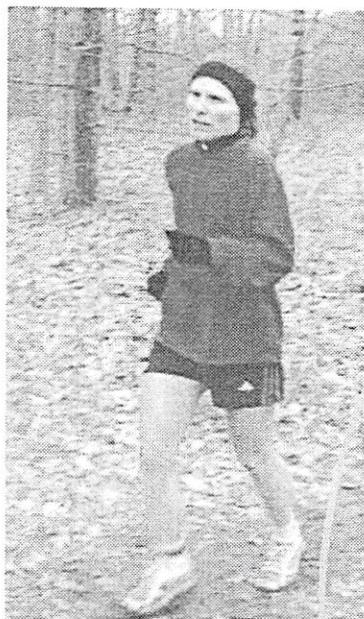


the inside track

February & March 2005

A PUBLICATION OF THE FORT WAYNE TRACK CLUB



Linda Keuneke, 3rd



Diana Schowe, 5th

Local Women Take 3rd, 4th,
and 5th at the HUFF
50K



Paula Rickerd, 4th

Inside This Issue

2004 Final Points Standings

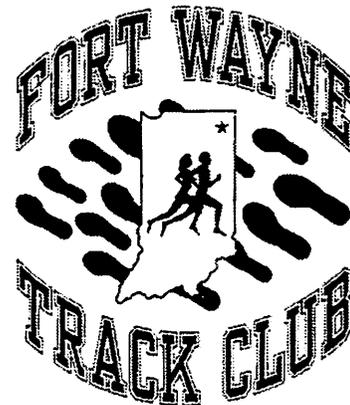
Upcoming Events

Race Results

Visit Our Web Site At www.fwtc.org

2005

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

Donald Anderson	489-5225	1303 Valdosta	46825
Tammy Behrens	625-3830	behrens@infionline.net	
Sam Bird	244-4408	garybird@earthlink.net	
Josh Brunson	486-8688	joshuabrunson@hotmail.com	
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Anne Duff	459-0708	aduff2@comcast.net	
Michael Fruchey	627-5147	mcrf4@msn.com	
Mitch Harper	436-0739	MTCHHARPER@aol.com	
Bill Harris	657-5012	bharr2000@aol.com	
Stephen Hilker	484-2543	shilker@pleez.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	
Beverley Metzger	436-5632	Beverly.Metzger@fwcs.k12.in.us	
Ann Mize	672-3783	Anna.Mize@att.net	
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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	

Membership Coordinator

Don Lindley (260) 432-5998

Equipment Coordinators

JP Jones (260) 745-7339

Don Lindley (260) 432-5998

Paul Knott (260) 485-1917

Newsletter (newsletter@fwtc.org)

Chuck Zumbrun (260) 693-0527

Website (www.fwtc.org)

Anthony Juliano (260) 436-7267

FWTC Information

Fort Wayne Track Club
P.O. Box 11703, Fort Wayne, IN 46860-1703
(260) 436-2234

The FWTC is a member of the RRCA, Club # 23

Membership Dues

There is a membership application in this newsletter. Your dues keep the club running.
Renew your membership today!

Fort Wayne Track Club Means Volunteers!

Upcoming Events That Could Use Your Help

Fanny Freezer 5K, February 19, Shoaff Park. *Contact:* Don Lindley, (260) 436-2234

Fort Wayne Track Annual Banquet, February 20, IPFW, *Contact:* Judy Tillapaugh, (260) 456-3277

Nutri-Run – 20K, 5M Run & 5M Walk, March 19, *Contact:* Jeff & Bev Metzger, (260) 436-5632

The Inside Track can always use feature articles, photographs, and help with producing the newsletter. *Contact:* Chuck Zumbrun, (260) 693-0527, newsletter@fwtc.org

Fort Wayne Track Club Banquet

February 20, 2005

5:00 Social

5:30 Dinner

IPFW Walb Student Union

Guest Speaker • 2nd in 5000-NCAA Championship
1994

Shawn Found • 4th in 10,000-Olympic Trials
2000
• 5th in 10k (2001) & 9th in 10k
(2002)-USA Outdoors



- Former member of the U.S. Army's World Class Athlete Program
- College: Lamar '90, Colorado '94
- Currently attending Concordia Seminary

Night Also Includes:

- 2004 Points Awards
- Outstanding HS Running Awards
- Special FWTC Awards
- News Sentinel Points Series Awards

Name(s) _____

Address _____

Phone(____) _____ FWTC Member Yes No

Adult \$7.00 X ____ = \$ _____ Child (under 18) \$3.50 X ____ = \$ _____

Total: \$ _____ (\$20.00 Max per Family!)

Make Checks Payable to "FWTC"

Mail to: Judy White
15125 Powderhorn Road
Ft. Wayne, IN 46814

Questions?: 260-672-1470
E-mail: whitejudy2@aol.com
Deadline: February, 13, 2005

"Can Do" Weight Loss Plan

By Judy Tillapaugh, RD

"I have lost 50 pounds the past year." "I have lost 30 pounds the past 6 months."

Last month I had the pleasure of hearing these comments from two patrons of the IPFW Hilliard Gates Sports Center. These two very excited individuals found simple, practical actions to lose extra fat. They did not use any specific diet or supplement. They just identified a couple calorie saving lifestyle changes they "would do" and had the "will do" attitude.

One decided to stop eating after 7 pm and added a 20-30 minute fitness activity most days of the week. The other also added more activity to their life and reduced meal calories by cutting out soda use and limiting entree portions.

They did it - so can you! The win/win combination of healthier food choices and more physical activities can work for you too!

One pound of fat is about 3500 calories. A one to two pound fat loss per week is a healthy rate of fat loss. To lose one pound of fat weight per week consider reducing calorie intake and increasing calorie output by about 500 calories per day. Week by week you will feel better.

Before starting a weight loss plan do think about meeting with a certified fitness professional who can assess your physical fitness status and a dietitian who can assess your eating pattern. They will provide you a safe personalized weight loss plan plus help you lasting healthy living habits. All local hospitals, The Medical Group of Fort Wayne, Fort Wayne Cardiology, Parkview Women's Health Center, and Dupont Women's Health Center have outpatient health and fitness professionals.

Tips:

1. Eat 3 regular meals and 1 to 3 small snacks each day.
2. Relax before you start to eat.
3. Shop after a meal or light snack. A growling stomach can trigger impulse buying.
4. Identify foods that are overused (like meat, fried foods, desserts, toppings, alcohol or soda) and decide which one or two you can reduce to use of.
5. When eating out, ask for food prepared "your way." Topping like salad dressings, sour cream, and butter can be omitted or served on the side.
6. If you're offered seconds just say "no, thank you."
7. Focus less on the food served at meals and more on meal conversations.
8. Enjoy 30 to 45 minutes of physical activity most days of the week.

9. Keep a journal or log book with weekly small goals and the actions you accomplished.

10. Any small change is a great change! Be proud of all positive changes.

For more nutrition information go to www.eatright.org and click on food and nutrition information.

Fort Wayne Cardiology, American Heart Association www.americanheart.org, and 21 Alive are offering a special FREE awareness/education seminar titled Fort Wayne On The Move, Wednesday February 16th, 7 pm, at The Embassy Theatre. Dr. James Hill, PhD., Director of the Center for Human Nutrition at the University of Colorado Health Sciences Center, will be the guest speaker. Do think about attending. The more healthy knowledge and skills you gain the easier it will be for you to lose extra fat. To reserve your seat call 481-4869 before February 9th.

A "Can Do" lifestyle improvement plan can work well for you!

Running Groups in Fort Wayne

YMCA Downtown – Sat 7AM - group leaves at 7AM
Usually 8-12 miles with 10-30 people - All levels welcome
Contact: Steve Hilker - shilker@pleez.net

YWCA – 2000 North 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 if any questions. 424-4908

ETG Training Group - Eric Ade and Casey Shafer train together with a group during the week and are open to others, both male and female of all ages joining them.
M-F at 10:00AM and/or 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 402-2514 ghanishrunner@hotmail.com

Team Bird – See RunIndiana.com for the Team Bird training schedule or call Gary Bird (244-4408) with any questions.

PR Training - Tammy Behrens will be teaching a training class for runners or walkers competing in the Indianapolis mini marathon. This class is geared towards novice to advanced runners and walkers. 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.

Adele Mitchell and the Concordia Girls 2004 Cross Country Team

*By Brad Peterson
Concordia High Cross Country Coach*

The 2004 girls cross country season for the Concordia Cadets was a very successful one. We started the year out with the motto, "Tradition Never Graduates." This was very important to believe as we lost two of our best runners in school history to graduation last year, Sarah Manck and Alissa McKaig. Many wrote our young team off and did not believe we would be able to get back to the state meet.

Senior Adele Mitchell did her part all year to make sure this team continued its tradition of excellence ever since she walked into the school doors as a freshman in 2001. All of our other top runners were freshmen and sophomores and Adele did a great job in leading the way and being a great role model for all of them. She gave them advice and kept them relaxed at meets. Her work ethic has been very strong, especially the last couple of years, and the other girls see this and want to work as hard as Adele and have her kind of success. In large part because of Adele's leadership, along with fellow senior captain Catherine Renken, we were able to win conference, sectionals, and regionals for the 4th year in a row and make it back to state. She is the first person in school history to ever compete in 4 cross country state meets. Adele had great improvement each year at the state cross country meet, finishing 79th as a freshman, 10th as a sophomore, 7th as a junior, and a well deserved state championship as a senior. This was the first time in state history that two different girls from the same school won back to back state individual titles as Alissa McKaig of Concordia won last year.

That is quite an accomplishment for Adele as she had to overcome a lot of pressure put on her as well as some great competition from Rachel Stichter of Wawasee. Adele lost only one race all race and that was at an early September meet to Stichter but I believe it helped Adele and fueled her fire to not lose again.



Adele Mitchell

This year was not all about Adele, though. We had four All-Area runners, the most of any team, and the most we have had on All-Area in school history: Adele, sophomores Sarah Neubacher and Kristen Fletcher, and freshman Kara Doerffler. Kara and Kristen have never run cross country in their lives before this year and this was Sarah's 2nd year running. (we don't have cross country in our feeder schools) I expect Kara, Kristen, and Sarah to all develop into all state runners and possibly a state champion could develop out of one of them if they remain as dedicated as they are presently.

This was a very rewarding season for me personally as a coach. To see these young ladies improve so vastly over the course of the season was exciting. They are all such great people that it made coming to practice the highlight of my day.

The future remains bright for Concordia Cross Country as we have so many talented young runners returning. I truly expect next year to be our best team in school history and for these girls to become contenders for a state team title in the next two years. They will achieve great things because they understand that it is true if they remain dedicated to the sport, "Tradition Never Graduates" in Concordia cross country.

Come Learn "Before and After 40 Fit Tips" at IPFW's 16th Annual Health Fair

Wednesday March 23, 2005
9:00 am - 3:00 pm
IPFW Walb Student Union

Energy for action, strength for pushing and pulling, endurance for work and fun activities, laughter for less stress, communication skills for meaningful relationships, and food choices for disease prevention. Healthy living can do this for you!

To help people learn more about their health and learn numerous simple steps for better living, IPFW Department of Athletics, Recreation, and Intramural Sports, IPFW/Parkview Health and Wellness Clinic, IPFW Student Life, IPFW Student Government Association, and STAR 88.3 are inviting campus community and general public to attend the 16th Annual IPFW Health Fair. It will be Wednesday March 23, 2005 at the IPFW Walb Student Union, 9 am - 3 pm.

Why Come?

* Come watch IPFW's "Fit At 40" Celebrity Team Fitness Challenge Community leaders will show their support for regular physical activity for health promotion and disease

prevention while also helping to raise funds for Community Harvest Food Bank.

* Come get 40 nutritious and delicious meal/snack ideas that will be served at the Alumni Cooking Demonstration Area. Every hour IPFW alumni will prepare and serve a favorite appetizer, beverage, side dish, entree, snack, or dessert that can fit any menu.

* Come enjoy the second floor TLC, "Stress Free" area and experience a variety of methods to pamper your mind and body.

* Come learn about your health!

Over 40 FREE screenings like alcohol, anxiety, blood sugar, blood pressure, body fat, depression, eating disorders, flexibility, gambling, heart healthy living, hearing, HIV/Aids, "Is It Love?", lung capacity, personality type, oral cancer, osteoporosis bone density, sickle cell anemia, and skin cancer will be offered.

Blood health profile screening (cholesterol, LDL, HDL, Chem 17, and hemogram) is only \$28.00. Please note a 12 hour fast is needed for this test. Water during the fast is ok.

Prostate cancer screening is only \$23.00. Osteoporosis bone density screening is free for everyone over age 40, and 15 dollars for all others. TSH thyroid screening is only \$23.00.

* Come learn "Take Care" tips on fitness, nutrition, mental health, self esteem, relationships, stress care, pets, skin care, dental care, back care, feet care, money management, weight management, cancer prevention, diabetes prevention, heart disease prevention, CPR, AED, organic gardening, camping, parenting, safe sex, and much, much more!

* Come pick up over 40 "A to Z" healthy hints and handouts from over 80 health care groups, fitness centers, organizations, businesses, IPFW student organizations, and IPFW departments.

* Come enjoy FREE refreshments!

* Come review brain teasing, health enhancing books from IPFW bookstore!

* Come listen to motivating music by STAR 88.3!

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

Treat yourself to a health break Wednesday March 23rd and come to the fair festivities.

For more information contact Judy Tillapaugh, RD, IPFW Wellness Coordinator at 481-6647, 481-5748, e-mail Tillapau@ipfw.edu, or go to www.ipfw.edu/health

FWTC Board Minutes December 8, 2004

1. Judy called the meeting to order and Don offered a prayer.
2. The November meeting minutes were read. #3 should be changed from 400-420 instead of 500-520. The minutes were approved.
3. Don read the treasurer's report. Total income for November was \$2435.00 and expenses were \$2141.19, for a difference of \$293.81. Current membership is 496. Don indicated he will send out renewal notices to those individuals who need to renew.
4. Barrie Peterson addressed the new slate of officers to be President: Michael Fruchey, Vice-President: Barrie Peterson, Treasurer: Don Lindley, and Secretary: Ann Mize. There was a motion to close the nominations. There was a motion to vote the new slate of officers into office. This was approved.
5. Judy Tillapaugh proposed an amendment for the selection of 2004-2006 officers and board members. In article III and #3 it is proposed that the board be elected to a 2 year term where ½ of the board takes office each year. A possible #10 is being proposed to state that an individual be a member of the club at least 6 months before becoming a board member. It was also suggested by Mitch Harper that the annual FWTC banquet be an annual business meeting in order to officially vote in new officers and board members. This would make the term for officers and board members start in March. Bill Harris made a motion that these items be held over for discussion until the January board meeting, and that the term of all existing board members be held until the next meeting. This was approved.
6. It was discussed that the board has too many members for effective discussion at meetings. Therefore, the board meetings are requiring too much time. This was also a motion which was approved to be held over for discussion until January's meeting.
7. Don Lindley reported on the RRCA Insurance and Dues. \$1845.11 is the cost for insurance for the FWTC for 2005. The cost is based on 377 household members at \$4.89 per household member. This cost was approved by the board.
8. Don showed the board the new FWTC newsletter which has been sent to a new printer. The deadline for the next newsletter is January 21, 2005.
9. Tom Landis addressed the points for 2004. He is checking on volunteers points and when that is clarified he will finalize the points.
10. Don addressed a change and clarification in the lease agreement regarding the chip timing system. It was made a motion that the lease agreement be voted upon to be followed unless any extenuating circumstances were to go beyond the stated fees on the form. If this takes place, the changes are to be brought before the board.
11. Anthony Juliano reported on the FWTC web page.

