

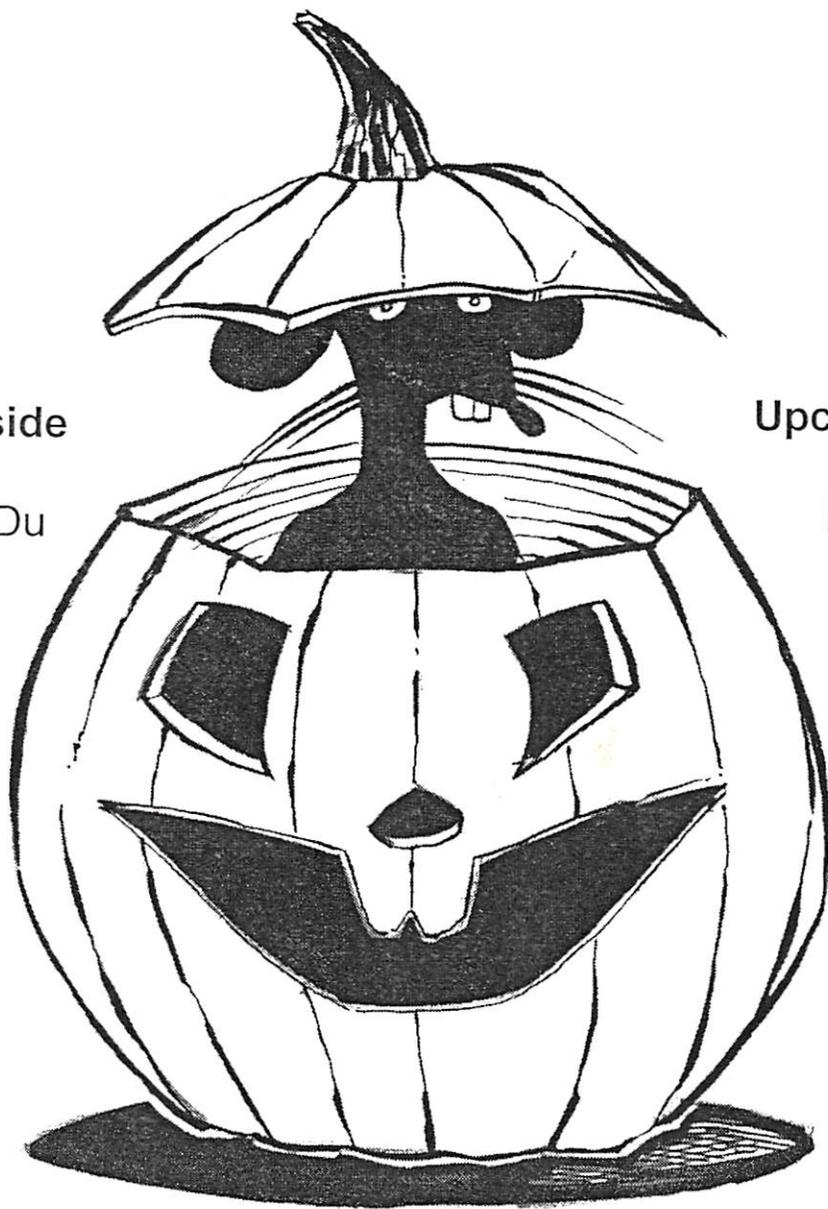


# The Inside Track

A Publication of the Fort Wayne Track Club



## The Rat Is Back...



### Race Results Inside

Kernal Klassic  
Summit City Tri/Du  
Harlan Days  
Strides of Hope  
Parlor City

### Upcoming Events

Canterbury 5K  
River City Rat Race  
Turkey Trot  
Just Plain 10K  
*See the Race  
Calendar Inside For  
More Details*

The River City Rat Race makes its fall debut October 29!

October & November  
2005

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

2005

# Fort Wayne Track Club Officers and Board Members



### Officers

<b>President:</b>	Mike Fruchey	627-5147	frucheym@ipfw.edu
<b>Vice President:</b>	Barrie Peterson	637-5717	barrie@myvine.com
<b>Treasurer:</b>	Don Lindley	432-5998	lindleyd@infionline.net
<b>Secretary:</b>	Ann Mize	672-3783	anna.mize@att.net

### FWTC Board Members

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

### FWTC Coordinators

**Marketing & Promotion Coordinator**  
Amy Stephan 471-3107 amy\_stephan@hotmail.com

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

**Membership Coordinator**  
Don Lindley 432-5998 lindleyd@infionline.net

**Equipment Coordinators**  
JP Jones 745-7339 senojpj@skynet.net  
Don Lindley 432-5998 lindleyd@infionline.net

**Newsletter**  
Chuck Zumbrun 693-0527 newsletter@fwtc.org

**Website**  
Anthony Juliano 436-7267 ajjuliano@gmail.com

**Race Directors Coordinator**  
Steve Hilker 434-1119 shilker@verizon.net

**Youth Coordinator**  
Phil Suelzer 486-1745 tri\_keri@yahoo.com

### FWTC Board Member Meeting Dates for 2005

7:00 PM Wednesday October 12, 2005  
7:00 PM Wednesday November 9, 2005  
7:00 PM Wednesday December 14, 2005

All FWTC members are welcome to attend. Meetings are held in the Royal Dons room in the Gates Sports Center at IPFW.

### 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

### Volunteer!

Volunteers are who keep the Fort Wayne Track running. Contact any board member or see the form later in this newsletter to help with your track club!

# FORT WAYNE TRACK CLUB

## 5 KM TURKEY TROT

Saturday, November 19, 2005 11:00 am

To Benefit Fox Island County Park Nature Center

Distance: 15,000 cm Turkey Toddlers 10:45 am, 5K Trail Run 11:00 am

Course: Scenic Flat Trails

### FORT WAYNE TRACK CLUB POINTS RACE

Awards: Top Overall Male & Female and Master Male & Female

Didier Award for 1st Place High School Male & Female runners.

12 Age Divisions: 1st Place Male & Female

Information: Don Lindley (260)436-2234 or lindleyd@infionline.com

Please complete form and mail with correct entry fee to:

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

Make Checks Payable To: **Fort Wayne Track Club**

No Refund or Transfer

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Tele. No. \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
(race day)

E-Mail Address \_\_\_\_\_

Entry Fees: Pre-Registration

\$5.00 FWTC Member

\$7.00 Non-Members

Free - 15,000 cm for boys and girls, 10 years & Under

Race Day Registration

\$8.00 FWTC Member

\$10.00 Non-Members

Race Timing: Timing will be done by the FWTC using the AMB it. Participants must wear the transponder to be timed. Transponders issued on race day must be returned immediately after finishing. Failure to return a transponder will result in a \$86 fee.

#### Liability Waiver:

I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For the safety I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and re-lease the Fort Wayne Track Club, Allen County Park and Recreation, RRCA and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents Signature if under 18 yrs \_\_\_\_\_ Date \_\_\_\_\_

**FORT WAYNE TRACK CLUB**



**JUST PLAIN 10K RUN & 3.3 K WALK**

**Foster Park, south end of Hartman Road  
Fort Wayne, Indiana**

*Saturday, December 3, 2005 2:00 p.m.*

***FORT WAYNE TRACK CLUB POINTS RACE***

No Awards: No Aid Stations: No Toilet Facilities  
Low Key Race – Come prepared to run  
Course description: paved bike path around golf course

Information: J.P. Jones 260-745-9724 E-Mail: [senojpj@skyyenet.net](mailto:senojpj@skyyenet.net)



Please complete form and mail to:  
FWTC, PO Box 11703, Fort Wayne, IN 46860-1703



No entry fee – Bring Gift wrapped T-shirt/s with size marked on outside  
T-shirts donated to needy children  
Refreshments after the race

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Tele. No. \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
(race day)

E-Mail Address \_\_\_\_\_

**Liability Waiver:**

I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For the safety I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Fort Wayne Track Club, Fort Wayne Parks and Recreation, RRCA and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents Signature if under 18 yrs \_\_\_\_\_ Date \_\_\_\_\_

# **FWTC Board Minutes**

## **July 13, 2005**

Members present: President Mike Fruchey, Vice President Barrie Peterson, Treasurer Don Lindley, Secretary Ann Mize, Tom Landis, Mac Mc Avoy, Bill Harris, J.P. Jones, Tammy Behrens, Mitch Harper and Guest Steve West.

The July Board meeting was called to order at 7:00 P.M. by President Mike. Don Lindley gave an opening prayer.

The June minutes were approved by a motion from Bill Harris and a second from Barrie Peterson.

Don Lindley gave a detailed quarterly treasurers report and a brief membership report.

### **Old Business:**

Barrie Peterson gave a brief recap on High School Track events. He said the local youth have done a great job, with some still competing in and hoping to do well in National events.

Mac McAvoy, Race Director for the Zoo Run said their were 280 finishers. He also reported 721 finishers ran the Runners on Parade race. Mac hopes to draw 800 runners next year. There was a discussion on how to improve registration and the entry form for next years race.

### **New Business:**

J.P. Jones introduced Steve West, a new FWTC member. He came to the board meeting hoping for some information on how to put on a running event. He is interested in a 5k or 10k run to benefit the Isaacs Walton League. Last year some of the board developed an outline on how to put on a walk/ run event. Tammy Behrens gave Mr. West a copy to help get him started.

Mac McAvoy mentioned the FWTC website is not easy to access. He suggested having our own FWTC 6 or 8 races on thumb nail icons that you could easily access. The Board agreed that Race Directors would need to get race information to Anthony Juliano in a more timely manner.

President Mike received an E-mail from a Race Director that had not be notified about his race being deleted from the FWTC points races. We all agreed that previous Race Directors should be told if the FWTC does not pick their run as part of the points races.

Dawn Ritchie sent new River Greenway maps.

Don Lindley asked for volunteers for the Hope Alive Run on 9/24.

The next officers meeting will be at 3:00 P.M. July 31, 2005. The next Board meeting will be August 10, 2005 at 7:00 P.M. @ IPFW Hilliard Gates Sports Center, Royal Dons Room.

Meeting was adjourned at 8:15 P.M. by a motion by Barrie and a second by J.P. Jones.

# **FWTC Board Minutes**

## **August 10, 2005**

Members present; Mike Fuchey, Barrie Peterson, Stephen Hilker, Bill Harris, Judy Tillapaugh, Kenneth Mowan, Michael McAvoy, Judy White, Phil Suelzer, Bill Sohaski, Don Lindley, and Tom Landis.

Excused: Tammy Behrens and Ann Mize

President Mike Fruchey called the August meeting to order at 7:02 p.m. Don Lindley opened with a brief prayer.

Barrie Peterson presented the July minutes (as Secretary Ann Mize was unable to attend). Mac McAvoy amended the minutes by alerting us to the fact that he was not criticizing the difficulty of accessing our FWTC Website, but that it was a bit difficult to access club-sponsored races. The minutes were then approved, as amended.

Don Lindley gave a brief treasurer's report and membership update. Bill Sohaski suggested paying additional monies toward our chip payment. Bill Harris moved that the club pay \$5,000 (\$3,000 of which comes from Dr. O'Shaughnessey's generous gift and the other \$2,000 from our checking account). This motion was seconded by Bill Sohaski and passed unanimously.

Phil Suelzer gave a report on the Sunburst Race experience, which was enjoyed by three FWTC members and two visitors from Germany. All had a great experience! Phil also mentioned that in August of 2007 there would be a marathon in Gere, Germany, which we ought to consider attending. He was hoping we might be able to send two 4-person teams to this event.

Barrie Peterson gave a summary of the local athletes' experience at the Bix-7 Road Race in Davenport, Iowa: and Don Lindley reported on the clubs involvement in Steve's Run in Dowagiac, Michigan. Both are super races that club members should consider in the future.

In reference to the minutes concerning difficulty in accessing club-sponsored races on our website, Mac mentioned that this is being rectified.

## FWTC Board Minutes (continued)

Barrie mentioned that Amy Stephans would be vacating the post of Marketing Director. After he read the duties involved, it was suggested that this information be posted on our website and printed in our next newsletter. Barrie mentioned what a great job Amy had done, and that we would like a replacement ASAP.

President Mike then reported on the Kids Marathon (now in progress). Several were aware of this activity, and it was agreed that we should support it as a club.

Don Lindley mentioned that we should try to send representatives to the RRCA Convention next year.

Steve Hilker brought us up to date on the plans for the River City Rat Race. This sounds like it is going to be a great race! It will take place on Saturday, October 29.

The meeting was adjourned at approximately 8:05 p.m. with the reminder of the Officer's meeting on Sunday, August 28, and the next Board Meeting on Wednesday, September 14.

# PR Training

## Indianapolis Mini-Marathon

### Prepare to run or walk the 2006 Indianapolis Mini-Marathon (13.1 miles) on May 6<sup>th</sup> with Tammy Behrens of PR Training.

- \*Set a goal for yourself to run/walk your PR -Personal Record.
- \*Classes begin in February, and are open to all levels. Beginner walkers and runners find as much enjoyment and success as the more advanced runner or walker.
- \*Attend 14 weeks of classes with two locations to choose from each week. - \$90.00 by Dec. 1<sup>st</sup>, \$100 after Dec. 1<sup>st</sup>, 2005
  - Tuesday AM or Thursday PM
  - weekly group runs/walks on Saturdays
- \*Receive training schedules, weekly training topics, guest speakers, training shirt, and motivation.
- \*Run/Walk the race to raise money for Youth for Christ and receive a class discount.
- \*The race is projected to fill to additional entries by the **beginning of December**. Visit [www.500festival.com](http://www.500festival.com) in order to get entered.

For more information or for a detailed class brochure email Tammy Behrens at [prtraining@comcast.net](mailto:prtraining@comcast.net), or call 625-3830. *Tammy is also available for individual coaching of races ranging from a 5k (3.1 miles) to the marathon distance (26.2 miles). Fees vary based on length of training and amount of coaching contact.*

*"Encouraging and educating both runners and walkers to reach their goals."*



## **Pound Promotion**

### **By Judy Tillapaugh, RD**

#### **Question:**

I am about 8- 10 pounds underweight. It is making it very hard to feel strong while doing workouts and competing. How do I gain weight? Anonymous

#### **Answer:**

A healthy body weight and body fat can promote productive workouts and success at races. Being underweight and having less than optimal upper, core, and lower body muscles can limit the body's ability to perform at its best. I would recommend first that you meet with a certified fitness specialist for a fitness assessment and to set realistic goals for a weight range, body mass index, and percent body fat. Then design a plan for gradual weight gain. Know that you primarily want to gain muscle weight. One pound of weight is about 3500 calories so it is impossible to gain weight fast. Any fast gain is typically fluid retention. Think about following a fitness and activity plan that will promote about a one pound gain per week.

Three parts to adding muscle to bones:

1. **Strength training plan.** To stimulate muscle cell growth
2. **Positive energy balance.** Add 500 to 1000 calories daily above weight maintenance needs. 500 extra calories x 7 days can promote 1 pound of weight gain a week.
3. **High carbohydrate, moderate protein nutrition plan.** Have 3 meals plus 2 to 4 high calorie nutritious snacks daily. Eat a variety of wholesome foods from all major food groups.

#### **Strategies for an extra 500 calories:**

- \*\* milkshake or smoothie
- \*\* 1/3 cup raisins and 1/3 cup nuts
- \*\* 3 Tbsp. oil or mayonnaise plus 4 Tbsp. honey, jam, or syrup
- \*\* peanut butter and jelly sandwich and glass of milk

Here is a weight gain nutrition plan for a 150 pound person needing 3000- 3500 calories with 110 - 120 gms protein per day:

#### **Sample High Calorie Menu (3000 - 3500 calories):**

##### **Breakfast:**

- 1 cup milk or yogurt
- 2- 3 cups cereal or 4 slices toast or big bagel
- banana or 1 cup juice
- 1 tbsp. margarine or peanut butter

##### **Lunch:**

- 1 cup milk or yogurt or soy milk
- sandwich with 3 ounces meat, poultry, or fish
- 1 ½ ounces pretzels or baked chips
- salad or raw vegetables
- fresh or canned fruit or juice
- 1 tbsp mayonnaise or 2 tbsp salad dressing

##### **Dinner:**

- 1 cup milk or yogurt or soy milk
- 3 to 4 ounces meat, poultry, fish, or veggie burger
- 2 cups pasta or rice or potato and dinner roll
- salad or cooked vegetables
- fresh or canned fruit
- 1 -2 tbsp soft margarine or salad dressing

##### **Snack # 1**

- 1-2 cups juice
- energy bar or 5 fruit newtons

##### **Snack #2**

- 2 cups sports drink
- 1 cup pudding or ice cream
- fresh or dried fruit

##### **Snack #3**

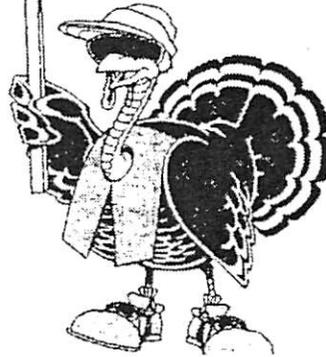
- 2 cups sports drink
- 1 oz. cheese or peanut butter
- 12 crackers or bagel

Note this is just a sample day. You can vary the menu by choosing and using foods you like. Plan more meals and snacks! As we think so we eat!  
Best Wishes!!

