Group	
1 Casey Shafer	Fort Wayne IN	23 *****	M 20-24	34:53
2 Eric Ade	Fort Wayne IN	25	1 M 25-29	34:54
3 Ron Sharp	Fort Wayne IN	38	1 M 35-39	35:39
4 Jesus R Trevino	Fort Wayne IN	21	1 M 20-24	36:06
5 Jared Messmann	Fort Wayne IN	17	1 M 16-17	38:16
6 Tim O'Connell	Fort Wayne IN	47	1 M 45-49	38:42
7 Curtis Fabian	Columbia City IN	14	1 M 14-15	38:45
8 Brad A Thomas	Fort Wayne IN	29	2 M 25-29	38:51
9 Scott Andre	Fort Wayne IN	17	2 M 16-17	39:50
10 Tim Freeman	Fort Wayne IN	35	2 M 35-39	39:55
11 Phil Suelzer	Fort Wayne IN	51	1 M 50-54	39:58
12 Jon Exner	Fort Wayne IN	18	1 M 18-19	40:12
13 Brad Altevogt	Fort Wayne IN	49	2 M 45-49	40:30
14 John Treleaven	Fort Wayne IN	51	2 M 50-54	40:56
15 Carl A Risch	Decatur IN	46	3 M 45-49	41:31
16 Harrison Fausey	Columbia City IN	13	1 M 0-13	41:34
17 Linda Keuneke	Fort Wayne IN	40 *****	F 40-44	41:55
18 Steve Andre	Fort Wayne IN	17	3 M 16-17	42:36
19 Dennis Johns	Toledo OH	38	3 M 35-39	42:40
20 Gordon Pleus	Fort Wayne IN	57	1 M 55-59	42:47
21 Anthony Juliano	Fort Wayne IN	34	1 M 30-34	42:54
22 Paul E Knott	Fort Wayne IN	41	1 M 40-44	43:01
23 Mark Pace	Fort Wayne IN	40	2 M 40-44	43:52
24 Diana Schowe	Auburn IN	39	1 F 35-39	44:51
25 Bob Bruckner	Fort Wayne IN	58	2 M 55-59	44:57
26 Amy Roberts	Fort Wayne IN	16	1 F 0-19	45:29
27 James McKinnon	Waterloo IN	47	4 M 45-49	45:42
28 Judy White	Fort Wayne IN	45	1 F 45-49	46:00
29 Joe Ziegler	New Haven IN	67	1 M 65-69	46:25
30 Joe Ryan	Fort Wayne IN	15	2 M 14-15	46:43
31 Tammy Behrens	Fort Wayne IN	32	1 F 30-34	46:54
32 Jennifer Steigmeyer	Fort Wayne IN	33	2 F 30-34	47:24
33 Kimberly Summers	Fort Wayne IN	35	2 F 35-39	48:39
34 Tom Landis	Churubusco IN	47	5 M 45-49	48:43
35 Ray Casiano	New Haven IN	60	1 M 60-64	48:45
36 Bob Nichelson	Fort Wayne IN	44	3 M 40-44	48:49
37 Jack Seigel	Fort Wayne IN	58	3 M 55-59	49:00
38 Jim Bougher	Fort Wayne IN	41	4 M 40-44	49:15
39 Jim Pickett	Waterloo IN	54	3 M 50-54	49:26
40 Mark Brattoli	Fort Wayne IN	48	6 M 45-49	49:36
41 David E Boylan	Fort Wayne IN	61	2 M 60-64	50:16
42 Craig Bobay	Fort Wayne IN	47	7 M 45-49	50:47
43 John David McPherson	Fort Wayne IN	50	4 M 50-54	51:12
44 Amy Stephan	Fort Wayne IN	25	1 F 25-29	51:56
45 Terri Gross	Fort Wayne IN	48	2 F 45-49	53:21
46 Rich Stephenson	Monroeville IN	56	4 M 55-59	54:10
47 John Brier	Fort Wayne IN	59	5 M 55-59	54:43
48 Darryl Cargo	Fort Wayne IN	42	5 M 40-44	55:07
49 Barb Scrogam	Fort Wayne IN	57	1 F 55-59	55:28
50 Don Anderson	Fort Wayne IN	76	1 M 70-99	55:43
51 Lorraine Brattoli	Fort Wayne IN	42	1 F 40-44	57:06
52 Jay Newlin	Indianapolis IN	39	4 M 35-39	57:18
53 Sam Gillie	Fort Wayne IN	33	2 M 30-34	58:12
54 Karen Gillie	Fort Wayne IN	32	3 F 30-34	58:13
55 Michael Wolfe	Fort Wayne IN	34	3 M 30-34	58:33
56 Barrie Peterson	Fort Wayne IN	61	3 M 60-64	58:38
57 Dorac Seltenright	Fort Wayne IN	39	3 F 35-39	58:42
58 Lynn T Bobay	Fort Wayne IN	52	5 M 50-54	1:02:46
59 Nancy Bruns	Fort Wayne IN	39	4 F 35-39	1:04:43
60 Belle Nibbett	Fort Wayne IN	32	4 F 30-34	1:04:46
61 Sarah Kleinknight	Fort Wayne IN	60	1 F 60-99	1:07:52
62 Robert C Loomis	Monroeville IN	70	2 M 70-99	1:07:55

Place Name	City	Group		Time
		Age Place	Group	
63 Dawn Mann	Hoagland IN	31	5 F 30-34	1:11:36
64 Betty Greider	Fort Wayne IN	42	2 F 40-44	1:13:46
65 Carolyn Utesch	Leo IN	45	3 F 45-49	1:14:29
66 Donald Lindley	Fort Wayne IN	59	6 M 55-59	1:14:34
67 Thomas Ryan	Fort Wayne IN	55	7 M 55-59	1:19:44
68 Ingrid Laidro	Fort Wayne IN	36	5 F 35-39	1:23:25

Fort Wayne Orthopaedics Supports Fort Wayne Track Club!

Track club members are eligible for preferential appointment times at Fort Wayne Orthopedics (FWO). If an injury occurs, call Peter Paonessa at 436-6326, and let him know you are a member of the FWTC. He will get you an appointment scheduled with a sports medicine specialist. There is also a hotline available for injury-related questions. The number is 438-2225.

