

the inside track

June & July 2004

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Phil Suelzer, Kevin Truelove, and Toby Hullinger at the Terre Haute Triathlon

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2004

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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

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

Spiece Fitness Runners On Parade. Jul 10, 2004. Fort Wayne, IN
Contact Mike McAvoy, 260 450-1071. clanmac@adamswells.com

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

Prez Sez

By Judy Tillapaugh, RD

“There are only 3 of us and 30,000 walkers and runners!”

This was a comment I heard as several of us reached for a glass of Gatorade during the 2004 Indy Mini. We all needed that sugar and water to boost our abilities to finish the 13.1 miles. The next chance for fuel was another 2 miles away!

As I held tight to my precious cup of energy I came real close to stopping and switching into volunteer mode. Yet, as I darted away saying “Thanks! Thanks!”, inside I was hoping maybe some cheering spectators would step forward or maybe additional volunteers were about to arrive. Helping hands are so important. Every event is only possible because people wish to give.

There were only a couple other lightly staffed volunteer locations I observed at the Indy Mini. The other parts were wonderful, motivating music was continuous, and safety features were abundant. Some Indy Mini Fast Facts: 4000 volunteers, 700,000 cups from Marsh, 3000 feet of water hose, 40,000 gallons of Gatorade, and 33,000 bananas!

FWTC events like the Nutri Run/Walk, the River City Rat Race, the Three Rivers Festival Parade Run, and the Turkey Trot are no Indy Mini, yet the need for assistance is just as great. Each of our activities require someone or some groups to give time to tasks. Most tasks like taking registration forms, assigning bib numbers, passing out pre-registration packets, passing out t-shirts, being a course timer, providing directions on the course, setting up the finish line area, doing finish line timing, pulling bib tags at the finish line, passing out water at aid stations, servings refreshment, and cleaning up are not difficult, they are enjoyable, and make such a difference towards overall event success.

In the excitement of seeing friends and desiring to race we often take the tasks for granted. It is easy to come, have a great time....then go. During the next event step back and observe how details are orchestrated. Notice the volunteers in action!

Our club is a club run by volunteers! Thank you! Thank you for all that you personally do for the club. I know for sure there are many of you who do so

much behind the scenes with no recognition. Know that you are appreciated.

Have you earned your 2004 FWTC Points Series Volunteer Points?? You can gain 100 volunteer points for each race that you work, with a maximum of 200 points. It's easy to do, do consider calling a race director of a Points Series Race and offer to help. To assist at an upcoming summer event call Mike Cole-Angola Half Marathon Race Director, Mac McAvoy- Runners On Parade and Parlor City Trot Race Director, or Tom Brunner- Harlan 10 km Race Director.

Thank you!!

Training With the Pros

By Diana Schowe

Recently, I had the pleasure of staying with Amy and Andrew Begley in their home in Albuquerque, NM. I couldn't wait to see the beautiful mountains and the wonderful scenery -and let's not forget experiencing the altitude. I also wanted to find out just how the "pros" live, train and eat.

I arrived around 5:30 PM New Mexico time and by the time we got to their apartment, it was almost 8:00 PM, 10:00 PM Indiana time. I was ready for bed, but not Amy and Andrew. Andrew fixed supper while Amy got on the bike for a workout. This was going to be a 90-minute workout with dinner coming afterward. I became even more tired just watching her.

Morning came quickly and by 7:30, we were up and out the door for a 15-minute run. Now I know 15 minutes doesn't seem like a big deal, but when you walk out the door and the first thing you do is run practically straight up about 100 feet, it feels like a lot more than 15 minutes. I was huffing and puffing as if I had just run the first race of my life. After that, it was off to work for my hosts. Amy works at a Sunglass Hut Monday thru Saturday, 10 AM to 4 PM. Andrew is working for a running store about the same number of hours a week. While they were gone, I went for a two and a half-hour hike in their

backyard. The mountains were just amazing and the trails were great. I met all kinds of people and everyone was very nice. I wanted to hike longer, but I forgot to take water with me, and besides, with my sense of direction, I thought it best to go back before I got lost.

When Amy and Andrew got home from work, it was time for a nice four- to five-mile run. Once again I was huffing and puffing just trying to keep up. Amy went ahead and Andrew took me on a nice easy course. He was chattering away while I just tried to keep breathing. We went out downhill and then came back uphill - what fun! With another run finished, it was time to eat. Both Amy and Andrew watch what they eat and eat pretty "clean" most of the time. But with the amount of time they spend working out, they can eat a lot. I know what you are thinking: "Little, tiny Amy? Where does she put it?" Trust me! She loves her food and that girl can eat with the best of them! And I should know: I'm one of the best of them. Surprisingly, she struggles with weight just like you and me. Once she told me there was a time when she was running one hundred miles a week and she still put on about 5 to 10 pounds. Now she watches her portion control. I think the most fun we had when I was there was when we went to the grocery store. It was an organic store and we had a ball trying new things. We made peanut butter, found exotic cereals, and best of all, picked out "healthy" candy bars and ice cream. Amy's eyes just light up when Andrew says it's OK if she gets one of her favorite desserts. He helps monitor what she eats, which is just fine with Amy. Guess we all can use a little help, now and then.

Afraid I got sidetracked! After dinner, Amy was back on the bike for yet another workout. This is pretty much how things go most days: a morning run, work afternoon, run again, then a long cross-training session after supper. She rides the bike a lot because they have one at the apartment. Swimming would be great, but a pool can be a hard thing to find when you don't know your way around the city very well yet. Let's just say maps are not always correct and you can find yourself at an Army base instead of the YMCA if you aren't careful! On her day off from the Sunglass Hut, Amy and I went to a fitness club and did a short workout. We started with half an hour of lifting, then one hour on the bikes. Then we did another hour on the EFX, and just to make sure we did the job right, we spent a half hour running in the pool. I loved it so much that Amy had to pull the car over on the way home so that I could, shall we say, do a little altitude-adjusting.

Watching Amy and Andrew work together is so rewarding. Sure, they disagree once in a while – most married couples do! But mostly they just "fit." Andrew takes care of a lot of the cooking and cleaning so Amy can keep up with her workouts. He even knows how to operate the washing machine. (I know, Ladies! Isn't he a dream?) But he also designs all of Amy's workouts, tracks them, and is constantly doing research to find new and better ways of training. When it comes to running, Andrew has to be one of the most knowledgeable people I have ever met. But like any good coach, his knowledge doesn't end with just running. He knows a lot about weightlifting for runners, stretching, and nutrition. And most importantly, he keeps Amy motivated to do her best at all times. Andrew has no doubts when it comes to her talent. He knows her capabilities and wants to help make all her hard work pay off. He wants her dreams to come true. .

The six days I spent with Amy and Andrew were really great! I learned a lot, but what struck me the most was realizing how much dedication and love a couple needs to keep up with this kind of pace. Both of them have tough jobs just making everything balance. Even though they are "pros," they have the same problems as you and I. Training for the Olympics is not glamorous by any means, and most of the time it can be down-right boring. But they push through and continue to move forward. I know there have been times when Amy has wanted to give up and had times when she wonders why she is trying to find a YMCA at 9 o'clock at night. But when she finishes the workout and comes home to Andrew telling her what a good job she is doing, she knows it is all worth it. And she'll really know all the hard work paid off when she arrives in Athens this summer.

Both of these people have been a godsend to me. They truly have become very good friends. When I had a knee injury a little over a year ago, I kept asking, "Why me?" Now I know it was so I could meet Andrew and Amy. With her coaching, I am becoming a better runner. But more importantly, I have become a much better person.

FWTC Board Meeting 3/10/04

1. Judy called the meeting to order.
2. Don read from Chicken Soup for the Sports Fan and prayer was offered.
3. The February meeting minutes were read, corrected and approved.
4. Don read the treasurer's report. The balance as of 2/29 is \$26,238.79. There are currently 397 members- 106 (2 year), and 39 (3 year). We still need 110 members to renew. The Fanny Freezer profits were \$372.30. There are singlets to sell and should be sold for more than \$14.00. The budget was approved.
5. Chuck announced that the deadline for the *Inside Track* is March 19th for information and race inserts. Information and pictures from the banquet should be included. Chuck has one runner's profile to put in the newsletter. The Begley's may contribute a training column and will be adding camp inserts.
6. Tom has updated the points series. The board approved \$125.00 for Tom to up- grade race director to 6.0. Members must have their '04 dues paid by March 20th to be eligible for the points series. The board approved moving the cut off date to the date of the Nutri-Run each year.
7. The banquet evaluation results were read and discussed. The banquet was rated high in almost all areas. Some good suggestions were given for speakers for next year.
8. The Nutri-Run is scheduled for March 20th. There will be packet pick up at the *Three Rivers Running Co.* on Friday March 19th from 6-8 PM. This year towels will be given out instead of shirts.
9. JP Jones will be working a table at the IPFW Health Fair on March 24th. Anyone interested in helping should contact JP.
10. The Mastodon Stomp is scheduled for April 3rd. Anyone wishing to help should contact Judy T.
11. Bill Sohaski submitted a formal motion to approve a 90 day money back trial of the AMB Chip Timing System to begin ASAP and end no sooner than 7/15/04. Judy T. had a list of questions and concerns about the purchase of the system. Don provided a paper with these questions including written responses to the questions. Don feels that the loan can be paid off by adding new races, increasing race fees, and renting out the equipment. Bill handed out notes to the motion that included an agreement of the 90 day-performance satisfaction warranty/guarantee and a quotation dated 2/25/04 in the amount of \$37,357.00. This agreement includes the purchase of 500 chips & ankle straps. The club budget would commit \$12,000 towards the purchase and the remainder will be obtained from a low interest bank loan. An anonymous person has agreed to personally guarantee the loan. Chuck and Phil had questions about the loan and the interest to be paid. The 90 day trial is actually not free when you consider the interest that will be accrued during that time on the

loan. Questions about caring for the system and insurance for the system were discussed. There was no written contract presented for the 90 day trial period or for the bank loan. The motion to approve a 90 day money-back trial of the AMB timing system was passed with 8 votes yes, 2 votes no, and 2 abstaining.

12. Phil and Gary Bird plan to have something for the newsletter for the Kids Korner.
13. The Three River's Running Co. will have a special sales night for board members this Friday night from 6-8PM. The store officially opens March 16th.
14. Steve announced that the next Rat Race meeting is March 17th at 7PM at the YMCA. Steve thinks it may be possible for the club to receive more profits from the race to help pay for the chip timing system and has agreed to use the system in his race.
15. Roger Wilson is looking for a race director for the Zoo Run. Contact him if interested.
16. Brian Shepherd's 1 mile race is May 1th at Foster Park. He needs to take the FWTC logo off his form because the track club does not insure that race.
17. Don announced that all club members will receive membership cards so they can use them to get a discount at the Three River's Running Store.
18. Linda Keuneke suggested the club purchase new finish line equipment including banners, ropes and barriers. A volunteer is needed to look at what is available and what it will cost.
19. Don held a t-shirt drawing and the meeting was adjourned.

Attendance: Judy Tillapaugh, Phil Suelzer, Don Lindley, Judy White, Mitch Harper, Bill Harris, Steve Hilker, JP Jones, Beverly Metzger, Bill Sohaski, Chuck Zumbun, Linda Keuneke, Tom Landis

FWTC Board Meeting – 4/14/04

1. Judy called the meeting to order.
2. Don read from the book *Chicken Soup for the Soul* and prayer was offered.
3. The March minutes were read, corrected and approved.
4. Don read the treasurer's report and the current balance is \$26,471.70. There are 429 members with 150-2year, 150-3year and 2-more than 3years. The report was approved.
5. Chuck printed 450 copies of the *Inside Track* but will probably decrease the number to 400 for the next issue. There are member profiles completed for the next issue and Don has contacted race directors to get applications inserted. The deadline for the next issue is May 15th.
6. Tom Landis reported on the points series. There are several people who are entered in the data base twice, so need to check for doubles in the race results. Tom has added volunteer points for people who work behind the scenes for the club.