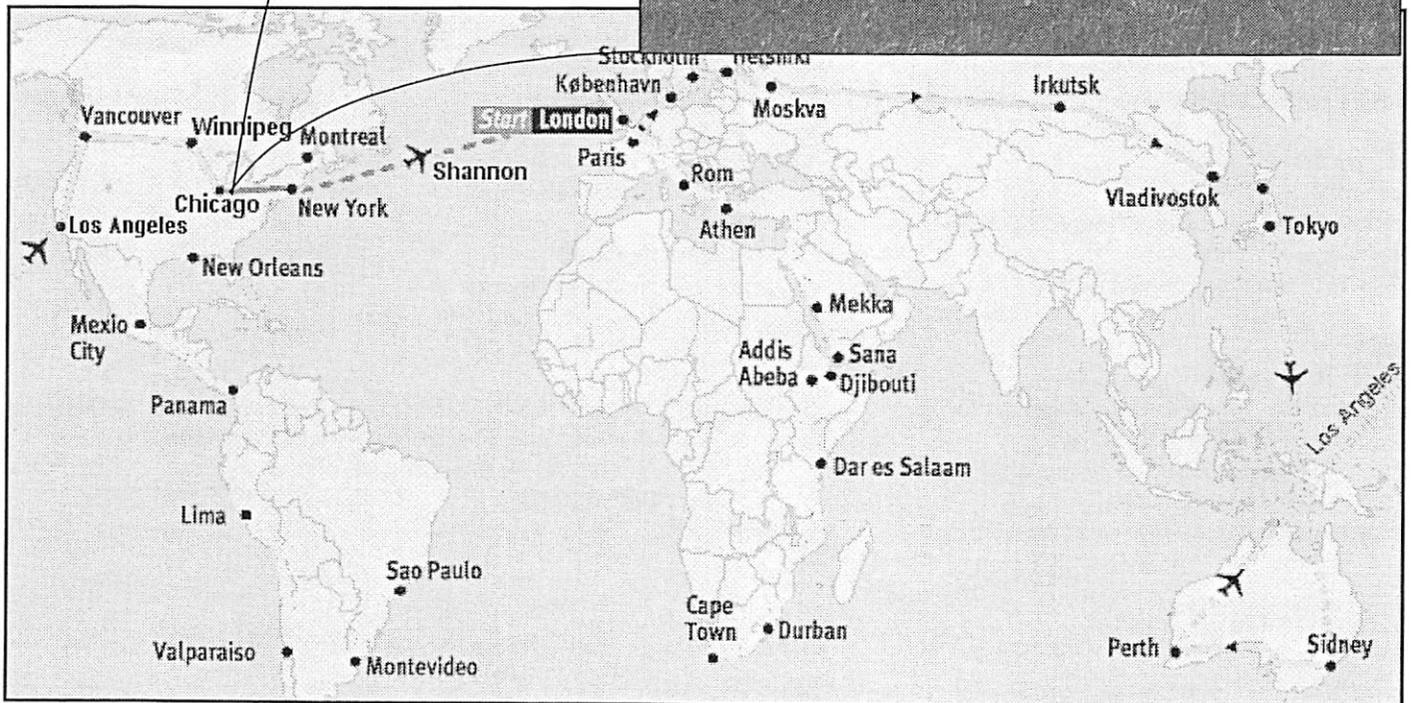
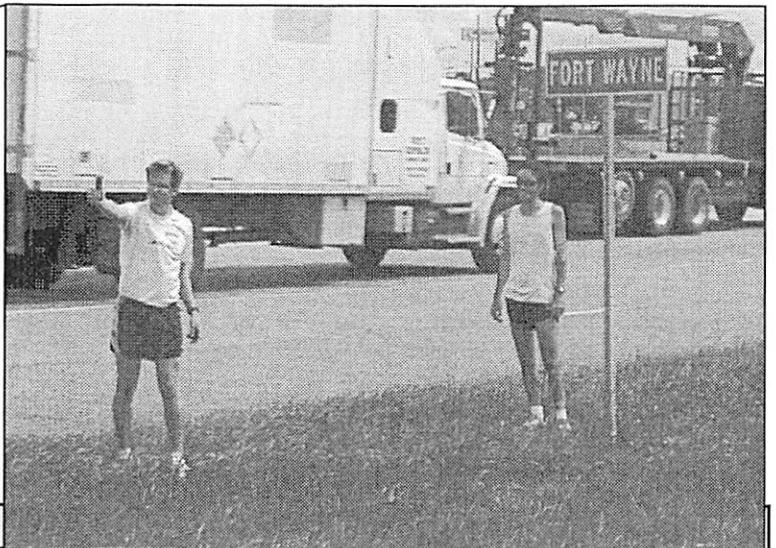
# Mazock's 29th Thanksgiving Day Fun Run

November 24, 2005

Approximately a 6 mile run.  
2828 Emerald Lake Drive,  
Fort Wayne, Indiana.  
No awards/no splits/ just old coffee  
and stale doughnuts.  
Jerry Mazock (260)-432-4755.  
8:00 AM.  
Emerald Lake subdivision is 1.6 miles  
west of I-69 on Covington Road.  
We turn our Christmas Lights on at  
7:00 PM Thanksgiving night.



Round-the-world  
runner Jesper Olsen  
with Casey Shafer at  
the Fort Wayne city  
limits on August 22.  
*Photo courtesy of  
Mitch Harper.*





# 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)



## Happy Birthday!



10/16	Tom	Felger
10/16	Linda	Ianucille
10/18	Mark	Brattoli
10/18	Bob	Bruckner
10/19	Ron	Sharp
10/20	Victoria	Downs
10/21	Charles	Schreiber
10/21	Paul	Wollam
10/22	Eric	Edmiston
10/22	Leigh Ann	Mann
10/22	Andrew	Piropato
10/22	Verton L	Troyer
10/23	Chris	Croy
10/23	Danny	White
10/25	William R	Clark Jr
10/26	C Wayne	Unsell
10/28	Chuck	Brown
10/28	Samuel	Eby
10/29	Nick	Bustos
10/29	Rick	Hawks
10/29	Pam	Michel
10/29	Kevin	Pensingner
10/30	George	Minehart
10/30	Jill	Yost
10/31	Chad	Matthaidess
11/1	Jack	Hilker
11/1	Jerry	Hill
11/1	Juanita	Parker
11/2	Joann	Bird
11/3	Jeff	Braman
11/3	Kurt	White
11/4	Joanna	Hill

11/4	Daniel	Leffers
11/5	Dick	Harnly
11/5	Gracie	Hess
11/5	Fred	Stoffel
11/6	Cindy	Megovern
11/6	Jeffrey	Rowe
11/7	Mary	Crane
11/8	Ron	Bonar
11/8	Shawn	Kelley
11/8	Ty	Murphy
11/9	Alan	Bradley
11/11	Renee	Thomas
11/12	Terry	Diller
11/12	Steve	Leffers
11/13	Mary Ann	Atkinson
11/13	Jim	Berghoff
11/13	Linda	Hamilton
11/13	Jenny	Sanders
11/13	David L	Winters
11/14	Timothy	Bussick
11/14	Alex	Snavely
11/15	Debra	Green
11/15	Heather	Green
11/15	Helen	Ryan
11/16	Kalissa	Blanchette
11/16	Michelle	Stephens
11/17	Bernie	Huesing
11/17	Kimberly	Summers
11/18	Todd	Seiman
11/19	Robert	Sennett
11/20	Frank	Hunt
11/20	Dan	Kaufman

11/21	Kylee	Keuneke
11/23	Lynn	Altevogt
11/23	Ben	Cowan
11/23	Paul E	Knott
11/23	Hannah	Weide
11/25	Robert	Gebfert
11/27	Austyn	Pace
11/28	Freeman	Hershberger
11/29	Jennifer	Collins
11/29	Parry	Leavell
11/30	William	Snavely
11/30	Brad A	Thomas
12/1	Buff	Dormeier
12/1	Bob	Michel
12/2	Rich	Runion
12/2	Jim D	Stamper
12/3	Jim	Martin
12/4	Chris	Dunmire
12/4	Eugene	Striggle
12/5	Brad	Altevogt
12/5	Kevin	Truelove
12/6	Diana	Schowe
12/8	Judy	Tillapaugh
12/9	William	Cook
12/9	Curtis	Fabian
12/9	Steven E	Ludwiski
12/9	Doug	Ulmer
12/10	David M	Huffman
12/10	Rich	Stephenson
12/11	Lebogang	Malatse
12/12	Sam	Hadley
12/12	John	Klingenberger

# 19th Annual Weaver Popcorn Kernal Klassic 5K Run August 13, 2005

# 19th Annual Weaver Popcorn Kernal Klassic 5K Run August 13, 2005

Place	Name	City	Age Group	Time	Pace
1	Adam Lenz	Montpelier IN	*** M 15-19	16:11	5:13/M
2	Jack Shrader	Hartford City IN	1 M 15-19	16:26	5:18/M
3	Bj Neidler	Wabash IN	1 M 20-24	16:57	5:28/M
4	Adam Kline	Hartford City IN	2 M 15-19	17:12	5:33/M
5	Justin Clark	Huntington IN	3 M 15-19	17:15	5:34/M
6	Austen Davenport	Andrews IN	4 M 15-19	17:16	5:34/M
7	Kean Coy	Hartford City IN	5 M 15-19	17:39	5:42/M
8	John Schnieders	Decatur IN	*** M 40-44	17:40	5:42/M
9	Jason Osborn	Chesterfield IN	1 M 25-29	17:44	5:43/M
10	Brandon Rucker	Hartford City IN	6 M 15-19	17:50	5:45/M
11	Doug Sundling	Bluffton IN	1 M 50-59	17:53	5:46/M
12	Tim Hughes	Huntington IN	1 M 45-49	18:00	5:48/M
13	Carl Hansen	Auburn IN	2 M 45-49	18:03	5:49/M
14	Mike Slaubaug	Fort Wayne IN	3 M 45-49	18:07	5:51/M
15	Brad Maher	Greentown IN	7 M 15-19	18:16	5:54/M
16	Tyler Atkinson	Hartford City IN	8 M 15-19	18:17	5:54/M
17	Matt Freel	Hartford City IN	9 M 15-19	18:18	5:54/M
18	Kurt Walborn	Fort Wayne IN	1 M 40-44	18:19	5:55/M
19	Bob Huston	Muncie IN	2 M 50-59	18:23	5:56/M
20	Matt Foreman	Fort Wayne IN	2 M 40-44	18:25	5:56/M
21	Ron Gallogly	Decatur IN	3 M 40-44	18:27	5:57/M
22	Brad McCracken	Van Buren IN	2 M 20-24	18:35	6:00/M
23	Bob Knuckles	Huntersville IN	4 M 45-49	18:43	6:02/M
24	Tyler Fett	Hartford City IN	10 M 15-19	18:46	6:03/M
25	Nick Cross	Hartford City IN	3 M 20-24	18:53	6:05/M
26	Wendy Mahlan	Decatur IN	*** F 15-19	18:56	6:06/M
27	Brad Altevogt	Fort Wayne IN	3 M 50-59	19:07	6:10/M
28	Cort Hollett	Fort Wayne IN	5 M 45-49	19:13	6:12/M
29	Craig Eckert	Huntington IN	2 M 25-29	19:24	6:15/M
30	Carl A Risch	Decatur IN	6 M 45-49	19:28	6:17/M
31	Mike Hall	Anderson IN	7 M 45-49	19:30	6:17/M
32	Joe Savina	Fort Wayne IN	1 M 35-39	19:36	6:19/M
33	Mike Shelton	Anderson IN	8 M 45-49	19:44	6:22/M
34	Paul Shaffer	Decatur IN	9 M 45-49	19:55	6:25/M
35	Mark Volk	Anderson IN	10 M 45-49	20:06	6:29/M
36	Anthony Juliano	Fort Wayne IN	2 M 35-39	20:17	6:33/M
37	Chuck Brown	Bluffton IN	11 M 45-49	20:18	6:33/M
38	Trevor Hughes	Huntington IN	11 M 15-19	20:48	6:43/M
39	James McKinnon	Waterloo IN	12 M 45-49	20:51	6:44/M
40	Jeff Brown	Indianapolis IN	13 M 45-49	21:00	6:46/M
41	Dylan Dale	Anderson IN	1 M 0-14	21:02	6:47/M
42	Isaac Maddox	Montpelier IN	2 M 0-14	21:04	6:48/M
43	Mark Waldron	Wawaka IN	14 M 45-49	21:10	6:50/M
44	Bob Bruckner	Fort Wayne IN	4 M 50-59	21:12	6:50/M
45	Emily Conrad	Decatur IN	1 F 15-19	21:18	6:52/M
46	Larry Emmons	Marion IN	15 M 45-49	21:24	6:54/M
47	Dalton Morrison	Alexandria IN	3 M 0-14	21:25	6:55/M
48	Steve Smith	Fairmount IN	5 M 50-59	21:27	6:55/M
49	Garrett Davenport	Andrews IN	4 M 40-44	21:44	7:01/M
50	Mark Brattoli	Fort Wayne IN	16 M 45-49	21:48	7:02/M
51	Jill Wesco	Warren IN	1 F 25-29	21:54	7:04/M
52	Kerry Blanchette	Fort Wayne IN	6 M 50-59	21:56	7:05/M
53	Hidi Huston	Gas City IN	2 F 25-29	22:08	7:08/M
54	Tim Taylor	Marion IN	1 M 30-34	22:12	7:10/M
55	Denise Conrad	Decatur IN	*** F 40-44	22:17	7:11/M
56	Joe Ziegler	New Haven IN	1 M 60-69	22:23	7:13/M
57	Michael Dale	Anderson IN	3 M 35-39	22:27	7:15/M
58	Ray Casiano	New Haven IN	2 M 60-69	22:35	7:17/M
59	Kayla Kline	Hartford City IN	2 F 15-19	22:37	7:18/M
60	Frank Tuckerman	Pendleton IN	3 M 60-69	22:43	7:20/M
61	Cheryl Pulver	Fort Wayne IN	1 F 35-39	22:56	7:24/M
62	Linda Anderson	Fort Wayne IN	1 F 40-44	22:58	7:25/M
63	Rich Earnest	Marion IN	2 M 30-34	23:11	7:29/M
64	Eva Miller	Keystone IN	3 F 15-19	23:18	7:31/M
65	Chris Coy	Hartford City IN	7 M 50-59	23:20	7:32/M
66	Kirsi Steiner	Yorktown IN	2 F 35-39	23:23	7:33/M
67	Sheryle Braaten	Hoagland IN	1 F 45-49	23:29	7:35/M
68	Brian Rayl	Anderson IN	5 M 40-44	23:44	7:39/M
69	Logan Rayl	Anderson IN	4 M 0-14	23:45	7:40/M
70	William Surbaugh	Anderson IN	4 M 60-69	23:53	7:42/M
71	Michael Clendennen	New Haven IN	8 M 50-59	23:55	7:43/M
72	Wally Post	Anderson IN	9 M 50-59	24:02	7:45/M
73	Jenny Hogston	Fort Wayne IN	3 F 35-39	24:04	7:46/M
74	Korinna Pearson	Huntington IN	4 F 35-39	24:15	7:49/M
75	Jim Woodruff	Brookston IN	5 M 60-69	24:16	7:50/M
76	Bill Ryan	Fort Wayne IN	17 M 45-49	24:17	7:50/M
77	Mike Lewis	Huntington IN	6 M 40-44	24:18	7:50/M
78	Tamara Marano	Fort Wayne IN	5 F 35-39	24:21	7:51/M
79	Polly Grismore	Fort Wayne IN	1 F 30-34	24:25	7:53/M
80	John McPherson	Jonesboro IN	6 M 60-69	24:31	7:55/M
81	Dale Miller	Keystone IN	18 M 45-49	24:34	7:55/M
82	David Wittbrodt	Bluffton IN	7 M 40-44	24:41	7:58/M
83	Ashley Dale	Anderson IN	1 F 0-14	24:50	8:01/M
84	Ihristen Bedwell	Bluffton IN	4 F 15-19	24:57	8:03/M
85	Eugene Stafford	Hartford City IN	7 M 60-69	25:03	8:05/M
86	Kolby Coy	Hartford City IN	5 F 15-19	25:04	8:05/M
87	Casey Ryan	Fort Wayne IN	5 M 0-14	25:06	8:06/M
88	Allie Browning	Anderson IN	2 F 0-14	25:07	8:06/M
89	Casey Loshe	Decatur IN	6 F 15-19	25:08	8:06/M
90	Denise Lehman	Decatur IN	7 F 15-19	25:09	8:07/M
91	Lorraine Brattoli	Fort Wayne IN	2 F 40-44	25:15	8:09/M
92	Emily Pinkerton	Liberty Center 1	3 F 0-14	25:33	8:15/M
93	Jeff Steinberg	Fort Wayne IN	8 M 40-44	25:35	8:15/M

