



The Inside Track

A Publication of the Fort Wayne Track Club



Fort Wayne Track Club Banquet

Sunday, February 12, 2006

Saturday, February 11, 2006

Fanny Freezer

*Renew Your Fort Wayne Track Club Membership For 2006!
See Form On Page 25.*

February &
March 2006

Visit our web site at www.fwtc.org

2006

Fort Wayne Track Club Officers and Board Members



Officers

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

FWTC Board Members

Tammy Behrens	625-3830	prtraining@comcast.com
Bill Harris	657-5012	bharris@mossharris.com
Stephen Hilker	434-1119	smhilker@verizon.net
James P. Jones	745-9724	jjones@hoosierbuzz.com
Tom Landis	693-3526	LTG541TL@msn.com
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
Open. Please volunteer!

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 jjones@hoosierbuzz.com
Don Lindley 432-5998 lindleyd@infionline.net

Newsletter
Chuck Zumbrun 693-0527 newsletter@fwtc.org

Website
Tom Digate 918-2888 tom@digate.us

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

Youth Coordinator
Phil Suelzer 486-1745 tri_keri@yahoo.com

FWTC Board Member Meetings

All FWTC members are welcome to attend. Meetings are held in the Royal Dons room in the Gates Sports Center at IPFW on the second Wednesday of the month at 7 P.M.

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!

FWTC Board Minutes

November 9, 2005

Members present: Tom Landis, Ann Mize, J.P. Jones, Michael Fruchey, Judy White, Tammy Behrens, Judy Tillapaugh, Mac Mc Avoy, Phil Suelzer, Don Lindley, and guest Connie Casson.

President Mike Fruchey called the November Board meeting to order at 7:07 P.M. Don Lindley gave the opening prayer. Ann Mize presented the October minutes. J.P. Jones asked if the minutes could be amended to include the word (chip) in his request for help in chip timed races. All volunteers are welcome at all races ,but chip timed races could use more volunteers. That so noted the minutes were approved by a motion from Mac McAvoy and a second by Tom Landis.

Don Lindley gave a brief treasure's and membership report.

President Mike gave the board an update on the local school racing season. He said High School has just ended with lots of good performances. Gary Bird is busy with USTF youth training. The IPFW Regional Meet is this week end in Bloomington. He reported a good season with lots of great racing.

Mac McAvoy gave a wrap up on Runners On Parade. He is working on making it a even bigger race for 2006. Tammy Behrens would like to offer a training program for first time runners.

President Mike asked for input on two web site issues. The first concerns if we could save money by switching our current web site host. Further research seems to be needed. Secondly, Mike asked if P.R. Training, a program Tammy Behrens has developed to train runners for the Indy Mini Marathon, should be featured on our web site. With a motion by Judy Tillapaugh and a second by J.P. Jones we all agreed to support Tammy in her coaching endeavors.

The FWTC Award Banquet is scheduled for Sunday, February 12, 2006 at 5 P.M. Judy White and Judy Tillapaugh are exploring food and speaker ideas. The final details will be announced next month.

Fort Wayne Community Schools special project advisor, Connie Casson, asked for information on the possibility of putting on a race to mark the 150 year anniversary of the first Fort Wayne School. It could be spring or fall of 2006. The board agreed to help in any way we can.

Judy Tillapaugh asked for a discussion on the 2006 point races. The board decided it would be best to limit the number to 12 using a balance between long and short races. All agreed FWTC races should be supported first. After discussion a motion was brought by Don Lindley and Tom Landis to adopt the 12 selected races as 2006 Point Races. All were in favor.

The next Board meeting is 7:00 P.M. Wednesday, December 14th, 2005 in the Royal Dons Room at Gates Sports Center. All board members are invited to bring a snack and a \$10.00 gift for exchange.

The next officers meeting will be at 3:00 P.M. on Sunday November, 27th at the Pizza Hut, Village at Coventry.

With no further business the meeting was adjourned at 8:30 P.M.

FWTC Board Minutes

December 14, 2005

Board Members present: Mike Fruchey, Barrie Peterson, Bill Harris, Phil Suelzer, Judy Tillapaugh, Tammy Behrens, J.P. Jones, Tom Landis, Ann Mize, and Don Lindley.

Our President Mike Fruchey called the meeting to order at 7:10 P.M. Don Lindley gave our opening prayer. We enjoyed snacks and sodas.

Ann Mize presented the November minutes. They were then approved with a motion by Barrie Peterson and a second by Bill Harris.

Don Lindley gave a brief treasurer's report. For the membership report he stated we have 524 paid members. His report was accepted with a motion by J.P. Jones and seconded by Bill Harris.

Judy Tillapaugh reported on the Awards Banquet. Fazoli's will be the caterer. The club board members will provide the desserts and drinks. The guest speakers this year will be outstanding FWTC members Tammy Behrens, and Casey Shafer with a question and answer time following. Barrie Peterson will again be the Master of Ceremony. It is shaping up to be a great food and fellowship event.

FWTC award nomination forms were distributed to the board members and are due back to Mike by January 11th, 2006.

After discussion the special FWTC High School Runner of the Year awards will go to Forrest Foellinger and to Amber and Ashley Wray.

Mike read a memo from Dawn Ritchie from the Parks Dept. She stated that in answer to club members requests to use the restrooms at Lawton Park this winter, they should contact Joel Pape at 427-6420 or John Presensky at 427-6405 to get the door code.

The IPFW cross country season is over and Mike reported a great over all year.

Don Lindley explained that our RRCA renewal is due soon. We currently have 404 running households to insure at a cost of \$4.43 per household along with \$49.00 and \$175.00 premium for board member liabilities for a total of \$2,013.72.

Don did mention that during membership renewals two club members said they would be interested in helping out with the AMB chip timing system. Thanks!

Don is updating the FWTC's data base to include more information on club members.

President Mike reported there are 12 point races scheduled for 2006. He mentioned he has had some inquiries into how the point system works, so it was agreed to try to get the information back on our web site.

Don Lindley agreed to be Race Director for the upcoming Fanny Freezer Race on February 11,2006, at 2:00 P.M.

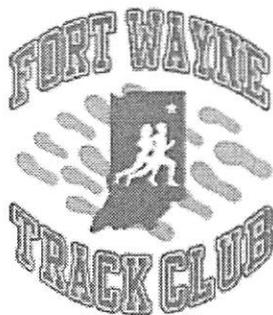
With no further business the meeting was adjourned at 8:12 P.M.

A Christmas gift exchange followed.

FORT WAYNE TRACK CLUB

Fanny Freezer 5K

Saturday, February 11, 2006
2:00 PM



The First FWTC Points Race of 2006!

- Distance:** 5K Run/Walk
Time: 2:00 PM
Place: Shoaff Park, Fort Wayne, IN
Entry Fee: \$3.00 for FWTC members, \$4.00 non-members
Awards: 1st place Male and Female overall, and Top 2 in each age division
Registration: Race Day Only, Starting at 1:00 PM
Contact: Don Lindley lindleyd@infionline.net, 260-436-2234

Fort Wayne Track Club Banquet

Sunday, February 12, 2006

5:00 Social/5:30 Dinner

IPFW Walb Student Union(Ballroom)

Guest Speakers:

Casey Shafer & Tammy Behrens

- Local runner- works at 3 Rivers Running Co.
- Co-founder of Elite Training Group (ETG)- local aspiring runners
- Coaches Vintage Training Group (VTG)- local runners of all ages & abilities
- St. Francis College records: 4:17 M and 14:37 5k
- Local runner and active in the FWTC
- Ran for U of I cross country and track teams
- 8 years as High/Middle School Coach
- 4 years coaching of local training classes & speed work-outs

Night Also Includes:

- 2005 Points Awards
- Outstanding HS Running Awards
- Special FWTC Awards

* Thanks to the IPFW Athletic Dept. for help sponsoring the banquet!

Name(s) _____

Address _____

Phone(____) _____ FWTC Member Yes____ No____
Adult \$7.00 X _____ = \$ _____ Child (under 18) \$3.50 X _____ = \$ _____
Total: \$ _____ (\$20.00 Max per Family!)

Make Checks Payable to "FWTC"

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

Questions?: 260-672-1470
E-mail: whitejudy2@aol.com
Deadline: February 6, 2006

IPFW's 17th Annual Health Fair

Wednesday March 22, 2006

IPFW Walb Student Union Ballroom

9:00 am - 3 pm

"Take Steps Towards Wellness"

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

The more you and others take steps to understand personal health and learn "take care" tips then the more likely everyone can achieve career, family, and other personal goals. We each can "Take Care" of our mind and body and "Take Steps" to attain a high quality long life.

To help people learn more about their health and learn numerous simple steps for better living, IPFW Department of Athletics, Recreation, and Intramural Sports, IPFW/Parkview Health and Wellness Clinic, IPFW Student Life, IPFW Student Government Association, and STAR 88.3 are inviting campus community and general public to attend the 17th Annual IPFW Health Fair. It will be Wednesday March 22, 2006 at the IPFW Walb Student Union, 9 am - 3 pm

Why Come?

* Come sign up for Fort Wayne Walks One Million Miles community wide fitness initiative. It's a simple 12 week challenge from April 17th- July 9, 2006. It's time to get Fort Wayne Moving!!

* Come do the "Step Up To Health" Challenge! The first 50 people will win a Fort Wayne Walks One Million Miles Registration (includes a pedometer).

* Come taste and learn simple meal/snack tips at the Nutritious and Delicious Cooking Demonstration Area. Every hour a special guest will prepare and serve a favorite appetizer, beverage, side dish, entree, snack, or dessert that can fit any menu, any budget.

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

* Come visit the NEW Hobby Area and make a take home gift.

* Come learn about your health!

Dozens of FREE screenings like alcohol, anxiety, blood sugar, blood pressure, body fat, depression, eating disorders, flexibility, foot

pressure, gambling, heart healthy living, hearing, HIV/Aids, lung function, personality type, oral cancer, osteoporosis bone density, sickle cell anemia, skin cancer, and will be offered.

Blood health profile screening (cholesterol, LDL, HDL, Chem 17, and hemogram) is only \$28.00. A 12 hour fast is needed yet water is ok.

Prostate cancer screening is only \$23.00. Osteoporosis bone density screening is free for everyone over age 40, all others there's \$15.00 cost. TSH thyroid screening is only \$23.00.

* Come learn tips on arthritis care, back care, cancer prevention, dental care, diabetes prevention, emotional and mental health, foot care, hair care, heart disease prevention, money management, nutrition, parenting, pet care, physical fitness, relationships, spiritual health, stress care, strength training, skin care, safe sex, and much, much more!

* Come pick up over 50 "A to Z" healthy hints and handouts from over 90 health care groups, fitness centers, organizations, businesses, IPFW student organizations, and IPFW departments.

* Come enjoy FREE refreshments!

* Come listen to motivating music by STAR 88.3!

* Come meet Tonya Cooper, Miss IPFW!

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

Treat yourself to a health break Wednesday March 22nd and take steps to the fair festivities.

For more information contact call 481-6647, 481-5748, e-mail Tillapau@ipfw.edu , or go to www.ipfw.edu/health

Owen-Putman 50/50 Trail Run & 13.2 Mile Fun Run

By Don Lindley

Norm Carlson again directed this rugged trail race on November 5 in Spencer Indiana that makes you think twice that Indiana is not flat. The course is a rolling to hilly loop on rugged trails used by horses and bikes. The five mile loop along the power line trails that has a large down hill called "Butt Slide" and a county road is just a warm up before this great event.

The next rugged 13.2 mile loop is consumed by horses and hills. Walking up each and every hill is a challenge, asked JP Jones, his 8:02:02 tells you that the course is very demanding. Chad Ware was doing fine until around 14-16 miles. The hills make his legs feel like lead weights, even though he finished 18.2 miles, he had to drop out. The heat was a factor in the race, it was extremely hot on that day in November. Tom Landis had to drop out around 21 miles mainly due to the heat and please note that many of the runners that were in the 50 miles dropped after the 50k.

Paula Rickerd, 1st place female in the 13.2 mile run, finished in 2:22:36, this was her first time she had done this race. Brad Compton from Spencerville, finished 4th overall in the 50 miler. In the 50K, David Heitkamp, New Haven, time of 9:57:23, withdrew from the 50 milers because of the course was tough. Don Lindley finished the race for the 11th time. His time of 10:35:53 was good enough for a 1st place finish in the 60 & over. Last year he received a reward for finishing the race 10 times.

RRCA and AARC Merge

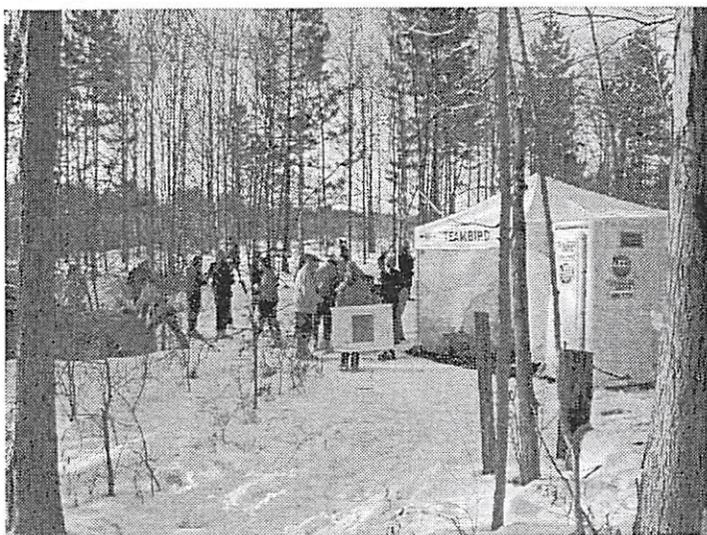
By Bill Suter, Lima Run 'N Jog Club

The Road Runners Club of America (RRCA) merged with the American Association of Running Clubs (AARC) effective January 1, 2005. Reading between the lines, it is readily apparent that the RRCA is itself struggling. I have noted several changes at the highest levels of the RRCA this year and the inability to deliver the Footnotes publication.

The good news is that more updates are coming out of the RRCA home office, and plans for Footnotes publication are finalized with a new printing partner. The RRCA does have a web site at www.rrca.org that posts race calendars, running information, surveys, and RRCA happenings. I suggest that the website is worth a look. Our Lima area races will be posted as race dates are set for 2006.

The RRCA has 670 Clubs with a total of 160,000 members. An online RRCA survey shows that 84% of members are males 31-50, and 86% of women are 21-50 years of age. The current online survey has to do with the pairs of running shoes a person is using at a given time.

The question most often asked about our affiliation with the RRCA is "How do we benefit from the membership?" The answer is "insurance". Without insurance on our officers, members, and volunteers we could not exist as a viable club that provides much to this running community, unselfishly offering help to many charities, at the expense of their own participation. This is not the only benefit, but it is certainly the most important..



Team Bird Aid Station at the HUFF



Barb Scrogam at the HUFF

Prevent Eating Disorders

By Judy Tillapaugh, RD

IPFW Wellness Coordinator

Did you know... the peak onset of eating disorders occurs during puberty and late teen/early adult years. At least 10 million females and 1 million males in the U.S. struggle with anorexia and bulimia, while another 25 million have binge eating disorder (compulsive overeating). Eating too little or too much is a symptom to the illness. Eating disorders are mental/emotional problems with life threatening consequences.

