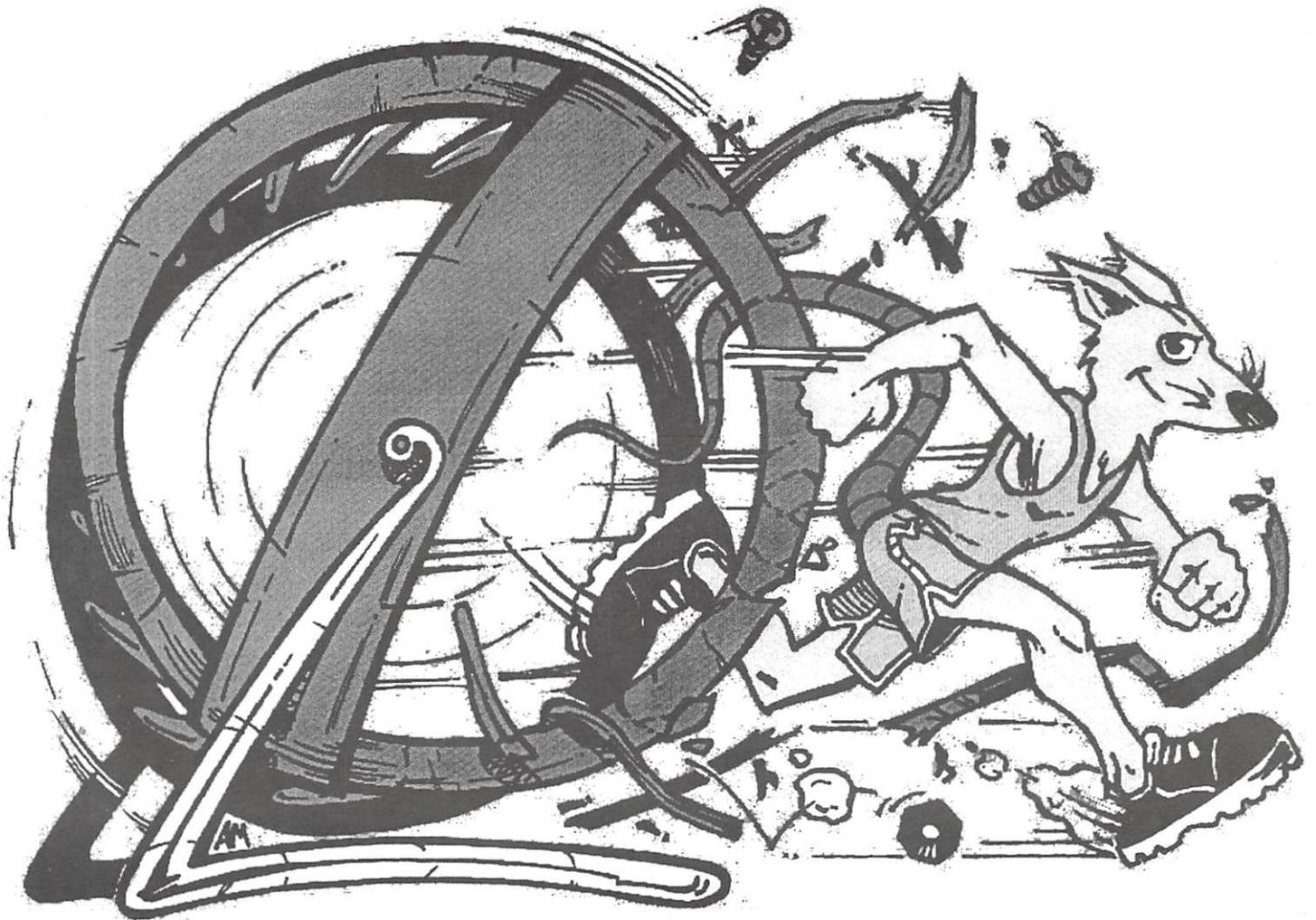


the inside track

April & May 2004

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



The River City Rat Race
Saturday, May 29 9:00 am

Check out our web site at www.fwtc.org

2004

Fort Wayne Track Club Officers and Board Members



OFFICERS

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

FWTC BOARD MEMBERS

Eric Ade	260-602-5410	erica@waterfield.com
Donald Anderson	489-5225	1303 Valdosta 46825
Tammy Behrens	625-3830	behrens@infionline.net
Sam Bird	244-4408	garylbird@earthlink.net
Josh Brunson	486-8688	joshuabrunson@hotmail.com
William Crane	268-1007	wcrane77@hotmail.com
Katie Creighton	432-3128	kcreighton@canterburyschool.org
Anne Duff	459-0708	aduff2@comcast.net
Michael Fruchey	627-5147	merf4@msn.com
Mitch Harper	436-0739	MITCHHARPER@aol.com
Bill Harris	657-5012	bharr2000@aol.com
Stephen Hilker	484-2543	shilker@comcast.net
James P Jones	745-9724	senojpj@skynet.net
Anthony Juliano	436-7267	ajuliano@yahoo.com
Sara Kleinknight	456-3261	skleinknight@fssa.state.in.us
Paul Knott	485-1917	pknott@edglo.com
Tom Landis	693-3526	LTG541TL@msn.com
Mac McAvoy	260-824-5158	clanmac@adamswells.com
Beverly Metzger	436-5632	Beverly.Metzger@fwcs.k12.in.us
Ann Mize	672-3783	Anna.Mize@att.net
Joseph Nayarkas	385-0905	3415 Raymond St. 46803
Tim/Rose O'Connell	485-2370	Troconnell@aol.com
Barrie Peterson	637-5717	barrie@myvine.com
Marsha/Bill Schmidt	485-1114	rwschmidt@fwi.com
Diana Schowe	627-3308	Weldman@cris.com
Casey Shafer	402-2514	ghanishrunner@hotmail.com
Bill Sohaski	749-5081	sohaski@aol.com
Amy Stephan	471-3107	amy_stephan@hotmail.com
Sam Stephens	710-6733	4537 Craftsbury Cr. 46818
Kimberly Summers	436-0634	ktol@aol.com
Laurie Whisler	486-8056	5120 Dalton Ct 46815
Michael Yann	489-5265	8407 Hawk Spring Hill 46825
Chuck Zumbrun	420-0607	chuck.zumbrun@gdc4s.com

Membership Coordinators

Don Lindley (260) 432-5998

Equipment Coordinators

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

Newsletter

Chuck Zumbrun, 420-0607
Anne Duff, 459-0708
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.

Renew your membership today!

Fort Wayne Track Club Means Volunteers!

Upcoming Events That Could Use Your Help

River City Rat Race, May 29, 2004. Contact Steve Hilker at shilker@pleez.net or 484-2543.

2004 Mohican Trail 100 - 100 miles. Jun 19, 2004. Mohican State Park, Loudenville, OH.
Contact Don Lindley at (260) 432-5998 or (260) 436-2234

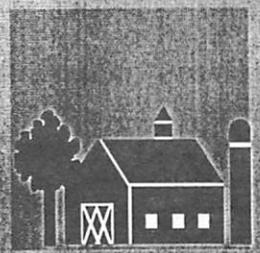
Remember! Volunteering earns FWTC Members up to 200 points for the 2004 Points Awards!

Great Race

XXIV

Amish Country SPORTS FESTIVAL

MAY 29, 30 & 31



Our 24th Year!

Experience Elkhart County's gentle, rolling Amish farm countryside, historical homes and barns. Enjoy accommodations at gracious bed and breakfast inns and enjoy real Amish cooking.



2004



SATURDAY, MAY 29, 2004:

- Jim Ryun Mile • One Mile Swim • 13 Mile Canoe/Kayak Race
- Cross Court 3 on 3 and 4 on 4 Basketball

SUNDAY, MAY 30, 2004:

- Bike/USCF Criterium • Canoe/Kayak 10K Marathon/Sprints

MONDAY, MAY 31, 2004:

- 10K Events:** Run • Power Walk • Hand Cycle
- 5K Events:** Run • Power Walk • Fun Walk

New Route 1/2 Marathon Run & 1/2 Marathon In-Line Skate

- Bike USCF 50K • Citizens 25K and 50K

Produced in cooperation with the Elkhart County Convention and Visitors Bureau.
1-800-262-8161
www.AmishCountry.org



For Entry or Information:
Great Race, Inc. • P.O. Box 682 • Elkhart, IN 46515
574-296-5890 or 574-296-5862
www.thegreatrace.net or e-mail: wow@michiana.org
Ron Schmanske - Administrator

INDIANA'S
ONLY RACE
WITH 33 EVENTS



Sponsors:



Prez-Sez

By Judy Tillapaugh, RD.

Spring time is a time for new beginnings. All around us we see flowers, trees, bushes, lawns, fields, and forests become so full of life, strength, and beauty. We too can shape up in a new way. We can choose choices for health promotion and disease prevention. As humans we do resist making lifestyle changes. It is easier to coast and stay in automatic mode. Yet if we set our mind on tempting personal goals, shape a plan with realistic mini goals, positive results will happen.

“Self-growth is tender yet there’s no greater investment,” from Daily Reflections For Highly Effective People by Stephen R. Covey.

This past February Fort Wayne Cardiology and American Heart Association brought Anne Fletcher, MS, RD, LD to Fort Wayne for a community presentation titled “Winning at Weight Control: Learning From Masters of the Weight Battle.” She shared some educational and inspiring thoughts from her book *Thin For Life: 10 Keys To Success From People Who Have Lost Weight and Kept It Off*. Even though the prime focus was on weight management there were many crossover suggestions that can be applied to other health goals. Here are some of her recommendations.

Achieve and Maintain Changes By:

1. Believing in abilities to accomplish tasks
2. Monitoring progress with a day book or journal
3. Seeking support
4. Managing problems “head on”, do not stress eat
5. Learning the art of positive self talk
6. Celebrating life now

Think about taking time this spring to write down personal health and fitness goals you want. Maybe you’re dreaming about finishing your first 5 km or 10 km, achieving new PR’s, completing the Indy Mini ½ marathon, trying a trail run, helping a friend complete a certain distance, fueling yourself better after runs/walks, staying consistent with a strength training routine, **volunteering** for the FWTC at least twice during 2004, or another opportunity.