The HUFF

December 27, 2003

Results By AllSportCentral

HUFF 50K Individual				
Place	Name	City, State	Age	Sex Time
1	Grossman , Eric	Louisville, KY	35	M 3:47:54
2	Cobdell Jr. , James	Stockbridge, MI	40	M 3:50:04
3	Frost , Paul	Schertz, TX	32	M 3:53:52
4	Gomez , James	Spring Lake, MI	36	M 3:59:37
5	Loyne , Henry	Atlanta, IN	34	M 4:08:05
6	Lawhorn , David	Frankfort, KY	36	M 4:08:41
7	Kelly , Jeff	Charleston, IL	29	M 4:11:05
8	Stofko , Paul	Chesterton, IN	27	M 4:11:45
9	Bennett , Jonathon	Royal Oak, MI	34	M 4:13:40
10	Henry , Michael	Leo, IN	39	M 4:14:23
11	Molter , Kurt	North Royalton, OH	37	M 4:14:44
12	Grant , Thomas	Kent, OH	45	M 4:15:48
13	Heaslett , Ann	Madison, WI	40	F 4:15:56
14	McPherson , Alex	Granger, IN	43	M 4:17:38
15	Pritchard , Jeff	Winona Lake, IN	42	M 4:18:00
16	Grogg , Justin	Fort Wayne, IN	21	M 4:18:38
17	Pokorny , Bob	Medina, OH	42	M 4:21:30
18	Scott , Todd	Royal Oak, MI	40	M 4:24:12
19	Reams , Mark	Marysville, OH	38	M 4:24:44
20	Campbell , Daniel	Mt Gilead, OH	38	M 4:27:41
21	Borah , Jeff	Saint Joseph, MI	36	M 4:31:48
22	Leeuw , Chris	Ft Wayne, IN	21	M 4:32:08
23	White , Eric	Ft Wayne, IN	39	M 4:34:25
24	Gardner , Connie	Medina, OH	40	F 4:35:21
25	Lefever , Kim A	Columbia City, IN	47	M 4:36:35
26	Punches , Richard	Wyoming, MI	46	M 4:37:16
27	Ross , Ronald	Medina, OH	45	M 4:38:24
28	Scherz , Dennis	Lake Nebagamon, WI	42	M 4:39:34
29	Ramsey , Caitlyn	Kent, OH	35	F 4:41:07
30	Davidson , Matthew	Cincinnati, OH	28	M 4:41:10
31	Ziol , Jeffrey	Marysville, OH	42	M 4:43:22
32	Evans , Mark	Grafton, OH	48	M 4:43:48
33	Smith , Brian	Ft Wayne, IN	17	M 4:47:24
34	Arndt , Stephen J.	Michigan City, IN	52	M 4:47:25
35	Barr , Dan	Country Club Hills, IL	50	M 4:47:41
36	Keuncke , Linda	Ft Wayne, IN	40	F 4:48:40
37	Smith , James A	Knoxville, TN	35	M 4:48:59
38	Royce , Brian	Roscomman, MI	32	M 4:50:55
39	Catalano , Charlie	Lafayette, IN	32	M 4:51:44
40	Matthews , Ross	Buffalo Grove, IL	27	M 4:51:44
41	Haber , Bill	Greenville, OH	41	M 4:51:59
42	Distelhorst , Dan	Columbus, OH	45	M 4:52:13
43	Whitten , Tamara	Bargersville, IN	36	F 4:52:46
44	Gamble , Connie	Lafontaine, IN	34	F 4:52:52
45	Guevara , Agustinx	Madison, WI	42	M 4:52:57
46	Hogeston , Kermit	Churubusco, IN	35	M 4:53:33
47	Greig , Tony	West Lafayette, IN	50	M 4:53:56
48	Pearson , Jed	Columbia City, IN	52	M 4:53:58
49	Matney , Kent	New Paris, IN	42	M 4:54:09
50	Frichtl , Don	Paxton, IL	47	M 4:55:52
51	Erhardt , Ellen	Grand Rapids, MI	32	F 4:55:53
52	Horns , Scott	Findlay, OH	32	M 4:57:15
53	Pfefferkorn , Mike	Fort Wayne, IN	40	M 4:58:26
54	Steinhoff , Jerry	Ft Wayne, IN	49	M 4:58:30
55	Thornton , Tom	Lake Orion, MI	33	M 4:59:56
56	Konkey , Dave	Porter, IN	36	M 5:00:52
57	Haley , Tom	Medina, OH	41	M 5:02:31

HUFF 50K Individual				
Place	Name	City, State	Age	Sex Time
58	Jackson , David	West Lafayette, IN	39	M 5:02:56
59	Roche-Wallace , Kathy	Marshall, MI	42	F 5:05:33
60	Riffle , Shane	Waynesville, OH	33	M 5:05:52
61	Jones , Michael	Valparaiso, IN	55	M 5:07:57
62	Thom , Bill	Chicago, IL	43	M 5:08:09
63	O'Shaughnessy , Mark	Ft Wayne, IN	43	M 5:08:10
64	Masters , Chuck	Kokomo, IN	50	M 5:08:19
65	Bischoffer , Lew	Antioch, IL	44	M 5:08:54
66	Mitchell , Zach	Danville, IN	25	M 5:09:13
67	Wielgat , Douglas	Racine, WI	47	M 5:10:36
68	Davidson , Jim	Centerville, IN	40	M 5:10:41
69	Long , Matt	Poplar, WI	47	M 5:10:42
70	Hughes , Melissa	Marshall, MI	22	F 5:13:59
71	Hammetter , John	Elk Grove Village, IL	43	M 5:15:29
72	Lind , Steve	Urbandale, IA	49	M 5:15:45
73	Sites , John	Peru, IN	52	M 5:16:04
74	Skoog , Charlie	Kokomo, IN	52	M 5:16:35
75	McKinnon , James	Waterloo, IN	47	M 5:17:17
76	Hemmelgam , Gary	Dayton, OH	53	M 5:18:28
77	Nash , Brian	Cincinnati, OH	44	M 5:18:31
78	Kuhn , Brian	Lafayette, IN	30	M 5:18:50
79	Henson , Tom	Zeeland, MI	54	M 5:20:43
80	Glassberg , Budd	Zionsville, IN	53	M 5:22:05
81	McGrail , Andy	Granger, IN	43	M 5:22:27
82	Hollmaier , Scott	Gurnee, IL	99	M 5:22:47
83	Ulm , Rob	Charleston, IL	27	M 5:22:59
84	Meyers , Von	Kokomo, IN	50	M 5:24:17
85	Nelson , Spencer	Champaign, IL	34	M 5:24:28
86	Shafer , Pete	Kettering, OH	47	M 5:26:52
87	Moody , Rick	Ansonia, OH	45	M 5:27:06
88	Laudeman , Marc	Bremen, IN	41	M 5:31:08
89	Powell , Janet	Alvin, IL	32	F 5:31:13
90	Torres , Cindy Lee	Steger, IL	43	F 5:32:17
91	Stuart , Ed	Holland, OH	57	M 5:34:04
92	Burkoth , Michael	Kenosha, WI	48	M 5:34:05
93	James , Herbert	Lake Nebagamon, WI	47	M 5:34:35
94	Collins , Timothy	Urbana, IL	30	M 5:34:56
95	Williams , Heather	Grayling, MI	28	F 5:35:17
96	Kuch , Robert	Valparaiso, IN	54	M 5:35:35
97	Rodriguez , Fernando	Racine, WI	43	M 5:36:33
98	Migotsky , Chris	Mahomet, IL	37	M 5:37:15
99	Fussle , Gerhard	Winona Lake, IN	49	M 5:38:02
100	Long , Dawn	Poplar, WI	47	F 5:38:36
101	Whicker , Rick	Clayton, IN	55	M 5:38:37
102	Jackson , Charles Lee	Valparaiso, IN	44	M 5:41:37
103	Purdy , Bruce	Manchester, MI	47	M 5:41:51
104	Abonovr , Rafat	Zionsville, IN	44	M 5:41:54
105	Svoboda , Bruce	Glen Ellyn, IL	45	M 5:41:59
106	Barton , Richard	Greenville, OH	50	M 5:43:17
107	Ferrari , Scott	West View, PA	45	M 5:43:19
108	Rodbro , Ed	Wadsworth, IL	45	M 5:43:29
109	Vollmar , Steve	West Unity, OH	32	M 5:43:50
110	Yanacheck , Tim	Oregon, WI	56	M 5:45:38
111	Ransome , Don	Warsaw, IN	53	M 5:46:05
112	Croy , Chris	Columbia City, IN	47	M 5:46:29