Be an advocate for eating disorder prevention!

What You Can Do:

- * Be a model of healthy self esteem and body image.
- * Recognize that others pay attention and learn from the way you talk about yourself and your body. Choose to talk about yourself with respect and appreciation. We all have a special unique body.
- * Learn all you can about anorexia nervosa, bulimia nervosa, and binge eating disorder. Genuine awareness will help you avoid judgmental or mistaken attitudes about food, weight, body shape, and eating disorders.
- * Discourage the idea that a particular diet, weight, or body size will automatically lead to happiness and fulfillment.
- * Choose to challenge the false belief that thinness and weight loss are great, while body fat and weight gain are horrible or indicate laziness, worthlessness, or immorality.
- * Avoid categorizing foods as "good/safe" vs. "bad/dangerous." Remember, we all need to eat a balanced variety of foods.
- * Decide to avoid judging others and yourself on the basis of body weight or shape. Turn off the voices in your head that tell you that a person's body weight says anything about their character, personality, or value as a person.
- * Avoid conveying an attitude that says, "I will like you better if you lose weight, or don't eat so much, etc."
- * Become a critical viewer of the media and its messages about self-esteem and body image. Talk back to the television when you hear a comment or see an image that promotes thinness at all costs. Rip out (or better yet, write to the editor about) advertisements or articles in your magazines that make you feel bad about your body shape or size.
- * If you think someone has an eating disorder, express your concerns in a forthright, caring manner. Gently but firmly encourage the person to seek trained professional help.

Don't Weigh Your Self Esteem. It's What's Inside That Counts!

Source: National Eating Disorders Association, www.nationaleatingdisorders.org February 26th - March 4th is National Eating Disorders Awareness Week. The 2006 theme is "Be Comfortable In Your Jeans." Think about what you might do this week and other weeks to help prevent someone from getting an eating disorder.

IPFW is offering special NEDAW activities, go to www.ipfw.edu/health for information.

Warsaw YMCA Frigid Five

January 01, 2006

Place	Name	City	Age Group	Time	Pace
1	Mark Furkis	Ligonier IN	***** M 50-54	17:39	5:39/M
2	Jeff NoFisinger	Warsaw IN	1 M 30-34	18:15	5:51/M
3	Justina Faulkner	Bourbon IN	***** F 30-34	18:34	5:57/M
4	Kim A Lefever	Columbia City IN	1 M 45-49	19:13	6:10/M
5	Kyle Overway	Logansport IN	1 M 0-14	19:35	6:17/M
6	Neil Tate	North Manchester	1 M 50-54	20:33	6:35/M
7	Craig Overway	Logansport IN	1 M 35-39	20:37	6:36/M
8	Andy Dunitan	Milford IN	2 M 30-34	20:38	6:37/M
9	Jed Pearson	Columbia City IN	2 M 50-54	20:46	6:39/M
10	Kevin Clouse	Albion IN	2 M 45-49	20:55	6:42/M
11	Matt Scott	Warsaw IN	2 M 35-39	20:57	6:43/M
12	Kevin Lochner	North Manchester	3 M 50-54	21:08	6:46/M
13	Bill Lehman	Winona IN	1 M 40-44	21:14	6:48/M
14	Chris Pettit	Mentone IN	1 M 25-29	21:16	6:49/M
15	Steve Gorsuch	Mishawaka IN	4 M 50-54	21:17	6:49/M
16	Aaron Wolfe	Warsaw IN	3 M 30-34	21:31	6:54/M
17	Doug Walter	Goshen IN	2 M 40-44	21:35	6:55/M
18	Scott Leatherman	Columbia City IN	3 M 40-44	21:58	7:02/M
19	Joey Haywood	Lake Geneva WI	3 M 35-39	22:06	7:05/M
20	Elizabeth Irvine	Warsaw IN	1 F 35-39	22:07	7:05/M
21	Lloyd Adams	Warsaw IN	4 M 40-44	22:25	7:11/M
22	Tom Landis	Churubusco IN	3 M 45-49	22:44	7:17/M
23	David M Huffman	Fort Wayne IN	4 M 45-49	22:55	7:21/M
24	Dewain Cobbs	Warsaw IN	1 M 60-64	22:58	7:22/M
25	Dan Blake	Goshen IN	5 M 45-49	23:03	7:23/M
26	Ray Casiano	New Haven IN	2 M 60-64	23:09	7:25/M
27	Toby Lamp	Leesburg IN	1 M 15-19	23:21	7:29/M
28	Ken McDonald	Columbia City IN	4 M 35-39	23:29	7:32/M
29	Bruce Bulmeier	Milford IN	5 M 50-54	23:32	7:33/M
30	Thaddeus Borchers	Winona Lake IN	5 M 35-39	23:33	7:33/M
31	Bart Benedict	Warsaw IN	6 M 35-39	23:36	7:34/M
32	Donald Kramer	Van Wert OH	6 M 50-54	23:45	7:37/M
33	Michael Variell	Convoy OH	6 M 45-49	23:48	7:38/M
34	Simon Stone	Winona IN	2 M 0-14	24:14	7:46/M
35	Kevin Stone	Winona IN	5 M 40-44	24:15	7:46/M
36	Jennifer Savage	Warsaw IN	1 F 30-34	24:36	7:53/M
37	John Bisson	Killeen TX	2 M 15-19	25:01	8:01/M
38	Patsy Doty	Syracuse IN	1 F 45-49	25:05	8:02/M
39	William A Crane	Warsaw IN	3 M 60-64	25:25	8:09/M
40	Sonya Wolfe	Warsaw IN	1 F 25-29	25:36	8:12/M
41	Joseph Dervin	Goshen IN	4 M 60-64	25:44	8:15/M
42	Eric Baker	Huntington IN	4 M 30-34	25:46	8:16/M
43	Chris Scalise	Bristol IN	6 M 40-44	26:04	8:21/M
44	Greg MacKlem	Elkhart IN	5 M 30-34	26:05	8:22/M
45	Kara Cahoon	North Webster IN	2 F 30-34	26:06	8:22/M
46	Randall Neff	Warsaw IN	6 M 30-34	26:16	8:25/M
47	Joe Brewster	Columbia City IN	2 M 25-29	26:23	8:27/M
48	Alex Holtz	Elkhart IN	7 M 30-34	26:32	8:30/M
49	Donald R Decook	Warsaw IN	7 M 50-54	26:39	8:33/M
50	Shannon Johnson	Leesburg IN	2 F 25-29	26:46	8:35/M
51	Emily Tuggle	Winona Lake IN	1 F 15-19	27:09	8:42/M
52	Marsha Reeves	Huntington IN	1 F 55-59	27:12	8:43/M
53	Steve Rogers	Warsaw IN	7 M 35-39	27:16	8:44/M
54	Verton L Troyer	Milford IN	1 M 55-59	27:26	8:48/M
55	Gina Miller	Warsaw IN	2 F 35-39	27:29	8:49/M
56	James Rankin	Warsaw IN	8 M 50-54	27:32	8:49/M
57	Bill Young	South Whitley IN	3 M 25-29	28:15	9:03/M
58	Tony Shepherd	Warsaw IN	7 M 45-49	28:26	9:07/M
59	Tom Weinkauf	Elkhart IN	7 M 40-44	28:27	9:07/M
60	Heinz Fussle	Winona Lake IN	1 M 65-99	28:39	9:11/M
61	Brenda Allbritten	Warsaw IN	1 F 40-44	28:41	9:12/M
62	Nate Winslow	Warsaw IN	8 M 40-44	28:43	9:12/M
63	Steve Slabaugh	Bourbon IN	9 M 40-44	28:55	9:16/M
64	Steven Greider	Fort Wayne IN	2 M 55-59	29:15	9:23/M
65	Lori Judson	Goshen IN	3 F 35-39	29:44	9:32/M
66	Chris Judson	Goshen IN	8 M 35-39	29:44	9:32/M
67	Michael Gross	Warsaw IN	3 M 55-59	29:50	9:34/M
68	Isaac Sheffer	Parker City IN	3 M 0-14	30:35	9:48/M
69	Pat Brubaker	Wabash IN	2 F 55-59	30:39	9:49/M
70	Leanne Cummings	Warsaw IN	2 F 40-44	30:43	9:51/M
71	Jeff Cummings	Warsaw IN	10 M 40-44	30:44	9:51/M
72	Helen Ryan	Fort Wayne IN	1 F 50-54	31:23	10:04/M
73	Shelia Cobb	Warsaw IN	2 F 45-49	31:30	10:06/M
74	Cheryl Stromski	Antwerp OH	2 F 50-54	32:11	10:19/M
75	Ann Barker	Winona Lake IN	3 F 30-34	32:44	10:29/M
76	Max Coleman	Warsaw IN	4 M 0-14	32:59	10:34/M
77	Jen Coleman	Warsaw IN	4 F 35-39	33:00	10:35/M
78	Pam Corwin	Wakarusa IN	3 F 50-54	33:16	10:40/M
79	Jack Corwin	Wakarusa IN	9 M 50-54	33:16	10:40/M
80	Betty Greider	Fort Wayne IN	3 F 45-49	36:07	11:35/M
81	Phil Elcierman	Warsaw IN	2 M 65-99	36:09	11:35/M
82	Benjamin Skipper	Warsaw IN	5 M 0-14	38:31	12:21/M
83	Michael Skipper	Warsaw IN	8 M 45-49	38:32	12:21/M
84	Cindy Furkis	Ligonier IN	4 F 45-49	40:12	12:53/M
85	Marilyn Cassell	North Webster IN	4 F 50-54	41:27	13:17/M
86	Shirley Paul	Wabash IN	1 F 60-99	42:15	13:33/M
87	Margaret Whitesel	Bluffton IN	2 F 60-99	42:23	13:35/M
88	Sherry Variell	Convoy OH	5 F 50-54	46:06	14:47/M

Results By Fort Wayne Track Club

Just Plain 10K Foster Park

December 03, 2005

Place	Name	City	Overall	Time	Pace
Overall Female Open Winner					
1	Linda Keuncke	Fort Wayne IN	16	45:38	7:22/M
Women 19 and under					
1	Grace Burris	Auburn IN	54	1:09:38	11:14/M
2	Kalissa Blanchette	Fort Wayne IN	60	1:20:45	13:01/M
Women 35 to 39					
1	Nancy Burris	Auburn IN	55	1:09:41	11:14/M
Women 40 to 44					
1	Cindy McGovern	Fort Wayne IN	22	48:19	7:48/M
2	Linda Anderson	Fort Wayne IN	25	49:07	7:55/M
3	Anne Ehinger	Fort Wayne IN	39	54:10	8:44/M
4	Connie Gordon	Churubusco IN	50	1:04:51	10:28/M
5	Betty Greider	Fort Wayne IN	62	1:25:53	13:51/M
Women 45 to 49					
1	Judy White	Fort Wayne IN	18	45:56	7:25/M
2	Sheryle Braaten	Hoagland IN	28	49:36	8:00/M
Women 50 to 54					
1	Phyllis Suelzer	Fort Wayne IN	37	53:56	8:42/M
2	Cheryl Stromski	Antwerp OH	52	1:07:11	10:50/M
3	Nancy Boyer	Fort Wayne IN	53	1:07:28	10:53/M
4	Helen Ryan	Fort Wayne IN	56	1:11:25	11:31/M
5	Regina Blanchette	Fort Wayne IN	61	1:22:05	13:14/M
Women 60 and over					
1	Joan Gary	Fremont IN	49	1:04:05	10:20/M
Overall Male Open Winners					
1	Matt Carney	Fort Wayne IN	1	38:22	6:11/M
Men 13 and under					
1	Josh Ware	Fort Wayne IN	57	1:15:07	12:07/M
Men 14 to 15					
1	Harrison Fausey	Columbia City IN	2	38:33	6:13/M
2	Sean McAvoey	Bluffton IN	9	41:32	6:42/M
3	James Gorman	Decatur IN	23	48:36	7:50/M
4	Nate Ammon	Fort Wayne IN	31	50:52	8:12/M
Men 18 to 19					
1	David Boyer	Fort Wayne IN	11	43:47	7:04/M
Men 30 to 34					
1	Brad A Thomas	Fort Wayne IN	8	41:15	6:39/M
2	Kristian Lentz	Huntersville IN	20	47:07	7:36/M
Men 35 to 39					
1	Joe Savina	Fort Wayne IN	7	41:06	6:38/M
2	Rod Burton	Fort Wayne IN	14	44:49	7:14/M
3	Matt Scott	Warsaw IN	19	45:57	7:25/M
4	Chad Ware	Fort Wayne IN	58	1:16:08	12:17/M
Men 40 to 44					
1	Matt Foreman	Fort Wayne IN	4	39:59	6:27/M
2	Kurt Walborn	Fort Wayne IN	5	40:02	6:27/M
3	Michael Peters	Fort Wayne IN	17	45:41	7:22/M
4	Jeff Steinberg	Fort Wayne IN	29	49:59	8:04/M
5	David Swenson	New Haven IN	30	50:34	8:09/M
6	Ralph Lindsey	Fort Wayne IN	32	51:03	8:14/M
7	Tom Wuest	Fort Wayne IN	35	53:14	8:35/M
8	David Geiger	Churubusco IN	38	54:05	8:43/M

Just Plain 10K Foster Park

December 03, 2005

9 Marvin Eady Jr Fort Wayne IN 42 58:41 9:28/M

Men 45 to 49

Place	Name	City	Overall	Time	Pace
1	Mike Slaubaugh	Fort Wayne IN	6	41:00	6:37/M
2	James McKinnon	Waterloo IN	12	43:50	7:04/M
3	Paul Shaffer	Decatur IN	13	43:53	7:05/M
4	Mark Waldron	Wawaka IN	15	45:26	7:20/M
5	Tom Lill	Fort Wayne IN	21	47:52	7:43/M
6	Tom Landis	Churubusco IN	26	49:16	7:57/M
7	Jim Desimone	Fort Wayne IN	33	51:56	8:23/M
8	Joseph M Astroski	Fort Wayne IN	34	52:57	8:32/M
9	Mark Mikel	Wakarusa IN	47	1:03:17	10:12/M

Men 50 to 54

Place	Name	City	Overall	Time	Pace
1	Phil Suelzer	Fort Wayne IN	3	39:56	6:26/M
2	Chuck Brown	Bluffton IN	10	43:02	6:56/M
3	Kerry Blanchette	Fort Wayne IN	24	48:48	7:52/M
4	Thomas Boyer	Fort Wayne IN	36	53:45	8:40/M
5	Sam Hadley	Grabill IN	41	57:31	9:17/M
6	Lynn T Bobay	Fort Wayne IN	44	1:00:54	9:49/M

Men 55 to 59

Place	Name	City	Overall	Time	Pace
1	Jim Pickett	Fort Wayne IN	27	49:31	7:59/M
2	Rich Stephenson	Monroeville IN	43	59:43	9:38/M
3	Dan Barney	Fort Wayne IN	45	1:01:43	9:57/M
4	Robert Lawson	Fort Wayne IN	46	1:02:32	10:05/M
5	David Vanliere	Huntington IN	48	1:03:42	10:16/M