There are many upcoming walking and running events to help you meet your goals. Check out the calendar listed in this newsletter or click on www.FWTC.org and go to race schedule.

Shine on.....

Health Checks!!

By Judy Tillapaugh, RD

Surprise! All of a sudden you hear or see something that really catches your attention! Oops! You’re caught off guard.

Your physician stated in your records "Mr/Mrs. My Way has diabetes and depression!"

Unfortunately this is all too common. Most people do not realize they have very treatable, but costly health problems. According to a study mentioned in the February 2004 issue of *Consumer Reports on Health* (www.consumerReports.org), most people do not receive basic preventive care. One study found barely half of Americans get informative screening tests.

The better news....You can prevent health problems. You can build a winning game plan against diseases by receiving health screenings, education, skills, support, and resources. The more knowledge and abilities you have the easier for you to team together with your physician and other health care professionals so you receive the personalized care you need. Practicing personal preventive care can keep you enjoying the game of life.

To learn more about health promotion, disease prevention and learn numerous simple steps for better living, attend one of the **16 Focus on Health sites** running in a Wednesday through Saturday format for two weeks, from **April 21st through May 1st**. This is the 24th year for **Focus on Health** where community wide health fairs feature **FREE** health checks and interactive exhibits.

Why Come?

** Come learn about your health!

Many **FREE** screenings for conditions such as colorectal cancer, weight, vision, and blood pressure will be offered.

A blood chemistry with cardiac profile will be available for only \$26.00. This tests for glucose, liver function, kidney function, cholesterol, triglyceride, and high density lipoproteins, and low density lipoproteins. A 12 hour fast is needed yet water is ok.

** Come learn "Take Care" tips on fitness, nutrition, mental health, self esteem, stress care, eye care, cancer prevention, diabetes prevention, heart disease prevention, tobacco use prevention/cessation and much, much more!

* Come get "A to Z" healthy hints and handouts from many displays

** Come get **FREE** stress reducing conversations, and laughter.

Treat yourself to a health break by attending a **Focus on Health** location at The Chapel or Avalon Missionary Church on Saturday April 24th- 8 am to noon, American Red Cross on Friday April 30th- 8 am to noon, or Carew Medical Park on Saturday May 1st- 8 am to noon. For more information call hot line number 481-4864. For more detailed information watch 21 Alive!!

FWTC Board Meeting Minutes – 1/4/04

1. Judy called the meeting to order.
2. Don read from the book Chicken Soup for the Sports fan of the Soul and prayer was offered.
3. The December meeting minutes were read and approved.
4. Don read the treasurer's report. The current balance is \$27,304.21. Current membership is 263 with 84-2year, and 23-3year renewals. There are still 220 members who have not yet renewed. The report was approved.
5. Pat Sullivan and Brad Altevogt attended the meeting and announced the opening of their new running shoe store. Josh Brunson was introduced as the store manager. The store is called "Three River's Running Co." and is due to open at the end of February at 6312 Covington Rd. (next to Jorgenson's). The store is designed to accommodate both runners and walkers and will carry several brands of running/walking shoes. A treadmill/video set-up will ensure that athletes purchase a proper fitting shoe. The store will work with the FWTC Club in the following areas: 1.) on site race registration 2.) literature wall with race info. 3.) collect race fees/applications 4.) provide discount to FWTC members 5.)develop website with link to FWTC website 6.)provide promotional items for races 7.)provide race sponsorship in the future 8.)may carry FWTC apparel.
6. Tammy Behrens announced she is organizing a mini-marathon training group. The group will run from the downtown YWCA on Thursdays at 6:00 PM, and Saturdays from Johnny Appleseed Park at 9:00 AM. There is no fee to join the group. Anyone interested in joining the group should contact Tammy at 625-3830. Tammy also reported that Ft. Wayne Orthopedics could guarantee priority care to FWTC members. There is a hot line to speak to a personal trainer in case of injury. The number is: 438-2225.
7. Chuck announced that the newsletter deadline is Jan. 21st. The points series awards results and Huff results will be included in the issue.
8. The FWTC Banquet will be held February 15th. A separate mailing for the banquet will go out and award recipients will be notified. There will be no discount for school teams. Each student will pay \$3.50 each.
9. Amy Stephan has been working hard on marketing the FWTC. A press release about the banquet was in the New Sentinel. Banquet flyers have been distributed across town.
10. Bill Sohaski has researched purchasing a chip timing system. He has compared several companies and determined that the AMB system is superior. He will attend a race where the system is currently being used to obtain more information and report back to the board.
11. Mitch Harper reported that the Huff was a success with over 250 runners completing the race which is now one of the top 10 largest ultra-marathons in the

country. The chip timing system worked well and helped to separate the one loop and the 3-loop runners. Race results were obtained quickly. Mitch thanked the many volunteers.

12. Anthony Juliano was announced as the new FWTC webpage master. He has updated all information, and may add a message board. He will look into web page advertising,
13. Judy welcomed new board members: Anthony Juliano, Diana Schowe, Mitch Harper, and Ann Mize.
14. JoAnn Byrd reported that the National team did well in New Mexico, and thanked the board for their financial support.
15. Meeting adjourned.

Attendance: Judy Tillapaugh, Don Lindley, Judy White, Tammy Behrens, Sam Bird, Josh Brunson, Mitch Harper, Bill Harris, Steve Hilker, Anthony Juliano, Sara Kleinknight, Tom Landis, Bev Metzger, Marsha & Bill Schmidt, Bill Sohaski, Chuck Zumbrun, Pat Sullivan, Brad Altevogt

FWTC Board Meeting Minutes 2/11/04

1. Judy called the meeting to order.
2. Don read from the book Super Mom and prayer was offered.
3. Don announced that Charlie Brandt's wife passed away. He is a past FWTC president and was very active in the club. The club gave a \$50.00 donation to Mathew 25 in her honor.
4. The January meeting minutes were read and approved with one change.
5. The treasurer's report was read. The current balance is \$27,740.51. There are 329 paid members with 94-2 year, and 30-3 year. A second notice will be sent out to the 150 members who have not yet renewed. The report was approved.
6. Anyone with feed-back regarding the *Inside Track* should e-mail Chuck. Please encourage any member to submit an article for the newsletter.
7. Tom will be starting the 2004 points series. Membership needs to be renewed by March 1st to be eligible.
8. Amy Stephan has submitted Fanny Freezer info. to several local calendars. The Nutri-Run info. has been submitted to Yoga Works, Sports Den, Parkview Health & Fitness Ctr., Summit City Fitness Ctr., Health Kick, and Whatzup magazine thus far. FWTC fliers have been dropped off at additional locations.
9. The Fanny Freezer Race is scheduled for Saturday at 2:00 PM. The road is clear of snow and ice.
10. The Banquet is scheduled for 5PM this Sunday. There are 132 pre-registered guests. Members may look forward to a varied menu. Amy Begley is all set to make a 30min. presentation.
11. Tammy is still organizing Sat. morning runs from Johnny Appleseed Park. She will offer a 10 mile timed run 3 weeks before the mini-marathon for anyone interested. Her group also meets on Thursday evenings at 6 PM at the YWCA.

12. Anthony Juliano has updated the web page. Please e-mail any feed-back or suggestions to him. It was suggested that we include some contact names and numbers so that people know who to call if they have questions or information to share.

13. Bill Sohaski has been researching the AMB chip timing system. The club can purchase a 90 day trial but must pay the full amount. If the system is not satisfactory, it may be returned with a full refund. The cost would be \$30,652.00 with 400 chips. The club must decide if such a system is really needed at this time and how to handle the financing of such a large investment.

14. Phil Suelzer would like to list local competitive races and training tips for kids in the newsletter. He would like to organize a "kids only" road race in June. (14 and under)

15. The Nutri-Run is scheduled for 3/20. Panera has donated 200 loaves of bread. There will be a packet pick up at the Three Rivers Running Co. the Friday before the race from 6-8 PM.

16. J.P. will be working at a FWTC table at the 15th annual IPFW Health Fair on 3/24. He will give away a free membership to the club and offer healthy snacks.

17. The Mastodon Stomp 5k will be 4/3.

18. Meeting Adjourned

Attendance: Judy Tillapaugh, Phil Suelzer, Don Lindley, Judy White, Tammy Behrens, Mitch Harper, Steve Hilker, JP Jones, Sara Kleinknight, Tom Landis, Beverly Metzger, Diana Schowe, Bill Sohaski

Fort Wayne Track Club To Trial AMB Chip Timing System for 90 Days

This motion stated below was presented to the FWTC board by Bill Sohaski at the FWTC meeting on March 10, 2004. It was approved by 8 votes with 12 board members present

Motion:

That the board of the FWTC approve a 90 day money back trial of the AMB chip timing system to begin ASAP and end no sooner than July 15, 2004.

The AMB Activ is a timing system consisting of a transponder (the 'chip') that the runners wear on an ankle strap, a detection loop that detects the transponder-wearing runners crossing it, and decoder that decodes signals from the transponders as the runners cross the detection loop. The system will work with the Race Director software that FWTC currently uses for race results.

Cost is \$37,357.00 for the entire system including 500 timing chips. The cost will be covered by Track Club funds and a loan. If we return the system within 90 days the entire amount is refunded.

This is an exciting opportunity to bring a world-class timing system to our local races. But as with any change there are concerns about the cost of the system, the effect on race workers, and on the race experience of the runners. As the chip timing system is being used in the upcoming months we would like your comments and recommendations.

As you use system either as a runner or a volunteer think about the questions below and send your thoughts to newsletter@fwtc.org

1. Does it make your race experience better?
2. Volunteers, race directors - Is it easier to gather race results?
3. Volunteers, race directors - Is there extra work to setup, use, and, tear down the system?

