



# The Inside Track

A Publication of the Fort Wayne Track Club

## *It's Festival Time!*

Runners On Parade  
July 9

### *Inside This Issue*

*PR Training at Indy*  
*Meet the Members*  
*Upcoming Events*  
*Race Calendar*  
*Race Results*  
*And more...*

Firecracker 4  
July 4

June & July  
2005

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

# 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:  
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FWTC  
P.O. Box 11703  
Fort Wayne, IN 46860-1703

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*Inside Track publishes 450 issues bi-monthly*

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Tom Landis

# **FWTC Board Minutes**

## **March 9, 2005**

Members Present: Vice President Barrie Peterson, Treasurer Don Lindley, Secretary Ann Mize, Mitch Harper, Mac McAvoy, J.P. Jones, Bill Sohaski, Judy White, Bev Metzger, Tammy Behrens, and Bill Harris.

The meeting was called to order at 7:00 p.m. by Vice President Barrie Peterson, as President Mike Fruchey was away.

Don Lindley spoke of prayer requests and opened with a prayer.

Barrie shared an E-mail on growing older.

The February minutes were approved with a first by J.P. Jones and a second by Bill Harris.

Don gave the membership report . To date there have been 435 renewals, some are two year renewals.

There was a discussion concerning having Banquet as another committee. The board will ask if Sarah Kleinknight and Judy White with the help of Judy Tillapaugh will chair that committee

Don presented the 2005 budget. It was approved to be accepted by a first by Bill Sohaski and a second by J.P. Jones.

Barrie brought up the kids track meet that Phil Suelzer will be putting on. More on that next month. The tentative date is Friday May 27<sup>th</sup>.

Barrie said their should be more to report on the proposed student service building when President Mike returns. He commented how important this new track could be to our community. He hoped we would all get involved in supporting it.

Mac McAvoy reported the Fanny Freezer was a success with 232 runners.

Judy White gave a report on the banquet. She compiled the evaluations. The board all agreed they did a great job and look forward to next year.

The deadline for next newsletter is March 18 th.

Bev reported on the Nutra Run. They sent out 100 entry forms to last years participants. So far there are 85 runners pre registered. Panera Bread will donate bread and the Metzger's have a lot of special 25<sup>th</sup> anniversary surprises.

Barrie reported that we will report on the Sunburst group race next month. Don Lindley said he would be interested in hosting a Dowagic road and trail run the end of July.

Tammy Behrens reported the mini marathon training has gotten under way. They meet at 5:30 a.m. Tuesday's and 6:00 p.m. Thursday's. She mentioned on April 23<sup>rd</sup> at 8:30 a.m. there will be a 10 mile timed training run at Johnny Apple seed Park. The PR Training will have a tent at the finishing area at the Mini Marathon. There was some discussion to enlarge the tent and include FWTC members to regroup there. There was a motion by Bill Harris and a second by Bill Sohaski to provide up to \$150.00 additional monies for up sizing the tent. Tammy mentioned the great enthusiasm the PR runners have, but said it would be fun to have a shorter race in the fall. Maybe a 5 or 10 km.

Bill Sohaski brought up our lack of promotion of our point races that provide revenue for the FWTC. He commented that only 6 races make the club money and perhaps we should feature them on the cover of our newsletter. We all agreed.

Mitch Harper told us of a new program Big Brothers Big Sisters has come out with. It is called Sport Buddies. He thinks our running community could be a good match for their new program. A motion was made by Don Lindley and a second by J.P. Jones that we insert the Sport Buddies flyer in our next Inside Track. He also said there were 365 kids on the wait list.

Mac McAvoy talked about a Kids Triathlon that he and the Bluffton Parks and Recreation are hoping to put together. It would be for 14 year olds and under. Hopefull date is July 24<sup>th</sup>. More on it next month.

Don Lindley has been contacted by Casey Schaefer about forming an elite group of 30- 40 year old runners to possibly train and race together.

J. P. Jones spoke about the River Greenway improvement and expansion project the Fort Wayne Parks and Recreation is hoping to get under way. Any one interested should contact Dawn Ritchie.

With no further business, a motion was made to adjourn at 8:15 p.m. by J.P. Jones and a second By Bill Harris.

The next officers meeting is to be at Pizza Hut Pine Valley at 3 p.m. on Sunday April 3<sup>rd</sup>.

The next Board Meeting will be on Wednesday, April 13<sup>th</sup>, at 7:00 p.m. in the Royal Dons Room at IPFW.

## **FWTC Needs YOU!**

See the volunteer form later in this newsletter!

# FWTC Board Minutes

**April 13, 2005**

The meeting was called to order at 7:00p.m. by the President Mike Fruchey.

Don Lindley gave the opening prayer.

The March minutes were approved with a motion by Barrie Peterson and a second by J.P. Jones.

Don gave the quarterly treasures report. It was approved by a motion by Steve Hilker and a second by Bill Sohaski.

Don also gave the membership report. To date there are 462 members. 143 are 2 year memberships and 70 are 3 year memberships.

Ann Mize gave a banquet update. Sarah Kleinknight and Judy White with the help of Judy Tillapaugh will most likely do the do the banquet next year, but will need someone to get the speaker.

Phil Suelzer gave an update on the Sunburst Race on June 4<sup>th</sup>. There is a 5K, 10K, ½ Marathon, and full Marathon. He mentioned the Marathon start time is 5:45 a.m. so most likely runners will need to get a hotel room in South Bend the night before. He plans on getting 2 rooms for his group.

Phil also talked about a 2007 Berlin Germany Marathon that our Sister city Gera would like to host some Fort Wayne runners. He mentioned that they have been great hosts and if any one is interested in joining a FWTC team to contact him.

He also said their will be 3 German runners coming from Gera to run the Sunburst Marathon. Phil asked if the FWTC could host their entry fees for that race .

An update on the Youth Track Meet to be held on May 27<sup>th</sup> at 4:15 p.m. at Northrop High School track is being finalized. It will be open to 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>, graders. Most of the track events will be held except for hurdles and disc. If any one is interested in helping out please contact Phil.

President Mike gave a progress report on the proposed student services building. He asked the running community to encourage their lawmakers to show support.

Judy Tillapaugh reported on the Mastodon Stomp generated \$2,917.00 for the IPFW Cross Country program.

Don Lindley reported on the Nutra Run. They realized a profit of \$1,011.55, with 252 runners. A big thanks to Jeff and Bev Metzger for the great race!

The FWTC approved sponsoring a table for the IPFW Athletic Award Ceremony on May 1<sup>st</sup>. Cost is \$200.00.

Their was a discussion on changing the point systems in scoring point races. It was decided to re-look next year, as the racing seas in full progress.

Their was discussion on how to raise more money to help support the annual award banquet. Steve Hilker suggested Sponsor Banquet. If anyone has ideas to help defray costs let him know.

Chuck Zumbrun reported on The Inside Track . He and Amy Stephans are planning to get together to come up with some new ideas. Chuck asked that Race Directors please include course maps, descriptions, any photos, or any thing of interest that he could put in the newsletter.

Don mentioned that the AMB timing system is now certified for usage in all USATF-sanctioned events.

J.P. Jones talked about a Head for the Cure race coming up. If interested see J.P.

Next officers meeting at 3:00 p.m. April 24<sup>th</sup>.  
Next Board meeting May 11<sup>th</sup> 2005 7 p.m. in the Royal Dons Room at IPFW.

There being no further business, the meeting was adjourned at 7:00 p.m. with a motion by J.P. Jones and a second by Steve Hilker.

Members Present: President Mike Fruchey, Vice President Barrie Peterson, Treasurer Don Lindley, Secretary Ann Mize, Tom Landis, Chuck Zumbrun, Judy Tillapaugh, Tammy Behrens, Phil Suelzer, J.P. Jones, Bill Sohaski, Steven Hilker, and Mitch Harper

## Upcoming Points Races

- Firecracker 4 (7/4)
- Runners on Parade 5K (7/9)
- Matthew 25 10K (7/16)
- Harlan Days 10k (8/6)
- Kernel Klassic 5k (8/13)
- Dupont 5K (9/17)

See the calendar at the end of this issue for details!



Fort Wayne Track Club thanks Spiece, continuing sponsor of Runners on Parade!

# Fort Wayne Triathlete Named To National Team

By Jed Pearson

Ward Moya, FWTC member and one of northeast Indiana's veteran triathletes, is also now one of 31 men and women selected by "Inside Triathlon" for their 2005 age-group triathlon national team.



Moya, 41, was chosen out of 1,026 applicants. One goal of the magazine and team is to help generate more awareness and interest in triathlons.

For his part, Moya plans to compete in at least six events during the season, including the VEEP triathlon at Roush Lake on June 5, the Mideast Sprint Championship Optimist Triathlon in Warsaw on June 25, the Indy Sprint Triathlon at Eagle Creek on July 30th, the Summit City Triathlon at Hurshtown Reservoir on August 6th, and others.

Moya, who works as a buyer/planner for Pyromation in Fort Wayne, earned a spot on the team based on an essay he submitted to the magazine.

"I wrote to them about a foot injury I had in 1996 and how it got me into triathlons," said Moya. "My podiatrist recommended that I take a break from running to let the injury heal. I was in such great shape at the time that I didn't want to lose any fitness, so I started swimming and biking."

Moya said when he started running again, he realized he enjoyed swimming and biking so much that he kept doing all three.

"A friend I ran with suggested I try doing a triathlon, so I entered the 1997 River City Triathlon in Logansport," said Moya. "Aside from the embarrassment of competing in a Speedo, I managed to get through the race and placed in my age group. After that I was hooked."

Eight years and six Ironman triathlons later, and in between balancing time with his wife and three kids, his job, taking classes at Indiana Wesleyan to finish his degree in business management, earning professional certification credits at IPFW, Moya finds the time to swim, bike and run in order to stay competitive in every triathlon he enters. Moya says he has competed in more than 50 triathlons and run 19 marathons.

As a member of the Inside Triathlon team, Moya is being given a subscription to TrainingPeaks.com coaching software, PowerBar products for the entire season, including bars, gels and drinks, CrankBrother's new road pedal, the Quatro, Rudy Project sunglasses and helmet, Syntace clip-on aero bars, Fuel Belt

hydration systems, a Louis Garneau custom tri-top and shorts, and various other items throughout the season.

Moya is the only Hoosier selected for the group. For more information, visit <http://www.insidetri.com/triteam/>. Throughout the season, RunIndiana.com will keep you posted on Moya's training regimen, his triathlon results, and his role on the national team.

## Area Running Groups

### Saturdays:

**YMCA Downtown - 7AM**

Usually 8-12 miles with 10-30 people - All levels welcome

Contact: Steve Hilker - [shilker@pleez.net](mailto:shilker@pleez.net)

### **TNT - Team in Training**

Mike Else is the run/walk coach for Team in Training. 95% of runners are beginners. They meet Saturdays at 7 AM at Foster Park. They welcome any level of runner or walker whether they are training for a race or not.

### During the Week:

#### **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. For more information contact:

Eric Ade 602-5410 [erica@waterfield.com](mailto:erica@waterfield.com)

Casey Shafer 402-2514 [ghanishrunner@hotmail.com](mailto:ghanishrunner@hotmail.com)

#### **YMCA - Downtown.**

Meet in Main lobby

**Monday: 5:30AM** (4 miles), **Tues.: 5:30AM** (4-8 miles),

**Wed.: 5:30AM** (4 miles), **Fri.: 5:30AM** (9 miles)

Call member services desk in morning if any questions. 422-6486

#### **PR Training - Train To Run Faster Summer Speed**

**Tuesdays - 7PM - June 14<sup>th</sup>-August 23<sup>rd</sup>**

#### **Summit Middle School**

These speed workouts are appropriate for runners or walkers who want to improve times for local races this summer. Sessions will include a warm up, speed session with instruction for beginners, and a cool down. A schedule of all speed sessions will be given the first week. The fee is \$2.00 per session.

Call Tammy Behrens 625-3830 or email [behrens@infionline.net](mailto:behrens@infionline.net) for more information.

#### **Team Bird**

RunIndiana.com will have the Team Bird training schedule on it. It is updated on a regular basis. You could also call Gary Bird (244-4408) with any questions.

#### **Beyond the Finish Run Club.**

Matter Park in Marion.