12. JP Jones reported on the Just Plain 10K. There were 76 runners and walkers. The temperature was 40+degrees. They collected 154 T-shirts to be distributed to Crossroads, Youth For Christ, Youth Services Center, and Charis House.
13. Don Lindley reported that the Turkey Trot was successful. The numbers were down from last year.
14. The FWTC banquet will be held Feb. 20 at IPFW. Jed Pearson has formed a committee to choose the high school runner awards.
15. Nominations for the spirit of running awards are available and will be voted on in February and determined by officers.
16. The Fanny Freezer is scheduled for 2/19/05 and is being planned.
17. Don offered a prayer request for Jeremy Schmidt, a former FWTC member who was hit by a semi-truck.
18. Steve Hilker announced that the Rat Race has an unofficial date.
19. Don offered a motion to allocate scholarship money to IPFW for their annual running scholarships.

Those in attendance: Judy Tillapaugh, Phil Suelzer, Don Lindley, Tammy Behrens, Michael Fruchey, Mitch Harper, Bill Harris, Stephen Hilker, James P. Jones, Anthony Juliano, Sara Kleinknight, Tom Landis, Mac McAvoy, Anne Mize, Barrie Peterson, Bill Sohaski, and Amy Stephan

Excused absences: Judy White, Bev Metzger, and Chuck Zumbrun

FWTC Board Minutes November 11, 2004

1. Judy called the meeting to order and J.P. offered prayer.
2. The October meeting minutes were read and approved.
3. J.P. gave the treasurer's report and the current balance is \$27,060.93. The year to date profits from races is \$8,945.34 and from the AMB system is \$9,888.00. Current membership stands at 493. The report was approved. It was also approved to increase the number of newsletters printed from 400-420.
4. The nominating committee presented the 2005-2007 candidates for election and they are: Michael Fruchey (president), Barrie Peterson (vice president), Don Lindley (treasurer) and Anne Mize (secretary). The board approved the nominations and elections of officers will take place at the December meeting.
5. The deadline for the newsletter is November 19th. Chuck would like to continue as the newsletter editor but would not care to remain a board member. The board members agreed to this proposal. Chuck may try a new printer for the newsletter to try and decrease printing costs.
6. Tom presented the possible 2005 points races. The 10 FWTC races were automatic points races and they are: Fanny Freezer 5K, Nutri-Run 5M & 20K, Runners on Parade 5K, Dupont 5K, Parlor City Trot ½ Marathon & 10K, River City Rat Race 10K, FWTC Turkey Trot 5K, and Just Plain 10K. The board voted on the 5 non-club

races to be included and they are: Mastodon Stomp 5K, Mathew 25 10K, Kernal Klassic 5K, Three Rivers 12K, and the Zoo Run. There were 3 races tied for sixth place and they are: Harlan Days 10K, FWO Spineway 5K, and Canterbury 5K.

7. Judy stated that the club needs someone to direct the Fanny Freezer 5K in February. Sara Kleinknight and Mac McAvoy volunteered to co-direct the race.
8. J.P. presented a lease agreement for the AMB chip timing system. There were some questions about the lease and clarification needed so the board will review the document and vote on it next month.
9. The Turkey Trot is scheduled for Nov. 20th. Volunteers are still needed.
10. The FWTC Banquet is scheduled for February 20th at the IPFW Walb Student Union Ballroom. Social hour begins at 5:00PM and dinner is at 5:30 PM. Shawn Found will be the guest speaker. Shawn is an accomplished runner: ('94 NCAA Championships and 2000 Olympic Trials). He was a member of the U.S. Army's World Class Athlete Program. Shawn will be a motivational speaker and share his personal story as well as training tips.
11. The RRCA annual liability dues are due Dec. 31st. Last year the dues were \$1764.50.
12. The Just Plain 10K is December 4th at Foster Park. A wrapped t-shirt is the entrance fee.
13. Bylaw Article III #1 will be voted on next month (selection of board members).
14. The next meeting is December 8th and will include refreshments and a \$5-\$10 gift exchange.

Attendance: Judy Tillapaugh, Phil Suelzer, Judy White, Don Anderson, Tammy Behrens, Katie Creighton, Michael Fruchey, Bill Harris, Steve Hilker, J.P. Jones, Sara Kleinknight, Tom Landis, Mac McAvoy, Beverly Metzger, Anne Mize, Marsha & Bill Schmidt, Bill Sohaski, Cheryl Stromski, Jeff Metzger
Excused: Chuck, Barrie, Don, Amy

FWTC Singlets Available at Three Rivers Running Co.

Show your colors! Singlets bearing the logo of the Fort Wayne Track Club are available at the Three Rivers Running Company at 6312 Covington Road in Fort Wayne. The singlets are just \$15, and FWTC members receive a 10% on all purchases at Three Rivers Running Company.

The store is open every day. Store hours and other information are available on-line at www.3riversrunning.com. or call them at (260) 459-3668.



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

RUNOHIO Newsletter Offer

RUNOHIO is offering Fort Wayne Track Members their special 17th anniversary price of \$10 for a one-year subscription to RUNOHIO. This is a \$5 a year savings and the same price they offered 17 years ago! To subscribe visit: http://www.runohio.com/magazine/subscribe_link.html

Landis Tool Grinding, Inc.



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

CNC Grinding



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



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

Tom Landis



Happy Birthday!



2/2 Dori A Meighan
 2/2 Dick Shenfeld
 2/3 Bill Sohaski
 2/4 Hal Atkinson
 2/7 Rebecca Konkin
 2/7 Dean Russ
 2/9 Bill Mack
 2/9 Holly Niner
 2/10 Grace Burris
 2/10 Jason Sorg
 2/11 David C Dale
 2/12 Steve Edmiston
 2/13 Donald R Decook
 2/14 Mary Fennig
 2/14 Gregg Johnson
 2/14 Leslie Trabel
 2/15 Anne Duff
 2/15 Matt Minnick
 2/17 Rick Hilker
 2/17 Tom Lill
 2/17 Kgatale Malatse
 2/18 Jeff Jones
 2/19 Curtis Nold
 2/21 Rick L Gilbert
 2/22 Courtney Raypole
 2/23 Tim O'Connell
 2/23 Gordon Smith
 2/24 Mark Herndon
 2/26 Brian Knott
 2/26 Doug Lehman
 2/27 Bradford Green
 2/27 Mark Miller
 2/27 Angela Palevich

2/27 J. David Reimschisel, Jr
 2/27 Phyllis Suelzer
 2/28 Patricia Huelle
 2/28 Hugh Jackson
 2/29 James Mckinnon
 2/29 Larry Palmer
 3/1 Chris Shoot
 3/3 Jack Seigel
 3/6 David Roehling
 3/7 Lynn T Bobay
 3/7 Sheryle Braaten
 3/7 Steven Greider
 3/7 James Stevens
 3/8 Kim Doster
 3/10 Mark Walter
 3/11 Mervin Koehlinger
 3/14 Ed Dax
 3/16 Sean Mcavoy
 3/17 Gary Schmunk
 3/20 Paul Sabrack
 3/20 Jennifer Steigmeyer
 3/20 John Treleaven
 3/21 Erica Dekko
 3/23 Jed Pearson
 3/25 Dan Cummiskey
 3/25 Michael Fruchey
 3/25 Dennis Rohrs
 3/25 Matthew Wright
 3/26 Galen Harden
 3/27 Karl Behrens
 3/28 Alex Hess
 3/28 Michelle Ludwiski

3/29 Taylor Tiernon
 James
 3/30 George Kirby
 3/30 Tom Landis
 3/30 Kim A Lefever
 3/31 Aaron Cox
 3/31 John Link
 4/1 Amy Archbold
 4/3 Karen Gillie
 4/4 Sam Gillie
 4/4 Bill Harris
 4/5 Jay Haney
 4/5 Sharon Pauley
 4/6 Jacque Linder
 4/6 Don Ransome
 4/7 Michael Skipper
 4/8 Matthew Gerke
 4/8 Jonathan Schlatter
 4/8 Tom Yoder
 4/9 Lynne M Huguenard
 4/9 Jerry Mazock
 4/10 Jessica Thomas
 4/11 Ray Casiano
 4/11 Elizabeth Hilton
 4/11 Joel Schartzer
 4/12 George Huber
 4/13 Ed Beckner
 4/13 Erin Sanders
 4/14 Gloria J Nold
 4/14 Irene Spindler

FWTC 25th Annual Nutri-Run Coming March 19

Nutri-Run Records

Year	Name	Time	Category	Time	Name	Year
1983	Greg Orman	1:04:44	Overall	1:16:45	Betty Hite	1982
1981	Tim Mills	1:16:16	14 & Under			
1984	Randy Houser	1:09:04	15-19	1:21:32	Alissa McKaig	2003
	Fred Moreno					
1983	Greg Orman	1:04:44	20-24	1:24:14	Marnie Gautsch	1987
1990	Brad Cooper	1:06:49	25-29	1:17:24	Kalene Herrel	1994
1993	Brad Cooper	1:05:33	30-34	1:27:52	Connie Mattix	1998
1997	Chuck Schlemmer	1:10:46	35-39	1:16:45	Betty Hite	1982
1997	Jim Histan	1:13:53	40-44	1:25:08	Ann Jamison	1985
1982	Dwayne Martin	1:13:19	45-49	1:32:41	Sue Fowler-Finn	2003
1993	Greg Osman	1:18:37	50-54	1:45:21	Joan Gray	1991
1982	Myron Meyer	1:18:58	55-59	1:45:00	Joan Gray	1993
1986	Giles Tomlinson	1:30:09	60-64	1:58:57	Joan Gray	1998
2004	Joe Ziegler	1:37:40	65-69	2:07:58	Joan Gray	2002
1998	Don Anderson	1:43:20	70 & Over			

The 25th annual Fort Wayne Track Nutri-Run will be held March 19th at The Chapel, 2505 West Hamilton Rd, Fort Wayne. The race includes 20K and 5 mile runs and a 5 mile walk.

If you'd like to volunteer for the Nutri-Run, please contact Sarah Kleinknight at 456-3261 or at kleinknight1@aol.com, or Jeff & Bev Metzger at 436-5632 or at jbmetzger@aol.com.

FWTC Points Races 2005

- | | |
|-------------------------------|-------------------------------------|
| 1. Fanny Freezer 5K (2/19) | 2. Nutri-Run 20K (3/19) |
| 3. Nutri-Run 5 Mile (3/19) | 4. Mastodon 5K (4/2) |
| 5. TRRC 12K (5/28) | 6. Zoo Run (7/4) |
| 7. Runners on Parade 5K (7/9) | 8. Matthew 25 10K (7/16) |
| 9. Harlan Days 10k (8/6) | 10. Kernel Klassic 5k (8/13) |
| 11. Dupont 5K (9/17) | 12. Parlor City ½ Marathon (9/24) |
| 13. Parlor City 10k (9/24) | 14. FWO 5K (10/1) |
| 15. Canterbury 5K (10/8) | 16. River City Rat Race 10K (10/29) |
| 17. Turkey Trot 5K (11/19) | 18. Just Plain 10K (12/3) |

Points Rules For 2005

- FWTC members must pay dues by March 1st. You must be a member by the date of the Nutri-Run to be awarded any points for the current year.
- Members can earn 100 points for volunteer work at each points race. The maximum that may be earned by volunteering is 200 points. If you volunteer and run the race you earn points for both.
- Race directors will receive 100 points toward the series points. There will be no maximum points for race directors.
- Age group placement:
 - Age group placement is determined by age as of January 1.
 - Under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over.
 - Points are awarded for each race based on your age as of January 1.
 - If the race has more age groups than the above, participants receive the points as earned. It is possible for more than one participant to earn the same number of points in the same age group. Example: if a race has 60-64 & 65-69 age groups, the 1st place winner in the 60-64 age group gets 100 points and the 1st place winner in the 65-69 age group also gets 100 points. Points are awarded on place compared to other FWTC members.

First place:	100 points	Seventh place:	35 points
Second place:	85 points	Eighth place:	25 points
Third place:	75 points	Ninth place:	15 points
Fourth place:	65 points	Tenth place:	10 points
Fifth place:	55 points	Other finishers:	5 points
Sixth place:	45 points		

- The top male and female overall and the master 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. New this year it will be age graded in each race. This does not apply to the above points system.

FWTC Points Final Standings 2004

Men 19 And Under

Place	Name	City	Age	Points
1	David Boyer	Fort Wayne IN	16	530.0
2	Kurt White	Fort Wayne IN	17	445.0
3	Curtis Fabian	Columbia City IN	15	400.0
4	Sean McAvoy	Bluffton IN	13	385.0
5	Danny White	Fort Wayne IN	15	300.0
6	Sam N Bird	Columbia City IN	14	300.0
7	Brad Hess	Fort Wayne IN	11	285.0
8	Jared Minnick	Leo IN	19	270.0
9	Stephen Clark	Fort Wayne IN	16	200.0
10	Matt Minnick	New Haven IN	13	185.0
11	Matthew R Wright	Fort Wayne IN	17	175.0
12	Travis Blanchette	Fort Wayne IN	18	165.0
13	Joel Sanders	Fort Wayne IN	19	100.0
14	Colin Altevogt	Fort Wayne IN	16	100.0
15	Evan Niner	Fort Wayne IN	16	100.0
16	Carter A Milleman	Fort Wayne IN	13	100.0
17	Bradley White	Fort Wayne IN	12	100.0
18	Kyle Milleman	Fort Wayne IN	17	85.0
19	Alex Hess	Fort Wayne IN	8	85.0
20	Sam Deitle	Fort Wayne IN	10	85.0

Men 20 To 29

Place	Name	City	Age	Points
1	Brad A Thomas	Fort Wayne IN	29	900.0
2	Casey Shafer	Fort Wayne IN	23	700.0
3	Michael Lindley	Fort Wayne IN	29	185.0
4	George Minehart	Auburn IN	25	185.0
5	Mike Cole	Angola IN	28	100.0

Men 30 To 34

Place	Name	City	Age	Points
1	Anthony Juliano	Fort Wayne IN	34	1455
2	Sam Gillie	Fort Wayne IN	33	755.0
3	Brian Loucks	Fort Wayne IN	34	450.0
4	Chad Matthaiddes	Auburn IN	33	400.0
5	Michael Wolfe	Fort Wayne IN	34	300.0
6	Buff Dorneier	Fort Wayne IN	34	300.0
7	Chris Dunnire	Fort Wayne IN	30	225.0
8	David Whitcomb	Hoagland IN	33	185.0
9	Brian Knott	New Haven IN	30	185.0
10	Karl Behrens	Fort Wayne IN	33	175.0
11	Michael Fruchey	Huntertown IN	34	100.0
12	Joseph Dimarzio	Fort Wayne IN	31	90.0
13	Niels Rasmussen	Fort Wayne IN	34	75.0

Men 35 To 39

Place	Name	City	Age	Points
1	Mark Walter	Garret IN	38	785.0
2	Chad Ware	Fort Wayne IN	36	740.0
3	Eric Kleinrichert	Fort Wayne IN	36	450.0
4	Brett Hess	Fort Wayne IN	38	340.0
5	Jon Beasley	Fort Wayne IN	38	200.0
6	Andy Haxton	Fort Wayne IN	35	130.0
7	Ron Sharp	Fort Wayne IN	38	100.0
8	Robert Minnick, Jr	Fort Wayne IN	36	100.0
9	Michael J Engler	Fort Wayne IN	36	75.0

