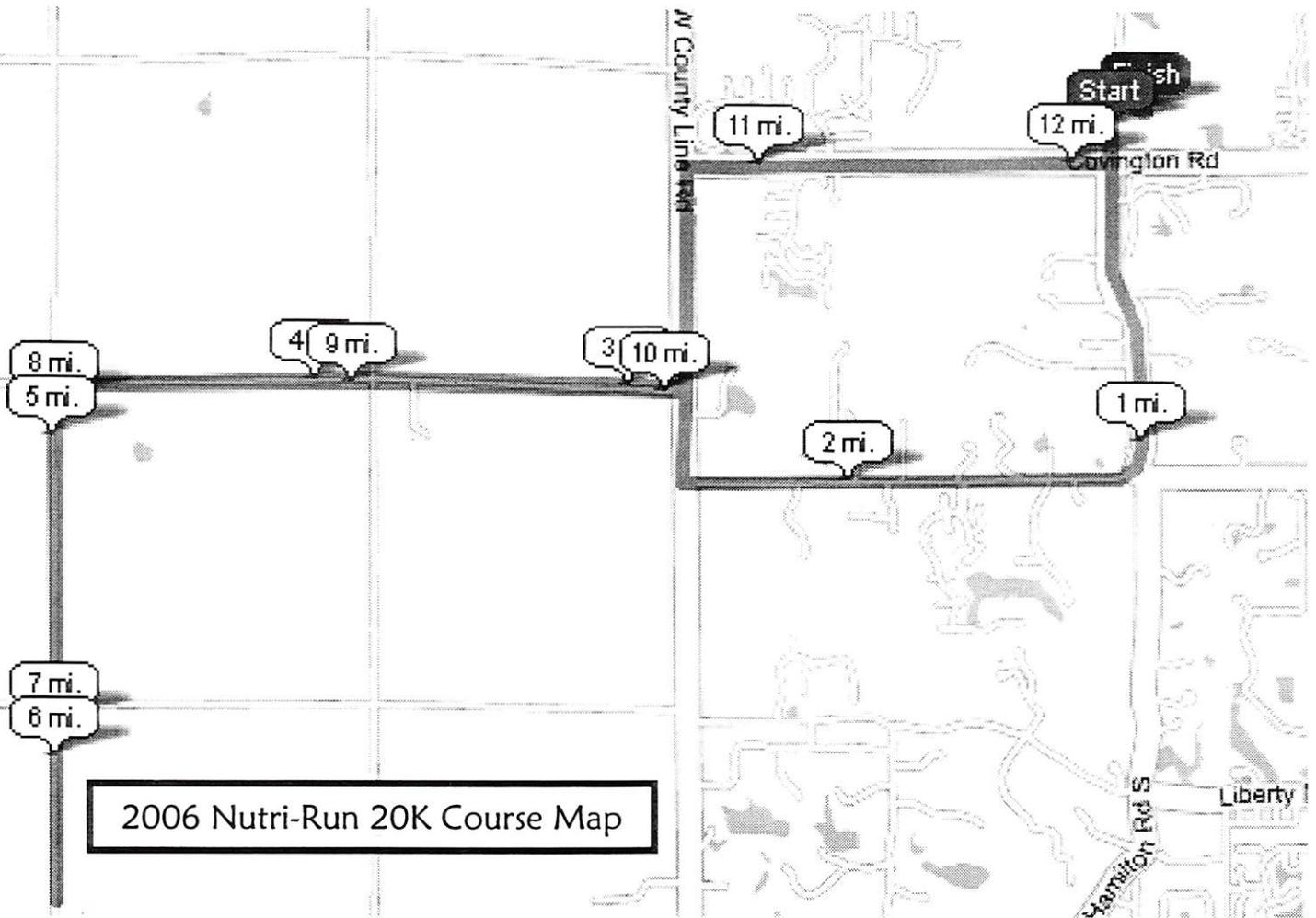




The Inside Track

A Publication of the Fort Wayne Track Club

26th Annual Fort Wayne Track Club Nutri-Run Results Inside



Also Inside This Issue

Fanny Freezer Results, Marathon Memories, and More!

April &
May 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	jpjones@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 jpjones@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

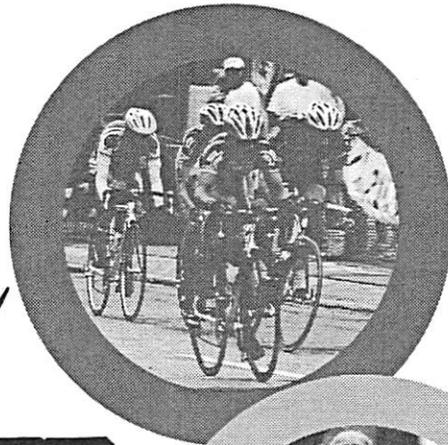
Volunteer!

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!

Great Race

Indiana's
only race
with
34 events

XXXVI Sports Festival May 27, 28 & 29



Experience Elkhart County gentle, rolling Amish farm countryside, historical homes and barns. Enjoy accommodations at gracious bed and breakfast inns and enjoy real Amish cooking.

Saturday, May 27, 2006

Jim Ryun Mile / One Mile Swim

Great Race Basketball "Tournament of Champions" (Concord Mall)

Sunday, May 28, 2006

New - 10K In-Line Skate "Criterium" (downtown Elkhart)

ABR Bike Criterium (downtown Elkhart)

8 Mile Canoe/Kayak Marathon/Sprints on St. Joe River

Monday, May 29, 2006

1/2 Marathon Events - Run, In-Line Skate, Hand Cycle

10K Events - Run/Powerwalk/Wheelchair

5K Events - Run/Powerwalk/Fun Walk

ABR Road Race & Citizens 50K BIKE Races - Bristol, IN

New Course - 25K Citizens Bike Race



For entry or information: Great Race, Inc. / P.O. Box 682 / Elkhart, IN 46515

574-296-5890 (24hr hotline) 800-585-5416 (weekdays only, 9am-4pm est)

Ron Schmanske, Administrator/Director

www.thegreatrace.net



For area information visit ElkhartCountyVisitorCenter.org

FWTC Board Minutes

February 8, 2006

Members present: Mike Fruchey, Barrie Peterson, Don Lindley, Stephen Hilker, Judy White, Tom Landis, J.P. Jones, Tammy Behrens, Judy Tillapaugh, and Phil Suelzer.