The HUFF

December 27, 2003

Results By AllSportCentral

HUFF 50K Individual

Place	Name	City, State	Age	Sex	Time
113	Rose , Gregg	Mahomet, IL	45	M	5:47:59
114	Thomas , Brian	Lansing, MI	27	M	5:49:34
115	Sybrowsky , Travis	Grand Ledge, MI	36	M	5:50:23
116	Mahar , Dave	Dowagiac, MI	53	M	5:50:56
117	Carnes , Wade	Indianapolis, IN	54	M	5:52:39
118	Eder , Al	Dayton, OH	51	M	5:55:03
119	Sorkin , Harlee	Champaign, IL	29	M	5:56:13
120	Smith , Jimmy	Indianapolis, IN	32	M	5:56:14
121	Kozlowski , Mike	Grand Rapids, MI	28	M	5:58:07
122	Frichtl , Duane	Urbana, IL	46	M	5:59:44
123	Ghent , David buffa	Champaign, IL	41	M	5:59:44
124	Willham , Bill	Indianapolis, IN	57	M	6:00:09
125	Hodde , Jay	West Lafayette, IN	33	M	6:00:13
126	Knight , Vincent	Marion, IN	49	M	6:02:15
127	Haston , Doug	Mooreville, IN	41	M	6:03:42
128	Rush , Matthew	Brooklyn, NY	31	M	6:05:48
129	Seger , Nicki	Chicago, IL	41	F	6:07:55
130	Plezia , Richard	Morton Grove, IL	45	M	6:10:52
131	Stewart , John	Columbus, IN	40	M	6:11:46
132	Thomas , Jack	Wheeling, IL	51	M	6:13:54
133	Barta , Brent	Zionsville, IN	44	M	6:14:02
134	Jacobs , Larry	Buffalo Grove, IL	50	M	6:14:14
135	Day , Jeff	Mishawaka, IN	27	M	6:14:41
136	Sampson , Shane	Arcanum, OH	40	M	6:15:16
137	Donson , Lori	Arcanum, OH	39	F	6:15:16
138	Canevello , Susan	Lake Villa, IL	36	F	6:17:31
139	Chambers , Curt	Hillsboro, IN	43	M	6:17:36
140	Bechtold , David	Covington, IN	48	M	6:17:37
141	Allen , Michael	Kettering, OH	54	M	6:17:38
142	Hedgecock , Herb	Moorehead, KY	56	M	6:18:48
143	Hutson , Julie	Birdseye, IN	44	F	6:18:48
144	Cunningham , Jerry	Lebanon, IN	47	M	6:19:55
145	Watern , Kathy	Dayton, OH	44	F	6:20:23
146	Overmyer , Eddie	Sweetser, IN	34	M	6:20:46
147	Suckow , Mark	Granger, IN	44	M	6:20:50
148	Barnes , Rita	Columbus, OH	47	F	6:22:51
149	Hughes , David	Kokomo, IN	58	M	6:23:57
150	Winters , David L	Huntington, IN	54	M	6:23:57
151	Blocher , Matt	Marion, IN	41	M	6:24:45
152	Turney , Jason	Marion, IN	30	M	6:26:27
153	Halbleib , David	Marietta, PA	63	M	6:32:16
154	Jenson , Frank	Logansport, IN	44	M	6:32:17
155	Morris , David	Logansport, IN	48	M	6:32:17
156	Meyer , Ken	New Albany, IN	55	M	6:33:28
157	Hollihan , William	Beaver Dam, WI	73	M	6:34:21
158	Stuart , Philip	Bowling Green, OH	30	M	6:34:22
159	Hartman , Boonsom	Oak Forest, IL	46	F	6:34:41
160	Disori , Francis	Elkhart, IN	39	M	6:34:55
161	Edmonds , Jack	Mtn Home, AR	56	M	6:35:52
162	Evans , Rod	West Lafayette, IN	52	M	6:36:41
163	Apple , Rob	Murfreesboro, TN	42	M	6:37:38
164	Fenton , Wesley	New Madison, OH	42	M	6:37:38
165	Schultz , Marit	Birch Run, MI	43	F	6:37:47
166	Vidmar , Joe	Arlington Heights, IL	39	M	6:40:10
167	Ruffalo , Dominic	Racine, WI	52	M	6:41:06
168	Riggenbach , Dan	Seville, OH	45	M	6:41:08
169	Barrett , Joel	Churubusco, IN	35	M	6:41:10
170	Espich , Jim	Enon, OH	56	M	6:44:20