7. Amy sent out an e-mail to all board members stating all promotional activities she has completed this past month. Please see Amy if you have suggestions or additions.
8. Beverly reported on the Nutri-run. The race made \$1,700 for the club. There were 92 runners in the 5k and 100 runners in the 20k. She and Jeff have agreed to be race directors again next year. They may want to add Whitley Co. sheriffs next year due to rude home owners in that area.
9. Judy reported on the Mastodon Stomp race that took place April 3rd. \$2,500 was raised for the IPFW Cross Country team. 300 runners participated.
10. Steve Hilker reported on the Rat Race. He still needs volunteers to help seek donations to put in the goodie bags, improve the race map or ride the course on race day as a Marshall. Meeting dates are Monday, April 19th or Wed., April 21st at the YMCA at 7:00PM.
11. Tammy announced that she will have a 10 mile timed run at Johnny Apple seed Park on Sat., April 24th at 9:00AM. The new chip timing system will be used, so runners are asked to come at 8:30AM to register.
12. Anthony explained that the pictures put on the website have used up most of the current capacity. The club is currently paying \$96.00/yr. for a 44 megabyte limit. A motion to increase the website capacity to 200 megabytes for \$200.00/yr. was proposed and passed. The message board on the website is now password protected. Members must type in the lower case letters "fwtc". Amy will post this information at races to help inform members. It would be helpful to have a complete e-mail group for all FWTC members to send out information. Don will work on this.
13. Don reported on the chip timing system which is due to arrive in a few days. Don and Bill need volunteers to help with the 90 day trial period.
14. The FWTC logo was on the 1 mile race application again in the newspaper and the club does not sponsor the race. Brian Shepherd needs to be contacted.
15. Judy W. presented By law changes to the board. Board members agreed that there maybe should be an attendance requirement for board meetings and there should be a greater number of members present to vote on issues that concern a large financial investment for the club. Judy T. will contact board members who have not attended any meetings this year to see if they wish to continue as board members. Judy W. will gather information and come with a new proposal to discuss at the May meeting.
16. The Snyder coach will be doing the speed work-outs this summer. Matt Parker will be contacted to get the schedule.
17. Phil Suelzer has put together a list of races for elementary school kids for 2004. Questions should be e-mailed to Phil
18. Mac McAvoy is race director for the 30th Parlor City Trot Race. Mac wants to put some proceeds for the 10 year sponsorships aside in a special account. It was suggested that the proceeds form his race and sponsorship be placed in the FWTC budget but be

kept available and identified as money for Mac to use in future races.

19. The meeting was adjourned.

Attendance: Judy Tillapaugh, Don Lindley, Judy White, Tammy Behrens, Bill Harris, Stephen Hilker, JP Jones, Anthony Juliano, Tom Landis, Mac McAvoy, Beverly Metzger, Diana Schowe, Amy Stephan, Chuck Zumbrun.

Meet the Members!

Steve and Betty Greider.

Occupation: Meat cutter for Jamison's Meats

Hobbies and Interests: Fishing, swimming, and hunting

Years Running: Steve 40, Betty 30.

Favorite Foods: Steve apple pie, Betty sweet potatoes.

Favorite Running Gear: Betty's #24 Jeff Gordon t-shirt.

Favorite Places and Courses to Run: Parlor City Trot Half-Marathon.

Most Cherished Possessions: Each other.

Your Inspiration to Run: Trying to beat each other. Better time every run!



THREE RIVERS RUNNING COMPANY

Fort Wayne Track Club members—come into Three Rivers Running Company and use your 10% FWTC member discount! We have technical running gear from Asics, Brooks, Mizuno, New Balance, Pearl Izumi, Saucony, SportHill, Hind, Timex, and much more!

Come in to get geared up, chat with staff, and meet your friends for a run. We look forward to seeing you!

Located in Covington Shops
6312 Covington Rd
Fort Wayne, IN 46804
260-459-3668

We are the northeast Indiana/northwest Ohio region's premier source for the running industry's best technical gear.
www.3riversrunning.com

Running Groups in the Fort Wayne Area

YMCA Downtown - 7AM Saturdays - group leaves at 7AM

Usually 8-12 miles with 10-30 people - All levels welcome
Contact: Steve Hilker shilker@pleez.net

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, for more information contact:

Eric Ade, 602-5410, erica@waterfield.com or Casey Shafer, 402-2541, ghanishrunner@hotmail.com

Team Bird - RunIndiana.com has the Team Bird training schedule on it. It is updated on a regular basis. Call Gary Bird (244-4408) with any questions.

Middle School and High School Girls - Tammy Behrens will be doing speed training with middle school and high school girls over the summer on Tuesday evenings. 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.

Mastodon Stomp 5K

April 03, 2004

Place	Name	City	Age Group	Time	Pace
1	BRENNON PLOTNER	FORT WAYNE IN	1 M 15-19	15:55	5:08/M
2	JOSH BRUNSON	FORT WAYNE IN	1 M 25-29	16:07	5:12/M
3	IAN WILSON	FORT WAYNE IN	1 M 20-24	16:51	5:26/M
4	MARK FURKIS	LIGONIER IN	1 M 45-49	16:51	5:26/M
5	JEFF NIDINGER	FT WAYNE IN	2 M 20-24	16:52	5:26/M
6	CODY BROWN	ALBION IN	2 M 15-19	17:02	5:30/M
7	BOBBY MOLDOVAN	FORT WAYNE IN	3 M 15-19	17:08	5:32/M
8	BRET ASSELIN	FT WAYNE IN	4 M 15-19	17:11	5:33/M
9	ANDREW MILLER	FORT WAYNE IN	5 M 15-19	17:14	5:34/M
10	JERRY WILLIAMS JR.	FT WAYNE IN	1 M 40-44	17:18	5:35/M
11	MIKE RIDENOUR	FT WAYNE IN	6 M 15-19	17:48	5:45/M
12	BRANDON WALTER	FORT WAYNE IN	7 M 15-19	18:00	5:48/M
13	MARK GREEN	FORT WAYNE IN	8 M 15-19	18:03	5:49/M
14	RICH MATNEY	DEFIANCE OH	9 M 15-19	18:06	5:50/M
15	ANDY GARCIA	FT WAYNE IN	3 M 20-24	18:08	5:51/M
16	CURTIS FABIAN	COLUMBIA CITY IN	10 M 15-19	18:20	5:55/M
17	CHIP LAROWE	AUBURN IN	2 M 40-44	18:27	5:57/M
18	CURT FOUST	BRYAN OH	2 M 25-29	18:41	6:02/M
19	NIC ALVAREZ	SHERWOOD OH	11 M 15-19	18:45	6:03/M
20	GARRET BRADTMUELLER I	FORT WAYNE IN	12 M 15-19	18:50	6:05/M
21	RYAN YOUNG	FORT WAYNE IN	13 M 15-19	18:52	6:05/M
22	BRAD THOMAS	FT WAYNE IN	3 M 25-29	18:55	6:06/M
23	LAUREN SIMPSON	FORT WAYNE IN	1 F 20-24	18:58	6:07/M
24	PHIL SUELZER	FORT WAYNE IN	1 M 50-54	19:05	6:09/M
25	SAM WEITZEL	FT WAYNE IN	14 M 15-19	19:09	6:11/M
26	ANDREW GREGORY	FT WAYNE IN	4 M 20-24	19:16	6:13/M
27	PEDRO SEDANA	FORT WAYNE IN	5 M 20-24	19:18	6:14/M
28	PAUL SHAFFER	DECATUR IN	2 M 45-49	19:20	6:14/M
29	JED PEARSON	COLUMBIA CITY IN	2 M 50-54	19:21	6:15/M
30	SEAN MCKINLEY	FT WAYNE IN	15 M 15-19	19:23	6:15/M
31	BRIAN GOODSPEED	FORT WAYNE IN	16 M 15-19	19:24	6:15/M
32	JASON SORG	FORT WAYNE IN	4 M 25-29	19:25	6:16/M
33	MATT MILLER	WATERLOO IN	6 M 20-24	19:27	6:16/M
34	BRAD ALTEVOGT	FT WAYNE IN	3 M 45-49	19:27	6:16/M
35	ASHLEY RITCHEY	SPENCERVILLE IN	1 F 15-19	19:28	6:17/M
36	MARK WALTER	FORT WAYNE IN	1 M 35-39	19:32	6:18/M
37	DANIEL ETZCORN	FORT WAYNE IN	17 M 15-19	19:42	6:21/M
38	CHAD MATTHAIDESS	AUBURN IN	1 M 30-34	19:44	6:22/M
39	KELLY MAHONEY	LOGANSPORT IN	2 M 30-34	19:57	6:26/M
40	PAUL CEARNS	CONVOY OH	2 M 35-39	19:59	6:27/M
41	ANTHONY JULIANO	FORT WAYNE IN	3 M 30-34	20:14	6:32/M
42	DAN SHEETS	FT WAYNE IN	4 M 30-34	20:25	6:35/M
43	GREG SMITH	FORT WAYNE IN	3 M 40-44	20:26	6:35/M
44	JAMES MCKINNON	WATERLOO IN	4 M 45-49	20:28	6:36/M
45	NICK SMITH	FORT WAYNE IN	18 M 15-19	20:30	6:37/M
46	ALEKS FANSLER	FORT WAYNE IN	19 M 15-19	20:31	6:37/M
47	DIANA SCHOWE	AUBURN IN	1 F 35-39	20:37	6:39/M
48	CHRIS CROY	COLUMBIA CITY IN	5 M 45-49	20:39	6:40/M
49	MARC DILLON	FORT WAYNE IN	20 M 15-19	20:40	6:40/M
50	CHUCK BROWN	BLUFFTON IN	6 M 45-49	20:45	6:42/M
51	ADAM BISHOP	FORT WAYNE IN	21 M 15-19	20:48	6:43/M
52	DAVE ARENS	SHERWOOD OH	4 M 40-44	20:50	6:43/M
53	CHRISTOPHER BORNKAMP	FORT WAYNE IN	5 M 30-34	20:58	6:46/M
54	JEFF MAUS	VAN WERT OH	7 M 45-49	20:58	6:46/M
55	CHRIS DUNMIRE	FORT WAYNE IN	6 M 30-34	21:00	6:46/M
56	CHRIS REICHERT	FT WAYNE IN	22 M 15-19	21:02	6:47/M
57	MARK BEALS	FT WAYNE IN	5 M 40-44	21:03	6:47/M
58	BOB BRUCKNER	FORT WAYNE IN	1 M 55-59	21:07	6:49/M
59	KEN LONG	FT WAYNE IN	3 M 50-54	21:13	6:51/M
60	BILL RITCHIE	LAGRANGE IN	5 M 25-29	21:16	6:52/M
61	BOB WORREL	FT WAYNE IN	6 M 40-44	21:16	6:52/M
62	MEGAN LA ROWE	AUBURN IN	2 F 15-19	21:18	6:52/M
63	JEFF CEARBAUGH	FT WAYNE IN	7 M 20-24	21:18	6:52/M
64	MITCHELL SHELTON	MUNCIE IN	8 M 20-24	21:26	6:55/M
65	JORDAN ALVAREZ	SHERWOOD OH	23 M 15-19	21:27	6:55/M
66	BRIAN LOUCKS	FT WAYNE IN	7 M 30-34	21:28	6:55/M
67	JAMES MARTIN	FORT WAYNE IN	1 M 0-14	21:29	6:56/M
68	BRAD HESS	FORT WAYNE IN	2 M 0-14	21:30	6:56/M
69	JUSTIN PERKINS	BRYAN OH	3 M 0-14	21:37	6:58/M
70	BRETT HESS	FORT WAYNE IN	3 M 35-39	21:38	6:59/M
71	DAVID WHITCOMB	HOAGLAND IN	8 M 30-34	21:38	6:59/M
72	GREG RIDENOUR	FT WAYNE IN	4 M 50-54	21:39	6:59/M
73	LOUIS BEREGSAZI	ANTWERP OH	5 M 50-54	21:42	7:00/M
74	JOE SAVINA	FT WAYNE IN	4 M 35-39	21:43	7:00/M
75	MATT MINNICK	NEW HAVEN IN	4 M 0-14	21:43	7:00/M
76	JERRY STEINHOFF	FORT WAYNE IN	8 M 45-49	21:47	7:02/M
77	TODD SEIMAN	FORT WAYNE IN	6 M 50-54	21:49	7:02/M
78	PAUL MCGUIRE	FT WAYNE IN	9 M 30-34	21:56	7:05/M
79	DEWAIN COBBS	WARSAW IN	1 M 60-64	22:00	7:06/M
80	SCOTT HARPER	FORT WAYNE IN	5 M 35-39	22:02	7:06/M
81	BRANDAN SMITH	FORT WAYNE IN	24 M 15-19	22:22	7:13/M
82	JOE ZIEGLER	NEW HAVEN IN	1 M 65-69	22:26	7:14/M
83	MICHAEL MEEKS	GRABILL IN	6 M 35-39	22:27	7:15/M