Men 60 to 64

Place	Name	City	Overall	Time	Pace
1	David E Boylan	Fort Wayne IN	40	56:11	9:04/M
2	Donald Lindley	Fort Wayne IN	59	1:16:35	12:21/M

Men 70 to 79

Place	Name	City	Overall	Time	Pace
1	Robert C Loomis	Monroeville IN	51	1:05:50	10:37/M

Men 80 and over

Place	Name	City	Overall	Time	Pace
1	Kenneth E Disler	Fort Wayne IN	63	1:29:23	14:25/M

3.3 KM Fun Run/Walk

Overall Female Open Winners

Place	Name	City	Overall	Time	Pace
1	Deb Barnes	Fort Wayne IN	2	28:00	13:48/M

Overall Male Open Winners

Place	Name	City	Overall	Time	Pace
1	John David McPherson	Fort Wayne IN	1	18:00	8:52/M

Results By Fort Wayne Track Club

The HUFF 50K

Trail Run

December 17, 2005

First	Last	Div	Place	DIVPL	TIME
Kevin	Rigg	M3539	15	4/27	5:10:13
Ann	Heaslett	F4044	16	1/10	5:10:39
Jenn	Dick	F3034	17	1/5	5:14:33
Mike	Alexander	M5054	18	1/17	5:15:10
Richard	Punches	M4549	19	5/30	5:15:53
Vince	Talerico	M3539	20	5/27	5:16:54
Dan	Distelhorst	M4549	21	6/30	5:17:46
Eric	White	M4044	22	2/15	5:18:11
Michelle	Didion	F3539	23	1/7	5:24:10
Jeremy	Miller	M2529	24	2/10	5:25:05
Doug	Solz	M5559	25	1/14	5:25:22
Mike	Kozlowski	M3034	26	4/13	5:28:29
Brian	Holzhausen	M3034	27	5/13	5:30:28
David	Peterman	M4044	28	3/15	5:30:38
Mike	Gossman	M4549	29	7/30	5:32:52
Nancy	Kleinrock	F4549	30	1/6	5:33:15
Mike	Ward	M4549	31	8/30	5:34:32
Erik	Caldwell	M3539	32	6/27	5:36:36
Greg	Redding	M3539	33	7/27	5:37:23
Gerald	Steinhoff	M5054	34	2/17	5:38:25
David	Konkey	M3539	35	8/27	5:38:28
Stephen	Arndt	M5054	36	3/17	5:38:31
James	Roche	M0119	37	1/1	5:40:04
Keith	Knippling	M2529	38	3/10	5:41:02
Don	Frichtl	M4549	39	9/30	5:42:17
Charles	Evans	M4549	40	10/30	5:47:25
Jim	Pintar	M5559	41	2/14	5:47:27
Michael	Selke	M3539	42	9/27	5:47:32
Joel	Burrows	M3034	43	6/13	5:48:38
Melissa	Hughes	F2024	44	1/3	5:48:38
Kathy	Roche-Wallace	F4044	45	2/10	5:48:38
Kent	Matney	M4044	46	4/15	5:49:03
Scott	Goldstein	M4044	47	5/15	5:50:47
Mike	Smith	M4549	48	11/30	5:51:03
Mike	Pfefferkorn	M4044	49	6/15	5:51:08
George	Blust	M3539	50	10/27	5:51:12
Paula	Rickerd	F3539	51	2/7	5:51:29
William	Hutchinson	M3539	52	11/27	5:52:12
Kermit	Hogeston	M3539	53	12/27	5:53:33
Dan	Schroeder	M4044	54	7/15	5:55:39
Brad	Compton	M5054	55	4/17	5:56:13
Budd	Glassberg	M5559	56	3/14	5:56:37
Andrew	Hobson	M2024	57	3/7	5:57:03
Casey	Lopez	M2529	58	4/10	5:57:47
John	Smock	M2529	59	5/10	5:58:25
Rita	Barnes	F4549	60	2/6	5:59:59
Marc	Laudeman	M4549	61	12/30	6:02:27
Brad	Serf	M3539	62	13/27	6:02:28
Mark	Leatherman	M4044	63	8/15	6:02:50
Ed	Stuart	M5559	64	4/14	6:05:38
Mark	Beals	M4044	65	9/15	6:07:36
Jami	Holm	F2529	66	1/4	6:07:56
Dirk	Schweitzer	M3034	67	7/13	6:09:02
Michael	Matteson	M4549	68	13/30	6:09:05
David	Glass	M3539	69	14/27	6:10:48
Logan	Vaughn	M2024	70	4/7	6:10:49
Brian	Nash	M4549	71	14/30	6:12:22
Dick	Canterbury	M5559	72	5/14	6:12:52
Tom	Henson	M5559	73	6/14	6:14:35
Julie	Menulty	F4044	74	3/10	6:15:33
Richard	Barton	M5054	75	5/17	6:15:35
Betty	Funkhouser	F4549	76	3/6	6:16:11
Matthew	Kennedy	M2529	77	6/10	6:16:13
Bradley	Zigler	M3539	78	15/27	6:16:13
Scott	Ferrari	M4549	79	15/30	6:16:28
Tom	Pinski	M4044	80	10/15	6:16:51
David	Farley	M4044	81	11/15	6:18:00
Douglas	Huff	M5559	82	7/14	6:20:53
Trent	Phillips	M3034	83	8/13	6:21:07
Diane	Legate	F4549	84	4/6	6:21:31
David	Swenson	M5054	85	6/17	6:21:32
Bill	Dey	M4549	86	16/30	6:21:32
Travis	Sybrowsky	M3539	87	16/27	6:22:57
Tony	Mazur	M5054	88	7/17	6:24:32
Nancy	Burrows	F3539	89	3/7	6:25:08
Charlie	Skoog	M5054	90	8/17	6:26:31
Bruce	Houston	M4549	91	17/30	6:26:36
Adam	Wilson	M3034	92	9/13	6:26:47
Scott	Hudson	M3539	93	17/27	6:27:28
Michelle	Payne	F3539	94	4/7	6:27:29
Steven	Vollmar	M3034	95	10/13	6:27:47
Jim	Sullivan	M5054	96	9/17	6:27:54
George	Kennedy	M3034	97	11/13	6:27:58

The HUFF 50K

Trail Run

December 17, 2005

First	Last	Div	Place	DIVPL	TIME
Brendon	Moody	M2024	1	1/7	3:55:49
Chuck	Schlemmer	M4549	2	1/30	4:18:19
Grant	Woodman	M3034	3	1/13	4:27:12
Ryne	Melcher	M2529	4	1/10	4:29:56
Steve	Baugh	M3539	5	1/27	4:37:46
Mike	Henry	M4044	6	1/15	4:44:29
Jeff	McPherson	M3539	7	2/27	4:48:47
Scott	Myers	M3034	8	2/13	4:51:33
Joe	Company	M3034	9	3/13	4:52:59
Rob	Hruskovich	M3539	10	3/27	4:55:58
Ronald	Ross	M4549	11	2/30	4:57:52
Russell	Delap	M4549	12	3/30	4:58:12
Alex	McPherson	M4549	13	4/30	5:02:02
Scott	Zimmerman	M2024	14	2/7	5:08:30

The HUFF 50K Trail Run December 17, 2005

First	Last	Div	Place	DIVPL	TIME
James	Mckinnon	M4549	98	18/30	6:28:23
Gregory	Townsend	M5054	99	10/17	6:28:31
Wendy	Wexler-Kale	F4044	100	4/10	6:30:20
James	Smith	M3539	101	18/27	6:30:37
Scott	Handley	M4549	102	19/30	6:30:56
Abbie	Hawkes	F2024	103	2/5	6:33:20
Claude	Spencer	M5559	104	8/14	6:33:20
Dallas	Leatherman	M5054	105	11/17	6:34:19
Amy	Company	F2529	106	2/4	6:35:10
Nick	Gjensac	M3539	107	19/27	6:35:11
Brian	Hainsworth	M2529	108	7/10	6:36:05
Denise	Ferguson	F4044	109	5/10	6:37:57
Janet	Colc	F5054	110	1/2	6:38:17
Tony	Vollmar	M3539	111	20/27	6:40:14
Kaitlin	Solmonson	F2024	112	3/3	6:40:29
Brian	Dunn	M2024	113	5/7	6:40:38
Nick	Karas	M2024	114	6/7	6:40:38
Leonard	Fish	M3539	115	21/27	6:40:53
Brad	Curell	M2529	116	8/10	6:41:38
Evie	Powers	F4044	117	6/10	6:41:52
Michael	Maher	M3539	118	22/27	6:46:00
Philip	Stuart	M3034	119	12/13	6:46:59
Richard	Plezia	M4549	120	20/30	6:47:20
Scott	Jacaway	M4549	121	21/30	6:47:20
Julie	Hagen	F3539	122	5/7	6:47:39
Sarah	Menally	F2529	123	3/4	6:48:24
Joshua	Moehle	M2024	124	7/7	6:48:24
Susan	Douglas	F4044	125	7/10	6:50:28
James	Kclidsen	M3539	126	23/27	6:52:50
Dave	Bechtold	M5054	127	12/17	6:54:04
Curt	King	M5054	128	13/17	6:55:11
Cathy	Drexler	F4044	129	8/10	6:56:22
Juli	Aistars	F4549	130	5/6	6:58:22
Marit	Janse	M4549	131	22/30	7:00:35
Rick	Wedding	M3539	132	24/27	7:00:54
Richard	Taylor	M4549	133	23/30	7:02:29
Susan	Canevello	F3539	134	6/7	7:03:24
Lynn	Kamer	M4549	135	24/30	7:03:36
Elizabeth	Nachtwey	F3034	136	2/5	7:03:36
Jim	Halscy	M4549	137	25/30	7:04:18
Bruce	Purdy	M4549	138	26/30	7:04:32
Rick	George	M4549	139	27/30	7:04:33
Patrick	Gorman	M4549	140	28/30	7:04:34
Rob	Apple	M4044	141	12/15	7:04:55
Fred	Mazurski	M5054	142	14/17	7:05:41
Brent	Barta	M4549	143	29/30	7:08:52
Gloria	Rose-James	F4549	144	6/6	7:12:34
Dennis	Keener	M5054	145	15/17	7:13:05
Tom	Thomton	M3539	146	25/27	7:13:05
Jim	Hess	M5559	147	9/14	7:13:05
Rita	Johnston	F4044	148	9/10	7:13:15
Brian	Radgowski	M2529	149	9/10	7:14:59
David	Hughes	M6070	150	1/5	7:14:59
Richard	Vogt	M6070	151	2/5	7:17:56
Steve	Schmitt	M4044	152	13/15	7:18:36
Rosemary	Evans	F5054	153	2/2	7:21:47
Gabriel	Kohn	M3034	154	13/13	7:23:12
Ray	Scolavino	M4044	155	14/15	7:30:32
Larry	Blough	M5559	156	10/14	7:32:17
Jeff	Wright	M3539	157	26/27	7:33:02
Rich	Limacher	M5559	158	11/14	7:36:57
Kim	Love-Ottobre	F3539	159	7/7	7:38:30
Natalie	Kik-Brown	F4044	160	10/10	7:39:58
Ellen	Erhardt	F3034	161	3/5	7:44:10
Rebecca	Olszewski	F2529	162	4/4	7:44:11
John	Petrovich	M5054	163	16/17	7:44:11
Aaron	Englert	M2529	164	10/10	7:46:16
Bob	Gabbey	M4044	165	15/15	7:48:19
Samuel	Gillie	M3539	166	27/27	7:49:59
Karen	Gillie	F3034	167	4/5	7:49:59
Robert	Whitten	M5054	168	17/17	7:51:47
Jennifer	Savage	F3034	169	5/5	7:52:06
Keith	Bernard	M4549	170	30/30	7:55:08
Dick	Hogan	M5559	171	12/14	8:01:53
Bud	Stiffler	M6070	172	3/5	8:01:53
Manuel	Lopez	M6070	173	4/5	8:11:10
Boron	Hansen	M5559	174	13/14	8:13:40
David	Winters	M6070	175	5/5	8:40:19
Eugene	Bruckert	M70UP	176	1/1	8:59:56
David	Heitkamp	M5559	177	14/14	9:03:30

The HUFF 50K Team Relay December 17, 2005

Div	Tezam	Place	DivPl	Time	Lap1	Lap2	Lap3
C19UN	THE VICTORS	1	1/4	5:08:11	2:01:36	1:25:32	1:41:04
C19UN	TEAM GMF	2	2/4	7:02:46	2:34:40	2:25:30	2:02:36
C19UN	TEAM BTV	3	3/4	7:05:20	2:30:46	2:10:22	2:24:14
C19UN	TEAM WMV	4	4/4	7:22:12	2:52:51	2:15:00	2:14:21
COPE	OLD FOGIES	1	1/15	4:43:32	2:00:46	1:25:06	1:17:42
COPE	SHELBY ROADRUNNERS 1	2	2/15	5:02:15	1:49:11	1:47:07	1:25:58
COPE	GUNGA GALUNGA	3	3/15	5:07:07	1:46:47	1:35:12	1:45:09
COPE	THE JAMES GANG	4	4/15	5:17:31	1:45:46	1:57:53	1:33:54
COPE	SHELBY ROADRUNNERS 2	5	5/15	5:17:47	2:03:39	1:44:41	1:29:28
COPE	RANDALL FAMILY	6	6/15	5:18:32	1:53:40	1:49:59	1:34:54
COPE	TOWPATH TRIO	7	7/15	5:21:24	1:48:10	1:59:29	1:33:46
COPE	TEAM FORUM	8	8/15	5:37:42	1:48:04	2:05:13	1:44:27
COPE	TWO GUYS A GIRL A HU	9	9/15	5:41:29	2:03:21	1:55:56	1:42:13
COPE	TWO SPEEDIES AND A POK	10	10/15	5:41:55	1:59:31	2:18:57	1:23:27
COPE	3 STIX OF DY-NO-MITE	11	11/15	6:11:02	2:14:51	2:01:33	1:54:39
COPE	A STUD AND 2 CHICKS	12	12/15	6:16:24	2:09:41	1:56:47	2:09:57
COPE	2 MUTS A MAD DOG	13	13/15	6:16:40	2:00:48	2:08:50	2:07:03
COPE	DSH	14	14/15	6:21:03	1:54:00	1:51:03	2:36:01
COPE	LOS LOCOS QUE CORREN	15	15/15	6:32:57	2:33:38	2:30:15	1:29:06
F19UN	PATRIOTS	1	1/2	4:50:59	1:33:59	1:45:59	1:32:03
F19UN	DEATH FLOWERS	2	2/2	4:59:25	1:39:36	1:49:24	1:30:26
FOPEN	DSL HIGH SPEED	1	1/3	5:16:59	1:50:09	1:47:00	1:39:52
FOPEN	TWO SCOOPS AND A HALF	2	2/3	5:30:16	2:00:45	1:52:29	1:37:04
FOPEN	HUFFEL PUFFS	3	3/3	6:11:10	2:14:44	2:16:11	1:40:16
M19UN	TEAM ATG	1	1/9	3:50:15	1:19:30	1:18:58	1:11:48
M19UN	TH VIPERS	2	2/9	4:03:44	1:27:57	1:20:35	1:15:13
M19UN	NARAHO TRIBE	3	3/9	4:05:16	1:36:16	1:16:31	1:12:30
M19UN	TEAM HOGAN	4	4/9	4:14:13	1:26:44	1:24:27	1:23:03
M19UN	TEAM STEIDLE	5	5/9	4:15:25	1:23:12	1:27:34	1:24:40
M19UN	TEAM NIEZER	6	6/9	4:33:09	1:25:46	1:38:25	1:29:00
M19UN	AHS SHAWNNEES	7	7/9	4:41:31	1:40:16	1:35:22	1:25:54
M19UN	TEAM BIRD	8	8/9	4:51:37	1:21:53	1:42:21	1:47:24
M19UN	TEAM TOGA	9	9/9	5:11:17	1:59:25	1:35:30	1:36:24
MOPEN	YOUNG FARTS	1	1/17	3:44:41	1:19:35	1:15:08	1:10:00
MOPEN	BETTER THAN HUNTINGTON	2	2/17	3:45:42	1:17:25	1:14:41	1:13:37
MOPEN	TEAM ETG	3	3/17	3:49:41	1:12:51	1:08:42	1:28:09
MOPEN	YOUNG STUDS	4	4/17	4:04:53	1:29:32	1:18:31	1:16:51
MOPEN	THE HOUSE	5	5/17	4:12:04	1:23:12	1:19:10	1:29:43
MOPEN	JORDAN'S GANG	6	6/17	4:23:16	1:32:14	1:22:46	1:28:16
MOPEN	MARTY'S MIDNIGHT SPECI	7	7/17	4:29:10	1:31:43	1:39:14	1:18:15
MOPEN	RUNNERS INC. I	8	8/17	4:36:53	1:40:42	1:29:45	1:26:26
MOPEN	HEBREWS 12 I	9	9/17	4:56:49	1:42:12	1:37:04	1:37:34
MOPEN	RUNNERS INC. II	10	10/17	4:57:24	1:32:34	1:36:15	1:48:36
MOPEN	SPEED KILLS	11	11/17	5:05:36	1:48:01	1:51:51	1:25:45
MOPEN	LARRY MOE AND CURLY	12	12/17	5:11:32	1:50:21	1:43:29	1:37:43
MOPEN	2 FAST 1 FURIOUS	13	13/17	5:17:09	1:50:22	1:47:55	1:38:52
MOPEN	TEAM PAXSON	14	14/17	5:39:58	2:08:28	1:53:58	1:37:33
MOPEN	ECHO	15	15/17	6:09:15	2:00:12	2:17:21	1:51:42
MOPEN	HUFFIN PUFFER'S	16	16/17	6:57:56	2:30:48	2:12:09	2:15:01
MOPEN	THE WARE HOUSE	17	17/17	8:12:29	3:35:09	2:25:32	2:11:49