**Tuesday: 5 PM and Saturday: 9 AM winter and 8 AM summer.**

Connie Gamble (765) 384-7109

# 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](http://www.3riversrunning.com). or call them at (260) 459-3668.

## Meet The Members

**Name:** Barrie Peterson  
**Occupation:** Retired FWCS Teacher, Current XC and Track Coach at Northrop HS.  
**Birthdate:** 8/11.  
**Family:** Wife Judy (42 years), Sons Jeff, Mike, and Brad, 5 grandchildren.  
**Pets:** Just lots of pet peeves.  
**Hobbies or Interests:** Working out, reading, movies, golf.  
**Favorite family activities:** Eating out, movies.  
**Years running/walking:** 25 years, plus 10 years A.A.S and college.  
**PR:** 10K 39:30.  
**Favorite after racing/training food:** Steak or cheeseburger/pasta or pizza.  
**Favorite place to train:** Spiece Fieldhouse, Mounds Park trails.  
**Favorite race:** Steve's Run and BIX 7.  
**Why do you run?:** Keeps me young and healthy.  
**Favorite item of clothing:** Casual.  
**Favorite movie:** Hotel Rwanda, Jim Thorpe Story.  
**Favorite TV Program:** College football and basketball, NFL football, golf, Cubs baseball.  
**Favorite book:** Bible, sports biographies.  
**Favorite music:** Oldies.  
**Collections:** CD's.  
**Favorite vacation destinations:** Cancun, San Diego, NYC, San Francisco, New Orleans.  
**Most prized possession:** My Christian belief, my family, and my profession.  
**Has there been an inspiration to your running/walking?:** The many athletes I have coached over the years.  
**Do you have a dream?:** To live to be a healthy 100 and see all of my children and grandchildren find success and happiness.

**Name:** Polly Grismore.  
**Occupation:** Fitness/yoga instructor.  
**Birthdate:** 11/16.  
**Family:** Husband Dan, daughter Abbi.  
**Pets:** cat, Bob.  
**Hobbies or Interests:** Yoga, lifting, running, email, movie, scrapbooking, working at Abbi's school, friends.  
**Favorite family activities:** Playing outside, long walks, playing games.  
**Running shoe brand:** Adidas  
**Years running/walking:** Since 1997  
**Favorite after racing/training food:** Bananas!!! And big bowls of Life cereal.  
**Favorite race:** Plainfield 15K, the most beautiful race I've ever run.  
**Why do you run/walk:** To stay in shape; to chat with my wonderful friends; to pray.  
**Favorite item of clothing:** Target yoga pants  
**Favorite movie:** Sweet Home Alabama  
**Favorite TV Program:** Lost.  
**Favorite music:** Country, Christian  
**Favorite vacation destinations:** Anyplace warm!  
**Most prized possession:** My husband and daughter.  
**Has there been an inspiration to your running/walking:** Just a time for me & Jesus to chat.  
**Do you have a dream?:** Just to be running and healthy at 80  
**Motto:** Don't need to run fast.. but if you can't smile and run, the don't run ☺.

**Name:** Jacque Linder.  
**Occupation:** R.N. Parkview Surgical Trauma ICU  
**Birthdate:** 4/6.  
**Family:** Husband Wayne, sons Shannon, Shawn, grandkids Megan & Seth.  
**Hobbies or Interests:** Reading, running, walking, grandkids  
**Favorite family activities:** Just being together.  
**Running shoe brand:** Nike.  
**Years running/walking:** Since 1978.  
**Favorite distance to run/walk:** 10K to ½ marathon.  
**Favorite after racing/training food:** Fruit, diet Pepsi.  
**Favorite race:** Anchorage ½ marathon and marathon.  
**Why do you run/walk:** Stress relief, weight management, love it.  
**Favorite item of clothing:** Lycra tights.  
**Favorite TV Program:** Lost, Numbers, medium.  
**Favorite book:** Boy called PI, Thornbirds, Tuesdays with Morrie.  
**Favorite music:** 60's, 70's, and 80's.  
**Collections:** Bears, angels.  
**Favorite vacation destinations:** Anywhere in Alaska.  
**Most prized possession:** My health.  
**Do you have a dream?:** To live in Alaska.



# 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](http://www.3riversrunning.com)

## Thank You From the Mastodon Stomp

Dear Fort Wayne Track Club Members,

On behalf of the IPFW's NCAA Division I Men's and Women's Cross Country and Track Programs, thank you for supporting IPFW's 10th Annual Mastodon Stomp, dedicated to Tony Laux, which was held April 2, 2005. Fort Wayne Cardiology, Kessler's Team Sports, Three Rivers Running Company, Fred Toenges, Coke, and Runner's World were the other key supporters who helped us create a fine fitness time for people of all ages and abilities.

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

Close to \$3000.00 was raised to help the cross country and track teams in covering costs like equipment, uniforms, competition expenses, and print costs. IPFW runners will continue to take strides of pride to promote running as a healthy exercise and competitive sport.

**Volunteers:**

Paul Knott  
Don Lindley  
Jerry Diehl  
Mike Thurston  
Bob Berger  
Ray Casiano  
Marsha Schmidt  
Bill Schmidt  
Linda Keuneke  
Members of IPFW's Cross Country and Track Teams  
Ham Radio Club

Mike Fruchey  
Erica Allen  
Scott Dangerfield  
Bev Metzger  
Jeff Metzger  
Jim Pickett  
James McKinnon  
Bobbi Barnes  
Brandon Reichert

Bev Saalfrank  
Ron Clark  
Tim Heffron  
Evan Beebe  
Joan Goldner  
Don Goldner  
Ben Gates  
Jim Stein  
Coach Mills  
Anthony Juliano  
Chuck Zumbrun

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

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

# Indianapolis Mini-Marathon Team Challenge Results

In the age-graded team challenge at the Indianapolis Mini Marathon two Fort Wayne teams placed 3<sup>rd</sup> and 10th. The results were calculated from the top 3 finishers for each team. Full results may be found at: [http://www.500festival.com/events/event.asp?event\\_id=709](http://www.500festival.com/events/event.asp?event_id=709)

## 3. THREE RIVERS RACING - A

John Treleven 1:31:12 , Anne Duff 1:34:59 , Robin Rizzo 1:38:10 , Mike Slaubaugh 1:25:46 , Jesus Trevino 1:20:17

## 10. THREE RIVERS RACING - B

Roger Wilson 1:24:23 , Tammy Behrens 1:38:53 , Josh Brunson 1:11:37

## Food For Recovery

By Judy Tillapaugh, RD

Wow! Fantastic! "I did it!" These comments and others are often heard right after a high quality workout, event, or race. Finishing a goal does give us great feelings!

What happens next? As the body and mind are warming down and dwelling on the achievement, what do you do? Are you eating and/or drinking anything? If yes, what?

Answer These:

1. Which nutrient is the main fuel source for working muscles?  
a- carbohydrates  
b- protein  
c- fats  
d- water
2. What is the recommended calorie intake right after a high quality workout?  
a- nothing  
b- 50 to 100 calories  
c- 200 to 400 calories  
d- 500 to 600 calories

Answers: 1- A, 2- C

Our body inside and out, head to toe is such a well designed, high tech work of art. All body systems (cardiovascular, pulmonary, kidney, brain, muscular, etc....) work in concert so we can achieve and maintain health and wellness. It deserves nutritious foods and liquids so it can function well. Right after a high quality workout is prime time to give it TLC. Workouts require our body to use fluids, electrolytes (like sodium and potassium), stored energy, and some protein for sweating, energy, strength, endurance, and flexibility. Proper re-hydration and refueling is essential for mind/body recovery and talent improvement. Neglect this and the risk for injury, sickness, and poor performances is high. What's best way to refuel tired, worn body?

Right After A Workout:

- 1- Eat and/or drink 200 to 400 nutritious carbohydrate calories within two hours after the high quality workout.

Examples: 1-2 fruit muffins, 1/1/2 cups to 2 cups high vitamin C juice and banana, fruited yogurt, 1/2 cup dried fruit and nuts, 10 to 12 crackers and 1 oz. LF cheese, 1 1/2 cups to 2 cups cereal and milk, - 1 1/2 cups rice or potatoes, sandwich, fruit smoothie, milk (soy or cow) with pumpkin bread, or energy bar.

2- Drink 2 to 4 cups caffeine free, alcohol free fluids.

Timing is important. Our body is most anxious and able to re-hydrate, replace used glycogen (carbohydrate) stores and begin rebuilding broken down muscles fibers within the 1<sup>st</sup> two hours after exercise. About 2 hours after having recovery foods and liquids enjoyed, have a balanced meal. Know that the whole body will more easily recharge if it's treated well.



Josh Brunson on his way to a 1:11:37 at the Indy Mini-Marathon

# PR Training Group at the Indianapolis Mini Marathon

Members of the PR Training group performed very well at the Indianapolis Mini Marathon on May 7<sup>th</sup>. Two classes of runners and walkers trained for 14 weeks with Tammy Behrens of PR Training. Fifty-two runners and walkers completed the 13.1 miles in Indianapolis with one runner completing a half marathon in Nashville and another runner completing the distance in Louisville the week before. Congratulations to all participants!!



The training program consisted of coaching and advice on training, schedules, nutrition, injury prevention and mental preparation. Thank you to our guest speakers. Josh Brunson from Three Rivers Running Company educated the group on selecting the appropriate shoe in which to train. Jamey Gordon of Fort Wayne Physical Therapy taught on strength training, stretching and injury prevention. Brandi Wallace of the YWCA gave the group good strength training techniques and advice. Jo Ann Bird and Brad Middleton instructed the group on apparel and shoes that Dick's Sporting Goods has to offer. Judy Tillapaugh did a great job teaching the runners and walkers the right nutrition to help them reach their goals. We had an awesome motivational talk from Shawn Found, a former elite distance runner who is a seminary student at Concordia Seminary here in Fort Wayne.

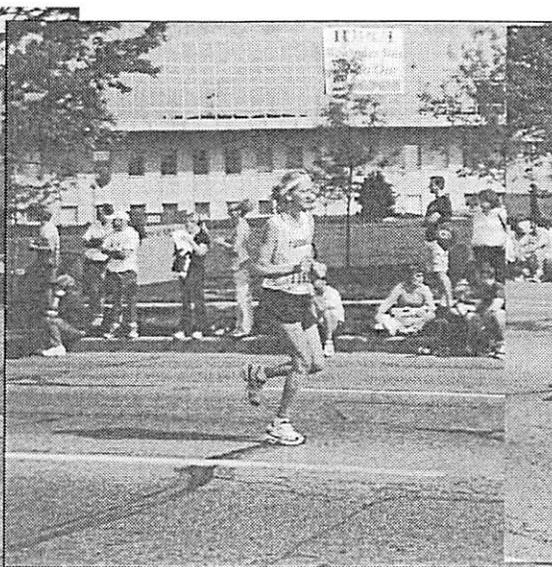
Many members of the group raised money and ran/walked the race to support Youth For Christ. Thank you to Youth For Christ for organizing such a large group of runners and walkers to participate in this event. Thank you to the FWTC who supported PR Training in having a tent for runners and walkers at the Rest and Recovery Area after the race. It was a great addition for Fort Wayne participants.

PR Training is holding speed workouts this summer at Summit Middle School on Tuesday evenings at 7 PM from June 14<sup>th</sup> until August 23<sup>rd</sup>. This is designed for runners and walkers both who want to improve their speed over a 5K or 10K over the summer. Instruction will be provided for individuals who have not experienced a speed workout in the past. The workouts are open to middle school ages students through adults of all ages. The cost is \$2.00 per session.

Are you planning to run the Indianapolis Mini Marathon next year? Remember the race sold out by the beginning of December for 2005. You can visit [www.500festival.com](http://www.500festival.com) to enter the race now. Sign-ups for PR Training classes will begin in the fall. Contact Tammy Behrens at [behrens@infionline.net](mailto:behrens@infionline.net) or 625-3830 for more information.