Place	Name	City	Age Group	Time	Pace
94	Amber Detro	Montpelier IN	8 F 15-19	25:39	8:16/M
95	Abigail Lenz	Montpelier IN	9 F 15-19	25:42	8:17/M
96	Kyan Harris	Bluffton IN	3 F 25-29	25:50	8:20/M
97	John David McPherson	Fort Wayne IN	10 M 50-59	25:57	8:22/M
98	Andrew Smith	Fairmount IN	4 M 20-24	26:12	8:27/M
99	Isaac Miller	Anderson IN	6 M 0-14	26:22	8:30/M
100	Terry Stowell	Fishers IN	11 M 50-59	26:39	8:36/M
101	Neal Friesen	Upland IN	5 M 20-24	26:44	8:37/M
102	Joel Roush	Marion IN	3 M 30-34	26:45	8:38/M
103	Jack Hendricks	Anderson IN	8 M 60-69	27:11	8:46/M
104	Myron Meyer	North Fort Myers	1 M 75-99	27:31	8:53/M
105	Colleen Warren	Marion IN	2 F 45-49	27:37	8:55/M
106	Kelsey Warren	Marion IN	10 F 15-19	27:38	8:55/M
107	Amanda Vergara	Decatur IN	11 F 15-19	27:39	8:55/M
108	Steve Edmiston	New Haven IN	19 M 45-49	27:47	8:58/M
109	Gene Chandler	Anderson IN	1 M 70-74	27:48	8:58/M
110	Erik Spencer	Anderson IN	7 M 0-14	27:55	9:00/M
111	Bud Stiffler	Anderson IN	9 M 60-69	28:04	9:03/M
112	Anita Lehman	Decatur IN	6 F 35-39	28:13	9:06/M
113	Steve Ulrich	Noblesville IN	12 M 50-59	28:29	9:11/M
114	David E Boylan	Fort Wayne IN	10 M 60-69	28:31	9:12/M
115	Blair Said	Sweetser IN	8 M 0-14	28:44	9:16/M
116	Pat Miller	Alexandria IN	1 F 60-69	28:50	9:18/M
117	Andrew Smelser	Jonesboro IN	9 M 0-14	29:11	9:25/M
118	Ronnie Smelser	Jonesboro IN	4 M 35-39	29:12	9:25/M
119	MacOn Beck	Attica IN	4 F 25-29	29:15	9:26/M
120	Denise Hall	Anderson IN	3 F 45-49	29:20	9:28/M
121	Bernie Huesing	Fort Wayne IN	2 M 70-74	29:26	9:30/M
122	Kendall Kritzer	Nashville IN	20 M 45-49	29:28	9:30/M
123	Cheryl Stromski	Antwerp OH	4 F 45-49	29:33	9:32/M
124	Greychen Eaton	Indianapolis IN	7 F 35-39	29:43	9:35/M
125	Joey Dunno	Decatur IN	3 F 40-44	29:53	9:38/M
126	Jeff Said	Sweetser IN	5 M 35-39	29:59	9:40/M
127	Shawna Day	Van Buren IN	8 F 35-39	30:05	9:42/M
128	Steven Greider	Fort Wayne IN	13 M 50-59	30:08	9:43/M
129	Meghan Kohne	Decatur IN	12 F 15-19	30:36	9:52/M
130	Camelin Georges	Marion IN	2 F 60-69	30:38	9:53/M
131	Rob Wilson	Marion IN	6 M 35-39	30:43	9:55/M
132	Allison Van Gordon	Hartford City IN	4 F 0-14	30:57	9:59/M
133	Casey Steiner	Decatur IN	13 F 15-19	31:00	10:00/M
134	Bethany Feit	Hartford City IN	14 F 15-19	31:11	10:04/M
135	Sarah Kleinknight	Fort Wayne IN	3 F 60-69	31:19	10:06/M
136	Lucas Miller	Keystone IN	10 M 0-14	31:40	10:13/M
137	Kalissa Blanchette	Fort Wayne IN	15 F 15-19	31:45	10:15/M
138	Holly Wittbrodt	Bluffton IN	5 F 45-49	32:05	10:21/M
139	Helen Ryan	Fort Wayne IN	1 F 50-59	32:21	10:26/M
140	Bill Miller	Alexandria IN	11 M 60-69	32:23	10:27/M
141	Michelle Trent	Hartford City IN	16 F 15-19	32:46	10:34/M
142	Ginger Wright	Upland IN	9 F 35-39	33:07	10:41/M
143	Chuck Bagley	Anderson IN	12 M 60-69	33:14	10:43/M
144	Dave Ramsey	Fort Wayne IN	14 M 50-59	35:11	11:21/M
145	Evie Lehman	Decatur IN	17 F 15-19	35:15	11:22/M
146	Regina Blanchette	Fort Wayne IN	2 F 50-59	35:22	11:23/M
147	Barney Emerson	Marion IN	2 M 75-99	36:08	11:33/M
148	Talea Hughes	Huntington IN	5 F 0-14	36:30	11:44/M
149	Betty Greider	Fort Wayne IN	4 F 40-44	37:17	12:02/M
150	Tyler Rose	Yorktown IN	11 M 0-14	38:20	12:22/M
151	Sandy Rose	Yorktown IN	10 F 35-39	38:22	12:23/M
152	Ashley Lamb	Decatur IN	18 F 15-19	38:55	12:33/M
153	Ashia Doersam	Marion IN	6 F 0-14	38:56	12:34/M
154	Doug Rose	Pendleton IN	15 M 50-59	39:35	12:44/M
155	Lucy Browning	Anderson IN	7 F 0-14	39:46	12:50/M
156	Kenneth E Disler	Fort Wayne IN	3 M 75-99	40:25	13:02/M
157	Aubri Malone	Decatur IN	19 F 15-19	42:39	13:43/M
158	Felicia Lehman	Decatur IN	8 F 0-14	42:41	13:44/M
159	Cory Rose	Yorktown IN	12 M 0-14	43:28	14:01/M
160	Dana Rose	Yorktown IN	9 F 0-14	44:23	14:19/M
161	Tony Rose	Yorktown IN	7 M 35-39	44:26	14:20/M
162	Ron McPherson	Fowlerton IN	21 M 45-49	46:32	15:01/M
163	Deanna Bergsma	Aurora IL	4 F 60-69	50:43	16:22/M
164	James P Jones	Fort Wayne IN	4 M 75-99	57:21	18:30/M
165	John Stoner	Montpelier IN	22 M 45-49	57:49	18:39/M

Results By Fort Wayne Track Club

# 19th Annual Weaver Popcorn Kernal Klassic 5K Walk

## August 13, 2005

Place	Name	City	Age	Age Group	Time	Pace
1	Greg Callahan	Daleville IN		***** M 50-59	34:42	11:12/M
2	Dale Fisher	Farmland IN		***** M 60-69	34:48	11:14/M
3	David Nichols	Middletown IN		***** M 50-59	38:19	12:22/M
4	Kathie Nichols	Middletown IN		***** F 50-59	38:42	12:29/M
5	Michelle Kemble	Fairmount IN		***** F 30-34	41:38	13:26/M
6	Teresa Hughes	Huntington IN		***** F 45-49	41:41	13:27/M
7	Len Sunderman	Huntington IN		1 M 45-49	42:17	13:38/M
8	Caleb Pinkerton	Liberty Center IN		1 M 0-14	44:20	14:18/M
9	Jack Whitlow	Fairmount IN		1 M 60-69	46:29	15:00/M
10	Jennifer Bosley	Van Buren IN		1 F 30-34	48:37	15:41/M
11	Amy Hogston	Bluffton IN		1 F 0-14	51:28	16:36/M
12	Shelley Hogston	Bluffton IN		1 F 15-19	51:30	16:37/M
13	Diana Winkle	Daleville IN		1 F 40-44	51:32	16:37/M
14	Vickie Johnson	Anderson IN		1 F 50-59	51:34	16:38/M
15	Lori Miller	Decatur IN		2 F 40-44	52:37	16:58/M
16	Nikki Wort	Peru IN		1 F 35-39	52:39	16:59/M
17	Kaley Kitts	Van Buren IN		2 F 0-14	53:53	17:23/M
18	Winslow Roche	Ann Arbor MI		2 M 0-14	53:56	17:24/M

Place	Name	City	Age	Age Group	Time	Pace
19	Clandia Clouser	Converse IN		1 F 60-69	53:59	17:25/M
20	Susan Hodge	Van Buren IN		2 F 50-59	54:00	17:25/M
21	Deann Hogston	Bluffton IN		1 F 45-49	54:10	17:28/M
22	Tyler Hogston	Bluffton IN		3 M 0-14	54:12	17:29/M
23	Ethan Galloway	Upland IN		4 M 0-14	55:39	17:57/M
24	Emily Kemble	Fairmount IN		3 F 0-14	55:41	17:58/M
25	Lea Meihoom	Upland IN		3 F 50-59	55:43	17:58/M
26	Alysaa Galloway	Upland IN		4 F 0-14	55:44	17:59/M

Results By Fort Wayne Track Club

# Summit City Tri/Du Triathlon

## August 06, 2005

Place	Name	Age	Swim 1.5k				Bike 40k			Run 10k			Total Time
			Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace		
1	Paul Furniss	38	2	22:59	1:32	2	1:06:58	22.3	2	41:06	6:37	2:11:04	
2	Micah Burdette	31	6	26:11	1:45	1	1:05:53	22.6	3	41:44	6:43	2:13:50	
3	Eric White	40	5	25:44	1:43	7	1:11:01	21.0	1	40:59	6:36	2:17:45	
4	Ward Moya	41	7	26:17	1:45	3	1:08:04	21.9	8	47:42	7:41	2:22:05	
5	Eric Ellingson	42	3	23:25	1:34	11	1:12:30	20.6	11	49:59	8:03	2:25:55	
6	Monte Hitchcock	55	16	30:27	2:02	10	1:12:19	20.6	4	45:33	7:20	2:28:20	
7	Patrick O'Connell	36	18	31:10	2:05	5	1:10:09	21.3	7	47:35	7:40	2:28:55	
8	Mark Ziegert	39	1	21:24	1:26	15	1:13:14	20.4	21	55:08	8:53	2:29:47	
9	Mike Moya	41	11	29:46	1:59	4	1:08:21	21.8	14	52:06	8:23	2:30:14	
10	Michael Oyler	31	15	30:08	2:01	18	1:14:45	20.0	6	46:34	7:30	2:31:28	
11	Aaron Jenniges	26	13	29:55	2:00	20	1:16:07	19.6	5	45:48	7:23	2:31:51	
12	Greg Beal	44	14	29:59	2:00	9	1:11:39	20.8	13	51:44	8:20	2:33:23	
13	Diana Schowe	40	27	34:16	2:17	6	1:10:40	21.1	10	49:06	7:54	2:34:03	
14	Kevin Ludwig	19	4	24:42	1:39	24	1:17:00	19.4	16	53:22	8:36	2:35:04	
15	Chuck Putterbaugh	48	36	37:04	2:28	13	1:13:06	20.4	9	49:01	7:54	2:39:12	
16	Dave Poole	41	31	35:18	2:21	14	1:13:07	20.4	15	52:09	8:24	2:40:35	
17	James McKinnon	49	37	37:24	2:30	12	1:13:02	20.4	18	53:44	8:39	2:44:11	
18	Thaddeus Borchers	38	9	27:00	1:48	39	1:20:48	18.5	26	56:24	9:05	2:44:13	
19	Jeff Eshelman	47	17	30:46	2:03	16	1:13:24	20.3	35	1:02:07	10:00	2:46:18	
20	Anthony Schmidt	48	21	32:19	2:09	17	1:14:01	20.2	32	1:00:07	9:41	2:46:28	
21	Alex Breitinger	19	29	34:56	2:20	22	1:16:48	19.4	20	54:53	8:50	2:46:38	
22	Michael Derose	31	26	33:30	2:14	19	1:15:08	19.9	30	58:29	9:25	2:47:08	
23	Thomas Pintar	38	43	38:52	2:35	8	1:11:05	21.0	28	57:30	9:16	2:47:28	
24	Thomas Merklng	42	19	32:06	2:08	37	1:20:28	18.5	25	55:56	9:00	2:48:31	
25	Robert Stephens	55	41	38:17	2:33	30	1:18:40	19.0	12	51:35	8:18	2:48:33	
26	Resia Rinker	42	23	32:55	2:12	34	1:20:22	18.6	27	56:27	9:05	2:49:44	
27	Kim Larsen	44	8	26:17	1:45	28	1:18:35	19.0	43	1:05:01	10:28	2:49:54	
28	Jim Bougher	42	25	33:28	2:14	41	1:22:55	18.0	17	53:31	8:37	2:49:55	
29	Jim Pickett	55	38	37:44	2:31	23	1:16:58	19.4	22	55:39	8:58	2:50:23	
30	Dave Arens	42	35	36:33	2:26	33	1:19:54	18.7	19	54:12	8:44	2:50:40	
31	Wayne McKillip	31	40	37:56	2:32	32	1:19:17	18.8	29	57:58	9:20	2:55:12	
32	Tom Curran	46	32	35:29	2:22	25	1:17:16	19.3	39	1:03:48	10:16	2:56:34	
33	Rebecca Chapman	30	20	32:08	2:09	49	1:29:47	16.6	24	55:47	8:59	2:57:44	
34	Toby Jo Hullinger	46	28	34:17	2:17	36	1:20:24	18.6	41	1:04:12	10:20	2:58:55	
35	Kirby Moss	51	45	41:58	2:48	21	1:16:22	19.5	34	1:01:29	9:54	2:59:50	
36	William U	29	49	43:26	2:54	27	1:18:15	19.1	31	58:44	9:27	3:00:26	
37	Deb Strickler	43	34	35:51	2:23	29	1:18:37	19.0	46	1:08:18	11:00	3:02:47	
38	Sarah Bridges	28	12	29:47	1:59	50	1:32:01	16.2	37	1:03:22	10:12	3:05:10	
39	Jim Doyle	37	39	37:53	2:32	26	1:18:10	19.1	49	1:09:23	11:10	3:05:26	
40	Terry Anderson	52	33	35:32	2:22	48	1:29:12	16.7	33	1:00:47	9:47	3:05:32	
41	Patsy Doty	47	44	40:38	2:43	40	1:22:12	18.1	36	1:02:45	10:06	3:05:36	
42	Charity Leist	36	52	46:53	3:08	42	1:23:19	17.9	23	55:42	8:58	3:05:55	
43	Robert Geroch	63	22	32:26	2:10	44	1:26:46	17.2	45	1:07:55	10:56	3:07:08	
44	Beth Goldsmith	41	30	35:08	2:21	47	1:27:49	17.0	42	1:04:31	10:23	3:07:29	
45	Melanie Rosswurm	21	10	27:24	1:50	55	1:37:35	15.3	38	1:03:37	10:15	3:08:38	
46	Matthew Akins	38	24	33:16	2:13	31	1:18:56	18.9	51	1:16:29	12:19	3:08:42	
47	Mark Blessing	43	42	38:31	2:34	43	1:26:11	17.3	47	1:09:04	11:07	3:13:47	
48	Rebecca Smith	32	50	43:34	2:54	46	1:27:36	17.0	40	1:03:58	10:18	3:15:09	
49	Eric Gates	32	51	43:53	2:56	38	1:20:41	18.5	50	1:13:57	11:54	3:18:32	
50	Phil Eherenman	74	48	42:56	2:52	51	1:32:52	16.1	48	1:09:19	11:10	3:25:08	
51	Casey Speer	45	55	59:13	3:57	45	1:27:30	17.0	44	1:07:53	10:56	3:34:37	
52	Susan Kartz	49	53	48:35	3:14	52	1:33:01	16.0	52	1:18:07	12:35	3:39:44	
53	Jed Schlatter	24	46	42:50	2:51	54	1:34:54	15.7	55	1:24:35	13:37	3:42:20	
54	Kyle Alberda	21	56	1:01:47	4:07	53	1:33:56	15.9	54	1:21:45	13:10	3:57:29	
55	Mitch Harper	49	54	54:52	3:39	56	1:41:15	14.7	53	1:21:23	13:06	3:57:31	
56	Frank Baukert	37	57	1:39:36	6:38	35	1:20:23	18.6	56	2:06:38	20:24	5:06:38	