President Mike Fruchey called the meeting to order at 7:07 p.m.

Don Lindley gave the opening prayer.

Barrie Peterson presented the minutes of the January meeting which were unanimously approved as read after a motion by JP Jones and second by Tammy Behrens.

Don Lindley gave a brief treasurer's report and membership report, which were also approved unanimously after a motion by Barrie Peterson and a second by Tom Landis. Membership is well ahead of this time last year!

Tom Landis gave a report helping to clarify our FWTC point race rules. There have really been no real changes in the system, but some have been confused. The board gave Tom special thanks for his awesome efforts in keeping these point standings in recent years. It is sometimes a very thankless job.

Mike Fruchey mentioned that the recipient of the President's Award, Larry Lee, cannot stay for the entire banquet on February 12, so he asked for permission to present this award at the beginning of the banquet. Permission granted. Other award winners will be: Rick Hilker, Golden Shoe Award; Jim McKinnen, Spirit of Running Award; and Jeff & Bev Metsker, Volunteers of the Year.

Judy White reported that the banquet reservations are coming in steadily, and it looks as though we will have a nice turnout. Everything seems to be ready to go.

Don Lindley re-presented the proposed 2006 FWTC budget, which was handed out at the January meeting for perusal. This budget was passed unanimously with a motion by JP Jones and a second from Stephen Hilker.

Don Lindley reported that all was in order for the Feb. 11 Fanny Freezer 5K at Shoaff Park. He reminded all workers to report no later than 12:30 for the 2:00 p.m. race. He is expecting around 160 runners.

Mike Fruchey reported that IPFW has been granted the privilege of hosting the 2006 National Independent Cross Country Championships on Saturday, Oct. 28. Because of this, the new cross country course near the Plex will be readied for use for all cross country races in the Fall of 2006, including all of the big high school meets. This is a real feather in the cap of Coach Fruchey and IPFW athletics!

President Fruchey also reported that the officers would be working on developing job descriptions for each of our officers prior to the December election of new officers. We are hoping to relieve Don Lindley of some of his many chores.

Don Lindley reminded the board of the cost of printing race results in our newsletter. Race directors need to keep this in mind and perhaps help defray some of these costs.

Tammy Behrens invited all participants in the Indy Mini to visit the PR Training tent in the RR area following the race. The board also voted to once again help out with the expenses of tent rental. We will donate \$60 (the same as last year). This was approved after a motion by Barrie Peterson and a second by Don Lindley.

A reminder was given that our next officers' meeting will be on Sunday, Feb. 26, at Pizza Hut of Coventry at 3:00 p.m. And our next board meeting will be on Wednesday, March 8, at 7:00 p.m. at IPFW

FWTC Board Minutes

January 11, 2006

Members present: Ann Mize, Barrie Peterson, Mike Fruchey, Don Lindley, Tom Digate, J.P. Jones, Judy Tillapaugh, Mac McAvoy, Bill Harris, Judy White, Tammy Behrens and Tom Landis.

President Mike Fruchey called the meeting to order at 7:07 P.M. Don Lindley gave the opening prayer.

The December minutes were presented by Ann Mize and approved in a motion by Bill Harris and a second by J.P. Jones.

Don Lindley gave a brief membership report.

Don then presented the 2005 budget report, pointing out a decrease in budgeted funds due to the cancellation of the Dupont Race, and a decline in the number of runners for the River City Rat Race. That report was approved with a motion from Barrie Peterson, and a second by J.P. Jones. Don then passed out the 2006 proposed budget. It will be voted on at the February meeting.

Judy White has the details for the February, 12th FWTC Awards Banquet all set. Board members continued to sign up to bring desserts. Banquet flyers are being sent out along with reminders for any club members needing to renew their dues.

President Mike asked board members to get to him any nominations they may want to nominate for a special award. The awards will be finalized at the next Officers meeting.

The 2006 point system was discussed. J.P. made a motion to go back to the old way of grading the club point races, instead of the 2005 age graded system. Bill Harris seconded it, and it was approved by all.

Tom Digate was introduced as the new Club's Webmaster.

Ann Mize reported the updated Board Members e-mail address will be in the next newsletter and also on the new web-page.

Don Lindley asked for volunteers for the upcoming Fanny Freezer Race on February 12th.

Mac McAvoy reported that Connie Casson, Fort Wayne Community School Special Project Advisor, is looking at September 30, 2006 as a date for the 150th Anniversary 5 km downtown run. With all FWCS participating it could be a big, fun event. Mac also mentioned 2007 will be the 30th anniversary of the FWTC, and would like club members to think of how they would like to commemorate it.

J.P. Jones mentioned the FWTC will be represented with a booth and information at the 17th Annual IPFW Health Fair to be held in the Walb Student Union on Wednesday March 22, 2006 from 9-3. All club members are encouraged to stop by.

The next Board Meeting is 7:00 P.M. February 8th, 2006 in the Royal Dons Room at the Gates Sport Center.

Officer's are reminded to meet at 3:00 P.M. January 29th, 2006 at the Pizza Hut, Pine Valley.

With no further business the January board meeting was adjourned.

Breakfast in a Minute

Busy morning schedules are often to blame for skipping breakfast. Yet, nutritious meals can be made in a flash! Try one of the quick breakfast options listed below! They are packed with nutrients.

- Ready-to-eat cereal topped with banana and yogurt or milk.
- Bran muffin and yogurt topped with berries.
- Peanut butter or hummus on whole-wheat toast, fresh fruit, and milk.
- Cheese pizza and a glass of orange juice.
- Toasted whole-wheat waffle topped with fruit and yogurt.
- Lean ham on a toasted English muffin with vegetable juice.
- Breakfast wrap with cut-up fresh or canned fruit and low-fat cream cheese rolled in a whole-wheat tortilla with chocolate milk.

Breakfast can be any food you like, even a slice of pizza! Start the day with good nutrition and you're off to a great start!

Yoga for Runners?