4. Volunteers, race directors - Are the results accurate and more efficient than previous results system?

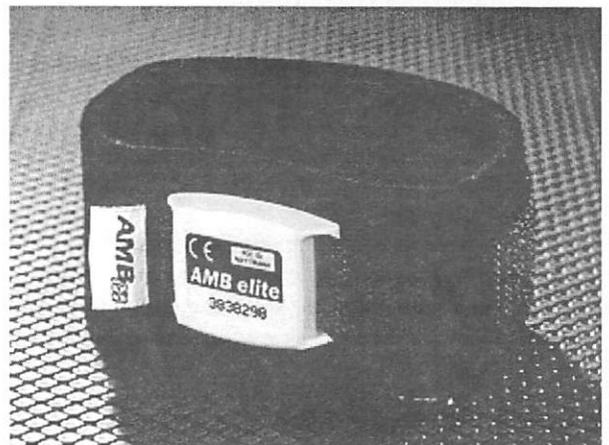
5. Do you enjoy using the chip system?

6. If it is necessary to raise race entry fees by \$2.00 to \$3.00 per race to help cover the cost of the chip timing system, do you feel the system is worth it?

7. Overall, should the FWTC make the investment and purchase the AMB chip timing system after the 90 day trial period?

8. Any other comments.

You can find out more about the AMB Activ system at www.amb-it.com,



The Chip and Ankle Strap

Fort Wayne Track Club 2003 Awards

The Fort Wayne Track Club held its annual banquet and awards ceremony on February 15, 2004.

Outstanding High School Runners

Outstanding Female High School Runner was Alissa McKaig, individual state cross-country champion, of Concordia High School. Outstanding Male High School Runner was Brennon Plotner, individual sectional champion and 18th overall at state, of Northrop High School



Outstanding High School Runners and Coaches. Brad Peterson and Alissa McKaig of Concordia and Brennon Plotner and Barrie Peterson of Northrop.

Golden Shoe Award

This award is given in recognition to a member who has given generously in time, effort, and financially. The recipient finds time to contribute his time, talent, and finances to the Parlor City Trot, Matthew 25 Family Fitness Day, American Heart Association Heart Walk, and many other area fitness activities. He has been a grand ambassador for health and fitness through out the community. Whether a person is just starting a fitness program, interested in weight management, supporting a valuable charity, sweating off stress, or training for a specific goal Mark provides the right heart healthy response. We are grateful for all his contributions!

Our honoree is Mark O'Shaughnessy

Spirit of Running Award

This award celebrates the contribution of a member who constantly cheers on others. She volunteers, coaches, passes on encouraging words to others, and

a friend to many at practices, races and club events. Her ever present positive attitude and smile sends a healthy message to everyone about the all the benefits of fitness and fellowship. She is a true reflection of the "Spirit of Running!"

Our honoree is Joan Gary

Volunteer of The Year

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

Our recipient this year definitely has given many, many hours to the FWTC through his contributions as race director, board member, and organizer of the Saturday at 7 am training group at the downtown YMCA. He is getting this award not simply to honor longevity and enthusiasm; it is about excellence and taking a events to a new level. He started The River City Rat Race in 2000 and it has grown over the last four years, 326 runners participated in 2000 last year over 700 participated. It has raised over \$42,000 in cash sponsorships along with thousands of in kind sponsorships. He used the Rat Race to make an impact on his community as well through the establishment of a program at the YMCA for all area runners, walkers, and their families.

Our honoree is Stephen Hilker.

Volunteers of The Year- FWTC "Inside Track" Newsletter Editors

The FWTC "Inside Track" Newsletter is the main way club members get useful club activity, educational, motivation, training, event, and contact information regarding area walking and running information. Our recipients devoted their time and skills well so club members continued to receive the bi-monthly publication.

Our honorees are Tim and Rose O'Connell

President's Award

Special announcements, event calendar, event web pages, and FWTC membership information are just some features of our www.FWTC.org web page. It primarily was created and maintained as a means of communicating useful information to FWTC members and potential members.

Vern Cedar has been our FWTC Web Page Coordinator for 7 years, since it started in December of 1996 till the fall of 2003. Words can not fully describe how much we have appreciated his high quality work. What we have seen and read is just a tip of his work pyramid. He has given many hours behind the scene to make sure our web page is kept as updated as possible to anyone who clicks in www.fwtc.org.

Our Honoree is Vern Cedar.

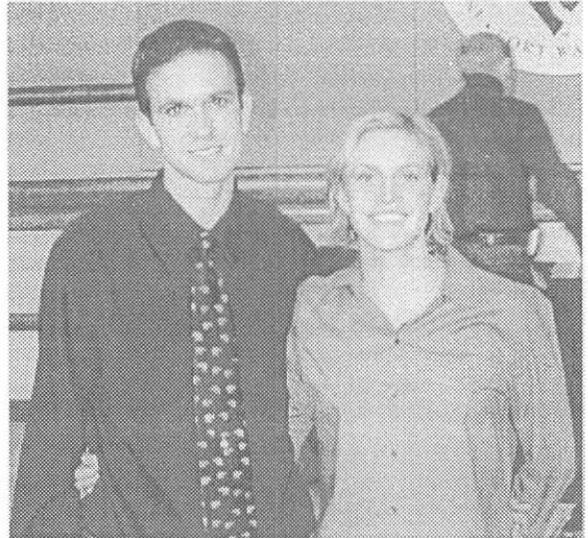
Photos from the 2003 Awards banquet.



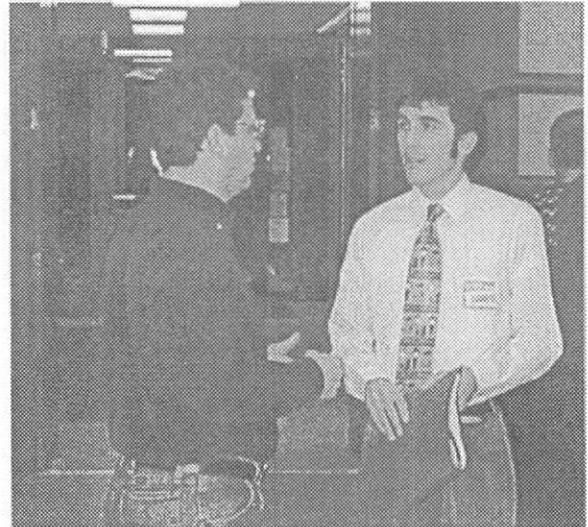
Two Birds at the Banquet



Diana Schowe and Daughter



Guest Speakers Andrew Begley and Amy Yoder Begley



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 20th 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.

2004 Points Standings After 1 Race

Results by Tom Landis, Fort Wayne Track Club

Place	Name	Points
Men 14 and under		
1	MATT MINNICK	100
2	SAM DEITLE	85
Men 15 to 19		
1	CURTIS FABIAN	100
2	DANNY WHITE	100
3	JARED MINNICK	85
4	KURT WHITE	75
Men 20 to 24		
1	CASEY SHAFER	100
Men 30 to 34		
1	KARL BEHRENS	100
2	ANTHONY JULIANO	85
3	BRIAN LOUCKS	75
4	SAM GILLIE	65
5	DAVID WHITCOMB	55
6	MICHAEL WOLFE	45
7	JOSEPH DIMARZIO	35
Men 35 to 39		
1	CHAD WARE	165
2	ROBERT MINNICH, JR	100
3	NIELS RASMUSSEN	85
4	ANDY HAXTON	75
Men 40 to 44		
1	MARK BEALS	100
2	JEFF METZGER	100
3	JEFF TANER	85
4	JIM BOUGHER	75
5	TOBY JO HULLINGER	65
6	JOHN HAMILTON	55
7	DARRYL CARGO	45
8	JIM BERGHOFF	35
9	THOM HORTON	25
Men 45 to 49		
1	TOM LANDIS	135
2	DANA BUDD	105
3	MARK FURKIS	100
4	Mitch Harper	100
5	BRAD ALTEVOGT	85
6	PAUL SHAFFER	75
7	CHRIS CROY	65
8	JAMES MCKINNON	55
9	CHUCK BROWN	45
10	LEN PIROPATO	25
11	CRAIG BOBAY	15
12	DEAN RUSS	10
13	THOMAS BOYER	5
14	BILL RYAN	5
15	JON SCHLATTER	5
16	GREGG JOHNSON	5
Men 50 to 54		
1	JIM PICKETT	175
2	PHIL SUELZER	100
3	ROGER WILSON	85
4	AARON COX	65
5	SAM HADLEY	55
6	DAVID L WINTERS	45
7	JOHN DAVID MCPHERSON	35
8	KERRY BLANCHETTE	25
9	LYNN T BOBAY	15
10	TOM FUELLING	10
Men 55 to 59		
1	BOB BRUCKNER	200
2	JACK SEIGEL	85
3	RICH STEPHENSON	75
4	JAMES H WRIGHT	65

Place	Name	Points
5	JIM DEITLE	55
Men 60 to 64		
1	RAY CASIANO	100
2	DAVID E BOYLAN	100
3	DONALD LINDLEY	100
4	WILLIAM CRANE	75
Men 65 to 69		
1	BILL SOHASKI	100
2	JOE ZIEGLER	85
3	KARL DIETSCH	65
4	WILLIAM R CLARK JR	55
Men 75 and over		
1	KENNETH E DISLER	100
2	JAMES P JONES	100
Women 14 and under		
1	COURTNEY RAYPOLE	100
2	KYLEE KEUNEKE	85
3	SARAH BIRD	75
Women 15 to 19		
1	KATHRYN MORRICAL	100
2	AMY ROBERTS	85
3	JESSICA THOMAS	75
4	LYNN ALTEVOGT	65
5	KALISSA BLANCHETTE	55
Women 20 to 24		
1	LESLIE TRABEL	100
Women 25 to 29		
1	AMY STEPHAN	100
Women 30 to 34		
1	TAMMY BEHRENS	100
Women 35 to 39		
1	DIANA SCHOWE	200
Women 40 to 44		
1	LINDA KEUNEKE	100
2	BEVERLY METZGER	100
3	SHERYLE BRAATEN	85
4	LORRAINE BRATTOLI	75
5	ROBBIN MAUGER	65
6	MARY CRANE	55
7	BETTY GREIDER	45
Women 45 to 49		
1	JUDY WHITE	100
2	JUDY TILLAPAUGH	100
3	KATIE CREIGHTON	85
4	TAMARA WRIGHT	75
5	TERRI GROSS	65
6	CHERYL STROMSKI	55
7	MARGIE MORRIS-PARKER	45
Women 50 to 54		
1	PHYLLIS SUELZER	100
2	NANCY SIMMONDS	85
3	HELEN RYAN	75
Women 55 to 59		
1	BARB SCROGHAM	100
Women 60 to 64		
1	ROCHELLE ALBERDING	100