Mastodon Stomp 5K

April 03, 2004

Place	Name	City	Age Group	Time	Pace
84	DENNIS KLOPFENSTEIN	NEW HAVEN IN	9 M 45-49	22:28	7:15/M
85	COREY WILLIAMS	NEW HAVEN IN	10 M 30-34	22:28	7:15/M
86	DANIEL SMITH	INDIANAPOLIS IN	7 M 50-54	22:29	7:15/M
87	GEORGE MINEHART	AUBURN IN	6 M 25-29	22:36	7:17/M
88	MIKE SLAUBAUGH	FORT WAYNE IN	7 M 40-44	22:37	7:18/M
89	JANET SOUDER	FORT WAYNE IN	2 F 20-24	22:45	7:20/M
90	SCOTT BEAM	FORT WAYNE IN	8 M 40-44	22:48	7:21/M
91	JAMES COUGHLIN	FORT WAYNE IN	5 M 0-14	22:48	7:21/M
92	JOHN N LINK	NEW HAVEN IN	10 M 45-49	22:49	7:22/M
93	MARK WEIGHT	WARREN IN	9 M 40-44	23:02	7:26/M
94	BERNIE BURGETTE	FORT WAYNE IN	2 M 60-64	23:08	7:28/M
95	SAM GILLIE	FT WAYNE IN	11 M 30-34	23:10	7:28/M
96	JIM WEIDE	FORT WAYNE IN	8 M 50-54	23:12	7:29/M
97	ART OBREGON	PIERCETON IN	2 M 55-59	23:15	7:30/M
98	SAM PLEW	LAGRANGE IN	7 M 25-29	23:16	7:30/M
99	TODD THOMPSON	FORT WAYNE IN	9 M 20-24	23:18	7:31/M
100	DAVID GEIGER	CHURUBUSCO IN	10 M 40-44	23:18	7:31/M
101	ERIC EDMISTON	NEW HAVEN IN	6 M 0-14	23:19	7:31/M
102	DAVID E BOYLAN	FT WAYNE IN	3 M 60-64	23:20	7:32/M
103	STACI BEISWANGER	SOUTH WHITLEY IN	2 F 35-39	23:23	7:33/M
104	KYLEE KEUNEKE	DECATUR IN	1 F 0-14	23:40	7:38/M
105	MICHAEL VARELL	CONVOY OH	11 M 45-49	23:43	7:39/M
106	TODD WEAVER	FT WAYNE IN	12 M 30-34	23:49	7:41/M
107	WILLIAM A CRANE	WARSAW IN	4 M 60-64	23:51	7:42/M
108	TOBY JO HULLINGER	MONROEVILLE IN	11 M 40-44	23:55	7:43/M
109	STAN REED	OSSIAN IN	7 M 35-39	23:57	7:44/M
110	DICK POWELL	FT WAYNE IN	12 M 45-49	24:01.00	7:45/M
111	CAMERON SCHER	FORT WAYNE IN	7 M 0-14	24:02.00	7:45/M
112	TRACY BROOKS	FORT WAYNE IN	1 F 30-34	24:09.00	7:47/M
113	SHERYLE BRAATEN	HOAGLAND IN	1 F 40-44	24:11.00	7:48/M
114	DUSTIN FAUROTE	FT WAYNE IN	25 M 15-19	24:11.00	7:48/M
115	TERRANEE ALEXANDER	FT WAYNE IN	10 M 20-24	24:14.00	7:49/M
116	JOHN HAMILTON	FT WAYNE IN	12 M 40-44	24:16.00	7:50/M
117	HIDI HUSTON	GAS CITY IN	1 F 25-29	24:17.00	7:50/M
118	MARK POPE	FORT WAYNE IN	9 M 50-54	24:19.00	7:51/M
119	ERIC KLEINRICHERT	FT WAYNE IN	8 M 35-39	24:22.00	7:52/M
120	STEVE ROMANY	NEW HAVEN IN	10 M 50-54	24:22.00	7:52/M
121	CAROL HARPER	FORT WAYNE IN	3 F 35-39	24:24.00	7:52/M
122	JIM PICKETT	WATERLOO IN	11 M 50-54	24:27.00	7:53/M
123	LORI KUCHMAY	FT WAYNE IN	2 F 30-34	24:34.00	7:55/M
124	KEELY MATTHEW	VAN WERT OH	3 F 15-19	24:39.00	7:57/M
125	PHYLLIS SUELZER	FORT WAYNE IN	1 F 50-54	24:43.00	7:58/M
126	JAMES H WRIGHT	FT WAYNE IN	3 M 55-59	24:47.00	8:00/M
127	JENNIFER SAVAGE	WARSAW IN	3 F 30-34	24:48.00	8:00/M
128	CHERI STEIGMEYER	FT WAYNE IN	4 F 35-39	25:02.00	8:05/M
129	RICH STEPHENSON	MONROEVILLE IN	4 M 55-59	25:02.00	8:05/M
130	JENNIFER DILLON	FORT WAYNE IN	4 F 30-34	25:05.00	8:05/M
131	DARRYL CARGO	FORT WAYNE IN	13 M 40-44	25:21.00	8:11/M
132	ANDREW ARNEY	FT WAYNE IN	9 M 35-39	25:25.00	8:12/M
133	KERRY BLANCHETTE	FT WAYNE IN	12 M 50-54	25:37.00	8:16/M
134	JOEL SCHARTZER	GOSHEN IN	5 M 55-59	25:38.00	8:16/M
135	MARK HOPKINS	FT WAYNE IN	11 M 20-24	25:40.00	8:17/M
136	DAVE WELKIN	FT WAYNE IN	10 M 35-39	25:45.00	8:18/M
137	TAMARA WRIGHT	FT WAYNE IN	1 F 45-49	25:50.00	8:20/M
138	MICHAEL WARTHEN	FORT WAYNE IN	8 M 0-14	26:09.00	8:26/M
139	MARIE YORK	FORT WAYNE IN	2 F 25-29	26:09.00	8:26/M
140	JASON SAGAN	FORT WAYNE IN	13 M 30-34	26:15.00	8:28/M
141	ANDY WILLIAMS	BRISTOL IN	13 M 45-49	26:18.00	8:29/M
142	JOE ASTROSKI	FORT WAYNE IN	14 M 45-49	26:20.00	8:30/M
143	MICHAEL WOLFE	FORT WAYNE IN	14 M 30-34	26:24.00	8:31/M
144	EMILY SOVINE	PREBLE IN	3 F 25-29	26:27.00	8:32/M
145	JOHN DAVID MCPHERSON	FT WAYNE IN	13 M 50-54	26:49.00	8:39/M
146	BERNIE HUESING	FORT WAYNE IN	1 M 70-99	26:58.00	8:42/M
147	CHERYL PULVER	FT WAYNE IN	5 F 30-34	27:01.00	8:43/M
148	CHAD WYLIE	FT WAYNE IN	11 M 35-39	27:01.00	8:43/M
149	ANDREW BARRY	FORT WAYNE IN	12 M 35-39	27:07.00	8:45/M
150	MARY CRANE	WARSAW IN	2 F 40-44	27:08.00	8:45/M
151	ROBERT C LOOMIS	MONROEVILLE IN	2 M 70-99	27:20.00	8:49/M
152	AARON YORK	FORT WAYNE IN	15 M 30-34	27:22.00	8:50/M
153	KILEY REID	FORT WAYNE IN	12 M 20-24	27:29.00	8:52/M
154	POLLY GRISMORE	FT WAYNE IN	6 F 30-34	27:31.00	8:53/M
155	DAVID SLYBY	FORT WAYNE IN	16 M 30-34	27:34.00	8:54/M
156	PHIL KELLY	CHURUBUSCO IN	14 M 40-44	27:35.00	8:54/M
157	LYNN T BOBAY	FT WAYNE IN	14 M 50-54	27:35.00	8:54/M
158	JASON KUCHMAY	FT WAYNE IN	17 M 30-34	27:35.00	8:54/M
159	JENNIFER MAYHALL	FORT WAYNE IN	3 F 40-44	27:39.00	8:55/M
160	KATRINA LOUCKS	FORT WAYNE IN	7 F 30-34	27:43.00	8:56/M
161	COURTNEY WENNEMAR	FT WAYNE IN	4 F 25-29	27:54.00	9:00/M
162	ROB SNYDER	FORT WAYNE IN	18 M 30-34	28:01.00	9:02/M
163	MICHELLE FIELDS	FORT WAYNE IN	3 F 20-24	28:03.00	9:03/M
164	JAMES RANKIN	WARSAW IN	15 M 45-49	28:16.00	9:07/M
165	DAN BARNES	FORT WAYNE IN	15 M 50-54	28:20.00	9:08/M
166	ABBY YUNGER	FORT WAYNE IN	4 F 20-24	28:23.00	9:09/M
167	JOE WALBURN	FORT WAYNE IN	19 M 30-34	28:23.00	9:09/M
168	MATT SCOTT	WARSAW IN	13 M 35-39	28:24.00	9:10/M