Mike Slaubaugh



Anne Duff



John Treleven



# Happy Birthday!



Jon	Beasley	6-16
Michael	Page	6-16
David	Dewitt	6-17
John	Hamilton	6-17
Phillip	Kelley	6-18
Don	Anderson	6-20
Dan	Biehl	6-21
Taylor	Konkin	6-21
Cynthia	Sabrack	6-21
Mark	Waldron	6-22
Ken	Post	6-25
James P	Jones	6-26
Joseph	Nayarkas	6-26
Steve	Adkison	6-27
Jerry	Hoff	6-28
Charles	Parker	6-29
Doug	Sundling	6-30
Stephanie	Gaff	7-1
Lynn E	Armstrong	7-3
Katrina	Loucks	7-5
Sarah	Kleinknight	7-6
Margie	Morris-Parker	7-6
Colin	Altevogt	7-9
Dean	Kessler	7-10
Beverly	Metzger	7-11
Bernie	Burgette	7-14
Dewain	Cobbs	7-15
Jon	Magnin	7-15
Dana	Budd	7-16
Samantha	Lee	7-16
Linda	Anderson	7-18

Samual	Hamilton	7-19
Eric	Ware	7-19
David	Whitcomb	7-19
Debbie	Zumbrun	7-19
Jeff	Gray	7-20
Timothy	Ryan	7-20
Mike	Slaubaugh	7-20
Nancy	Simmonds	7-21
Aaron	Ware	7-21
Rick	Hammer	7-22
Chuck	Zumbrun	7-22
Anne	Ehinger	7-23
Ted	Tiernon	7-23
Regina	Blanchette	7-25
Kelly D	Clevenger	7-25
Carl A	Risch	7-26
Joe	Kuhn	7-27
Anne M	Karr	7-28
Len	Piropato	7-28
Eva	Sagan	7-28
Dean A	Slavens	7-29
Michael L	McAvoy	7-30
David	Rex	7-30
Michael	Wolfe	7-30
Terry	Anderson	7-31
Vern	Ceder	7-31
Cendra	Deardorf	7-31
Dan	Frick	7-31
Michael	Yann	7-31
Mark	Beals	8-1
Georgia	Allen	8-2

Andrew	Snavely	8-2
David	Boyer	8-3
Charles C	Brandt	8-3
Ciersten	Deardorff	8-4
David	Drew	8-4
Michael	Gilland	8-4
Benjamin	Skipper	8-4
Renee	Fenstermaker	8-5
Karen	Gerken	8-5
Anthony	Juliano	8-5
Rex	Reed	8-5
Ted	Snavely	8-5
Scott	Aldrich	8-6
David	Eckert	8-7
Julie	McNulty	8-7
Gary	Dexheimer	8-9
Leland R	Sibrel	8-9
Anne	Tiernon	8-9
Paula	McEachern	8-11
Barrie	Peterson	8-11
Mary	Snow	8-12
Tracey Jo	Tiernon	8-12
Tom	Fuelling	8-14
Joan	Gary	8-14
Brent	Burris	8-15
Thomas J	Felts	8-15

## Share Your Running Story

**There are all kinds of reasons to run a race.**

**Share Yours!**



Every runner has had many interesting experiences in their running career. Well the Fort Wayne Track Club wants to hear them! Share your memories with us. We will be printing running stories from people in our Bi Monthly newsletter.

Sad, exciting, inspiring or happy, we want to hear your story and so do others.

So send your story [tonewsletter@fwtc.org](mailto:tonewsletter@fwtc.org). We look forward to hearing from you!

# FWTC 2005 Current Points

## 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. Firecracker 4 (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

1. FWTC members must pay dues by March 1<sup>st</sup>. You must be a member by the date of the Nutri-Run to be awarded any points for the current year.
  2. 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.
  3. Race directors will receive 100 points toward the series points. There will be no maximum points for race directors.
  4. Age group placement:
    - a. Age group placement is determined by age as of January 1.
    - b. Under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over.
    - c. Points are awarded for each race based on your age as of January 1.
    - d. 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
5. 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.

### Men under 19

Place	Name	City	Points
1	David Boyer	Fort Wayne IN	185.0
2	Shawn Kelley	Churubusco IN	185.0
3	Eric Ware	Fort Wayne IN	175.0
4	Josh Ware	Fort Wayne IN	175.0
5	Aaron Ware	Fort Wayne IN	170.0
6	Benjamin Skipper	Warsaw IN	100.0
7	Sam N Bird	Columbia City IN	100.0
8	Andrew Piropato	Fort Wayne IN	100.0
9	Eric Edmiston	New Haven IN	100.0
10	Kurt White	Fort Wayne IN	100.0
11	Jacob Ware	Fort Wayne IN	100.0
12	Alex Snavely	Silver Lake IN	85.0

### Men 20 to 29

Place	Name	City	Points
1	Casey Shafer	Bluffton IN	200.0
2	Edward Fisk	Fort Wayne IN	200.0
3	Rick Hammer	Fort Wayne IN	100.0
4	Kyle Bolin	Fort Wayne IN	85.0

### Men 30 to 34

Place	Name	City	Points
1	Brad A Thomas	Fort Wayne IN	300.0
2	Sam Gillie	Fort Wayne IN	285.0
3	Aaron York	Fort Wayne IN	215.0
4	David Whitcomb	Hoagland IN	175.0
5	Corey Williams	New Haven IN	160.0
6	Jeff Jones	Fort Wayne IN	85.0
7	Ryan Hilton	Fort Wayne IN	55.0

### Men 35 to 39

Place	Name	City	Points
1	Anthony Juliano	Fort Wayne IN	360.0
2	Joe Savina	Fort Wayne IN	245.0
3	Buff Dorneier	Fort Wayne IN	200.0
4	Brian Loucks	Fort Wayne IN	145.0
5	Matt Scott	Warsaw IN	130.0
6	Chad Ware	Fort Wayne IN	110.0
7	Mike Thurston	Fort Wayne IN	85.0
8	Michael Peters	Fort Wayne IN	75.0
9	Paul Sturm	Fort Wayne IN	75.0
10	Brent Burris	Auburn IN	70.0
11	David Drew	New Haven IN	65.0
12	Mike Else	Fort Wayne IN	55.0
13	Michael Wolfe	Fort Wayne IN	45.0
14	Scott Aldrich	Auburn IN	45.0

### Men 40 to 44

Place	Name	City	Points
1	Mike Slaubaugh	Fort Wayne IN	285.0
2	Mark Pace	Fort Wayne IN	215.0
3	Jeff Metzger	Fort Wayne IN	200.0
4	Matt Foreman	Fort Wayne IN	170.0
5	Paul E Knott	Fort Wayne IN	155.0
6	David Geiger	Churubusco IN	145.0
7	Darryl Cargo	Fort Wayne IN	140.0
8	Dave Matchette	Fort Wayne IN	125.0
9	Jim Bougher	Fort Wayne IN	120.0
10	Phillip Kelley	Churubusco IN	120.0
11	Kurt Walborn	Fort Wayne IN	100.0
12	Michael L McAvey	Bluffton IN	100.0
13	Ted Van Antwerp	Fort Wayne IN	65.0
14	David M Huffman	Fort Wayne IN	60.0
15	Michael Skipper	Warsaw IN	55.0
16	Mark Beals	Fort Wayne IN	55.0
17	William Cook	Fort Wayne IN	45.0
18	Steve Zacher	Fort Wayne IN	25.0
19	Frank Hunt	Fort Wayne IN	15.0
20	Marvin Eady Jr	Fort Wayne IN	15.0
21	Alan Boyle	Fort Wayne IN	5.0

### Men 45 to 49

Place	Name	City	Points
1	James McKinnon	Waterloo IN	435.0
2	Mark Waldron	Wawaka IN	210.0
3	Paul Shaffer	Decatur IN	200.0
4	Mitch V Harper	Fort Wayne IN	180.0
5	Chuck Brown	Bluffton IN	170.0
6	Joe Astronski	Fort Wayne IN	135.0
7	Ted Snavely	Silver Lake IN	120.0
8	John Hamilton	Fort Wayne IN	100.0
9	Kim A Lefever	Columbia City IN	100.0
10	Tom Landis	Churubusco IN	100.0
11	Chuck Zumbrun	Churubusco IN	75.0
12	Steve Edmiston	New Haven IN	65.0
13	Wes Rogers	Fort Wayne IN	65.0
14	Jerry Hoff	Roanoke IN	65.0
15	Thomas Boyer	Fort Wayne IN	45.0
16	Gregg Kurtz	Fort Wayne IN	25.0
17	Stephen M Hilker	Fort Wayne IN	15.0
18	Jonathan E Schlatter	Fort Wayne IN	5.0

### Men 50 to 54

# FWTC 2005 Current Points

Place	Name	City	Points
1	John Treleaven	Fort Wayne IN	270.0
2	Jed Pearson	Columbia City IN	235.0
3	Brad Altevogt	Fort Wayne IN	200.0
4	Kerry Blanchette	Fort Wayne IN	145.0
5	Howard J Klinger	Fort Wayne IN	100.0
6	John David McPherson	Fort Wayne IN	95.0
7	Kevin Giant	Fort Wayne IN	85.0
8	Tom Digate	Fort Wayne IN	80.0
9	Todd Seiman	Fort Wayne IN	75.0
10	Lynn T Bobay	Fort Wayne IN	70.0
11	Ken Long	Fort Wayne IN	65.0
12	Greg Ridenour	Fort Wayne IN	65.0
13	Doug Ulmer	Len IN	65.0
14	Phil Suelzer	Fort Wayne IN	55.0
15	Len Piropat	Fort Wayne IN	55.0
16	Donald Kramer	Van Wert OH	35.0
17	Aaron Cox	Huntertown IN	35.0
18	Michael Clendenen	New Haven IN	30.0
19	Tom Fuelling	Fort Wayne IN	10.0
20	Terry Anderson	Fort Wayne IN	10.0
21	Robert Snow	Fort Wayne IN	10.0
22	Dana Budd	New Haven IN	5.0

## Men 55 to 59

Place	Name	City	Points
1	Jim Pickett	Waterloo IN	385.0
2	Rich Stephenson	Monroeville IN	305.0
3	Bob Bruckner	Fort Wayne IN	200.0
4	Jack Seigel	Fort Wayne IN	160.0
5	Robert Lawson	Fort Wayne IN	110.0
6	Art Obregon	Pierceton IN	85.0
7	John Peterson	Fort Wayne IN	85.0
8	Bob Michel	Fort Wayne IN	85.0
9	David L Winters	Huntington IN	75.0
10	James H Wright	Fort Wayne IN	65.0
11	Jay Haney	Huntington IN	65.0

## Men 60 to 64

Place	Name	City	Points
1	Donald Lindley	Fort Wayne IN	400.0
2	Ray Casiano	New Haven IN	300.0
3	David E Boylan	Fort Wayne IN	215.0
4	Dewain Cobbs	Warsaw IN	185.0
5	Bernie Burgette	Fort Wayne IN	175.0
6	William A Crane	Warsaw IN	75.0
7	Allen Albert	Fort Wayne IN	65.0

## Men 65 to 69

Place	Name	City	Points
1	Joe Ziegler	New Haven IN	265.0
2	Freeman Hershberger	Goshen IN	100.0
3	Bill Sohaski	Fort Wayne IN	100.0
4	Karl Dietsch	Fort Wayne IN	85.0
5	Dick Hamly	Fort Wayne IN	75.0

## Men 70 and over

Place	Name	City	Points
1	Kenneth E Disler	Fort Wayne IN	360.0
2	Bernie Huesing	Fort Wayne IN	300.0
3	James P Jones	Fort Wayne IN	200.0
4	Don Anderson	Fort Wayne IN	85.0
5	Robert C Loomis	Monroeville IN	85.0

## Women 19 and under

Place	Name	City	Points
1	Ciersten Deardorf	Garrett IN	300.0
2	Kalissa Blanchette	Fort Wayne IN	270.0
3	Kylee Keuneke	Decatur IN	255.0
4	Grace Burris	Auburn IN	150.0
5	Lynn Altevogt	Fort Wayne IN	100.0
6	Leticia Deardorf	Fort Wayne IN	100.0
7	Courtney Raypole	Columbia City IN	100.0
8	Amy Roberts	Fort Wayne IN	100.0
9	Cendra Deardorf	Fort Wayne IN	65.0
10	Sarah Bird	Columbia City IN	55.0
11	Leah Deardorf	Fort Wayne IN	45.0

## Women 20 to 29

Place	Name	City	Points
1	Amy Stephan	Fort Wayne IN	200.0

## Women 30 to 34

Place	Name	City	Points
1	Tammy Behrens	Fort Wayne IN	300.0
2	Katrina Loucks	Fort Wayne IN	175.0
3	Amy Archbold	Fort Wayne IN	160.0
4	Karen Gillie	Fort Wayne IN	140.0
5	Erin Brady	Fort Wayne IN	100.0
6	Kim Duster	Fort Wayne IN	85.0
7	Polly Grismore	Fort Wayne IN	85.0
8	Rebecca Hollenbaugh	South Whitley IN	85.0

## Women 35 to 39

# FWTC 2005 Current Points

Place	Name	City	Points
1	Staci Beiswanger	South Whitley IN	200.0
2	Nancy Burris	Auburn IN	185.0
3	Tracy Skipper	Warsaw IN	85.0

## Women 40 to 44

Place	Name	City	Points
1	Beverly Metzger	Fort Wayne IN	375.0
2	Sheryle Braaten	Hogland IN	270.0
3	Betty Greider	Fort Wayne IN	195.0
4	Linda Anderson	Fort Wayne IN	185.0
5	Cindy McGovern	Fort Wayne IN	175.0
6	Mary Snow	Fort Wayne IN	100.0
7	Lorraine Brattoli	Fort Wayne IN	100.0
8	Claire Weir	Fort Wayne IN	75.0
9	Mary Crane	Warsaw IN	65.0
10	Carla Brames	New Haven IN	55.0
11	Denise Conrad	Decatur IN	55.0