Men 40 To 44

Place	Name	City	Age	Points
1	Paul E Knott	Fort Wayne IN	41	955.0
2	Jeff Metzger	Fort Wayne IN	42	715.0
3	Mark Beals	Fort Wayne IN	41	570.0
4	Darryl Cargo	Fort Wayne IN	42	515.0
5	Toby Jo Hullinger	Montroeville IN	44	485.0
6	John Hamilton	Fort Wayne IN	44	445.0
7	Jim Berghoff	Fort Wayne IN	43	365.0
8	Mark Pace	Fort Wayne IN	40	350.0
9	Jeff Taner	Fort Wayne IN	44	320.0
10	Dan Cummsiskey	Fort Wayne IN	42	250.0
11	Michael L McAvoy	Bluffton IN	43	200.0
12	Mark O'Shaughnessy	Fort Wayne IN	44	185.0
13	Thom Horton	Fort Wayne IN	44	165.0
14	Jim Bougher	Fort Wayne IN	41	160.0
15	Scott Beam	Fort Wayne IN	42	160.0
16	Joseph Ryan	Fort Wayne IN	43	90.0
17	Jeff Gray	Fort Wayne IN	41	85.0
18	Michael McManus	Fort Wayne IN	40	85.0
19	Phillip Kelley	Churubusco IN	42	80.0

Men 45 To 49

Place	Name	City	Age	Points
1	Brad Altevogt	Fort Wayne IN	49	1205
2	James McKinnon	Waterloo IN	47	720.0
3	Chuck Brown	Bluffton IN	48	620.0
4	Dana Budd	New Haven IN	49	455.0
5	Tom Landis	Churubusco IN	47	410.0

FWTC Points Final Standings 2004

6	Stephen M Hilker	Fort Wayne IN	48	405.0
7	Mark Furkis	Ligonier IN	48	400.0
8	Paul Shaffer	Decatur IN	45	385.0
9	Rick Hilker	Fort Wayne IN	48	330.0
10	Thomas J Felts	Fort Wayne IN	49	325.0
11	Mitch Harper	Fort Wayne IN	47	305.0
12	Tim O'Connell	Fort Wayne IN	47	285.0
13	Bill Ryan	Fort Wayne IN	45	245.0
14	Jonathan E Schlatter	Fort Wayne IN	47	240.0
15	Joseph Nayarkas	Fort Wayne IN	49	240.0
16	Len Propato	Fort Wayne IN	49	235.0
17	Kevin Truelove	Fort Wayne IN	47	230.0
18	John N Link	New Haven IN	47	200.0
19	Donald Kramer	Van Wert Oh	49	195.0
20	Craig Bobay	Fort Wayne IN	47	195.0
21	Carl A Risch	Decatur IN	46	185.0
22	Thomas Boyer	Fort Wayne IN	48	175.0
23	Chris Croy	Columbia City IN	47	120.0
24	Doug Sundling	Bluffton IN	48	100.0
25	Gary Schmunk	Antwerp OH	48	100.0
26	Terry Diller	Fort Wayne IN	46	85.0
27	Mark Brattoli	Fort Wayne IN	48	85.0
28	Dennis Klopfenstein	New Haven IN	46	85.0
29	James E Bushey	Fort Wayne IN	45	75.0
30	George Huber	Fort Wayne IN	46	65.0
31	Jeff Milleman	Fort Wayne IN	47	55.0
32	Jay Fawver	Fort Wayne IN	47	55.0
33	Doug Ulmer	Leo IN	49	45.0
34	Dean Russ	Fort Wayne IN	46	40.0
35	Craig Bobay	Fi Wayne IN	47	40.0
36	Tim Mossburg	Fort Wayne IN	45	35.0
37	Stephen Woenker	Fort Wayne IN	48	30.0
38	Mark Waldron	Wawaka IN	47	25.0
39	Chuck Zumburn	Churubusco IN	46	20.0
40	Gregg Johnson	Fort Wayne IN	47	15.0
41	Timothy Ryan	Fort Wayne IN	48	10.0
42	Hal Atkinson	Huntertown IN	48	5.0
43	Kim A Lefever	Columbia City IN	47	5.0
44	Steven E Ludwiski	Fort Wayne IN	47	5.0
45	Gary L Bird	Columbia City IN	45	5.0

Men 50 To 54

Place	Name	City	Age	Points
1	Kerry Blanchette	Fort Wayne IN	50	1055
2	Jim Pickett	Waterloo IN	54	1040
3	John David McPherson	Fort Wayne IN	51	835.0
4	Phil Suelzer	Fort Wayne IN	52	800.0
5	John Treleaven	Fort Wayne IN	51	700.0
6	Lynn T Bobay	Fort Wayne IN	52	525.0
7	Steven Greider	Fort Wayne IN	54	460.0
8	Jed Pearson	Columbia City IN	52	420.0
9	Sam Hadley	Grabill IN	52	385.0
10	Jerry Diehl	Fort Wayne IN	52	285.0
11	Jim Weide	Fort Wayne IN	51	235.0
12	Tom Fuelling	Fort Wayne IN	53	210.0
13	Roger Wilson	Fort Wayne IN	50	185.0
14	Aaron Cox	Huntertown IN	50	150.0
15	Todd Seiman	Fort Wayne IN	50	140.0
16	Lon R Braum	Fort Wayne IN	52	140.0
17	Tim Bolin	Fort Wayne IN	53	140.0
18	David L Winters	Huntington IN	54	135.0
19	George Kirby	New Haven IN	54	100.0
20	Don Ransome	Warsaw IN	53	100.0
21	Alan Bradley	New Haven IN	52	100.0
22	Scott A Miller	Fort Wayne IN	50	80.0
23	Terry Anderson	Fort Wayne IN	50	75.0
24	Tom Yoder	Fort Wayne IN	51	65.0
25	Michael Barman	Fort Wayne IN	54	25.0
26	Keith Niner	Fort Wayne IN	50	25.0

Men 55 To 59

Place	Name	City	Age	Points
1	Bob Bruckner	Fort Wayne IN	58	1100
2	Rich Stephenson	Monroeville IN	57	825.0
3	Donald Lindley	Fort Wayne IN	59	680.0
4	James H Wright	Fort Wayne IN	56	625.0
5	Ed Beckner	Huntington IN	58	380.0
6	Jack Seigel	Fort Wayne IN	58	345.0
7	Joel Scharzter	Goshen IN	56	345.0
8	Bob Michel	Fort Wayne IN	56	285.0
9	Art Obregon	Piercetown IN	56	170.0
10	John Brier	Fort Wayne IN	59	165.0
11	Lynn E Armstrong	Fort Wayne IN	56	165.0
12	Jim Deitle	Fort Wayne IN	56	120.0
13	John Peterson	Fort Wayne IN	58	75.0
14	Ty Murphy	Columbia City IN	55	65.0
15	Steve Adkison	Fort Wayne IN	59	65.0
16	Kent C Ober	Fort Wayne IN	58	55.0

Men 60 To 69

Place	Name	City	Age	Points
1	Joe Ziegler	New Haven IN	68	1260

FWTC Points Final Standings 2004

2	David E Boylan	Fort Wayne IN	61	1110
3	Tom Felger	Fort Wayne IN	64	670.0
4	Bernie Burgette	Fort Wayne IN	60	440.0
5	William Crane	Warsaw IN	61	365.0
6	Bill Harris	Grabill IN	65	355.0
7	Bud Stiffler	Anderson IN	65	315.0
8	Dewain Cobbs	Warsaw IN	61	300.0
9	Ray Casiano	New Haven IN	60	285.0
10	Bill Sohaski	Fort Wayne IN	68	200.0
11	Freeman Hershberger	Goshen IN	66	185.0
12	Barrie Peterson	Fort Wayne IN	61	185.0
13	Karl Dietsch	Fort Wayne IN	65	150.0
14	William R Clark Jr	Fort Wayne IN	68	130.0
15	Dick Hamly	Fort Wayne IN	66	130.0
16	Dick Sive	Fort Wayne IN	68	130.0
17	Rex Reed	Warsaw IN	62	100.0
18	Don Ashton	Fort Wayne IN	62	100.0
19	Charles C Brandt	Fort Wayne IN	64	75.0
20	Noel Hupp	Fort Wayne IN	64	75.0

Men 70 And Over

Place	Name	City	Age	Points
1	Kenneth E Disler	Fort Wayne IN	81	1215
2	Bernie Huesing	Fort Wayne IN	71	965.0
3	Robert C Loomis	Monroeville IN	70	805.0
4	James P Jones	Fort Wayne IN	75	365.0
5	Don Anderson	Fort Wayne IN	76	330.0
6	Jack Hilker	Fort Wayne IN	75	200.0
7	Ian Rolland	Fort Wayne IN	70	200.0
8	Curtis Nold	Fort Wayne IN	72	75.0

Women 19 And Under

Place	Name	City	Age	Points
1	Kylee Keuneke	Decatur IN	12	1025
2	Kalissa Blanchette	Fort Wayne IN	16	870.0
3	Courtney Raypole	Columbia City IN	12	785.0
4	Sarah Bird	Columbia City IN	10	335.0
5	Kathryn Morrival	Grabill IN	16	300.0
6	Lynn Altevogt	Fort Wayne IN	15	265.0
7	Hannah Weide	Fort Wayne IN	17	200.0
8	Amy Roberts	Fort Wayne IN	16	185.0
9	Kelly Gross	Fort Wayne IN	17	175.0
10	Jessica Thomas	Auburn IN	17	175.0
11	Jessica Palevich	Fort Wayne IN	17	100.0
12	Leslie Trabel	Monroeville IN	19	100.0
13	Leah Sanders	Fort Wayne IN	17	85.0
14	Beth Niner	Fort Wayne IN	14	85.0
15	Grace Burns	Auburn IN	9	75.0

Women 20 To 29

Place	Name	City	Age	Points
1	Amy Stephan	Fort Wayne IN	25	800.0
2	Sarah Weide	Fort Wayne IN	23	100.0
3	Molly Sanders	Fort Wayne IN	22	100.0
4	Julie Cole	Angola IN	28	100.0
5	Rachel Weide	Fort Wayne IN	20	85.0
6	Maricela Stroud	Fort Wayne IN	25	85.0

Women 30 To 34

Place	Name	City	Age	Points
1	Tammy Behrens	Fort Wayne IN	32	600.0
2	Karen Gillie	Fort Wayne IN	32	485.0
3	Chrsy Link	New Haven IN	32	385.0
4	Tracy Brooks	Fort Wayne IN	34	250.0
5	Jennifer Steigmeyer	Fort Wayne IN	33	175.0
6	Kim Milleman	Fort Wayne IN	31	100.0
7	Danielle Rg Sullivan	Fort Wayne IN	31	85.0

Women 35 To 39

Place	Name	City	Age	Points
1	Diana Schowe	Auburn IN	39	1185
2	Staci Beiswanger	South Whitley IN	38	655.0
3	Julie McNulty	Fort Wayne IN	38	245.0
4	Anne Duff	Fort Wayne IN	38	200.0
5	Victoria Downs	Fort Wayne IN	37	110.0
6	Kimberly Summers	Fort Wayne IN	35	85.0
7	Leigh Ann Mann	Fort Wayne IN	36	75.0
8	Nancy Burris	Auburn IN	37	75.0
9	Pamela Joachim	Fort Wayne IN	36	65.0

Women 40 To 44

Place	Name	City	Age	Points
1	Linda Keuneke	Fort Wayne IN	40	1300
2	Sheryle Braaten	Hoagland IN	43	1290
3	Betty Greider	Fort Wayne IN	43	915.0
4	Karen Kosberg	Fort Wayne IN	42	410.0
5	Beverly Metzger	Fort Wayne IN	41	365.0
6	Denise Conrad	Decatur IN	42	355.0
7	Mary Crane	Warsaw IN	40	290.0

FWTC Points Final Standings 2004

8	Lorraine Brattoli	Fort Wayne IN	43	215.0
9	Claire Weir	Fort Wayne IN	42	155.0
10	Paula McEachern	Leo IN	43	150.0
11	Linette Barry	Fort Wayne IN	40	120.0
12	Melinda Kinder	Fort Wayne IN	43	100.0
13	Robbin Mauger	Columbia City IN	43	65.0

Women 45 To 49

Place	Name	City	Age	Points
1	Cheryl Stromski	Antwerp OH	48	1035
2	Margie Morris-Parker	Fort Wayne IN	45	870.0
3	Regina Blanchette	Fort Wayne IN	49	845.0
4	Tamara Wright	Fort Wayne IN	45	760.0
5	Judy White	Fort Wayne IN	45	700.0
6	Terri Gross	Fort Wayne IN	48	320.0
7	Judy Tillapaugh	Fort Wayne IN	45	300.0
8	Katie Creighton	Fort Wayne IN	45	245.0
9	Diane Post	Fort Wayne IN	47	110.0
10	Susan Peterson	Albion IN	49	75.0
11	Cathy Hawks	Fort Wayne IN	45	75.0
12	Anne M Karr	Fort Wayne IN	49	65.0
13	Jenny Sanders	Fort Wayne IN	49	55.0
14	Holly Niner	Fort Wayne IN	46	45.0

Women 50 To 54

Place	Name	City	Age	Points
1	Helen Ryan	Fort Wayne IN	52	1300
2	Phyllis Suelzer	Fort Wayne IN	50	600.0
3	Nancy Boyer	Fort Wayne IN	52	335.0
4	Nancy Simmonds	Fort Wayne IN	50	270.0
5	Bobbie Clark	Fort Wayne IN	54	85.0

Women 55 To 59

Place	Name	City	Age	Points
1	Barb Scrogam	Fort Wayne IN	57	900.0
2	Mary Fennig	Decatur IN	57	185.0
3	Anne Mize	Roanoke IN	57	175.0

Women 60 To 69

Place	Name	City	Age	Points
1	Rochelle Alberding	Bluffton IN	61	1070
2	Sarah Kleinknight	Fort Wayne IN	60	740.0
3	Joan Gary	Fremont IN	67	350.0
4	Gloria J Nold	Fort Wayne IN	68	75.0

Results By Tom Landis of the FWTC

FWTC XC Turkey Trot November 20, 2004

Place	Name	City	Group Place	Group	Time	Pace
1	Khelli Leitch	Muncie IN	***	M 20-24	16:38	5:20/M
2	Mitch Novy	Garrett IN	1	M 20-24	17:18	5:33/M
3	Chris Brown	Bluffton IN	2	M 20-24	17:27	5:36/M
4	Mark Sanderson	Van Wert Oh	***	M 40-44	17:46	5:42/M
5	John Schmieders	Decatur IN	1	M 40-44	17:54	5:44/M
6	Sam Leffers	Fort Wayne IN	1	M 16-17	18:24	5:54/M
7	Brad A Thomas	Fort Wayne IN	1	M 25-29	18:40	5:59/M
8	Joe Ryan	Fort Wayne IN	2	M 16-17	19:03	6:06/M
9	Rick Hammer	Hudson IN	3	M 20-24	19:18	6:11/M
10	Kevin Knight	Fort Wayne IN	2	M 25-29	20:10	6:28/M
11	Travis Copenhaver	Union MI	1	M 18-19	20:34	6:36/M
12	Diana Schowe	Auburn IN	***	F 35-39	20:37	6:36/M
13	Greg Ridenour	Fort Wayne IN	1	M 50-54	20:46	6:39/M
14	Neil Tate	North Manchester	2	M 50-54	20:49	6:40/M
15	Jonathan Byers	Fort Wayne IN	3	M 25-29	20:53	6:42/M
16	Paul E Knott	Fort Wayne IN	2	M 40-44	21:08	6:46/M
17	Sean Mcavoy	Bluffton IN	1	M 0-15	21:09	6:47/M
18	Chuck Putterbaugh	Roanoke IN	1	M 45-49	21:10	6:47/M
19	Linda Keuneke	Fort Wayne IN	***	F 40-44	21:14	6:48/M
20	Mark Pace	Fort Wayne IN	3	M 40-44	21:20	6:50/M
21	Anthony Juliano	Fort Wayne IN	1	M 35-39	21:22	6:51/M
22	Kathryn Morriscal	Grabbil IN	1	F 16-17	21:26	6:52/M
23	Chuck Brown	Bluffton IN	2	M 45-49	21:27	6:53/M
24	Bryan Fadius	Fort Wayne IN	2	M 0-15	21:29	6:53/M
25	Kylee Keuneke	Decatur IN	1	F 0-15	21:47	6:59/M
26	Stephen Olson	Fort Wayne IN	4	M 25-29	21:54	7:01/M
27	Courtney Raypole	Columbia City IN	2	F 0-15	21:58	7:02/M
28	Dane Okleshen	New Haven IN	3	M 0-15	22:11	7:07/M
29	Mike Cox	Spencerville IN	3	M 50-54	22:22	7:10/M
30	David Korte	Fort Wayne IN	4	M 40-44	22:24	7:11/M
31	Dewain Cobbs	Warsaw IN	1	M 60-64	22:30	7:13/M
32	David M Huffman	Fort Wayne IN	5	M 40-44	22:35	7:14/M
33	David Boyer	Fort Wayne IN	3	M 16-17	22:44	7:17/M