Mastodon Stomp 5K

April 03, 2004

Place	Name	City	Age Group	Time	Pace
169	DANA BUDD	NEW HAVEN IN	16 M 45-49	28:30.00	9:12/M
170	KARL DIETSCH	FORT WAYNE IN	2 M 65-69	28:55.00	9:20/M
171	NANCY SIMMONDS	FT WAYNE IN	2 F 50-54	28:56.00	9:20/M
172	JEREMY HARPER	FORT WAYNE IN	9 M 0-14	29:10.00	9:25/M
173	AMBER BRAATEN	HOAGLAND IN	2 F 0-14	29:13.00	9:25/M
174	CHERYL STROMSKI	ANTWERP OH	2 F 45-49	29:20.00	9:28/M
175	BRAD COZZA	VALPARAISO IN	10 M 0-14	29:30.00	9:31/M
176	MARK JERNIGAN	FT WAYNE IN	20 M 30-34	29:36.00	9:33/M
177	STEVE EDMISTON	NEW HAVEN IN	17 M 45-49	29:52.00	9:38/M
178	LYNNETTE UNDERWOOD	HUNTINGTON IN	5 F 35-39	29:53.00	9:38/M
179	CYNTHIA FRITZ	FT WAYNE IN	6 F 35-39	29:58.00	9:40/M
180	PETER COZZA	VALPARAISO IN	6 M 55-59	30:17.00	9:46/M
181	KENDYLE ROHRBACHER	FT WAYNE IN	5 F 25-29	30:38.00	9:53/M
182	BRAD WEBER	CLEVELAND OH	8 M 25-29	30:40.00	9:54/M
183	LINETTE BARRY	FORT WAYNE IN	4 F 40-44	30:45.00	9:55/M
184	LARRY PIANO	FORT WAYNE IN	7 M 55-59	30:49.00	9:56/M
185	KURT SINGER	NEY OH	11 M 0-14	31:02.00	10:01/M
186	ANGIE SEIMAN	FT WAYNE IN	3 F 45-49	31:05.00	10:02/M
187	TOM FUELLING	FT WAYNE IN	16 M 50-54	31:15.00	10:05/M
188	DONALD LINDLEY	FT WAYNE IN	5 M 60-64	31:28.00	10:09/M
189	JENNY WERLING	FT WAYNE IN	5 F 40-44	31:38.00	10:12/M
190	DEBRA MEUTER	FT WAYNE IN	7 F 35-39	31:42.00	10:14/M
191	GREGG JOHNSON	FORT WAYNE IN	18 M 45-49	31:56.00	10:18/M
192	SHAWN KELLY	CHURUBUSCO IN	12 M 0-14	32:21.00	10:26/M
193	MARLIN SHORT	WAUSEON OH	8 M 55-59	32:23.00	10:27/M
194	VICTORIA BALLARD	FORT WAYNE IN	8 F 35-39	32:24.00	10:27/M
195	KELLY FAIR	FT WAYNE IN	15 M 40-44	32:33.00	10:30/M
196	ANDY PEACHEY	LAGRANGE IN	9 M 25-29	32:45.00	10:34/M
197	SARAH KLEINKNIGHT	FORT WAYNE IN	1 F 60-64	32:48.00	10:35/M
198	BRENDA GROFF	CONTINENTAL OH	6 F 40-44	33:09.00	10:42/M
199	JIM WATKINS	BRYAN OH	16 M 40-44	33:09.00	10:42/M
200	WILLIAM R CLARK JR	FT WAYNE IN	3 M 65-69	33:10.00	10:42/M
201	BOB KYSER	FT WAYNE IN	14 M 35-39	33:16.00	10:44/M
202	BRIAN FLESCH	DECATUR IN	19 M 45-49	33:17.00	10:44/M
203	JOAN GARY	FREMONT IN	1 F 65-69	34:13.00	11:02/M
204	MARGIE MORRIS-PARKER	FT WAYNE IN	4 F 45-49	34:20.00	11:05/M
205	KAREN GILLIE	FORT WAYNE IN	8 F 30-34	34:34.00	11:09/M
206	ALAN BILLINGS	FORT WAYNE IN	20 M 45-49	34:36.00	11:10/M
207	BEN GATES	FT WAYNE IN	21 M 45-49	34:50.00	11:14/M
208	LINDA KROELLS	FT WAYNE IN	3 F 50-54	35:02.00	11:18/M
209	BETTY GREIDER	FORT WAYNE IN	7 F 40-44	35:05.00	11:19/M
210	REGINA BLANCHETTE	FT WAYNE IN	5 F 45-49	35:06.00	11:19/M
211	DIANE WEBB	FORT WAYNE IN	8 F 40-44	36:03.00	11:38/M
212	KELLY KOHLMAYER	FORT WAYNE IN	9 F 35-39	36:14.00	11:41/M
213	CORY GARDNER	FT WAYNE IN	13 M 0-14	37:02.00	11:57/M
214	BRUCE GARDNER	FT WAYNE IN	21 M 30-34	37:09.00	11:59/M
215	JULIE WALDA	FT WAYNE IN	10 F 35-39	38:03.00	12:16/M
216	INGRID LAIDROO	FORT WAYNE IN	11 F 35-39	39:20.00	12:41/M
217	DAVE TARBET	FORT WAYNE IN	15 M 35-39	40:14.00	12:59/M
218	KENNETH E DISLER	FT WAYNE IN	3 M 70-99	40:28.00	13:03/M
219	KATIE HAMLIN	CORUNNA IN	3 F 0-14	41:35.00	13:25/M
220	RICK HAMLIN	CORUNNA IN	17 M 40-44	41:38.00	13:26/M
221	CHERRITA TATNALL	FT WAYNE IN	6 F 25-29	41:39.00	13:26/M
222	ANDY GUMBERT	FORT WAYNE IN	13 M 20-24	41:56.00	13:32/M
223	ANGIE BENJAMIN	NEW HAVEN IN	7 F 25-29	42:09.00	13:36/M
224	NICOLE STEIGMEYER	FT WAYNE IN	9 F 30-34	42:10.00	13:36/M
225	JULIE CARRIER	FORT WAYNE IN	4 F 50-54	42:31.00	13:43/M
226	NANCY STEIGMEYER	FT WAYNE IN	10 F 30-34	42:42.00	13:46/M
227	PAIGE ARNEY	FT WAYNE IN	4 F 0-14	42:43.00	13:47/M
228	DANIELLE FAVORY	FT WAYNE IN	5 F 20-24	43:44.00	14:06/M
229	KRISTEN SIMPSON	FORT WAYNE IN	6 F 20-24	43:45.00	14:07/M
230	WENDY PIANO	FORT WAYNE IN	5 F 50-54	43:51.00	14:09/M
231	HAROLD HICKS	FT WAYNE IN	6 M 60-64	44:08.00	14:14/M
232	ROBERT ROXAS	FORT WAYNE IN	26 M 15-19	44:20.00	14:18/M
233	JUSTIN SILVERS	FORT WAYNE IN	14 M 20-24	44:21.00	14:18/M
234	BRIAN SPAULDING	FORT WAYNE IN	15 M 20-24	44:22.00	14:19/M
235	VICKIE DAHL	FORT WAYNE IN	6 F 45-49	45:24.00	14:39/M
236	JOY BROWN	BLUFFTON IN	7 F 45-49	47:19.00	15:16/M
237	BECKY STEINHOFF	FORT WAYNE IN	8 F 45-49	49:13.00	15:53/M
238	RON CLARK	FORT WAYNE IN	22 M 30-34	51:15.00	16:32/M
239	KIRSTEN GROTEMAT	FORT WAYNE IN	11 F 30-34	51:16.00	16:32/M
240	LAURA BATCHELDER	FORT WAYNE IN	8 F 25-29	51:30.00	16:37/M
241	RACHEL MCKENNA	FT WAYNE IN	9 F 25-29	51:32.00	16:37/M
242	HILLARY SMITH	WATERLOO IN	7 F 20-24	52:44.00	17:01/M
243	MEGAN MIDDAVAN	AUBURN IN	4 F 15-19	52:45.00	17:01/M
244	CAMILLIE WOEBBEKING	AUBURN IN	5 F 15-19	52:46.00	17:01/M
245	LINDA ROENKE	FT WAYNE IN	6 F 50-54	52:52.00	17:03/M
246	KAREN JOHNSON	FT WAYNE IN	1 F 55-59	52:53.00	17:04/M
247	CHRISTINE MEEK	FT WAYNE IN	12 F 35-39	52:55.00	17:04/M
248	SANDY BALL	FORT WAYNE IN	2 F 55-59	52:55.00	17:04/M
249	ANNIE LOUDEN	WOODBURN IN	8 F 20-24	52:56.00	17:05/M
250	JEAN MOORE	NEW HAVEN IN	7 F 50-54	52:58.00	17:05/M
251	JULIE POPE	FORT WAYNE IN	8 F 50-54	53:00.00	17:06/M
252	MARY ANN SMITH	INDIANAPOLIS IN	9 F 50-54	55:27.00	17:53/M
253	NATALIE SMITH	INDIANAPOLIS IN	9 F 20-24	55:28.00	17:54/M

Mastodon Stomp 5K

April 03, 2004

Place	Name	City	Age Group	Time	Pace
254	GLORIA WARTHEN	FORT WAYNE IN	9 F 45-49	55:35.00	17:56/M
255	DAVID GENSHEIMER	FORT WAYNE IN	22 M 45-49	57:16.00	18:28/M

St Jude Spirit Run 5k

April 17, 2004

Place	Name	Age	Time
1	Andrew Garcia	20	18.48
2	David Peden	18	20.13
3	Mark Pace	40	21.11
4	Jake Kinley	15	21.35
5	Doug Wood	47	22.20
6	William Bougher	40	22.28
7	Anne Duff	39	22.45
8	Daniel Delanet	29	22.53
9	Jim Bougher	41	23.18
10	Mark Brattoli	48	23.42
11	Stan Reed	38	23.52
12	Rick Harkenrider	41	24.17
13	Michael Variell	47	24.32
14	Liz Hubertz	14	25.38
15	Lucas McGowan	12	25.53
16	Joseph Astroski	47	25.54
17	Matt Mosper	43	26.04
18	Kevin Kilbane	46	26.05
19	Chad Wylie	38	26.06
20	Rick Auer	37	26.09
21	Tim Rupley	48	26.14
22	Lorraine Brattoli	43	26.20
23	Cheri McGowan	40	26.33
24	Dave McGowan	41	26.33
25	Mary Newell	34	26.44
26	Dana Kinley	41	27.04
27	Thomas Shoemaker	46	27.08
28	Jennifer Dillon	32	27.15
29	David Hayes	14	27.18
30	Phyllis Suelzer	51	27.32
31	Alex Bouillon	15	27.45
32	Anne Ehinger	41	27.54
33	Mike Bruner	51	30.35
34	Sue Kaufman	52	30.35
35	Bob DiDomenico	44	30.49
36	Polly Grismore	32	31.01
37	Courtney Wallace	27	31.01
38	Lisa Ellert	44	31.23
39	Becky Bender	38	31.50
40	Tim Hogan	53	32.08
41	Bodil Rasmussen	60	32.22
42	Susan Hyde	27	33.18
43	Sarah Kleinknight	60	33.24
44	Amie Lindsay	34	33.36
45	Peggy Richardson	38	33.59
46	Susan Okleshen	45	34.00
47	Terri Bruner	49	34.39
48	David Gensheimer	45	37.05
49	xx	xx	37.09
50	Jean DiDomenico	42	37.27
51	Lisa Schall	37	37.28
52	Karen Miller	55	39.06
53	Tony Hayes	40	xx
54	Jerri Hayes	39	xx

Tammy Behrens 10 Miler

April 24, 2004

This is the first event timed by the new FWTC AMB chip timing system.

Place	Name	City	Age Group	Time	Pace
1	BRAD A THOMAS	FORT WAYNE IN	***** M 25-29	1:10:29	7:03/M
2	JUDY WHITE	FORT WAYNE IN	***** F 45-49	1:15:09	7:31/M
3	DAVID WALDA	FORT WAYNE IN	1 M 30-34	1:16:17	7:38/M
4	SHAN GUNAWARDENA	FORT WAYNE IN	1 M 35-39	1:19:14	7:55/M
5	BRENDA SCHLEGEL	FORT WAYNE IN	1 F 25-29	1:20:35	8:04/M
6	STEVE ZACHER	FORT WAYNE IN	1 M 40-44	1:21:18	8:08/M
7	JOHN GAIER	KENDALLVILLE IN	1 M 50-54	1:22:35	8:16/M
8	DEBRA BALLINGER	FORT WAYNE IN	1 F 40-44	1:22:52	8:17/M
9	THOM HORTON	FORT WAYNE IN	2 M 40-44	1:23:14	8:19/M
10	CHERYL REIMUND	FORT WAYNE IN	2 F 25-29	1:24:11	8:25/M
11	BILL RYAN	FORT WAYNE IN	1 M 45-49	1:25:11	8:31/M
12	DARRYL CARGO	FORT WAYNE IN	3 M 40-44	1:26:43	8:40/M
13	DAVID M GRANEY	FORT WAYNE IN	4 M 40-44	1:26:56	8:42/M
14	NICKI OSTERHOLT	FORT WAYNE IN	3 F 25-29	1:28:38	8:52/M
15	SHELLY NANCE	FORT WAYNE IN	1 F 30-34	1:29:03	8:54/M
16	SHAWNE BATTERBEE	FORT WAYNE IN	1 F 35-39	1:29:30	8:57/M
17	AMY ARCHBOLD	FORT WAYNE IN	2 F 30-34	1:30:22	9:02/M
18	RUSS SORGEN	FORT WAYNE IN	5 M 40-44	1:30:38	9:04/M
19	MELISSA WALDO	FORT WAYNE IN	4 F 25-29	1:33:27	9:21/M
20	KAREN KIRBY	FORT WAYNE IN	2 F 35-39	1:37:45	9:47/M
21	BRANDI WALLACE	FORT WAYNE IN	5 F 25-29	1:39:06	9:55/M
22	BETH TOWNSEND	FORT WAYNE IN	3 F 35-39	1:42:19	10:14/M
23	NATALIA EARP	FORT WAYNE IN	6 F 25-29	1:42:19	10:14/M
24	LINDSAY BLOOM	FORT WAYNE IN	1 F 20-24	1:43:32	10:21/M
25	GLORIA J NOLD	FORT WAYNE IN	1 F 60-99	1:45:16	10:32/M
26	SARA SIMPSON	FORT WAYNE IN	4 F 35-39	1:47:52	10:47/M
27	ROCHELLE ALBERDING	BLUFFTON IN	2 F 60-99	1:58:48	11:53/M
28	BEVERLY METZGER	FORT WAYNE IN	2 F 40-44	2:16:25	13:39/M
29	ALICE POWERS	FORT WAYNE IN	3 F 60-99	2:16:26	13:39/M
30	CARLA BRAMES	NEW HAVEN IN	3 F 40-44	2:17:31	13:45/M

Enjoy Fruits and Vegetables

By Judy Tillapaugh, RD

Sweet tomatoes, crisp greens, fresh berries, juicy melons, and other vegetables and fruits are so plentiful this time of year. They can brighten up any family gathering, back yard meal, tail gate party, picnic, special celebration, or packed snack. Unfortunately most of us skip them. Only 20 to 30 % of Americans eat 5 or more servings of fruits and vegetables each day. We are not giving ourselves enough natural vitamins, minerals, phytochemicals, and fiber that are so important for health promotion and disease prevention.