## Women 45 to 49

Place	Name	City	Points
1	Judy White	Fort Wayne IN	200.0
2	Judy Tillapaugh	Fort Wayne IN	200.0
3	Cheryl Strimski	Antwerp OH	150.0
4	Terri Gross	Fort Wayne IN	85.0
5	Sue McGrew	Fort Wayne IN	75.0
6	Tamara Wright	Fort Wayne IN	75.0
7	Joann Bird	Columbia City IN	75.0

## Women 50 to 54

Place	Name	City	Points
1	Helen Ryan	Fort Wayne IN	285.0
2	Regina Blanchette	Fort Wayne IN	250.0
3	Nancy Boyer	Fort Wayne IN	175.0
4	Phyllis Suelzer	Fort Wayne IN	100.0
5	Susan Peterson	Albion IN	85.0

## Women 55 to 59

Place	Name	City	Points
1	Barb Scroggum	Fort Wayne IN	100.0
2	Bobbie Clark	Fort Wayne IN	100.0
3	Marsha Schmidt	Fort Wayne IN	100.0

## Women 60 to 64

Place	Name	City	Points
1	Sarah Kleinknight	Fort Wayne IN	300.0
2	Rochelle Alberding	Bluffton IN	100.0

## Women 65 to 69

Place	Name	City	Points
1	Joan Gary	Fremont IN	200.0

# Mastodon Stomp 5k April 2, 2005

Place	Name	City	Age Group	Time	Pace
1	Jared Messmann	Fort Wayne IN	1 M 15-19	17:02	5:30/M
2	Allen Tippmann	Fort Wayne IN	2 M 15-19	17:18	5:35/M
3	Jerry Williams Jr.	Fort Wayne IN	1 M 45-49	17:37	5:41/M
4	Steve Andre	Fort Wayne IN	3 M 15-19	17:49	5:45/M
5	Brad A Thomas	Fort Wayne IN	1 M 30-34	17:58	5:48/M
6	Colin Vance	Fort Wayne IN	4 M 15-19	18:19	5:55/M
7	Jason Brickel	Fort Wayne IN	5 M 15-19	18:33	5:59/M
8	Harrison Fausey	Columbia City IN	1 M 0-14	18:37	6:00/M
9	David Eitzcorn	Fort Wayne IN	6 M 15-19	18:41	6:02/M
10	Buff Domeier	Fort Wayne IN	1 M 35-39	18:53	6:05/M
11	Mike Slaubaugh	Fort Wayne IN	1 M 40-44	18:56	6:06/M
12	Jordon Quinn	Fort Wayne IN	7 M 15-19	19:08	6:10/M
13	Steve Andre	Fort Wayne IN	8 M 15-19	19:21	6:15/M
14	Brad Altevogt	Fort Wayne IN	1 M 50-54	19:36	6:19/M
15	James Martin	Fort Wayne IN	2 M 0-14	19:41	6:21/M
16	Matt Foreman	Fort Wayne IN	2 M 40-44	19:51	6:24/M
17	Nolan Richart	Fort Wayne IN	1 M 25-29	20:00	6:27/M
18	Andrew Piropat	Fort Wayne IN	9 M 15-19	20:02	6:28/M
19	Gregory Dunn	Fort Wayne IN	10 M 15-19	20:09	6:30/M
20	Brett Skibinski	Fort Wayne IN	11 M 15-19	20:10	6:30/M
21	Adam Bishop	Fort Wayne IN	12 M 15-19	20:12	6:31/M
22	Bryan Fadus	Fort Wayne IN	13 M 15-19	20:13	6:31/M
23	Anthony Juliano	Fort Wayne IN	2 M 35-39	20:14	6:32/M
24	Andrew Gregory	Fort Wayne IN	1 M 20-24	20:21	6:34/M
25	Paul Shaffer	Decatur IN	2 M 45-49	20:22	6:34/M
26	Joe Savina	Fort Wayne IN	3 M 35-39	20:24	6:35/M
27	Brad Hess	Fort Wayne IN	3 M 0-14	20:26	6:35/M
28	Kyle Hoos	Fort Wayne IN	14 M 15-19	20:27	6:36/M
29	John Treleaven	Fort Wayne IN	2 M 50-54	20:31	6:37/M
30	Grant Skibitz	Harlan IN	2 M 20-24	20:37	6:39/M
31	Jed Pearson	Columbia City IN	3 M 50-54	20:38	6:39/M
32	Nathan Fast	Haviland Oh	3 M 20-24	20:45	6:42/M
33	Chuck Brown	Bluffton IN	3 M 45-49	20:48	6:43/M
34	Luke Thompson	North Webster IN	4 M 0-14	20:54	6:45/M

# Mastodon Stomp 5k

April 2, 2005

Place	Name	City	Age Group	Time	Pace
35	Luke Messman	Fort Wayne In	15 M 15-19	21:04	6:48/M
36	Mark Pace	Fort Wayne In	3 M 40-44	21:08	6:49/M
37	Stan Waggoner	Fort Wayne In	4 M 35-39	21:10	6:50/M
38	Ciersten Deardorff	Fort Wayne In	1 F 0-14	21:11	6:50/M
39	Jacob Eggleston	New Haven In	16 M 15-19	21:16	6:52/M
40	Matt Scott	Warsaw In	5 M 35-39	21:20	6:53/M
41	Alex Barnes	Fort Wayne In	17 M 15-19	21:28	6:55/M
42	Greg Ridenour	Fort Wayne In	4 M 50-54	21:33	6:57/M
43	Dustin Faurite	Fort Wayne In	18 M 15-19	21:37	6:58/M
44	James McKinnon	Waterloo In	4 M 45-49	21:42	7:00/M
45	Chad Ward	Fort Wayne In	19 M 15-19	21:54	7:04/M
46	Gene Geiger	Churubusco In	1 M 70-99	21:57	7:05/M
47	Aaron Ware	Fort Wayne In	20 M 15-19	21:58	7:05/M
48	Katharine Lindeman	Fort Wayne In	1 F 15-19	22:06	7:08/M
49	Wes Rogers	Fort Wayne In	5 M 45-49	22:08	7:08/M
50	Paul McGuire	Fort Wayne In	2 M 30-34	22:09	7:09/M
51	Tom Mussman	Spencerville In	21 M 15-19	22:12	7:10/M
52	Len Propato	Fort Wayne In	5 M 50-54	22:17	7:11/M
53	Jonathan Harper	Fort Wayne In	5 M 0-14	22:24	7:14/M
54	Chris Gustafon	Fort Wayne In	3 M 30-34	22:27	7:15/M
55	Mark Waldron	Wawaka In	6 M 45-49	22:31	7:16/M
56	Sam Mussman	Spencerville In	22 M 15-19	22:32	7:16/M
57	Scott Harper	Fort Wayne In	4 M 40-44	22:42	7:19/M
58	Corey Williams	New Haven In	4 M 30-34	22:42	7:19/M
59	Dewain Cobbs	Warsaw In	1 M 60-64	22:51	7:22/M
60	Thomas Merklng	Avilla In	5 M 40-44	23:03	7:26/M
61	Kyle Keuneke	Decatur In	2 F 0-14	23:05	7:27/M
62	Kerry Blanchette	Fort Wayne In	6 M 50-54	23:11	7:29/M
63	Joe Ziegler	New Haven In	1 M 65-69	23:30	7:35/M
64	Jim Pickett	Waterloo In	1 M 55-59	23:34	7:36/M
65	Sheryle Braaten	Hoagland In	1 F 45-49	23:35	7:36/M
66	Dick Powell	Fort Wayne In	7 M 50-54	23:43	7:39/M
67	Carol Harper	Fort Wayne In	1 F 40-44	23:51	7:42/M
68	Donald Kramer	Van Wert Oh	8 M 50-54	23:56	7:43/M
69	Art Obregon	Piercetown In	2 M 55-59	24:04:00	7:46/M
70	Brad McGuire	Fort Wayne In	5 M 30-34	24:05:00	7:46/M
71	Douglas Jordan	Fort Wayne In	7 M 45-49	24:09:00	7:47/M
72	Scott Boughton	Fort Wayne In	2 M 25-29	24:10:00	7:48/M
73	Joe Astroski	Fort Wayne In	8 M 45-49	24:12:00	7:48/M
74	Ted Snavelly	Silver Lake In	9 M 45-49	24:16:00	7:50/M
75	Cameron Scher	Fort Wayne In	6 M 0-14	24:17:00	7:50/M
76	Nathan Decker	Fort Wayne In	3 M 25-29	24:18:00	7:50/M
77	Julia Just	Fort Wayne In	1 F 35-39	24:19:00	7:51/M
78	David E Boylan	Fort Wayne In	2 M 60-64	24:20:00	7:51/M
79	Stephanie Goodman	Fort Wayne In	1 F 25-29	24:27:00	7:53/M
80	Michael Variell	Convoy Oh	10 M 45-49	24:29:00	7:54/M
81	Bernie Burgette	Fort Wayne In	3 M 60-64	24:34:00	7:55/M
82	James Gorman	Decatur In	7 M 0-14	24:38:00	7:57/M
83	David Whitcomb	Hoagland In	6 M 30-34	24:50:00	8:01/M
84	Chad Ware	Fort Wayne In	6 M 35-39	25:05:00	8:05/M
85	Luke Mussman	Spencerville In	8 M 0-14	25:06:00	8:06/M
86	Lynnette Underwood	Huntington In	2 F 35-39	25:24:00	8:12/M
87	Phil Kelly	Churubusco In	6 M 40-44	25:30:00	8:14/M
88	Gary Brooks	Fort Wayne In	7 M 40-44	25:32:00	8:14/M
89	Leticia Deardorf	Fort Wayne In	2 F 15-19	25:33:00	8:15/M
90	Brittney Coughlin	Fort Wayne In	1 F 30-34	25:36:00	8:15/M
91	Abbe Starr	Fort Wayne In	3 F 35-39	25:39:00	8:16/M
92	Cheryl Pulver	Fort Wayne In	4 F 35-39	25:44:00	8:18/M
93	Kevin Dawson	Fort Wayne In	9 M 0-14	25:58:00	8:23/M
94	Cindy Dawson	Fort Wayne In	2 F 40-44	25:59:00	8:23/M
95	Cathy Myers	Fort Wayne In	2 F 45-49	26:00:00	8:23/M
96	Aaron York	Fort Wayne In	7 M 30-34	26:04:00	8:25/M
97	Richard Andre	Fort Wayne In	3 M 55-59	26:05:00	8:25/M
98	Angela Karacson	Hicksville Oh	2 F 30-34	26:08:00	8:26/M
99	Darryl Cargo	Fort Wayne In	8 M 40-44	26:11:00	8:27/M
100	Bobbie Clark	Fort Wayne In	1 F 55-59	26:17:00	8:29/M
101	Rich Stephenson	Monroeville In	4 M 55-59	26:18:00	8:29/M
102	Katrina Loucks	Fort Wayne In	3 F 30-34	26:19:00	8:29/M
103	Brian Loucks	Fort Wayne In	7 M 35-39	26:20:00	8:30/M
104	Dave Matchette	Fort Wayne In	9 M 40-44	26:24:00	8:31/M
105	Polly Grismore	Fort Wayne In	4 F 30-34	26:32:00	8:34/M
106	Andy Williams	Bristol In	11 M 45-49	26:35:00	8:35/M
107	John David Mcpherson	Fort Wayne In	9 M 50-54	26:39:00	8:36/M
108	Jim Clarke	Auburn In	10 M 50-54	26:43:00	8:37/M
109	Jo Bennett	Fort Wayne In	3 F 45-49	26:44:00	8:37/M
110	Michael Clendenen	New Haven In	11 M 50-54	26:50:00	8:39/M
111	Laura Paulino	Fort Wayne In	3 F 15-19	26:54:00	8:41/M
112	Mike Fitzpatrick	Columbia City In	2 M 65-69	26:55:00	8:41/M
113	Josh Ware	Fort Wayne In	10 M 0-14	26:56:00	8:41/M
114	Robert Snow	Fort Wayne In	12 M 50-54	26:59:00	8:42/M
115	Jack Bentz	Fort Wayne In	8 M 35-39	27:07:00	8:45/M
116	Cody Gordon	Churubusco In	23 M 15-19	27:17:00	8:48/M
117	Tom Dawson	Fort Wayne In	12 M 45-49	27:23:00	8:50/M
118	Jeff Clouber	Auburn In	24 M 15-19	27:27:00	8:51/M
119	Rolla Harris	Churubusco In	10 M 40-44	27:31:00	8:53/M
120	Cory Gardner	Fort Wayne In	11 M 0-14	27:41:00	8:56/M
121	Bruce Gardner	Fort Wayne In	9 M 35-39	27:42:00	8:56/M
122	John Mussman	Spencerville In	11 M 40-44	27:52:00	8:59/M
123	Helen Ryan	Fort Wayne In	1 F 50-54	27:55:00	9:00/M
124	Bernie Huesing	Fort Wayne In	2 M 70-99	28:15:00	9:07/M
125	Jeremy Harper	Fort Wayne In	25 M 15-19	28:17:00	9:07/M
126	Cheryl Stromski	Antwerp Oh	4 F 45-49	28:35:00	9:13/M
127	Stephanie Sample	Fort Wayne In	1 F 20-24	28:42:00	9:15/M
128	Sook-Ja H Hansen	Fort Wayne In	2 F 55-59	28:44:00	9:16/M
129	Gary Gordon	Churubusco In	12 M 40-44	28:49:00	9:18/M
130	Alexis Godeke	Antwerp Oh	3 F 0-14	28:50:00	9:18/M
131	Diana Canul	Fort Wayne In	4 F 0-14	28:56:00	9:20/M
132	Allen Alburt	Fort Wayne In	4 M 60-64	28:57:00	9:20/M