Nutri-Run 20K

March 20, 2004

Results By Fort Wayne Track Club

Place	Name	City	Group Place	Time	Place	Name	City	Group Place	Time
1	Casey Shafer	Fort Wayne IN	1 M 20-24	1:07:28		Matthew C			
2	Jason Newport	Eaton OH	1 M 30-34	1:08:43	64	Wojewuczki	Ft Wayne IN	11 M 30-34	1:50:40
3	Eric Ade	Fort Wayne IN	1 M 25-29	1:11:12	65	Rick Panning	Angola IN	2 M 55-59	1:51:02
4	Robert Creighton	Ft Wayne IN	1 M 15-19	1:12:43	66	Scott Beam	Fort Wayne IN	9 M 40-44	1:51:11
5	Josh Brunson	Fort Wayne IN	2 M 25-29	1:13:10	67	Freeman Hershberger	Goshen IN	2 M 65-69	1:51:44
6	Paul Stiver	Germanatown OH	2 M 30-34	1:19:13	68	Bill Ryan	Fort Wayne IN	11 M 45-49	1:51:50
7	Sam N Bird	Columbia City I	1 M 0-14	1:19:43	69	Susan Palleschi	Fort Wayne IN	1 F 25-29	1:52:38
8	Patrick Gross	Churubusco IN	1 M 20-24	1:20:14	70	David M Graney	Ft Wayne IN	10 M 40-44	1:53:04
9	Roger Wilson	Fort Wayne IN	1 M 50-54	1:21:50	71	Chuck Zumbrun	Churubusco IN	12 M 45-49	1:53:59
10	Jeff Pritchard	Winona Lake IN	1 M 40-44	1:22:39	72	Amy Stephan	Ft Wayne IN	2 F 25-29	1:54:40
11	Brad Altevogt	Ft Wayne IN	1 M 45-49	1:24:36	73	Marvin Eady	Ft Wayne IN	11 M 40-44	1:54:43
12	Mark Walter	Fort Wayne IN	1 M 35-39	1:25:27	74	Richard Sheets	Custar OH	12 M 40-44	1:54:59
13	Kurt Walborn	Ft Wayne IN	2 M 40-44	1:25:28	75	Beth Keim	South Whitley I	5 F 35-39	1:55:22
14	Jed Pearson	Columbia City I	1 M 50-54	1:26:31	76	Mark Weight	Warren IN	13 M 40-44	1:55:40
15	Anthony Smith	South Bend IN	3 M 30-34	1:28:12	77	Mike Flynn	Ft Wayne IN	14 M 40-44	1:57:01
16	Kelly Mahoney	Logansport IN	4 M 30-34	1:29:47	78	Thomas Wheeler	Ft Wayne IN	15 M 40-44	1:57:08
17	John Treleaven	Fort Wayne IN	2 M 50-54	1:29:55	79	Teri Gross	Fort Wayne IN	2 F 45-49	1:57:41
18	Diana Schowe	Auburn IN	1 F 35-39	1:30:24		John David			
19	Anihony Juliano	Fort Wayne IN	5 M 30-34	1:31:21	80	McPherson	Ft Wayne IN	7 M 50-54	1:57:50
20	Dirk Schweitzer	South Bend IN	6 M 30-34	1:31:28	81	Gary L Bird	Columbia City I	13 M 45-49	1:58:06
21	Kevin Lochner	North Manchester	2 M 45-49	1:31:33	82	Chad Voglewede	Hoagland IN	12 M 30-34	1:59:41
22	Robin Rizzo	Ft Wayne IN	1 F 35-39	1:31:49	83	Joseph Jackson	Ft Wayne IN	3 M 55-59	2:00:05
23	Phil Rizzo	Ft Wayne IN	3 M 50-54	1:31:50	84	Claire Weir	Fort Wayne IN	1 F 40-44	2:00:33
24	James McKinnon	Waterloo IN	3 M 45-49	1:32:24	85	John Shire	Fort Wayne IN	14 M 45-49	2:01:06
25	Chris Dumire	Ft Wayne IN	7 M 30-34	1:34:22	86	Jim Berghoff	Fort Wayne IN	16 M 40-44	2:01:12
26	Kevin Parrella	Ft Wayne IN	2 M 35-39	1:35:08	87	Kasi Maple	Fort Wayne IN	3 F 25-29	2:01:49
27	Tammy Behrens	Fort Wayne IN	1 F 30-34	1:35:42	88	Mike Fitzpatrick	Columbia City I	4 M 60-64	2:02:24
28	Jerry Steinhoff	Fort Wayne IN	4 M 45-49	1:36:03	89	Mitch V Harper	Ft Wayne IN	15 M 45-49	2:03:52
29	Edward Fisk	Fort Wayne IN	2 M 20-24	1:37:07	90	Kimberly Brown	Kendallville IN	6 F 35-39	2:04:34
30	Kevin Knight	Ft Wayne IN	3 M 25-29	1:37:31	91	Sara Parr	East Lansing MI	1 F 20-24	2:05:36
31	Judy White	Ft Wayne IN	1 F 45-49	1:37:33	92	Bernie Huesing	Fort Wayne IN	1 M 70-99	2:05:37
32	Joe Ziegler	New Haven IN	1 M 65-69	1:37:49	93	John Brier	Fort Wayne IN	4 M 55-59	2:06:59
33	Ben Taylor	Crown Point IN	4 M 25-29	1:39:05	94	Lynn T Bobay	Ft Wayne IN	8 M 50-54	2:07:13
34	Todd Seiman	Fort Wayne IN	4 M 50-54	1:39:49	95	Robert C Loomis	Monroeville IN	2 M 70-99	2:10:06
35	Monika Gibson	Warsaw IN	2 F 35-39	1:40:05	96	Rochelle Alberding	Bluffton IN	1 F 60-64	2:10:18
36	Don Ransome	Warsaw IN	5 M 50-54	1:40:06	97	John Hamilton	Ft Wayne IN	17 M 40-44	2:10:31
37	Angie Derloshan	Ft Wayne IN	2 F 30-34	1:41:27	98	Joseph Ryan	Fort Wayne IN	18 M 40-44	2:11:46
38	Katie Creighton	Fort Wayne IN	1 F 45-49	1:41:28	99	Rick Hilker	Fort Wayne IN	16 M 45-49	2:11:48
39	Thomas J Felts	Ft Wayne IN	5 M 45-49	1:41:36	100	Craig Ross	Ft Wayne IN	13 M 30-34	2:13:31
40	Tom Hardin	Roanoke IN	8 M 30-34	1:42:04	101	Tom O'Malley	Ft Wayne IN	9 M 50-54	2:13:51
41	George Huber	Fort Wayne IN	6 M 45-49	1:42:08	102	Jennifer Savage	Warsaw IN	4 F 30-34	2:13:55
42	Nathan Arata	Fort Wayne IN	5 M 25-29	1:42:20	103	Rich Stephenson	Monroeville IN	5 M 55-59	2:14:41
43	Dan Cummiskey	Fort Wayne IN	3 M 40-44	1:42:47	104	Erin Mauch	Fort Wayne IN	4 F 25-29	2:14:52
44	Bob Michel	Ft Wayne IN	1 M 55-59	1:42:53	105	Susan Peterson	Albion IN	3 F 45-49	2:17:46
45	Len Piropato	Fort Wayne IN	7 M 45-49	1:43:01	106	Leland Sibrel	Ft Wayne IN	3 M 65-69	2:19:04
46	Kimberly Summers	Fort Wayne IN	3 F 35-39	1:43:11	107	Cheryl Kiel	Ft Wayne IN	2 F 40-44	2:31:32
47	Doug Ulmer	Leo IN	8 M 45-49	1:43:19	108	Dana Budd	New Haven IN	17 M 45-49	2:41:05
48	Tom Landis	Churubusco IN	9 M 45-49	1:43:23	109	Joseph Nayarkas	Fort Wayne IN	18 M 45-49	2:41:09
49	Mark Altstaetter	Van Wert OH	4 M 40-44	1:43:46	110	Angela Ross	Ft Wayne IN	5 F 30-34	2:50:35
50	Amy Hile	Fort Wayne IN	4 F 35-39	1:43:54	111	Patricia Crawford	Ft Wayne IN	3 F 40-44	2:50:39
51	Bob Worrel	Ft Wayne IN	5 M 40-44	1:44:17					
52	Craig Bobay	Ft Wayne IN	10 M 45-49	1:44:30					
53	Rex Reed	Warsaw IN	1 M 60-64	1:44:51					
54	Mike Else	Fort Wayne IN	9 M 30-34	1:44:53					
55	Mohan Rao	Ft Wayne IN	6 M 40-44	1:44:54					
56	Dennis Callison	Fort Wayne IN	10 M 30-34	1:45:06					
57	Jim Bougher	Fort Wayne IN	7 M 40-44	1:46:45					
58	Jim Pickett	Waterloo IN	6 M 50-54	1:46:51					
59	Bernie Burgette	Fort Wayne IN	2 M 60-64	1:47:08					
60	Nolan Knight	Monroeville IN	6 M 25-29	1:47:13					
61	Fred Ross	Warsaw IN	3 M 60-64	1:47:27					
62	Tracy Brooks	Fort Wayne IN	3 F 30-34	1:48:27					
63	Steve Zacher	Ft Wayne IN	8 M 40-44	1:48:40					