FWTC XC Turkey Trot November 20, 2004

Place	Name	City	Group Place	Group	Time	Pace
34	Craig Bobay	Fort Wayne IN	3	M 45-49	22:45	7:18/M
35	Madison Moore	Linn Grove IN	3	F 0-15	22:51	7:19/M
36	James Mckinnon	Waterloo IN	4	M 45-49	22:53	7:20/M
37	Tammy Behrens	Fort Wayne IN	1	F 30-34	23:06	7:24/M
38	Garrett Davenport	Andrews IN	6	M 40-44	23:12	7:26/M
39	Tom Landis	Churubusco IN	5	M 45-49	23:30	7:32/M
40	Laura Ardington	Fort Wayne IN	4	F 0-15	23:38	7:34/M
41	Kevin Truelove	Fort Wayne IN	6	M 45-49	23:47	7:37/M
42	Nolan Knight	Monroeville IN	1	M 30-34	23:48	7:38/M
43	Cindy McGovern	Fort Wayne IN	1	F 40-44	24:00	7:42/M
44	Janet Souder	Fort Wayne IN	1	F 25-29	24:02	7:42/M
45	Jack Seigel	Fort Wayne IN	1	M 55-59	24:03	7:43/M
46	Kerry Blanchette	Fort Wayne IN	4	M 50-54	24:08	7:44/M
47	Aaron Cox	Huntersville IN	5	M 50-54	24:11	7:45/M
48	Michael Variell	Convoy Oh	7	M 45-49	24:12	7:45/M
49	Sheryle Braaten	Hoagland IN	2	F 40-44	24:13	7:46/M
50	Ted Little	North Manchester	6	M 50-54	24:21	7:48/M
51	Aevin Lochner	North Manchester	8	M 45-49	24:22	7:49/M
52	Joe Astroki	Fort Wayne IN	9	M 45-49	24:24	7:49/M
53	Jim Pickett	Waterloo IN	2	M 55-59	24:27	7:50/M
54	Donald Kramer	Van Wert Oh	7	M 50-54	24:28	7:51/M
55	Jerry Berghoff	Fort Wayne IN	2	M 30-34	24:28	7:51/M
56	Lucas McGowan	Fort Wayne IN	4	M 0-15	24:32	7:52/M
57	Staci Beiswanger	South Whitley IN	1	F 35-39	24:34	7:52/M
58	Ray Casiano	New Haven IN	2	M 60-64	24:35	7:53/M
59	Freeman Hershberger	Goshen IN	1	M 65-69	24:37	7:53/M
60	David E Boylan	Fort Wayne IN	3	M 60-64	24:43	7:55/M
61	James H Wright	Fort Wayne IN	3	M 55-59	24:47	7:57/M
62	Gary Richardson	Fort Wayne IN	2	M 35-39	24:50	7:58/M
63	Kirsten Ziembo	Fort Wayne IN	2	F 25-29	24:52	7:58/M
64	Matt Scott	Warsaw IN	3	M 35-39	24:57	8:00/M
65	Stephen M Hilker	Fort Wayne IN	10	M 45-49	25:15	8:06/M
66	Karen Kosberg	Fort Wayne IN	3	F 40-44	25:16	8:06/M
67	Phyllis Suelzer	Fort Wayne IN	1	F 50-54	25:21	8:08/M
68	Anne Ehinger	Fort Wayne IN	4	F 40-44	25:32	8:11/M
69	Rich Runion	Fort Wayne IN	4	M 35-39	25:38	8:13/M
70	Joel Scharizer	Goshen IN	4	M 55-59	25:39	8:13/M
71	Pete Mestelle	White Pigeon MI	11	M 45-49	25:43	8:15/M
72	Brian Yee	Fort Wayne IN	3	M 30-34	25:45	8:15/M
73	Amy Stephan	Fort Wayne IN	3	F 25-29	25:52	8:17/M
74	John David Mcpherson	Fort Wayne IN	8	M 50-54	26:01	8:20/M
75	Kent C Ober	Fort Wayne IN	5	M 55-59	26:10	8:23/M
76	Joyce Destefano	Fort Wayne IN	2	F 50-54	26:18	8:26/M
77	Barb Scrogam	Fort Wayne IN	1	F 55-59	26:19	8:26/M
78	Rich Stephenson	Monroeville IN	6	M 55-59	26:24	8:28/M
79	Tina Briars	Fort Wayne IN	2	F 35-39	26:59	8:39/M
80	Dana Budd	New Haven IN	9	M 50-54	27:05	8:41/M
81	Jim Berghoff	Fort Wayne IN	7	M 40-44	27:09	8:42/M
82	Frank Hunt	Fort Wayne IN	8	M 40-44	27:16	8:44/M
83	Tamara Wright	Fort Wayne IN	1	F 45-49	27:17	8:45/M
84	Holly R Young Reese	Fort Wayne IN	2	F 30-34	27:29	8:49/M
85	Michael Kline	Fort Wayne IN	5	M 0-15	27:32	8:49/M
86	Tim Mossburg	Fort Wayne IN	12	M 45-49	27:34	8:50/M
87	Matt Grover	Bluffton IN	13	M 45-49	27:42	8:53/M
88	Kelly Gross	Fort Wayne IN	1	F 18-19	27:42	8:53/M
89	Terri Gross	Fort Wayne IN	2	F 45-49	27:46	8:54/M
90	Cherie Clark	Fort Wayne IN	4	F 25-29	28:06	9:00/M
91	Mark Moore	Linn Grove IN	9	M 40-44	28:13	9:03/M
92	Steve Edmiston	New Haven IN	14	M 45-49	28:23	9:06/M
93	Chad Ware	Fort Wayne IN	5	M 35-39	28:30	9:08/M
94	Clint Platner	Leo IN	5	M 25-29	28:37	9:10/M
95	Joseph M Astroski	Fort Wayne IN	6	M 0-15	28:44	9:13/M
96	John Crilly	Fort Wayne IN	10	M 40-44	28:48	9:14/M
97	Carol Adams	Auburn IN	3	F 30-34	28:57	9:17/M
98	Ryan Hilton	Fort Wayne IN	4	M 30-34	28:58	9:17/M
99	Susan Markey	Fort Wayne IN	3	F 45-49	29:05	9:19/M
100	Lynn T Bobay	Fort Wayne IN	10	M 50-54	29:05	9:19/M
101	Liza Flanzary	Greentown IN	5	F 25-29	29:07	9:20/M
102	Amanda Iacene	Fort Wayne IN	1	F 20-24	29:21	9:24/M
103	Robert C Loomis	Monroeville IN	1	M 70-74	29:24	9:25/M
104	Ann Kline	Fort Wayne IN	5	F 40-44	29:31	9:28/M
105	Rochelle Alberding	Bluffton IN	1	F 60-64	29:38	9:30/M
106	Erin Cox	Fort Wayne IN	5	F 0-15	29:38	9:30/M
107	Thomas Edwards	Harlan IN	15	M 45-49	29:39	9:30/M
108	Mary Jo Ardington	Fort Wayne Oh	4	F 45-49	29:40	9:31/M
109	Cheryl Stromski	Antwerp Oh	5	F 45-49	29:43	9:31/M
110	Tom Fuelling	Fort Wayne IN	11	M 50-54	30:12	9:41/M
111	Helen Ryan	Fort Wayne IN	3	F 50-54	30:27	9:46/M
112	Andria Egua	Fort Wayne IN	4	F 30-34	30:28	9:46/M
113	Susan Okleshen	New Haven IN	6	F 45-49	30:32	9:47/M
114	Kalissa Blanchette	Fort Wayne IN	2	F 16-17	30:58	9:56/M
115	Karl Kline	Fort Wayne IN	11	M 40-44	31:01	9:56/M
116	Sam Hamilton	Fort Wayne IN	7	M 0-15	31:01	9:56/M
117	John Hamilton	Fort Wayne IN	16	M 45-49	31:02	9:57/M
118	Rick Hilker	Fort Wayne IN	17	M 45-49	31:04	9:57/M
119	Debra Meuter	Fort Wayne IN	6	F 40-44	31:18	10:02/M
120	Thomas Merkling	Avilla IN	12	M 40-44	31:22	10:03/M
121	Kathryn Merkling	Avilla IN	6	F 0-15	31:22	10:03/M
122	Elizabeth Hilton	Fort Wayne IN	6	F 25-29	31:35	10:07/M
123	Joan Gary	Fremont IN	1	F 65-69	31:43	10:10/M
124	Katie Lanning	White Pigeon MI	7	F 0-15	32:11	10:19/M
125	Victoria Ballard-Yoder	Fort Wayne IN	3	F 35-39	32:13	10:20/M

FWTC XC Turkey Trot November 20, 2004

Place	Name	City	Group Place	Group	Time	Pace	
126	Cara Wilson	Three Rivers	Mi	2	F 18-19	32:21	10:22/M
127	Elaine Plumpe	Fort Wayne	In	7	F 45-49	32:41	10:29/M
128	Grace Burris	Auburn	In	8	F 0-15	33:03	10:36/M
129	Nancy Burris	Auburn	In	4	F 35-39	33:13	10:39/M
130	Joseph Nayarkas	Fort Wayne	In	12	M 50-54	33:24	10:42/M
131	Margie Morris-Parker	Fort Wayne	In	8	F 45-49	33:59	10:54/M
132	Helen Pearson	Fort Wayne	In	2	F 65-69	34:02	10:54/M
133	Regina Blanchette	Fort Wayne	In	4	F 50-54	35:03	11:14/M
134	Thomas Ryan	Fort Wayne	In	7	M 55-59	35:41	11:26/M
135	Betty Greider	Fort Wayne	In	7	F 40-44	36:04	11:34/M
136	Kenneth E Disler	Fort Wayne	In	1	M 80-99	42:55	13:45/M
137	Conny Franken	Fort Wayne	In	9	F 45-49	43:08	13:49/M

Results By Fort Wayne Track Club

Galloping Gobbler 4-Mile November 25, 2004

Place	Name	Division	Time	
1	Casey	Shafer	M20-24	20:53
2	Eric	Ade	M25-29	20:56
3	Brendon	Moody	M20-24	21:30
4	Cody	Hannie	M20-24	22:01
5	Jared	Messman	M20-24	22:19
6	Jesus	Trevino	M20-24	22:25
7	Mitch	Novy	M20-24	22:49
8	Kyle	Minnich	M30-34	23:14
9	Matt	Brier	M25-29	23:18
10	Allen	Tippman	M16-17	23:28
11	David	St. Louis	M20-24	23:38
12	Brad	Thomas	M25-29	23:54
13	Eric	Becher	M16-17	24:07
14	Scott	Andre	M20-24	24:11
15	Unknown	runner		24:23
16	Stefan	Bolyee	M16-17	24:26
17	Wes	Kuhn	M20-24	24:31
18	Jay	Prichard	M45-49	24:40
19	Alex	Milentis	M16-17	24:59
20	Eric	White	M40-44	24:59
21	Steve	Andre	M20-24	25:02
22	San	Timm-Zimmerman	M20-24	25:02
23	Justin	Clark	M20-24	25:05
24	Jon	Exner	M20-24	25:18
25	Peter	Ryan	M20-24	25:26
26	Joe	Ryan	M16-17	25:37
27	Randy	Placencia	M16-17	25:46
28	DJ	Mattison	M30-34	25:58
29	Tim	Sloffer	M25-29	26:14
30	LeAnn	Sarke	F18-19	26:24
31	Mary	Wermuth	F35-39	26:28
32	Luke	Thompson	M12-13	27:01
33	Edward	Fisk	M25-29	27:05
34	John	Treleavan	M50-59	27:16
35	Mitch	Shelton	M20-24	27:37
36	Diane	Schowe	F35-39	27:51
37	Ben	Genic	M25-29	28:17
38	Andrew	Pisanelli	M40-44	28:18
39	Aaron	Ware	M16-17	28:18
40	Kristian	Lentz	M30-34	28:21
41	Ashley	Ritchey	F18-19	28:26
42	Katie	Morrical	F16-17	30:03
43	Emily	Sealscott	F20-24	30:05
44	Jared	Minnick	M20-24	30:06
45	Jeff	Metzger	M40-44	30:08
46	Matt	Hayes	M14-15	30:08
47	Michael	Scaringelli	M20-24	30:11
48	James	McKinnon	M45-49	30:12
49	David	Hoffman	M40-44	30:14
50	Paul	Pabla	M20-24	30:16
51	Daniel	Gottshalk	M35-39	30:17
52	Erica	Anderson	F20-24	30:17
53	Ben	Zika	M14-15	30:18
54	Mark	Altstaetter	M40-44	30:19
55	David	Korte	M40-44	30:20
56	Craig	Rimlinger	M25-29	30:22
57	Peter	Louton	M35-39	30:28
58	Craig	Bobay	M45-49	30:30
59	Vince	Hayes	M20-24	30:36
60	Chns	Adang	M25-29	30:39
61	Seth	Kramer	M20-24	30:50
62	Rick	Briars	M30-34	30:53
63	Luke	Messman	M14-15	30:54
64	Zach	Westrick	M16-17	31:04
65	Zachary	Burrell	M16-17	31:05
66	Jessica	Thomas	F18-19	31:13
67	Terry	Fawcett	M35-39	31:20

68	Henry	Dahling	M18-19	31:23
69	Cindy	McGovern	F40-44	31:32
70	Patrick	Ryan	M50-59	31:33
71	Amy	Hile	F35-39	31:34
72	Dave	Boyer	M16-17	31:34
73	Aimis	Sarka	F20-24	31:37
74	Unknown	runner		
75	Sueann	Mitchell	F35-39	31:40
76	Nathan	Smith	M25-29	31:41
77	Vicki	Fritz	F20-24	31:45
78	Timothy	Howard	M12-13	31:46
79	Patrick	Lothamer	M12-13	31:49
80	Jim	Doyle	M35-39	31:55
81	Timothy	Goheen	M35-39	31:57
82	Shawn	Stricker	M45-49	31:59
83	Linda	Anderson	F40-44	31:59
84	Madeline	Goheen	F14-15	32:10
85	Tim	Morrical	M40-44	32:17
86	Dane	Okleshen	M14-15	32:20
87	Matt	Momper	M40-44	32:38
88	Jessica	Hayes	F25-29	32:39
89	Joe	Donnell	M40-44	32:41
90	Donald	Kramer	M50-59	32:42
91	Conner	O'Shaughnessey	M12-13	32:46
92	Unknown	runner		32:47
93	Mark	O'Shaughnessey	M40-44	32:47
94	Kyle	Schneider	M20-24	32:48
95	Susan	Steffy	F35-39	32:48
96	David	Krabach	M40-44	32:49
97	Sara	Lentz	F20-24	32:52
98	Kerry	Blanchette	M50-59	33:01
99	Lauren	Kirlin	F12-13	33:03
100	Ted	Little	M50-59	33:14