Why? One main reason is our "on the go", "make it convenient" lifestyle we live. We know we should include a fruits and vegetables at meals and snacks but we don't.

How can we change our choices? If there is a will there is a way! Whether it is time to select fast food, order take out, dine at a restaurant, or prepare a meal at home fruits and vegetables can easily be a part of the menu. They are American's first fast food! The following tips can help you pick produce more frequently.

Easy Ways To Enjoy Fruits and Vegetables:

1. Add a sliced banana or berries to your favorite bowl of cereal.
2. Whip up a smoothie made with 1 cup yogurt or milk, fresh or frozen fruit, and a splash of juice.

3. Make a dozen or two of blueberry, banana, or raisin bran muffins. Freeze and use as needed at breakfast or as a snack

4. Order a side salad with dressing on the side instead of fries.

5. Boost the nutrition value of a sandwich by adding tomato slices, peppers, or other vegetables.

6. Top a baked potato with broccoli, mushrooms, salsa, or another vegetable.

7. Load up your pizza with vegetable topping.

8. Plan to make a very colorful salad or vegetable try a couple days a week for lunch and/or super. Cut up a bunch of vegetables one day so they are ready when your ready.

9. Always include two or three types of fruits and vegetables on the shopping list.

10. Fresh and dried fruit are already packed to go. Use as a morning or afternoon snack

11. Make dips using low fat or fat free yogurt or sour cream and serve with fresh vegetables.

12. Use fresh fruit, fruit salad, or a low calorie fruit parfait for dessert.

For more food and nutrition information contact The American Dietetic Association at 1-800-366-1655 or visit www.eatright.org. Enjoy!!

Best,

Judy Tillapaugh, RD
IPFW Wellness Coordinator

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.

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.

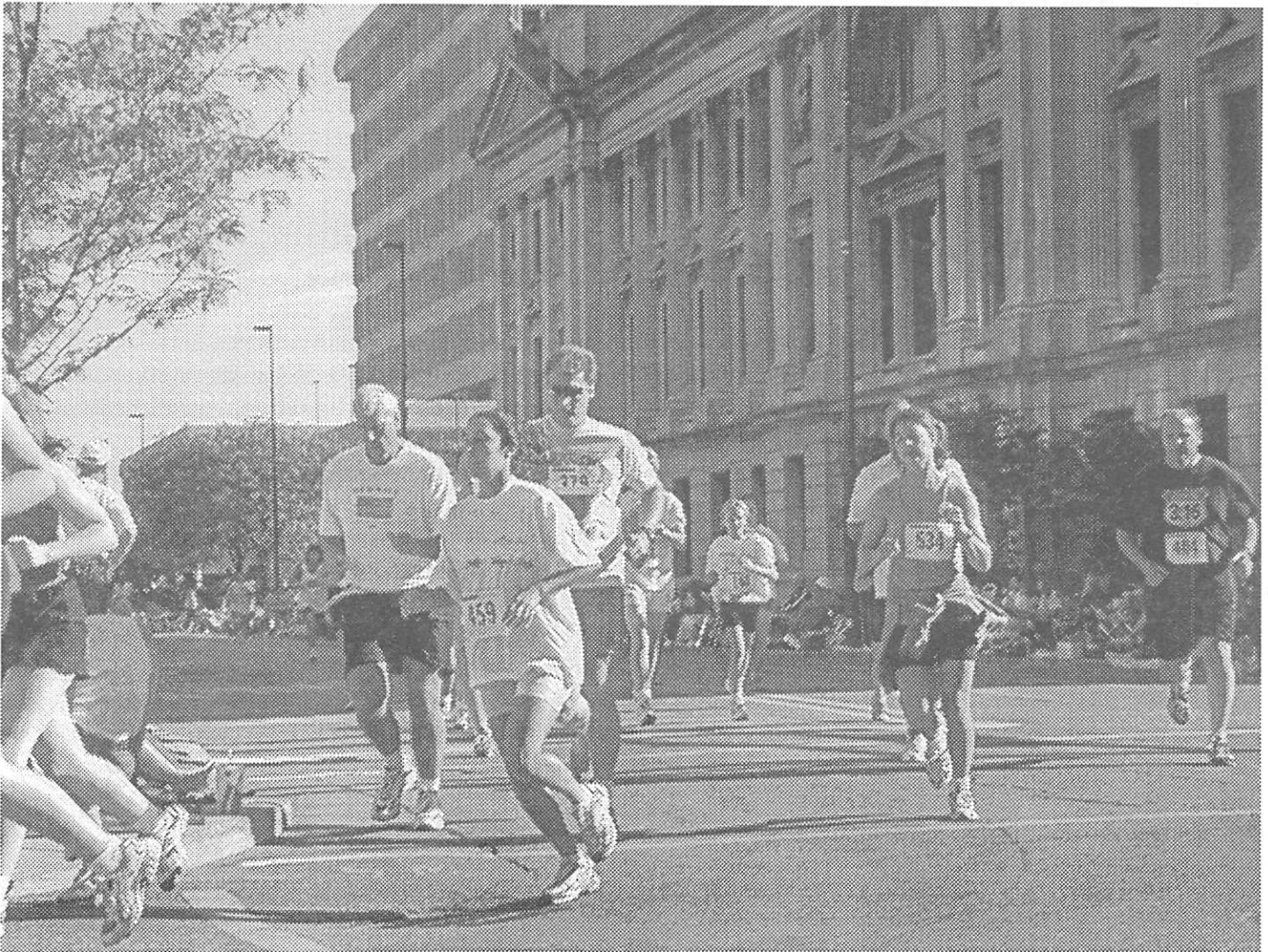
1 st Place: 100 points	7 th Place: 35 points
2 nd Place: 85 points	8 th Place: 25 points
3 rd Place: 75 points	9 th Place: 15 points
4 th Place: 65 points	10 th Place: 10 points
5 th Place: 55 points	Other finishers: 5 points
6 th Place: 45 points	
5. The top male and female award winners will be scored by a separate system based on the top 10 FWTC finishers in the races regardless of age group.

Spiece Fitness Presents Runners On Parade



Spiece Fitness, 5310 Merchandise Drive in Fort Wayne, has agreed to be Presenting Sponsor for the Runners On Parade to be held July 10, 2004.

Runners On Parade is a Fort Wayne Track Club points race and a News-Sentinel Running Series race. It is a unique venue for local runners. Held at the start of the parade for the Three Rivers Festival, it gives runners the experience of running before hundreds of thousands of cheering spectators. The 5K race is on a flat and fast course that covers much of the parade route through downtown Fort Wayne.



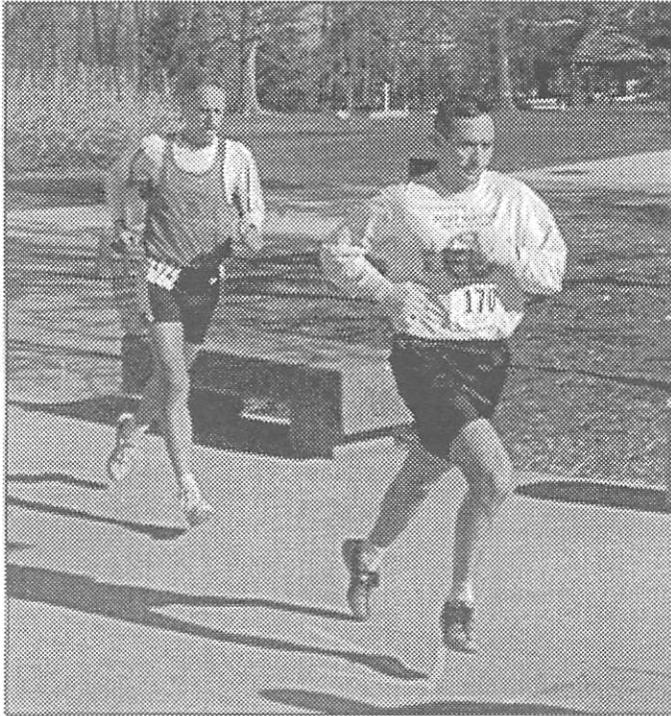
Runners On Parade Race Past the Courthouse in Downtown Fort Wayne in 2003.

Spiece Fitness is hosting a pre-registration and packet pickup at their facility at 5310 Merchandise Drive on Friday July 9 from 5pm to 9pm.

Contact race director Mike McAvoy, at PO Box 11703, Fort Wayne, IN 46860 or 260 450-1071 for more information, or to volunteer.

Mastodon Stomp Thanks You

On behalf of the IPFW's NCAA Division I Men's and Women's Cross Country and Track Programs, thank you for supporting IPFW's 9th Annual Mastodon Stomp, dedicated to Tony Laux, which was held April 3, 2004. Orthopaedics Northeast, Kessler's Team Sports, Coke, and Waterworks were the other key supporters who helped us create a fine fitness time for people of all ages and abilities.



Jed Pearson and Paul Shaffer

costs like equipment, uniforms, competition expenses, and print costs. Our runners will continue to take strides of pride to promote running as a healthy exercise and competitive sport.

Volunteers:

Paul Knott	Mike Fruchey	Bev Saalfrank
Don Lindley	Jenny Kieffer	Ron Clark
Jerry Diehl	Jenny Steigmeyer	Tim Heffron
Brad Altevolt	Bev Metzger	Mark Pope
Bob Berger	Jeff Metzger	Wayne Unsell
J.P Jones	James Mckinnon	Sara Unsell
Diane Schowe	Helen Ryan	Ben GatesLinda
Keuneke	Toby Hullinger	Mitch Harper
Anthony Juliano	Members of IPFW's Cross Country and Track Teams	

We truly appreciate your event support and hope that you will consider joining our event next year! Your support helped make our community event safe and enjoyable for one and all.