# Mastodon Stomp 5k

April 2, 2005

Place	Name	City	Age Group	Time	Pace
133	Jovan Delagarza	Fort Wayne In	26 M 15-19	29:12:00	9:25/M
134	Abby Yunger	Fort Wayne In	2 F 20-24	29:14:00	9:26/M
135	Larry Piano	Fort Wayne In	5 M 55-59	29:16:00	9:26/M
136	Mary Snow	Fort Wayne In	3 F 40-44	29:19:00	9:27/M
137	John Crilly	Fort Wayne In	13 M 40-44	29:33:00	9:32/M
138	Cynthia Fritz	Fort Wayne In	4 F 40-44	29:35:00	9:33/M
139	Karl Dietsch	Fort Wayne In	3 M 65-69	29:43:00	9:35/M
140	Glenn Claycomb	Fort Wayne In	8 M 30-34	30:20:00	9:47/M
141	Debra Meuter	Fort Wayne In	5 F 40-44	30:21:00	9:47/M
142	Freida Rosebrock	Fort Wayne In	3 F 20-24	30:25:00	9:49/M
143	Mathew Bowers	Fort Wayne In	9 M 30-34	30:28:00	9:50/M
144	Connie Gordon	Churubusco In	6 F 40-44	30:34:00	9:52/M
145	Wendy Bentz	Fort Wayne In	5 F 30-34	30:36:00	9:52/M
146	Grace Burris	Auburn In	5 F 0-14	30:38:00	9:53/M
147	Monica Gonda	Fort Wayne In	2 F 50-54	30:45:00	9:55/M
148	Cendra Deardorf	Fort Wayne In	6 F 0-14	30:57:00	9:59/M
149	Sarah Bird	Columbia City In	7 F 0-14	30:58:00	9:59/M
150	Luann Erickson	Fort Wayne In	7 F 40-44	31:08:00	10:03/M
151	Jeff Erickson	Fort Wayne In	13 M 45-49	31:09:00	10:03/M
152	Ali Newton	Fort Wayne In	4 F 15-19	31:18:00	10:06/M
153	Andrew Arney	Fort Wayne In	10 M 35-39	31:25:00	10:08/M
154	Joan Gary	Fremont In	1 F 65-69	31:39:00	10:13/M
155	Tom Fueling	Fort Wayne In	13 M 50-54	31:53:00	10:17/M
156	Mark Peckinpaugh	Fort Wayne In	10 M 30-34	31:56:00	10:18/M
157	Mike Kiergaard	Leo In	11 M 35-39	31:57:00	10:18/M
158	Donald Landley	Fort Wayne In	5 M 60-64	32:09:00	10:22/M
159	Sarah Kleinknight	Fort Wayne In	1 F 60-64	32:21:00	10:26/M
160	Sue Fritch	Fort Wayne In	5 F 35-39	32:35:00	10:31/M
161	Monica Kidd	Fort Wayne In	6 F 30-34	32:36:00	10:31/M
162	Kalissa Blanchette	Fort Wayne In	5 F 15-19	32:42:00	10:33/M
163	Nancy Burris	Auburn In	6 F 35-39	32:53:00	10:36/M
164	Brent Burris	Auburn In	12 M 35-39	32:54:00	10:37/M
165	Ann Barker	Winona Lake In	7 F 30-34	32:55:00	10:37/M
166	Amanda Cline	Fort Wayne In	8 F 30-34	33:11:00	10:42/M
167	Randy Troy	Fort Wayne In	13 M 35-39	33:15:00	10:44/M
168	Kelly Troy	Fort Wayne In	6 F 15-19	33:16:00	10:44/M
169	Betty Greider	Fort Wayne In	8 F 40-44	33:20:00	10:45/M
170	Conrad Cierniak	Fort Wayne In	14 M 50-54	33:33:00	10:49/M
171	Eric Ware	Fort Wayne In	27 M 15-19	33:35:00	10:50/M
172	Chelsey Coughlin	Fort Wayne In	8 F 0-14	33:47:00	10:54/M
173	Kenneth Tellas	Fort Wayne In	11 M 30-34	34:13:00	11:02/M
174	Karen Gillie	Fort Wayne In	9 F 30-34	34:14:00	11:03/M
175	Sam Gillie	Fort Wayne In	12 M 30-34	34:14:00	11:03/M
176	Dick Harnly	Fort Wayne In	4 M 65-69	34:17:00	11:04/M
177	William R Clark Jr	Fort Wayne In	5 M 65-69	34:31:00	11:08/M
178	Jessica Magistri	Fort Wayne In	9 F 0-14	34:56:00	11:16/M
179	Carol Canul	Fort Wayne In	10 F 30-34	34:58:00	11:17/M
180	David Calaway	Warsaw In	14 M 45-49	34:59:00	11:17/M
181	Kyle Pitt	Warsaw In	4 M 25-29	35:03:00	11:18/M
182	Alex Snavelly	Silver Lake In	12 M 0-14	35:49:00	11:33/M
183	Sharon Snavelly	Berryville Ar	3 F 55-59	35:54:00	11:35/M
184	Jennifer Dillon	Fort Wayne In	11 F 30-34	36:18:00	11:43/M
185	Leah Deardorf	Fort Wayne In	10 F 0-14	36:46:00	11:52/M
186	Regina Blanchette	Fort Wayne In	3 F 50-54	36:59:00	11:56/M
187	Bradon Smith	Fort Wayne In	4 M 20-24	38:17:00	12:21/M
188	Laura Morris	Fort Wayne In	9 F 40-44	38:39:00	12:28/M
189	Brittany Hood	Fort Wayne In	11 F 0-14	38:53:00	12:33/M
190	Randy Hood	Fort Wayne In	15 M 45-49	38:55:00	12:33/M
191	Flor Lara	Fort Wayne In	12 F 0-14	39:12:00	12:39/M
192	Donna Holland	Fort Wayne In	7 F 35-39	39:37:00	12:47/M
193	Patti Cierniak	Fort Wayne In	4 F 50-54	40:26:00	13:03/M
194	Gregg Kurtz	Fort Wayne In	16 M 45-49	41:04:00	13:15/M
195	Ingrid Laidroo	Fort Wayne In	8 F 35-39	41:07:00	13:16/M
196	Don Snavelly	Berryville Ar	3 M 70-99	41:10:00	13:17/M
197	Trevin Geiger	Churubusco In	13 M 0-14	41:14:00	13:18/M
198	Sherr Leykauf	Fort Wayne In	5 F 45-49	41:40:00	13:26/M
199	Beverly Metzger	Fort Wayne In	10 F 40-44	41:42:00	13:27/M
200	Kenneth E Disler	Fort Wayne In	4 M 70-99	41:51:00	13:30/M
201	Diane Nilson	Fort Wayne In	4 F 55-59	41:58:00	13:32/M
202	Julie Walda	Fort Wayne In	9 F 35-39	42:32:00	13:43/M
203	Wendy Piano	Fort Wayne In	5 F 55-59	42:33:00	13:44/M
204	Chad Bodkin	New Haven In	5 M 20-24	42:53:00	13:50/M
205	Mike Berger	Fort Wayne In	6 M 20-24	43:00:00	13:52/M
206	Melinda Bowers	Winona Lake In	12 F 30-34	44:09:00	14:15/M
207	Jean Kincaid	Fort Wayne In	6 F 45-49	45:05:00	14:33/M
208	Joann Bird	Columbia City In	7 F 45-49	45:41:00	14:44/M
209	Martha Hernandez	Fort Wayne In	5 F 50-54	47:01:00	15:10/M
210	Beverly Hewitt	Fort Wayne In	6 F 50-54	47:04:00	15:11/M
211	David Hewitt	Fort Wayne In	6 M 55-59	47:07:00	15:12/M
212	Linda Moyer	Fort Wayne In	7 F 50-54	47:59:00	15:29/M
213	Ross Moyer	Fort Wayne In	5 M 70-99	48:00:00	15:29/M
214	David Gensheimer	Fort Wayne In	17 M 45-49	48:54:00	15:46/M
215	Cherly Zackey	Bloomington In	11 F 40-44	54:46:00	17:40/M
216	Danielle Zackey	Fort Wayne In	7 F 15-19	54:47:00	17:40/M

Results By Fort Wayne Track Club

# Pizza Hut Shoe Sucker 7

April 16, 2005

# Pizza Hut Shoe Sucker 7

## April 16, 2005

Place	Name	City	Age Group	Time	Pace
4	Brad A Thomas	Fort Wayne In	1 M 30-34	49:37	6:46/M
5	Kim A Lefeve	Columbia City In	1 M 45-49	50:26	6:53/M
6	Travis Striggle	Huntington In	1 M 25-29	51:29	7:01/M
7	Jed Pearson	Columbia City In	1 M 50-54	53:32	7:18/M
8	Jeremy Shelley	Huntington In	2 M 0-19	53:49	7:21/M
9	Paul E Knott	Fort Wayne In	2 M 40-44	54:18	7:24/M
10	Darlene Barton	Avilla In	** F 30-34	55:26	7:34/M
11	S Riley Ochs	Huntington In	3 M 0-19	55:32	7:35/M
12	Anthony Dembickie	Fort Wayne In	2 M 30-34	55:36	7:35/M
13	Jamie Kirgis	Columbia City In	1 M 35-39	55:53	7:37/M
14	Steve Martinsky	Huntington In	3 M 30-34	56:20	7:41/M
15	Mike Seiley	South Bend In	2 M 25-29	58:19	7:57/M
16	Nicholas Beemer	Huntington In	4 M 0-19	59:33	8:07/M
17	Troy Mearthy	Huntertown In	2 M 35-39	59:34	8:08/M
18	Jerry Wirges	Fort Wayne In	3 M 25-29	59:51	8:10/M
19	Tony Nunley	Markle In	5 M 0-19	1:00:19	8:14/M
20	David Geiger	Churubusco In	3 M 40-44	1:00:34	8:16/M
21	Jerry Diehl	Fort Wayne In	2 M 50-54	1:00:48	8:18/M
22	Bill Smith	Novi Mi	1 M 55-59	1:00:53	8:18/M
23	Von Meyers	Kokomo In	3 M 50-54	1:00:55	8:19/M
24	Kim Roulston	Winsor,On Canada	1 F 50-54	1:00:56	8:19/M
25	Bruce Gardner	Fort Wayne In	3 M 35-39	1:01:44	8:25/M
26	Tony Kirgis	Kokomo In	4 M 40-44	1:01:58	8:27/M
27	Kerry Blanchette	Fort Wayne In	4 M 50-54	1:02:44	8:34/M
28	Howard J Klingner	Fort Wayne In	5 M 50-54	1:02:45	8:34/M
29	Jim Pickett	Waterloo In	2 M 55-59	1:02:50	8:34/M
30	Michael Variell	Convoy Oh	2 M 45-49	1:03:15	8:38/M
31	Bob Winters	Huntington In	4 M 35-39	1:03:30	8:40/M
32	Terry Anderson	Fort Wayne In	6 M 50-54	1:03:35	8:40/M
33	Kevin Truelove	Fort Wayne In	3 M 45-49	1:03:37	8:41/M
34	Sam Gillie	Fort Wayne In	5 M 35-39	1:04:05	8:45/M
35	Joe Gamrat	Huntington In	4 M 30-34	1:04:08	8:45/M
36	Jon Dyer	Huntington In	6 M 0-19	1:04:27	8:48/M
37	Ralph Lindsey	Fort Wayne In	5 M 40-44	1:04:45	8:50/M
38	Jeremy Earp	Fort Wayne In	4 M 25-29	1:05:24	8:55/M
39	E Hans Schmidt	Columbia City In	6 M 40-44	1:05:44	8:58/M
40	Tracy Hill	Huntington In	7 M 40-44	1:07:34	9:13/M
41	John Shire	Fort Wayne In	7 M 50-54	1:08:10	9:18/M
42	Sabrina Mason	Angola In	1 F 20-24	1:08:22	9:20/M
43	Mark Mason	Angola In	1 M 20-24	1:08:23	9:20/M
44	Bryant Maine	Gas City In	8 M 40-44	1:08:51	9:24/M
45	Dave Yaggy	Fort Wayne In	5 M 30-34	1:09:02	9:25/M
46	Amy Stephan	Fort Wayne In	1 F 25-29	1:09:44	9:31/M
47	Stephen M Hilker	Fort Wayne In	4 M 45-49	1:10:13	9:35/M
48	Mike Fitzpatrick	Columbia City In	1 M 60-69	1:11:21	9:44/M
49	Tim Dangler	Greenfield In	8 M 50-54	1:11:26	9:45/M
50	Mike Snavelly	Churubusco In	6 M 35-39	1:12:42	9:55/M
51	Karen Gillie	Fort Wayne In	1 F 30-34	1:13:00	9:58/M
52	Barb Scrogam	Fort Wayne In	1 F 55-59	1:13:50	10:04/M
53	Mitch V Harper	Fort Wayne In	5 M 45-49	1:13:51	10:05/M
54	Kim Larsen	Fort Wayne In	1 F 40-44	1:14:25	10:09/M
55	Kelly Mize	South Whitley In	2 F 40-44	1:15:22	10:17/M
56	Dana Budd	New Haven In	9 M 50-54	1:15:35	10:19/M
57	Joel Schartzner	Goshen In	3 M 55-59	1:15:43	10:20/M
58	Heather Mcfarren	Fort Wayne In	2 F 20-24	1:16:20	10:25/M
59	Jennifer Savage	Warsaw In	2 F 30-34	1:19:10	10:48/M
60	Jonathan E Schlatter	Fort Wayne In	6 M 45-49	1:21:24	11:06/M
61	Kim Dembickie	Fort Wayne In	3 F 30-34	1:24:59	11:36/M
62	Jeff Stoffel	Huntington In	7 M 45-49	1:25:18	11:38/M
63	Sarah Kleinknight	Fort Wayne In	1 F 60-99	1:25:36	11:41/M
64	Bob Loomis	Monroeville In	1 M 70-99	1:25:38	11:41/M
65	Vicki Dominguez	Huntington In	1 F 45-49	1:30:56	12:24/M
66	Donald Lindley	Fort Wayne In	2 M 60-69	1:32:44	12:39/M