The HUFF 50K One Loop Fun Run December 17, 2005

First	Last	Div	Place	DivPl	Time
David	Whitehead	M2529	1	1/5	1:19:57
Henry	Layne	M3539	2	1/8	1:24:27
Mark	Herber	M1617	3	1/7	1:26:08
Scott	Ecclestone	M40UP	4	1/72	1:26:21
Matt	Ditzler	M1617	5	2/7	1:26:26
James	Furkis	M2529	6	2/5	1:26:47
Matt	Carney	M3034	7	1/9	1:28:06
Zeth	Baker	M0115	8	1/6	1:30:28
Cori	Hollett	M40UP	9	2/72	1:30:54
Kurt	Walborn	M40UP	10	3/72	1:30:54
Gregg	Ness	M40UP	11	4/72	1:30:55
Brad	Thomas	M3034	12	2/9	1:31:42
Tara	Gruskiewicz	F2529	13	1/6	1:31:51
Josh	Miller	M1617	14	3/7	1:32:42
Tanner	Johnson	M1617	15	4/7	1:33:39
Kim	Lefever	M40UP	16	5/72	1:34:22
Blaine	Kinsey	M1617	17	5/7	1:34:59
Vernie	Criswell	M40UP	18	6/72	1:37:07
Chuck	Putterbaugh	M40UP	19	7/72	1:37:50
Lisa	Bailey	F40UP	20	1/26	1:38:27
Kevin	Smeltzer	M40UP	21	8/72	1:38:28
Jamie	Kirgis	M3539	22	2/8	1:38:28
David	Friend	M2024	23	1/6	1:38:37

The HUFF 50K One Loop Fun Run December 17, 2005

First	Last	Div	Place	DivPl	Time
Mark	Mays	M3034	24	3/9	1:39:14
Luke	Thompson	M0115	25	2/6	1:39:35
Thomas	Villagomez Sr.	M40UP	26	9/72	1:39:40
Lucas	Moser	M2024	27	2/6	1:39:45
Matt	Scott	M3539	28	3/8	1:40:33
Stephen	Olson	M2529	29	3/5	1:40:43
Christopher	Kimes	M3034	30	4/9	1:41:47
Charlie	Berdahl	M1617	31	6/7	1:41:54
Craig	Bobay	M40UP	32	10/72	1:42:00
Amanda	Holzhausen	F3034	33	1/9	1:42:44
Jordan	Lebamoff	M40UP	34	11/72	1:42:46
Bradley	Hess	M0115	35	3/6	1:42:47
Eliza	Eshelman	F2024	36	1/5	1:43:39
Tommy	Goodson	M40UP	37	12/72	1:44:03
Rex	Fields	M40UP	38	13/72	1:44:17
Cookie	O'neal	F40UP	39	2/26	1:45:14
Rebecca	Bahn	F3539	40	1/10	1:45:32
Kris	Bullock	M40UP	41	14/72	1:45:42
Craig	Bailo	M40UP	42	15/72	1:46:13
Stephanie	Asher	F2024	43	2/5	1:46:41
Tom	Lill	M40UP	44	16/72	1:46:57
Ralph	O'neal	M40UP	45	17/72	1:47:06
Kevin	Kelly	M40UP	46	18/72	1:47:40
Norm	Gecowets	M40UP	47	19/72	1:47:40
Howard	Klinger	M40UP	48	20/72	1:47:58
Matt	Zimmerman	M3034	49	5/9	1:47:59
Debbie	Norton	F3034	50	2/9	1:48:31
Rebecca	Hollenbaugh	F3034	51	3/9	1:49:00
Chuck	Zumbrun	M40UP	52	21/72	1:49:08
Jeffrey	Steinberg	M40UP	53	22/72	1:49:16
Mike	Kennedy	M40UP	54	23/72	1:49:32
Becky	Willis	F3539	55	2/10	1:49:53
Larry	Whitaker	M40UP	56	24/72	1:49:54
Mark	Suckow	M40UP	57	25/72	1:50:16
Patrick	Hellman	M40UP	58	26/72	1:50:35
Rachel	Hissong	F0115	59	1/2	1:50:48
Monika	Gibson	F3539	60	3/10	1:50:49
Daniel	Cummiskey	M40UP	61	27/72	1:51:06
Gary	Eff	M40UP	62	28/72	1:51:39
Thomas	Felts	M40UP	63	29/72	1:51:49
Richard	Briars	M3539	64	4/8	1:52:13
Tom	Fean	M3034	65	6/9	1:52:13
Chris	Dunmire	M3034	66	7/9	1:52:13
Timothy	Brady	M40UP	67	30/72	1:52:26
Kinsi	Hower	F2024	68	3/5	1:52:37
Jeff	Shriner	M2024	69	3/6	1:52:37
Ron	Harmening	M40UP	70	31/72	1:52:43
Allison	Rinker	F2024	71	4/5	1:52:43
Vito	Palumbo	M40UP	72	32/72	1:52:46
John	Link	M40UP	73	33/72	1:53:56
Lucia	Lorenzo Kohn	F3034	74	4/9	1:54:10
Rachael	Moreland	F1617	75	1/7	1:54:43
Amy	Hile	F40UP	76	3/26	1:55:01
Nicole	Kreis	F1617	77	2/7	1:55:03
Brody	Wilson	M0115	78	4/6	1:55:12
Adam	Sprinkle	M2024	79	4/6	1:55:19
Michael	Flynn	M40UP	80	34/72	1:55:20
Matt	Momper	M40UP	81	35/72	1:55:32
Mark	Baker	M40UP	82	36/72	1:56:27
Thomas	Hardin	M3539	83	5/8	1:56:47
Robert	Ehrenman	M40UP	84	37/72	1:56:48
Joe	Astroski	M40UP	85	38/72	1:56:55
Jon	Fischer	M40UP	86	39/72	1:58:23
Dennis	Klopfenstein	M40UP	87	40/72	1:59:00
Debbie	Keldsen	F40UP	88	4/26	1:59:55
Phil	Kelley	M40UP	89	41/72	2:00:06
Scott	Smith	M3034	90	8/9	2:00:15
Staci	Boiswanger	F40UP	91	5/26	2:00:29
Randy	Hammond	M40UP	92	42/72	2:00:36
J Paul	Downie	M40UP	93	43/72	2:00:53
Harry	Ausderan	M40UP	94	44/72	2:01:01
Bob	Bertrand	M40UP	95	45/72	2:01:12
Cameron	Holman	M1819	96	1/3	2:01:21
Jim	Bougher	M40UP	97	46/72	2:01:41
Chelsea	Miller	F0115	98	2/2	2:02:25
Nate	Ammon	M0115	99	5/6	2:02:39
Janis	Clay	F40UP	100	6/26	2:02:54
Jason	Turney	M3034	101	9/9	2:03:22
Kenneth	Mowan Jr.	M40UP	102	47/72	2:03:24
Stephen	Sundberg	M1819	103	2/3	2:03:28
Dan	Grotian	M40UP	104	48/72	2:03:40
Amy	Stephan	F2529	105	2/6	2:03:41
Pete	Eshelman	M40UP	106	49/72	2:03:43

The HUFF 50K One Loop Fun Run December 17, 2005

First	Last	Div	Place	DivPl	Time
Stephanie	Wilson	F3034	107	5/9	2:04:28
Becky	Crain	F3539	108	4/10	2:04:40
Aaron	Ware	M1617	109	7/7	2:04:40
Janice	Grile	F40UP	110	7/26	2:04:49
Jim	Berghoff	M40UP	111	50/72	2:04:57
Rose	Back	F40UP	112	8/26	2:05:19
Mark	Kutter	M40UP	113	51/72	2:05:19
Kendra	Hitchcock	F40UP	114	9/26	2:05:57
Bob	Winters	M3539	115	6/8	2:06:41
Rex	Reed	M40UP	116	52/72	2:06:50
Chrisy	Link	F3034	117	6/9	2:09:43
Kirsten	Ziembro	F2529	118	3/6	2:09:52
Don	Baker	M2529	119	4/5	2:09:55
Audrey	Baldwin	F2024	120	5/5	2:10:02
Aaron	Meomber	M2529	121	5/5	2:10:03
Cameron	Nelson	M3539	122	7/8	2:10:10
Rich	Cromwell	M40UP	123	53/72	2:11:14
Eric	Johnson	M40UP	124	54/72	2:11:48
Kelly	Mize	F40UP	125	10/26	2:12:48
Lynn	Bobay	M40UP	126	55/72	2:13:05
Christine	Byers	F3539	127	5/10	2:13:35
Janine	Plott	F40UP	128	11/26	2:13:57
Linda	Mackey	F40UP	129	12/26	2:14:07
Dominic	Roche	M0115	130	6/6	2:15:36
Dana	Budd	M40UP	131	56/72	2:15:49
Jay	Price	M2024	132	5/6	2:15:55
Frances	Alexander	F40UP	133	13/26	2:16:02
Dan	Barnes	M40UP	134	57/72	2:16:05
Barb	Scroggum	F40UP	135	14/26	2:16:13
Brandi	Wallace	F2529	136	4/6	2:16:15
Mark	Thoma	M40UP	137	58/72	2:16:19
Debbie	Smith	F40UP	138	15/26	2:16:23
Lori	Goodson	F40UP	139	16/26	2:16:23
Barrie	Peterson	M40UP	140	59/72	2:16:42
Laura	Krumanaker	F1617	141	3/7	2:18:36
Caitlin	Broadmerkel	F1819	142	1/2	2:18:36
Ellen	Pfister	F1617	143	4/7	2:18:36
Emily	Barkhead	F1617	144	5/7	2:18:36
Molly	Schall	F1617	145	6/7	2:18:36
Sharon	Kuhn	F40UP	146	17/26	2:18:53
Kim	Anderson	F40UP	147	18/26	2:21:05
Sally	Baker	F3034	148	7/9	2:21:06
Tom	Weinkauff	M40UP	149	60/72	2:21:48
Jim	Thomas	M40UP	150	61/72	2:22:23
Rick	Hilker	M40UP	151	62/72	2:22:39
Porsche	Jackson	F1617	152	7/7	2:22:39
Andrew	Barry	M40UP	153	63/72	2:23:05
Nicole	Hunt	F3034	154	8/9	2:23:12
Lauren	Ramsay	F3539	155	6/10	2:23:20
Michelle	Hamilton	F3539	156	7/10	2:24:07
Leah	Sanders	F1819	157	2/2	2:24:36
Mike	Ploetz	M40UP	158	64/72	2:26:29
Amy	Miller	F3539	159	8/10	2:26:34
Lyndsey	Rozzi	F3034	160	9/9	2:26:36
Jamie	Banks	F40UP	161	19/26	2:29:23
Cheryl	Kiel	F40UP	162	20/26	2:30:25
Gretchen	Eaton	F3539	163	9/10	2:35:22
Pai	Miller	F40UP	164	21/26	2:35:22
Bill	Miller	M40UP	165	65/72	2:35:23
Darlene	Patterson	F40UP	166	22/26	2:37:29
Marilyn	Keldsen	F40UP	167	23/26	2:37:29
Bob	Hart	M40UP	168	66/72	2:37:30
Bill	Mack	M40UP	169	67/72	2:44:58
Helen	Ryan	F40UP	170	24/26	2:45:00
Benjamin	Franke	M2024	171	6/6	2:45:18
Michael	Fitzpatrick	M40UP	172	68/72	2:45:58
Gregory	Smith	M40UP	173	69/72	2:47:56
Patricia	Crawford	F40UP	174	25/26	2:49:06
Anna	Ruiz	F3539	175	10/10	2:52:20
Joel	Brecount	M3539	176	8/8	2:52:20
Dave	Van Lieri	M40UP	177	70/72	2:54:42
Leigh	Brookes	F2529	178	5/6	2:55:46
Cara	Craiger	F2529	179	6/6	2:55:48
Tim	Hughes	M40UP	180	71/72	3:59:13
Bob	Crothers	M40UP	181	72/72	4:08:50
Margaret	Westlake	F40UP	182	26/26	4:08:50
Philip	Sundberg	M1819	183	3/3	6:09:54