Results Courtesy of Mitch Harper



Casey Shafer and Eric Ade leading the Galloping Gobbler



More scenes from the Galloping Gobbler

FWTC Just Plain 10k December 4, 2004

10KM

Overall Female Winner

Place	Name	City	Overall	Time	Pace
1	Linda Keuneke	Fort Wayne In	11	43:11	6:58/M

Women 19 And Under

Place	Name	City	Overall	Time	Pace
1	Kylee Keuneke	Decatur In	18	47:56	7:44/M
2	Sarah Bird	Columbia City In	55	1:03:36	10:15/M
3	Kalissa Blanchette	Fort Wayne In	66	1:13:52	11:55/M

Women 25 To 29

Place	Name	City	Overall	Time	Pace
1	Megan Yoder	Indianapolis In	32	51:03	8:14/M

Women 35 To 39

Place	Name	City	Overall	Time	Pace
1	Diana Schowe	Auburn In	22	48:14	7:47/M

Women 40 To 44

Place	Name	City	Overall	Time	Pace
1	Sheryle Braaten	Hoagland In	21	48:12	7:46/M
2	Linda Anderson	Fort Wayne In	25	49:21	7:58/M
3	Lorraine Brattoli	Fort Wayne In	38	54:02	8:43/M
4	Anne Ehinger	Fort Wayne In	40	54:30	8:47/M
5	Mary Crane	Warsaw In	41	55:19	8:55/M
6	Betty Greider	Fort Wayne In	68	1:21:03	13:04/M

Women 45 To 49

Place	Name	City	Overall	Time	Pace
1	Judy White	Fort Wayne In	15	46:17	7:28/M
2	Cheryl Stromski	Antwerp Oh	52	1:01:58	10:00/M
3	Margie Morris-Parker	Fort Wayne In	63	1:11:58	11:36/M

Women 50 To 54

Place	Name	City	Overall	Time	Pace
1	Phyllis Suelzer	Fort Wayne In	39	54:09	8:44/M
2	Heleen Ryan	Fort Wayne In	58	1:05:47	10:37/M
3	Joanne Cearbaugh	Fort Wayne In	65	1:12:48	11:45/M
4	Regina Blanchette	Fort Wayne In	67	1:15:04	12:06/M

Women 60 And Over

Place	Name	City	Overall	Time	Pace
1	Rochelle Alberding	Bluffton In	60	1:06:34	10:44/M
2	Sarah Kleinknight	Fort Wayne In	61	1:07:43	10:55/M
3	Joan Gary	Fremont In	62	1:07:45	10:56/M

Overall Male Winners

Place	Name	City	Overall	Time	Pace
1	Sam N Bird	Columbia City In	1	35:49	5:47/M

Men 20 To 24

Place	Name	City	Overall	Time	Pace
1	Kyle Bolin	Fort Wayne In	23	48:22	7:48/M
2	Jeff Cearbaugh	Fort Wayne In	26	49:23	7:58/M
3	Phillip Yoder	Indianapolis In	31	50:54	8:13/M

Men 30 To 34

Place	Name	City	Overall	Time	Pace
1	Matt Carney	Fort Wayne In	2	37:40	6:05/M
2	Brad A Thomas	Fort Wayne In	3	38:11	6:10/M

Men 35 To 39

Place	Name	City	Overall	Time	Pace
1	Mark Walter	Garrett In	8	40:07	6:28/M
2	Anthony Juliano	Fort Wayne In	10	42:23	6:50/M
3	Mike Thurston	Fort Wayne In	29	49:41	8:01/M
4	Rich Runion	Fort Wayne In	46	57:16	9:14/M
5	Michael Wolfe	Fort Wayne In	50	59:43	9:38/M
6	Chad Ware	Fort Wayne In	51	1:01:18	9:53/M

Men 40 To 44

Place	Name	City	Overall	Time	Pace
1	Mike Slaubaugh	Fort Wayne In	4	38:16	6:10/M
2	Cort Hollett	Fort Wayne In	6	39:40	6:24/M
3	Kurt Walborn	Fort Wayne In	9	41:02	6:37/M
4	Paul E Knott	Fort Wayne In	12	43:48	7:04/M
5	Jeff Metzger	Fort Wayne In	14	46:02	7:25/M
6	Frank Hunt	Fort Wayne In	36	52:19	8:26/M
7	Dave Anderson	Fort Wayne In	43	56:37	9:08/M

FWTC Just Plain 10k December 4, 2004

Men 45 To 49

Place	Name	City	Overall	Time	Pace
1	Brad Altevogt	Fort Wayne In	7	40:04	6:28/M
2	Mark Brattoli	Fort Wayne In	13	45:54	7:24/M
3	Tom Landis	Churubusco In	16	47:40	7:41/M
4	James Mckinnon	Waterloo In	17	47:44	7:42/M
5	Stephen M Hilker	Fort Wayne In	33	51:21	8:17/M
6	Joe Astroski	Fort Wayne In	35	51:56	8:23/M
7	John Hamilton	Fort Wayne In	42	55:32	8:57/M
8	Toby Jo Hullinger	Monroeville In	45	57:10	9:13/M
9	Jonathan E Schlatter	Fort Wayne In	59	1:06:04	10:39/M

Men 50 To 54

Place	Name	City	Overall	Time	Pace
1	Phil Suelzer	Fort Wayne In	5	39:29	6:22/M
2	Tim Bolin	Fort Wayne In	24	48:24	7:48/M
3	Kerry Blanchette	Fort Wayne In	27	49:30	7:59/M
4	John David Mcpherson	Fort Wayne In	48	58:41	9:28/M
5	Tom O'Malley	Fort Wayne In	54	1:02:58	10:09/M
6	Lynn T Bobay	Fort Wayne In	57	1:04:06	10:20/M

Men 55 To 59

Place	Name	City	Overall	Time	Pace
1	Jim Pickett	Waterloo In	28	49:40	8:01/M
2	Jack Seigel	Fort Wayne In	34	51:43	8:20/M
3	Rich Stephenson	Monroeville In	44	56:54	9:11/M

Men 60 To 64

Place	Name	City	Overall	Time	Pace
1	Ray Casiano	New Haven In	20	48:09	7:46/M
2	William A Crane	Warsaw In	30	50:26	8:08/M
3	David E Boylan	Fort Wayne In	37	52:41	8:30/M
4	Barne Peterson	Fort Wayne In	47	58:15	9:24/M
5	Tom Horton	Fort Wayne In	53	1:02:01	10:09/M
6	Donald Lindley	Fort Wayne In	64	1:12:09	11:38/M

Men 65 To 69

Place	Name	City	Overall	Time	Pace
1	Joe Ziegler	New Haven In	19	48:04	7:45/M
2	Charles C Brandt	Fort Wayne In	49	59:24	9:35/M

Men 70 - 79

Place	Name	City	Overall	Time	Pace
1	Bob Loomis	Monroeville In	56	1:03:38	10:16/M

Men 80 And Over

Place	Name	City	Overall	Time	Pace
1	Kenneth E Disler	Fort Wayne In	69	1:28:15	14:14/M

3.3km Fun Run/Walk

Overall Female Winners

Place	Name	City	Overall	Time	Pace
1	Beverly Metzger	Fort Wayne In	1	26:47	13:12/M

Female 0-99

Place	Name	City	Overall	Time	Pace
1	Jolyn Thorp	Butler In	2	1:00:00	29:53/M
2	Ashley Bobay	Fort Wayne In	3	1:00:00	29:53/M
3	Sharon Pauley	Dryfork Wv	4	1:01:00	30:03/M

6.6 Km Fun Run/Walk

Overall Female Winners

Place	Name	City	Overall	Time	Pace
1	Deb Glasper	Fort Wayne In	1	48:57	12:03/M

Female 0-99

Place	Name	City	Overall	Time	Pace
1	Cheri Bearman	Hoagland In	2	49:02	12:05/M

Results By Fort Wayne Track Club

HUFF 50K

December 18, 2004

Place	Name	City	State	Age	Gender	Pace	Time
1	Stubber, Cameron	Chicago	IL	29	M	7:04	3:39:06
2	Dippon, Derek	Cedar	MN	32	M	7:07	3:40:44
3	Grossman, Eric	Louisville	KY	36	M	7:08	3:41:26
4	Lobdell Jr., Jamey	Stockbridge	MI	41	M	7:10	3:42:10
5	Dunham, Dave	Bradford	MA	40	M	7:12	3:43:25
6	Sybrowsky, Brandon	Seattle	WA	34	M	7:13	3:43:56
7	Dever, Thomas	Terre Haute	IN	47	M	7:21	3:48:16
8	Jack, Billy	Warren	MI	26	M	7:24	3:49:44
9	Newport, Jason	Eaton	OH	34	M	7:30	3:52:38
10	Godale, Stephen	Aurora	OH	35	M	7:39	3:57:16
11	Harrell, Howard	Greenwood	IN	37	M	7:42	3:58:48
12	Wickham, Justin	Cambridge	OH	29	M	7:47	4:01:25
13	Kelly, Jeff	Champaign	IL	30	M	7:47	4:01:32
14	Godale, Mark	Aurora	OH	34	M	7:51	4:03:27
15	Scott, Todd	Royal Oak	MI	41	M	7:59	4:07:47
16	Clement, Timothy	Solon	OH	44	M	8:01	4:08:47
17	Melcher, Ryne	Waterloo	ON	25	M	8:01	4:09:05
18	Campbell, Patrick	Kitchener	ON	44	M	8:02	4:09:05
19	Lammers, Joel	Oconomowoc	WI	42	M	8:07	4:11:46
20	Redfeam, Craig	Granger	IN	35	M	8:07	4:12:00
21	Pritchard, Jeff	Winona Lake	IN	43	M	8:07	4:12:07
22	Fagan, Mary	Northampton	MA	29	F	8:08	4:12:32
23	Belland, Scott	Grand Rapids	MI	31	M	8:13	4:15:06
24	Bouachi, Abdel	Indianapolis	IN	42	M	8:16	4:16:26
25	Christian, Jeff	Beaverton	MI	30	M	8:18	4:17:53
26	Huskovich, Rob	Niles	MI	36	M	8:29	4:23:29
27	Gadomski, Guy	Kirtland	OH	48	M	8:30	4:24:04
28	Koby, Justin	New Castle	IN	24	M	8:33	4:25:18
29	Coudron, Jeffrey	West Milton	OH	34	M	8:36	4:26:47
30	Hynes, Gerry	Canton	OH	38	M	8:36	4:27:02
31	Feucht, Gregory	Ann Arbor	MI	26	M	8:36	4:27:02
32	Delap, Russ	Brookfield	WI	47	M	8:37	4:27:13
33	Stofko, Paul	Chesterton	IN	28	M	8:38	4:27:57
34	Gossman, Mike	Brownsburg	IN	45	M	8:39	4:28:15
35	Punches, Richard	Wyoming	MI	47	M	8:39	4:28:24
36	Lefever, Kim	Columbia City	IN	48	M	8:40	4:29:16
37	Robbert, Michael	Littleton	CO	29	M	8:41	4:29:20
38	Graupner, Martin	Valparaiso	IN	32	M	8:50	4:34:19
39	Schweitzer, Dirk	South Bend	IN	32	M	8:57	4:37:37
40	Shriver, Steve	Marion	IA	32	M	9:00	4:39:33
41	McMahon, Chrs	Indianapolis	IN	45	M	9:05	4:41:49
42	White, Eric	Roanoke	IN	40	M	9:07	4:43:01
43	Grogg, Justin	Fort Wayne	IN	22	M	9:11	4:45:10
44	Tukman, Carrie	San Rafael	CA	29	F	9:13	4:46:02
45	Distelhorst, Dan	Columbus	OH	46	M	9:19	4:49:14
46	Nieter, George	Valparaiso	IN	52	M	9:19	4:49:18
47	Thomson, Tom	Lake Orion	MI	34	M	9:20	4:49:52
48	Reinhardt, Brian	Peru	IN	41	M	9:23	4:51:14
49	Frichl, Don	Paxton	IL	48	M	9:23	4:51:19
50	Keuncke, Linda	Fort Wayne	IN	41	F	9:31	4:55:21
51	Goodwine, Bill	Granger	IN	38	M	9:31	4:55:28
52	Rickerd, Paula	Fort Wayne	IN	35	F	9:32	4:55:58
53	Runkle, Rob	West Chester	OH	35	M	9:32	4:56:03
54	Peterman, David	Akron	OH	42	M	9:34	4:57:04
55	Schneidt, Art	Valparaiso	IN	99	M	9:35	4:57:42
56	Olsen, Frank	Indianapolis	IN	56	M	9:37	4:58:29
57	Fors, Matthew	Cascade	WI	22	M	9:37	4:58:36
58	Ross, Ronald	Medina	OH	46	M	9:43	5:01:23
59	Schowe, Diana	Auburn	IN	40	F	9:48	5:03:58
60	Hammetter, John	Elk Grove Village	IL	44	M	9:49	5:04:35
61	Jones, Michael	Valparaiso	IN	56	M	9:50	5:05:03
62	Brown, Jeff	Lima	OH	47	M	9:53	5:06:33
63	Nash, Brian	Cincinnati	OH	45	M	9:54	5:07:05
64	Hitchcock, Monte	Muncie	IN	54	M	9:54	5:07:24
65	Fussle, Gerhard	Winona Lake	IN	50	M	9:57	5:08:42
66	Rye, David	Duchesne	UT	24	M	9:57	5:08:52
67	Hansel, Doug	Colesburg	IA	45	M	9:58	5:09:21
68	Goldstein, Scott	West Bloomfield	MI	41	M	9:59	5:09:52
69	Steinhoff, Gerald	Fort Wayne	IN	50	M	9:59	5:10:01
70	Sparks, Rod	Batavia	OH	38	M	10:00	5:10:34
71	Monter, Jeffrey	Lima	OH	45	M	10:02	5:11:20
72	Breyfogle, James	Cincinnati	OH	23	M	10:06	5:13:19
73	Long-Barhorst, Leah	Bluffton	OH	37	F	10:08	5:14:24
74	Kozlowski, Mike	Grand Rapids	MI	29	M	10:09	5:15:08
75	Shafer, Pete	Kettering	OH	48	M	10:11	5:16:16
76	Shearer, Chad	Columbia City	IN	34	M	10:12	5:16:38
77	Batt, Eric	Cincinnati	OH	43	M	10:15	5:18:05
78	Gorski, Mary	Milwaukee	WI	41	F	10:15	5:18:11
79	Wilson, Roger	Fort Wayne	IN	51	M	10:16	5:18:37
80	Hlavek, Michael	Indianapolis	IN	28	M	10:16	5:18:43
81	Ward, Michael	Chicago	IL	47	M	10:17	5:19:05
82	Oshaughnessy, Mark	Fort Wayne	IN	44	M	10:18	5:19:45
83	Weightman, Suzanne	Greensburg	PA	40	F	10:18	5:19:50
84	Skoog, Charlie	Kokomo	IN	53	M	10:18	5:20:00
85	Glassberg, Biass	Zionsville	IN	54	M	10:19	5:20:04
86	Dietrich, Norman	Hudson	OH	57	M	10:19	5:20:10
87	Erhardt, Ellen	East Grand Rapids	MI	33	F	10:20	5:20:46
88	Beals, Mark	Fort Wayne	IN	42	M	10:20	5:21:00
89	Hemmelgam, Gary	Dayton	OH	54	M	10:22	5:21:39
90	Moser, Clark	Elwood	IN	16	M	10:22	5:21:45
91	Collins, Timothy	Canton	MI	31	M	10:23	5:22:29
92	Ferguson, Denise	Cols	OH	41	F	10:24	5:22:44
93	Losey, Bill	Lexington	KY	32	M	10:27	5:24:12
94	Cummins, James	Greendale	WI	46	M	10:27	5:24:36