By Polly Grismore, Yoga Instructor and runner, Parkview YMCA

What a combination, the endorphin loving runner and the yogi who enjoys the balance of breath and movement? Actually, this is a perfect combination. That was me...the high energy runner girl who never dreamed she would love Yoga! Yoga is becoming very popular in the US as more athletes experience what this amazing workout (yes...workout!) can do for their training, their performance, and their spirit!

Yoga is not a religion and it won't have you twisting into a pretzel. © There are many styles of Yoga, including classes perfect for runners. A yoga class can be as unique as a training program, so you will need to find what works best for you. Some classes are gentle and restorative, and other styles, such as Ashtanga (often called Power Yoga) move quickly, building strength and stamina.

Yoga balances muscles, as you build core strength and flexibility from the many flowing postures and holds. Power Yoga develops endurance and upper body strength without tightness in the shoulders. If you think upper body fitness is not important, try running with your arms by your side. Once you try a class you will know what I am talking about.

As you learn and become familiar with the Yoga postures, you will be able to make your own practice specific for your running. When you are slightly off balance (tight hips and hamstrings) every running step forces the muscles to work harder to compensate. This is a waste of energy! Yoga can correct those muscle imbalances resulting from high impact training. This will keep you healthy and running strong.

Downward Dog, Triangle, Thunderbolt, and Tree are just a few of the wonderful postures that can change your running and your body! If you have always wanted to try a class, I encourage you to do so. Touching your toes is not a requirement! I see so many runners, bikers, and athletes in my classes and each body is different, but all of us are enjoying the challenge and change that Yoga brings.

I can't leave out the most important part! Yoga is a wonderful way to learn to relax....and enjoy what your body can do. Each class (no matter the style) ends with a relaxation time. Even if it's just a few minutes of music and rest it makes all the difference.

If you have any questions or comments please feel free to email me at danandpolly@verizon.net

Happy running!

Fort Wayne Walks One Million Miles

By Judy Tillapaugh, RD

Fort Wayne Walks One Million Miles is a community wide program initiated by the Fort Wayne Sports Corporation aimed at improving the overall health and wellness of residents living in and around Fort Wayne.

The goal is for all participants to collectively reach 1,000,000 miles of waking or aerobic movement within 12 weeks. More than 7500 people are needed to successfully meet the goal.

Currently over 5000 people have committed to the cause. Can we count on YOU to help us activate Fort Wayne and change the shape of our community?? Form a family team, worksite team, or join as an individual!

FWW1MM is a free program that will take place April 17- July 9, 2006. All you need is a pedometer and log sheet.

The program is simple. First take a step, then another ... and then another. All steps count. Put a pedometer on first thing in the morning, take it off at night, record steps daily, and turn in steps log via the internet www.onemillionmiles.org web page or send step records using the paper log sheet.

Begin by wearing the pedometer for 3-5 days, record steps each day, and learn your average daily steps per day. Set small goals to gradually increase your average daily steps. Aim to add no more than 1000 to 2000 steps per day. Long term goal is 8,000 to 10,000 steps per day. Wear the pedometer April 17th - July 9th.

Note, are you a runner, swimmer, dancer, biker, or tennis player? These activities and others can be converted to steps so they can contribute to step progress. For example one minute of biking 10 miles per hour counts as 125 steps. 30 minutes of biking would then contribute 3750 steps!

All IPFW FWW1MM members will be eligible to win incentive gifts week by week.

Visit www.onemillionmiles.org for more information. All that's needed is interest and a pedometer. Pedometers are available through local YMCA's, Parkview Health and Fitness Center, and Spiece Fitness Center for \$10.00.

Join FWW1MM today! Register online at www.onemillionmiles.org or pick up and complete a registration brochure at one of the locations mentioned and send to Fort Wayne Walks One Million Miles P.O. Box 12445 Fort Wayne, Indiana 46863. For more information e-mail andy@fwsportscorp.org or call 260-261-6153.

Recycled Memories Remembering the "82 New York City Marathon

By Bernie Huesing

Editor's note: Bernie originally wrote this article almost 24 years ago for The Inside Track. Bernie has gone on to run 40 marathons, including New York 15 times and Boston 6 times. His most recent marathon (but not his last!) was the Kentucky Derby Festival Marathon in April, 2005.

--Riding the buses in the dark from Manhattan to Staten Island at 6:30 AM. Sleepy eyes watching the dawn break over Brooklyn.

--Trying to keep warm during the three hour wait for the start. Finding a little space on the ground in one of the circus tents. Talking to members of a running club from England. Listening to the general talk increase in intensity as the start time approaches.

--Thrilling to the cannon boom which starts the marathon and to the strains of *Chariots of Fire* sending us up the Verrazano Bridge. Pushing against the wind on the bridge among the press of runners, not daring to enjoy the view lest we trip or be tripped.

--Admiring the race organization: water/ERG every mile, absolute traffic control, mile splits and pace times. Bands and rock groups spaced every block or so.

--Smiling at the tens of thousands of cheering spectators thru Brooklyn, Queens, and the Bronx. Where else can an ordinary person be applauded by thousands but in a big marathon?

--Feeling (finally) a tail wind at mile 21 as we enter upper Manhattan and head south toward Central Park.

--Delighting at the huge crowds filling the stands in Central Park. The final three miles of chanting, cheering knowledgeable marathon fans exhorting us to the colorful finish line.