Galloping Gobbler 4 Mile

November 24, 2005

Place	Name	Division	Time
1	Eric Ade	M25-29	20.42
2	Casey Shafer	M25-29	21.22
3	Jared Messmann	M18-19	21.48
4	Adam Truex	M20-24	22.32
5	Nathan Truex	M20-24	22.57
6	Mitch Novy	M20-24	22.59
7	Bradley Dion	M20-24	23.03
8	Hugh Jackson	M18-19	23.1
9	Matt Brier	M25-29	23.27
10	Paul Furniss	M35-39	23.34
11	Justin Clark	M18-19	23.58
12	John Exner	M18-19	24.01
13	Todd Laubhan	M18-19	24.05
14	Matt Parker	M25-29	24.16
15	Brad Thomas	M30-34	24.24
16	Ed Freygart	M40-44	24.32
17	Jon Chumsyna	M18-19	24.41
18	Eric White	M40-44	25.02
19	Matt Foreman	M40-44	25.05
20	Doug Sundling	M50-54	25.18
21	Edward Fisk	M25-29	25.29
22	Pete Ryan	M20-24	25.52
23	Randy Placencia	M18-19	25.52
24	Unknown runner		25.53
25	Curtis Hines	M25-29	26.28
26	Michael Clay	M45-49	26.37
27	Kevin Hake	M16-17	26.45
28	Tom Brown	M30-34	26.58
29	John Trecaeven	M50-54	27.06
30	Tom Gilbert	M35-39	27.15
31	Taylor Sorg	M18-19	27.19
32	Julianna Roche	F16-17	27.21
33	James McKinnon	M45-49	27.27
34	Greg Wemhoff	M45-49	27.37
35	Jed Pearson	M50-54	27.46
36	Ben Zilka	M14-15	27.5
37	Michael Keefer	M18-19	27.51
38	Andrew Eckrich	M12-13	27.53
39	Chris Adang	M30-34	27.54
40	Dameon Rinehold	M30-34	27.55
41	Zachary Burrell	M16-17	27.59
42	Patrick Lothamer	M12-13	28.09
43	Unknown runner		28.11
44	Amanda Ponsot	F20-24	28.12
45	Ashley Ritchey	F20-24	28.12
46	Elizabeth Herndon	F20-24	28.13
47	Luke Hetrick	M25-29	28.22
48	Jeff Metzger	M40-44	28.26
49	Aaron Ware	M16-17	28.44
50	Vincent Hayes	M20-24	28.51
51	Rustin Dyer	M25-29	28.59
52	Greg Kowalenko	M40-44	29.02
53	Howard Klingler	M50-54	29.04
54	Nate Ammon	M14-15	29.06
55	Nathan Arata	M25-29	29.09
56	Zack Westrick	M18-19	29.09
57	Jerry Budd	M25-29	29.12
58	Laurissa Roth	F20-24	29.18
59	Tim Howard	M12-13	29.21
60	Unknown runner		29.24
61	Daniel Gottschalk	M35-39	29.35
62	Sally Godfrey	F30-34	29.39
63	Haley Nelson	F14-15	29.4
64	Randy Strebis	M40-44	29.4
65	Dane Okleshen	M14-15	29.41
66	Diane Schowe	F40-44	29.41
67	Matt Scott	M35-39	29.43
68	Ban Abels	M20-24	29.47
69	Matt Hayes	M16-17	29.52
70	Jeremy Ogle	M30-34	29.57
71	Chris Beck	M35-39	30.02
72	Paul Lagermann	M35-39	30.04
73	Dan Nave	M18-19	30.07
74	Chris Fogt	M18-19	30.11
75	Unknown runner		30.15
76	Lana Beregszazi	F20-24	30.18
77	Jason Sorg	M25-29	30.2
78	Connor O'Shaughnessey	M14-15	30.23
79	Carig Bobay	M45-49	30.32
80	Jared Brubaker	M25-29	30.36
81	Stephanie Asher	F20-24	30.4
82	Joe Toth	M45-49	30.54
83	Anthony David	M25-29	30.55
84	Kevin Giant	M50-54	30.56
85	Ryan Berkes	M25-29	31
86	Kerry Blanchette	M50-54	31.03
87	David Huffman	M40-44	31.08
88	Colin Smith	M14-15	31.11
89	Cindy McGovern	F40-44	31.11
90	Brian Clements	M35-39	31.13
91	Bob Nicholson	M45-49	31.18
92	Jeremy Lung	M25-29	31.3
93	Brett Keough	M14-15	31.34

Galloping Gobbler 4 Mile

November 24, 2005

Place	Name	Division	Time
94	Andra Bessey	F18-19	31.37
95	Sam Gute	M35-39	31.44
96	Tyler Wemhoff	M11	31.47
97	Joe Berghoff	M16-17	31.48
98	Kirk Jacquay	M35-39	31.5
99	Mark Smith	M40-44	31.53
100	Amy Hile	F40-44	31.54
101	Angela Palevich	F20-24	31.54
102	Kiley Knoblauch	M30-34	31.58
103	Erin Brady	F30-34	32.05
104	Monica Colbert	F30-34	32.07
105	Linda Anderson	F40-44	32.07
106	Don Kramer	M50-54	32.09
107	Kate Randolph	F20-24	32.15
108	Vaughn Ulmer	M20-24	32.17
109	Joe Donnell	M45-49	32.18
110	Michael Viriell	M45-49	32.19
111	Brian Robbins	M18-19	32.21
112	Jessica Hayes	F25-29	32.22
113	Jim Doyle	M35-39	32.27
114	Partick Ryan	M55-59	32.39
115	Geoff Randolph	M50-54	32.42
116	Caitlin Brodmerkel	F18-19	32.43
117	Jim Johnson	M30-34	32.44
118	Kyle Jensen	M35-39	32.46
119	Shawn Kelley	M12-13	32.48
120	Teresa Dyer	F30-34	32.55
121	Steve Romary	M50-54	32.55
122	Dan Randolph	M20-24	33.01
123	Tom Wuest	M40-44	33.02
124	Scott Aldrich	M35-39	33.09
125	Shannon Branscomb	M30-34	33.18
126	Terrence Johnson	M30-34	33.25
127	Matt Momper	M45-49	33.29
128	Amber Hug	F20-24	33.3
129	Unknown runner		33.32
130	Allison Rinker	F20-24	33.35
131	Mike Engler	M35-39	33.37
132	Eric Klumb	M50-54	33.45
133	Kelly Shackerford	F40-44	33.46
134	Keith Bobay	M50-54	33.46
135	Gail Miller	F25-29	33.5
136	Bill Ryan	M45-49	33.55
137	Eric Durr	M30-34	33.55
138	Katie Creighton	F45-49	34.07
139	Maggie Smith	F40-44	34.07
140	Jason Auckerman	M16-17	34.17
141	Mike Clendencen	M50-54	34.17
142	Dan Clark	M40-44	34.22
143	Sarah Woodniff	F30-34	34.25
144	Jim Woodruff	M60+	34.26
145	Barb Scroggham	F55-59	34.29
146	Bob Hake	M45-49	34.33
147	Kent Hart	M40-44	34.34
148	Kris Burkhardt	M25-29	34.34
149	Frank Hunt	M40-44	34.37
150	Kimberly Summers	F35-39	34.43
151	Jennica Klingaman	F20-24	34.47
152	Erica Miller	F25-29	34.5
153	Michael Wemhoff	M40-44	35
154	Karen Gillie	F30-34	35.17
155	Phil Kelley	M40-44	35.2
156	Laurie Whistler	F40-44	35.22
157	Mark Snyder	M40-44	35.27
158	Haylie Miller	F12-13	35.31
159	Steve Zacher	M40-44	35.38
160	Jacob Berghoff	M12-13	35.43
161	Theresa Hayes	F20-24	35.46
162	Brett Fisher	M30-34	34.47
163	Ben Hayes	M30-34	35.48
164	Jennifer Rohecky	F20-24	35.48
165	Mike Roebach	M35-39	35.58
166	Katrina Loucks	F30-34	36.01
167	Dan Egan	M50-54	36.18
168	Evan Hyndman	M25-29	36.37
169	Kathy Robbins	F40-44	36.41
170	Julie Huffman	F30-34	36.47
171	Jim Bergoff	M45-49	36.47
172	Laura Donnell	F12-13	36.49
173	Stephanie Zimmerman	F14-15	36.54
174	Elizabeth Kelly	F45-49	36.57
175	Jeremy Hunter	M25-29	37
176	Tom O'Maller	M50-54	37.03
177	Amy Stephan	F25-29	37.04
178	Sarah Hunter	F25-29	37.06
179	Robby Keough	M9	37.08
180	Joesepp Westrick	M40-44	37.29
181	Mandy Ryan	F25-29	37.42
182	Tim Newlin	M40-44	37.46
183	Unknown runner		37.5
184	Kirstein Engdahl	F20-24	37.51
185	Lynn Bobay	M50-54	37.51
186	Samantha Scaningelli	F12-13	37.56

Galloping Gobbler 4 Mile

November 24, 2005

24th Annual Run the Mounds

November 6, 2005

Place	Name	Division	Time	Time	Last	First	Gender	Age Group
187	Darryl Cargo	M40-44	37.57	28:47:00	Baker	Kyle	M	19-29
188	Tim Zimmerman	M45-49	38	29:21:00	Baker	Anron	M	15-18
189	Michael Hollis	M35-39	38.01	30:06:00	Colford	Scott	M	30-34
190	Erin Cox	F12-13	38.05	30:24:00	Knox	Jeremy	M	15-18
191	Sean Keough	M18-19	38.07	30:29:00	Proctor	Tyler	M	15-18
192	Dana Budd	M50-54	38.19	30:54:00	Buysse	David	M	35-39
193	Rick Hilker	M50-54	38.21	31:10:00	Schmitz	John	M	40-44
194	Kevin Kohart	M35-39	38.25	31:25:00	Dye	Duane	M	45-49
195	M B Kohart	F35-39	38.25	31:30:00	Thomas	Brad	M	30-34
196	Mary Collins Frank	F35-39	38.26	31:56:00	Osborn	Jason	M	19-29
197	Allison Baran	F25-29	38.35	31:57:00	Folsom	Scan	M	15-18
198	Porsche Jackson	F16-17	38.58	32:10:00	Yandl	Terry	M	40-44
199	Ellen Pfister	F16-17	38.59	32:16:00	Bundrenx	Byron	M	45-49
200	Emily Burkhead	F16-17	38.59	32:17:00	Bingham	Jeff	M	35-39
201	Michael Haney	F25-29	39	32:18:00	Osborne	Josh	M	15-18
202	Gina Plans	F20-24	39.01	32:22:00	Thomas	Ian	M	19-29
203	Larry Piano	M55-59	39.02	32:34:00	Baker	Don	M	45-49
204	Cassie Lalevich	F20-24	39.11	32:35:00	Krammes	Curtis	M	15-18
205	Tim Chapman	M20-24	39.11	32:38:00	Webb	Mason	M	12to14
206	Neil Anderson	M50-54	39.12	32:49:00	Sundling	Doug	M	50-54
207	Juliana Hill	F30-34	39.2	33:07:00	Curtis	Bob	M	45-49
208	Karen Koons	F35-39	39.25	33:15:00	Friedersdo	Troy	M	35-39
209	Scott Koons	M30-34	39.25	33:17:00	Cross	Nick	M	19-29
210	Sue Okleshen	F45-49	39.37	33:19:00	Slaubaugh	Mike	M	45-49
211	Dawn Mabruy	F45-49	39.4	33:28:00	Haines	Adam	M	19-29
212	Anne Mette Parker	F30-34	39.4	33:30:00	Mertz	Pam	F	35-39
213	Linda Mackey	F50-54	39.45	33:38:00	Masters	Chuck	M	50-54
214	Juliana Houser	F45-49	39.45	34:20:00	Dudley	Brian	M	45-49
215	Michael Anton	M35-39	39.48	34:24:00	Horner	Todd	M	45-49
216	John Burda	M35-39	39.54	34:45:00	Thomas	Mitchell	M	19-29
217	Jay Kimes	M35-39	40.06	34:50:00	Bolser	Dale	M	45-49
218	Molly Bobay	F16-17	40.24	34:51:00	Foreman	Matt	M	40-44
219	Tony Galvoppo	M45-49	40.27	35:06:00	Bauer	Greg	M	30-34
220	Mary Beth Galuoppo	F45-49	40.28	35:16:00	Scott	Zach	M	19-29
221	Unknown runner		40.34	35:29:00	Harrison	Kent	M	40-44
222	Deb Kruse	F40-44	40.57	35:35:00	Chew	Richard	M	45-49
223	Eric Hansen	M40-44	41.16	35:36:00	Moran	Thomas	M	12to14
224	Cheryl Claypool	F45-49	41.2	35:39:00	Tungesvick	Kevin	M	35-39
225	Amy Beck	F25-29	41.21	35:40:00	Williamson, Jr	Sam	M	15-18
226	Manning Walker	M20-24	41.4	35:40:00	Broadhead	Don	M	35-39
227	Leanna Cummings	F40-44	41.53	35:49:00	Young	Rachel	F	19-29
228	Jeff Cummings	M40-44	41.53	35:50:00	Bauson	Jesse	M	15-18
229	Tommy Keough	M12-13	42.38	35:54:00	Leffler	James	M	55-59
230	Andria Egvia	F30-34	42.4	36:03:00	Hill	Brodey	M	30-34
231	Virginia Zimmerman	F45-49	42.45	36:27:00	Homer	Kim	F	15-18
232	Sarah Kleinknight	F60+	42.55	36:31:00	Voik	Mark	M	45-49
233	Unknown runner		43.1	36:34:00	McCool	Amee	F	35-39
234	Unknown runner		43.11	36:40:00	Leveridge	Bill	M	45-49
235	Abbey Dickerson	F20-24	43.18	36:59:00	Hornsby	Daniel	M	15-18
236	Susie Stewart	F25-29	43.22	37:00:00	Grant	Tim	M	45-49
237	Rachel Miller	F25-29	43.23	37:01:00	Chew	Daniel	M	19-29
238	Cheryl Kiel	F40-44	43.31	37:04:00	Grasso	David	M	40-44
239	Jilliann Phillabaum	F35-39	43.38	37:04:00	Davidson	Jim	M	40-44
240	Unknown runner		43.53	37:05:00	Pierce	Jerry	M	55-59
241	Debra Mentex	F40-44	44.46	37:16:00	Fentz	Michael	M	50-54
242	Mary Andrews	F45-49	44.59	37:17:00	Finch	Holmes	M	40-44
243	Bill Freygang	M40-44	45.01	37:18:00	Long	Chris	M	40-44
244	Unknown runner		45.32	37:27:00	Hopper	Tyler	M	12to14
245	Unknown runner		45.42	37:32:00	Sites	Kevin	M	19-29
246	Sarah Bird	F12-13	45.42	37:36:00	Willis	John	M	35-39
247	Unknown runner		45.45	37:38:00	Paskiewicz	Chet	M	45-49
248	Bodil Rasmussen	F60+	45.46	37:47:00	Abbey	Erin	F	19-29
249	John Rasmussen	M60+	45.58	37:48:00	Skoog	Charlie	F	Hwvt
250	Ben Singleton	M25-29	45.58	38:09:00	Baker	William	M	50-54
251	Sharon Singleton	F45-49	46.06	38:18:00	Davidson	Gary	M	50-54
252	Megan Vandermolen	F25-29	46.34	38:28:00	Olson	Stephen	M	19-29
253	Gary Vandermolen	M45-49	46.37	38:33:00	Michael	Troy	M	35-39
254	Janell Harvey	F30-34	46.49	38:34:00	Rabenstein	Zach	M	15-18
255	Helen Ryan	F50-54	46.52	38:35:00	Kirkpatrick	Shane	M	35-39
256	Matt Wemhoff	M14-15	46.56	38:36:00	Anzeveno	Todd	M	35-39
257	Ryan Wemhoff	M12-13	47.03	38:41:00	Connor	Roy	M	55-59
258	Steve Varketta	M40-44	47.39	38:54:00	Butler	Brenden	M	15-18
259	Denida Sosa	F40-44	48.2	38:56:00	Holzhausen	Amanda	F	30-34
260	Beth Engler	F30-34	48.32	39:06:00	Meister	Todd	M	30-34
261	Brittany Voorhees	F35-39	48.35	39:17:00	Pierce	Jerry	M	35-39
262	Joe Nayarkas	M50-54	48.35	39:24:00	Dale	Michael	M	35-39
263	Kalissa Blanchette	F18-19	48.36	39:25:00	Pierce	Jeremy	M	12to14
264	Marcy Page	F25-29	48.37	39:39:00	Babin-Nel	Michele	F	35-39
265	Mike page	M50-54	49.03	39:42:00	Moran	Michael	M	45-49
266	Mason Walter	M8	49.22	39:46:00	Rayl	Logan	M	12to14
267	Melissa Walther	F35-39	49.25	39:47:00	Rayl	Brian	M	40-44
268	Jean Aucherman	F30-34	49.26	39:47:00	Fields	Rex	M	45-49
269	Regina Blanchette	F50-54	49.58	39:53:00	Soverns	Chris	M	12to14
270	Susan Jensen	F35-39	50.26	40:04:00	Bullock	Kurt	M	45-49
271	Kristin Auckerman	F14-15	50.59	40:15:00	Rabenstein	Ron	M	45-49
272	Emily Schuricht	F25-29	52.57	40:20:00	Spears	Tim	M	40-44
273	Jessie Miller	F20-24	52.58	40:23:00	Falkenburg	Dean	M	40-44
274	Rhea Edmonds	F35-39		40:27:00	Godeke	Alexis	F	12to14
275	Lanate White	F30-34		40:30:00	Sites	John	M	50-54
				40:33:00	Roberson	Mark	M	40-44
				40:45:00	Grife	Janice	F	40-44
				40:56:00	Black	Gene	M	60-64
				41:00:00	Burks	Douglas	M	50-54