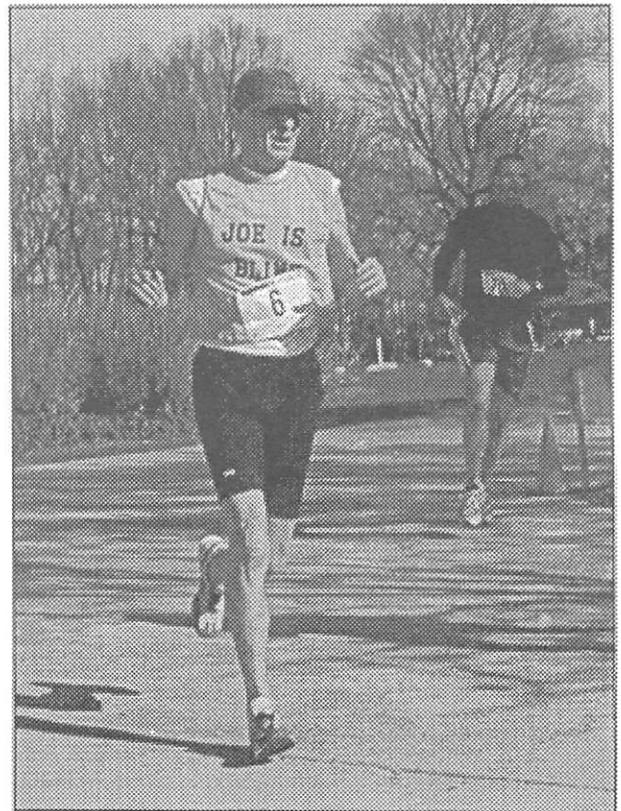
Judy Tillapaugh, R.D.
IPFW Wellness/Fitness Coordinator



Brennon Plotner and Josh Brunson

We had a wonderful day - over 300 runners, walkers, volunteers, and spectators were present to enjoy all the activities. Both a 5 km run/walk and 1 mile kids stomp were offered. This was the sixth year that we had the kids run.

Close to \$2500.00 was raised to help the cross country and track teams in covering



Joe Ziegler

2004 FWTC Points

Standings after 5 races

Results by: Tom Landis of the Fort
Wayne Track Club
LTG541TL@MSN.COM

Men 19 and under

Place	Name/Race	City	Age	Points
1	Danny White	Fort Wayne IN	15	200
2	Matt Minnick	New Haven IN	13	185
3	Kurt White	Fort Wayne IN	17	175
4	Sam N Bird	Columbia City IN	14	100
5	Brad Hess	Fort Wayne IN	11	100
6	Mathew R Wright	Fort Wayne IN	17	100
7	Bradley White	Fort Wayne IN	12	100
8	Jared Minnick	Leo IN	19	85
9	Sam Deitle	Fort Wayne IN	10	85
10	David Boyer	Fort Wayne IN	16	85

Men 20 to 29

Place	Name/Race	City	Age	Points
1	Casey Shafer	Fort Wayne IN	23	200
2	George Minehart	Auburn IN	25	185
3	Brad A Thomas	Fort Wayne IN	29	100

Men 30 to 34

Place	Name/Race	City	Age	Points
1	Anthony Juliano	Fort Wayne IN	34	570
2	Sam Gillie	Fort Wayne IN	33	430
3	Brian Loucks	Fort Wayne IN	34	310
4	Chad Mattheadess	Auburn IN	33	200
5	David Whitcomb	Hoagland IN	33	185
6	Michael Wolfe	Fort Wayne IN	34	135
7	Karl Behrens	Fort Wayne IN	33	100
8	Michael Fruchey	Huntertown IN	34	100
9	Chris Dunmire	Fort Wayne IN	30	75
10	Niels Rasmussen	Fort Wayne IN	34	75
11	Brian Knott	New Haven IN	30	65
12	Joseph Dimarzio	Fort Wayne IN	31	35

Men 35 to 39

Place	Name/Race	City	Age	Points
1	Mark Walter	Fort Wayne IN	38	285
2	Eric Kleinrichert	Fort Wayne IN	36	275
3	Chad Ware	Fort Wayne IN	36	155
4	Robert Minnich, Jr	Fort Wayne IN	36	100
5	Brett Hess	Fort Wayne IN	38	85
6	Andy Haxton	Fort Wayne IN	35	65

Men 40 to 44

Place	Name/Race	City	Age	Points
1	Jeff Metzger	Fort Wayne IN	42	400
2	Toby Jo Hullinger	Monroeville IN	44	340
3	Paul E Knott	Fort Wayne IN	41	285
4	Mark Beals	Ft Wayne IN	41	200
5	Darryl Cargo	Fort Wayne IN	42	175
6	John Hamilton	Ft Wayne IN	44	175
7	Jim Bougher	Fort Wayne IN	41	160
8	Scott Beam	Fort Wayne IN	42	160
9	Thom Horton	Fort Wayne IN	44	110
10	Jim Berghoff	Fort Wayne IN	43	100
11	Mark Pace	Ft Wayne IN	40	100
12	Dan Cummiskey	Fort Wayne IN	42	100
13	Jeff Taner	Fort Wayne IN	44	85
14	Joseph Ryan	Fort Wayne IN	43	45

Men 45 to 49

Place	Name/Race	City	Age	Points
1	Brad Altevogt	Fort Wayne IN	49	560
2	James McKinnon	Waterloo IN	47	405
3	Dana Budd	New Haven IN	49	280
4	Mitch Harper	Fort Wayne IN	47	205

5	Mark Furkis	Ligonier IN	48	200
6	Chuck Brown	Bluffton IN	48	175
7	Tom Landis	Churubusco IN	47	170
8	Paul Shaffer	Decatur IN	45	160
9	Chris Croy	Columbia City IN	47	120
10	Thomas Boyer	Fort Wayne IN	48	105
11	Jon Schlatter	Fort Wayne IN	47	105
12	Len Piropato	Fort Wayne IN	49	80
13	Kevin Truelove	Fort Wayne IN	47	75
14	Thomas J Felts	Ft Wayne IN	49	75
15	Stephen M Hilker	Fort Wayne IN	48	65
16	George Huber	Fort Wayne IN	46	65
17	Doug Ulmer	Leo IN	49	45
18	Craig Bobay	Ft Wayne IN	47	40
19	Dennis Klopfenstein	New Haven IN	46	35
20	John N Link	New Haven IN	47	25
21	Bill Ryan	Fort Wayne IN	45	20
22	Gregg Johnson	Fort Wayne IN	47	15
23	Dean Russ	Fort Wayne IN	46	10
24	Chuck Zumbrun	Churubusco IN	46	10
25	Rick Hilker	Fort Wayne IN	48	5
26	Joseph Nayarkas	Fort Wayne IN	49	5
27	Gary L Bird	Columbia City IN	45	5

Men 50 to 54

Place	Name/Race	City	Age	Points
1	Jim Pickett	Waterloo IN	54	450
2	Jerry Diehl	Fort Wayne IN	52	285
3	Jed Pearson	Columbia City IN	52	270
4	Lynn T Bobay	Fort Wayne IN	52	200
5	Phil Suelzer	Fort Wayne IN	52	200
6	Roger Wilson	Fort Wayne IN	50	185
7	John David McPherson	Fort Wayne IN	51	160
8	Sam Hadley	Grabill IN	52	155
9	Kerry Blanchette	Ft Wayne IN	50	155
10	Todd Seiman	Fort Wayne IN	50	140
11	David L Winters	Huntington IN	54	90
12	John Treleaven	Fort Wayne IN	51	75
13	Terry Anderson	Fort Wayne IN	50	65
14	Jim Weide	Fort Wayne IN	51	65
15	Aaron Cox	Fort Wayne IN	50	65
16	Don Ransome	Warsaw IN	53	55
17	Tom Fuelling	Ft Wayne IN	53	25

Men 55 to 59

Place	Name/Race	City	Age	Points
1	Donald Lindley	Fort Wayne IN	59	525
2	Bob Bruckner	Fort Wayne IN	58	500
3	James H Wright	Ft Wayne IN	56	325
4	Rich Stephenson	Monroeville IN	57	315
5	Joel Schartzner	Goshen IN	56	215
6	Ed Beckner	Huntington IN	58	175
7	Jim Deitle	Fort Wayne IN	56	120
8	Bob Michel	Ft Wayne IN	56	100
9	John Brier	Fort Wayne IN	59	85
10	Jack Seigel	Fort Wayne IN	58	85
11	Art Obregon	Piercetown IN	56	85
12	Lynn E Armstrong	Fort Wayne IN	56	65
13	Lynn Armstrong	Fort Wayne IN	56	55

Men 60 to 69

Place	Name/Race	City	Age	Points
1	Joe Ziegler	New Haven IN	68	385
2	David E Boylan	Fort Wayne IN	61	375
3	Bill Sohaski	Fort Wayne IN	68	200
4	Bernie Burgette	Fort Wayne IN	60	170
5	Karl Dietsch	Fort Wayne IN	65	150
6	William Crane	Warsaw IN	61	140
7	William R Clark Jr	Ft Wayne IN	68	130
8	Ray Casiano	New Haven IN	60	100
9	Dewain Cobbs	Warsaw IN	61	100
10	Rex Reed	Warsaw IN	62	100
11	Freeman Hershberger	Goshen IN	66	85

Men 70 and over

Place	Name/Race	City	Age	Points
1	Kenneth E Disler	Fort Wayne IN	81	450
2	Bernie Huesing	Fort Wayne IN	71	300
3	James P Jones	Fort Wayne IN	75	265
4	Robert C Loomis	Monroeville IN	70	255
5	Don Anderson	Fort Wayne IN	76	100
6	Jack Hilker	Fort Wayne IN	75	100
7	Ian Rolland	Fort Wayne IN	70	100

Women 19 and under

Place	Name/Race	City	Age	Points
1	Kylee Keuneke	Decatur IN	12	185
2	Amy Roberts	Fort Wayne IN	16	185
3	Kathryn Morriscal	Grabill IN	16	100
4	Courtney Raypole	Columbia City IN	12	100
5	Leslie Trabel	Monroeville IN	19	100
6	Jessica Thomas	Auburn IN	17	75
7	Sarah Bird	Columbia City IN	10	75
8	Lynn Alevogt	Fort Wayne IN	15	65
9	Kalissa Blanchette	Fort Wayne IN	16	55

Women 20 to 29

Place	Name/Race	City	Age	Points
1	Amy Stephan	Fort Wayne IN	25	300

Women 30 to 34

Place	Name/Race	City	Age	Points
1	Karen Gillie	Fort Wayne IN	32	385
2	Tammy Behrens	Fort Wayne IN	32	300
3	Tracy Brooks	Fort Wayne IN	34	185
4	Jennifer Steigmeyer	Fort Wayne IN	33	100

Women 35 to 39

Place	Name/Race	City	Age	Points
1	Diana Schowe	Auburn IN	39	600
2	Staci Beiswanger	South Whitley IN	38	270
3	Kimberly Summers	Fort Wayne IN	35	85

Women 40 to 44

Place	Name/Race	City	Age	Points
1	Linda Keuneke	Fort Wayne IN	40	500
2	Beverly Metzger	Fort Wayne IN	41	365
3	Sheryle Braaten	Hoagland IN	43	355

4	Betty Greider	Fort Wayne IN	43	185
5	Mary Crane	Warsaw IN	40	140
6	Claire Weir	Fort Wayne IN	42	100
7	Lorraine Brattoli	Fort Wayne IN	43	75
8	Linette Barry	Fort Wayne IN	40	75
9	Robbin Mauger	Columbia City IN	43	65

Women 45 to 49

Place	Name/Race	City	Age	Points
1	Cheryl Stromski	Antwerp OH	48	340
2	Judy White	Ft Wayne IN	45	300
3	Judy Tillapaugh	Fort Wayne IN	45	300
4	Tamara Wright	Ft Wayne IN	45	275
5	Katie Creighton	Fort Wayne IN	45	170
6	Regina Blanchette	Ft Wayne IN	49	165
7	Margie Morris-Parker	Ft Wayne IN	45	120
8	Susan Peterson	Albion IN	49	75
9	Terri Gross	Fort Wayne IN	48	65

Women 50 to 54

Place	Name/Race	City	Age	Points
1	Helen Ryan	Fort Wayne IN	52	375
2	Nancy Simmonds	Ft Wayne IN	50	270
3	Phyllis Suelzer	Fort Wayne IN	50	200

Women 55 to 59

Place	Name/Race	City	Age	Points
1	Barb Scroggum	Fort Wayne IN	57	100

Women 60 to 69

Place	Name/Race	City	Age	Points
1	Rochelle Alberding	Bluffton IN	61	300
2	Sarah Kleinknight	Fort Wayne IN	60	200
3	Joan Gary	Fremont IN	67	100

ON THE FAST TRACK

Beginning Thursday, June 10, and continuing through Thursday, July 29, Snider High School, will be the NEW site for 8 straight weeks of "speed" and "interval" training. Snider High School is located off of Reed Road, between Trier Road and State Boulevard.