--Relishing the feeling of walking with my fellow be-medalled runners, wrapped in aluminum space blankets, through a narrow, fenced corridor lined on both sides with waiting relatives and friends. So strangely quiet now that you can hear the rustle of the silver capes. Not unlike a slow procession of weary, armor-clad knights returning from a terrible battle, their loved ones searching the faces of the survivors for their own. *Fini.*

Walt Disney World Marathon

A different way to experience

Walt Disney World

By Carla Brames, Fort Wayne Track Club
and PR Training

Busses shuttled the 15,000 participants to the starting line staging area between 3:00 and 4:00 am Sunday morning January 8, 2006. More than 10,000 of us would finish. We would run or walk 26.2 miles through all four Disney parks before lunch that day. The weather channel forecast a low of 33 degrees that morning. It was COLD, and there was frost on the ground. The Disney characters were stationed along our route to cheer, high-five, and provide photo opportunities. Even the runners stopped to take pictures. Our names were printed on our bibs and the spectators called us by name and shouted encouragement to us. At mile 16 I was tired, my foot was blistered, and I hoped that I was too slow to make the cut, but somehow I was still within the allowed time. I decided that I would maintain my pace, give my best effort, and **keep going unless they made me stop**. That became my mantra for this race. After mile 21 a guy stepped out of the crowd and told me that I was home free—there were no more sag stops and they were going to let me finish the race. I just couldn't quit then! I knew I could finish, and that coveted Mickey Mouse finisher's medal would be mine. I crossed the finish line at Epcot 7 hours and 18 minutes after the start (5 hours after the winner). There is a tremendous feeling of accomplishment when you finish a marathon. Back at the

hotel people were hobbling around wearing their finishers' medals. We congratulated each other and shared our stories. The sense of camaraderie was awesome.

Distance walking gives you a lot of time to think, plan, and dream. It makes you stronger both mentally and physically. You learn to get beyond the messages that you are tired and your feet hurt. You also learn to deal with the doubt that

creeps in—you know that you can do it even when your mind is telling you that you can't. I find that I can do things that I would never have dreamed that I could because I am learning to keep going even when I want to quit. The lesson applies to other areas of life also. When you know that you have walked 26.2 miles a lot of things seem small in comparison. Taken one step at a time many seemingly impossible things become possible.

I began to walk as a way to deal with my mother's illness. I watched her quality of life diminish as she dealt with congestive heart failure and osteoporosis. I said "this will not be me" and decided that exercise would help me minimize my risk factors. Hopefully it is enough to tip the scales in my favor, but if not at least I will have gone out fighting. I've had the opportunity to walk some beautiful places. When I'm an old woman I will look back on these experiences and know that have I lived a good life.

IU Circle of Life Plans Mini Marathon and 5K

Bloomington, IN – Circle of Life at Indiana University is announcing today that plans for a Mini Marathon and 5K to raise money for a full ride "Scholarship for Cancer" are on schedule for fall of 2006. The student organization, Circle of Life, has partnered with the Indiana University Cancer Center in Indianapolis to establish a scholarship for a cancer survivor to attend one of the eight Indiana University campuses.

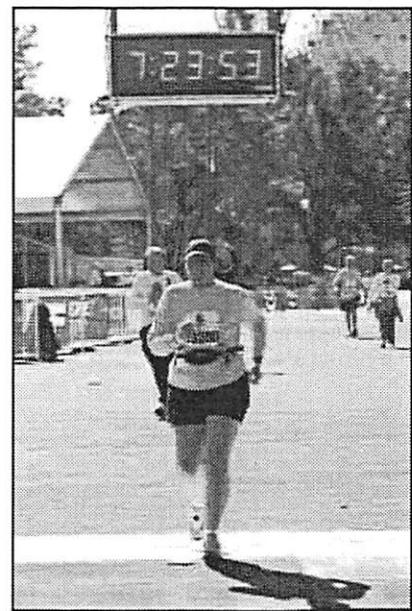
Unlike most scholarships for cancer survivors that come in relatively small denominations, the Circle of Life scholarship will be one of the largest in the nation, in that it provides a "full ride" including college tuition, books and other expenses.

The inaugural Mini Marathon and 5K participant registration fees, sponsorships, and personal donations will supplement the funds for the scholarship until the scholarship can be fully sustained by the endowment account.

The mini-marathon 13.1 mile course has been measured and is in the process of certification under the United States Track and Field Association (USATF). Course certifier Joel Sauer said, "It's a unique course because it's almost entirely based on a college campus, and IU is a beautiful campus," Sauer said. "In the fall it's going to be a really nice course."

Once the measurements are certified by the USATF, any records set on the course will be official and participants can use their race times to qualify for other races.

For more information please contact the Circle of Life President at 812.760.5818 or charity@indiana.edu.



Carla Brames finishing the Walt Disney World Marathon

Three Cheers for Winner of the Shamrock Sprint

By Mitch Harper



The winner of the first Shamrock Sprint is Casey Shafer in a time of 1 minute, 47 seconds. Matt Carney was in second place with a time of 1 minute 52 seconds.

These are two fast guys. Mr. Shafer, who is employed at the Three Rivers Running Company, is a founder of Team ETG. This is a group of collegiate and post-collegiate runners who train together and enter numerous Midwest open running competitions. Mr. Shafer and Mr. Carney are both marathoners.

Mr. Shafer is very familiar with the neighborhood; he was a champion runner on the University of St. Francis Cross-Country team. Deer Park Lodge is located directly east of the St. Francis campus.

Visit http://indiana.typepad.com/fwob/2006/03/three_cheers_fo.html to see the video

USATF Running Route Web Service

USA Track and Field combined with Google Maps provides a resource on its web site for runners and others to layout, measure, print and save routes for running. Anyone may use this free service by visiting <http://www.usatf.org/routes/map>. By simply clicking on the map you mark out your route with mile markers and overall distance calculated for you. You may create out and back courses, and mark water stops on the map.

USA TRACK & FIELD
See It. Feel It. Experience It.

Home Resources for America's Running Routes
Search the database
Map a new route
FAQ

Create a New Route
Instructions Select location: [enter city here] [select state] or 46845 go
Map Satellite Hybrid

Distance:
3.10 miles
4.98 km

Actions
Save
Print

Route Markers: miles km none

Aerial photography, map views, and a hybrid view of aerial overlaid with street names are available. To the left is a map view of Shoaff Park and the Fanny Freezer course.

Distances measured by the program are only approximate, close enough for training runs and planning race routes, but measuring for exact measurement for a race or for certification still has to be done by traditional means.

The service, like most graphics-intensive web pages, is best used over a broadband internet connection. It does work on dial-up connections, but is painfully slow in drawing the maps.

This web site is easy to use, and free. Give it a try!

PR Training

For questions or concerns
call Tammy Behrens at
625-3830 or email
prtraining@comcast.net

FWTC MEMBERS

Meet us at the PR Training/FWTC Tent
in the rest and recovery area after the
Indianapolis Mini Marathon on May
6th! This will be a great way to meet
family members and fellow runners
following the race.