Results Courtesy of Mitch Harper

24th Annual Run the Mounds

November 6, 2005

Time	Last	First	Gender	Age Group
41:26:00	Michael	Lory	F	35-39
41:31:00	Dryden	Terry	M	45-49
41:31:00	Dudley	Natalie	F	12to14
41:55:00	Roberson	Ross	M	12to14
42:19:00	Shrieve	Jeff	M	55-59
42:21:00	Fralick	Clark	M	40-44
42:24:00	Hunsinger	Dan	M	55-59
42:26:00	Bauer	Jake	M	12to14
42:30:00	Robertson	Sherry	F	35-39
42:31:00	McCreery	Mike	M	60-64
42:36:00	Hall	Shari	F	40-44
42:43:00	Nelson	Craig	M	35-39
42:50:00	Vogel	Verena	F	12to14
42:51:00	Haynes	Debbie	F	45-49
42:59:00	Daugherty	Mike	M	50-54
43:00:00	Vaught	Gary	M	50-54
43:09:00	Stayton	Barb	F	50-54
43:10:00	Bauson	Sarah	F	19-29
43:17:00	Yandl	Eric	M	11&under
43:26:00	Wilson	Debra	F	50-54
43:44:00	Tetrault	Ray	M	Hvwt
43:49:00	DeLong	Candace	F	15-18
43:49:00	Meister	Kimberly	F	30-34
43:53:00	Burrows	Roxane	F	45-49
43:54:00	Dotson	Jay	M	45-49
43:58:00	McCall	Kelly	F	19-29
43:59:00	Freestone	Rob	M	Hvwt
44:09:00	Surbaugh	Bill	M	60-64
44:17:00	Carroll	Chad	M	19-29
44:22:00	Williams	Mike	M	55-59
44:26:00	West	Tom	M	40-44
44:34:00	Brown	Kenneth	M	15-18
44:56:00	Borzabadi	Eddie	M	45-49
44:57:00	Barnes	Steve	M	60-64
44:59:00	Spahn	Andy	M	15-18
45:01:00	Rodgers	Tanmy	F	35-39
45:04:00	Fischer	Jon	M	50-54
45:17:00	Morris	Ann	F	45-49
45:27:00	Tobin	Kurt	M	15-18
45:32:00	Shuey	Stan	M	60-64
45:33:00	Gamble	Connie	F	35-39
45:39:00	Neureuther	Earlene	F	19-29
45:47:00	Gordon	Todd	M	40-44
45:59:00	Fuller	Buck	M	35-39
46:06:00	Williamson, Sr	Sam	M	60-64
46:12:00	Agnew	J.	M	30-34
46:27:00	Wasson	Larry	M	50-54
46:31:00	Kroll	Ana	F	35-39
46:37:00	Ray	Jason	M	15-18
46:42:00	Grimm	Elizabeth	F	19-29
46:45:00	Eads	Mark	M	19-29
46:46:00	Hathaway	Scott	M	50-54
46:48:00	Lanphear	Ian	M	45-49
46:48:00	Dye	Lee	M	70 & up
46:51:00	Eaton	Brian	M	40-44
46:53:00	Naffziger	Doug	M	55-59
46:58:00	Henricks	Jack	M	60-64
47:02:00	Alexander	Phil	M	50-54
47:10:00	McAdams	Rick	M	35-39
47:26:00	Hardwick	Randall	M	50-54
47:34:00	Proctor	Haley	F	11&under
47:40:00	Scrogam	Barb	F	55-59
47:47:00	Holliman	Ken	M	45-49
47:54:00	Phillips	Joe Pat	M	55-59
47:58:00	Gable	Kip	M	45-49
48:01:00	Roberson	Ryan	M	15-18
48:12:00	Moran	Stephanie	F	40-44
48:18:00	Carroll	Laura	F	19-29
48:26:00	Jones	Kenna	F	19-29
48:33:00	Miller	Tricia	F	30-34
48:35:00	Harry	Kevin	M	50-54
48:38:00	Kenny	Kathy	F	30-34
48:39:00	Sprague	Fred	M	60-64
48:47:00	Bauson	Cassie	F	45-49
48:55:00	Hatten	Kevin	M	50-54
49:02:00	Wagner	Doug	M	40-44
49:07:00	Hart	Bob	M	60-64
49:18:00	Reinhardt	Tatti	F	40-44
49:31:00	Mitsch	Kristen	F	15-18
49:40:00	Long	Mandy	F	15-18
49:48:00	Tolbert	Kasey	F	15-18
49:51:00	Bird	Maggie	F	15-18
49:51:00	Eads	Justine	F	19-29
49:58:00	Harper	Mitchell	M	Hvwt
50:15:00	Away	Blown	F	40-44

24th Annual Run the Mounds

November 6, 2005

Time	Last	First	Gender	Age Group
50:19:00	Grimes	Stephenie	F	30-31
50:23:00	Adair	Jamie	F	15-18
50:31:00	Swift	David	M	50-54
50:31:00	Smith	Walt	M	Hvwt
50:45:00	Hanauer	Holly	F	40-44
50:46:00	Smith	Al	M	55-59
51:13:00	Tetrault	Robin	F	50-54
51:27:00	Halsey	Jim	M	40-44
51:31:00	Dietrich	Darlene	F	45-49
51:32:00	Lawson	Robert	M	55-59
51:34:00	Budd	Dana	M	HVT
51:34:00	Hicks	Ann	F	30-34
51:40:00	Burrows	Jim	M	60-64
51:40:00	Wetli	Ellen	F	15-18
51:48:00	Balser	Kevin	M	15-18
51:49:00	McKinley	Jaime	F	30-34
52:21:00	Russell	Robert	M	50-54
52:26:00	Simmons	Katie	F	15-18
52:35:00	Gable	Chad	M	12to14
52:52:00	Putnam	Kelsey	F	15-18
52:53:00	Rose	Doug	M	50-54
52:59:00	Euarcho	Mike	M	55-59
53:00:00	Bauson	Keith	M	12to14
53:08:00	Bauson	Peter	M	12to14
53:09:00	Miller	Pat	F	60-64
53:09:00	Bauson	Bill	M	45-49
53:20:00	Dransfield	Michael	M	55-59
53:28:00	Adair	Sherry	F	45-49
53:29:00	Deer	Betty	F	60-64
53:31:00	Miller	Phillip	M	60-64
53:43:00	Ferris-Smith	Sandy	F	45-49
53:58:00	Zarse	Kim	F	45-49
54:00:00	Willis	Amy	F	19-29
54:01:00	Piggot	Gene	M	50-54
54:09:00	Banks	Jamie	F	40-44
54:10:00	Whitlow	Jack	M	60-64
54:19:00	Stromski	Cheryl	F	50-54
54:19:00	Fitzwater	Brian	M	40-44
54:19:00	Garratt	Valerie	F	19-29
54:46:00	Barnett	Bob	M	60-64
54:52:00	Kleinknigh	Sarah	F	60-64
54:54:00	Chandler	Gene	M	70 & over
55:00:00	Scott	Linda	F	60-64
55:03:00	Harden	Vicky	F	40-44
55:12:00	Eaton	Greichen	F	35-39
55:21:00	Miller	Bill	M	65-69
55:24:00	Williamson	Christine	F	50-54
55:27:00	Collins	Megan	F	30-34
55:31:00	Anderson	Mary	F	35-39
55:36:00	Anderson	Dee	F	45-49
55:45:00	Anderson	Pam	F	45-49
55:54:00	Hall	Kelsi	F	15-18
56:02:00	Long	Jenna	F	15-18
56:09:00	Harry	Debbie	F	50-54
56:22:00	Russell	Susie	F	15-18
57:13:00	Sulanke	Janelle	F	50-54
57:33:00	Sunman	Bob	M	55-59
58:21:00	Stiffler	Bud	M	65-69
58:27:00	Ringo	Janice	F	45-49
58:33:00	Gentry	John	M	60-64
58:39:00	Houck	Charles	M	70-74
59:01:00	Patterson	Margie	F	50-54
59:26:00	Butler-lennon	Stephanie	F	19-29
59:35:00	Fitzgerald	John	M	65-69
59:41:00	Leckron	Bob	M	50-54
59:51:00	Esters	Rich	M	30-34
59:52:00	Magrath	Susan	F	55-59
60:00:00	Bagley	Chuck	M	60-64
60:47:00	Robertson	Brandon	M	15-18
61:15:00	Soverns	Laura	F	40-44
61:37:00	Hartley	Janelle	F	30-34
61:42:00	Cannaday	John	M	15-18
62:30:00	Robertson	Kelly	F	15-18
62:31:00	Fullhart	Connie	F	55-59
63:01:00	Fullhart	Ted	M	65-69
63:02:00	Ryan	Helen	F	50-54
63:23:00	Abshire	Larry	M	60-64
64:48:00	Laker	John	M	65-69
65:34:00	Martin	Thomas	M	60-64
65:35:00	Scott	Jim	M	65-69
66:12:00	Lindley	Don	M	60-64
66:13:00	Wright	Melanie	F	35-39
68:19:00	West	Edna	F	70 & over
69:34:00	Cline	Susan	F	55-59



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!

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Happy Birthday!



Mary Fennig	2/14
Leslie Trabel	2/14
Anne Duff	2/15
Greg Ridenour	2/16
Rick Hilker	2/17
Tom Lill	2/17
Cecelia Snow	2/17
Jeff Jones	2/18
Curtis Nold	2/19
Rick L Gilbert	2/21
Tara Biehl	2/22
Courtney Raypole	2/22
Tim O'Connell	2/23
Mark Herndon	2/24
Doug Lehman	2/26
David Geiger	2/27
Mark Miller	2/27
Angela Palevich	2/27
J. David Reimschisel, Jr	2/27
Phyllis Suelzer	2/27
James McKinnon	2/29
Jack Seigel	3/3
David Roehling	3/6
Lynn T Bobay	3/7
Sheryle Braaten	3/7
Steven Greider	3/7
James Stevens	3/7
Kim Doster	3/8
Lynne Feiertag	3/10
Mark Walter	3/10

Mervin Koehlinger	3/11
Betty Feay	3/12
Eric Gates	3/12
Kyle Bolin	3/13
Ed Dax	3/14
Sean McAvoy	3/16
Geoff Randolph	3/16
Gary Schmunk	3/17
Robin Rizzo	3/19
Paul Sabrack	3/20
Jennifer Steigmeyer	3/20
John Treleaven	3/20
Erica Dekko	3/21
Jed Pearson	3/23
Dan Cummiskey	3/25
Mary Collins Frank	3/25
Michael Fruchey	3/25
Dennis Rohrs	3/25
Matthew R Wright	3/25
Galen Harden	3/26
Michelle Ludwiski	3/28
Taylor James Tiernon	3/29
George Kirby	3/30
Tom Landis	3/30
Kim A Lefever	3/30
Aaron Cox	3/31
John Link	3/31
Amy Archbold	4/1
Karen Gillie	4/3
Sam Gillie	4/4

Bill Harris	4/4
Tom Clagg	4/5
Jay Haney	4/5
Sharon Pauley	4/5
David Ellis	4/6
Jacque Linder	4/6
Don Ransome	4/6
Michael Skipper	4/7
Bunnie Sullivan	4/7
Matthew Gerke	4/8
Jonathan E Schlatter	4/8
Tom Yoder	4/8
Matt Foreman	4/9
Jerry Mazock	4/9
Tim Newlin	4/9
Jessica Thomas	4/10
Ray Casiano	4/11
Mike Else	4/11
Elizabeth Hilton	4/11
Joel Schartzter	4/11
George Huber	4/12
Ed Beckner	4/13
Gloria J Nold	4/14
Irene Spindler	4/14
Ken Long	4/15

PR Training Announces Training Groups

Train to run/walk the Indianapolis Mini Marathon (13.1 miles) on May 6th - 14 weeks of training for all levels of runners or walkers. For more information visit www.myprtraining.com or email Tammy Behrens at prtraining@comcast.net. You may also call 625-3830. Please join us on our Saturday runs even if not part of the training group. Our goal run (10 miles) will be held on April 22nd at 8AM.

Look for information in the next newsletter on training for the Chicago Marathon or any other fall marathon. Training will begin at the end of June.

We will also again be holding weekly speed workouts this summer beginning in early June.

2006 USA Outdoor Track and Field Championships To Be Held In Indianapolis

USA Track and Field and co-host Indiana Sports Corporation has announced the 2006 Outdoor Track and Field Championships in Indianapolis, Indiana. You have the opportunity to experience as well as expose athletes, coaches, officials, and families to an outstanding event which displays the nation's top track and field athletes competing for the title of National Champion.

The Championships are the final stop of the VISA Championship Series, and will take place June 21-25, 2006, at the IU Michael A. Carroll Track and Soccer Stadium on the campus of IUPUI in downtown Indianapolis.

All-session tickets include admission to all five days of the Outdoor and Junior competitions, and include free parking for each day of the event. Group Packages are also available. *USA Track and Field members should visit www.usatf.org to purchase their tickets and receive a USA Track and Field member discount.*

More details are available at: <http://www.indianasportscorp.com/ISC2/track&field.php>

Fanny Freezer Volunteers Needed At Registration

Is anyone interested in helping out at the Fanny Freezer on Feb. 11th with registration? The race is at Shoaff Park and starts at 2 PM. Help would be needed about 1PM. You could still run the race if you worked it. Volunteering at an event earns you FWTC race series points.