Results By Fort Wayne Track Club

# Summit City Tri/Du Duathlon

## August 06, 2005

Place	Name	Age	Run 5k			Bike 40k			Run 10k			Time
			Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	
1	Roger Busch	30	1	17:22	5:36	2	1:07:48	22.0	1	37:11	5:59	2:02:22
2	Peter Hogg	22	2	17:53	5:46	5	1:09:53	21.3	2	38:59	6:17	2:06:46
3	Bob Blong	33	3	18:01	5:49	1	1:05:10	22.9	7	44:06	7:06	2:07:18
4	Bob Curtis	47	5	19:17	6:13	3	1:07:52	22.0	4	43:00	6:55	2:10:09
5	Guy Petruzzelli	32	4	19:12	6:12	4	1:08:37	21.7	6	44:04	7:06	2:11:54
6	Lisa Menninger	40	6	19:21	6:15	8	1:12:37	20.5	3	42:48	6:54	2:14:47
7	Jeff Gray	43	8	20:25	6:35	7	1:11:48	20.8	5	43:21	6:59	2:15:35
8	Kathryn Hair	27	10	21:34	6:57	6	1:11:40	20.8	9	49:42	8:00	2:22:57
9	Kent Matney	43	7	20:17	6:33	11	1:18:03	19.1	8	47:15	7:37	2:25:36
10	Scott Wagner	45	11	23:04	7:26	9	1:13:19	20.3	10	50:13	8:05	2:26:37
11	Shannon Branscomb	33	16	28:42	9:15	10	1:15:16	19.8	13	1:03:56	10:18	2:47:55
12	Matthew Zaute	31	12	23:49	7:41	12	1:18:59	18.9	15	1:07:42	10:54	2:50:31
13	Lindsey Bouza	21	14	26:04	8:25	17	1:28:57	16.8	11	1:01:51	9:58	2:56:53
14	Bradley Geistwhite	38	17	29:38	9:34	13	1:21:06	18.4	14	1:06:10	10:39	2:56:54
15	Larry Miller	56	13	24:05	7:46	14	1:22:31	18.1	17	1:12:38	11:42	2:59:15
16	Abby Smith	31	15	28:08	9:05	18	1:28:57	16.8	12	1:03:38	10:15	3:00:43
17	Zach Hetrick	17	9	21:19	6:53	16	1:27:37	17.0	18	1:15:46	12:12	3:04:43
18	Brenda Allbritten	41	18	29:53	9:38	15	1:24:44	17.6	19	1:16:17	12:17	3:10:55
19	Patrick Nee	42	19	30:14	9:45	19	1:31:26	16.3	16	1:09:26	11:11	3:11:06
20	Karla Clarke	37	20	31:19	10:06	21	1:34:13	15.8	20	1:28:00	14:10	3:33:33
21	Angela Becker	37	22	31:56	10:18	20	1:32:47	16.1	21	1:33:54	15:07	3:38:38

Results By Fort Wayne Track Club

# Summit City Tri/Du Du Teams

## August 06, 2005

Place	Team	Total Time	Pace		
1	Team White	2:34:46	4:56/M		
	Name	Event	Time	Total Time	Pace
	Keith White	Run 5k	21:49		7:02
	Judy White	Bike 40k	1:25:22	1:47:11	17.5mph

Results By Fort Wayne Track Club

# Summit City Tri/Du TriTeams

## August 06, 2005

Place	Team/Participant Name	Event	Rank	Time	Total Time	Pace
1	8 Weeks				2:16:28	4:16/M
	143 Steven Stinchcomb	Swim 1.5k	1	19:07	19:07	47.1100
	143 Julie Krouse	Bike 40k	1	1:09:02	1:28:10	21.6mph
	143 Jesse Cleaver	Run 10k	3	48:17	2:16:28	7:47/M
2	Father,Son Holy Smokes				2:23:06	4:28/M
	131 Ann Engelhart	Swim 1.5k	2	19:48	19:48	45.5100
	131 Mack O'Shaughnessy	Bike 40k	2	1:19:56	1:39:44	18.7mph
	131 Mark O'Shaughnessy	Run 10k	2	43:21	2:23:06	6:59/M
3	Team Pike				2:30:08	4:42/M
	144 John Pribik	Swim 1.5k	3	23:29	23:29	38.3100
	144 Phillip Schwein	Bike 40k	3	1:30:18	1:53:47	16.5mph
	144 Sahar Mitchell	Run 10k	1	36:21	2:30:08	5:51/M

Results By Fort Wayne Track Club

# FWTC Marketing and Promotions Coordinator Needed

Duties include:

- Distribute fliers to various locations i.e. gyms, health food stores, stores, etc. either by mailing or in person.
- Assist race director in distributing race information if needed.
- Assist newsletter coordinator with upcoming newsletter if needed.
- Arrange for the FWTC display at FWTC races, and if possible at points races, and any other local races.
- Keep FWTC pictures updated.
- Post FWTC race information on various online community calendars, newspapers, and any other media that may reach runners/walkers/fitness enthusiasts.

Contact any FWTC board member if interested

# Harlan Days 10K

August 6, 2005

Place	Name	City	Age Group	Time	Pace
1	Doug Sundling	Bluffton IN	**** M 50-54	38:05	6:09/M
2	Edward Fisk	Fort Wayne IN	1 M 20-29	38:21	6:11/M
3	Brian Goodspeed	Fort Wayne IN	1 M 15-19	38:39	6:14/M
4	Kurt Walborn	Fort Wayne IN	1 M 40-44	38:52	6:16/M
5	Cort Hollen	Fort Wayne IN	1 M 45-49	39:10	6:19/M
6	Matt Foreman	Fort Wayne IN	2 M 40-44	39:27	6:22/M
7	Mark Walter	Garrett IN	3 M 40-44	39:29	6:22/M
8	Grant Stieglitz	Harlan IN	2 M 20-29	40:05	6:28/M
9	Ashley Ritchey	Spencerville IN	**** F 20-29	40:08	6:28/M
10	Michael Bulteman	Harlan IN	2 M 45-49	40:09	6:29/M
11	Amanda Ponsot	Harlan IN	1 F 20-29	40:10	6:29/M
12	Brad Altevogt	Fort Wayne IN	1 M 50-54	40:18	6:30/M
13	Joe Savina	Fort Wayne IN	1 M 35-39	40:21	6:30/M
14	Gary Schmunk	Antwerp OH	2 M 50-54	40:28	6:32/M
15	Ricky Barrett	Fort Wayne IN	2 M 15-19	41:19	6:40/M
16	Mark Pace	Fort Wayne IN	4 M 40-44	42:09	6:48/M
17	Anthony Juliano	Fort Wayne IN	2 M 35-39	42:30	6:51/M
18	Greg Mol	Garrett IN	3 M 45-49	42:39	6:53/M
19	Kyle Hoos	Fort Wayne IN	3 M 15-19	42:46	6:54/M
20	Mark Waldron	Wawaka IN	4 M 45-49	43:10	6:58/M
21	Paula Rickard	Fort Wayne IN	1 F 35-39	43:24	7:00/M
22	Bob Bruckner	Fort Wayne IN	1 M 55-59	43:32	7:01/M
23	Matt Scott	Warsaw IN	3 M 35-39	43:52	7:05/M
24	Amy Barnes	Fort Wayne IN	4 M 15-19	44:16	7:08/M
25	Damean Rinehold	Fort Wayne IN	1 M 30-34	44:17	7:09/M
26	Alex Nehls	Antwerp OH	3 M 20-29	44:31	7:11/M
27	Julie McNulty	Fort Wayne IN	2 F 35-39	44:35	7:11/M
28	R William Schmidt	Fort Wayne IN	1 M 70-74	45:17	7:18/M
29	Jordan Alvarez	Sherwood OH	5 M 15-19	45:52	7:24/M
30	David S Weikel	Harlan IN	3 M 50-54	45:58	7:25/M
31	Nate Ammon	Fort Wayne IN	6 M 15-19	45:59	7:25/M
32	Len Pirovato	Fort Wayne IN	4 M 50-54	46:10	7:27/M
33	Mike Fream	Fort Wayne IN	4 M 35-39	46:27	7:30/M
34	Christopher Faghihi	Fort Wayne IN	4 M 20-29	46:28	7:30/M
35	Mike Cox	Spencerville IN	5 M 50-54	46:38	7:31/M
36	Devin Kerr	Harlan IN	7 M 15-19	46:42	7:32/M
37	Bryan Fadius	Fort Wayne IN	8 M 15-19	46:53	7:34/M
38	David Geiger	Churubusco IN	5 M 40-44	46:58	7:35/M
39	Ray Casiano	New Haven IN	1 M 60-64	47:06	7:36/M
40	Kerry Blanchette	Fort Wayne IN	6 M 50-54	47:08	7:36/M
41	Joe Ziegler	New Haven IN	1 M 65-69	47:12	7:37/M
42	David Edsall	Fort Wayne IN	5 M 45-49	47:42	7:42/M
43	Ciersten Deardorf	Fort Wayne IN	1 F 0-14	48:07	7:46/M
44	David Roehling	Harlan IN	6 M 45-49	48:07	7:46/M
45	Daniel Robison	Fort Wayne IN	1 M 0-14	48:14	7:47/M
46	Linda Anderson	Fort Wayne IN	1 F 40-44	48:14	7:47/M
47	Mark Peckinpugh	Fort Wayne IN	2 M 30-34	48:15	7:47/M
48	Kiley Knoblauch	Woodburn IN	3 M 30-34	48:17	7:47/M
49	Richard Taylor	Fort Wayne IN	7 M 45-49	48:22	7:48/M
50	Tiffany Bremer	Woodburn IN	1 F 15-19	48:45	7:52/M
51	Paula McEachern	Leo IN	2 F 40-44	49:04	7:55/M
52	Ian Stoppenhagen	Ossian IN	5 M 35-39	49:15	7:57/M
53	Sheryle Braaten	Hoagland IN	1 F 45-49	49:42	8:01/M
54	Chuck Zumbun	Churubusco IN	8 M 45-49	49:44	8:01/M
55	Scott Aldrich	Auburn IN	6 M 35-39	49:53	8:03/M
56	John Silcox	Fort Wayne IN	4 M 30-34	50:40	8:10/M
57	Gael Gonzales	Fort Wayne IN	9 M 15-19	50:43	8:11/M
58	Monica Colbert	Fort Wayne IN	1 F 30-34	50:48	8:12/M
59	Heidi Kissner	Leo IN	2 F 30-34	50:53	8:12/M
60	Darryl Cargo	Fort Wayne IN	6 M 40-44	51:06	8:15/M
61	Beth Barkley	Fort Wayne IN	2 F 20-29	51:34	8:19/M
62	Jeff Morris	Fort Wayne IN	7 M 35-39	51:36	8:19/M
63	Shavne Batterbee	Fort Wayne IN	3 F 35-39	51:51	8:22/M
64	David E Boylan	Fort Wayne IN	2 M 60-64	52:18	8:26/M
65	John David McPherson	Fort Wayne IN	7 M 50-54	52:28	8:28/M
66	Bill Harris	Grabill IN	2 M 65-69	52:46	8:31/M
67	Roger Finderson	Auburn IN	8 M 35-39	52:56	8:32/M
68	Courtney Chapman	Leo IN	2 F 15-19	53:06	8:34/M
69	Jessica McNulty	Fort Wayne IN	3 F 15-19	53:06	8:34/M
70	Tamara Marano	Fort Wayne IN	4 F 35-39	53:10	8:35/M
71	Meghan Rediger	Leo IN	4 F 15-19	53:11	8:35/M
72	Teresa Dyer	Harlan IN	3 F 30-34	53:12	8:35/M
73	Jeff Steinberg	Fort Wayne IN	5 M 20-29	53:15	8:35/M
74	Caitie Merz	Leo IN	5 F 15-19	53:18	8:36/M
75	Quinn Farver	Fort Wayne IN	9 M 45-49	53:25	8:37/M
76	Rodney Martin	New Haven IN	5 M 30-34	53:31	8:38/M
77	Shelley Chapman	Leo IN	5 F 35-39	54:32	8:48/M
78	Michael Difilippantonio	Fort Wayne IN	10 M 45-49	54:37	8:49/M
79	Chris Groleau	Fort Wayne IN	10 M 15-19	55:58	9:02/M
80	Michael T Smith	Antwerp OH	6 M 20-29	55:59	9:02/M
81	William Dinger	Fort Wayne IN	8 M 50-54	57:14	9:14/M
82	Dan Barnes	Fort Wayne IN	2 M 55-59	57:15	9:14/M
83	Terra Finderson	Auburn IN	4 F 30-34	57:16	9:14/M
84	Larry Piano	Fort Wayne IN	3 M 55-59	58:05	9:22/M
85	Craig Dyer	Harlan IN	6 M 30-34	58:06	9:22/M
86	Gail Koch	Daleville IN	3 F 20-29	59:05	9:32/M
87	Nick Werner	Aurora IN	7 M 20-29	59:06	9:32/M
88	Bernie Huesing	Fort Wayne IN	2 M 70-74	59:22	9:35/M
89	Pam Feller	Fremont IN	3 F 40-44	59:27	9:35/M
90	Elisa Salazar	Grabill IN	2 F 0-14	1:00:06	9:42/M
91	Robert C Loomis	Monroeville IN	3 M 70-74	1:00:23	9:44/M
92	Casey Wieland	Spencerville IN	4 F 20-29	1:00:25	9:45/M
93	Aaron Stoll	Harlan IN	8 M 20-29	1:00:25	9:45/M
94	Jill Downey	Harlan IN	5 F 20-29	1:00:27	9:45/M
95	Kim Fett	Fort Wayne IN	5 F 30-34	1:00:29	9:45/M
96	Mike Kjergaard	Spencerville IN	9 M 35-39	1:01:04	9:51/M
97	Rick Paul	Woodburn IN	9 M 20-29	1:01:20	9:54/M
98	Cheryl Stromski	Antwerp OH	2 F 45-49	1:01:27	9:55/M

# Harlan Days 10K

August 6, 2005

Place	Name	City	Age Group	Time	Pace
99	Joan Gary	Fremont IN	1 F 65-69	1:01:48	9:58/M
100	R. Scott Lawson	Fort Wayne IN	4 M 55-59	1:03:14	10:12/M
101	Tom Fuelling	Fort Wayne IN	9 M 50-54	1:04:43	10:26/M
102	Helen Ryan	Fort Wayne IN	1 F 50-54	1:09:34	11:13/M
103	Debra Meuter	Fort Wayne IN	4 F 40-44	1:10:43	11:24/M
104	Teri Delagrangre	Fort Wayne IN	5 F 40-44	1:11:55	11:36/M
105	Joseph Dimarzio	Fort Wayne IN	7 M 30-34	1:12:33	11:42/M
106	Kalissa Blanchette	Fort Wayne IN	6 F 15-19	1:13:58	11:56/M
107	Marlin Short	Wauseon OH	5 M 55-59	1:15:37	12:12/M
108	Regina Blanchette	Fort Wayne IN	2 F 50-54	1:16:58	12:25/M
109	Terry Goodspeed	Fort Wayne IN	10 M 50-54	1:17:21	12:29/M
110	Kenneth E Disler	Fort Wayne IN	1 M 80-99	1:26:18	13:55/M

Results By Fort Wayne Track Club

## Strides of Hope 5K

September 24, 2005

### Overall Female Open Winners

Place	Name	City	Age	Overall	Time	Pace
1	Korinna Pearson	Huntington IN	36	9	22:24	7:11/M

### Female 39 & under

Place	Name	City	Age	Overall	Time	Pace
1	Christina Oser	Fort Wayne IN	39	13	23:37	7:34/M
2	Marcy Starkey	Fort Wayne IN	39	16	25:02	8:01/M
3	Stephanie Maxson	Fort Wayne IN	39	21	30:40	9:50/M
4	Liz Kastner Stanton	Fort Wayne IN	39	27	35:17	11:19/M
5	Stefanie Johnston	Fort Wayne IN	39	28	35:19	11:19/M

### Female 40 & over

Place	Name	City	Age	Overall	Time	Pace
1	Sharon Smith	Fort Wayne IN	40	20	26:30	8:30/M
2	Sherrie Walker	Saint Joe IN	40	23	34:54	11:11/M
3	Ann Marqueling	Fort Wayne IN	51	25	35:03	11:14/M
4	Susan Will	Hoagland IN	40	26	35:10	11:16/M

### Overall Male Open Winners

Place	Name	City	Age	Overall	Time	Pace
1	Jerry Williams Jr.	Fort Wayne IN	45	1	16:47	5:23/M

### Male 39 & Under

Place	Name	City	Age	Overall	Time	Pace
1	Vincent Garcia	Fort Wayne IN	39	2	19:36	6:17/M
2	Eric Hoffman	Fort Wayne IN	36	4	20:49	6:40/M
3	Steve Holloway	Columbia City IN	39	6	21:55	7:01/M
4	Brad McGuire	Fort Wayne IN	34	7	21:59	7:03/M
5	Bret Miller	Harlan IN	23	11	22:49	7:19/M
6	Evan Wood	Fort Wayne IN	39	12	23:28	7:31/M
7	Mark Mellinger	Fort Wayne IN	29	15	24:53	7:59/M
8	Glenn Claycomb	Fort Wayne IN	32	18	26:14	8:24/M
9	Jonathon Myers	Fort Wayne IN	39	19	26:17	8:25/M
10	Joe Crozier	Harlan IN	39	22	30:43	9:51/M
11	Don Marqueling	Fort Wayne IN	20	24	35:01	11:13/M
12	Tim Johnston	Fort Wayne IN	39	29	35:22	11:20/M

### Male 40 and over

Place	Name	City	Age	Overall	Time	Pace
1	Michael Peters	Fort Wayne IN	40	3	20:35	6:36/M
2	R William Schmidt	Fort Wayne IN	70	5	21:04	6:45/M
3	Jeff Steinberg	Fort Wayne IN	44	8	22:07	7:05/M
4	Toni Martin	Fort Wayne IN	40	10	22:48	7:18/M
5	Scott Mills	Fort Wayne IN	40	14	23:55	7:40/M
6	David Egbert	Fort Wayne IN	40	17	25:40	8:14/M