HUFF 50K

December 18, 2004

Place	Name	City	State	Age	Gender	Pace	Time
95	White-Plank, April	Milford	OH	29	F	10:30	5:25:57
96	Mckinnon, James	Waterloo	IN	48	M	10:31	5:26:36
97	Henson, Tom	Zeeland	MI	55	M	10:31	5:26:44
98	Nettles, Wes	Valparaiso	IN	34	M	10:32	5:26:47
99	Tapia, Manny	Oxford	MI	38	M	10:34	5:27:51
100	Kirgis, Jamie	Columbia City	IN	37	M	10:34	5:28:05
101	Keller, Donny	Latrobe	PA	46	M	10:35	5:28:24
102	Gruber, Dean	Milwaukee	WI	30	M	10:36	5:29:03
103	Laudeman, Marc	Bremen	IN	48	M	10:37	5:29:32
104	Knight, Vince	Marion	IN	50	M	10:43	5:32:49
105	Smith, Mike	Fishers	IN	47	M	10:47	5:34:54
106	Matney, Kent	New Paris	IN	43	M	10:49	5:35:39
107	Kuhn, Brian	Champaign	IL	31	M	10:52	5:37:12
108	Canevello, Susan	Green Oaks	IL	37	F	10:54	5:38:23
109	Dey, Bill	Champaign	IL	44	M	10:57	5:39:53
110	Ransome, Don	Warsaw	IN	54	M	10:58	5:40:15
111	Barnes, Rita	Columbus	OH	48	F	10:59	5:40:55
112	Sybrowsky, Travis	Grand Ledge	MI	37	M	11:02	5:42:40
113	Jason, DJ	Buffalo Grove	IL	23	F	11:05	5:43:59
114	Houston, Brad	Brownsburg	IN	42	M	11:05	5:44:12
115	Plott, Janine	Howell	MI	41	F	11:06	5:44:39
116	Batt, Kyle	Defiance	OH	34	M	11:06	5:44:44
117	Pontrelli, Mike	Valparaiso	IN	37	M	11:06	5:44:44
118	Stuart, Ed	Holland	MI	58	M	11:07	5:44:53
119	Alstaeffer, Mark	Van Wert	OH	42	M	11:07	5:45:21
120	Sites, John	Peru	IN	53	M	11:08	5:45:45
121	Ludwig, Peter	Birmingham	MI	41	M	11:09	5:46:18
122	Wagner, Bill	Chagrin Falls	OH	51	M	11:10	5:46:48
123	Horan, Tony	New Palestine	IN	47	M	11:13	5:48:18
124	Hatfield, Kevin	Hardwick	GA	30	M	11:14	5:48:42
125	Didion, Michelle	La Porte	IN	36	F	11:14	5:48:49
126	Pintar, Jim	Columbus	OH	57	M	11:16	5:49:44
127	Purdy, Bruce	Manchester	MI	48	M	11:18	5:50:44
128	Payne, Michelle	Cambridge	ON	34	F	11:22	5:52:47
129	Serf, Brad	Plymouth	IN	36	M	11:22	5:53:00
130	Cole, Janet	Brownsburg	IN	52	F	11:24	5:54:11
131	Houston, Bruce	Bargersville	IN	48	M	11:25	5:54:14
132	Rosasco, Mark	Arnold	MD	45	M	11:26	5:54:44
133	Ferrari, Scott	Pittsburgh	PA	46	M	11:26	5:54:50
134	Gleason, Sylvia	Dayton	OH	45	F	11:31	5:57:22
135	Barbors, Linda	Ft. Lorame	OH	42	F	11:31	5:57:23
136	Onines, Beth	Lake Zurich	IL	51	F	11:34	5:59:07
137	Zak, Thomas	Shorewood	WI	39	M	11:37	6:00:36
138	Jones, Linda	Carmel	IN	40	F	11:42	6:03:01
139	Jones, Wayne	Carmel	IN	45	M	11:42	6:03:01
140	Plezia, Richard	Morton Grove	IL	46	M	11:47	6:05:49
141	Busch, Bonnie	Bettendorf	IA	46	F	11:48	6:06:18
142	Davis Iii, Frederick	Bedford	OH	56	M	11:49	6:06:41
143	Reich, Tom	Manchester	MO	63	M	11:49	6:06:48
144	O'halloran, John	Hoffman Ests	IL	46	M	11:51	6:07:42
145	Schmidt, Terry	Davenport	IA	59	M	11:52	6:08:35
146	Memurray, Bruce	Boardman	OH	47	M	11:53	6:09:04
147	Burns, Kenneth	Hudsonville	MI	69	M	11:55	6:10:13
148	Stuart, Philip	Bowling Green	OH	31	M	11:56	6:10:20
149	Day, Jeffrey	Mishawaka	IN	28	M	11:56	6:10:21
150	Stuart, Gregory	Jefferson	OR	46	M	11:56	6:10:34
151	Forshee-Crane, Ann	East Lansing	MI	48	F	11:58	6:11:27
152	Goh, Cindy	Sausalito	CA	42	F	12:01	6:13:14
153	Suckow, Mark	Granger	IN	45	M	12:06	6:15:41
154	Payton, Alex	Springfield	OH	33	F	12:11	6:18:01
155	Etlng, Diana	Springfield	OH	35	F	12:11	6:18:02
156	Sivik, Jeff	Valparaiso	IN	29	M	12:12	6:18:35
157	Powers, Evie	Grand Rapids	MI	40	F	12:12	6:18:46
158	Kamer, Lynn	Wadsworth	IL	48	M	12:13	6:19:31
159	Braun, Paul	Stevens Point	WI	33	M	12:14	6:20:01
160	Huston, Hidi	Gas City	IN	26	F	12:16	6:20:44
161	Jones, Jim	Valparaiso	IN	47	M	12:16	6:20:52
162	Powers, Frank	Glen Ellyn	IL	44	M	12:19	6:22:15
163	Decker, Stephen	Indianapolis	IN	37	M	12:20	6:22:49
164	Hammann, Steve	Muscatine	IA	49	M	12:32	6:29:17
165	Lister, Jamey	Ann Arbor	MI	24	M	12:33	6:29:29
166	Lister, Jim	Stockbridge	MI	52	M	12:33	6:29:30
167	Hurley, Dan	Union City	OH	46	M	12:34	6:29:55
168	Connell, Ruth	Valparaiso	IN	28	F	12:37	6:31:47
169	Hartman, Boonson	Oak Forest	IL	47	F	12:38	6:32:03
170	Evans, Denise	Midlothian	IL	43	F	12:38	6:32:30
171	Dukes, Ron	Gambier	OH	49	M	12:44	6:35:14
172	England, Jeff	Centerville	OH	45	M	12:46	6:36:14
173	Pickett, Jim	Waterloo	IN	55	M	12:46	6:36:20
174	Swenson, David	Ames	IA	49	M	12:47	6:36:57
175	Schultz, Marit	Fenton	MI	44	F	12:48	6:37:11
176	Looney, Tim	Grand Rapids	MI	43	M	12:48	6:37:19
177	Mazurski, Fred	Chicago	IL	50	M		

HUFF 50K

December 18, 2004

Place	Name	City	State	Age	Gender	Pace	Time
189	Hughes, David	Kokomo	IN	59	M	13:23	6:55:37
190	Evans, Rosemary	Flemingsburg	KY	51	F	13:24	6:55:49
191	Clark, Donald	St Paul	MN	53	M	13:25	6:56:28
192	Piplani, Dmaram	Phoenix	AZ	57	M	13:29	6:58:45
193	Kirk, Karen	Des Plaines	IL	55	F	13:33	7:00:32
194	Maas, Steven	Grandville	MI	45	M	13:37	7:03:02
195	Wright, Jeff	Valparaiso	IN	37	M	13:41	7:04:46
196	Baun, Don	Perrysville	OH	54	M	13:42	7:05:24
197	Stephenson, Rich	Monroeville	IN	58	M	13:47	7:07:45
198	Majewski, Janusz	Elmwood Pk	IL	58	M	13:55	7:11:54
199	Stiffler, Bud	Anderson	IN	66	M	13:57	7:13:04
200	Longenderfer, Paul	Lancaster	PA	33	M	14:11	7:20:19
201	Craiger, Cara	Valparaiso	IN	27	F	14:12	7:20:56
202	Jaracz, James	Hobart	IN	37	M	14:13	7:21:23
203	Holcomb, Sidney	Toledo	OH	43	M	14:20	7:25:03
204	Kashurba, Mary	Somerset	PA	48	F	14:26	7:27:55
205	Fenton, Frank	Clayton	OH	47	M	14:37	7:34:04
206	Wagner, Gayle	Island Lake	IL	50	F	14:47	7:39:14
207	Schelling, Carolyn	Third Lake	IL	51	F	14:53	7:42:05
208	Limacher, Rich	Mateson	IL	54	M	14:54	7:42:28
209	Stinson, Bob	Indianapolis	IN	45	M	14:54	7:42:28
210	Murray, Terry	Miamisburg	OH	53	M	15:13	7:52:37
211	Harmon, Patrick	Barrington	IL	56	M	15:42	8:07:22
212	Ivory, Angela	Nashville	TN	36	F	15:42	8:07:23
213	Savage, Jennifer	Warsaw	IN	33	F	16:14	8:24:19
214	Heitkamp, David	New Haven	IN	54	M	16:18	8:25:59
215	Smith, Gregory	Anderson	IN	54	M	16:18	8:26:11
216	Ulrich, Steve	Noblesville	IN	50	M	16:18	8:26:13
217	Alvarez, S. Lee	Michigan City	IN	43	F	16:30	8:32:34
218	Fenton, Sharon	New Madison	OH	43	F	16:34	8:34:24
219	Graner, Nick	Fishers	IN	41	M	17:05	8:50:45

HUFF 50K

Men's Open Relay

December 18, 2004

Place	Name	City, State	Pace	Time
1	3RRC (ETG)	Fort Wayne, IN	6:02	3:07:16
2	Mishawaka Icemen	Mishawaka, IN	6:32	3:22:48
3	MEX 2	Chicago, IL	6:51	3:32:39
4	Wabash Apaches	Wabash, IN	7:07	3:41:01
5	Team Kokomo	Kokomo, IN	7:25	3:49:55
6	Santa's Posse	Carmel, IN	7:28	3:51:47
7	MEX1	Chicago, IL	7:28	3:51:57
8	Runners Inc.	Marion, IN	7:37	3:56:12
9	Buns A Blazin'	Holt, MI	8:14	4:15:42
10	Crash Test Dummies	Marion, IN	8:27	4:22:27

HUFF 50K

Women's Open Relay

December 18, 2004

Place	Name	City, State	Pace	Time
1	Underrained	Homer, MI	8:36	4:27:12
2	Strider Huffettes	Portage, IN	8:57	4:37:42
3	Three Scoops with Frostbite	Fort Wayne, IN	9:01	4:39:44
4	Power Poof Girls	Elwood, IN	10:27	5:24:32
5	CPR Heartbeats	Chesterton, IN	12:13	6:19:03

HUFF 50K

Coed Open Relay

December 18, 2004

Place	Name	City, State	Pace	Time
1	Team Scooby	Rocky River, OH	7:30	3:52:32
2	Trail Trippers	Portage, MI	7:33	3:54:31
3	Team Dino	Indianapolis, IN	7:37	3:56:16
4	Sole Power	Lakewood, PA	8:08	4:12:15
5	KORE	Amherst, OH	8:10	4:13:27
6	Olde Colde Sole Racing Team	Bay Village, OH	8:46	4:32:04
7	Greg's Triumph 3-3-3	Fort Wayne, IN	9:29	4:54:17

8	A.J.& The Boys	Valparaiso, IN	9:47	5:03:47
9	1046 Crabtree	Chesterton, IN	9:48	5:04:28
10	Valame	Lakewood, OH	9:58	5:09:38
11	Dead Last	Walton, IN	10:23	5:22:24
12	Two Soy Lattes and One Decaf	Farma Heights, OH	11:30	5:57:11

HUFF 50K

Men's 19-Under Relay

December 18, 2004

Place	Name	City, State	Pace	Time
1	The Crew	Franklin, IN	6:28	3:20:46
2	Kowalski	Mishawaka, IN	6:35	3:24:24
3	Holly Nine	Fort Wayne, IN	7:25	3:50:14
4	We Come For The Chili		7:33	3:54:16
5	Galloping Groundles		7:33	3:54:26
6	Fast Feet	Franklin, IN	7:35	3:55:07
7	Ahs Shawnee	Cincinnati, OH	7:46	4:00:49
8	Moore Speed	Goshen, IN	7:55	4:05:51
9	Danville	Loudonville, OH	8:50	4:34:01
10	Wombats From Hell	Fort Wayne, IN	9:03	4:40:44
11	Team Touchdown	Fort Wayne, IN	10:12	5:16:28
12	Team Bird Young Guys	Columbia City, IN	10:20	5:20:35

HUFF 50K

Women's 19-Under Relay

December 18, 2004

Place	Name	City, State	Pace	Time
1	Red	Huntington, IN	11:42	6:03:10
2	Green	Huntington, IN	11:43	6:03:52

HUFF 50K

Coed 19-under Relay

December 18, 2004

Place	Name	City, State	Pace	Time
1	Running Fools	Waterloo, IN	7:41	3:58:17
2	The Victors	Ann Arbor, MI	8:40	4:28:56
3	Eagles XC	Avon, OH	9:45	5:02:51
4	Avon Eagles	Avon, OH	10:51	5:36:44
5	Eagles	Avon, OH	11:02	5:42:32
6	Casual Fridays	Fort Wayne, IN	11:43	6:03:48