HUFF 50K Individual

Place	Name	City, State	Age	Sex	Time
171	Snavley , Mike	South Whitley, IN	36	M	6:44:47
172	Backfish , Michael	Las Vegas, NV	25	M	6:48:59
173	Dillion , Mark	Asheboro, NC	33	M	6:48:59
174	Kern , Don	Martin, MI	47	M	6:51:04
175	Burda , Kristin	Naperville, IL	26	F	6:53:06
176	Taylor , Ben	Crown Point, IN	25	M	6:53:07
177	Pickett , Jim	Waterloo, IN	54	M	6:56:53
178	Turley , Troy	Warsaw, IN	34	M	6:58:21
179	Hogan , Dick	Urbandale, IA	57	M	6:59:09
180	Stiffler , Bud	Anderson, IN	65	M	7:03:58
181	Burrows , Roxane	Walton, IN	43	F	7:07:21
182	Chale , Maria	Brooklyn, NY	41	F	7:08:21
183	Sorlie , Mary	St Paul, MN	41	F	7:09:06
184	Evans , Denise	Midlothian, IL	42	F	7:10:48
185	LiMacHer , Rich	Matteson, IL	53	M	7:10:49
186	Stevens , Shirley	Magnolia, KY	51	M	7:12:33
187	Harris , Kathleen	Chicago, IL	48	F	7:13:03
188	Onines , Beth	Lake Zurich, IL	50	F	7:13:19
189	Karner , Lynn	Wadsworth, IL	47	M	7:13:31
190	Hedrick , Monica	Twinsburg, OH	37	F	7:16:45
191	Hedrick , Gary	Twinsburg, OH	41	M	7:16:46
192	Popowski , Tom	Poplar Grove, IL	47	M	7:18:12
193	Tobin , Rhonda	MacOmb Twp, MI	32	F	7:18:48
194	Soules III , Arthur A	Sterling Heights, MI	36	M	7:18:51
195	Bosley , Roger	Battle Ground, IN	63	M	7:22:32
196	Dowd , Lesa	Chicago, IL	38	F	7:22:45
197	Dowd , David	Chicago, IL	37	M	7:22:46
198	Bird , Gary	Columbia City, IN	45	M	7:23:49
199	Berg , Wes	Dayton, OH	23	M	7:28:42
200	Matschullat , Beth	Dayton, OH	22	F	7:28:42
201	Evans , Rosemary	Flemingsburg, KY	50	F	7:31:16
202	Piplani , Paul	Phoenix, AZ	56	M	7:32:49
203	Fenton , Frank	Clayton, IN	46	M	7:34:58
204	Byrd , Hiram	Mtn Home, AR	56	M	7:35:12
205	Kolkman , Russ	Ft Wayne, IN	37	M	7:36:47
206	Long , Sally	East Lansing, MI	45	F	7:45:33
207	Cleary , Joe	Georgetown, ON	63	M	7:49:27
208	Lopaz , Manny	Racine, WI	65	M	7:50:40
209	Burgess , Steve	Brandon, MI	49	M	7:51:03
210	Tiller , Tom	Germantown, OH	62	M	7:53:18
211	Avolio , Michael	Geneva, IL	35	M	7:53:38
212	Kulkarni , Varsha	Waukegan, IL	40	F	7:53:46
213	Heitkamp , David	New Haven, IN	53	M	7:55:36
214	Hastings , Charlie	Logansport, IN	54	M	7:55:58
215	Wright , Jeffrey	Valparaiso, IN	36	M	8:03:04
216	Holcomb , Sidney	Toledo, OH	42	M	8:05:13
217	Tiller , Kathleen	Germantown, OH	57	F	8:06:44
218	Smith , Lori	Sylvania, OH	41	F	8:08:49
219	Spencer , Mark	Monclova, OH	49	M	8:08:49
220	Vaughan , Les	Palatine, IL	63	M	8:30:23
221	Craiger , Cara	Valparaiso, IN	26	F	8:35:38
222	Nettles , Wes	Valparaiso, IN	33	M	8:35:39
223	Holmes , Bob	Oxford, OH	60	M	8:41:04
224	Weiss , Jon	Chicago, IL	47	M	8:44:37
225	Whitmore , John	Chicago, IL	51	M	8:44:38
226	Lopez De Vaugh , Rose	Palatine, IL	46	F	9:07:21
227	Lutseck , Joni	Vienna, OH	14	F	9:38:02
228	Lutseck , John	Vienna, OH	47	M	9:38:02

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Results By AllSportCentral

HUFF 50K Individual

Place	Name	City, State	Age	Sex	Time
229	Lutseck , Cheryl	Vienna, OH	46	F	9:38:06

HUFF Men's Open Relay Results

Place	Team	City, State	Time
1	ETG	Ft. Wayne, IN	3:21:28
2	Shockers	Jackson, MI	3:55:10
3	Columbus Runni	N/A, N/A	4:06:17
4	Methuselah & S	Ft Wayne, IN	4:09:08
5	The Hispanic P	Ft Wayne, IN	4:12:53
6	Two Dans And A	N/A, N/A	4:16:40
7	Abc Huffers	N/A, N/A	4:25:00
8	Shadrach Mesha	Richmond, IN	4:34:47
9	Rennvergnuegen	Manhattan, IL	4:36:47
10	3 Toledo RoadR	Perrysburgh, OH	4:38:50
11	Its All About	Monroeville, IN	4:49:09
12	Troup	Warsaw, IN	4:57:39
13	Team Richmond	Richmond, IN	5:27:14
14	Young Guy & Th	Ft Wayne, IN	5:27:47
15	NMc Runners	Nappanee, IN	5:38:31
16	Team Koppert	Perrysville, OH	5:44:32

HUFF Women's Open Relay Results

Place	Team	City, State	Time
1	Willis Vanmeter & Cannon	East Lansing, MI	4:17:45
2	Freshman 15 Victims	Ft Wayne, IN	4:34:34
3	Scoops & A New Flavor	N/A, N/A	4:39:05
4	Strider Huffettes	Valparaiso, IN	4:40:27
5	Power Huff Girls	Okemos, MI	5:28:56
6	Sole Sisters	Westlake, OH	6:39:24
7	Second Solcians	N/A, N/A	6:51:25

HUFF Coed Open Relay Results

Place	Team	City, State	Time
1	Obliverate X 3	Tell City, IN	3:36:52
2	Not So Fast Hu	N/A, N/A	3:51:51
3	The Oompas	Ft Wayne, IN	4:23:23
4	Fleet Feet	Greenwood, IN	4:24:23
5	The Renegades	N/A, N/A	4:26:28
6	Frigid Solers	Lakewood, OH	4:36:04
7	Team Molsses-4	N/A, N/A	4:39:03
8	Franklin's Fin	Franklin, IN	4:41:07
9	California Dre	N/A, N/A	4:43:21
10	Valpotrail-Tes	N/A, N/A	4:51:58
11	Are We There Y	Huntington, IN	4:57:52
12	Vivit	N/A, AL	4:59:07
13	Echo Runners	Cincinnati, OH	5:24:30
14	Team Swift	Greenwood, IN	5:30:15
15	A Rose Between	Ft Wayne, IN	6:29:59

HUFF One Loop Fun Run

Place	Name	City, State	Age	Time
1	Leitch , Khelli	Muncie, IN	23	1:05:10
2	Ingalls , Matt	Columbia City, IN	17	1:07:24
3	Hoort , Jordon	Portland, MI	22	1:08:38