Nutri-Run 5 Mile

March 20, 2004

Place	Name	City	Group Place	Time
1	Jesus R Trevino	Fort Wayne IN	1 M 20-24	28:00
2	Matt Jeter	Fort Wayne IN	1 M 17-19	31:37
3	Curtis Fabian	Columbia City IN	1 M 14-16	31:52
4	Rich Matney	Defiance OH	2 M 17-19	31:57
5	Sam Weitzel	Ft Wayne IN	2 M 14-16	32:21
6	Curt Foust	Bryan OH	1 M 25-29	32:56
7	Brian Goodspeed	Fort Wayne IN	3 M 17-19	33:39
8	Daniel Etcorn	Fort Wayne IN	3 M 14-16	33:49
9	Chad Matthaidess	Auburn IN	1 M 30-34	34:00
10	Linda Keuncke	Fort Wayne IN	1 F 40-44	34:07
11	Eric Hoffman	Ft Wayne IN	2 M 30-34	34:08
12	Brad Thomas	Ft Wayne IN	2 M 25-29	34:28
13	Mark Pace	Ft Wayne IN	1 M 40-44	34:58
14	Bob Bruckner	Fort Wayne IN	1 M 55-59	35:51
15	Adam Grover	Bluffton IN	4 M 17-19	36:53
16	Jeff Maus	Van Wert OH	1 M 45-49	37:12
17	Bryan Fadus	Fort Wayne IN	4 M 14-16	37:24
18	Amy Roberts	Fort Wayne IN	1 F 14-16	37:35
19	Brian Loucks	Ft Wayne IN	3 M 30-34	37:36
20	Brittany Ade	Ft Wayne IN	2 F 14-16	37:37
21	Chris Reichert	Ft Wayne IN	5 M 14-16	37:45
22	Chad Ward	Ft Wayne IN	5 M 17-19	37:55
23	Ted Snavelly	Silver Lake IN	2 M 40-44	38:05
24	David Whitcomb	Hoagland IN	4 M 30-34	38:36
25	David Boyer	Fort Wayne IN	6 M 14-16	38:44
26	Tim Newlin	Fort Wayne IN	3 M 40-44	38:56
27	Adam Neireiter	Columbia City IN	5 M 30-34	39:21
28	Brian Knott	New Haven IN	6 M 30-34	39:41
29	Staci Beiswanger	South Whitley IN	1 F 35-39	39:53
30	Wei Chen	Fort Wayne IN	1 M 20-24	40:28
31	Sam Hadley	Grabill IN	1 M 50-54	40:56
32	David E Boylan	Ft Wayne IN	1 M 60-64	41:24
33	Leigh Anne Mann	Ft Wayne IN	2 F 35-39	41:25
34	Eric Kleinrichert	Ft Wayne IN	1 M 35-39	41:44
35	Katie Parrish	Ft Wayne IN	1 F 17-19	42:09
36	Sheryle Braaten	Hoagland IN	1 F 40-44	42:18
37	Jon Douglas	Van Buren IN	2 M 35-39	42:25
38	James H Wright	Ft Wayne IN	2 M 55-59	42:29
39	Sue Steffy	Fort Wayne IN	3 F 35-39	42:37
40	Joel Schartzer	Goshen IN	3 M 55-59	43:08
41	Brandon Smits	Fort Wayne IN	7 M 14-16	43:22
42	Tod Green	Ft Wayne IN	7 M 30-34	43:28
43	Laura Green	Ft Wayne IN	1 F 30-34	43:36
44	Thomas Boyer	Fort Wayne IN	2 M 45-49	43:44
45	Joe Berghoff	Fort Wayne IN	8 M 14-16	43:58
46	Jennifer Dillon	Fort Wayne IN	2 F 30-34	44:01
47	Dustin Faurote	Ft Wayne IN	9 M 14-16	44:13
48	Scott Aldrich	Auburn IN	8 M 30-34	44:14
49	Thom Horton	Fort Wayne IN	4 M 40-44	44:17
50	Kathy Buck	Ft Wayne IN	1 F 45-49	44:28
51	Tamara Wright	Ft Wayne IN	2 F 45-49	44:35
52	Darryl Cargo	Fort Wayne IN	5 M 40-44	44:39
53	Amy Archbold	Fort Wayne IN	3 F 30-34	44:56
54	Shawne Batterbee	Fort Wayne IN	4 F 35-39	45:12
55	Rebecca Haggerty	Fort Wayne IN	1 F 20-24	45:26
56	Lori Kuchmay	Ft Wayne IN	4 F 30-34	45:28
57	Julianne Houser	Fort Wayne IN	2 F 40-44	46:02
58	Michael Wolfe	Fort Wayne IN	9 M 30-34	46:36
59	Cari Hardin	Roanoke IN	5 F 30-34	46:54
60	Kerry Blanchette	Ft Wayne IN	2 M 50-54	47:18
61	Diana Kohrman	Marietta GA	1 F 60-64	48:24
62	Mike Stein		6 M 40-44	48:38
63	Polly Grismore	Ft Wayne IN	6 F 30-34	48:51
64	Tracey Brown	Warren IN	10 M 30-34	48:52

Results By Fort Wayne Track Club

Place	Name	City	Group Place	Time
65	Jim Deitle	Fort Wayne IN	4 M 55-59	50:23
66	Jennifer Yuska	Ft Wayne IN	2 F 17-19	50:33
67	Nancy Simmonds	Ft Wayne IN	1 F 50-54	51:10
68	John Musser	Ft Wayne IN	11 M 30-34	51:16
69	Joy Stepinski	Ft Wayne IN	1 F 25-29	51:21
70	Karren Snell	Ft Wayne IN	3 F 40-44	51:38
71	Deb Krouse	Fort Wayne IN	5 F 35-39	52:08
72	Linda MacKey	Fort Wayne IN	3 F 45-49	52:18
73	Lynn Armstrong	Fort Wayne IN	5 M 55-59	54:10
74	Sarah Kern	Leo IN	7 F 30-34	55:02
75	Cheryl Pulver	Ft Wayne IN	8 F 30-34	55:55
76	Dawn Mann	Leo IN	9 F 30-34	55:56
77	Kara Mooibroek	Ft Wayne IN	10 F 30-34	55:56
78	Barbara Bello	Ft Wayne IN	4 F 40-44	55:57
79	Bodil Rasmussen	Ft Wayne IN	2 F 60-64	56:27
80	John Rasmussen	Ft Wayne IN	2 M 60-64	56:30
81	Sara Simpson	Ft Wayne IN	6 F 35-39	57:25
82	Donald Lindley	Ft Wayne IN	3 M 60-64	57:47
83	Jay Kimes	Ft Wayne IN	3 M 35-39	57:49
84	Jeff Davis	Ft Wayne IN	4 M 35-39	57:58
85	Karen Gillie	Fort Wayne IN	11 F 30-34	57:59
86	Sam Gillie	Ft Wayne IN	12 M 30-34	57:59
87	David Deaton	Ft Wayne IN	5 M 35-39	1:08:29
88	Kenneth E Disler	Ft Wayne IN	1 M 70-99	1:08:52
89	Carla Brames	New Haven IN	5 F 40-44	1:13:40
90	Chris Neiheiter	Columbia City IN	7 F 35-39	1:17:13
91	Wilma Fuelling	Fort Wayne IN	6 F 40-44	1:17:14
92	Bob Kohrman	Marietta GA	4 M 60-64	1:23:38

Huntington Baptist 5K 2004

March 13, 2004

Results Courtesy of Steve Eyers

Female

1. Courtney Raypole Columbia City IN
2. Kristina Obregon Pierceton IN
3. Marsha Reeves Huntington IN
4. Melissa Harthapel Indianapolis IN
5. Susan Okleshen New Haven IN
6. Darcy Coles Huntington IN
7. Jody Schroeder Andrews IN
8. Sarah Kleinknight Fort Wayne IN
9. Karen Barnum Huntington IN

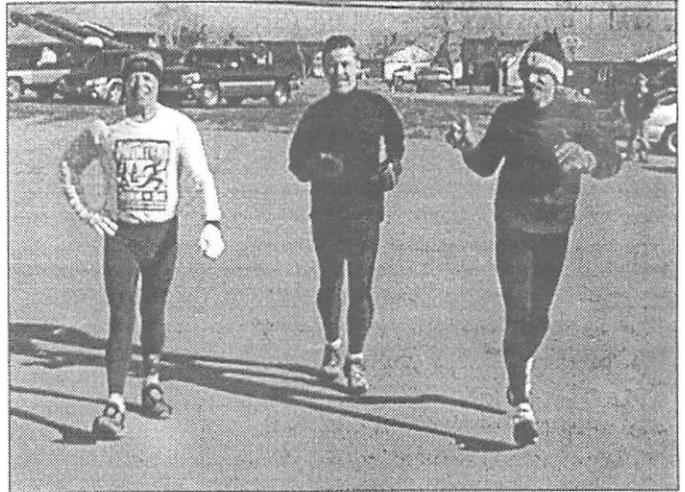
Fun Run

1. Clay Carmichael Huntington IN
2. Eli Albright Huntington IN
3. Sam Hamilton Fort Wayne IN
4. Nathan Eggleton Huntington IN
5. Katelyn Shoebridge Huntington IN
6. John Carmichael Huntington IN
7. Brigit Nemitz Pierceton IN
8. Adam Albright Huntington IN

Male

1. Mark Sanderson Van Wert OH
2. Chris Cory Columbia City IN
3. Dewain Cobbs Warsaw IN
4. Jay Lovison Uniondale IN
5. Joe Ziegler New Haven IN
6. Bill Crane Warsaw IN
7. Art Obregon Pierceton IN
8. Don Kramer Van Wert OH
9. Michael Variell Convoy OH
10. Bob Jennings Huntington IN
11. Dave Winters Huntington IN
12. John Hamilton Fort Wayne
13. Ed Becker Huntington IN
14. Bernie Huessing Fort Wayne IN
15. Robert Loomis Monroeville IN
16. Joe Astroski Fort Wayne IN
17. Dennis Conner Huntington IN
18. Dana Budd New Haven IN
19. Lynn Bobay Fort Wayne IN
20. Johnathan Schlatter Fort Wayne IN
21. Jason Eyers Indianapolis IN
22. Don Lindley Fort Wayne IN
23. Mike Barnum Huntington IN
24. Karen Barnum Huntington IN

Photos from the Huntington Baptist 5K



Bill Crane, Don Kramer, and Mike Variell



Jon Schlatter Finishing Strong!