**Meet at the
tent after
the race!**

Indianapolis Mini-Marathon

Furniss Freezer 5K

January 28, 2006, Angola, IN

Place	Runner	Time
1	Chuck Schlemmer	16.53
2	Doug Alles	17.04
3	Zeth Baker	17.44
4	John Wainwright	17.49
5	Braden Nelson	17.55
6	Brad Thomas	18.21
7	Josh Miller	18.23
8	Chris White	18.38
9	Gary Grogg	18.47
10	Jake Wyatt	18.51
11	Derek Bishack	18.58
12	Matt Foreman	18.59
13	Anthony Millhouse	19.23
14	Christopher Millhouse	19.4
15	Taylor Sorg	19.54
16	Jason Sorg	20.12
17	Rachel Hissong	21
18	Mike Fream	21.17
19	Sarah Foster	21.56
20	Dan Wyatt	21.57
21	Tom Striggow	22
22	Randy Fielder	22.09
23	Jay Dempsey	22.17
24	Bob Milton	22.29
25	Tim Shelly	22.35
26	Joanna White	23.15
27	Chelsea Miller	23.18
28	Julia Just	23.19
29	Aaron Zoeller	23.25
30	Matt Hendrickson	23.3
31	James Scott	23.34
32	Mervin Koehlinger	23.36
33	Rick Panning	23.39
34	Lynn McBride	23.43
35	Michael Variell	23.58
36	Scott Trost	24.07
37	Sam Plew	24.31
38	Erika Hissong	24.36
39	Austin Hess	24.37
40	Amy Grogg	24.46
41	Morgan Grobis	24.47
42	Don Kramer	24.49
43	Chad Heilman	25.13
44	Joe Brewster	25.18
45	Nathan Winslow	25.23

Furniss Freezer 5K

January 28, 2006, Angola, IN

Place	Runner	Time
46	Jordan Cart	25.36
47	Kristen Ziembo	25.4
48	Charlie Anne Brown	25.52
49	Kara Calhoon	26.13
50	Vern Koehlinger	26.25
51	Barb Scroggham	26.27
52	Shannon Johnson	26.47
53	Mac McLaughlin	27.03
54	Sara Bauer	27.22
55	Mark Mangan	27.4
56	Pat O'Beirne	27.43
57	Lane Roberts	27.44
58	Dana Budd	27.45
59	Mervin Koehlinger	28.03
60	Shirley Torrance	28.09
61	Robert Lawson	28.16
62	Kendall Kritzer	28.31
63	Sharon Rodriguez	28.57
64	Bill Patterson	31.05
65	Helwn Ryan	31.5
66	Ed Torrance	32.09
67	Elizabeth McGeorge	32.37
68	Marlin Short	34.57
69	Lorrie O'Beirne	49.09
70	Morgan O'Beirn	

Fanny Freezer 5K

February 11, 2006

Overall Female Open Winners

Place	Name	City	Age	Overall	Time	Pace
1	Emily Conrad	Decatur IN	18	40	21:30	6:56/M

Women 14 and under

Place	Name	City	Age	Overall	Time	Pace
1	Heather Shew	Columbia City IN	11	44	21:43	7:00/M
2	Sarah Van Antwerp	Fort Wayne IN	14	65	23:00	7:25/M
3	Renee Menzie	Columbia City IN	13	74	23:25	7:33/M
4	A Kate Kinley	Fort Wayne IN	11	82	23:42	7:39/M
5	Samantha Engle	Columbia City IN	13	101	25:14	8:08/M
6	Chelsey Hartman	Columbia City IN	13	106	25:32	8:14/M
7	Cecelia Snow	Fort Wayne IN	9	147	29:53	9:38/M
8	Grace Walther	Fort Wayne IN	7	171	34:23	11:05/M

Women 15 to 19

Place	Name	City	Age	Overall	Time	Pace
1	Jessica Thomas	Fort Wayne IN	19	49	22:08	7:08/M
2	Emily McGowan	Fort Wayne IN	15	116	26:17	8:29/M
3	Kalissa Blanchette	Fort Wayne IN	18	182	36:15	11:42/M
4	Krista Aukerman	Jackson Center OH	16	187	38:59	12:35/M

Women 20 to 24

Place	Name	City	Age	Overall	Time	Pace
1	Elizabeth Gregory	Churubusco IN	23	64	22:54	7:23/M
2	Molly Kurtz	Fort Wayne IN	24	117	26:22	8:30/M
3	Erin Doyle	Fort Wayne IN	20	190	41:27	13:22/M

Women 25 to 29

Place	Name	City	Age	Overall	Time	Pace
1	Carmen Parker	Fort Wayne IN	28	77	23:32	7:35/M
2	Jennifer Shepherd	Columbia City IN	25	121	26:59	8:42/M
3	Michelle Fields	Fort Wayne IN	25	128	27:31	8:53/M
4	Kimberly Sluis	Chicago IL	28	151	30:02	9:41/M
5	Marcy Beth Page	Fort Wayne IN	27	180	35:59	11:36/M

Women 30 to 34

Place	Name	City	Age	Overall	Time	Pace
1	Rebecca Hollenbaugh	South Whitley IN	32	55	22:17	7:11/M
2	Martha May	Fort Wayne IN	30	92	24:26	7:53/M
3	Katrina Loucks	Fort Wayne IN	34	103	25:25	8:12/M
4	Heather Fromm	Fort Wayne IN	30	115	26:12	8:27/M
5	Angela Karacson	Hicksville OH	32	122	27:00	8:43/M
6	Sandy Junk	Fort Wayne IN	32	136	28:26	9:10/M
7	Marie York	Fort Wayne IN	30	157	30:35	9:52/M
8	Joleen Ramon	Auburn IN	31	188	40:16	12:59/M

Women 35 to 39

Place	Name	City	Age	Overall	Time	Pace
1	Angie Lockwood	Bluffton IN	36	94	24:45	7:59/M
2	Mary Collins Frank	Fort Wayne IN	38	113	26:00	8:23/M
3	Amanda Filus	Fort Wayne IN	39	124	27:13	8:47/M
4	Christy Shew	Columbia City IN	35	143	29:19	9:27/M
5	Dawn Holtmeyer	Fort Wayne IN	35	161	31:49	10:16/M
6	Melissa Walther	Fort Wayne IN	36	172	34:24	11:06/M