HUFF One Loop Fun Run

Place	Name	City, State	Age	Time
4	Johnson , Nick	Huntington, IN	16	1:09:06
5	Daugherty , Josh	Winamac, IN	20	1:09:28
6	Daniels , Curt	Huntington, IN	17	1:11:05
7	Walch , David	Portage, IN	46	1:11:41
8	Dye , Duane	New Castle, IN	44	1:12:26
9	Butler , Dan	Indianapolis, IN	23	1:12:43
10	Wilson , Roger	Ft Wayne, IN	50	1:13:11
11	Davenport , Austen	Andrews, IN	17	1:13:52
12	Vennard , Tom	Eaton, OH	31	1:14:35
13	Egan , Kara	South Bend, IN	19	1:14:49
14	Evans , Jim	Greenfield, IN	54	1:15:24
15	Swank , David	Vincennes, IN	20	1:15:30
16	Smith , Anthony	South Bend, IN	30	1:15:34
17	Holzhausen , Brian	Greenfield, IN	31	1:16:37
18	Richhart , Nolan	Chesterfield, IN	23	1:18:00
19	Sparks , Rod	Batavia, OH	37	1:18:55
20	Kosberg , Karen	Ft Wayne, IN	42	1:18:57
21	Pais , Joe	Ft Wayne, IN	38	1:19:10
22	Clark , Justin	Huntington, IN	17	1:19:13
23	Stormer , Art	West Mansfield, OH	48	1:20:20
24	Kinsey , Blaine	Huntington, IN	14	1:20:50
25	Kimes , Christopher	Indianapolis, IN	32	1:21:13
26	Hoover , Steve	Lima, OH	38	1:21:40
27	Roebuck , Randel	Flower Mound, TX	43	1:21:48
28	Borror , Libby	Ft Wayne, IN	23	1:23:51
29	Downie , Ben	Ft Wayne, IN	23	1:23:57
30	Setser , Zach	Vincennes, IN	15	1:24:22
31	Moord , Bill	New Haven, IN	49	1:25:35
32	Smith , Bradley	Ft Wayne, IN	23	1:25:37
33	Wade , Karly	Bedford, IN	21	1:26:34
34	Dunmire , Chris	Ft Wayne, IN	30	1:26:49
35	Smith , Andrew	Providence, RI	19	1:27:46
36	Rakow , Terry	Huntington, IN	50	1:27:46
37	Ness , Gregg	Huntington, IN	40	1:27:49
38	Yoder , Neal	Wakarusa, IN	45	1:28:25
39	Illagomez , Thomas	Whitehouse, OH	49	1:28:51
40	Bougher , Jim	Ft Wayne, IN	41	1:29:54
41	Hoort , David	Portland, MI	51	1:29:56
42	Smith , Scott	Decatur, IN	32	1:30:08
43	Cummiskey , Dan	Ft Wayne, IN	42	1:30:19
44	Fidler , Kelly	Royal Oak, MI	28	1:31:45
45	Daugherty , Mike	Winamac, IN	52	1:31:49
46	McNulty , Kevin	South Bend, IN	36	1:31:52
47	Bobay , Craig	Ft Wayne, IN	47	1:32:11
48	Snavely , Ted	Silver Lake, IN	44	1:32:21
49	Link , John N	New Haven, IN	47	1:33:03
50	Wilson , Adam	Milford, IN	32	1:33:04
51	Griffin , Tim	South Bend, IN	46	1:33:32
52	Sheets , Dan	Ft Wayne, IN	31	1:34:02
53	Dembickie , Anthony	Fort Wayne, IN	30	1:34:08
54	Waterm , Jeff	Centerville, OH	42	1:34:35
55	Lister , Jim	Stockbridge, MI	51	1:34:56
56	Smith , Jerry	Holt, MI	50	1:35:09
57	Wheeler , Thomas	Ft Wayne, IN	41	1:35:11
58	Klopfenstein , Dennis	New Haven, IN	46	1:36:10
59	Huesing , John	Carmel, IN	37	1:36:22
60	Variell , Michael	Convoy, OH	47	1:36:24
61	Steinkeler , Rachel	Chicago, IL	30	1:36:43
62	Stone , Stephen	Fort Recovery, OH	35	1:37:02

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Results By AllSportCentral

HUFF One Loop Fun Run

Place	Name	City, State	Age	Time
63	Atteberry , Donald	Speedway, IN	47	1:37:05
64	Hershberger , Freeman	Goshen, IN	66	1:37:06
65	McCormick , Ryan	Ft Wayne, IN	18	1:37:11
66	Michel , Bob	Ft Wayne, IN	56	1:37:12
67	Shearer , Jennifer	Ft Wayne, IN	16	1:37:14
68	Flynn , Mike	Ft Wayne, IN	42	1:37:31
69	Gecowets , Norm	Defiance, OH	56	1:38:03
70	Davis , Chris	Ft Wayne, IN	36	1:38:07
71	Crain , Becky	Logansport, IN	35	1:38:50
72	McNulty , JoannaJulie	South Bend, IN	35	1:39:36
73	Pintar , Thomas	Ft Wayne, IN	37	1:40:03
74	Kosmatka , John	Chesterton, IN	54	1:40:32
75	Sheets , Richard	Custar, OH	42	1:40:45
76	Zumbrun , Chuck	Ft Wayne, IN	46	1:40:56
77	Stevens , Josh	Magnolia, KY	26	1:41:24
78	Minnerick , Lori	Spring Lake, MI	35	1:41:38
79	Thoma , Mark	Ft Wayne, IN	45	1:41:43
80	Price , Jay	Huntertown, IN	18	1:41:47
81	Thilman , Chris	Granger, IN	57	1:42:27
82	Foskey , Peter	Ft Wayne, IN	17	1:42:28
83	Fearnow , Randall	Indianapolis, IN	48	1:44:19
84	Price , Barb	Huntertown, IN	44	1:44:19
85	Sanford , John	Omaha, NE	42	1:44:24
86	Barger , Gregory	Valparaiso, IN	36	1:45:16
87	Huston , Hidi	Gas City, IN	25	1:46:21
88	Lister , James	Gilford, NH	23	1:46:23
89	Benzinger , Tessa	Gilford, NH	22	1:46:23
90	Hurley , Dan	Union City, OH	45	1:46:27
91	Banks , Jamie	Muncie, IN	39	1:47:01
92	Bertke , Stephanie	Lima, OH	28	1:47:05
93	Buhr , Robert	Ft Wayne, IN	56	1:47:23
94	Reed , Rex	Warsaw, IN	62	1:47:42
95	Doppler , Morgan	Union City, IN	36	1:49:10
96	Coldiron , Angela	Ossian, IN	21	1:49:20
97	Baldwin , Andrey	Huntington, IN	22	1:49:20
98	Ploetz , Mike	Middletown, OH	55	1:49:23
99	Price , Jill	Huntertown, IN	16	1:49:24
100	Ausderan , Harry	Bowling Green, OH	54	1:49:42
101	Baldwin , Chris	Huntington, IN	48	1:50:08
102	Shire , John	Ft Wayne, IN	49	1:50:10
103	Downie , J Paul	Ft Wayne, IN	49	1:50:46
104	Cromwell , Rich	Ney, OH	60	1:51:50
105	Seecof , Ian	Fairland, IN	57	1:52:17
106	Stephan , Amy	Ft Wayne, IN	25	1:52:22
107	Grotrian , Dan	Ft Wayne, IN	39	1:52:23
108	Haber , Shelly	Greenville, OH	40	1:52:34
109	Mauch , Erin	Ft Wayne, IN	27	1:52:35
110	Cooper , Jerry	Ft Wayne, IN	45	1:52:38
111	Nelson , Robert	New Haven, IN	46	1:52:39
112	Clay , Janis	Toledo, OH	46	1:53:56
113	Whitaker , Larry	Perrysburgh, OH	53	1:53:56
114	Beckner , Ed	Huntington, IN	58	1:54:21
115	Paxson , Keith	Poneto, IN	53	1:54:25
116	Maggart , Gretchen	Avilla, IN	36	1:55:55
117	Hamilton , Eileen	Avilla, IN	41	1:55:56
118	Parker , Nikki	Urbana, IL	21	1:55:57
119	Link , Chrisy	New Haven, IN	32	1:56:34
120	Mack , Bill	Defiance, OH	62	1:58:54
121	White , Danny	Kokomo, IN	51	1:59:06