HUFF 1 Loop Fun Run

December 18, 2004

Place	Name	City	State	Age	Gender	Pace	Time
1	Mchenry, Victor	Craigville	IN	20	M	5:55	1:03:49
2	Hudson, Sean	Anderson	IN	19	M	5:57	1:04:08
3	Ingalls, Matt	Anderson	IN	18	M	5:59	1:04:33
4	Phillips, Bryan	Kokomo	IN	18	M	6:10	1:06:34
5	Novy, Mitch	Garret	IN	20	M	6:11	1:06:40
6	Hoover, Steve	Lima	OH	39	M	6:15	1:07:20
7	Pryor, Troy	Rochester	IN	17	M	6:18	1:07:56
8	Pais, Joe	Fort Wayne	IN	39	M	6:30	1:10:02
9	Krueger, Warrner	Gregory	MI	21	M	6:32	1:10:25
10	Wagner, Tony	Anderson	IN	18	M	6:32	1:10:32
11	Wilusz, Mike	Royal Oak	MI	26	M	6:35	1:11:02
12	Milentis, Alex	Fort Wayne	IN	17	M	6:42	1:12:14
13	Beasley, Jon	Fort Wayne	IN	39	M	6:43	1:12:24
14	Eccleston, Scott	Fr Wayne	IN	43	M	6:44	1:12:42
15	Henry, Michael	Fort Wayne	IN	40	M	6:45	1:12:45
16	Kinsey, Blaine	Huntington	IN	15	M	6:45	1:12:50
17	Smith, Anthony	South Bend	IN	31	M	7:03	1:16:04
18	Murray, Shawn	West Lafayette	IN	18	M	7:09	1:17:08
19	Beasley, Scott	Nobleville	IN	43	M	7:14	1:17:59
20	Clark, Justin	Huntington	IN	18	M	7:15	1:18:13
21	Bank, Jamie	Muncie	IN	40	M	7:28	1:20:37
22	Mcavoy, Sean	Bluffton	IN	14	M	7:37	1:22:12
23	Parker, Matthew	Fort Wayne	IN	28	M	7:45	1:23:39
24	Putterbaugh, Chuck	Roanoke	IN	47	M	7:46	1:23:51
25	Desta, Biruk	Fort Wayne	IN	17	M	7:55	1:25:20
26	Adang, Chris	Ann Arbor	MI	29	M	7:56	1:25:40
27	Thomas, Brad	Fort Wayne	IN	30	M	7:56	1:25:41
28	Later, Paul	Fort Wayne	IN	44	M	7:57	1:25:44

HUFF 1 Loop Fun Run December 18, 2004

Place	Name	City	State	Age	Gender	Pace	Time
29	O'Neal, Ralph	Columbus	OH	62	M	7:58	1:25:55
30	Ness, Greg	Huntington	IN	41	M	7:58	1:25:56
31	Thomas, Joseph	Fort Wayne	IN	30	M	8:00	1:26:21
32	Sturm, Paul	Fort Wayne	IN	39	M	8:01	1:26:32
33	Claxton, Tim	Fort Wayne	IN	40	M	8:01	1:26:33
34	Diller, Terry	Fort Wayne	IN	47	M	8:01	1:26:34
35	Knott, Paul	Fort Wayne	IN	42	M	8:02	1:26:39
36	Bobay, Craig	Fort Wayne	IN	48	M	8:02	1:26:41
37	O'neal, Cookie	Columbus	OH	52	F	8:07	1:27:39
38	Engler, Mike	Fort Wayne	IN	37	M	8:08	1:27:46
39	Villagomez Sr, Thomas	Swanton	OH	50	M	8:09	1:27:53
40	Funkhouser, Betty	Portage	IN	47	F	8:10	1:28:07
41	Purkey, Austin	Rochester	IN	16	M	8:11	1:28:17
42	Berdahl, Charlie	Lawton	MI	15	M	8:11	1:28:23
43	Bushey, James	Fort Wayne	IN	46	M	8:13	1:28:36
44	Hostetler, Greg	Lebanon	IN	50	M	8:16	1:29:07
45	Hood, Adonis	Fort Wayne	IN	16	M	8:16	1:29:13
46	Wilson, Adam	Milford	IN	33	M	8:19	1:29:48
47	Keller, Kevin	Indianapolis	IN	34	M	8:20	1:29:53
48	Nelson, Dave	Fort Wayne	IN	45	M	8:20	1:29:56
49	Whitaker, Larry	Perrysburg	OH	54	M	8:26	1:31:03
50	Thurston, Mike	Fort Wayne	IN	36	M	8:27	1:31:15
51	Olson, Stephen	Fort Wayne	IN	28	M	8:28	1:31:18
52	Boyer, Dave	Fort Wayne	IN	17	M	8:29	1:31:35
53	Yoder, Brad	N Manchester	IN	63	M	8:30	1:31:43
54	Painter, Winni	York	PA	33	F	8:32	1:32:03
55	Torres, Cindyllee	Steger	IL	44	F	8:33	1:32:21
56	Dippon, Michelle	Cedar	MN	30	F	8:35	1:32:32
57	Thompson, Luke	North Webster	IN	12	M	8:35	1:32:36
58	Bullock, Kris	Lawton	MI	41	M	8:35	1:32:37
59	Nivens, Steve	Fort Wayne	IN	48	M	8:35	1:32:42
60	Binkerhof, Jeff	Goshen	IN	43	M	8:38	1:33:09
61	Hellman, Patrick	Muncie	IN	63	M	8:44	1:34:11
62	Boroff, Coy	Greenville	OH	43	M	8:46	1:34:33
63	Johnson, Rita	Worthington	OH	43	F	8:50	1:35:19
64	Flynn, Michael	Fort Wayne	IN	43	M	8:50	1:35:21
65	Cumiskey, Dan	Fort Wayne	IN	43	M	8:50	1:35:22
66	Hess, Brad	Fort Wayne	IN	12	M	8:54	1:36:01
67	Payne, Denise	Torono	ON	33	F	8:54	1:36:07
68	Kosberg, Karen	Fort Wayne	IN	43	F	8:58	1:36:44
69	Michel, Bob	Fort Wayne	IN	58	M	9:00	1:37:02
70	Edgerton, Tracy	Fort Wayne	IN	39	M	9:00	1:37:03
71	Tetrault, Ray	Kokomo	IN	47	M	9:04	1:37:53
72	Gibson, Monika	Warsaw	IN	36	F	9:06	1:38:10
73	Kelly, Kevin	Fort Wayne	IN	52	M	9:06	1:38:13
74	Snively, Ted	Silver Lake	IN	45	M	9:06	1:38:14
75	Lester, Ed	Valparaiso	IN	38	M	9:08	1:38:30
76	Momper, Matt	Fort Wayne	IN	44	M	9:08	1:38:35
77	Moreland, Rachael	Lawton	MI	15	F	9:08	1:38:38
78	Zumbrun, Chuck	Churubusco	IN	47	M	9:10	1:38:54
79	Eherenman, Bob	Roanoke	IN	39	M	9:12	1:39:12
80	Clay, Janis	Toledo	OH	47	F	9:15	1:39:54
81	Ladowski, Joe	Fi Wayne	IN	49	M	9:16	1:39:55
82	Fields, Rex	Onion City	IN	47	M	9:16	1:39:57
83	Gomez, Lori	Fruitport	MI	36	F	9:19	1:40:28
84	Kennedy, Maureen	Oscosla	IN	37	F	9:22	1:41:00
85	Godfrey, Sally	Fort Wayne	IN	33	F	9:24	1:41:23
86	Shearer, Jennifer	Fort Wayne	IN	17	F	9:24	1:41:25
87	Keller, Bryan	Defiance	OH	37	M	9:26	1:41:44
88	Hoff, Gerald	Roanoke	IN	48	M	9:26	1:41:53
89	Hardin, Thomas	Roanoke	IN	34	M	9:27	1:41:55
90	Rothert, Anna	Madison	WI	22	F	9:27	1:42:02
91	Beucler, Dennis	Churubusco	IN	50	M	9:28	1:42:08
92	Zienbo, Kirsten	Fort Wayne	IN	25	F	9:28	1:42:08
93	Byers, Christine	Laporte	IN	36	F	9:28	1:42:10
94	Byers, Ray	Laporte	IN	45	M	9:28	1:42:12
95	Lindsey, Ralph Chip	Fort Wayne	IN	40	M	9:29	1:42:16
96	Kelley, Philip	Churubusco	IN	43	M	9:32	1:42:50
97	Scrogam, Barb	Fort Wayne	IN	58	F	9:34	1:43:12
98	Baker, Mark	Yorktown	IN	44	M	9:35	1:43:23
99	Baldwin, Audrey	Huntington	IN	23	F	9:36	1:43:39
100	Mccomber, AAVON	Huntington	IN	25	M	9:36	1:43:39
101	Houser, Julie	Fort Wayne	IN	45	F	9:38	1:44:01
102	Pintar, Thomas	Fort Wayne	IN	38	M	9:40	1:44:16
103	Hill, Amy	Fort Wayne	IN	39	M	9:40	1:44:23
104	Belleville, Elizabeth	Fort Wayne	IN	37	F	9:43	1:44:52
105	Grawe, Mike	Cincinnati	OH	54	M	9:43	1:44:56
106	Fream, Mike	Fort Wayne	IN	35	M	9:44	1:45:02
107	Ingermann, Gregory	Fort Wayne	IN	33	M	9:44	1:45:03
108	Crain, Becky	Logansport	IN	36	F	9:45	1:45:12
109	Grie, Janice	Muncie	IN	43	F	9:48	1:45:46
110	Hitchcock, Kendra	Muncie	IN	43	F	9:53	1:46:44
111	Brinkman, Robin	Carmel	IN	30	F	9:55	1:46:59
112	Handel, Kelly	Manitou Springs	CO	27	F	9:55	1:47:00
113	Reed, Rex	Warsaw	IN	63	M	9:57	1:47:18
114	Allen, Don	Indianapolis	IN	49	M	9:58	1:47:29
115	Eikman, Norm	Portage	IN	59	M	10:00	1:47:53
116	Fitzpatrick, Mike	Columbia City	IN	64	M	10:06	1:49:02
117	Burnison, Randy	Yorktown	IN	57	M	10:09	1:49:36
118	Thomas, Sally	Fort Wayne	IN	51	F	10:10	1:49:39
119	Nash, Martha	Cincinnati	OH	46	M	10:11	1:49:51
120	Fischer, Jon	Muncie	IN	51	M	10:12	1:50:10
121	Stevens, Benjamin	Magnolia	KY	25	M	10:12	1:50:10
122	Johnson, Eric	Indianapolis	IN	54	M	10:15	1:50:36

HUFF 1 Loop Fun Run December 18, 2004

Place	Name	City	State	Age	Gender	Pace	Time
123	Berghoff, Jim	Fort Wayne	IN	44	M	10:17	1:51:02
124	Peterson, Barrie	Fort Wayne	IN	62	M	10:19	1:51:19
125	Mize, Kelly	South Whitley	IN	42	F	10:19	1:51:22
126	Stephan, Amy	Fi Wayne	IN	26	F	10:25	1:52:26
127	Baker, Sally	Logansport	IN	31	F	10:26	1:52:40
128	Grotrian, Dan	Fort Wayne	IN	40	M	10:27	1:52:52
129	Shafer, Kathy	Kettering	OH	46	F	10:28	1:52:52
130	Jobe, Frank	Fenton	IN	56	M	10:30	1:53:21
131	Astroski, Joe	Fi Wayne	IN	48	M	10:31	1:53:33
132	Ringo, Mark	Los Angles	CA	30	M	10:31	1:53:35
133	Stevens, Shirclay	Magnolia	KY	53	M	10:35	1:54:13
134	Russell, Ben	Carmel	IN	35	M	10:35	1:54:16
135	Brubaker, Fredeick	Indianapolis	IN	36	M	10:35	1:54:16
136	Budd, Dana	New Haven	IN	50	M	10:36	1:54:28
137	Densborn, Amy	Logansport	IN	33	F	10:39	1:54:54
138	Anderson, Kim	Logansport	IN	39	F	10:39	1:54:56
139	Beckner, Ed	Huntington	IN	59	M	10:42	1:55:27
140	Mackey, Linda	Fort Wayne	IN	50	F	10:42	1:55:29
141	Krouse, Deb	Fort Wayne	IN	40	F	10:42	1:55:30
142	Rotz, Dennis	Hammond	IN	56	M	10:50	1:56:52
143	Breyer, Kimberly	Buffalo Grove	IL	32	F	10:51	1:57:03
144	Thoma, Mark	Fi Wayne	IN	46	M	10:57	1:58:13
145	Ely, Joe	West Lafayette	IN	51	M	11:02	1:59:01
146	Blackford, John	Sidney	OH	58	M	11:02	1:59:09
147	Moseley, Martha	Carmel	IN	44	F	11:04	1:59:25
148	Motter, Elisabeth	Lima	OH	41	F	11:12	2:00:55
149	Vergiels, Harold	Harrod	OH	48	M	11:13	2:00:59
150	Torres, Elisa	Grand Rapids	MI	35	F	11:13	2:01:00
151	Whitlow, Jack	Fairmount	IN	60	M	11:14	2:01:19
152	Cychorocki, Misty	Boyne City	MI	24	F	11:17	2:01:47
153	Mize, Anna	Roanoke	IN	58	F	11:20	2:02:14
154	Edwards, Thomas	Spencerville	IN	47	M	11:20	2:02:23
155	Karner, Sarah	Wadsworth	IL	16	F	11:21	2:02:32
156	Reinhardt, Patti	Peru	IN	40	F	11:22	2:02:40
157	Tetrault, Robin	Kokomo	IN	50	F	11:22	2:02:42
158	Hauser, Karen	Elk Grove Village	IL	38	F	11:28	2:03:51
159	Ryan, Helen	Fi Wayne	IN	53	F	11:35	2:05:05
160	Karner, Ruth	Wadsworth	IL	50	F	11:42	2:06:12
161	Sanders, Leah	Fort Wayne	IN	17	F	11:43	2:06:24
162	Steinmetz, Lauren	Fort Wayne	IN	16	F	11:43	2:06:25
163	Bobay, Lynn	Fort Wayne	IN	53	M	11:49	2:07:28
164	Leonard, Debby	Fort Wayne	IN	54	F	11:53	2:08:19
165	Pawlosky, Susan	Fort Wayne	IN	33	F	12:03	2:10:05
166	Brooks, Ellen	Kouts	IN	48	F	12:03	2:10:06
167	Lehman, Steven	Fort Wayne	IN	37	M	12:13	2:11:55
168	Bird, Sarah	Columbia City	IN	11	F	12:45	2:17:32
169	Kellenburger, Diane	Portage	IN	57	F	12:50	2:18:29
170	Gough, John	Plymouth	IN	54	M	12:58	2:19:59
171	Magnot, Therese	Glen Ellyn	IL	44	F	13:00	2:20:22
172	Henson, Judy	Zealand	MI	56	F	13:27	2:25:07
173	Ryan, Tom	Fi Wayne	IN	56	M	13:30	2:25:43
174	Kirgis, Dallas	Columbia City	IN	12	F	13:55	2:30:10
175	Kirgis, Lori	Columbia City	IN	36	F	14:00	2:31:09
176	Huang, Shaoli	Cincinnati	OH	41	M	14:56	2:41:16
177	Stewart, William	Port Washington	WI	28	M	15:05	2:42:46
178	Alvarez Kajer, Cecilia	Michigan City	IN	51	F	15:37	2:48:30
179	Albert, Allen	Fort Wayne	IN	61	M	15:41	2:49:14
180	Appledorn, Kathy	Indianapolis	IN	51	F	15:41	2:49:19
181	Westlake, Margaret	Louisville	KY	48	F	17:18	3:06:41
182	Heining, Karen	Royal Oak	MI	32	F	18:27	3:19:16
183	Cash, Irvin	Indpls	IN	75	M	22:19	4:00:52
184	Goin, Hunter	Columbus	IN	74	M		4:42:33