Results By Fort Wayne Track Club

# Parlor City Trot 10K

## September 24, 2005

Place	Name	City	Age Group	Time	Pace
1	Josh Brunson	Fort Wayne IN	*** M 25-29	32:55	5:18
2	Casey Shafer	Bluffton IN	1 M 25-29	33:26	5:23
3	Mitch Novy	Garret IN	1 M 20-24	34:02	5:29
4	Scott Steffen	Zionsville IN	*** M 40-44	37:04	5:58
5	Brad Altevogt	Fort Wayne IN	1 M 50-54	39:42	6:24
6	Matt Foreman	Fort Wayne IN	1 M 40-44	39:45	6:24
7	Ron Shepard	Clinton IN	2 M 50-54	41:33	6:41
8	Paul Shaffer	Decatur IN	1 M 45-49	41:51	6:44
9	Alex Brito	Berne IN	1 M 0-19	41:57	6:45
10	Alex Neuenschwander	Bluffton IN	2 M 20-24	42:25	6:50
11	Jeff Shoemaker	Fort Wayne IN	1 M 35-39	42:30	6:51
12	Chuck Brown	Bluffton IN	2 M 45-49	42:50	6:54
13	Trent Prough	Markle IN	1 M 30-34	43:21	6:59
14	Tammy Beltrons	Fort Wayne IN	*** F 30-34	43:31	7:00
15	David Korte	Fort Wayne IN	2 M 40-44	44:30	7:10
16	Richard Toupin	Auburn IN	3 M 45-49	44:59	7:15
17	Jeff Jones	Fort Wayne IN	2 M 30-34	46:08	7:26
18	Rebecca Hollenbaugh	South Whitley IN	1 F 30-34	46:09	7:26
19	Ray Casiano	New Haven IN	1 M 60-64	46:23	7:28
20	David Geiger	Churubusco IN	3 M 40-44	46:40	7:31
21	Joshua Marshall	Fort Wayne IN	2 M 25-29	47:10	7:36
22	Mike Ritzman	Charleston WV	3 M 30-34	47:11	7:36
23	Skip Stinson	Roanoke IN	4 M 40-44	47:30	7:39
24	Mark Wolf	Huntertown IN	2 M 35-39	47:46	7:42
25	Jill Arbuckle	Indianapolis IN	2 F 30-34	47:50	7:42
26	Jenny Hogston	Fort Wayne IN	1 F 35-39	48:22	7:47
27	Chad Fiechter	Ossian IN	2 M 0-19	49:18	7:56
28	David Witbrodt	Bluffton IN	5 M 40-44	49:22	7:57
29	Michael Variel	Convoy OH	4 M 45-49	49:47	8:01
30	David Krabach	Bluffton OH	5 M 45-49	49:50	8:01
31	Brandon Heller	Thomville OH	4 M 30-34	50:08	8:04
32	Tonya Aerts	La Porte IN	3 F 30-34	50:09	8:05
33	Ian Stoppenhagen	Ossian IN	3 M 35-39	50:12	8:05
34	Lisa Smith	Indianapolis IN	2 F 35-39	50:15	8:06
35	Rob Williams	Ossian IN	6 M 40-44	50:17	8:06
36	Gunawardana	Fort Wayne IN	4 M 35-39	50:34	8:09
37	Joe Hernandez	Fort Wayne IN	1 M 55-59	50:59	8:13
38	Tina Gerke	Saint Joe IN	1 F 25-29	51:08	8:14
39	Gina Weldy	Bluffton IN	4 F 30-34	51:14	8:15
40	Tad Baumgartner	Bluffton IN	5 M 30-34	51:22	8:16
41	Nancy Meharg	Roanoke IN	*** F 40-44	51:36	8:19
42	Ken Kimball	Lynchburg VA	7 M 40-44	51:41	8:19
43	Tim Zumbaugh	Fort Wayne IN	3 M 50-54	51:48	8:20
44	Steve Zacher	Fort Wayne IN	8 M 40-44	51:58	8:22
45	Barry Humble	Decatur IN	2 M 55-59	52:35	8:28
46	David Smith	Muncie IN	6 M 30-34	52:52	8:31
47	Jd Collins	Hartford City IN	9 M 40-44	52:53	8:31
48	Sue Steffy	Fort Wayne IN	3 F 35-39	53:07	8:33
49	Andrew Brooks	Fort Wayne IN	3 M 25-29	53:20	8:35
50	Paula McEachern	Leo IN	1 F 45-49	53:22	8:36
51	Tisha Brady	Wheaton IL	5 F 30-34	53:26	8:36
52	Ryan Brady	Indianapolis IN	4 M 25-29	53:31	8:37
53	Alison Park	Fort Wayne IN	6 F 30-34	53:37	8:38
54	Janielle Aman	Bluffton IN	1 F 0-19	53:38	8:38
55	Stephanie Harris	Bluffton IN	1 F 20-24	53:39	8:38
56	Brent Kunkel	Bluffton IN	3 M 20-24	53:41	8:39
57	Marty Grover	Bluffton IN	6 M 45-49	53:52	8:40
58	Tracy Cross	Fort Wayne IN	10 M 40-44	54:07	8:43
59	Susannah Graham	Angola IN	2 F 20-24	54:10	8:43
60	Milissa Hostetler	Fort Wayne IN	7 F 30-34	54:19	8:45
61	William Dinger	Fort Wayne IN	4 M 50-54	54:24	8:46
62	Dorinda Gunawardhana	Fort Wayne IN	8 F 30-34	54:25	8:46
63	Neuenschwander	Bluffton IN	3 M 0-19	54:50	8:50
64	Tom SchuMacHer	Bluffton IN	5 M 50-54	55:03	8:52
65	Gregory Meyer	Bluffton IN	7 M 45-49	55:12	8:53
66	Kole Meyer	Bluffton IN	4 M 20-24	55:26	8:56
67	Marc Gavilanez	Bluffton IN	5 M 35-39	56:06	9:02
68	Christine Zadyak	Bluffton IN	4 F 35-39	56:10	9:03
69	Andy Carnal	Bluffton IN	11 M 40-44	56:19	9:04
70	Kent Hart	Decatur IN	6 M 50-54	56:36	9:07
71	Tamara Wright	Coldwater MI	2 F 45-49	57:03	9:11
72	Brian Fitzwater	Muncie IN	12 M 40-44	57:12	9:13
73	Ben Rittenhouse	Fort Wayne IN	4 M 0-19	57:24	9:15
74	Barb Harisell	Bluffton IN	3 F 45-49	57:29	9:15
75	Jennifer Aupperle	Ossian IN	2 F 25-29	57:30	9:16
76	Kim Smith	Bluffton IN	4 F 45-49	57:34	9:16
77	Steve Thompson	Bluffton IN	6 M 35-39	57:39	9:17
78	Penny Gregory	New Haven IN	5 F 45-49	57:48	9:18
79	Ronald Motycka	Fort Wayne IN	2 M 60-64	57:56	9:20
80	Kent Lesh	Bluffton IN	8 M 45-49	58:05	9:21
81	Bernie Huesing	Fort Wayne IN	1 M 70-99	58:36	9:26
82	Denny Cochran	Bluffton IN	13 M 40-44	58:59	9:30
83	Steve Prible	Bluffton IN	14 M 40-44	59:00	9:30
84	Ann Salek	Medina OH	5 F 35-39	59:08	9:31
85	Theresa Erdmann	Milwaukee WI	1 F 40-44	59:20	9:33
86	Robert C Loomis	Monroeville IN	2 M 70-99	59:38	9:36
87	Kenneth Mowan	Fort Wayne IN	7 M 50-54	59:48	9:38
88	Rick Hilker	Fort Wayne IN	8 M 50-54	1:00:24	9:44
89	James Babcock	Bluffton IN	1 M 65-69	1:00:25	9:44
90	Cheryl Kiel	Fort Wayne IN	2 F 40-44	1:00:56	9:49
91	Pamela Seaman	Fort Wayne IN	6 F 35-39	1:00:57	9:49
92	Roxann Krahn	Fort Wayne IN	9 F 30-34	1:01:06	9:50
93	Lesley McDougal	Greenwood IN	10 F 30-34	1:01:07	9:50
94	David Casey	Fort Wayne IN	7 M 30-34	1:01:18	9:52
95	Jim Okey	Bluffton IN	15 M 40-44	1:01:59	9:59

# Parlor City Trot 10K

## September 24, 2005

Place	Name	City	Age Group	Time	Pace
96	Becky Booker	Decatur IN	1 F 60-99	1:01:59	9:59
97	Traci Froehlich	Bluffton IN	7 F 35-39	1:02:33	10:04
98	Cathy Toupin	Auburn IN	6 F 45-49	1:03:12	10:11
99	Helen Ryan	Fort Wayne IN	1 F 50-54	1:04:00	10:18
100	Michael A Johnson	Decatur IN	8 M 30-34	1:04:15	10:21
101	Sheri Keller	Fort Wayne IN	3 F 20-24	1:04:47	10:26
102	Tony Mills	Ossian IN	7 M 35-39	1:05:08	10:29
103	Al Smith	Muncie IN	3 M 55-59	1:05:15	10:30
104	Holly Witbrodt	Bluffton IN	7 F 45-49	1:05:19	10:31
105	Grace Burris	Auburn IN	2 F 0-19	1:05:31	10:33
106	Sheri Burris	Auburn IN	8 F 35-39	1:05:33	10:33
107	David Williams	Keystone IN	9 M 30-34	1:06:45	10:45
108	Michael Hollis	Fort Wayne IN	8 M 35-39	1:07:54	10:56
109	Delores Johns	Bluffton IN	2 F 60-99	1:07:55	10:56
110	Willard Warwick	Fort Wayne IN	9 M 50-54	1:09:03	11:07
111	Gloria J Nold	Fort Wayne IN	3 F 60-99	1:09:04	11:07
112	Julie Bossard	Monroeville IN	8 F 45-49	1:09:05	11:07
113	Shelby Lesh	Bluffton IN	3 F 0-19	1:09:05	11:07
114	Stacy C Post	Chicago IL	11 F 30-34	1:09:09	11:08
115	Truly Hamlin	Fort Wayne IN	9 F 35-39	1:09:22	11:10
116	Joseph Vitii	Fort Wayne IN	3 M 60-64	1:09:40	11:13
117	Lily Lockwood	Minneapolis MN	3 F 40-44	1:11:22	11:30
118	Daniel H Smith	Indianapolis IN	16 M 40-44	1:12:41	11:42
119	Lex Dormire	Uniondale IN	3 M 70-99	1:15:40	12:11
120	Philip Wahls	Fort Wayne IN	4 M 70-99	1:15:41	12:11
121	Kalissa Blanchette	Fort Wayne IN	4 F 0-19	1:15:53	12:13
122	Vicky Myers	IN	2 F 50-54	1:17:24	12:28
123	Regina Blanchette	Fort Wayne IN	3 F 50-54	1:17:59	12:33
124	Sarah Pounder	Horseheads NY	5 F 0-19	1:18:36	12:39
125	Ali Almdale	Fort Wayne IN	*** F 0-99	1:18:38	12:34
126	Jenny Almdale	Fort Wayne IN	9 F 45-49	1:19:01	12:43
127	Curis Nold	Fort Wayne IN	5 M 70-99	1:24:35	13:37
128	Kenneth E Disler	Fort Wayne IN	6 M 70-99	1:27:41	14:07
129	Joann Ryan	Fort Wayne IN	10 F 45-49	1:28:27	14:15
130	Jennifer Paxson	Poneto IN	4 F 50-54	1:28:43	14:17
131	Deborah Swartz	Keystone IN	5 F 50-54	1:28:45	14:17
132	Louise Reynolds	Monroe IN	11 F 45-49	1:29:55	14:29
133	Barb Lochner	N Manchester IN	6 F 50-54	1:32:55	14:58
134	Cayla Crosbie	Bluffton IN	4 F 20-24	1:34:01	15:08
135	Kellie Lesh	Bluffton IN	12 F 45-49	1:34:12	15:10
136	Lindsey Fry	Bluffton IN	5 F 20-24	1:34:24	15:12
137	Courtney Lesh	Bluffton IN	6 F 0-19	1:34:25	15:12
138	James Richards	Geneva IN	2 M 65-69	1:42:42	16:32

Results By Fort Wayne Track Club

# Parlor City Trot

## Half Marathon

### September 24, 2005

Place	Name	City	Age Group	Time	Pace
1	Justin Gillette	Niles MI	*** M 0-24	1:11:41	5:28
2	Josh Maple	Fort Wayne IN	1 M 25-29	1:16:22	5:50
3	Bret Grover	Bluffton IN	1 M 0-24	1:17:56	5:57
4	Tammy Casaletto	Goshen IN	*** F 35-39	1:20:03	6:07
5	Trent Sinnett	Homewood IL	*** M 40-44	1:20:25	6:08
6	Michael McManus	Fort Wayne IN	1 M 40-44	1:20:58	6:11
7	Adam Knight	Kendallville IN	2 M 0-24	1:21:52	6:15
8	Doug Sundling	Bluffton IN	1 M 50-54	1:22:13	6:17
9	Mike Slaubaugh	Fort Wayne IN	1 M 45-49	1:22:33	6:18
10	Matt Carney	Fort Wayne IN	1 M 30-34	1:23:07	6:21
11	Brad A Thomas	Fort Wayne IN	2 M 30-34	1:24:13	6:26
12	Melissa Lehman	Indianapolis IN	1 F 0-24	1:24:22	6:26
13	Eric White	Roanoke IN	2 M 40-44	1:24:50	6:29
14	Bernie Zoll	Bluffton IN	3 M 30-34	1:25:02	6:29
15	Joe Dee	Berne IN	1 M 35-39	1:25:13	6:30
16	Tyler Green	Marion IN	3 M 0-24	1:25:59	6:34
17	Kurt Walborn	Fort Wayne IN	3 M 40-44	1:26:16	6:35
18	Ryan Robertson	Marion IN	4 M 0-24	1:28:05	6:43
19	Roger Wilson	Fort Wayne IN	2 M 50-54	1:28:06	6:44
20	Tim Hughes	Huntington IN	2 M 45-49	1:28:39	6:46
21	Dave Devoe	Bluffton IN	2 M 35-39	1:29:20	6:49
22	Ronald Santo	Fort Wayne IN	4 M 40-44	1:30:03	6:52
23	Balzer Brent	Fort Wayne IN	3 M 50-54	1:30:04	6:53
24	John Treleven	Fort Wayne IN	4 M 50-54	1:30:05	6:53
25	Nathan Fast	Haviland OH	5 M 0-24	1:31:22	6:58
26	Joe Savina	Fort Wayne IN	3 M 35-39	1:32:14	7:02
27	Moe Greg	Garret IN	5 M 50-54	1:33:21	7:08
28	Mark O'Shaughnessy	Fort Wayne IN	3 M 45-49	1:33:29	7:08
29	Amy Fenstermaker	Montgomery IN	1 F 30-34	1:34:12	7:11
30	Terry Diller	Fort Wayne IN	4 M 45-49	1:34:18	7:12
31	Scott Reiling	Fort Wayne IN	5 M 40-44	1:35:21	7:17
32	James McKinnon	Waterloo IN	5 M 45-49	1:35:52	7:19
33	Judy White	Fort Wayne IN	*** F 45-49	1:36:24	7:22
34	Gary Schmunk	Antwerp OH	6 M 50-54	1:36:29	7:22
35	Mark Beals	Fort Wayne IN	6 M 40-44	1:36:44	7:23
36	John Rajca	Muncie IN	6 M 45-49	1:37:01	7:24