Women 40 to 44

Place	Name	City	Age	Overall	Time	Pace
1	Denise Conrad	Decatur IN	44	62	22:47	7:21/M
2	Cindy McGovern	Fort Wayne IN	41	66	23:01	7:25/M
3	Linda Anderson	Fort Wayne IN	44	68	23:10	7:28/M
4	Jennifer Mayhall	Fort Wayne IN	44	93	24:38	7:57/M
5	Anne Ething	Fort Wayne IN	43	98	25:03	8:05/M
6	Cheryl McGowan	Fort Wayne IN	42	108	25:40	8:17/M
7	Dana Kinley	Fort Wayne IN	43	114	26:06	8:25/M
8	Kim Larsen	Fort Wayne IN	44	125	27:17	8:48/M
9	Peggy Richardson	Fort Wayne IN	40	159	30:56	9:59/M
10	Judy Aukerman	Jackson Center OH	40	198	55:34	17:55/M

Women 45 to 49

Place	Name	City	Age	Overall	Time	Pace
1	Sheryle Braaten	Hoagland IN	45	50	22:11	7:09/M
2	Mary Snow	Fort Wayne IN	45	133	28:02	9:03/M
3	Susan Okleshen	New Haven IN	46	139	28:53	9:19/M
4	Susan Sims	Fort Wayne IN	49	140	29:03	9:22/M
5	Betty Greider	Fort Wayne IN	45	183	36:39	11:49/M
6	Linda Miller	Fort Wayne IN	45	195	52:32	16:57/M
7	Jean Kincaid	Fort Wayne IN	47	197	52:39	16:59/M

Women 50 to 54

Place	Name	City	Age	Overall	Time	Pace
1	Terri Gross	Fort Wayne IN	50	119	26:45	8:38/M
2	Jenny Sanders	Fort Wayne IN	51	120	26:48	8:39/M
3	Phyllis Suelzer	Fort Wayne IN	52	135	28:18	9:08/M
4	Nancy Simmonds	Fort Wayne IN	52	158	30:47	9:56/M
5	Helen Ryan	Fort Wayne IN	54	167	32:15	10:24/M
6	Bev Fromm	Fort Wayne IN	52	175	35:01	11:18/M
7	Vicky Myers	Columbia City IN	52	177	35:21	11:24/M
8	Regina Blanchette	Fort Wayne IN	51	185	38:18	12:21/M

Fanny Freezer 5K

February 11, 2006

9	Deb Barnes	Fort Wayne IN	52	193	43:36	14:04/M
10	Jan Shupert-Arick	Fort Wayne IN	52	196	52:34	16:57/M

Women 60 and over

Place	Name	City	Age	Overall	Time	Pace
1	Joan Gary	Fremont IN	69	149	29:55	9:39/M
2	Bodil Rasmussen	Fort Wayne IN	61	168	33:02	10:39/M

Overall Male Open Winners

Place	Name	City	Age	Overall	Time	Pace
1	Jerry Williams Jr.	Fort Wayne IN	46	1	17:27	5:38/M

Men 14 and under

Place	Name	City	Age	Overall	Time	Pace
1	James Martin	Fort Wayne IN	13	12	18:47	6:04/M
2	Noah Norris	Fort Wayne IN	13	35	21:07	6:49/M
3	Andrew Eckrich	Fort Wayne IN	12	43	21:43	7:00/M
4	Tyler Kissinger	Columbia City IN	12	69	23:13	7:29/M
5	Shawn Kelley	Churubusco IN	13	85	23:58	7:44/M
6	Tyler Wemhoff	Fort Wayne IN	12	91	24:22	7:52/M
7	Zachary Wight	Columbia City IN	12	102	25:17	8:09/M
8	Josh Godoy	Fort Wayne IN	13	127	27:30	8:52/M
9	Benjamin Fausey	Columbia City IN	12	131	27:44	8:57/M
10	Kyle Shew	Columbia City IN	10	142	29:11	9:25/M
11	Ryne Wemhoff	Fort Wayne IN	13	145	29:24	9:29/M
12	Samuel Wight	Columbia City IN	11	152	30:20	9:47/M
13	Trenton Boyle	Fort Wayne IN	9	165	32:13	10:24/M
14	Mason Walther	Fort Wayne IN	9	170	34:11	11:02/M
15	Benjamin Skipper	Warsaw IN	5	179	35:56	11:35/M
16	Jonathon Aukerman	Jackson Center OH	13	199	55:37	17:56/M

Men 15 to 19

Place	Name	City	Age	Overall	Time	Pace
1	Harrison Fausey	Columbia City IN	15	2	17:30	5:39/M
2	Theo Van Antwerp II	Fort Wayne IN	19	15	19:18	6:14/M
3	Jacob Litchfield	Fort Wayne IN	17	27	20:25	6:35/M
4	Nate Ammon	Fort Wayne IN	15	38	21:22	6:54/M
5	Dane Okleshen	New Haven IN	15	42	21:41	7:00/M
6	Bennett Kline	Fort Wayne IN	15	88	24:09	7:47/M
7	Mark Kapocius	Fort Wayne IN	15	100	25:06	8:06/M

Men 20 to 24

Place	Name	City	Age	Overall	Time	Pace
1	Grant Stieglitz	Harlan IN	20	23	20:18	6:37/M
2	Jared Minnick	Fort Wayne IN	21	29	20:35	6:38/M
3	Stuart Williams	Indianapolis IN	23	76	23:30	7:35/M
4	Aaron Conrad	Decatur IN	21	95	24:47	8:00/M

Men 25 to 29

Place	Name	City	Age	Overall	Time	Pace
1	Matt Parker	Fort Wayne IN	29	3	17:40	5:42/M
2	Noah Rickhart	Fort Wayne IN	26	16	19:20	6:14/M
3	Emory Nelson	Fort Wayne IN	26	20	19:54	6:25/M
4	Mark Hopkins	Fort Wayne IN	26	84	23:51	7:42/M
5	Nathan Decker	Fort Wayne IN	26	89	24:18	7:50/M
6	Joseph Maffey	Fort Wayne IN	25	144	29:22	9:28/M