HUFF One Loop Fun Run

Place	Name	City, State	Age	Time
122	Hauser , Karen	Elk Grove Village, IL	37	2:02:31
123	Scrogam , Barb	Ft Wayne, IN	57	2:04:43
124	Secreast , Stephen	Portage, IN	46	2:04:49
125	Mize , Anna	Roanoke, IN	57	2:06:22
126	Unsell , Sara	Ft Wayne, IN	36	2:06:54
127	Unsell , C Wayne	Ft Wayne, IN	55	2:06:56
128	Pattison , Brian	N. Manchester, IN	37	2:07:31
129	Karner , Sarah	Wadsworth, IL	15	2:08:02
130	Bobay , Lynn T	Ft Wayne, IN	52	2:08:30
131	Ware , Aaron	Fort Wayne, IN	15	2:09:34
132	Mize , Kelly	South Whitley, IN	41	2:10:02
133	Nayarkas , Joseph	Ft Wayne, IN	49	2:11:01
134	Raake , Jenni	Amelia, OH	40	2:11:03
135	Huesing , Bernie	Ft Wayne, IN	71	2:11:29
136	Williams , Wendy	Kalamazoo, MI	37	2:16:27
137	Schultz , Laura	East Lansing, MI	56	2:16:27
138	Loichinger , Sharon	Richland, MI	53	2:16:27
139	Piercy , Rex	Logansport, IN	52	2:18:34
140	Karner , Ruth	Wadsworth, IL	49	2:19:33
141	Smith , Gregory	Anderson, IN	53	2:22:06
142	Budd , Dana	New Haven, IN	49	2:23:50
143	Deen , Dorothy	Northbrook, IL	31	2:27:14
144	Reinemeyer , Ed	Van Wert, OH	52	2:27:19
145	Shackley , Julie	Fort Wayne, IN	53	2:29:24
146	Henson , Judith	Zeeland, MI	55	2:32:45
147	Tague , Amy	Lisle, IL	27	2:39:14
148	Dolan Jr. , Patrick	Iowa City, IA	50	2:54:29
149	Wilham , Judi	Indianapolis, IN	56	2:55:01
150	Carnes , Carole	Indianapolis, IN	51	2:55:02
151	Barta , Tracy	Zionsville, IN	44	2:55:25
152	Allen , Cuba	Kettering, OH	55	3:02:56
153	Merz , Maureen	Miramar, FL	43	3:30:13
154	Schulz , Christine	Chicago, IL	34	3:37:56
155	Brahams , Carla	New Haven, IN	41	3:45:04
156	Fuelling , Willma	Ft Wayne, IN	58	3:45:07
157	Goin , Hunter	Columbus, IN	73	3:53:51

HUFF Men's Relay – 19 and under

Place	Team	City, State	Time
1	Team C Unit	Franklin, IN	3:12:22
2	The Monkey's	Oak Forest, IL	3:29:51
3	Killer Cavemen	Mishawaka, IN	3:30:54
4	Cross Country Criminals	Auburn, IN	3:55:50
5	Team Bird	Columbia City, IN	3:59:50
6	Mud Slingers	Kokomo, IN	4:07:41
7	The Brethren	Elyria, OH	4:12:35
8	The Day Toppers	Franklin, IN	4:23:15
9	Team Off The Edge	New Haven, IN	4:33:54

HUFF Coed Relay – 19 and under

Place	Team	City, State	Time
1	The Mole Hunters	Fort Wayne, IN	4:22:21
2	The Surge-Ins	Ft Wayne, IN	4:35:42
3	The Soup Nazis	Ft Wayne, IN	4:43:22
4	Team No Name	Ashland, OH	5:33:05

Race Calendar

02/01/04 to 04/30/04

Also Available At www.ftwc.org

Local/Points Codes: L - Local race in the greater Ft. Wayne area, R - Regional Midwest Race Outside the Greater Fort Wayne Area, P - FWTC Points race.

Date/Time	Local/Points	Race Information
Feb 01, 2004 1pm Sun	R	32nd Groundhog 7 - 7 Miles Clay Jr HS, Carmel, IN Contact: Indy Runners, (317) 290-RUNR Email: Groundhog@IndyRunners.org Web site: http://www.indyrunners.org
Feb 14, 2004 2pm Sat	LP	Fanny Freezer 5K (FWTC Points Race) - 5K Shoaff Park, Fort Wayne, IN Contact: Don Lindley, Race Day Registration Only, 260-436-2234 Info/Fees: Race Day only, \$3 for FWTC members, \$4 for Non-members Email: lindleyd@infionline.net Web site: http://www.ftwc.org/fannyfreezer04reg.html
Feb 14, 2004 9am Sat	R	Cupid's Fling 5K - 5K Run/Walk Clay Jr HS, Carmel, IN Contact: Runners Forum, 317-844-1558 Info/Fees: Pre \$18, Race Day \$20 Email: fling@runnersform.com Web site: http://runnersgallery.com
Feb 14, 2004 9am Sat	R	Slippery Elm Trail Run - 13.1 Miles North Baltimore to Bowling Green, Ohio, Bowling Green, OH Contact: Al Chester, 419-425-2917 Web site: http://http://www.toledoroadrunners.org
Feb 15, 2004 5pm Sun	L	Fort Wayne Track Annual Banquet IPFW Walb Student Union Ballroom, Fort Wayne, IN Contact: Judy Tillapaugh, 260-456-3277 Info/Fees: Guest Speaker: Amy and Andy Begley, \$7 per adult, \$3.50 under 18, \$20 max per household family Email: tillapaugh@ipfw.edu Web site: http://www.ftwc.org/banquet2004.html
Feb 21, 2004 10am Sat	R	AMERICAN CANCER SOCIETY - 5K Run/Walk Morsches Park, Columbia City, IN Contact: Gary Bird, 670 Keiser Road, Columbia City, IN 46725, 260-244-4408 Info/Fees: \$10 by 2/14, \$15-race day, \$5 Fun Run >12 yrs old, Hot Soup & Cookies Email: garylbird@earthlink.net Web site: http://Runindiana.com
Feb 21, 2004 10am Sat	R	Think Spring - 5K & 1M Ligonier Elementary, Ligonier, IN Contact: Brian Shepherd, 1426 Lincolnway, Ligonier IN 46767, 260-894-4638
Feb 21, 2004 9am Sat	R	Polar Bear Run/Walk - 5M Run/Competitive Walk/5M Family Walk Indiana War Memorial, Indpls, IN Contact: Ken Long, 317-884-4001 Info/Fees: Pre -\$11 to \$27, Family \$50, Race Day-No Shirt \$15 Email: klong@kenlongassoc.com Web site: http://www.kenlongassoc.com/bear03.htm