These workouts will commence with a group warm up at 6:00 pm. All workouts will be set up and organized by Snider's Head Cross-Country and Track Coach, Matt Parker.

The workout schedule will be as follows:

Thursday, June 10	3200 Time Trial, 4 x 200
Thursday, June 17	3 x 1600, 3 x 300
Thursday, June 24	6 x 800, 3 x 150
Thursday, July 1	12 x 400
Thursday, July 8	4 x 1600, 4 x 300
Thursday, July 15	8 x 800, 4 x 150
Thursday, July 22	16 x 400
Thursday, July 29	3200 Championship

\$2.00 per workout will be charged for the first seven weeks (or \$10.00 for the entire summer). The final 3200 championship on July 29 will cost \$5.00 to help defray the cost of awards.

For training information, training tables, and other distance training resources, visit www.snidercctf.org.

For more information, please contact Matt Parker at coach@snidercctf.org.

Races from 06/01/2004 to 08/31/2004

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
Jun 05, 10am Sat	R	Cole Center Family YMCA - 5K Kendallville, IN <i>Contact:</i> Jon Owen, 347-9622 <i>Email:</i> yfitness@mchsi.com
Jun 05, 6am Sat	R	2004 Sunburst Marathon - Mar, Half Mar, 10K, 5K, & Walk Notre Dame 50 yard Line, South Bend, IN <i>Contact:</i> Liz Peralta, 574-284-3394 <i>Email:</i> sunburstraces@aol.com <i>Web site:</i> http://www.sunburstraces.org
Jun 05, 8:15am Sat	R	Monroe Lions Club 5K - 5K Run/Walk Adams County 4-H Fairgrounds, Monroe, IN <i>Contact:</i> Carol Bowers, 692-6819 <i>Info/Fees:</i> \$15-pre, \$18-Race Day, proceeds to benefit Monoe Lions Club
Jun 05, 8:30 a.m. Sat	R	YWCA Strawberry Festival - 5K Run/Walk downtown Lafayette, Lafayette, IN <i>Contact:</i> Kristin Matz, YWCA, 605 N. 6th St., Lafayette IN 47901, (765) 742-0075 <i>Email:</i> pubrel@dcwi.com <i>Web site:</i> http://www.ywca-lafayette.org
Jun 05, 8am Sat	R	9th Annual Fast Flash 5K - 5K Run/Walk Franklin Central HS, Indpls, IN <i>Contact:</i> Runners Forum, 317-844-1558
Jun 05, 9am Sat	R	D.IN.O. Trail Run Series - 5K/15K Town Run Trail Park, Indpls, IN <i>Contact:</i> Brian Holzhausen, 317-308-6449 <i>Email:</i> Brian@DINOseries.com <i>Web site:</i> http://www.DINOseries.com
Jun 06, 1:00pm Sun	L	Home Run - 5K Wizards Stadium (The News-Sentinel Running Series, Fort Wayne, IN <i>Contact:</i> Brett Hess, 260-637-3755 <i>Email:</i> superhess@juno.com
Jun 06, 8:30am Sun	R	Shelbyville Classic Triathlon Series #1 - .5m Swim/16m Bike/3m Run Fairland Rec Area, Shelbyville, IN <i>Contact:</i> Tuxedo Brothers, 317-733-3300
Jun 06, Sun	R	Mike Cowan Memorial Youth Runs Foster Park, Kokomo, IN <i>Contact:</i> Mark Shorter, 2936 Congress Dr, Kokomo, IN 46902, 765-455-2283
Jun 12, 10:30am Sat	L	Marine Corps League 5K - 5K New Haven HS, New Haven, IN <i>Contact:</i> Marine Corps League, 260-493-8323 <i>Info/Fees:</i> News-Sentinel Running Series <i>Email:</i> rnelson821@aol.com
Jun 12, 7:30am Sat	RP	Angola Half-Marathon - 1/2 Mar & 5K Run/Walk City Courthouse Downtown, Angola, IN <i>Contact:</i> Mike Cole, 55 LN 240 A LAKE GAGE, ANGOLA IN 46703, 260-665-4146 <i>Info/Fees:</i> FWTC Points Race - \$800 in prize money

		<i>Email: coleman@tristate.edu</i>
Jun 12, 8am & 9am Sat	R	The Pepsi Y-Tri - 1500m/40K/10K & 400y/9m/3.1m Prairie Creek Reservoir, Muncie, IN <i>Contact: Mark Stagge, 765-741-5542</i>
Jun 12, 8am Sat	R	Norris Insurance 5 Mile - 5 miles Eastern Elementary School, Greentown, IN <i>Contact: John Norris, PO Box 157, Amboy IN 46911, 765-395-7761</i>
Jun 12, 8am Sat	R	The Pepsi Y-Tri - 1500m/40K/10K or 400yd/9m/3/1m Prairie Creek Reservoir, Muncie, IN <i>Contact: Mark Stagge, 765-741-5542</i>
Jun 12, 8am	R	Indy Dad's Day 5K Race Against Prostate Cancer - 5K Run/Walk IU Medical Center, Indpls, IN <i>Contact: 317-844-1558</i>
Jun 12, 9:00am 5K 8:30am 1m	R	Fifth Annual Apache Run - 5K and one mile fun run Fairview High School near Sherwood, OH <i>Contact: Curt Foust, 1700 East High St, Apt I-4, Bryan OH 43506, (419) 630-0694</i> <i>Email: cdfoust@hotmail.com</i>
Jun 12, 9am Sat	R	Lake Mingo Trail Run - 7.1 Miles Trails Kennekuk Cove County Park, Danville, IL <i>Contact: Bub Norgaar, Mingo, PO Box 1701, Danville, IL 61834, 217-431-5318</i> <i>Info/Fees: Grand Slam Event - Trail run on the difficult Lake Mingo Trail</i> <i>Email: kennekuk@net66.com Web site: http://users.net66.com/~kennekuk</i>
Jun 19, 6pm Sat	R	Michelob Ultra Wabash Valley Championship - 10K Terre Haute, IN <i>Contact: Tom Dever, 812-232-1234</i>
Jun 19, 8:15am	R	Munster Rotary - 10K Munster HS, 8808 Columbia Ave, Munster, IN <i>Contact: Yuri Hoffman, 1-219-938-3660</i> <i>Email: yurihoffman@hotmail.com</i>
Jun 19, 8:30 am, Sat	L	Turtle Days - 5K & Kids Fun Run Churubusco High School back parking lot (football field entrance), Churubusco, IN <i>Contact: Jeremy, 260-410-2628</i> <i>Info/Fees: pre-registration \$12.00 \$15.00 day of</i> <i>Email: jwirges33@aol.com</i>
Jun 19, 8am Sat	L	Nick Denice Race for Hope - 10K run/5K walk Baseball diamond at the corner of Aboite Center Road & Westlakes Drive., Fort Wayne, IN <i>Contact: Carolyn Denice, PanCAN, PO Box 40092, Ft Wayne, IN 46804, (260) 434-4075</i> <i>Info/Fees: \$20 through May 1st; \$25 day of event. All proceeds benefit PanCan(Pancreatic Cancer Action Network) a 501(c) non-profit corp. Plaques for top 3 men and women overall.</i> <i>Email: cdenice@pancan.org Web site: http://www.theraceforhope.org</i>
Jun 19, 8am Sat	R	Indy Dad's Day 5K Race Against Prostate Cancer - 5K IU Medical Ctr, Indpls, IN <i>Contact: The Runners Forum, 317-844-1558</i>
Jun 19, 8am Sat	R	National Kidney Foundation Run Walk - 5k Run/Walk Eagle Creek Park, Indpls, IN <i>Contact: Tuxedo Brothers, 317-733-3300</i>
Jun 19, 9am Sat	R	Fourth Annual Jennifer's Run - 5K Run/Walk Course: Flat Road, Hartford City, IN <i>Contact: Psi Iota Xi, 211 N High St, Hartford City IN 47348,</i> <i>Info/Fees: \$12-pre, \$14 - race day, Race presented by Psi Iota Xi to benefit survivors of spousal abuse.</i>

		<i>Web site:</i> http://fwtc.org/E-Race Form[1].htm
Jun 19, Fri/Sat/Sun	R	Mohican Trail 100 - 100 miles Mohican State Park, Loudenville, OH <i>Contact:</i> Don Lindley, (260)(432-5998)or 436-2234 <i>Email:</i> lindleyd@infionline.net
Jun 19,	R	USATF Junior Olympics North Central HS, Indpls, IN <i>Contact:</i> Gary Bird, 260-244-4408 <i>Email:</i> www.run.indiana.com
Jun 20, 8am Sun	L	Cedar Creek Run for Trails - 5K Trail Run Metae County Park (near Cedarville), Fort Wayne, IN <i>Contact:</i> Mitch Harper, 5207 Hopkinson Dr Fort Wayne IN 46814, 260-436-0739 <i>Info/Fees:</i> \$15-pre, \$17-race day, family discount \$2/entry <i>Email:</i> FtWayneRun@aol.com
Jun 23, 6:30pm Wed	L	Living Healthier Series - Focus on Carbohydrates and Proteins - Dr Stacie Wenk Kachmann Auditorium - Lutheran Hospital, Fort Wayne, IN <i>Contact:</i> 260-434-6095 <i>Info/Fees:</i> Free of Charge - Donation of a non-perishable food item for Community Harvest Food Bank <i>Web site:</i> http://www/LivingHealthierSeries.com
Jun 26, 6:30pm Sat	R	25th Annual Buzzard's Roost 10K - 10K Run/Walk & 1.2 Mile Fun Run Hamilton Heights Middle School, Arcadi, IN <i>Contact:</i> Evan Achenbach, 317-984-3019 <i>Email:</i> achen@netusa1.net
Jun 26, 8am Sat	R	Calvary Presbyterian Church - 5K Run/Walk Logansport, IN <i>Contact:</i> 574-753-0505
Jun 26, 8am Sat	R	Roly Poly Sprint Triathlon - 500meters/10M/3M Eagle Creek Park, Indpls, IN <i>Contact:</i> Tuxedo Brothers, 317-733-3300
Jun 26, 9am Sat	R	Twin Sisters Trail Run - 6 Mile Run Westwood Park, New Castle, IN <i>Contact:</i> Christine Casteel, 765-987-8414
Jun 27, 8:45 a.m. EST Sun	R	Moosejaw Duathlon - 3 mile trail run/2 mile canoe/kayak St. Patrick's County Park, 50651 Laurel Rd, South Bend, IN <i>Contact:</i> Patrick Sawyer, (574) 243-1604 <i>Info/Fees:</i> \$15 online registration <i>Email:</i> pnsawyer@attbi.com <i>Web site:</i> http://www.paddlefest.org/duathlon.html
Jul 03, 7:30am Sat	R	Firecracker 5K - 5K YMCA of Clay County, Brazil, IN <i>Contact:</i> YMCA, 812-442-6761 <i>Info/Fees:</i> \$15-early bird, \$18 -late
Jul 03, 8:30am Sat	L	The Early Bird Exchange Club 5K - 5K Run/Walk Hertiage Park, Coldwater, MI <i>Contact:</i> Deb Zakrzewski, 517-639-4370 <i>Info/Fees:</i> \$12-pre, \$15-race day
Jul 03, 8am Sat	R	Haynes-Apperson 4 Mile Run/ 3 Mile Walk Memorial Gymnasium, Central Middle School, Kokomo, IN <i>Contact:</i> Mark Shorter, 2936 Congress Dr, Kokomo, IN 46902, 765-455-2283 <i>Email:</i> Mark@ckrr.us
Jul 03, 9am Sat	R	D.IN.O. Trail Run Series - 5k/15K Muscatatuck Park, North Vernon, IN <i>Contact:</i> Brian Holzhausen, 317-308-6449