Sarah Kleinknight. And food!

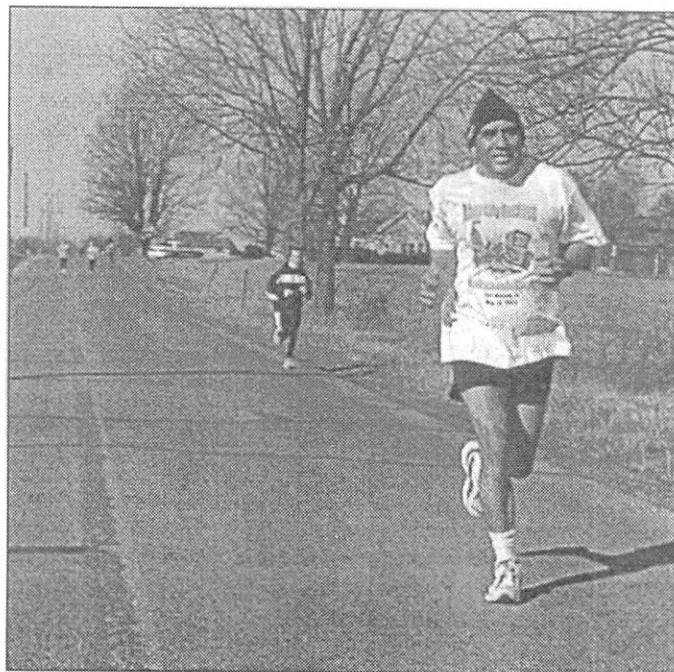
Think Spring 5K Results

February 28, 2004

Results Courtesy of Mitch Harper

Place	Name	Age	Time
1	Peter Casaletto	30-34	16.01
2	Brian Shepherd	35-39	16.35
3	Mark Furkis	45-49	16.39
4	Voctor Estrada	25-29	16.43
5	Alfredo Contreras	16-19	16.53
6	Mark Sanderson	40-44	16.54
7	Rustin Nyce	20-24	17.20
8	Chuck Wysong	40-44	17.39
9	Stefan Bolger	16-19	18.09
10	Dustin Jones	16-19	18.15
11	Jay Prichard	45-49	18.30
12	Gary Grogg	40-44	18.45
13	Jonathan Chansyna	16-19	18.46
14	Bob Knuckles	45-49	18.57
15	John Moore	16-19	18.59
16	Dean Speicher	30-34	19.03
17	Jed Pearson	50-54	19.06
18	Darin Fry	13-15	19.38
19	Doug Walter	40-44	20.48
20	Travis Cpenhaven	16-19	20.54
21	Jeremy Severns	16-19	20.58
22	Jon Mahoney	16-19	21.01
23	Mike Engler	35-39	21.06
24	Sam Vargas	25-29	21.13
25	William Holderman	16-19	21.27
28	Ian Copenhagen	13-15	21.54
29	DeWain Cobbs	60-over	21.58
30	Elias Rojas	16-19	22.22
31	Art Obregon	55-59	22.58
32	Ciersten Diardorf	F12-under	23.03
33	Phil Wysong	45-49	23.08
34	Liz Hubertz	F13-19	23.10
35	Michael Variell	45-49	23.21
36	Patty Schwartz	F50-over	23.26
37	Dan Kramer	50-54	24.03
38	Dave Pittman	40-44	24.10
39	Vi Wysong	F40-49	24.35
40	Theresa Stakem	F30-39	25.14
41	Barb Scroggham	F50-over	25.15
42	Amy Grogg	F30-39	25.25
43	Joel Swartzler	55-59	25.46
44	Dave McDonald	50-54	27.02
45	Deb Byers	F50-over	27.02
46	Dana Budd	45-49	27.57
47	Katie Fanning	F13-19	28.10
48	Pete Meselle	45-49	28.11
49	Sharon Zepeda	F40-49	28.46
50	Corey Pound	16-19	29.10
51	Josh Baxter	13-15	29.29
52	Sarah Bird	F12-under	30.22
53	Jennifer Stump	F13-19	31.13
54	Frank Rupe	60-over	31.34
55	Cendra Diardorf	F12-under	36.45
56	Ken Disler	60-over	
57	Owen Stevens	60-over	37.12