### Results By Fort Wayne Track Club

# St Jude Spirit Run - 5k

April 16, 2005

### Overall Finish List

	Name	Age	Time
1	Javier Mercedes	16	18:44
2	Joe Ryan	16	18:46
3	Jake Kinley	16	18:50
4	Kevin Hake	16	19:13
5	Ben Zilka	15	19:15
6	Matt Foreman	43	19:23
7	Lenny Duff	40	19:29
8	Doug Wood	48	20:09
9	Andrew Eckrich	11	20:27
10	Anne Duff	40	20:52
11	Dane Okleshen	14	20:54
12	Jay Rozelle	27	20:58
13	Luke Momper	13	20:59
14	Skip Stinson	40	21:14
15	Alex Staudinger	16	21:25
16	Steve Knouff	55	21:30
17	Mark Brattoli	49	21:57
18	Dan Delany	30	21:59
19	James Braun	49	22:05
20	Steve Newell	37	22:06
21	Kate Kinley	10	22:25

22	Josh Vonbunten	26	22:43
23	Sarah Staudinger	14	22:45
24	Jim Bougher	42	22:50
25	Ray Casiano	62	23:18
26	Zoe Weaver	11	23:26
27	Christopher Jozwiak	15	23:52
28	Matt Momper	44	23:59
29	Steve Romary	51	24:01
30	Dean Russ	48	24:13
31	Tim Miller	53	24:19
32	Anne Ehinger	42	24:20
33	Kevin Kilbane	47	24:40
34	Grant Miller	25	24:42
35	Phyllis Suelzer	52	24:48
36	Rich Runion	38	24:49
37	Andy Haxton	36	24:56
38	Sommer Braun	15	25:04
39	Tim Rupley	49	25:08
40	Mary Newell	35	25:28
41	Dana Kinley	42	25:31
42	Darryl Cargo	43	25:32
43	Lorraine Brattoli	44	25:36
44	Phil Luttmann	57	25:51
45	Nathan Fowler	14	25:58
46	Corey Delany	13	26:02
47	Bill Dinger	48	26:41
48	Alek Bouillon	16	26:50
49	Mark Stoner	34	27:04
50	Larson Wuest	13	27:06
51	Father Tom	47	27:14
52	Carter Delany	11	27:24
53	Matt Delany	21	27:45
54	Larry Wuest	43	27:49
55	Pat Delany	37	27:53
56	Jim Keating	63	27:55
57	Peggy Richardson	39	28:50
58	Sue Kaufman	53	28:55
59	Jason Arbogast	34	29:10
60	Nick Fowler	12	29:20
61	Sue Okleshen	46	29:49
62	Kyle Pitt	28	30:04
63	Connie Gordon	42	30:15
64	Tom Fuelling	54	30:28
65	David Reeves	30	31:19
66	Lisa Ellert	45	31:37
67	Robert Lawson	57	32:34
68	David Hayes	15	32:48
69	Anthony Hayes	41	32:49
70	Betty Greider	44	33:35
71	Jen Dillon	33	35:02
72	Jerry Hayes	40	41:36
73	David Gensheimer	46	54:48

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Fort Wayne Track Club thanks Josh Shenfeld of Moxie Creative for his design of the newsletter cover

# Fort Wayne Track Club Member Profile

The Inside Track Newsletter would like to hear from our FWTC Members! Please fill out this profile form and return to : FWTC Newsletter, P.O. Box 11703, Fort Wayne IN 46860, or email us at newsletter@fwtc.org. We would like to hear from as many members as possible.

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Family: \_\_\_\_\_

Pets: \_\_\_\_\_

Hobbies or Interests: \_\_\_\_\_

Favorite family activities: \_\_\_\_\_

Running shoe brand: Years running/walking \_\_\_\_\_

Favorite distance to run/walk: PR: \_\_\_\_\_

Favorite after racing/training food: \_\_\_\_\_

Favorite place to train: Favorite race: \_\_\_\_\_

Why do you run/walk: \_\_\_\_\_

Favorite item of clothing: \_\_\_\_\_

Favorite movie or TV Program, or book : \_\_\_\_\_

Favorite music: \_\_\_\_\_

Collections: \_\_\_\_\_

Favorite vacation destinations: \_\_\_\_\_

Most prized possession: \_\_\_\_\_

Has there been an inspiration to your running/walking? If so, explain: \_\_\_\_\_

\_\_\_\_\_

Do you have a dream? If so, explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Races from 06/01/2005 to 8/31/2005

Available on-line at [www.fwtc.org](http://www.fwtc.org)

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

Jun 04, 2005 6am Sat	R	<b>2004 Sunburst Marathon - Mar, Half Mar, 10K, 5K, &amp; Walk</b> Notre Dame 50 yard Line, South Bend, IN <i>Contact:</i> Liz Peralta, 574-284-3394 <i>Email:</i> <a href="mailto:sunburstraces@aol.com">sunburstraces@aol.com</a> <i>Web site:</i> <a href="http://www.sunburstraces.org">http://www.sunburstraces.org</a>
Jun 04, 2005 9am Sat	R	<b>D.IN.O. Trail Run Series - 5K/15K</b> Town Run Trail Park, Indpls, IN <i>Contact:</i> Brian Holzhausen, 317-308-6449 <i>Email:</i> <a href="mailto:Brian@DINOseries.com">Brian@DINOseries.com</a> <i>Web site:</i> <a href="http://www.DINOseries.com">http://www.DINOseries.com</a>
Jun 04, 2005 Sat 7:30am	R	<b>The Veep Triathlon, Duathlon, &amp; Aquathlon, .5 M swim, 25 M bike, 5.25 K trail run</b> J Edward Roush Lake, Huntingtin, IN <i>Contact:</i> Mitch Harper, Veep Races, 5207 Hopkinton Dr, Fort Wayne, IN 46814, 260-436-0739 <i>Info/Fees:</i> \$49 <5-27; \$54 > 5-27; \$5 parking DNR <i>Email:</i> <a href="mailto:FtWayneRun@aol.com">FtWayneRun@aol.com</a> <i>Web site:</i> <a href="http://www.VeepTri.com">http://www.VeepTri.com</a>
Jun 04, 2005 Sat 8am	R	<b>Main Street Marion * - 5k Run/Fitness Walk, 1 mile Kids Fun Run</b> Matter Park, Marion, IN <i>Contact:</i> Beyond the Finish Running Club, Joanie Monroe, PO Box 3254, Marion, IN 46953, call Connie @ (765)384-7109 <i>Info/Fees:</i> \$10-pre, \$12-race day, shirts for pre-paid registration & while quantities last <i>Email:</i> <a href="mailto:CGamble@chsmail.org">CGamble@chsmail.org</a> or <a href="mailto:joanie.monroe.apku@statefarm.com">joanie.monroe.apku@statefarm.com</a>
Jun 04, 2005	R	<b>Lafayette YMCA Triathlon</b> Lafayette, IN <i>Contact:</i> Chris Marks, 765-477-2153 <i>Info/Fees:</i> If you are looking for a sprint tri with a small town feel. This race is for you. <i>Email:</i> <a href="mailto:camarks@hotmail.com">camarks@hotmail.com</a>
Jun 06, 2005 6pm Mon	R	<b>Beefcake XC series - 4k</b> DeKalb High School cross country course, Auburn, IN <i>Contact:</i> Rowland Perez, <i>Info/Fees:</i> \$15 for all three races, or \$6 for individual races <i>Email:</i> <a href="mailto:ibrunnin60@hotmail.com">ibrunnin60@hotmail.com</a> <i>Web site:</i> <a href="http://RunIndiana.com">http://RunIndiana.com</a>
Jun 11, 2005 10:30am Sat	L	<b>Marine Corps League 5K - 5K</b> New Haven HS, New Haven, IN <i>Contact:</i> Marine Corps League, 7500 US HWY 930E, Fort Wayne, IN 46803, 260-493-8323 <i>Info/Fees:</i> \$12 pre for adults, \$15 race day for adults, \$10 pre for Students <18yrs, \$12 race day for Students. <i>Email:</i> <a href="mailto:rnelson821@aol.com">rnelson821@aol.com</a>
Jun 11, 2005 7:30am Sat	R	<b>Angola Half-Marathon - 1/2 Mar &amp; 5K Run/Walk</b> City Courthouse Downtown, Angola, IN <i>Contact:</i> Teresa & Paul Furniss, 1065 E 100 N , ANGOLA IN 46703-7202, 260-624-2851 <i>Email:</i> <a href="mailto:teresafurniss@verizon.net">teresafurniss@verizon.net</a>
Jun 11, 2005 8 am Sat	R	<b>YWCA Race of Tippecanoe - 5K Run/4K Walk</b> Jefferson High School, Lafayette, IN <i>Contact:</i> Kristin Matz, YWCA of Greater Lafayette, 605 N. 6th St., Lafayette IN 47901, (765) 742-0075 <i>Info/Fees:</i> \$20 race day <i>Email:</i> <a href="mailto:pubrel@dcwi.com">pubrel@dcwi.com</a> <i>Web site:</i> <a href="http://www.ywca-lafayette.org">http://www.ywca-lafayette.org</a>
Jun 11, 2005 8am Sat	L	<b>Three Rivers Stroller Volksmarch</b> Headwaters Park, Fort Wayne, IN <i>Contact:</i> Edward Masloob, 4710 Aboite Lake Dr., Fort Wayne IN 46804, 260-432-9370
Jun 11, 2005 8am Sat	R	<b>Norris Insurance 5 Mile - 5 miles</b> Eastern Elementary School, Greentown, IN <i>Contact:</i> John Norris, PO Box 157, Amboy IN 46911, 765-395-7761
Jun 11, 2005 9:00am (5K) &	R	<b>6th Annual Apache Run - 5K and one mile fun run</b> Fairview High School near Sherwood, OH on US 127 about 5 miles south of Bryan, OH, Sherwood, OH <i>Contact:</i> Curt Foust, 1700 East High St, Apt I-4, Bryan OH 43506, (419) 630-0694