Men 30 to 34

Place	Name	City	Age	Overall	Time	Pace
1	Brad A Thomas	Fort Wayne IN	31	5	17:54	5:46/M
2	Matt Carney	Fort Wayne IN	31	9	18:25	5:56/M
3	Kristian Lentz	Huntertown IN	31	26	20:20	6:34/M
4	Jeff Jones	Fort Wayne IN	31	33	20:59	6:46/M
5	Jeremy Schmidt	Fort Wayne IN	31	34	21:02	6:47/M
6	Scott Smith	Decatur IN	31	53	22:14	7:10/M
7	Jeremy M Ogle	Fort Wayne IN	32	63	22:50	7:22/M
8	Bill Landgraf	Fort Wayne IN	34	73	23:22	7:32/M
9	Todd Sullivan	Fort Wayne IN	32	79	23:35	7:36/M
10	Jason House	Ossian IN	33	86	24:00	7:45/M
11	Clint Zeedyk	Mark Center OH	33	105	25:29	8:13/M
12	Jeff Davis	Fort Wayne IN	30	126	27:26	8:51/M
13	Brian Waterman	Fort Wayne IN	33	148	29:55	9:39/M
14	Aaron York	Fort Wayne IN	33	150	29:57	9:40/M
15	Alexander Ramon	Auburn IN	32	174	34:44	11:12/M
16	Joseph Dimarzio	Fort Wayne IN	33	184	37:00	11:56/M

Men 35 to 39

Place	Name	City	Age	Overall	Time	Pace
1	Dave Devoe	Bluffton IN	38	7	18:19	5:55/M
2	Trent Prough	Markle IN	35	11	18:46	6:03/M
3	Jim Uecker	Fort Wayne IN	37	19	19:50	6:24/M
4	Joe Savina	Fort Wayne IN	38	21	20:00	6:27/M
5	Matt Scott	Warsaw IN	37	22	20:14	6:32/M
6	Mike Fream	Fort Wayne IN	37	32	20:58	6:46/M
7	Troy McArthy	Auburn IN	36	46	21:50	7:03/M
8	Rob Burns	Leo IN	37	57	22:19	7:12/M
9	Ian Stoppenhagen	Ossian IN	35	71	23:16	7:30/M
10	Dean Garwood	Avon IN	35	80	23:36	7:37/M
11	David Drew	New Haven IN	37	96	24:53	8:02/M
12	Brian Loucks	Fort Wayne IN	36	104	25:26	8:12/M
13	John Klingenberg	Fort Wayne IN	39	107	25:38	8:16/M

Fanny Freezer 5K

February 11, 2006

14	Rich Runion	Fort Wayne IN	39	112	25:57	8:22/M
15	Michael Wolfe	Fort Wayne IN	36	130	27:41	8:56/M
16	John A Hill	Fort Wayne IN	38	186	38:22	12:23/M

Men 40 to 44

Place	Name	City	Age	Overall	Time	Pace
1	Michael Henry	Fort Wayne IN	41	6	18:13	5:53/M
2	Brett Hess	Fort Wayne IN	40	8	18:24	5:56/M
3	Matt Foreman	Fort Wayne IN	43	13	18:52	6:05/M
4	Kyle Velasco	Berne IN	42	18	19:41	6:21/M
5	Ted Van Antwerp	Fort Wayne IN	44	25	20:20	6:34/M
6	David Ellis	Fort Wayne IN	44	39	21:24	6:54/M
7	Rob Williams	Ossian IN	40	54	22:16	7:11/M
8	Jim Bougher	Fort Wayne IN	43	67	23:07	7:27/M
9	Chip Lindsey	Fort Wayne IN	41	83	23:49	7:41/M
10	Tim Newlin	Fort Wayne IN	42	87	24:05	7:46/M
11	Jeff Steinberg	Fort Wayne IN	44	90	24:19	7:51/M
12	Philip Kelley	Churubusco IN	44	109	25:41	8:17/M
13	Kent Hart	Decatur IN	44	110	25:44	8:18/M
14	Michael S Wemhoff	Fort Wayne IN	44	111	25:56	8:22/M
15	Robert Wight	Columbia City IN	42	156	30:32	9:51/M
16	Alan Boyle	Fort Wayne IN	42	166	32:14	10:24/M
17	Allen Schnellenberger	Fort Wayne IN	43	176	35:02	11:18/M

Men 45 to 49

Place	Name	City	Age	Overall	Time	Pace
1	Mike Slaubaugh	Fort Wayne IN	45	4	17:49	5:45/M
2	Cort Hollett	Fort Wayne IN	45	17	19:37	6:20/M
3	Carl A Risch	Decatur IN	48	24	20:19	6:33/M
4	Chuck Putterbaugh	Roanoke IN	48	30	20:39	6:40/M
5	Mark Waldron	Wawaka IN	49	37	21:19	6:53/M
6	James McKinnon	Waterloo IN	49	41	21:31	6:56/M
7	Tom Landis	Churubusco IN	49	48	22:07	7:08/M
8	Tom Lill	Fort Wayne IN	48	51	22:12	7:10/M
9	Brad Basham	Fort Wayne IN	48	58	22:22	7:13/M
10	Andrew Kapocius	Fort Wayne IN	46	59	22:26	7:14/M
11	Joe Astroski	Fort Wayne IN	49	60	22:36	7:17/M
12	Mike Lewis	Huntington IN	45	78	23:34	7:36/M
13	David Roehling	Harlan IN	47	81	23:38	7:37/M
14	Toby Jo Hullinger	Monroeville IN	46	129	27:37	8:55/M
15	Gerry Hoops	Auburn IN	45	137	28:42	9:15/M
16	Jim Lewis	Huntington IN	46	162	31:56	10:18/M
17	Michael Skipper	Warsaw IN	45	178	35:21	11:24/M
18	David Gensheimer	Fort Wayne IN	47	200	56:21	18:11/M