Photos from the Think Spring 5k



FWTC member Art Obregon of Pierceton



Barb Scroggham of the FWTC

FWTC 5K Fanny Freezer 2004

February 14, 2004

Results By Fort Wayne Track Club

Place	Name	City	Group Place	Group	Time	Place	Name	City	Group Place	Group	Time
1	ERIC ADE	FORT WAYNE IN	**	M 25-29	15:58	64	MICHAEL LEUGERS	FORT WAYNE IN	9	M 15-19	23:40
2	CASEY SHAFER	FORT WAYNE IN	1	M 20-24	16:36	65	MATT MINNICK	NEW HAVEN IN	5	M 0-14	23:49
3	MARK FURKIS	LIGONIER IN	1	M 45-49	16:58	66	SAM GILLIE	FORT WAYNE IN	4	M 30-34	23:50
4	JERRY WILLIAMS JR.	FORT WAYNE IN	1	M 40-44	17:35	67	LYNN ALTEVOGT	FORT WAYNE IN	4	F 15-19	23:53
5	SCOTT ECCLESTONE	FORT WAYNE IN	2	M 40-44	17:56	68	AARON WARE	FORT WAYNE IN	10	M 15-19	23:54
6	CURTIS FABIAN	COLUMBIA CITY IN	1	M 15-19	18:15	69	DAVID WHITCOMB	HOAGLAND IN	5	M 30-34	24:05
7	RICHARD KEMPF	FORT WAYNE IN	2	M 45-49	18:16	70	AARON COX	FORT WAYNE IN	4	M 50-54	24:07
8	PHIL SUELZER	FORT WAYNE IN	1	M 50-54	18:38	71	JOE BERGHOFF	FORT WAYNE IN	11	M 15-19	24:10
9	ROGER WILSON	FORT WAYNE IN	2	M 50-54	18:41	72	KYLEE KEUNEKE	DECATUR IN	3	F 0-14	24:15
10	ROBERT MINNICH, JR	FORT WAYNE IN	1	M 35-39	18:44	73	DEAN RUSS	FORT WAYNE IN	15	M 45-49	24:19
11	BRAD ALTEVOGT	FORT WAYNE IN	3	M 45-49	18:47	74	TOBY JO HULLINGER	MONROEVILLE IN	9	M 40-44	24:22
12	JAVIER MERCEDES	FORT WAYNE IN	2	M 15-19	19:15	75	ANDY HAXTON	FORT WAYNE IN	5	M 35-39	24:27
13	PAUL SHAFFER	DECATUR IN	4	M 45-49	19:17	76	JESSICA HAYES	FORT WAYNE IN	1	F 25-29	24:30
14	NICHOLAS KEMPF	FORT WAYNE IN	1	M 0-14	19:45	77	AMY STEPHAN	FORT WAYNE IN	2	F 25-29	24:35
15	DIANA SCHOWE	AUBURN IN	**	F 35-39	19:50	78	JOHN HAMILTON	FORT WAYNE IN	10	M 40-44	24:39
16	KARL BEHRENS	FORT WAYNE IN	1	M 30-34	20:00	79	SAM HADLEY	GRABILL IN	5	M 50-54	24:41
17	EDWARD FISK	FORT WAYNE IN	2	M 20-24	20:12	80	SHERYLE BRAATEN	HOAGLAND IN	2	F 40-44	24:45
18	MARK WALTER	GARRETT IN	2	M 35-39	20:14	81	PHYLLIS SUELZER	FORT WAYNE IN	1	F 50-54	24:48
19	CHRIS CROY	COLUMBIA CITY IN	5	M 45-49	20:16	82	CAITIE MERZ	FORT WAYNE IN	4	F 0-14	24:49
20	LINDA KEUNEKE	FORT WAYNE IN	1	F 40-44	20:19	83	COURTNEY CHAPMAN	LEO IN	5	F 0-14	24:49
21	DAVE ARENS	SHERWOOD OH	3	M 40-44	20:28	84	THOMAS BOYER	FORT WAYNE IN	16	M 45-49	24:58
22	ANTHONY JULIANO	FORT WAYNE IN	2	M 30-34	20:41	85	RICH STEPHENSON	MONROEVILLE IN	3	M 55-59	25:00
23	MARK BEALS	FORT WAYNE IN	4	M 40-44	20:48	86	BILL RYAN	FORT WAYNE IN	17	M 45-49	25:04
24	KENT FRANK	FORT WAYNE IN	5	M 40-44	20:50	87	JIM ONG	SHREVEPORT LA	12	M 15-19	25:08
25	BOB BRUCKNER	FORT WAYNE IN	1	M 55-59	20:51	88	SCOTT ALDRICH	AUBURN IN	6	M 30-34	25:09
26	JAMES MCKINNON	WATERLOO IN	6	M 45-49	20:57	89	CHLOE MORRICAL	GRABILL IN	6	F 0-14	25:11
27	CHUCK BROWN	BLUFFTON IN	7	M 45-49	20:58	90	JERRY ANDEON	FORT WAYNE IN	6	M 50-54	25:14
28	KATHRYN MORRICAL	GRABILL IN	1	F 15-19	20:59	91	ANDREW SIKORA	FORT WAYNE IN	4	M 20-24	25:16
29	JEREMY SEVERNS	WHITE PIGEON MI	3	M 15-19	21:09	92	DAVID L WINTERS	HUNTINGTON IN	7	M 50-54	25:18
30	JARED MINNICK	LEO IN	4	M 15-19	21:13	93	DARRYL CARGO	FORT WAYNE IN	11	M 40-44	25:23
31	AMY ROBERTS	FORT WAYNE IN	2	F 15-19	21:21	94	CAROL HARPER	FORT WAYNE IN	2	F 35-39	25:31
32	NIELS RASMUSSEN	FORT WAYNE IN	3	M 35-39	21:24	95	JAMES H WRIGHT	FORT WAYNE IN	4	M 55-59	25:34
33	JEFF TANER	FORT WAYNE IN	6	M 40-44	21:26	96	KEVIN MANN	FORT WAYNE IN	6	M 35-39	25:45
34	RAY CASIANO	NEW HAVEN IN	1	M 60-69	21:27	97	SHELLEY CHAPMAN	LEO IN	3	F 35-39	25:45
35	MATT UNDERWOOD	FORT WAYNE IN	5	M 15-19	21:33	98	CHAD WARE	FORT WAYNE IN	7	M 35-39	25:48
36	SCOTT HARPER	FORT WAYNE IN	4	M 35-39	21:36	99	KIM LARSON	FORT WAYNE IN	3	F 40-44	25:51
37	COURTNEY RAYPOLE	COLUMBIA CITY IN	1	F 0-14	21:38	100	JIM BERGHOFF	FORT WAYNE IN	12	M 40-44	25:54
38	JOE ZIEGLER	NEW HAVEN IN	2	M 60-69	21:44	101	THOM HORTON	FORT WAYNE IN	13	M 40-44	26:03
39	JESSICA THOMAS	AUBURN IN	3	F 15-19	21:52		JOHN DAVID				
40	TRAVIS COPENHAVER	UNION MI	6	M 15-19	21:54	102	MCPHERSON	FORT WAYNE IN	8	M 50-54	26:08
41	JUDY WHITE	FORT WAYNE IN	1	F 45-49	22:07	103	BARB SCROGHAM	FORT WAYNE IN	1	F 55-59	26:11
42	TOM LANDIS	CHURUBUSCO IN	8	M 45-49	22:09	104	KERRY BLANCHETTE	FORT WAYNE IN	9	M 50-54	26:17
43	KURT WHITE	FORT WAYNE IN	7	M 15-19	22:15	105	LORRAINE BRATTOLI	FORT WAYNE IN	4	F 40-44	26:23
44	JERRY STEINHOFF	FORT WAYNE IN	9	M 45-49	22:25	106	TAMARA WRIGHT	FORT WAYNE IN	3	F 45-49	26:30
45	JIM BOUGHER	FORT WAYNE IN	7	M 40-44	22:29	107	JONATHAN HARPER	FORT WAYNE IN	6	M 0-14	26:39
46	TODD HOCKEMEYER	NEW HAVEN IN	3	M 20-24	22:33	108	JENNIE HOCKEMEYER	FORT WAYNE IN	1	F 20-24	26:45
47	JACK SEIGEL	FORT WAYNE IN	2	M 55-59	22:34	109	ROBBIN MAUGER	COLUMBIA CITY IN	5	F 40-44	26:48
48	MICHAEL CROY	COLUMBIA CITY IN	2	M 0-14	22:35	110	NICKI OSTERHOLT	FORT WAYNE IN	3	F 25-29	26:50
49	JAMES MARTIN	FORT WAYNE IN	3	M 0-14	22:37	111	LESLIE TRABEL	MONROEVILLE IN	2	F 20-24	26:51
50	IAN COPENHAVER	UNION MI	8	M 15-19	22:41	112	GARTH SPONSELLER	NEW HAVEN IN	1	M 25-29	26:52
51	KATIE CREIGHTON	FORT WAYNE IN	2	F 45-49	22:45	113	MICHAEL WOLFE	FORT WAYNE IN	7	M 30-34	27:06
52	LEN PIROPATO	FORT WAYNE IN	10	M 45-49	22:57	114	JOSEPH DIMARZIO	FORT WAYNE IN	8	M 30-34	27:09
53	GREG BROWN	FORT WAYNE IN	11	M 45-49	23:05	115	GRETCHEN ZARTMAN	FORT WAYNE IN	1	F 30-34	27:16
54	WILLIAM CRANE	WARSAW IN	3	M 60-69	23:09	116	TERRI GROSS	FORT WAYNE IN	4	F 45-49	27:19
55	MIKE SLAUBAUGH	FORT WAYNE IN	8	M 40-44	23:11	117	AUSTIN FRIESNER	FORT WAYNE IN	13	M 15-19	27:45
56	CHUCK PUTTERBAUGH	FORT WAYNE IN	12	M 45-49	23:15	118	MARY CRANE	WARSAW IN	6	F 40-44	28:00
57	LINDSEY MOHLMAN	LEO IN	2	F 0-14	23:16	119	SHELLY NANCE	CHURUBUSCO IN	2	F 30-34	28:08
58	BRIAN LOUCKS	FORT WAYNE IN	3	M 30-34	23:23	120	ROCHELLE ALBERDING	BLUFFTON IN	1	F 60-99	28:17
59	DANE OKLESSEN	NEW HAVEN IN	4	M 0-14	23:26	121	AMBER BRAATEN	HOAGLAND IN	7	F 0-14	28:25
60	JIM PICKETT	WATERLOO IN	3	M 50-54	23:30	122	PETE MERTELLE	WHITE PIGEON MI	18	M 45-49	28:37
61	MICHAEL VARIELL	CONVOY OH	13	M 45-49	23:31	123	DAN BARNES	FORT WAYNE IN	10	M 50-54	28:46
62	RAIG BOBAY	FORT WAYNE IN	14	M 45-49	23:34		JONATHAN E				
63	STACI BELISWANGER	SOUTH WHITLEY IN	1	F 35-39	23:37	124	SCHLATTER	FORT WAYNE IN	19	M 45-49	28:58

FWTC 5K Fanny Freezer 2004

February 14, 2004

Place	Name	City	Group Place	Group	Time
125	CLARENCE MELION	PORTAGE IN	5	M 55-59	29:07
126	BRANDI WALLACE	FORT WAYNE IN	4	F 25-29	29:31
127	KARL DIETSCH	FORT WAYNE IN	4	M 60-69	29:36
128	JODIE THOMAS	FORT WAYNE IN	4	F 35-39	29:38
129	DAN GROTRIAN	FORT WAYNE IN	8	M 35-39	29:39
130	DANA BUDD	NEW HAVEN IN	20	M 45-49	29:44
131	KALISSA BLANCHETTE	FORT WAYNE IN	5	F 15-19	29:47
132	LYNN T BOBAY	FORT WAYNE IN	11	M 50-54	29:54
133	MATTHEW BROWN	GREENWOOD IN	9	M 30-34	29:55
134	TERRY GARWOOD	FORT WAYNE IN	6	M 55-59	29:59
135	JULIE EDGELL	FORT WAYNE IN	5	F 25-29	30:11
136	CHERYL STROMSKI	ANTWERP OH	5	F 45-49	30:25
137	NANCY SIMMONDS	FORT WAYNE IN	2	F 50-54	30:32
138	TOM FUELLING	FORT WAYNE IN	12	M 50-54	30:46
139	JANE MEEHAN	FORT WAYNE IN	5	F 35-39	31:09
140	WILLIAM R CLARK JR	FORT WAYNE IN	5	M 60-69	31:32
141	HELEN RYAN	FORT WAYNE IN	3	F 50-54	31:43
142	SUSAN OKLESHEN	NEW HAVEN IN	7	F 40-44	31:46

Results By Fort Wayne Track Club

Place	Name	City	Group Place	Group	Time
143	BODIL RASMUSSEN	FORT WAYNE IN	2	F 55-59	31:57
144	JOHN RASMUSSEN	FORT WAYNE IN	6	M 60-69	31:59
145	SARAH BIRD	COLUMBIA CITY IN	8	F 0-14	32:05
146	GREGG JOHNSON	FORT WAYNE IN	21	M 45-49	32:33
147	SAM DEITLE	FORT WAYNE IN	7	M 0-14	32:56
148	JIM DEITLE	FORT WAYNE IN	7	M 55-59	32:58
149	CAROLYN UTESCH	LEO IN	6	F 45-49	33:00
150	WANDA MELION	PORTAGE IN	4	F 50-54	33:14
151	JOSH WARE	FORT WAYNE IN	8	M 0-14	33:18
152	DENNIS MEEHAN	FORT WAYNE IN	9	M 35-39	33:43
	MARGIE MORRIS-				
153	PARKER	FORT WAYNE IN	7	F 45-49	33:50
154	PAUL BIRD	FORT WAYNE IN	10	M 30-34	33:51
155	BRIDGET CLEMENTS	FORT WAYNE IN	3	F 30-34	35:07
156	BETTY GREIDER	FORT WAYNE IN	8	F 40-44	36:17
157	JANET GARWOOD	FORT WAYNE IN	3	F 55-59	38:25
158	KAEEEN WILLA	FORT WAYNE IN	4	F 55-59	38:26
159	KENNETH E DISLER	FORT WAYNE IN	1	M 80-99	41:16

Three Rivers Running Company Hosts FWTC

The newly opened Three Rivers Running Company at 6312 Covington Road hosted a registration and packet pickup for the Nutri-Run on Friday, March 19.



James McKinnon, Bev Metzger and Jim Pickett at 3RRC

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. Call Greg at 438-2225.

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.

Landis Tool Grinding, Inc.