3:30am (1 mile)		<i>Email: <a href="mailto:cdfoust@hotmail.com">cdfoust@hotmail.com</a></i>
Jun 11, 2005 8am Sat	R	<b>Health and Wellness 5K - 5K Run/Walk</b> KCH Center, Warsaw, IN <i>Contact: Kyle Pitt, KCH Center, 1500 Provident Dr, Warsaw, IN 46580, 574--372-7890</i> <i>Info/Fees: \$10-pre,\$15 - race day Email: <a href="mailto:kpitt@kch.com">kpitt@kch.com</a></i>
Jun 11, 2005 8am Sat	R	<b>Lake Mingo Trail Run - 7.1 Miles Trails</b> Kennekuk Cove County Park, Danville, IL <i>Contact: Bub Norgaar, Mingo, PO Box 1701, Danville, IL 61834, 217-431-5318</i> <i>Info/Fees: Grand Slam Event - Trail run on the difficult Lake Mingo Trail, Post-Race party</i> <i>Email: <a href="mailto:kennekuk@net66.com">kennekuk@net66.com</a> Web site: <a href="http://users.net66.com/~kennekuk">http://users.net66.com/~kennekuk</a></i>
Jun 11, 2005	R	<b>Hamilton Proper Run &amp; Walk - 10K Run, 5K competitive walk, 5k Run</b> Indpls, IN <i>Web site: <a href="http://www.kenlongassoc.com">http://www.kenlongassoc.com</a></i>
Jun 13, 2005 5pm Mon	R	<b>Beefcake XC series - 4k</b> DeKalb High School cross country course, Auburn, IN <i>Contact: Rowland Perez,</i> <i>Info/Fees: \$15 for all three races, or \$6 for individual races</i> <i>Email: <a href="mailto:ibrunnin60@hotmail.com">ibrunnin60@hotmail.com</a> Web site: <a href="http://runindiana.com">http://runindiana.com</a></i>
Jun 18, 2005 3 am Sat	L	<b>Turtle Days - 5K &amp; Kids Fun Run</b> Churubusco High School back parking lot (football field entrance), Churubusco, IN <i>Contact: Jeremy Wriges, 260-410-2628</i> <i>Info/Fees: \$12 pre by 6/8; \$15 race day Email: <a href="mailto:carpetking33@aol.com">carpetking33@aol.com</a></i>
Jun 18, 2005 3am Sat	L	<b>5th Annual Nick Denice/PanCan Race for Hope - 10K run/5K walk</b> Start/Finish on Aboite Center Road, 1 block east of Homestead High School, directly across from Jorgenson YMCA, Fort Wayne, IN <i>Contact: Carolyn Denice, (260) 436-8135</i> <i>Info/Fees: \$20-Pre; \$25-Race day. All proceeds benefit PanCan(Pancreatic Cancer Action Network) a 501c 3 organization. All pre-reg guaranteed a t-shirt. Entry fees are tax deductible.</i> <i>Email: <a href="mailto:cdenice@pancan.org">cdenice@pancan.org</a> Web site: <a href="http://www.theraceforhope.org">http://www.theraceforhope.org</a></i>
Jun 18, 2005 3am Sat	R	<b>Indy Dad's Day 5K Race Against Prostate Cancer - 5K Run/Walk</b> IU Medical Center, Indpls, IN <i>Contact: Runners Forum, 317-844-1558</i>
Jun 18, 2005 Fri/Sat/Sun	R	<b>2005 Mohican Trail 100 - 100 miles</b> Mohican State Park, Loudenville, OH <i>Contact: Volunteers needed for 5m,10m,35m,75m aid stations., Don Lindley, Don(260)(432-5998)or 436-2234</i> <i>Info/Fees: Fri Nite Free Pasta Dinner for volunteers Email: <a href="mailto:lindleyd@infionline.net">lindleyd@infionline.net</a></i>
Jun 18, 2005 Sat 7:45am	R	<b>Munster Rotary - 10K &amp; 5k</b> Munster HS, 8808 Columbia Ave, Munster, IN <i>Contact: Lee Millies, (219) 924-8400</i>
Jun 19, 2005 3am Sun	L	<b>Cedar Creek Run for Trails - 5K Trail Run</b> Meta County Park (near Cedarville), Fort Wayne, IN <i>Contact: Mitch Harper, 5207 Hopkinson Dr Fort Wayne IN 46814, 260-436-0739</i> <i>Info/Fees: \$15-pre, \$17-race day, family discount \$2/entry</i> <i>Email: <a href="mailto:FtWayneRun@aol.com">FtWayneRun@aol.com</a></i>
Jun 20, 2005 5pm Mon	R	<b>Beefcake XC series - 4k</b> DeKalb High School cross country course, Auburn, IN <i>Contact: Rowland Perez,</i> <i>Info/Fees: \$15 for all three races, or \$6 for individual races</i> <i>Email: <a href="mailto:ibrunnin60@hotmail.com">ibrunnin60@hotmail.com</a> Web site: <a href="http://runindiana.com">http://runindiana.com</a></i>
Jun 24, 2005 5:30pm Fri	R	<b>Old Settler's Day - 4 Miles</b> Church of the Nazarene, Columbia City, IN <i>Contact: Brian Shepherd, 700 Westfield Dr, Ligonier IN 46767, 260-894-4638</i> <i>Info/Fees: \$10-pre-\$12-race day</i>
Jun 25, 2005 5:00 pm Sat	R	<b>26th Buzzards' Roost - 10K &amp; Fun Run</b> Hamilton Hgts Middle School, Arcadia, IN <i>Contact: Evan Achenbach, 27435 Crooked Creek Rd, Atlanta, IN 46031, 317-984-3019</i> <i>Info/Fees: \$18-Pre, \$20-Race Day</i> <i>Email: <a href="mailto:achen@netusa1.net">achen@netusa1.net</a></i>
Jun 25, 2005	R	<b>Twin Sisters Trail Run - 6 Mile Run</b>

9am Sat		Westwood Park, New Castle, IN <i>Contact: Christine Casteel, 1033 W Fair Oaks Rd, New Castle, IN 47362-9684, 765-987-8414</i>
Jun 25, 2005 Sat 8 am	R	<b>5th Annual Courthouse Classic - 5K Run &amp; Fun Run for Kids 12 &amp; under</b> Lagrange, IN <i>Contact: Dan Lovell, Info/Fees: \$12-Pre, \$15 Race Day Email: m.drug@mchsi.com</i>
Jun 26, 2005 1pm Sun	L	<b>Home Run 5K - 5K</b> Johnny Appleseed Park, Fort Wayne, IN <i>Contact: Brett Hess, 260-637-3755 Info/Fees: \$12-pre, \$15-race day (Entry includes 2 tickets to the Wizards game) Email: superhess@msn.com Web site: http://runindiana.com</i>
Jun 29, 2005 Wed 6:15pm		<b>Twilight Cross Country Series - 3K for Jr High and Under, 5K open</b> Noblesville Cross Country Complex, Noblesville, IN <i>Contact: 317-844-1558 Info/Fees: \$5, proceeds to the Noblesville High School Cross Country program Email: TwilightCC@runnersforum.com Web site: http://www.runnersforum.com</i>
Jul 02, 2005 8:30am Sat	R	<b>Independence Day 5K Run/Walk</b> Heritage Park, Coldwater, MI <i>Contact: Deb Zakrzewski, 517-639-4370 Info/Fees: \$12-pre,\$15-race day</i>
Jul 02, 2005 8am Sat	R	<b>28th Haynes-Apperson 4 Mile Run/ 3 Mile Walk - 4M &amp; 3M</b> Memorial Gymnasium, Central Middle School, Kokomo, IN <i>Contact: Mark Shorter, Club Kokomo, 2936 Congress Dr, Kokomo, IN 46902, 765-455-2283 Email: Mark@ckrr.us Web site: http://www.ckrr.us</i>
Jul 02, 2005 8am Sat	R	<b>1st Annual Loon Lake - 5.5K run/walk</b> Loon Lake, Columbia City, IN <i>Contact: Dawn/Matt Buchanan, 260-799-4349 Info/Fees: \$10-pre, \$12-race day Email: cheesetoastie@maplenet.net Web site: http://runindiana.com</i>
Jul 02, 2005 8am Sat	R	<b>Wawasee Flotilla Road Race - 8M/3.3M runs/3.3M walk</b> Lakeside Park, Syracuse, IN <i>Contact: Brian Shepherd, 700 Westfield Dr, Ligonier IN 46767, 260-894-4638 Info/Fees: \$10-Pre, \$12-Race Day</i>
Jul 02, 2005 9am Sat	R	<b>D.IN.O. Trail Run Series - 5k/15K</b> Muscatatuck Park, North Vernon, IN <i>Contact: Brian Holzhausen, 317-308-6449 Email: Brian@DINOseries.com Web site: http://www.DINOseries.com</i>
Jul 04, 2005 7:30am	LP	<b>Firecracker 4 Mile - 4 Miles, FWTC Points Race</b> Franke Park, Pavillion, Fort Wayne, IN <i>Contact: Mac McAvoy, 260-450-1071 Info/Fees: Formerly the Run Wild Zoo Run Email: clanmac@adamswells.com</i>
Jul 04, 2005 8am Mon	R	<b>Sallie Mae Freedom Run</b> Indpls, IN <i>Contact: Don Carr, Tuxedo Brothers, 6525 Boone Ridge, Zionsville, IN 46077, 317-733-3300</i>
Jul 04, 2005 Mon	R	<b>(New) Hyde Park Blast - 4 mile Run/Walk</b> Hyde Park, Cincinnati, OH <i>Contact: Chad Sims, 513-533-4708 Info/Fees: \$25-pre, \$28-race day, \$10,000 Bonus for beating U.S. 4 Mile:Male,17:39, Female,19:59, \$400,\$300,\$150 for top male &amp; female. Email: csims1@fuse.net Web site: http://www.hydeparkblast.org</i>
Jul 06, 2005 Wed 6:15pm		<b>Twilight Cross Country Series - 3K for Jr High and Under, 5K open</b> Noblesville Cross Country Complex, Noblesville, IN <i>Contact: 317-844-1558 Info/Fees: \$5, proceeds to the Noblesville High School Cross Country program Email: TwilightCC@runnersforum.com Web site: http://www.runnersforum.com</i>
Jul 09, 2005 8am Sat	LP	<b>Spiece Fitness Runners On Parade - 5K</b> FWTC Point Race Series, Fort Wayne, IN <i>Contact: Mike McAvoy, PO Box 11703, Fort Wayne, IN 46860, 260-450-1071 Info/Fees: \$10-pre &amp; Family Discounts, Pre-Register/Package Pick-Up @Spiece Fitness Center, 5310 Merchandise Drive, Friday,5pm to 9pm</i>