Email Tammy Behrens at prtraining@comcast.net if you are interested,

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 Points Races 2006

1. Fanny Freezer 5K
2. Nutri-Run 20K
3. Mastodon 5K
4. TRRC 12K
5. Runners on Parade 5K
6. Fire Cracker 4 Mile
7. Matthew 25 10K
8. Kernel Klassic 5K
9. Parlor City ½ Marathon
10. River City Rat Race 10K
11. Turkey Trot
12. Just Plain 10K

Points Rules For 2006

1. FWTC members must pay dues by Nutri-Run to be awarded points for the current year.
2. Participants may earn 100 volunteer points for each race they work, with a maximum of 200 points counting towards their total points. Volunteer points are not mandatory. Points may be earned for both volunteering and running a race. There is no race completion minimum.
3. Race directors will earn 100 points toward the series and there are no maximum points for race directors.
4. Age group placement:
 - a. Age group placement is determined by age as of January 1st.
 - b. Age groups: under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70&over
 - c. Each race points are awarded based on your age as of Jan. 1st. Example: if you turn 45 after Jan. 1st, your place at the race will reflect your current age status, but your points will be recalculated into the 40-44 age division with other FWTC members the same age.
 - d. If the race has more age groups than the above, participants receive the points as earned in that race. It is possible for more than one participant to earn the same number of points in the "points series" age group. Example: if a race has a 60-64 & 65-69 age group, a first place winner in each age group would receive 100 points.
 - e. Points are given based on how participant's finish compared to other FWTC members.

Place	Points	Place	Points
1	100	6	55
2	85	7	35
3	75	8	25
4	65	9	15
5	55	10	10
		11 and up	5

5. The top male and female award winners will be scored by a separate system based on the top 10 FWTC finishers in the races regardless of age group.

FWTC 2005 Points Final

Men 19 and under

Place	Name	City	Age	Points
1	Josh Ware	Fort Wayne IN	10	775.0
2	David Boyer	Fort Wayne IN	17	755.0
3	Eric Ware	Fort Wayne IN	15	425.0
4	Aaron Ware	Fort Wayne IN	16	420.0
5	Jacob Ware	Fort Wayne IN	13	300.0
6	Benjamin Skipper	Warsaw IN	4	275.0
7	Scan McAvoy	Bluffton IN	14	200.0
8	Andrew Piropatto	Fort Wayne IN	15	200.0
9	Galen Harden	Yoder IN	15	200.0
10	Evan Niner	Fort Wayne IN	17	200.0
11	Eric Edmiston	New Haven IN	14	185.0
12	Shawn Kelley	Churubusco IN	12	185.0
13	Kurt White	Fort Wayne IN	18	185.0
14	Sam N Bird	Columbia City IN	15	100.0
15	Colin Altevogt	Fort Wayne IN	17	100.0
16	Donny Heath	Roanoke IN	13	100.0
17	Danny White	Fort Wayne IN	16	85.0
18	Taylor James Tiernon	Fort Wayne IN	14	85.0
19	Matt Winkeljohn	Fort Wayne IN	8	85.0
20	Alex Snavelly	Silver Lake IN	8	85.0

Men 20 to 29

Place	Name	City	Age	Points
1	Casey Shafer	Bluffton IN	24	785.0
2	Edward Fisk	Fort Wayne IN	25	585.0
3	Rick Hammer	Hudson IN	24	270.0
4	Mike Cole	Angola IN	29	100.0
5	Josh Brunson	Fort Wayne IN	28	100.0
6	Kyle Bolin	Fort Wayne IN	24	85.0

Men 30 to 34

Place	Name	City	Age	Points
1	Brad A Thomas	Fort Wayne IN	30	1285
2	Jeff Jones	Fort Wayne IN	30	515.0
3	Sam Gillie	Fort Wayne IN	34	485.0
4	Corey Williams	New Haven IN	31	235.0
5	Aaron York	Fort Wayne IN	32	215.0
6	David Whitcomb	Hoagland IN	34	175.0
7	Todd Sullivan	Fort Wayne IN	31	65.0
8	Todd Werling	Fort Wayne IN	31	65.0
9	Ryan Hilton	Fort Wayne IN	30	55.0
10	Jason Sagan	Fort Wayne IN	33	55.0

Men 35 to 39

Place	Name	City	Age	Points
1	Joe Savina	Fort Wayne IN	37	1285
2	Anthony Juliano	Fort Wayne IN	35	890.0
3	Matt Scott	Warsaw IN	36	740.0
4	Chad Ware	Fort Wayne IN	37	430.0
5	Ron Sharp	Fort Wayne IN	39	400.0
6	Mike Else	Fort Wayne IN	35	325.0
7	Buff Dormeier	Fort Wayne IN	35	300.0
8	Scott Aldrich	Auburn IN	35	210.0
9	Michael Peters	Fort Wayne IN	39	205.0
10	Rich Runion	Fort Wayne IN	38	175.0
11	Brent Burreis	Auburn IN	38	160.0
12	Thomas Gilbert	Fort Wayne IN	36	160.0
13	Brian Loucks	Fort Wayne IN	35	145.0
14	Michael Wolfe	Fort Wayne IN	35	135.0
15	Michael Fruchey	Huntertown IN	35	100.0
16	Mike Thurston	Fort Wayne IN	36	85.0
17	Paul Sturm	Fort Wayne IN	39	75.0
18	Mark Walter	Garrett IN	39	75.0
19	David Drew	New Haven IN	36	65.0

Men 40 to 44

Place	Name	City	Age	Points
1	Mike Slaubaugh	Fort Wayne IN	44	1220
2	Kurt Walborn	Fort Wayne IN	41	1100
3	Matt Foreman	Fort Wayne IN	42	960.0
4	David Geiger	Churubusco IN	43	640.0
5	Michael L McAvoy	Bluffton IN	44	400.0
6	Paul E Knott	Fort Wayne IN	42	395.0
7	Mark Pace	Fort Wayne IN	41	335.0
8	Jeff Metzger	Fort Wayne IN	43	315.0
9	David M Huffman	Fort Wayne IN	44	240.0
10	Mark Beals	Fort Wayne IN	42	230.0
11	Darryl Cargo	Fort Wayne IN	43	230.0
12	Jim Bougher	Fort Wayne IN	42	200.0
13	Gregg Osborn	Fort Wayne IN	43	170.0
14	Frank Hunt	Fort Wayne IN	41	165.0
15	Phillip Kelley	Churubusco IN	43	130.0
16	Ted Van Antwerp	Fort Wayne IN	43	130.0
17	Steve Zacher	Fort Wayne IN	43	125.0
18	Dave Matchette	Fort Wayne IN	43	125.0
19	Marvin Eady Jr	Fort Wayne IN	42	125.0
20	Michael Skipper	Warsaw IN	44	120.0
21	Michael McManus	Fort Wayne IN	41	100.0
22	J. David Reimschisel, Jr	Leo IN	44	85.0
23	William Cook	Fort Wayne IN	43	80.0
24	Jeffrey Rowe	Garrett IN	44	65.0
25	Dan Cummiskey	Fort Wayne IN	43	65.0
26	Jim Berghoff	Fort Wayne IN	44	45.0
27	David Ellis	Fort Wayne IN	43	45.0

FWTC 2005 Points Final

28	Rob Winkeljohn	Fort Wayne IN	40	15.0
29	Alan Boyle	Huntertown IN	42	10.0

Men 45 to 49

Place	Name	City	Age	Points
1	James McKinnon	Waterloo IN	48	1000
2	Paul Shaffer	Decatur IN	46	750.0
3	Chuck Brown	Bluffton IN	49	720.0
4	Mark Waldron	Wawaka IN	48	720.0
5	Doug Sundling	Bluffton IN	49	585.0
6	Gary Schmunk	Antwerp OH	49	450.0
7	Tom Landis	Churubusco IN	48	245.0
8	Steve Edmiston	New Haven IN	45	235.0
9	David Roehling	Harlan IN	46	215.0
10	Mark O'Shaughnessy	Fort Wayne IN	45	205.0
11	Kim A Lefever	Columbia City IN	48	200.0
12	Tim O'Connell	Fort Wayne IN	48	200.0
13	Joe Astroski	Fort Wayne IN	48	195.0
14	Craig Bobay	Fort Wayne IN	48	190.0
15	Mitch V Harper	Fort Wayne IN	48	180.0
16	Jeff Taner	Fort Wayne IN	45	175.0
17	Chuck Zumbrun	Churubusco IN	47	170.0
18	Thomas Boyer	Fort Wayne IN	49	155.0
19	Tom Lill	Fort Wayne IN	47	155.0
20	Ted Snavely	Silver Lake IN	45	120.0
21	Mark Furkis	Ligonier IN	49	100.0
22	John Hamilton	Fort Wayne IN	45	100.0
23	Rick Hilker	Fort Wayne IN	49	100.0
24	Carl A Risch	Decatur IN	47	85.0
25	Terry Diller	Fort Wayne IN	47	75.0
26	Kevin Truelove	Fort Wayne IN	48	70.0
27	Wes Rogers	Fort Wayne IN	48	65.0
28	Jerry Hoff	Roanoke IN	48	65.0
29	Stephen M Hilker	Fort Wayne IN	49	40.0
30	Mark Brattoli	Fort Wayne IN	49	35.0
31	Steven A West	Fort Wayne IN	49	30.0
32	Mark Giese	Fort Wayne IN	47	25.0
33	Gregg Kurtz	Fort Wayne IN	46	25.0
34	Jonathan E Schlatter	Fort Wayne IN	48	20.0
35	Timothy Ryan	Fort Wayne IN	49	20.0
36	Dennis Klopfenstein	New Haven IN	47	15.0
37	Jeff Milleman	Fort Wayne IN	48	15.0
38	Hal Atkinson	Huntertown IN	49	5.0

Men 50 to 54

Place	Name	City	Age	Points
1	Brad Altevogt	Fort Wayne IN	50	1180
2	John Treleven	Fort Wayne IN	52	830.0
3	Kerry Blanchette	Fort Wayne IN	51	685.0
4	John David McPherson	Fort Wayne IN	52	430.0
5	Phil Suelzer	Fort Wayne IN	53	405.0
6	Lynn T Bobay	Fort Wayne IN	53	385.0
7	Ken Long	Fort Wayne IN	54	265.0
8	Jed Pearson	Columbia City IN	53	235.0
9	Joseph Nayarkas	Fort Wayne IN	50	215.0
10	Howard J Klinger	Fort Wayne IN	50	210.0
11	Don Ransome	Warsaw IN	54	200.0
12	Greg Ridenour	Fort Wayne IN	50	195.0
13	Thomas J Felts	Fort Wayne IN	50	180.0
14	Dana Budd	New Haven IN	50	160.0
15	Tom Fuelling	Fort Wayne IN	54	155.0
16	Len Piropato	Fort Wayne IN	50	155.0
17	Aaron Cox	Huntertown IN	51	135.0
18	Michael Clendenen	New Haven IN	50	105.0
19	Mike Cox	Spencerville IN	50	100.0
20	Doug Ulmer	Leo IN	50	100.0
21	Jerry Diehl	Fort Wayne IN	53	100.0
22	Lon R Braun	Fort Wayne IN	53	100.0
23	Michael Yann	Fort Wayne IN	52	100.0
24	Kevin Giant	Fort Wayne IN	51	95.0
25	Tom Digate	Fort Wayne IN	52	90.0
26	Terry Anderson	Fort Wayne IN	51	90.0
27	Donald Kramer	Van Wert OH	50	80.0
28	Todd Seiman	Fort Wayne IN	51	75.0
29	Ted Tiemon	Fort Wayne IN	50	35.0
30	Jim Weide	Fort Wayne IN	52	25.0
31	Robert Snow	Fort Wayne IN	52	25.0
32	Tom Yoder	Fort Wayne IN	52	10.0
33	Keith Niner	Fort Wayne IN	51	5.0

Men 55 to 59

Place	Name	City	Age	Points
1	Jim Pickett	Fort Wayne IN	55	1085
2	Bob Bruckner	Fort Wayne IN	59	865.0
3	Rich Stephenson	Monroeville IN	58	705.0
4	Jack Seigel	Fort Wayne IN	59	640.0
5	Robert Lawson	Fort Wayne IN	57	475.0
6	Steven Greider	Fort Wayne IN	55	420.0
7	Bob Michiel	Fort Wayne IN	57	245.0
8	John Peterson	Fort Wayne IN	59	170.0
9	David L Winters	Huntington IN	55	140.0
10	Art Obregon	Pierceland IN	57	85.0
11	Kent C Ober	Fort Wayne IN	59	75.0
12	Ty Murphy	Columbia City IN	56	75.0
13	Mervin Koehlinger	Fort Wayne IN	58	65.0
14	James H Wright	Fort Wayne IN	57	65.0
15	Jay Hancy	Huntington IN	55	65.0
16	Phil Luttmann	Kendallville IN	57	55.0

FWTC 2005 Points Final

Men 60 to 64

Place	Name	City	Age	Points
1	Ray Casiano	New Haven IN	61	1160
2	David E Boylan	Fort Wayne IN	62	905.0
3	Donald Lindley	Fort Wayne IN	60	620.0
4	Bernie Burgette	Fort Wayne IN	61	495.0
5	Dewain Cobbs	Warsaw IN	62	285.0
6	Barrie Peterson	Fort Wayne IN	62	110.0
7	Fred Ross Jr	Warsaw IN	63	100.0
8	Don Ashton	Fort Wayne IN	63	100.0
9	William A Crane	Warsaw IN	62	75.0
10	Allen Albert	Fort Wayne IN	61	65.0
11	Lynn B Smith	Fort Wayne IN	63	55.0
12	Steve Adkison	Fort Wayne IN	60	35.0

Men 65 to 69

Place	Name	City	Age	Points
1	Joe Ziegler	New Haven IN	69	1065
2	Dick Hamly	Fort Wayne IN	67	250.0
3	Bill Sohaski	Fort Wayne IN	69	200.0
4	Bill Harris	Grabill IN	66	185.0
5	Jack Morris	Auburn IN	67	100.0
6	Freeman Hershberger	Goshen IN	67	100.0
7	Tom Felger	Fort Wayne IN	65	100.0
8	Karl Dietsch	Fort Wayne IN	66	85.0
9	William Clark	Fort Wayne IN	69	85.0
10	Bud Stiffler	Anderson IN	66	75.0
11	Noel Hupp	Fort Wayne IN	65	75.0

Men 70 and over

Place	Name	City	Age	Points
1	Kenneth E Disler	Fort Wayne IN	82	1285
2	Bernie Huesing	Fort Wayne IN	72	940.0
3	Robert C Loomis	Monroeville IN	71	805.0
4	James P Jones	Fort Wayne IN	76	385.0
5	R William Schmidt	Fort Wayne IN	70	300.0
6	Don Anderson	Fort Wayne IN	77	285.0
7	Curtis Nold	Fort Wayne IN	73	150.0
8	Jack Hilker	Fort Wayne IN	76	100.0
9	Ian Rolland	Fort Wayne IN	71	100.0