		<i>Email: Brian@DINOseries.com Web site: http://www.DINOseries.com</i>
Jul 04 7:30am Sun	L	Run Wild - 4 Mile Road/Trail Children's Zoo, Fort Wayne, IN <i>Contact: 3411 Sherman Blvd, Fort Wayne, IN 46808, 260-427-6820</i> <i>Info/Fees: \$15-pre, \$20-race day Web site: http://www.active.com</i>
Jul 10, 7am Sat	R	VEEP Triathlon J Edward Roush Lake, Little Turtle SRA, Huntington, IN <i>Contact: Mitch Harper, 5207 Hopkinston Dr Fort Wayne IN 46814, 260-436-0739</i> <i>Email: FtWayneRun@aol.com</i>
Jul 10, 8:30am Sat	R	Race Against Prostate Cancer - 5 Mile Run, 5K Competitive Walk, 5K Family Run, 1 Mile Run/Walk Indiana War Memorial, Indpls, IN <i>Contact: KLA, 994 N Combs Rd, Greenwood, IN 46143, 317-884-4005</i> <i>Info/Fees: \$12-Pre, \$17-Race Day, various choices Web site: http://www.kenlongassoc.com</i>
Jul 10, 8am Sat	LP	Spiece Fitness Runners On Parade - 5K FWTC Point Race & News-Sentinel Running Series, Fort Wayne, IN <i>Contact: Mike McAvoy, PO Box 11703, Fort Wayne, IN 46860, 260-450-1071</i> <i>Info/Fees: \$10-pre & Family Discounts, Pre-Register/Package Pick-Up @Spiece Fitness Center, 5310 Merchandise Drive, Friday, 5pm to 9pm</i> <i>Email: clanmac@adamswells.com Web site: http://www.fwtc.org</i>
Jul 10, 8am Sat	R	Making Tracks For A Track - 4-Mile Relay (2 x 2) Fairview High School, Sherwood, OH <i>Contact: Curt Foust, 1700 East High St, Apt I-4, Bryan, OH 43506, 419-630-0694</i> <i>Info/Fees: \$24 - Race Day</i> <i>Email: cdfoust@hotmail.com</i>
Jul 10, 8am	R	Iron Horse - 4 Mile Run/3 Mile Walk Cass County Family Y, Logansport, IN <i>Contact: 905 East Broadway, Logansport, IN,</i>
Jul 10, 9am Sat	R	Running Wild for the Washington Park Zoo Trail Run - 5K (X-C) Lake Shore, Michigan City, IN <i>Contact: Johnny Stimley, 219-861-0309</i> <i>Email: lanewpz@adsnet.com</i>
Jul 17, 8:30am Sat	L	Bruin Alumni/Open - 5K/1M @8:00am Shoaff Park, Fort Wayne, IN <i>Contact: Barrie Peterson, 260-637-5717</i> <i>Info/Fees: No Pre-registration, race day only: \$10 FWTC; \$15 Non-Members; \$5 Alumni & HS or younger</i> <i>Email: barrie@myvine.com</i>
Jul 17, Sat	R	25th Muncie Endurathon - Half-Iron Triathlon Muncie, IN <i>Contact: 765-287-1799</i> <i>Web site: http://www.muncieendurathon.com</i>
Jul 23, July 23- 24th	R	Hoosier 200 Relay - 200 miles Evansville IN to Bloomington IN, <i>Contact: Jamie & Jason Feagans, 812-219-8980</i> <i>Info/Fees: Teams will consist of up to 12 runners with 2-6 runner teams considered "ultra" teams. High school portion will consist of a 70-mile course with teams of 2-7 student runners.</i> <i>Email: jasonfeagans@yahoo.com Web site: http://www.hoosier200.com</i>
Jul 24, 8am Sat	R	Orland Vermont Settlement Classic - 5K Run & 2 Mile Walk Orland American Legion, Orland, IN <i>Contact: Marylyn Ernsberger, PO Box 175, Orland, IN 46776, 260-829-6782</i>
Jul 25,	R	Womens 5k, 10k Festival - 5K/10K

8am Sun		Chicago, IL <i>Contact:</i> Fleet Feet Sport Chicago, <i>Info/Fees:</i> \$28 - Race Day <i>Web site:</i> http://www.fleetfeetchicago.com
Jul 28, 6:30pm Wed	L	Living Healthier Series - Obesity & Dieting - Sense and Nonsense - Dr Stacie Wenk Kachmann Auditorium - Lutheran Hospital, Fort Wayne, IN <i>Contact:</i> 260-434-6095 <i>Info/Fees:</i> Free of Charge - Donation of a non-perishable food item for Community Harvest Food Bank <i>Web site:</i> http://www.LivingHealthierSeries.com
Jul 31, 7am Sat	LP	Harlan Days 10K Race - 6.2 miles Harlan Park, Harlan, IN <i>Contact:</i> Thomas Bunner, D.D.S., PO Box 255, Harlan, IN 46743, 260-657-5197 <i>Info/Fees:</i> FWTC POINTS RACE
Aug 07, 7pm Sat	R	Gator Gallop - 5K St Aloysius Church, Yoder, IN <i>Contact:</i> Chad Ware, 1121 Cottage Ave, Fort Wayne, IN, 46807, 260-744-0290 <i>Info/Fees:</i> \$9-Pre, \$12-Race Day, Family Rate-\$25 <i>Email:</i> Gatorgallop@juno.com
Aug 07, 8am Sat	R	Ashley-Hudson Festival 5K Classic - 5K Run/Walk Hudson, IN, <i>Contact:</i> Tatsy Hayes, PO Box 97, Hudson, IN 46747, 260-587-9500
Aug 07, 8am Sat	R	Norris Insurance 5K Run/Walk Converse, IN <i>Contact:</i> John Norris, PO Box 157, Amboy, IN 46911, 765-395-7761
Aug 14, 7am Sat	R	Howl at the Moon 8 Hour Run & Walk - 3.29 mile loop Kennekuk Cove County Park, Danville, IL <i>Contact:</i> Marc Reddy, PO Box 1701, Danville, IL 61834, 217-431-4243 <i>Info/Fees:</i> A perfect event for your first ultra. Post-race party <i>Email:</i> krr@kennekuk.com <i>Web site:</i> http://www.kennekuk.com
Aug 14, 8 am Sat	R	Healthy Traditions Fun Run/Walk - 5K Morsches Park, just south of US 30 on Indiana 205, Columbia City, IN <i>Contact:</i> Dani Tippmann or Ryan McCammon, (260) 244-7843 or (734) 332-3710 <i>Info/Fees:</i> Mihsihkinaahkwa Powwow; \$8 entry includes admission to powwow <i>Email:</i> ramblingrosetipp@yahoo.com <i>Web site:</i> http://www.miamipowwow.com
Aug 14, 8am Sat	RP	17th Annual Kernel Klassic - 5K Run/Walk Weaver Popcorn Co, Van Buren, IN <i>Contact:</i> Dawn Black, 408 West Landess, Van Buren, IN 46991, 1-765-934-5383 <i>Info/Fees:</i> FWTC POINTS RACE <i>Email:</i> dawn.black@popweaver.com <i>Web site:</i> http://www.popweaver.com
Aug 14, 8am Sat	R	CKRR Age-Graded 4 Mile Run/ 5K Walk Highland Park, Kokomo, IN <i>Contact:</i> Mark Shorter, 2936 Congress Dr, Kokomo, IN 46902, 765-455-2283 <i>Email:</i> Mark@ckrr.us
Aug 14, 8am Sat	R	FunFest 5K - 5K & 1 mile Fun Run (Elementary Invitation) Warvel Park (9th & Market St) 1M @ 8am & 5K @8:30am, North Manchester, IN <i>Contact:</i> Kevin Lochner, 10514 N Ogden Rd, N Manchester, IN 46962, 260-982-6105 <i>Email:</i> klochner@ctlnet.com
Aug 25, 6:30pm Wed	L	Living Healthier Series - Meal Planning/Recipe Modification - Barb Minger, RD Kachmann Auditorium - Lutheran Hospital, Fort Wayne, IN <i>Contact:</i> 260-434-6095 <i>Info/Fees:</i> Free of Charge - Donation of a non-perishable food item for the Community Harvest

		Food Bank <i>Web site:</i> http://www.LivingHealthSeries.com
Aug 28, 8:30am Sat	R	4th Annual Cornfest - 5 Mile & 1 Mile Fitness Run Benefit The Huntington Youth Services Bureau, Huntington, IN <i>Contact:</i> Bob Jennings, 1344 Maple Dr, Huntington, IN 46750, 260-359-1820 <i>Info/Fees:</i> \$10 pre; \$3-1 Mile; \$15 - 38/50/75 Mile Bike Route <i>Email:</i> rljrun262@yahoo.com <i>Web site:</i> http://ysbcornfest.tripod.com
Aug 28, 9am Sat	R	D.IN.O. Trail Run Series - 5K or 15K Doin't Outdoors, Richmond, IN <i>Contact:</i> Brian Holzhausen, 317-308-6449 <i>Email:</i> Brian@DINOseries <i>Web site:</i> http://www.DINOseries

Feel The Need For Speed?

Summer is speedwork time. There are groups and events for all ages and abilities listed below

Date/Time	Information
Jun 07, 14, 21 6pm Mondays	Beefcake XC series - 4k DeKalb High School cross country course, DeKalb, IN <i>Contact:</i> Rowland Perez, <i>Info/Fees:</i> \$15 for all three races, \$10 without t-shirt, or \$6 for individual races <i>Email:</i> ibrunnin60@hotmail.com
Jun 08 – Jul 13 6pm Tuesdays	Summer Track Meets New Haven High School, New Haven, IN <i>Info/Fees:</i> 1 & 2 Mile alternates weeks
Jun 10 – Jul 29 6pm Thursdays	On The Fast Track - Summer Speed Training Workouts (Warm up+drills+stretch+timed 2 mile run +4xpartner 200's+warm down and stretch) Snider High School off Reed Rd between Trier Rd and State Blvd, Ft Wayne, IN <i>Contact:</i> Matt Parker, <i>Info/Fees:</i> \$2 per workout or \$10 for the entire summer. Final 3200 Championship, July 29th, cost \$5, Awards <i>Email:</i> coach@snidercctf.org <i>Web site:</i> http://www.snidercctf.org
Evening Tuesdays	Middle School and High School Girls Tammy Behrens will be leading speed training with middle school and high school girls. <i>Contact:</i> Tammy Behrens, 625-3830 <i>Email:</i> behrens@infionline.net
Jun 21 – 25	Go The Distance Running School Toledo Area Metroparks, Toledo, OH <i>Info/Fees:</i> Boys/Girls 12 - 18 yrs <i>Web site:</i> http://www.gothedistances.org
Jun 22 – 25	Anderson Distance Running Camp Anderson University, Anderson, IN <i>Contact:</i> Coach Scott Wilson, 765-641-3053 <i>Info/Fees:</i> June 22 - June 25, Boys & Girls, grade 6-12, more information, go to website. <i>Email:</i> sdwilson@anderson.edu <i>Web site:</i> http://www.ADRcamp.com
Jun 27 – Jul 1 Sun – Thu	Yoder Begley Camp - Girls & Boys grades 6 -12 - June 27th - July 1st Manchester College, North Manchester, IN <i>Contact:</i> Yoder Begley Camp, PO Box 116, Kendallville IN 46755, <i>Info/Fees:</i> \$70 - Deposit - Runners of ALL abilities are welcome <i>Web site:</i> http://www.yoderbegley.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
Members under 21: \$12 75%-Apr., May, Jun..
Family rates: \$4 for ea. add'l family member (\$8- max) 50%-Jul., Aug., Sep.
125%-Oct., Nov., Dec..

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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