# Parlor City Trot Half Marathon September 24, 2005

Place	Name	City	Age Group	Time	Pace
37	David Grimes	Fort Wayne IN	7 M 45-49	1:37:19	7:26
38	Rod Burton	Fort Wayne IN	4 M 35-39	1:37:46	7:28
39	Mark Waldron	Wawaka IN	8 M 45-49	1:38:06	7:29
40	Brad Compton	Spencerville IN	7 M 50-54	1:38:09	7:30
41	Robert Mosier	Bluffton IN	9 M 45-49	1:38:50	7:33
42	Neil Clark	Granger IN	10 M 45-49	1:38:56	7:33
43	Kevin Lochner	N Manchester IN	11 M 45-49	1:38:59	7:33
44	David Grasso	Muncie IN	7 M 40-44	1:39:15	7:35
45	Benjamin Boyle	New Bremen OH	12 M 45-49	1:39:16	7:35
46	Brian Dawson	La Fontaine IN	8 M 50-54	1:39:41	7:37
47	Matt Scott	Warsaw IN	5 M 35-39	1:39:49	7:37
48	David Almdale	Fort Wayne IN	13 M 45-49	1:39:57	7:38
49	David M Huffman	Fort Wayne IN	8 M 40-44	1:40:17	7:39
50	Denise Conrad	Decatur IN	1 F 40-44	1:40:27	7:40
51	Bill Moor	New Haven IN	9 M 50-54	1:40:41	7:41
52	Ken Long	Fort Wayne IN	1 M 55-59	1:41:17	7:44
53	Charlie Schortgen	Churubusco IN	14 M 45-49	1:41:45	7:46
54	Mike Else	Fort Wayne IN	6 M 35-39	1:41:49	7:46
55	Scott Eberle	Fort Wayne IN	9 M 40-44	1:41:52	7:47
56	Kyle Velasco	Berne IN	10 M 40-44	1:41:53	7:47
57	Thomas J Felts	Fort Wayne IN	10 M 50-54	1:42:07	7:48
58	Dallas Leatherman	Columbia City IN	11 M 50-54	1:42:09	7:48
59	Thomas Wheeler	Fort Wayne IN	11 M 40-44	1:42:36	7:50
60	Steve Martinsky	Huntington IN	4 M 30-34	1:43:07	7:52
61	Dana Sawyer	Indianapolis IN	7 M 35-39	1:43:13	7:53
62	Dan Persinger	Saint Paris OH	6 M 0-24	1:43:14	7:53
63	Dennis Dickey	Hartford City IN	8 M 35-39	1:43:18	7:53
64	Ted Ewing	Upland IN	15 M 45-49	1:43:19	7:53
65	Steve Liebrecht	Adrian MI	16 M 45-49	1:43:25	7:54
66	Joe Ziegler	New Haven IN	1 M 65-69	1:43:37	7:55
67	Kyle Gilbert	Bluffton IN	7 M 0-24	1:44:01	7:56
68	Stephanie Baumgartner	Bluffton IN	2 F 30-34	1:44:09	7:57
69	Amy Melhing	Indianapolis IN	3 F 30-34	1:44:11	7:57
70	Jada Phillibaugh	Miami FL	4 F 30-34	1:44:16	7:58
71	Mark Waterson	Columbia City IN	17 M 45-49	1:44:24	7:58
72	Kristin Storer	Fort Wayne IN	2 F 0-24	1:45:06	8:01
73	David S Weikel	Harlan IN	12 M 50-54	1:45:30	8:03
74	Mark Weight	Warren IN	18 M 45-49	1:45:36	8:04
75	Cindy McGovern	Fort Wayne IN	2 F 40-44	1:46:10	8:06
76	Steve Sims	New Haven IN	12 M 40-44	1:46:16	8:07
77	Jim Pickett	Waterloo IN	2 M 55-59	1:46:17	8:07
78	Paula Monnin	Piqua OH	1 F 35-39	1:46:24	8:07
79	Kristen S Gillon	Muncie IN	1 F 45-49	1:46:32	8:08
80	Mike Colligan	Fort Wayne IN	13 M 40-44	1:46:39	8:08
81	Brad Kauffman	Bluffton IN	2 M 25-29	1:46:46	8:09
82	John Sullivan	Fort Wayne IN	3 M 55-59	1:47:26	8:12
83	Christine Habegger	Fort Wayne IN	3 F 40-44	1:48:26	8:17
84	Craig Bobay	Fort Wayne IN	19 M 45-49	1:48:31	8:17
85	Mike Lewis	Huntington IN	14 M 40-44	1:48:33	8:17
86	Beth A Skinner	Fort Wayne IN	4 F 40-44	1:48:36	8:17
87	Sherlye Braaten	Hoagland IN	2 F 45-49	1:48:38	8:18
88	Jordon Thompson	Fort Wayne IN	8 M 0-24	1:48:44	8:18
89	Angie Lockwood	Bluffton IN	2 F 35-39	1:48:52	8:19
90	David M Graney	Fort Wayne IN	20 M 45-49	1:48:57	8:19
91	Jill Bause	Fort Wayne IN	5 F 30-34	1:49:11	8:20
92	Mike Vitali	Indianapolis IN	9 M 35-39	1:49:36	8:22
93	Joe Kobiela	Liberty Center IN	21 M 45-49	1:49:37	8:22
94	Laura Baugh	Indianapolis IN	1 F 25-29	1:50:12	8:25
95	Monica Colbert	Fort Wayne IN	6 F 30-34	1:50:42	8:27
96	Teresa Dyer	Harlan IN	7 F 30-34	1:50:43	8:27
97	Fred Ross Jr	Warsaw IN	1 M 60-64	1:51:22	8:30
98	Carolyn McKinney	Anderson IN	3 F 35-39	1:51:25	8:30
99	Rene Waterson	Columbia City IN	3 F 45-49	1:51:26	8:30
100	Aaron Cox	Huntersville IN	13 M 50-54	1:51:53	8:32
101	Dan Salmons	Rochester MI	14 M 50-54	1:52:15	8:34
102	Mark Carrico	Fort Wayne IN	10 M 35-39	1:52:20	8:35
103	Rick Briars	Fort Wayne IN	11 M 35-39	1:52:27	8:35
104	Jay Gilbert	Fort Wayne IN	22 M 45-49	1:52:30	8:35
105	Stephanie M Boyle	New Bremen OH	3 F 0-24	1:52:33	8:35
106	Ric Poorman	Fort Wayne IN	23 M 45-49	1:52:35	8:36
107	Rick Storer	Fort Wayne IN	4 M 55-59	1:52:57	8:37
108	Kristen Flesischauer	Benton Harbor MI	4 F 0-24	1:53:11	8:38
109	Brent Dongell	Marion IN	9 M 0-24	1:53:12	8:38
110	Jan Himmelein	Fort Wayne IN	4 F 45-49	1:53:19	8:39
111	Kendra Hitchcock	Muncie IN	5 F 40-44	1:54:01	8:42
112	Pam Johnson	Decatur IN	8 F 30-34	1:54:10	8:43
113	John David McPherson	Fort Wayne IN	15 M 50-54	1:54:51	8:46
114	Chuck Zumbrun	Churubusco IN	24 M 45-49	1:55:30	8:49
115	Bill Ryan	Fort Wayne IN	25 M 45-49	1:55:34	8:49
116	Ann Morris	Muncie IN	5 F 45-49	1:56:45	8:55
117	Marvin Eady Jr	Fort Wayne IN	15 M 40-44	1:56:59	8:56
118	Eric Manor	Churubusco IN	10 M 0-24	1:57:05	8:56
119	Cathy Bux	Fort Wayne IN	6 F 45-49	1:57:19	8:57
120	Kevin Croy	Fort Wayne IN	26 M 45-49	1:57:33	8:58
121	Cheryl Claypool	Fort Wayne IN	7 F 45-49	1:57:37	8:59
122	Ty Murphy	Columbia City IN	5 M 55-59	1:57:47	8:59
123	Doug Breeden	Roanoke IN	27 M 45-49	1:57:54	9:00
124	Judy Wilkins	Fort Wayne IN	6 F 40-44	1:58:07	9:01
125	Mark Kutter	Marion IN	28 M 45-49	1:58:23	9:02
126	Gary Brooks	Fort Wayne IN	16 M 40-44	1:58:26	9:02
127	Joel Harter	Fort Wayne IN	17 M 40-44	1:58:53	9:05
128	Jim Desimon	Fort Wayne IN	29 M 45-49	1:58:56	9:05
129	Allison Rinker	Churubusco IN	5 F 0-24	1:59:07	9:06
130	Mark Janosky	Perrysburg OH	16 M 50-54	1:59:19	9:06

# Parlor City Trot Half Marathon September 24, 2005

Place	Name	City	Age Group	Time	Pace
131	Justin Wenger	Bluffton IN	11 M 0-24	1:59:35	9:08
132	Darryl Cargo	Fort Wayne IN	18 M 40-44	1:59:41	9:08
133	Timothy Liebrecht	Adrian MI	12 M 0-24	1:59:44	9:08
134	Shawne Batterbee	Fort Wayne IN	4 F 35-39	1:59:56	9:09
135	David L Winters	Huntington IN	6 M 55-59	2:00:01	9:10
136	Tim Slusher	Van Wert OH	5 M 30-34	2:00:09	9:10
137	Dave Anderson	Fort Wayne IN	30 M 45-49	2:00:53	9:14
138	Gary Aupperle	Bluffton IN	17 M 50-54	2:01:10	9:15
139	Gregg Glass	Kokomo IN	7 M 55-59	2:01:12	9:15
140	Keith Paxson	Poneto IN	18 M 50-54	2:01:13	9:15
141	Don Swartz	Keystone IN	19 M 50-54	2:01:14	9:15
142	Joseph M Astroski	Fort Wayne IN	13 M 0-24	2:01:35	9:17
143	Greg A Hartman	Fort Wayne IN	20 M 50-54	2:02:04	9:19
144	Thomas Johnson	Fort Wayne IN	21 M 50-54	2:02:10	9:20
145	John Peterson	Fort Wayne IN	2 M 60-64	2:04:11	9:29
146	Jamie Rinkenberger	Bluffton IN	2 F 25-29	2:05:02	9:33
147	Michael Diffippantonio	Fort Wayne IN	31 M 45-49	2:05:21	9:34
148	J Paul Downie	Fort Wayne IN	22 M 50-54	2:05:32	9:35
149	John Latimer	New Haven IN	19 M 40-44	2:05:49	9:36
150	Mark Wenger	Bluffton IN	23 M 50-54	2:06:24	9:39
151	Jennifer Savage	Warsaw IN	9 F 30-34	2:06:29	9:39
152	Todd Thompson	Fort Wayne IN	14 M 0-24	2:07:08	9:42
153	Joseph Dimarzio	Fort Wayne IN	6 M 30-34	2:07:20	9:43
154	Susan Link	Auburn IN	8 F 45-49	2:07:50	9:45
155	Herb Hernandez	Fort Wayne IN	8 M 55-59	2:08:11	9:47
156	Gary Gordon	Churubusco IN	20 M 40-44	2:08:30	9:49
157	Doug Ulmer	Leo IN	24 M 50-54	2:08:37	9:49
158	Bob Jennings	Huntington IN	25 M 50-54	2:08:38	9:49
159	Tim Geary	Fort Wayne IN	21 M 40-44	2:09:13	9:52
160	Rich Stephenson	Monroeville IN	9 M 55-59	2:09:35	9:54
161	Jim Berghoff	Fort Wayne IN	22 M 40-44	2:09:36	9:54
162	Shane Heath	Auburn IN	3 M 25-29	2:10:10	9:56
163	Laura Beeks	Bluffton IN	5 F 35-39	2:10:49	9:59
164	Annalise Almdale	Fort Wayne IN	6 F 0-24	2:11:30	10:02
165	Lisa Saxe	Fort Wayne IN	3 F 25-29	2:16:36	10:26
166	Dana Budd	New Haven IN	26 M 50-54	2:16:39	10:26
167	Jamie Banks	Muncie IN	7 F 40-44	2:16:49	10:27
168	Sandy Briner	Fort Wayne IN	8 F 40-44	2:16:51	10:27
169	Brandi Wallace	Fort Wayne IN	4 F 25-29	2:16:52	10:27
170	Rex Fortney	Van Wert OH	10 M 55-59	2:17:42	10:31
171	Sarah Kleinknight	Fort Wayne IN	1 F 55-59	2:18:48	10:36
172	Connie Gordon	Churubusco IN	9 F 40-44	2:19:58	10:41
173	Barb Scrogam	Fort Wayne IN	2 F 55-59	2:20:34	10:44
174	Susan Sims	Fort Wayne IN	9 F 45-49	2:20:45	10:45
175	Steve Harvey	Bluffton IN	27 M 50-54	2:23:04	10:55
176	Tom O'Malley	Fort Wayne IN	28 M 50-54	2:23:15	10:56
177	Paula Stricklin	Bloomington IL	6 F 35-39	2:23:49	10:59
178	Doug Montgomery	Ossian IN	7 M 30-34	2:23:51	10:59
179	John Raab	South Bend IN	23 M 40-44	2:24:04	11:00
180	Amy McClellan	Goshen IN	5 F 25-29	2:24:06	11:00
181	Lynn T Bobay	Fort Wayne IN	29 M 50-54	2:24:27	11:02
182	Heather Vanden Top	Yoder IN	10 F 40-44	2:25:05	11:05
183	Thomas Gilliom	Muncie IN	30 M 50-54	2:31:20	11:33
184	Jessica Nicholson	Bloomington IN	7 F 0-24	2:31:48	11:35
185	Carl Fields	Columbia City IN	3 M 60-64	2:34:50	11:49
186	Anna Ruiz	Kokomo IN	7 F 35-39	2:35:16	11:51
187	Joel Brecount	Fort Wayne IN	12 M 35-39	2:35:17	11:51
188	Steven Greider	Fort Wayne IN	11 M 55-59	2:38:40	12:07
189	Lindsay Becker	Auburn IN	10 F 30-34	2:40:33	12:15
190	Alan Zirkle	Fort Wayne IN	12 M 55-59	2:40:34	12:15
191	Andrea Wolf	Fort Wayne IN	10 F 45-49	2:45:45	12:39
192	Sherry Yoder	Fort Wayne IN	1 F 50-54	3:20:30	15:18
193	Tom Yoder	Fort Wayne IN	31 M 50-54	3:20:35	15:19
194	Susan K Johnson	Fort Wayne IN	3 F 55-59	3:20:36	15:19

*Results by Fort Wayne Track Club*

# 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)   |
| *** Cancelled ***             |                                     |
| 13. Parlor City 10k (9/24)    | 14. FWO 5K (10/1) *** Cancelled *** |
| 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 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.
- 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 Standings

### Men under 19

Place	Name	City	Points
1	David Boyer	Fort Wayne IN	455
2	Josh Ware	Fort Wayne IN	375
3	Eric Ware	Fort Wayne IN	325
4	Aaron Ware	Fort Wayne IN	320
5	Jacob Ware	Fort Wayne IN	300
6	Benjamin Skipper	Warsaw IN	275
7	Galen Harden	Yoder IN	200
8	Evan Niner	Fort Wayne IN	200
9	Shawn Kelley	Churubusco IN	185
10	Kurt White	Fort Wayne IN	185
11	Sam N Bird	Columbia City IN	100
12	Colin Altevogt	Fort Wayne IN	100
13	Andrew Piropato	Fort Wayne IN	100
14	Sean McAvoy	Bluffton IN	100
15	Eric Edmiston	New Haven IN	100
16	Danny White	Fort Wayne IN	85
17	Taylor James Tiernon	Fort Wayne IN	85
18	Matt Winkeljohn	Fort Wayne IN	85
19	Alex Snavelly	Silver Lake IN	85

### Men 20 to 29

Place	Name	City	Points
1	Edward Fisk	Fort Wayne IN	500
2	Casey Shafer	Bluffton IN	500
3	Rick Hammer	Hudson IN	270
4	Mike Cole	Angola IN	100
5	Kyle Boiin	Fort Wayne IN	85

### Men 30 to 34

Place	Name	City	Points
1	Brad A Thomas	Fort Wayne IN	685
2	Sam Gillie	Fort Wayne IN	340
3	Jeff Jones	Fort Wayne IN	330
4	Corey Williams	New Haven IN	235
5	Aaron York	Fort Wayne IN	215
6	David Whitcomb	Hogland IN	175
7	Todd Sullivan	Fort Wayne IN	65
8	Todd Werling	Fort Wayne IN	65
9	Ryan Hilton	Fort Wayne IN	55
10	Jason Sagan	Fort Wayne IN	55

### Men 35 to 39

Place	Name	City	Points
1	Joe Savina	Fort Wayne IN	800
2	Anthony Julianio	Fort Wayne IN	790
3	Matt Scott	Warsaw IN	410
4	Chad Ware	Fort Wayne IN	255
5	Buff Dormeier	Fort Wayne IN	200
6	Ron Sharp	Fort Wayne IN	200
7	Mike Elise	Fort Wayne IN	185
8	Scott Aldrich	Auburn IN	155
9	Brian Loucks	Fort Wayne IN	145
10	Michael Wolfe	Fort Wayne IN	135
11	Michael Fruchey	Huntertown IN	100
12	Brent Burris	Auburn IN	95
13	Mike Thurston	Fort Wayne IN	85
14	Michael Peters	Fort Wayne IN	75
15	Paul Sturm	Fort Wayne IN	75
16	Mark Walter	Garrett IN	75
17	Thomas Gilbert	Fort Wayne IN	75
18	David Drew	New Haven IN	65
19	Rich Runion	Fort Wayne IN	65

### Men 40 to 44

Place	Name	City	Points
1	Mike Slaubaugh	Fort Wayne IN	635
2	Kurt Walborn	Fort Wayne IN	570
3	Matt Foreman	Fort Wayne IN	515
4	David Geiger	Churubusco IN	410
5	Mark Pace	Fort Wayne IN	335
6	Jeff Metzger	Fort Wayne IN	315
7	Michael L McAvoy	Bluffton IN	300
8	Paul E Knott	Fort Wayne IN	295
9	Darryl Cargo	Fort Wayne IN	175
10	David M Huffman	Fort Wayne IN	175
11	Gregg Osborn	Fort Wayne IN	170
12	Jim Bougher	Fort Wayne IN	155
13	Mark Beals	Fort Wayne IN	155
14	Dave Matchette	Fort Wayne IN	125
15	Phillip Kelley	Churubusco IN	125
16	J. David Reimschisel, Jr	Leo IN	85
17	Frank Hunt	Fort Wayne IN	80
18	Ted Van Antwerp	Fort Wayne IN	65
19	Michael Skipper	Warsaw IN	65
20	Jeffrey Rowe	Garrett IN	65
21	Steve Zacher	Fort Wayne IN	50
22	William Cook	Fort Wayne IN	45
23	David Ellis	Fort Wayne IN	45
24	Rob Winkeljohn	Fort Wayne IN	15
25	Marvin Eady Jr	Fort Wayne IN	15
26	Alan Boyle	Huntertown IN	10
27	Jim Berghoff	Fort Wayne IN	5