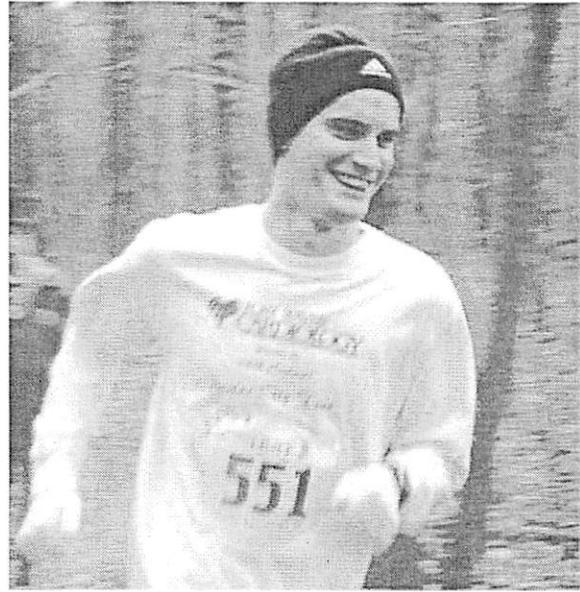


Race director Mitch Harper at the HUFF

Photos From The Huntington Ultra Frigid Fifty



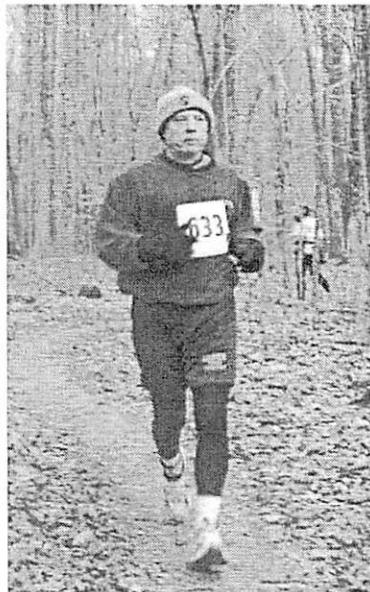
Sam Bird



Brad Thomas



Roger Wilson



Barrie Peterson



Gary Bird

Photos thanks to RunIndiana.com

Races from 02/01/2005 to 04/30/2005

Available on-line at www.ftwc.org

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

Feb 06, 2005 1pm Sun	R	33rd Groundhog 7 - 7 Miles Clay Jr HS, Carmel, IN <i>Contact:</i> Indy Runners, (317) 290-RUNR <i>Email:</i> Groundhog@IndyRunners.org <i>Web site:</i> http://www.indyrunners.org
Feb 12, 2005 9am Sat	R	Cupid's Fling 5K - 5K Run/Walk Clay Jr HS, Carmel, IN <i>Contact:</i> Runners Forum, 317-844-1558 <i>Info/Fees:</i> Pre \$18, Race Day \$20 <i>Email:</i> fling@runnersform.com <i>Web site:</i> http://runnersgallery.com
Feb 12, 2005 9am Sat	R	Slippery Elm Trail Run - 13.1 Miles North Baltimore to Bowling Green, Ohio, Bowling Green, OH <i>Contact:</i> Al Chester, 419-425-2917 <i>Info/Fees:</i> Refreshments at BW3/BG <i>Web site:</i> http://http://www.toledoroadrunners.org
Feb 19, 2005 2pm Sat	LP	Fanny Freezer 5K (FWTC Points Race) - 5K Shoaff Park, Fort Wayne, IN <i>Contact:</i> Sara Kleinknight (260)456-3261 or Mike McAvoy (260-824-5158, No Pre-Race Registration, Race Day Registration Only, starting at 1:00 pm <i>Info/Fees:</i> Race Day only, \$3 for FWTC members, \$4 for Non-members <i>Email:</i> kleinknight1@aol.com <i>Web site:</i> http://www.ftwc.org
Feb 20, 2005 5pm Sun	L	Fort Wayne Track Annual Banquet IPFW Walb Student Union Ballroom, Fort Wayne, IN <i>Contact:</i> Judy Tillapaugh, 260-456-3277 <i>Info/Fees:</i> Guest Speaker: \$7 per adult, \$3.50 under 18, \$20 max per household family <i>Email:</i> tillapaugh@ipfw.edu <i>Web site:</i> http://www.ftwc.org/2005FWTCbanquet.html
Feb 26, 2005 10am Sat	R	Think Spring - 5K & 1M Ligioner Elementary, Ligioner, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr., Ligioner IN 46767, 260-894-4638 <i>Info/Fees:</i> \$10-pre,\$12-raceday
Feb 26, 2005 9am Sat	R	Polar Bear Run/Walk - 5M Run/Competive Walk/5M Family Walk Indiana War Memorial, Indpls, IN <i>Contact:</i> Ken Long, 317-884-4001 <i>Info/Fees:</i> Pre -\$11 to \$27, Family \$50, Race Day-No Shirt \$15 <i>Email:</i> klong@kenlongassoc.com <i>Web site:</i> http://www.kenlongassoc.com/pbear03.htm
Feb 27, 2005 10am Sun	R	TRRC 25K Championship Race - 25K & 5K Pred Oak Openings Metropark (Mallard Lake), Whitehouse, OH <i>Contact:</i> Dennis Scott, 419-478-6405 <i>Web site:</i> http://www.toledoroadrunners.org
Mar 06, 2005 9:15am Sun	R	5th Annual Arnold 5K/Arnold 5K Pump & Run - 5K Greater Columbus Convention Center, Columbus, OH <i>Contact:</i> Matt McGowan, c/o RUNOHIO, PO Box 238, Granville,OH 43023, 740-587-0376 <i>Info/Fees:</i> Six Lifting Division, press your wgt 10 times deduct 5 min off your running time <i>Web site:</i> http://www.runohio.com
Mar 12, 2005 10am Sat	R	Wearin' of the Green - 5K/10K Prediction Pearson Metropark, Oregon, OH <i>Contact:</i> Edward O'Reilly, 7240 Salisbury Rd, Maumee, OH 43537, 419-867-1490 <i>Email:</i> WearinTheGreen17@aol.com

Mar 12, 2005 2pm Sat	R	26th Beer Bottle Open - 4M Columbus Grove HS, Columbus, OH <i>Contact:</i> Jerry Bunn, 206 Hall Ave Columbus OH 45830, 419 659-5702 <i>Info/Fees:</i> \$15 w/shirt, \$10 w/o shirt, Proceeds Columbus Grove X-C Team <i>Email:</i> jbunn@woh.rr.com
Mar 12, 2005 9am Sat	R	D.IN.0. Trail Run Series - 5K/15K Eagle Creek Park, Indianapolis, IN <i>Contact:</i> Brian, 317-308-6449 <i>Email:</i> Brian@DINOseries.com <i>Web site:</i> http://www.DINOseries.com
Mar 12, 2005 9am Sat	R	Huntington Baptist 5K - 5K 2435 Waterworks Road, Huntington, IN <i>Contact:</i> Steve Eyers, 7984 S 350 W, So. Whitley, IN 46787, 260-723-6494 <i>Info/Fees:</i> No Entry Fee, Free T-shirts to the first 50 entries <i>Email:</i> seyers@fwi.com <i>Web site:</i> http://www.huntingtonbaptist.org
Mar 13, 2005 Sun	R	St Francis Distance Classic Run & Walk - 15k Run & 4 Mile Walk Indpls, IN <i>Contact:</i> Ken Long, <i>Web site:</i> http://www.kenlongassoc.com
Mar 19, 2005 10:30am Sat	R	19th Annual Mountain Goat Hill Runs/Walk - 15K & 10K Kickapoo State Park, Danville, IL <i>Contact:</i> Deb Reddy, PO Box 1701, Danville, IL 61834, (217) 431-4243 <i>Info/Fees:</i> Grand Slam Event - Party @ Little Nugget Steakhouse <i>Email:</i> kennekuk@net66.com <i>Web site:</i> http://www.kennekuk.com
Mar 19, 2005 10am Sat	R	3rd Annual Run With the Green - 5K run/Walk Cory Rawson HS, Rawson, OH <i>Contact:</i> Daniel Grime, 3930 CR 26, Rawson, OH 45881, 419-963-3161 <i>Info/Fees:</i> \$5 Pre-w/o t-shirt, \$10-pre <i>Email:</i> grimed@corv-rawson.k.12.oh.us
Mar 19, 2005 1pm Sat(FWTC Pts Races)	LP	FWTC 25th Annual Nutri-Run – 20K (Pts Race) & 5M Run (Pts Race) & 5M Walk The Chapel, 2505 West Hamilton Rd, Fort Wayne, IN <i>Contact:</i> Jeff & Bev Metzger, 9211 Red Berry Ct, Fort Wayne, IN 46804, 260-436-5632 <i>Info/Fees:</i> \$10-FWTC Members by 3/12, \$12-Non-Members by 3/12, \$15-thereafter <i>Email:</i> jbmetzger@aol.com <i>Web site:</i> http://www.fwtc.org
Mar 19, 2005 6 am Sat	R	2nd Annual Land Between the Lakes Trail Run - 60Km Grand Rivers, KY <i>Contact:</i> Steve Durbin, PO Box 1136, Paducah, KY 42002-1136, 800-456-9404 <i>Info/Fees:</i> \$45-pre, Beautiful mostly single track well groomed trail <i>Email:</i> sdurbin@marquettettrans.com <i>Web site:</i> http://www.wkrc.org
Mar 19, 2005 7am Sat	R	5th Annual Oak Mountain 50KM Birmingham, AL <i>Contact:</i> Scott Parker, 671 Summit Point, Hoover, AL 35226, 205-403-3234 (h) <i>Info/Fees:</i> Single Track trails over moderate hills, no repeating loops - 9 hours time limit <i>Email:</i> sdparker@uab.edu <i>Web site:</i> http://http://webpages.charter.net/jnparker/om50.html
Mar 19, 2005 7am Sat	R	9th Annual Kentucky Ultra Trail Sojourn Trail Run - 32 Mile & 51 Mile Farmers, KY, Morehead, KY <i>Contact:</i> Herb Hedgecock, 210 Leasure Ln, Morehead, KY 40351, 606-780-1392 <i>Info/Fees:</i> Entry Fee: \$45 - New rocky, muddy, roots, rolling to hilly trails, time limit 12 hrs <i>Email:</i> ultrachemist@yesconnect.net <i>Web site:</i> http://people.morehead-st.edu/fs/h.hedgec/kyultra7.html
Mar 19, 2005 Sat	R	33rd Shamrock Marathon & 8K Run - 26.2 miles & 8K Virginia Beach, Virginia Beach, VA <i>Contact:</i> Shamrock Sportsfest, 2321 Cape Arbor Dr, Virginia Beach, VA 23451-1310, <i>Info/Fees:</i> Marathon Walk, 2-Person Relay (new), 8K Run/Walk, Children's Marathon (26.2 Yards) <i>Web site:</i> http://www.shamrockmarathon.com
Mar 20, 2005 1:00pm Sun	R	35th Annual Sam Costa Half Marathon - 13.1 Miles Clay Jr. High, Carmel, IN <i>Contact:</i> Indy Runners. Terry Townsend, 317-290-RUNR

		<i>Info/Fees:</i> Pre-\$17 -Indy Runners -\$22, Non-Members >3/17, \$27 <i>Web site:</i> http://www.indyrunners.org
Mar 20, 2005 1pm Sun	R	Churchhill's 38th Half Marathon - 13.1M Monclova Primary Community Center, Monclova, OH <i>Contact:</i> Tony Bayford, 3126 W Sylvania Ave, Toledo, OH 43613, 419-472-0077 <i>Info/Fees:</i> \$15, after 2/28 \$18 <i>Email:</i> tbayford@accesstoledo.com <i>Web site:</i> http://www.toledoroadrunners.org
Mar 23, 2005 9am - 3pm	R	16th Annual IPFW Health Fair IPFW Walb Student Union, Fort Wayne, IN <i>Contact:</i> Judy Tillapaugh, 260-481-6647 or 260-481-5748 <i>Info/Fees:</i> Health Screenings, Free Health Ed, Free Food. <i>Email:</i> tillapau@ipfw.edu
Mar 26, 2005 8am Sat	R	21st Ed Dibble Towpath 19-mile - 19 Miles Farnsworth Metropark, Waterville, OH <i>Contact:</i> Louis Miklovic, 419-868-1295 <i>Info/Fees:</i> \$4 - Members, \$6-Non-Members <i>Web site:</i> http://www.toledoroadrunners.org
Apr 02, 2005 8am Sat	R	Chicago Lakefront George Cheung Memorial Race - 50 KM Lakefront, Chicago, IL <i>Contact:</i> Stuart Schulman, 2800 N Lake Shore Dr #2808, Chicago, IL 60657, 773-477-9112 <i>Info/Fees:</i> Seven hour time limit, USATF certified course <i>Email:</i> infochicagoultra.org <i>Web site:</i> http://www.chicagoultra.org
Apr 02, 2005 9am Sat (FWTC Pts Race)	LP	IPFW Mastodon Stomp - 5K Run/Walk & 1M Kids Run IPFW, Fort Wayne, IN <i>Contact:</i> Judy Tillapaugh, IPFW Athletic Dept, 2101 Coliseum Blvd E, Ft Wayne IN 46805, 260-481-6647 <i>Info/Fees:</i> \$12 pre-3/30, \$15 >3/30; \$5 for all students. Proceeds to Benefit IPFW X-C and Track Teams. <i>Email:</i> tillapau@ipfw.edu <i>Web site:</i> http://www.fwtc.org/04MastodonStompFlier.pdf
Apr 09, 2005 6:15am Sat	R	13th Annual Bull Run Run 50 Miler - 50 Miles Bull Run and Occoquan Rivers Civil War theme, Clifton, VA <i>Info/Fees:</i> Bi-directional single track trails out and back loop on countless rolling hills, 13 hour time limit, <i>Email:</i> dirtvschooze@yahoo.com <i>Web site:</i> http://www.vhrtc.org/brr/
Apr 10, 2005 8am Sun	R	29th Annual Glass City Marathon - 26.2M Toledo, OH <i>Contact:</i> Ed O'Reilly, 419-360-3709 <i>Web site:</i> http://www.wearinthegreen17@aol.com
Apr 10, 2005 TBA	R	Spirit of St.Louis Marathon & Family Fitness Run - 26.2 M & 1/2 Mar & relay & 5K & Kids run StLouis, MO <i>Contact:</i> 314-727-0800 <i>Info/Fees:</i> Discounts for early entry: Prize Money <i>Email:</i> infospirit@sbcglobal.net <i>Web site:</i> http://www.stlouismarathon.com
Apr 23, 2005 8:30am Sat	L	PR TRAINING 10 Mile Goal Run for the Indpls Mini-Marathon - 10 Miles Johnny Appleseed Park, Fort Wayne, IN <i>Contact:</i> Tammy Behrens, 260-625-3830 <i>Email:</i> behrens@infionline.net
Apr 24, 2005 8am Sun	R	Running Fit Trail Marathon - 13.1 & 26.2 Miles Trails Pickney State Park, Ann Arbor, MI <i>Web site:</i> http://www.runningfit.com

Fort Wayne Orthopaedics Supports FWTC!

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 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 if you have notified the post office of the change. It is costing the FWTC for additional postage and for printing extras when newsletters have to be mailed again.

Notify Don Lindley at:
lindleyd@infionline.net, or
(260) 432-5998 or (260) 436-2234, or
FWTC
P.O. Box 11703
Fort Wayne, IN 46860-1703

Advertising Rates

	1 Issue	3 Issues	6 Issues
Full Page	\$75.00	\$200.00	\$325.00
Half Page	\$40.00	\$110.00	\$175.00
Quarter Page	\$25.00	\$65.00	\$100.00
Business Card	n/a	n/a	\$50.00
Inside Cover (front or back)	\$300.00	\$750.00	\$1200.00

Full page race application inserts (includes printing results in the newsletter) 10 x entry fee if paid in advance, otherwise 12 x entry fee. Minimum \$35.00.

Inside Track publishes 450 issues bi-monthly

ATTENTION CLUB MEMBERS

Has your membership expired?

There's a membership renewal form in this newsletter, please renew your subscription as soon as possible to avoid any delay. **Thanks!**





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Fort Wayne, IN 46860

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