Feb 28, 2004 10am Sat	R	George Roger Clark 10 miler - 10 Mile Run & 2 Mile Run Vincennes, IN Contact: 812-886-1555
Feb 28, 2004 9am Sat	R	Indiana Distance Classic - 15K, 4M Walk & Kids Events IUPUI Natatorium, Indpls, IN Contact: Ken Long, 994 N Combs Rd, Greenwood, IN 46153, 317-884-4001 Info/Fees: Various:\$11-\$50 Email: klong@kenlongassoc.com Web site: http://www.kenlongassoc.com
Feb 29, 2004 10am Sun	R	TRRC 25K Championship Race - 25K & 5K Pred Oak Openings Metropark (Mallard Lake), Whitehouse, OH Contact: Dennis Scott, 419-478-6405 Web site: http://www.toledoroadrunners.org
Mar 07, 2004 9:15am Sun	R	4th Annual Arnold 5K/Arnold 5K Pump & Run Greater Columbus Convention Center, Columbus, OH Contact: Matt McGowan, c/o RUNOHIO, PO Box 238, Granville, OH 43023, 740-587-0376 Info/Fees: Six Lifting Division, press your wgt 10 times deduct 5 min off your running time Web site: http://www.runohio.com
Mar 13, 2004 10am Sat	R	Wearin' of the Green - 5K/10K Prediction Pearson Metropark, Oregon, OH Contact: Edward O'Reilly, 7240 Salisbury Rd, Maumee, OH 43537, 419-867-1490 Email: WearinTheGreen17@aol.com
Mar 13, 2004 2pm Sat	R	26th Beer Bottle Open - 4M Columbus Grove HS, Columbus, OH Contact: Jerry Bunn, 206 Hall Ave Columbus OH 45830, 419 659-5702 Info/Fees: \$15 w/shirt, \$10 w/o shirt, Proceeds Columbus Grove X-C Team Email: jbunn@woh.rr.com
Mar 13, 2004 8:30am Sat	R	Race of a Champion - 10K & 8K Run Lincoln Trail State Park, Marshall, IL Contact: 217-826-3916
Mar 13, 2004 9am Sat	R	Huntington Baptist 5K 2435 Waterworks Road, Huntington, IN Contact: Steve Eyers, 7984 S 350 W, So. Whitley, IN 46787, 219-723-6494 Info/Fees: No Entry Fee, Free T-shirts to the first 50 entries Email: seyers@fwi.com Web site: http://huntingtonbaptist.org
Mar 13, 2004 9am Sat	R	Underground RR Run/Walk - 5K Run & 3K Walk Westfield HS, Westfield, IN Contact: Runners Form, 317-844-1558
Mar 14, 2004 1pm Sun	R	Churchhill's 37th Half Marathon - 13.1M Monclova Primary Community Center, Monclova, OH Contact: Tony Bayford, 3126 W Sylvania Ave, Toledo, OH 43613, 419-472-0077 Info/Fees: \$15, after 2/28 \$18 Email: tbayford@accesstoledo.com Web site: http://www.toledoroadrunners.org
Mar 20, 2004 10:30am Sat	R	18th Annual Mountain Goat Hill Runs/Walk - 15K & 10K Kickapoo State Park, Danville, IL Contact: Marc Reddy - Goat!, PO Box 1701, Danville, IL 61834, (217) 431-4243 Info/Fees: Grand Slam Event - Party @ Little Nugget Steakhouse Email: kennekuk@net66.com Web site: http://www.kennekuk.com
Mar 20, 2004 2pm Sat	LP	FWTC 24th Annual Nutri-Run - 20K (Pts) & 5M Run (Pts) & 5M Walk The Chapel, 2505 West Hamiton Rd, Fort Wayne, IN Contact: Jeff & Bev Metzger, 9211 Red Berry Ct, Fort Wayne, IN 46804, 260-436-5632 Info/Fees: \$10-FWTC Members by 3/13, \$12-Non-Members by 3/13, \$15-thereafter Email: ihmetzger@aol.com Web site: http://www.fwtc.org

Mar 20, 2004 7am Sat	R	5th Annual Oak Mountain 50KM - 50k Birmingham, AL Contact: Scott Parker, 2317 Misty Ridge Cir, Hoover, AL 35224, 205-823-4902 Info/Fees: Single Track trails over moderate hills, no repeating loops - 9 hours time limit Email: jnparker@charter.net Web site: http://http://webpages.charter.net/jnparker/om50.html
Mar 20, 2004 7am Sat	R	Kentucky Ultra Trail Sojourn 31 & 50 Mile - 50K & 50 Miles Farmers, KY, Morehead, KY Contact: Herb Hedgecock, UPO 836 MSU, Moorehead, KY 40351, 606-674-6286 Info/Fees: Entry Fee: \$40 - New rocky, muddy, roots, rolling to hilly trails, three/nine miles of gravel roads. Email: h.hedgec@morehead-st.edu Web site: http://people.morehead-st.edu/fs/h.hedgec/kyultra7.html
Mar 20, 2004 Sat	R	32nd Shamrock Marathon & 8K Run - 26.2 miles Virginia Beach, Virginia Beach, VA Contact: Shamrock Sportsfest, 2321 Cape Arbor Dr, Virginia Beach, VA 23451-1310, Info/Fees: Marathon Walk, 2-Person Relay, 8K Run/Walk, Children's Marathon (26.2 Yards) Web site: http://www.shamrockmarathon.com
Mar 21, 2004 1:00pm Sun	R	35th Annual Sam Costa Half Marathon - 13.1 Miles Clay Jr. High, Carmel, IN Contact: Indy Runners. Terry Townsend, 317-290-RUNR Info/Fees: Pre-\$17 -Indy Runners -\$22, Non-Members >3/17, \$27 Web site: http://www.indyrunners.org
Mar 27, 2004 8am Sat	R	Rail Run 10K Run/Walk - 10K Carmel Main Fire Dept, Carmel, IN Contact: 317-844-1558 Email: races@runnersforum.com
Apr 03, 2004 6am Sat	R	McNaughton Park 30 Mile & 50 Mile Trail Runs McNaughton Park, Pekin, IL Contact: Andy Weinberg, 708 Washington St, Pekin, IL 61554, 309-346-3601 Info/Fees: \$40-12/31, \$50-3/27, \$60>, rugged 10 mile loops/Potawatomi Trail, the course features three creek crossings, technical single-track trails, hills, and open fields. Email: aweinberg@pekinhigh.net
Apr 03, 2004 8:30am Sat	R	5th Annual Lighthouse Half Marathon - 1/2 Marathon & 5K Run Huron High School, Huron, OH Contact: Huron Chamber of Commerce, Deb Bogen, 419-433-5700 Email: chamber@huron.net Web site: http://www.huron.net
Apr 03, 2004 8am Sat	R	Chicago Lakefront George Cheung Memorial Race - 50 KM Lakefront, Chicago, IL Contact: Stuart Schulman, 2800 N Lake Shore Dr #2808, Chicago, IL 60657, 773-477-9112 Info/Fees: Seven hour time limit, USATF certified course Email: info@chicagoultra.org Web site: http://www.chicagoultra.org
Apr 03, 2004 9am Sat (FWTC Pts Race)	LP	IPFW Mastodon Stomp - 5K Run/Walk & 1M Kids Run IPFW, Fort Wayne, IN Contact: Judy Tillapaugh, IPFW Athletic Dept, 2101 Coliseum Blvd E, Ft Wayne IN 46805, 260-481-6647 Info/Fees: \$12 pre-3/30, \$15 >3/30; \$5 for all students. Proceeds to Benefit IPFW X-C and Track Teams Email: tillapaugh@ipfw.edu