# FWTC Points Standings

## Men 45 to 49

Place	Name	City	Points
1	James McKinnon	Waterloo IN	630
2	Mark Waldron	Wawaka IN	545
3	Chuck Brown	Bluffton IN	430
4	Paul Shaffer	Decatur IN	360
5	Gary Schmunk	Antwerp OH	310
6	Doug Sundling	Bluffton IN	300
7	Kim A Lefever	Columbia City IN	200
8	Tom Landis	Churubusco IN	200
9	Mitch V Harper	Fort Wayne IN	180
10	Jeff Taner	Fort Wayne IN	175
11	Steve Edmiston	New Haven IN	170
12	Joe Astroski	Fort Wayne IN	150
13	Ted Snavelly	Silver Lake IN	120
14	David Roehling	Harlan IN	115
15	Tim O'Connell	Fort Wayne IN	100
16	John Hamilton	Fort Wayne IN	100
17	Chuck Zumbun	Churubusco IN	100
18	Carl A Risch	Decatur IN	85
19	Thomas Boyer	Fort Wayne IN	70
20	Wes Rogers	Fort Wayne IN	65
21	Jerry Hoff	Roanoke IN	65
22	Craig Bobay	Fort Wayne IN	45
23	Stephen M Hilker	Fort Wayne IN	40
24	Mark Brattoli	Fort Wayne IN	35
25	Mark O'Shaughnessy	Fort Wayne IN	35
26	Kevin Truelove	Fort Wayne IN	35
27	Mark Giese	Fort Wayne IN	25
28	Steven A West	Fort Wayne IN	25
29	Gregg Kurtz	Fort Wayne IN	25
30	Timothy Ryan	Fort Wayne IN	20
31	Dennis Klopfenstein	New Haven IN	15
32	Jeff Milleman	Fort Wayne IN	15
33	Rick Hilker	Fort Wayne IN	5
34	Jonathan E Schlatter	Fort Wayne IN	5
35	Hal Atkinson	Huntertown IN	5

## Men 50 to 54

Place	Name	City	Points
1	Brad Altevogt	Fort Wayne IN	820
2	John Treleven	Fort Wayne IN	595
3	Kerry Blanchette	Fort Wayne IN	515
4	John David McPherson	Fort Wayne IN	265
5	Jed Pearson	Columbia City IN	235
6	Howard J Klinger	Fort Wayne IN	210
7	Don Ransome	Warsaw IN	200
8	Greg Ridenour	Fort Wayne IN	195
9	Phil Suelzer	Fort Wayne IN	155
10	Dana Budd	New Haven IN	130
11	Len Pirovato	Fort Wayne IN	110
12	Joseph Nayarkas	Fort Wayne IN	110
13	Lynn T Bobay	Fort Wayne IN	100
14	Jerry Diehl	Fort Wayne IN	100
15	Tom Digate	Fort Wayne IN	90
16	Michael Clendenen	New Haven IN	85
17	Kevin Giant	Fort Wayne IN	85
18	Thomas J Felts	Fort Wayne IN	80
19	Todd Seiman	Fort Wayne IN	75
20	Donald Kramer	Van Wert OH	70
21	Ken Long	Fort Wayne IN	65
22	Terry Anderson	Fort Wayne IN	65
23	Doug Ulmer	Leo IN	65
24	Mike Cox	Spencerville IN	45
25	Aaron Cox	Huntertown IN	35
26	Ted Tiernon	Fort Wayne IN	35
27	Tom Fuelling	Fort Wayne IN	25
28	Robert Snow	Fort Wayne IN	20
29	Keith Niner	Fort Wayne IN	5

## Men 55 to 59

Place	Name	City	Points
1	Jim Pickett	Waterloo IN	665
2	Bob Bruckner	Fort Wayne IN	610
3	Rich Stephenson	Monroeville IN	480
4	Jack Seigel	Fort Wayne IN	375
5	Bob Michel	Fort Wayne IN	245
6	Robert Lawson	Fort Wayne IN	235
7	Steven Greider	Fort Wayne IN	205
8	James McKinnon	Waterloo IN	200
9	Art Obregon	Pierceton IN	85
10	John Peterson	Fort Wayne IN	85
11	David L Winters	Huntington IN	75
12	Mervin Koehlinger	Fort Wayne IN	65
13	James H Wright	Fort Wayne IN	65
14	Jay Haney	Huntington IN	65
15	Phil Luttman	Kendallville IN	55

## Men 60 to 64

Place	Name	City	Points
1	Ray Casiano	New Haven IN	825
2	David E Boylan	Fort Wayne IN	650
3	Bernie Burgette	Fort Wayne IN	495
4	Donald Lindley	Fort Wayne IN	435
5	Dewain Cobbs	Warsaw IN	285
6	Barric Peterson	Fort Wayne IN	110
7	William A Crane	Warsaw IN	75
8	Allen Albert	Fort Wayne IN	65

# FWTC Points Standings

9	Lynn B Smith	Fort Wayne IN	55
10	Steve Adkison	Fort Wayne IN	35

## Men 65 to 69

Place	Name	City	Points
1	Joe Ziegler	New Haven IN	765
2	Bill Sohaski	Fort Wayne IN	200
3	Dick Harnly	Fort Wayne IN	160
4	Freeman Hershberger	Goshen IN	100
5	Karl Dietsch	Fort Wayne IN	85
6	William Clark	Fort Wayne IN	85
7	Bill Harris	Grabill IN	85
8	Bud Stiffler	Anderson IN	75
9	Noel Hupp	Fort Wayne IN	75

## Men 70 and over

Place	Name	City	Points
1	Kenneth E Disler	Fort Wayne IN	840
2	Bernie Huesing	Fort Wayne IN	755
3	Robert C Loomis	Monroeville IN	420
4	R William Schmidt	Fort Wayne IN	300
5	James P Jones	Fort Wayne IN	285
6	Don Anderson	Fort Wayne IN	85
7	Curtis Nold	Fort Wayne IN	75

## Women 19 and under

Place	Name	City	Points
1	Kalissa Blanchette	Fort Wayne IN	970
2	Ciersten Deardorf	Fort Wayne IN	700
3	Kylee Keunke	Decatur IN	415
4	Courtney Raypole	Columbia City IN	370
5	Grace Burris	Auburn IN	315
6	Leticia Deardorf	Fort Wayne IN	285
7	Lynn Altevogt	Fort Wayne IN	200
8	Amy Roberts	Fort Wayne IN	200
9	Cecelia Snow	Fort Wayne IN	160
10	Cendra Deardorf	Fort Wayne IN	150
11	Beth Niner	Fort Wayne IN	100
12	Tracey Jo Tiernon	Fort Wayne IN	100
13	Leah Deardorf	Fort Wayne IN	100
14	Hannah Michel	Fort Wayne IN	85
15	Sarah Winkeljohn	Fort Wayne IN	75
16	Sarah Bird	Columbia City IN	55

## Women 20 to 29

Place	Name	City	Points
1	Amy Stephan	Fort Wayne IN	400
2	Angela Palevich	Fort Wayne IN	100

## Women 30 to 34

Place	Name	City	Points
1	Tammy Behrens	Fort Wayne IN	500
2	Polly Grismore	Fort Wayne IN	335
3	Rebecca Hollenbaugh	South Whitley IN	285
4	Erin Brady	Fort Wayne IN	260
5	Jennifer Steigmeyer	Fort Wayne IN	200
6	Karen Gillie	Fort Wayne IN	195
7	Katrina Loucks	Fort Wayne IN	175
8	Kim Doster	Fort Wayne IN	170
9	Amy Archbold	Fort Wayne IN	160
10	Kim Milleman	Fort Wayne IN	100

## Women 35 to 39

Place	Name	City	Points
1	Nancy Burris	Auburn IN	360
2	Staci Beiswanger	South Whitley IN	200
3	Anne Duff	Fort Wayne IN	200
4	Julie McNulty	Fort Wayne IN	100
5	Tracy Skipper	Warsaw IN	85
6	Jeannie Giese	Fort Wayne IN	85

## Women 40 to 44

Place	Name	City	Points
1	Sheryle Braaten	Hoagland IN	745
2	Linda Anderson	Fort Wayne IN	585
3	Betty Greider	Fort Wayne IN	580
4	Diana Schowe	Auburn IN	455
5	Cindy McGovern	Fort Wayne IN	400
6	Beverly Metzger	Fort Wayne IN	375
7	Denise Conrad	Decatur IN	255
8	Mary Snow	Fort Wayne IN	220
9	Lorraine Brattoli	Fort Wayne IN	175
10	Paula McEachem	Leo IN	140
11	Karen Kosberg	Fort Wayne IN	75
12	Claire Weir	Fort Wayne IN	75
13	Mary Crane	Warsaw IN	65
14	Carla Brames	New Haven IN	55

## Women 45 to 49

Place	Name	City	Points
1	Cheryl Stromski	Antwerp OH	400
2	Judy White	Fort Wayne IN	200
3	Judy Tillapaugh	Fort Wayne IN	200
4	Diane Post	Fort Wayne IN	85

## FWTC Points Standings

5	Terri Gross	Fort Wayne IN	85
6	Holly Niner	Fort Wayne IN	85
7	Margie Morris-Parker	Fort Wayne IN	85
8	Sue McGrew	Fort Wayne IN	75
9	Tamara Wright	Fort Wayne IN	75
10	Renee Fenstermaker	Fort Wayne IN	75
11	Joann Bird	Columbia City IN	75

### Women 50 to 54

Place	Name	City	Points
1	Helen Ryan	Fort Wayne IN	785
2	Regina Blanchette	Fort Wayne IN	670
3	Nancy Boyer	Fort Wayne IN	445
4	Phyllis Suelzer	Fort Wayne IN	200
5	Susan Peterson	Albion IN	185

### Women 55 to 59

## FWTC Points Standings

Place	Name	City	Points
1	Barb Scroggham	Fort Wayne IN	500
2	Bobbie Clark	Fort Wayne IN	185
3	Marsha Schmidt	Fort Wayne IN	100

### Women 60 to 64

Place	Name	City	Points
1	Sarah Kleinknight	Fort Wayne IN	500
2	Rochelle Alberding	Bluffton IN	100
3	Irene Spindler	Kendallville IN	85

### Women 65 to 69

Place	Name	City	Points
1	Joan Gary	Fremont IN	400
2	Gloria J Nold	Fort Wayne IN	100

## HUFF Web Log

There is a new HUFF 50K blog at <http://Huff50k.blogspot.com>. This will allow the quicker posting of new information regarding the HUFF. The blog contains not just new information but news as well.

As the introductory Posting explains:

*Welcome to the HUFF 50K Trail Notes. This will be the place for keeping folks updated regarding the upcoming HUFF 50K Trail Run on December 17, 2005 at Huntington IN. There have been some changes to the trail we'll tell you about. And the committee has been meeting to improve the experience for every runner and every volunteer. Oh, yes, we'll even talk about the medals. (Many are mailed, the rest will be prepped on September 11 and mailed September 12).*

## Running Groups in Fort Wayne

### Saturdays:

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

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

Contact: Steve Hilker - [smhilker@verizon.net](mailto:smhilker@verizon.net)

### **PR Training -**

Time and place will vary throughout the fall and winter.

If you would like to be put on an email list of the time and location email [prtraining@comcast.net](mailto:prtraining@comcast.net)

### **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:

**YMCA Downtown - S. Barr 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)

Contact member services 422-6486

### **ETG Training Group -**

Eric Ade and Casey Shafer train together during the week and are open to others, both male and female joining them. They are interested in training with college-aged students.

M-F 5:00-5:15 PM

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

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

Casey Shafer 402-2541

[ghanishrunner@hotmail.com](mailto:ghanishrunner@hotmail.com)

Casey is also having speed workouts on Monday evenings. Contact him if you are interested.

### **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.

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

# 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 10/01/2005 to 12/31/2005

*Latest race calendar is 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

Oct 01 730am Sat	R	<b>Akron Marathon &amp; Team Relays</b> Downtown, Akron, OH <i>Contact:</i> 1-877-375-2786 <i>Info/Fees:</i> New for 2005 - a two person relay <i>Email:</i> <a href="mailto:info@akronmarathon.org">info@akronmarathon.org</a> <i>Web site:</i> <a href="http://www.akronmarathon.org">http://www.akronmarathon.org</a>
Oct 01 830am Sat	R	<b>Bookin it n the Monon - 5K Run/Walk</b> Carmel Library, Carmel, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> <a href="mailto:tuxbro@indy.rr.com">tuxbro@indy.rr.com</a> <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Oct 01 8am Sat	R	<b>Get Movin' Run/Walk - 10K Run &amp; 5K Walk</b> Indpls, IN <i>Contact:</i> KLA, 994 North Combs Rd, Greenwood, IN 46143, 1-866-786-9255 <i>Email:</i> <a href="mailto:klong@kenlongassoc.com">klong@kenlongassoc.com</a> <i>Web site:</i> <a href="http://kenlongassoc.com">http://kenlongassoc.com</a>
Oct 01 9:00 am Sat	R	<b>11th Annual Germantown 50KM Trail Run - 50K</b> Germantown Metro Park, Germantown, OH <i>Contact:</i> Joe Smindak, 222 Liberty St, Dayton, OH 45402, 937-586-6546 <i>Info/Fees:</i> \$25-pre, \$35-race day <i>Email:</i> <a href="mailto:jsmindak@juno.com">jsmindak@juno.com</a> <i>Web site:</i> <a href="http://www.orrcc.org">http://www.orrcc.org</a>
Oct 01 9am Sat	R	<b>River Bluff Run - 5K Run &amp; 2.6 M Walk</b> Logansport, IN <i>Contact:</i> Memorial Hospital Foundation, PO Box 7013, Logansport, IN 46947, 575-753-1595 <i>Info/Fees:</i> \$10-Pre, Family-\$15(limit to 5)
Oct 02 1pm Sun	R	<b>Circle City Sprints - 1 Mile Road Race</b> Eagle Creek Park, Indpls, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> <a href="mailto:tuxbro@indy.rr.com">tuxbro@indy.rr.com</a> <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Oct 02 3pm Sun.	R	<b>Hickory Estates Mosquito Run - 5K Run/Walk</b> North Winona Church of the Brethren, Warsaw, IN <i>Contact:</i> Bill Crane, Genesis Management, 827 South Union Street - Suite 130, Warsaw, IN, 46580 <i>Email:</i> <a href="mailto:runcrane@hotmail.com">runcrane@hotmail.com</a>
Oct 02 8am Sun	R	<b>Milwaukee's Lakefront Marathon - 26.2 Miles &amp; Relay</b> Milwaukee, WI <i>Contact:</i> 414-476-7223 <i>Info/Fees:</i> \$45-Pre,\$50-7/10-9/17,\$55-9/18-10/1, No Race Day Registration <i>Email:</i> <a href="mailto:lfm@execpc.com">lfm@execpc.com</a> <i>Web site:</i> <a href="http://www.badgerlandstriders.org/lakefront">http://www.badgerlandstriders.org/lakefront</a>
Oct 02 9:30am Sun	R	<b>Oktoberfest Classic - 10K &amp; 1Mile Fun Run</b> Minister High School, Minister, OH <i>Contact:</i> Oktoberfest Classic, PO Box 20, Minister, OH 45865-0020, 419-628-3507 <i>Info/Fees:</i> \$16-Pre-w/shirt- RaceDay-\$12-no/shirt. \$3000 course record, \$1600 Cash Prizes <i>Email:</i> <a href="mailto:okt10k@yahoo.com">okt10k@yahoo.com</a> <i>Web site:</i> <a href="http://www.ministeroh.com/oktoberfest10krun.htm">http://www.ministeroh.com/oktoberfest10krun.htm</a>
Oct 08 8:30 am Sat	R	<b>Cole Porter Classic - 15K &amp; 5K Run/Walk &amp; 5K Competitor Walk</b> Peru Circus Bldg, Peru, IN <i>Contact:</i> Jim Yates, PO Box 168, Peru, IN 46970, 765-473-6668 <i>Email:</i> <a href="mailto:jimy@mcremc.coop">jimy@mcremc.coop</a>
Oct 08 8am Sat	L	<b>South Whitley Fall Festival - 5 K RUN / WALK &amp; 1 Mile Fun Run</b> 602 Hathaway Drive, South Whitley, IN <i>Contact:</i> Rebecca Hollenbaugh, 305 South Main St , South Whitley, IN 46787, (260) 723-6729 <i>Info/Fees:</i> \$12-Pre, \$15-Race Day, \$1 - Fun Run <i>Email:</i> <a href="mailto:jadebecca@familyonline.com">jadebecca@familyonline.com</a>
Oct 08 9am Sat	L	<b>12th Annual Canterbury School 5K Run/Walk &amp; PeeWeeRun</b> Canterbury School(Benefit Assoc. Church Food Bank, Fort Wayne, IN <i>Contact:</i> Canterbury School, 3210 Smith Road, Fort Wayne, IN 46804, 260-436-7721 <i>Info/Fees:</i> Pre-Reg @ Three Rivers Running Company, Friday, 6-8pm,PeeWee Run: 8:45am: Race Day Final Registration 8am Entry:\$10/a canned food donation. <i>Email:</i> <a href="mailto:kidsmarathon@comcast.net">kidsmarathon@comcast.net</a> <i>Web site:</i> <a href="http://canterburyschool.org">http://canterburyschool.org</a>
Oct 08	R	<b>Race For All Races - 5 Mile Run, 5K Walk</b>