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Tom Landis

Races from 04/01/2004 to 06/31/2004

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
Apr 03, 2004 6am Sat	R	McNaughton Park 30 Mile & 50 Mile Trail Runs - 50K and 50 Miles 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> 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 Email: info@chicagoultra.org Web site: http://www.chicagoultra.org
Apr 03, 2004 9am Sat	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 students. Proceeds benefit IPFW XC and Track Teams Email: tillapau@ipfw.edu Web site: http://www.ftwc.org/raceinfo/2003mastodonstomp.pdf
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 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 Run 50 Miler - 50 Miles Bull Run and Occoquan Rivers Civil War theme, Clifton, VA Contact: Scott Mills, VHTRC, 703-548-9466 Email: ScottEMills@aol.com Web site: http://www.vhtrc.org/hr/

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 17, 2004 9am Sat	R	D.IN.O. Trail Run Series - 5K/15K Washington Towp Park, Avon, IN Contact: Brian, 317-308-6449 Email: Brian@DINOseries.com Web site: http://www.DINOseries.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		108th Boston Marathon - 26.2 Miles Boston, MA Web site: http://baa.org
Apr 24, 2004 9am Sat	L	Catch Your Breath Lung 5K Run/Walk/Mile Fun Run Adams County Memorial Hospital, Decatur, IN Contact: Kristy Norris at 260-724-2145 ext 4476 Info/Fees: \$18 pre- \$20 after April 7, \$10 for ACMH employees, Email: knorris@adamshospital.com
Apr 24, 2004 7:30am Sat	R	Kentucky Derby Mini Marathon & Meijer Marathon - 26.2 & miniMarathon Louisville, KY Contact: Kentucky Derby Festival, Inc, 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 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
Apr 25, 2004 9am	R	25th Annual Noblesville Kiwanis Spring Run - 15K & 2M Fun Run Noblesville Middle School, Noblesville, IN Contact: Noblesville Sunrisers Kiwanis, PO Box 492, Noblesville IN 46061, Info/Fees: \$15 -Pre, \$20-Race Day Email: PCBrattain@aol.com
May 01, 2004 6:30pm	R	Fort Wayne Mile Championship - One Mile Foster Park, Fort Wayne, IN Contact: Brian Shepherd, 700 Westfield Dr, Ligonier, IN 46767, 260-894-4638 Info/Fees: \$5 Pre, \$6 Race Day

May 02, 2004 6:30am Sun	R	6th Annual Flying Pig Marathon - 26.2 Miles Cincinnati, OH Contact: Cinnanati Marathon, Inc, 644 Linn St Suite 626, Cincinnati, OH 45203, 513-721-7447 Web site: http://www.flyingpigmarathon.com
May 02, 2004 Sun	R	City of Pittsburgh Marathon - 26.2 miles Heinz Field Home of Pittsburgh Steelers, Pittsburgh, PA Contact: 412-647-7866 Web site: http://www.pittsburghmarathon.org
May 08, 2004 8am Sat	R	2004 28th Annual Indpls 500 Mini-Marathon - 13.1 Miles & 5K Contact: Jeff Graves, PO Box 6, Indpls, IN 46206, 1-800-638-4296 Email: raceinfo@500festival.com Web site: http://www.500festival.com/mini/index.cfm
May 08, 2004 8am Sat	R	27th Fifth Third River Bank Run - 25K & 5K Run/Walk Downtown +9000 participants, Grand Rapids, MI Contact: 616-771-1590 Info/Fees: Pre-\$23, Teams-\$75, USATF National Championship Email: runinfo@riverbankrun.com Web site: http://www.53riverbankrun.com
May 08, 2004 9am Sat	R	Cherry Fest 10K & 3 Mile runs - 10K & 3M Fun Run New Village Hall, starts, Whitehouse, OH Contact: Randy Bukas, 419-877-2814 or 419--877-2814
May 15, 2004 8am Sat	R	Heartbeats - 5K Run/Walk Whitley County 4-H Fairgrounds, Columbia City, IN Contact: Gary Bird, 670 West Keiser Road, Columbia City, IN 46725, 260-244-4408 Info/Fees: \$12-pre & \$15 race day Email: garylbird@earthlink.net Web site: http://RunIndiana.com
May 15, 2004 8am Sat	R	Terre Haute Triathlon - 800m Swim,40K Bike, 8K Run Hawthorn Park, Terre Haute, IN Contact: Paul Asay, 812-466-9561
May 15, 2004 9am Sat	R	9th Annual Run for Fun for Leukemia & Lymphoma Society - 5K Kosciusko County Fairgrounds, Main Entrance, Warsaw, IN Contact: Bill Crane, Genesis Mgt Services, Inc, 827 S Union St, Warsaw, IN 46580-4703, 574-268-1236 or 888-268-1236 Info/Fees: Pre-\$6 before 1/1, \$8 before 3/1, \$9 after 3/1, \$5 ea add'l immediate family Email: runcrane@hotmail.com
May 29, 2004 7:30am	R	Westville Community Historical Society - 5K & 2.5K Walk Westville, IN Contact: WCHS, PO Box 395, Westville IN 46391, Info/Fees: \$7 -Pre, \$10 - Race Day, To Honor the World War 2 Veterans
May 29, 2004 8am Sat	R	Carmel Classic 8-K Run/Walk - 8K Carmel HS, Carmel, IN Contact: Runners Forum, 317-844-1558 or 800-262-RACE Web site: http://www.runnersforum.com
May 29, 2004 9am Sat	LP	4th Annual River City Rat Race - 10K Run and 5K Walk Downtown Peforming Art Center Main St, Finish Line at The Old Fort for both races, Fort Wayne, IN Contact: Steve Hilker, 260-484-2543 Email: shilker@comcast.net Web site: http://www.rcratrace.org
May 31, 2004 9am Mon	R	Memorial Day 5K - 5K Run/Walk VA Medical Center, Danville, IL Contact: Susan Puzey - Kennekuk Road Runners, 217-733-2403 Email: kenneluk@anet66.com Web site: http://www.kenneluk.com
May 31, 2004 Mon	R	The Great Race - 5K/10K masters/Half-marathon Various locations, Elkhart, IN Contact: Don Schmeckle, P.O. Box 682, Elkhart, IN (219) 206 5900 or 206 5862

Jun 05, 2004 6am Sat	R	2004 Sunburst Marathon - Mar,Half Mar, 10K, 5K, & Walk Contact: Liz Peralta, 574-284-3394 Email: sunburstraces@aol.com Web site: http://www.sunburstraces.org
Jun 05, 2004 8am Sat	R	9th Annual Fast Flash 5K - 5K Franklin Central High School, Indpls, IN Contact: 317-844-1558
Jun 05, 2004 9am Sat	R	D.IN.O. Trail Run Series - 5K/15K Town Run Trail Park, Indpls, IN Contact: Brian Holzhausen, 317-308-6449 Email: Brian@DINOseries.com Web site: http://www.DINOseries.com
Jun 06, 2004 2:00pm Sun	L	Home Run - 5K Wizards Stadium, The News-Sentinal Running Series, Fort Wayne, IN Contact: Brett Hess, 260-637-3755 Info/Fees: \$10 >18yrs, \$12 - Adults, Race Day: \$13 & \$15 Email: superhess@juno.com
Jun 12, 2004 7:30am Sat	RP	Angola Half-Marathon - 1/2 Mar & 5K Run/Walk City Courthouse Downtown, Angola, IN Contact: Mike Cole, 55 LN 240 A LAKE GAGE, ANGOLA IN 46703, 260-665-4146 Info/Fees: FWTC Points Race - \$800 in prize money Email: colem@tristate.edu
Jun 12, 2004 8am & 9am Sat	R	The Pepsi Y-Tri - 1500m/40K/10K & 400y/9m/3.1m Prairie Creek Reservoir, Muncie, IN Contact: Mark Stagge, 765-741-5542
Jun 12, 2004 8am	R	Indy Dad's Day 5K Race Against Prostate Cancer - 5K Run/Walk IU Medical Center, Indpls, IN Contact: 317-844-1558
Jun 12, 2004 9am Sat	R	Lake Mingo Trail Run - 7.1 Miles Trails Kennekuk Cove County Park, Danville, IL Contact: Bub Norgaar, Mingo, PO Box 1701, Danville, IL 61834, 217-431-5318 Email: kennekuk@net66.com Web site: http://users.net66.com/~kennekuk
Jun 19, 2004 8:15am	R	Munster Rotary - 10K Munster HS, 8808 Columbia Ave, Munster, IN Contact: Yuri Hoffman, 1-219-938-3660 Email: yurihoffman@hotmail.com
Jun 19, 2004 8am Sat	L	Nick Denice Race for Hope - 10K run/5K walk Baseball diamond at the corner of Aboite Center Road & Westlakes Drive., Fort Wayne, IN Contact: Carolyn Denice, PanCAN, PO Box 40092, Ft Wayne, IN 46804, (260) 434-4075 Info/Fees: \$20 through May 1st; \$25 day of event. All proceeds benefit PanCan Email: cdenice@pancan.org Web site: http://www.theraceforhope.org
Jun 19, 2004 Fri/Sat/Sun	R	2004 Mohican Trail 100 - 100 miles Mohican State Park, Loudenville, OH Contact: Don Lindley, (260) 432-5998 or (260) 436-2234 Email: lindleyd@infionline.net
Jun 22, 2004	R	Anderson Distance Running Camp Anderson University, Anderson, IN Contact: Coach Scott Wilson, 765-641-3053 Info/Fees: June 22 - June 25, Boys & Girls, grade 6-12, more information, go to website. Email: sdwilson@anderson.edu Web site: http://www.ADRcamp.com

FWTC MEMBERSHIP APPLICATION

Name: _____ Date of Birth ___ / ___ / ___ Sex _____

Address: _____ Home Phone _____

City/State/Zip: _____ Work Phone _____

E-mail address: _____

Occupation: _____ Business Affiliation: _____

Type of Membership: Single: ___ Family: ___ New Member: ___ Renewal: _____

Family Members:

Spouse: _____ Birthdate: _____ Sex: _____

Children: _____ Birthdate: _____ Sex: _____

Children: _____ Birthdate: _____ Sex: _____

Make checks out to: Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860-1703

ANNUAL MEMBERSHIP DUES: January 1—December 31

One year: \$16 Two Years: \$28 Three Years: \$36

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

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

CLUB MEMBERSHIP APPLICATION WAIVER

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

Signature: _____ Date: _____

Parents Signature(if under age 18) _____ Date: _____

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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