Apr 03, 2004 Various	R	Spirit of St.Louis Marathon & Family Fitness Run - 26.2 M & 1/2 Mar & relay & 5K & Kids run Host of the 2004 Team Trials: Women's Marathon, StLouis, MO Contact: 314-727-0800 Info/Fees: Discounts for early entry: Prize Money Web site: http://www.stlouismarathon.com
Apr 10, 2004 8am Sat	R	Ed Dibble Towpath 19-mile - 19 Miles Farnsworth Metropark, Waterville, OH Contact: Louis Miklovic, 419-868-1295 Info/Fees: \$4 - Members, \$6-Non-Members Web site: http://www/toledoroadrunners.org
Apr 10, 2004 8am Sat	R	Plainfield Spring Fling Run/Walk - 8k Hummel Park, Plainfield, IN Contact: 317-844-1558
Apr 17, 2004 10am Sat	R	Wild Bill Lundberg Farmhouse - 5K Hillsdale College, Hillsdale, MI Contact: Jonathan Nikkila, 616-901-3847 Info/Fees: \$10 < 3/19, \$15 > 3/19, Bar-B-Q feast \$5 Email: jm_iii@comcast.net Web site: http://www.hillsdale.edu/chargers/mens/track/farmhouse5k
Apr 17, 2004 6:15am Sat	R	12th Annual Bull Run 50 Miler - 50 Miles Bull Run and Occoquan Rivers Civil War theme, Clifton, VA Contact: Scott Mills, VHTRC, 703-548-9466 Info/Fees: Bi-directional single track trails out and back loop on rolling hills, 13 hour time limit, Email: ScottEMills@aol.com Web site: http://www.vhrtc.org/brr/
Apr 17, 2004 9:30am Sat	R	Spotlight on Nursing - 5K/10K Run, 5K Competitive Walk, 5K Family Fitness RN Specialties, 6060 N College, Indpls, IN Contact: Ken Long, 994 N Combs Rd, Greenwood IN 46153, 317-884-4001 Info/Fees: Various-\$11-\$50, Cash Awards, Door Prizes Email: klong@kenlongassoc.com Web site: http://www.kenlongassoc.com
Apr 17, 2004 9am Sat	RP	Shoe-Sucker Seven - 7.2M trail Kil-So-Quah Campground, Huntington Reservoir, Huntington, IN Contact: Rick Beemer, 5327 W 200 N, Huntington IN 46750, 260-356-6338 Email: rickybeemer@yahoo.com
Apr 18, 2004 8am Sun		Germany to France Marathon - 26.2 Miles (Old Patoka Lake Marathon), West Baden, IN Contact: Enter Online, 812-936-2405
Apr 19, 2004 Noon Mon	R	108th Boston Marathon - 26.2 Miles Boston, MA Web site: http://baa.org
Apr 24, 2004 7:30am Sat	R	Kentucky Derby Mini Marathon & Meijer Marathon Louisville, KY Web site: http://www.derbyfestivalmarathon.com
Apr 24, 2004 Sat	R	Country Music Marathon - 26.2 & 13.1 Centennial Park, Nashville, TN Contact: 800-311-1255 Info/Fees: Over 50 bands, 28 Cheer Teams, Run Music City Web site: http://www.cmmarathon.com

Apr 25, 2004 7:30am Sun	R	Bricks to Bricks Ten Miler - 10 Mile Run/Walk Franklin Twp Middle School, Indpls, IN Contact: Ken Long, 994 N Combs Rd, Greenwood IN 46153, 317-884-4001 Info/Fees: \$14 -Pre, \$8-No shirt, \$10-Race Day No shirt Email: klong@kenlongassoc.com Web site: http://www.kenlongassoc.com
Apr 25, 2004 8am Sun	R	28th Annual Glass City Marathon - 26.2M Toledo, OH Contact: Pat Wagner, 130 Yale, Toledo, OH 43614, 419-385-7025 Info/Fees: \$45 for individual/ \$40 per person for relays Email: jpatmann50@aol.com Web site: http://www.toledoroadrunners.org

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 - shilker@comcast.net

During the Week:

YWCA - Wells St.

Meet in Main lobby

Monday: 5:30AM (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 training with college-aged students. M-F 5:00-5:15 PM

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

Eric Ade 602-5410 erica@waterfield.com

Casey Shafer 402-2541 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.

Tammy Behrens will be starting a training class for the Indianapolis Mini Marathon on Thursday evenings at the YWCA. It is an informational class with a run/walk group as well. There is no fee for the class. Groups will train on Thursday evenings and Saturday mornings. Call 625-3830 or email behrens@infionline.net for more information.

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

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 when you change your address. The post office will not forward the Inside Track even when you notify the post office of change of address. It is costing the FWTC for additional postage and for printing extras when newsletters and the RRCA's Footnotes quarterly newsletter have to be mailed again.

Notify Don Lindley at:

lindleyd@infionline.net, or

(260) 432-5998 or (260) 436-2234, or

**FWTC
PO Box 11703
Fort Wayne, IN 46860-1703**

A d v e r t i s i n g R a t e s

	1 ISSUE	3 ISSUES	6 ISSUES
Full Page	\$75.00	\$200.00	\$325.00
Half Page	\$40.00	\$110.00	\$175.00
Quarter Page	\$25.00	\$65.00	\$100.00
Business Card	na	na	\$50.00
Cover (Inside front or back)	\$300.00	\$750.00	\$1200.00

Insert race Applications (includes printing results)

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

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

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



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

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