9am Sat		Downtown Indpls, Indpls, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Oct 08 Sat 10:30am	R	<b>Valparaiso University Homecoming 5K - 5K Run Run/Walk</b> University Campus, Valparaiso, IN <i>Contact:</i> Kari Murphy, 1-800-833-6792 <i>Info/Fees:</i> \$10-Pre \$15-Race Day <i>Email:</i> alumni@valpo.edu <i>Web site:</i> <a href="http://www.valpo.edu">http://www.valpo.edu</a>
Oct 09 10am Sun	R	<b>Auburn Duesey Walkers</b> Mid-America Windmill Museum, Kendallville, IN <i>Contact:</i> 260-432-4253 or 260-627-5887
Oct 09 1:00pm Sun	L	<b>Zoom thru Zulu - 10K, 10K Relay, 5K Walk, Kids Run</b> Zulu, IN <i>Contact:</i> Mitch Harper, 5207 Hopkinton Dr, Fort Wayne IN 46814, 260.436.4824 FAX: 260.436.8284 <i>Info/Fees:</i> \$2-Kids run, \$6 -all other events by 10/4; 10K run, \$1200-Total Cash Prize <i>Email:</i> zulu10K@aol.com <i>Web site:</i> <a href="http://www.zulu10k.com">http://www.zulu10k.com</a>
Oct 09 7:30 am Sun	R	<b>LaSalle Bank Chicago Marathon - 26.2 Miles &amp; 5K Run</b> Chicago, IL <i>Contact:</i> Entry \$80, 312-904-9800 <i>Info/Fees:</i> Entry \$80, Reg closes 9/5 or when max 40,000 <i>Web site:</i> <a href="http://www.chicagomarathon.com">http://www.chicagomarathon.com</a>
Oct 09 9 am Sun	R	<b>Mt Rushmore International Marathon - 26.2 m, Half Mar &amp; Relay</b> Black Hills, Rapid City, SD <i>Contact:</i> MtRushmore Marathon Staff, 605-331-0030 <i>Info/Fees:</i> \$80,\$65,\$120 >10/6 <i>Email:</i> Staff@MtRushmoreMarathon.com <i>Web site:</i> <a href="http://www.MtRushmoreMarathon.com">http://www.MtRushmoreMarathon.com</a>
Oct 09	R	<b>Towpath Marathon - 26.2 miles</b> Cuyahoga Valley National Park, Cleveland, OH <i>Contact:</i> Ohio Canal Corridor, PO Box 60442D, Cleveland, OH 44100, <i>Info/Fees:</i> \$45-Pre,\$65-Race Day <i>Web site:</i> <a href="http://www.towpathmarathon.net">http://www.towpathmarathon.net</a>
Oct 15 10am Sat	R	<b>Run For The Prize - 5K Run/Walk</b> Immanuel Lutheran Church, Findlay, OH <i>Contact:</i> Dave Braun, 419-365-5770 or 800-688-8151 x210 <i>Info/Fees:</i> \$15-LS Shirt, \$20-Hooded Pullover Sweatshirt, Loop course w/rolling hills. <i>Email:</i> dbraun@mennel.com <i>Web site:</i> <a href="http://www.immanuelfindlay.com">http://www.immanuelfindlay.com</a>
Oct 15 5pm Sat	R	<b>Pumpkin in the Park - 5K</b> Chicago, IL <i>Contact:</i> Fleet Feet Sport Chicago, <i>Info/Fees:</i> \$25 - Race Day <i>Web site:</i> <a href="http://www.fleetfeetchicago.com">http://www.fleetfeetchicago.com</a>
Oct 15 8am Sat	R	<b>10th Annual Indianapolis Marathon - 26.2 Miles, Half Mar, Lawrence 5K</b> Fort Benjamin Harrison, Indpls, IN <i>Contact:</i> Joel N Sauer, RD, 317-826-1670 <i>Info/Fees:</i> \$35 before 9/24, \$45 after, \$60 race day <i>Email:</i> info@indianapolismarathon.com <i>Web site:</i> <a href="http://www.indianapolismarathon.com">http://www.indianapolismarathon.com</a>
Oct 15 8am Sat	R	<b>Jill Behrman run for the end zone - 5K Run/Walk</b> Mellencamp Pavilion, Bloomington, IN <i>Contact:</i> Christine Ruddick, 855-7772 <i>Web site:</i> <a href="http://http://www.recsports.indiana.edu/special_events/jill_behrman.php4">http://http://www.recsports.indiana.edu/special_events/jill_behrman.php4</a>
Oct 15 8am Sat	R	<b>Norris Insurance - 5 miles &amp; 5K Walk</b> Bunker Hill, IN <i>Contact:</i> John Norris, PO Box 157, Amboy, IN 46911, 765-395-7761
Oct 15	R	<b>Run Between The Rivers - 26.2 miles + Team Relays</b> Lakes National Rec Area, Golden Pond, KY <i>Contact:</i> John Rufli or Barry Haley, Run Between The Rivers, 100 Van Morgan Dr., Golden Pond, KY 42211, (270)924-2063 <i>Info/Fees:</i> Pre-\$20,\$25-Race day \$40, Teams,\$120,\$150-\$240. <i>Web site:</i> <a href="http://www.lbl.org">http://www.lbl.org</a>
Oct 16 8am Sun	R	<b>26th Columbus Marathon - 26.2 Miles, Relay &amp; Walking Div.</b> Columbus, OH <i>Contact:</i> 614-421-7866, <i>Info/Fees:</i> \$60-Pre 8/31, \$75>10/1 thru 10/16 <i>Web site:</i> <a href="http://www.columbusmarathon.com">http://www.columbusmarathon.com</a>
Oct 22 4:30pm	R	<b>Monster Mash Run - 5 Mile Run, 5K Walk</b> Eagle Creek Park, Indpls, IN

Sat		<i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Oct 22 9am Sat	R	<b>18th Annual Circleville Classic - 5 Mile</b> Circleville, OH <i>Contact:</i> Jean McGowan, 101 Reber Ave, Circleville, OH 43113, (740) 474-8640 <i>Info/Fees:</i> \$6/\$4 for ea add'l family member various entry fees. <i>Email:</i> runohio@ee.net <i>Web site:</i> http://www.runohio.com
Oct 23 2pm Sun	L	<b>Callithumpian Canter - 5K &amp; 1 Mile Fun Run @ 1:30pm</b> Bellmont High School - US 224E, Decatur, IN
Oct 23 7:35am Sun	R	<b>Detroit Free Press Marathon &amp; Half Marthon - 26.2 Miles/13.1 Miles</b> Detroit, MI <i>Contact:</i> Patricia Ball, 600 W Fort St, Detroit MI 48226, 313-222-6676 <i>Info/Fees:</i> Early Entry \$55 <i>Email:</i> marathon@freepress.com <i>Web site:</i> http://www.freep.com/marathon
Oct 28 7pm Fri	R	<b>Run Like Hell - 3 Mile Run/Walk</b> Downtown Indpls, Indpls, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Oct 29 10am Sat	R	<b>Pleasant Run Run - 5 Mile Run/Racewalk, 3 Mile Walk</b> Historic Irvington, Indpls, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Oct 29 9am Sat	LP	<b>5th Annual River City Rat Race - 10K Run and 5K Walk</b> Downtown Peforming Art Center Main St, Finsh Line at The Old Fort for both races, Fort Wayne, IN <i>Contact:</i> Steve Hilker, 260-434-1119 <i>Email:</i> smhilker@verizon.net <i>Web site:</i> http://www.rcratrace.org
Oct 29 9am Sat	R	<b>D.IN.O Trail Run Series - 5K or 15K</b> Southwestway Pk, Indpls, IN <i>Contact:</i> Brian Holzhauzen, 317-308-6449 <i>Email:</i> Brian@DINOseries.com <i>Web site:</i> http://www.DINOseries
Nov 05 7am Sat	R	<b>13th Annual OPSF 50/50 Trail Run - 50 km &amp; 50 Miles &amp; 13.2 Miles</b> Owen-Putnam County State Forest, Spencer, IN <i>Contact:</i> Norm Carlson or Jeff Tincher, 501 W Indiana, Spencer IN 47460, 812-829-3543 or 812-894-3394 <i>Info/Fees:</i> pre-entry \$25 by Oct 14, \$30 thereafter, limit 100. <i>Email:</i> normc33@sbcglobal.net
Nov 05 9:34am Sat	R	<b>Outback Scramble - Wacky 5 Mile Cross Country Run</b> Eagle's Crest, Indpls, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Nov 05 9am Sat	R	<b>Spirit Run and Walk - 5K Run/Walk</b> Village of Westclay, Carmel, Indpls, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Nov 06 2pm Sun	R	<b>Run the Mounds - 5 Mile Run/Walk</b> Mounds State Park, Anderson, IN <i>Contact:</i> Bob Hart, ARRC, PO Box 282, Anderson IN 46015, 765-643-6304 <i>Email:</i> rrrunner@worldnet.att.net <i>Web site:</i> http://www.andersonroadrunners.org
Nov 12 9am Sat	R	<b>CKRR 4 Mile Run/ 5K Walk</b> McKinley School, 1217 W Carter St, Kokomo, IN <i>Contact:</i> CKRR, <i>Web site:</i> http://www.ckrr.us
Nov 12 9am Sat	R	<b>Potter's Bridge Step N'Stride - 5K &amp; 10K Run &amp; 5K Walk</b> Noblesville, Noblesville, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Nov 12 Sat	R	<b>Dino Trail Run Series - 5K &amp; 15K</b> Southeastway Park, Indianapolis, IN <i>Contact:</i> Brian Holzhauzen, Dino Series, PO Box 36395, Indpls, IN 46236, 317-308-6449 <i>Web site:</i> http://www.dinoseries.com
Nov 13 2:00pm Sun	L	<b>Jingle Bell Run for Arthritis - 5K Run/Walk</b> Franke Park, Fort Wayne, IN <i>Contact:</i> Ginger Dodd, 11119 Parkview Plaza Drive, Suite 103, Ft Wayne IN 46845, (260)672-6570 <i>Info/Fees:</i> \$20>14 yrs, \$10<14 yrs

		<i>Email:</i> GDodd@arthritis.org <i>Web site:</i> <a href="http://www.arthritis.org/communities/chapters/JingleBellRun/overview.asp?chapid=22">http://www.arthritis.org/communities/chapters/JingleBellRun/overview.asp?chapid=22</a>
Nov 19 11am Sat	LP	<b>Turkey Trot X-C - 5K</b> Fox Island County Park, Fort Wayne, IN <i>Contact:</i> Don Lindley, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860-1703, 260-436-2234 <i>Info/Fees:</i> Pre-registration \$5-FWTC Members; \$7-Non-Members <i>Email:</i> lindleyd@infionline.net <i>Web site:</i> <a href="http://www.fwtc.org/raceinfo/turkeytrotapp.htm">http://www.fwtc.org/raceinfo/turkeytrotapp.htm</a>
Nov 20	R	<b>Steeple-Cross &amp; Buddy-Cross</b> KOA Kampground, Mt Comfort, IN <i>Contact:</i> 317-336-7653 <i>Email:</i> Brian@DINOseries.com <i>Web site:</i> <a href="http://www.dinoseries.com/mtb/schedule/2004/cyclocross.htm">http://www.dinoseries.com/mtb/schedule/2004/cyclocross.htm</a>
Nov 24 8:30am Thu	L	<b>Galloping Gobbler - 4 Miler - 4 Miles</b> University of St. Francis - Hutzell Athletic Center, Fort Wayne, IN <i>Contact:</i> Mitch Harper, 5207 Hopkinton Dr, Ft Wayne IN 46814, 260-436-4824 <i>Info/Fees:</i> \$15 <i>Email:</i> Info@FortWayneGobbler.com <i>Web site:</i> <a href="http://www.FortWayneGobbler.com">http://www.FortWayneGobbler.com</a>
Nov 24 8am Thur	L	<b>FWTC's Mazock's 29th Thanksgiving Day Run - Almost 6 miles</b> Emerald Lake subdivision, No Awards, No Splits, Just old coffee and stale donuts, Fort Wayne, IN <i>Contact:</i> Jerry Mazock, 2828 Emerald Drive, Fort Wayne, IN 46804, 260-432-4755 <i>Info/Fees:</i> Also, come and enjoy the evening when Jerry plugs in thousands of lights!
Nov 24 8am Thu	L	<b>Kid's Kampus Turkey Trot - 5K Run/Walk</b> McDonald's, Huntington, IN <i>Contact:</i> Kids Kampus, 435 Campus Street, Huntington, IN 46750, 260-356-0123 <i>Info/Fees:</i> \$15-Pre, \$20-Race Day, Long Sleeve Shirts if pre-registered, Trophies & Cash Prizes for the top three in ea. category for each div for men & women: 15 & Under, 16-54 and 55 & over. <i>Email:</i> jmeyer@pathfinderservices.org <i>Web site:</i> <a href="http://www.kidskampus.org">http://www.kidskampus.org</a>
Nov 24 8am Thu	R	<b>CKRR Thanksgiving Day Fun Run</b> Highland Park, Kokoko, IN <i>Contact:</i> CKRR, <i>Web site:</i> <a href="http://www.ckrr.us">http://www.ckrr.us</a>
Nov 24 9am Thu	R	<b>Drumstick Run - 4.5 Miles</b> Broadripple Area, Indpls, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Nov 24		<b>Thanksgiving Day Food Drive Run</b> Matter Park, Marion, IN
Dec 03 2pm Sat	LP	<b>Just Plain 10K - 10k Run &amp; 3.3k Walk</b> (FWTC Point Race)Foster Park(Hartman & Fosterparkway), Fort Wayne, IN (PreRegistration is not required but helpful. Postmark No later than 12/1, Entry: Gift Wrapped T-shirt <i>Contact:</i> James P Jones, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860, 260-745-7339 <i>Info/Fees:</i> No entry fee, bring gift wrapped t-shirt to be donated to Allen County Children's Home, FW Christmas Bureau, <i>Email:</i> senojpj@skyyenet.net <i>Web site:</i> <a href="http://www.fwtc.org">http://www.fwtc.org</a>
Dec 03 9am Sat	R	<b>Jingle Bell Run - 5K Run/Walk</b> Downtown - IUPUI, Indpls, IN <i>Contact:</i> Tuxedo Brother - Don Carr, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Dec 03	R	<b>Tecumseh Trail Marathon - 26.2 miles</b> Yellowwood State Forest, Bloomington, IN <i>Info/Fees:</i> Field Limit to 500 runners, point to point, 3500 vertical feet of climbing <i>Email:</i> Brian@DINOseries.com <i>Web site:</i> <a href="http://www.DINOseries.com">http://www.DINOseries.com</a>
Dec 10 8am Sat	R	<b>29th Annual Rocket City Marathon - 26.2 Miles</b> HILTON, Huntsville, AL <i>Contact:</i> Suzanne & Dink Taylor, 6750 Carl T. Jones, Huntsville, AL 35802, 256-650-063 <i>Info/Fees:</i> \$30-pre, \$22,000 Prize Money, Race Numbers will include your Name, Age Graded Grand Masters(50+) <i>Email:</i> Runstrong@fleetfeethuntsville.com <i>Web site:</i> <a href="http://www.HuntsvilleTrackClub.org">http://www.HuntsvilleTrackClub.org</a>
Dec 17 8am Sat	L	<b>The Huff 50K Trail Run - 50K, 3xRelay, &amp; 1 Loop Fun Run (10.8 Miles)</b> J.Edward Roush Lake, Kil-So-Quah Campground, Huntington, IN <i>Contact:</i> Mitch Harper, 5207 Hopkinson Dr, Ft Wayne, IN 46814, 260-436-4824 or (fax) 436-8284 <i>Email:</i> Info@Huff50K.com <i>Web site:</i> <a href="http://www.HUFF50K.com">http://www.HUFF50K.com</a>

## **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.

## **Share Your Running Story**

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



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 to [newsletter@fwtc.org](mailto:newsletter@fwtc.org). We look forward to hearing from you!

## **Share Yours!**

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## **FWTC Marketing and Promotions Coordinator Needed**

Duties include:

- Distribute fliers to various locations i.e. gyms, health food stores, stores, etc. either by mailing or in person.
- Assist race director in distributing race information if needed.
- Assist newsletter coordinator with upcoming newsletter if needed.
- Arrange for the FWTC display at FWTC races, and if possible at points races, and any other local races.
- Keep FWTC pictures updated.
- Post FWTC race information on various online community calendars, newspapers, and any other media that may reach runners/walkers/fitness enthusiasts.

*Contact any FWTC board member if interested*

# 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**

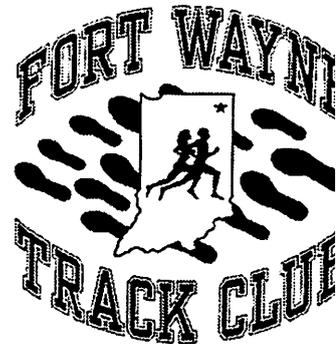
I agree for myself, and any other person named on this application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of 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
  - Timing
  - Applications
  - Advertising/Promotions
  - Course Setup
  - Aid Stations
  - Transportation
  - 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!

# 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*

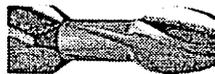
### *Landis Tool Grinding, Inc.*



CNC Grinding



Shipping Address  
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Columbia City, IN 46725



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

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

Tom Landis



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

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