Women 19 and under

Place	Name	City	Age	Points
1	Katissa Blanchette	Fort Wayne IN	17	1440
2	Grace Burris	Auburn IN	10	715.0
3	Ciersten Deardorf	Fort Wayne IN	13	500.0
4	Kylee Keuncke	Decatur IN	13	415.0
5	Courtney Raypole	Columbia City IN	13	370.0
6	Leticia Deardorf	Fort Wayne IN	15	285.0
7	Lynn Altevogt	Fort Wayne IN	16	200.0
8	Amy Roberts	Fort Wayne IN	17	200.0
9	Cecelia Snow	Fort Wayne IN	8	160.0
10	Cendra Deardorf	Fort Wayne IN	8	150.0
11	James Gorman	Decatur IN	13	100.0
12	Beth Niner	Fort Wayne IN	15	100.0
13	Tracey Jo Tiemon	Fort Wayne IN	12	100.0
14	Leah Deardorf	Fort Wayne IN	11	100.0
15	Ciersten Deardorf	Garrett IN	13	100.0
16	Hannah Michel	Fort Wayne IN	17	85.0
17	Sarah Winkeljohn	Fort Wayne IN	11	75.0
18	Sarah Bird	Columbia City IN	11	55.0

Women 20 to 29

Place	Name	City	Age	Points
1	Amy Stephan	Fort Wayne IN	26	500.0
2	Angela Palevich	Fort Wayne IN	20	300.0

Women 30 to 34

Place	Name	City	Age	Points
1	Tammy Behrens	Fort Wayne IN	33	800.0
2	Rebecca Hollenbaugh	South Whitley IN	31	540.0
3	Polly Grismore	Fort Wayne IN	33	335.0
4	Erin Brady	Fort Wayne IN	33	335.0
5	Jennifer Steigmeyer	Fort Wayne IN	34	300.0
6	Karen Gillie	Fort Wayne IN	33	240.0
7	Katrina Loucks	Fort Wayne IN	33	230.0
8	Amy Archbold	Fort Wayne IN	32	225.0
9	Kim Doster	Fort Wayne IN	32	170.0
10	Kim Milleman	Fort Wayne IN	32	100.0
11	Eva Sagan	Fort Wayne IN	33	75.0
12	Chris Link	New Haven IN	33	35.0

Women 35 to 39

Place	Name	City	Age	Points
1	Nancy Burris	Auburn IN	38	760.0
2	Staci Beiswanger	South Whitley IN	39	265.0
3	Anne Duff	Fort Wayne IN	39	200.0
4	Julie McNulty	Fort Wayne IN	39	185.0
5	Tracy Skipper	Warsaw IN	35	85.0
6	Jeannie Giese	Fort Wayne IN	36	85.0
7	Tracy Brooks	Fort Wayne IN	35	85.0
8	Pamela Joachim	Fort Wayne IN	37	75.0

Women 40 to 44

FWTC 2005 Points Final

Place	Name	City	Age	Points
1	Sheryle Braaten	Hoagland IN	44	1285
2	Cindy McGovern	Fort Wayne IN	40	930.0
3	Betty Greider	Fort Wayne IN	44	910.0
4	Linda Anderson	Fort Wayne IN	43	810.0
5	Diana Schowe	Auburn IN	40	555.0
6	Denise Conrad	Decatur IN	43	455.0
7	Beverly Metzger	Fort Wayne IN	42	375.0
8	Paula McEachern	Leo IN	44	315.0
9	Mary Snow	Fort Wayne IN	44	285.0
10	Lorraine Brattoli	Fort Wayne IN	44	175.0
11	Karen Kosberg	Fort Wayne IN	43	75.0
12	Claire Weir	Fort Wayne IN	43	75.0
13	Mary Crane	Warsaw IN	41	65.0
14	Carla Brames	New Haven IN	42	55.0
15	Linette Barry	Fort Wayne IN	41	55.0
16	Laurie Whisler	Fort Wayne IN	40	55.0

Women 45 to 49

Place	Name	City	Age	Points
1	Judy White	Fort Wayne IN	46	700.0
2	Cheryl Stromski	Antwerp OH	49	660.0
3	Judy Tillapaugh	Fort Wayne IN	46	200.0
4	Terri Gross	Fort Wayne IN	49	170.0
5	Tamara Wright	Coldwater MI	46	160.0
6	Diane Post	Fort Wayne IN	48	85.0
7	Holly Niner	Fort Wayne IN	47	85.0
8	Margie Morris-Parker	Fort Wayne IN	46	85.0
9	Sue McGrew	Fort Wayne IN	46	75.0
10	Renee Fenstermaker	Fort Wayne IN	47	75.0
11	Joann Bird	Columbia City IN	47	75.0

Women 50 to 54

Running/Training 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

PR Training -

We have begun to train for the mini! Join us if you are training for the mini or any other long event. If you would like to be put on an email list of the time and location email 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 Foster Park. They welcome any level of runner or walker whether they are training for a race or not. Contact Mike Else for more information: else57@aol.com

New Haven -

Group is meeting at the North River boat launch across the street from Kreager Park. Distances will vary - usually 8-12 miles. They meet on Saturdays at 7AM. For more information, contact David Swenson at 749-9366 or dswe456204@msn.com.

Born to Run - BTR - Winter distance Training Group

A new group is forming that will meet at various locations around the Ft. Wayne area. The group will be meeting at 8AM on Saturdays. Several people will be training for the marathon distance. For additional information contact Brett Hess at 637-3755.

FWTC 2005 Points Final

Place	Name	City	Age	Points
1	Helen Ryan	Fort Wayne IN	53	1195
2	Regina Blanchette	Fort Wayne IN	50	995.0
3	Nancy Boyer	Fort Wayne IN	53	650.0
4	Phyllis Suelzer	Fort Wayne IN	51	500.0
5	Susan Peterson	Albion IN	50	260.0
6	Anne M Karr	Fort Wayne IN	50	100.0

Women 55 to 59

Place	Name	City	Age	Points
1	Barb Scrogam	Fort Wayne IN	58	685.0
2	Bobbie Clark	Fort Wayne IN	55	185.0
3	Anna Mize	Roanoke IN	58	100.0
4	Marsha Schmidt	Fort Wayne IN	59	100.0

Women 60 to 64

Place	Name	City	Age	Points
1	Sarah Kleinknight	Fort Wayne IN	61	700.0
2	Rochelle Alberding	Bluffton IN	62	100.0
3	Irene Spindler	Kendallville IN	62	85.0

Women 65 to 69

Place	Name	City	Age	Points
1	Joan Gary	Fremont IN	68	800.0
2	Gloria J Nold	Fort Wayne IN	69	200.0

During the Week:

YMCA Downtown - S. Barr St.

Meet in Main lobby

Monday: 5:30AM (5 miles), Wed.: 5:30AM (8 miles),

Fri.: 5:30AM (8+ miles)

Contact: Member services desk. 422-6486

ETG Training Group - Eric Ade and Casey Shafer and Matt Blume 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 and post-collegiate runners. M-F 4:30-5:00 PM

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

Eric Ade 602-5410 erica@waterfield.com

Casey Shafer 402-2541 ghanishrunner@hotmail.com

Matt Blume matt.blume@itt.com

Agility/Plyometrics/Speed Work - Wednesdays 6-7:30 PM

Work out with a personal trainer to improve your race times. \$10/session

Engle Road @ Absolute Results - If questions call Diana Schowe @ 627-3308

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 or prtraining@comcast.net.

Run Ohio Newsletter

Interested in what our running friends to the east are up to? Check out the RUNOHIO E-Newsletter at <http://www.runohio.com/cgi-bin/enewsletter/nllistuser.cgi?listid=20>

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 02/01/2006 to 05/31/2006

Latest race calendar is available on-line at www.fwtc.org

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

Feb 05, 2006 1pm Sun	R	34th Groundhog 7 - 7 Miles Carmel, IN <i>Contact: Indy Runners, (317) 290-RUNR</i> <i>Email: groundhog@indyrunners.org Web site: http://www.indyrunners.org/</i>
Feb 11, 2006 2pm Sat	LP	Fanny Freezer 5K (FWTC Points Race) - 5K Shoaff Park, Fort Wayne, IN <i>Contact: FWTC -Don Lindley, 260-436-2234, PO Box 11703, Fort Wayne, IN 46860, No Pre-Race Registration, Race Day Registration Only, starting at 1:00 pm</i> <i>Info/Fees: Race Day only, \$3 for FWTC members, \$4 for Non-members,</i> <i>Email: lindleyd@infionline.net Web site: http://www.fwtc.org/</i>
Feb 11, 2006 9am Sat	R	Slippery Elm Trail Run - 13.1 Miles North Baltimore to Bowling Green, Ohio, Bowling Green, OH <i>Contact: Al Chester, 419-425-2917</i> <i>Info/Fees: Refreshments at BW3/BG Web site: http://www.toledoroadrunners.org</i>
Feb 18, 2006 9am Sat	R	Polar Bear Run/Walk - 5M Run/Competive Walk/5M Family Walk Indiana War Memorial, Indpls, IN <i>Contact: Ken Long, 317-884-4001</i> <i>Info/Fees: Pre -\$11 to \$27, Family \$50, Race Day-No Shirt \$15</i> <i>Email: klong@kenlongassoc.com Web site: www.kenlongassoc.com/pbear03.htm</i>
Feb 26, 2006 10am Sun	R	TRRC 25K Championship Race - 25K & 5K Pred Oak Openings Metropark (Mallard Lake), Whitehouse, OH <i>Contact: Dennis Scott, 419-478-6405</i> <i>Web site: http://www.toledoroadrunners.org/</i>
Mar 11, 2006 2pm Sat	R	28th Beer Bottle Open - 4M Columbus Grove HS, Columbus, OH <i>Contact: Jerry Bunn, 206 Hall Ave Columbus OH 45830, 419 659-5702</i> <i>Info/Fees: \$15 w/shirt, \$10 w/o shirt, Proceeds Columbus Grove X-C Team</i> <i>Email: jbunn@woh.rr.com</i>
Mar 18, 2006 10:30am Sat	R	19th Annual Mountain Goat Hill Runs/Walk - 15K & 10K Kickapoo State Park, Danville, IL <i>Contact: Deb Reddy, PO Box 1701, Danville, IL 61834, (217) 431-4243</i> <i>Info/Fees: Grand Slam Event - Party @ Little Nugget Steakhouse</i> <i>Email: kennekuk@net66.com Web site: http://www.kennekuk.com/</i>
Mar 18, 2006 1pm Sat	LP	FWTC 26th Annual Nutri-Run - 20K (Pts Race) & 5M Run/Walk The Chapel, 2505 West Hamiton Rd, Fort Wayne, IN <i>Contact: Jeff & Bev Metzger, 9211 Red Berry Ct, Fort Wayne, IN 46804, 260-436-5632</i> <i>Info/Fees: \$10-FWTC Members by 3/11, \$12-Non-Members by 3/11, \$15-thereafter</i> <i>Email: jbmetzger@aol.com Web site: http://www.fwtc.org/</i>
Mar 18, 2006 6 am Sat	R	Land Between the Lakes Trail Run - 60Km Grand Rivers, KY <i>Contact: Steve Durbin, PO Box 1136, Paducah, KY 42002-1136, 800-456-9404</i> <i>Info/Fees: \$55-pre, Beautiful mostly single track well groomed trail containing several short but challenging hills with great views of lakes.</i> <i>Email: sdurbin@marquettettrans.com Web site: http://www.wkrc.org/</i>
Mar 18, 2006 8am Sat	R	22nd Ed Dibble Towpath 19-mile - 19 Miles Farnsworth Metropark, Waterville, OH <i>Contact: Louis Miklovic, 419-868-1295</i> <i>Info/Fees: \$4 - Members, \$6-Non-Members Web site: www/toledoroadrunners.org</i>

Mar 25, 2006 9am Sat	R	Huntington Baptist 5K - 5K 2435 Waterworks Road, Huntington, IN <i>Contact:</i> Steve Eyers, 7984 S 350 W, So. Whitley, IN 46787, 260-723-6494 <i>Info/Fees:</i> No Entry Fee (Free) Free T-shirts to the first 50 entries, many door prizes. <i>Email:</i> seyers@fwi.com <i>Web site:</i> http://www.huntingtonbaptist.org/
Apr 01,2006 9:00 AM	LP	IPFW Mastodon Stomp - 5 km run, 5 km walk, 100 meter run (kids 6 and under), 1 mile kids stomp (kids 7-12) IPFW Hilliard Gates Sports Center, Fort Wayne, IN <i>Contact:</i> Judy Tillapaugh, 2101 Coliseum Blvd. East, 260-481-6647 <i>Info/Fees:</i> Age group awards will be given. This is a benefit event for IPFW Cross Country and Track Programs. <i>Email:</i> tillapau@ipfw.edu
Apr 09, 2006 Sun 7:30am	R	Valpo Mini-Marathon - 13.1 Miles Vaparaiso, IN <i>Contact:</i> The Human Race, 58 W Lincolnway, Valparaiso, IN 46383, 219-465-5335 <i>Info/Fees:</i> \$30-Pre, \$50-Race Day <i>Email:</i> info@valpominimarathon.com <i>Web site:</i> valpominimarathon.com
Apr 22,2006 8 am Sat	R	Heartbeats - 5K Run/Walk - 5K Parkview Whitley Hospital, Columbia City, IN <i>Contact:</i> Gary Bird, 670 W Keiser Rd., Columbia City, IN 46775, 260-244-4408 <i>Info/Fees:</i> \$10.00 pre-race fee, \$12.00 day of race. Team Bird Runners are free! <i>Email:</i> garylbird@earthlink.net
May 06, 2006 7:30am Sat	R	2006 30th Annual Indpls 500 Mini-Marathon - 13.1 Miles & 5K-entries ***** Closed - 1/31 - Good Luck! ***** Downtown Indpls, Indpls, IN <i>Email:</i> raceinfo@500festival.com <i>Web site:</i> www.500festival.com/mini/index.cfm
May 07, 2006 6:30am Sun	R	8th Annual Flying Pig Marathon - 26.2 Miles,Plus various race Sat Cincinnati, OH <i>Contact:</i> Cincinnati Marathon, Inc, 644 Linn St Suite 626, Cincinnati, OH 45203, 513-721-7447 <i>Web site:</i> http://www.flyingpigmarathon.com/

Fort Wayne Orthopaedics Supports FWTC!

Track club members are eligible for preferential appointment times at Fort Wayne Orthopedics (FWO). If an injury occurs, call Peter Paonessa at 436-6326, and let him know you are a member of the FWTC. He will get you an appointment scheduled with a sports medicine specialist. There is also a hotline available for injury-related questions. Call Greg at 438-2225.

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. We look forward to hearing from you!

Share Yours!

The Fort Wayne Track Club Newsletter Wants You!

The Fort Wayne Track Club Newsletter is published 6 times a year on the first of February, April, June, August, October, and December. Members are encouraged to submit articles, photographs, event announcements, and other items of interest to the local running community. The deadline for submitting materials is approximately 2 weeks before publication. Help with the newsletter is always needed and always appreciated! If you're interested in writing or soliciting articles, taking photographs at local events, or helping with graphic layout and design, call Chuck Zumbrun at 693-0527 or email newsletter@fwtc.org!

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

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Inside Track publishes 450 issues bi-monthly

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FWTC NEWSLETTER
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