		<i>Email:</i> <a href="mailto:clanmac@adamswells.com">clanmac@adamswells.com</a> <i>Web site:</i> <a href="http://www.fwtc.org">http://www.fwtc.org</a>
Jul 10, 2005 July 10-14	R	<b>2005 Yoder Begley Distance Camp</b> Taylor University, Upland, IN <i>Contact:</i> Begley Track, PO Box 16764, Albuquerque, NM 87191-6764, <i>Info/Fees:</i> Early Registration:\$300 <i>Web site:</i> <a href="http://www.yoderbegley.com">http://www.yoderbegley.com</a>
Jul 16, 2005 7am Sat	L	<b>Three Rivers Strollers Volksmarch</b> Lakeside Park, Fort Wayne, IN <i>Contact:</i> Edward Masloob, 4710 Aboite Lake Ave, Fort Wayne IN 46804, 260-432-9370
Jul 16, 2005 8:30am Sat	L	<b>Bruin Alumni/Open - 5K/1M @8:00am</b> Shoaff Park, Fort Wayne, IN <i>Contact:</i> Barrie Peterson, 260-637-5717 <i>Info/Fees:</i> No Pre-registration, race day only: \$10 FWTC; \$15 Non-Members; \$5 Alumni & HS or younger <i>Email:</i> <a href="mailto:barrie@myvine.com">barrie@myvine.com</a>
Jul 16, 2005 July 16th-17th	R	<b>Hoosier 200 Relay - 200 miles</b> Evansville IN to Bloomington IN, <i>Contact:</i> Jamie & Jason Feagans, 812-824-6728 <i>Info/Fees:</i> Teams will consist of up to 12 runners with 2-6 runner teams considered <i>Email:</i> <a href="mailto:jasonfeagans@yahoo.com">jasonfeagans@yahoo.com</a> <i>Web site:</i> <a href="http://www.hoosier200.com">http://www.hoosier200.com</a>
Jul 20, 2005 Wed 6:15pm	R	<b>Twilight Cross Country Series - 3K for Jr High and Under, 5K open</b> Noblesville Cross Country Complex, Noblesville, IN <i>Contact:</i> 317-844-1558 <i>Info/Fees:</i> \$5, proceeds to the Noblesville High School Cross Country program <i>Email:</i> <a href="mailto:TwilightCC@runnersforum.com">TwilightCC@runnersforum.com</a> <i>Web site:</i> <a href="http://www.runnersforum.com">http://www.runnersforum.com</a>
Jul 22, 2005 7 pm Fri	R	<b>Cromwell Days - 5K &amp; 1M (6:30pm)</b> Town Park, Cromwell, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier, IN 46767, 260-894-4638 <i>Info/Fees:</i> \$10-Pre, \$12-Race Day
Jul 23, 2005 7:30am(10K) & 8:30am(5K) Sat	L	<b>Matthew 25 Health &amp; Dental Clinic - 10K, 5K &amp; Pee-Wee Run</b> Foster Park, Fort Wayne, IN <i>Contact:</i> Nancy, 260-426-4124 <i>Info/Fees:</i> \$15-Pre, \$20 - Race Day, \$45 max per family <i>Email:</i> <a href="mailto:rschenkel@matthew25online.org">rschenkel@matthew25online.org</a> <i>Web site:</i> <a href="http://www.matthew25online.org">http://www.matthew25online.org</a>
Jul 26-31, 2005		<b>USATF NATIONAL JUNIOR OLYMPIC TRACK &amp; FIELD</b> IUPUI - MICHAEL CARROLL TRACK, INDPLS, IN
Jul 27, 2005 Wed 6:15pm		<b>Twilight Cross Country Series - 3K for Jr High and Under, 5K open</b> Noblesville Cross Country Complex, Noblesville, IN <i>Contact:</i> 317-844-1558 <i>Info/Fees:</i> \$5, proceeds to the Noblesville High School Cross Country program <i>Email:</i> <a href="mailto:TwilightCC@runnersforum.com">TwilightCC@runnersforum.com</a> <i>Web site:</i> <a href="http://www.runnersforum.com">http://www.runnersforum.com</a>
Jul 30, 2005 8:15am Sat	R	<b>31th Annual First Bank of Berne Swiss Days - 5K</b> Downtown, Berne, IN <i>Contact:</i> 260-589-2151 <i>Info/Fees:</i> \$12-Pre, \$15 Race Day
Jul 30, 2005 8:30am (4K), 9:15am (5k)	R	<b>Huntington Cross Country Open - 4K &amp; 5K Run</b> Huntington College, Huntington, IN <i>Contact:</i> Craig Eckert, <i>Info/Fees:</i> \$5 -Pre @ THREE RIVERS RUNNING COMPANY, 7/27; Race Day 7am @Huntington College Gymnasium, Award provided by Mizuno& Asics <i>Email:</i> <a href="mailto:huntingtonopen@yahoo.com">huntingtonopen@yahoo.com</a>
Jul 30, 2005 9am Sat	R	<b>STEVE'S RUN – 10K &amp; 5K Race 5K Competitive Walk &amp; 1K Fun Run</b> Dowagiac, Dowagiac, MI <i>Contact:</i> Ron Gunn, Southwestern Michigan , 58900 Cherry Grove Rd, Dowagiac, MI 49047, <i>Email:</i> <a href="mailto:rgunn@swmich.edu">rgunn@swmich.edu</a>
Jul 30, 2005 Sat	R	<b>DINO Adventure Triathlon - 0.5 mile swim, 10 Mile bike, 4 mile Run</b> Logansport, IN <i>Email:</i> <a href="mailto:Brian@DINOseries.com">Brian@DINOseries.com</a> <i>Web site:</i> <a href="http://www.DINOserie.com">http://www.DINOserie.com</a>
Jul 30, 2005	R	<b>Paul Otis Goble Run &amp; Walk - 8K Run &amp; Walk</b> Morristown, IN <i>Web site:</i> <a href="http://www.kenlongassoc.com">http://www.kenlongassoc.com</a>
Aug 6, 2005	LP	<b>Harlan Days 10K Race - 6.2 miles</b>

7am Sat		Harlan Park, Harlan, IN <i>Contact: Thomas Bunner, D.D.S., PO Box 255, Harlan, IN 46743, 260-657-5197</i>
Aug 6, 2005 8am Sat	L	<b>Summit City Triathlon or Duathlon - Tri-1.5K,40K,10K &amp; Dua-5K,40K,5K</b> Hursttown Reservoir, Spencerville2, IN <i>Contact: Geoff Wiadecki, 260-456-2904</i> <i>Info/Fees: \$45-Individual, \$72 – Teams Web site: <a href="http://www.3rvs.com">http://www.3rvs.com</a></i>
Aug 06, 2005 8am Sat	R	<b>Ashley-Hudson Festival 5K Classic - 5K Run/Walk</b> Hudson, IN, <i>Contact: Tatsy Hayes, PO Box 97, Hudson, IN 46747, 260-587-9500</i>
Aug 06, 2005	R	<b>2nd Annual Run for the Son - 5K Run &amp; Walk</b> LaFontaine, IN <i>Contact: Connie Gamble, 175 N Miami Rd Fs Est, 765-384-7109</i> <i>Info/Fees: \$15, benefits CASA of Grant County Email: <a href="mailto:CGamble@chsmail.org">CGamble@chsmail.org</a></i>
Aug 11, 2005 5:30am Sat	R	<b>Three Rivers Strollers Volksmarch</b> Riverdale Elementary School, St Joe, IN <i>Contact: 260-432-4253 or 260-238-4221</i>
Aug 13, 2005 7am Sat	R	<b>Howl at the Moon 8 Hour Run &amp; Walk - 3.29 mile loop</b> Kennekuk Cove County Park, Danville, IL <i>Contact: Marc Reddy, PO Box 1701, Danville, IL 61834, 217-431-4243</i> <i>Info/Fees: A perfect event for your first ultra. Post-race party w/food, drink, &amp; music</i> <i>Email: <a href="mailto:krr@kennekuk.com">krr@kennekuk.com</a> Web site: <a href="http://www.kennekuk.com">http://www.kennekuk.com</a></i>
Aug 13, 2005 7pm Sat	R	<b>Gator Gallop - 5K</b> St Aloysius Church, Yoder, IN <i>Contact: Chad Ware, 1121 Cottage Ave, Fort Wayne, IN, 46807, 260-744-0290</i> <i>Info/Fees: \$9-Pre, \$12-Race Day, Family Rate-\$25</i> <i>Email: <a href="mailto:Gatorgallop@juno.com">Gatorgallop@juno.com</a></i>
Aug 13, 2005 8 am Sat	R	<b>Healthy Traditions Fun Run/Walk - 5K</b> Morsches Park, just south of US 30 on Indiana 205, Columbia City, IN <i>Contact: Dani Tippmann, 130 E 400 S, Columbia City, IN 46725, (260) 244-7843</i> <i>Info/Fees: 10th Annual Mihsihkinaahkwa Powwow;</i> <i>Email: <a href="mailto:ramblingrosetipp@yahoo.com">ramblingrosetipp@yahoo.com</a></i> <i>Web site: <a href="http://www.miamipowwow.com/text/entry.pdf">http://www.miamipowwow.com/text/entry.pdf</a></i>
Aug 13, 2005 8am Sat	R	<b>FunFest 5K - 5K &amp; 1 mile Fun Run (Elementary Invitation)</b> Warvel Park (9th & Market St) 1M @ 8am & 5K @8:30am, North Manchester, IN <i>Contact: Kevin Lochner, 10514 N Ogden Rd, N Manchester, IN 46962, 260-982-6105</i> <i>Info/Fees: \$10-pre, \$12-race day Email: <a href="mailto:klochner@mchsi.com">klochner@mchsi.com</a></i>
Aug 20, 2005 9am Sat	R	<b>D.IN.O. Trail Run Series - 5K or 15K</b> Doin't Outdoor, Richmond, IN <i>Contact: Brian Holzhausen, 317-308-6449</i> <i>Email: <a href="mailto:Brian@DINOseries">Brian@DINOseries</a> Web site: <a href="http://www.DINOseries">http://www.DINOseries</a></i>
Aug 27, 2005 4:05pm Sat	R	<b>City Walk &amp; Health/Fitness Expo- 10K Run, 5 Walk, 1 Mile Run</b> New Haven High School, New Haven, IN <i>Contact: Kerri Zurbuch MA, ACSM, PO Box 184, New Haven IN 46774-0184, 260-433-0024</i> <i>Info/Fees: All events \$15, \$55 - family; after 8/12, \$25, \$65- family</i> <i>Email: <a href="mailto:kerri.zurbuch@verizon.net">kerri.zurbuch@verizon.net</a> Web site: <a href="http://www.city-walk.org">http://www.city-walk.org</a></i>

## 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: \_\_\_\_\_

# Fort Wayne Track Club Means Volunteers!

The Fort Wayne Track Club is run by volunteers. You can help! Please indicate your area(s) of interest and get involved today!



Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Board Member

Race Director

Assistant Race Director

Races

Finish Line

Course Setup

Timing

Aid Stations

Applications

Transportation

Advertising/Promotions

Results

Equipment Coordinator

Timing equipment, finish line, course markers

Newsletter

Production, Editing, Graphics, Articles, Photos, Advertising

Website

Maintenance, Graphics, Articles, Photos, Email, Advertising

Membership

FWTC Banquet

Advertising/Promotions (race sponsors, flyers)

Anywhere

Other: \_\_\_\_\_

Show your support for your Fort Wayne Track Club

Mail this form to Fort Wayne Track Club P.O. Box 11703  
Fort Wayne, IN 46860-1703

Or contact any board member!

2005

# Fort Wayne Track Club Officers and Board Members



### Officers

**President:** Mike Fruchey 627-5147 [frucheym@ipfw.edu](mailto:frucheym@ipfw.edu)  
**Vice President:** Barrie Peterson 637-5717 [barrie@myvine.com](mailto:barrie@myvine.com)  
**Treasurer:** Don Lindley 432-5998 [lindleyd@infionline.net](mailto:lindleyd@infionline.net)  
**Secretary:** Ann Mize 672-3783 [anna.mize@att.net](mailto:anna.mize@att.net)

### FWTC Board Members

Tammy Behrens 625-3830 [behrens@infionline.net](mailto:behrens@infionline.net)  
 Bill Harris 657-5012 [bharr2000@aol.com](mailto:bharr2000@aol.com)  
 Stephen Hilker 434-1119 [smhilker@verizon.net](mailto:smhilker@verizon.net)  
 James P. Jones 745-9724 [senojpj@skynet.net](mailto:senojpj@skynet.net)  
 Mac McAvoy 260-824-5158 [clanmac@adamswells.com](mailto:clanmac@adamswells.com)  
 Bill Sohaski 749-5081 [sohaski@aol.com](mailto:sohaski@aol.com)  
 Phil Suelzer 486-1745 [tri\\_kerl@yahoo.com](mailto:tri_kerl@yahoo.com)  
 Judy Tillapaugh 456-3277 [tillapau@ipfw.edu](mailto:tillapau@ipfw.edu)  
 Judy White 672-1470 [whitejudy2@aol.com](mailto:whitejudy2@aol.com)

### FWTC Coordinators

**Marketing & Promotion Coordinator**  
 Amy Stephan 471-3107 [amy\\_stephan@hotmail.com](mailto:amy_stephan@hotmail.com)

**Point Race Coordinator**  
 Tom Landis 693-3526 LTG541TL@msn.com

**Membership Coordinator**  
 Don Lindley 432-5998 [lindleyd@infionline.net](mailto:lindleyd@infionline.net)

**Equipment Coordinators**  
 JP Jones 745-7339 [senojpj@skynet.net](mailto:senojpj@skynet.net)  
 Don Lindley 432-5998 [lindleyd@infionline.net](mailto:lindleyd@infionline.net)

**Newsletter**  
 Chuck Zumbrun 693-0527 [newsletter@fwtc.org](mailto:newsletter@fwtc.org)

**Website**  
 Anthony Juliano 436-7267 [ajjuliano@gmail.com](mailto:ajjuliano@gmail.com)

**Race Directors Coordinator**  
 Steve Hilker 434-1119 [shilker@verizon.net](mailto:shilker@verizon.net)

**Youth Coordinator**  
 Phil Suelzer 486-1745 [tri\\_keri@yahoo.com](mailto:tri_keri@yahoo.com)

### FWTC Board Member Meeting Dates

7:00 PM Wednesday June 8, 2005  
 7:00 PM Wednesday July 13, 2005  
 7:00 PM Wednesday August 10, 2005  
 7:00 PM Wednesday September 14, 2005  
 7:00 PM Wednesday October 12, 2005  
 7:00 PM Wednesday November 9, 2005  
 7:00 PM Wednesday December 14, 2005

### Membership Dues

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

### 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



FWTC NEWSLETTER  
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