Men 50 to 54

Place	Name	City	Age	Overall	Time	Pace
1	Brad Altevogt	Fort Wayne IN	51	10	18:42	6:02/M
2	Phil Suelzer	Fort Wayne IN	54	14	19:11	6:11/M
3	Chuck Brown	Bluffton IN	50	28	20:27	6:36/M
4	Jed Pearson	Columbia City IN	54	31	20:40	6:40/M
5	Tom Shearer	Columbia City IN	53	45	21:44	7:01/M
6	Kerry Blanchette	Fort Wayne IN	52	47	22:04	7:07/M
7	Joe Patterson	Fort Wayne IN	52	61	22:37	7:18/M
8	Aaron Cox	Huntertown IN	52	72	23:18	7:31/M
9	Terry Anderson	Fort Wayne IN	52	99	25:05	8:05/M
10	Robert Snow	Fort Wayne IN	54	132	27:49	8:58/M
11	Lynn T Bobay	Fort Wayne IN	54	138	28:49	9:18/M
12	Andy Force	Fort Wayne IN	51	153	30:22	9:48/M
13	Tom Garrity	Huntington IN	50	163	31:59	10:19/M
14	Milt Kline	Fort Wayne IN	54	164	32:07	10:22/M
15	Michael Page	Fort Wayne IN	53	181	36:03	11:38/M

Men 55 to 59

Place	Name	City	Age	Overall	Time	Pace
1	Jim Pickett	Fort Wayne IN	56	70	23:14	7:30/M
2	Mervin Koehlinger	Fort Wayne IN	59	97	24:55	8:02/M
3	Rich Stephenson	Monroeville IN	59	123	27:10	8:46/M
4	Robert Lawson	Fort Wayne IN	58	134	28:06	9:04/M
5	Steven Greider	Fort Wayne IN	56	141	29:07	9:24/M
6	Terry Garwood	Leo IN	58	146	29:40	9:34/M
7	Dennis Doyle	Fort Wayne IN	56	189	40:41	13:07/M
8	Bill Arich	Fort Wayne IN	55	191	42:13	13:37/M
9	Dan Barnes	Fort Wayne IN	56	194	43:39	14:05/M

Men 60 to 69

Place	Name	City	Age	Overall	Time	Pace
1	Bob Bruckner	Fort Wayne IN	60	36	21:15	6:51/M
2	Ray Casiano	New Haven IN	62	52	22:12	7:10/M
3	Ken Nordin	Fort Wayne IN	60	56	22:18	7:12/M
4	Larry Lee	Fort Wayne IN	61	118	26:39	8:36/M
5	Karl Dietsch	Fort Wayne IN	68	154	30:25	9:49/M
6	Allen Albert	Fort Wayne IN	62	155	30:28	9:50/M
7	John Rasmussen	Fort Wayne IN	65	169	33:02	10:39/M
8	Donald Lindley	Fort Wayne IN	62	173	34:26	11:06/M

Men 70 to 79

Place	Name	City	Age	Overall	Time	Pace
1	Joe Ziegler	New Haven IN	70	75	23:26	7:34/M
2	Don Anderson	Fort Wayne IN	78	160	31:37	10:12/M

Men 80 and over

--	--	--	--	--	--	--

Fanny Freezer 5K

February 11, 2006

Place	Name	City	Age	Overall	Time	Pace
1	Kenneth E Disler	Fort Wayne IN	83	192	43:02	13:53/M

Results By Fort Wayne Track Club

Nutri-Run 20K

March 18, 2006

Place	Name	City	Age Group	Time	Pace
1	Mike Cole	Corunna IN	1 M 30-34	1:06:40	5:22/M
2	Casey Shafer	Bluffton IN	1 M 25-29	1:09:45	5:37/M
3	Brennon Plotner	Fort Wayne IN	1 M 20-24	1:09:45	5:37/M
4	Chuck Schlemmer	Ligonier IN	1 M 45-49	1:14:00	5:58/M
5	Matt Carney	Fort Wayne IN	1 M 30-34	1:17:23	6:14/M
6	Matt Parker	Fort Wayne IN	2 M 25-29	1:17:35	6:15/M
7	Mike Slaubaugh	Fort Wayne IN	1 M 45-49	1:17:55	6:17/M
8	Doug Sundling	Bluffton IN	1 M 50-54	1:19:05	6:22/M
9	Cort Hollett	Fort Wayne IN	2 M 45-49	1:21:51	6:36/M
10	Kurt Walborn	Fort Wayne IN	1 M 40-44	1:22:13	6:38/M
11	Michael Henry	Fort Wayne IN	2 M 40-44	1:22:33	6:39/M
12	Jeff Pritchard	Winona Lake IN	3 M 40-44	1:22:39	6:40/M
13	Kim A Lefever	Columbia City IN	3 M 45-49	1:23:51	6:45/M
14	Brad Altevogt	Fort Wayne IN	2 M 50-54	1:24:09	6:47/M
15	Trent Prough	Markle IN	1 M 35-39	1:25:07	6:52/M
16	Matt Foreman	Fort Wayne IN	4 M 40-44	1:25:20	6:53/M
17	Brad A Thomas	Fort Wayne IN	2 M 30-34	1:25:52	6:55/M
18	Jim Uecker	Fort Wayne IN	2 M 35-39	1:26:05	6:56/M
19	Brett Hess	Fort Wayne IN	5 M 40-44	1:26:51	7:00/M
20	Mark Walter	Garrett IN	6 M 40-44	1:27:15	7:02/M
21	Kyle Velasco	Berne IN	7 M 40-44	1:27:20	7:02/M
22	Edward Fisk	Fort Wayne IN	3 M 25-29	1:27:42	7:04/M
23	Mark A Mays	Fort Wayne IN	3 M 30-34	1:28:20	7:07/M
24	John Treleaven	Fort Wayne IN	3 M 50-54	1:28:32	7:08/M
25	Darlene Barton	Avilla IN	1 F 30-34	1:28:45	7:09/M
26	Steve Vankoski	Fort Wayne IN	3 M 35-39	1:28:50	7:09/M
27	Dave Devoe	Bluffton IN	4 M 35-39	1:29:04	7:11/M
28	Jeffrey Jones	Fort Wayne IN	4 M 30-34	1:29:46	7:14/M
29	Greg Moe	Garrett IN	4 M 50-54	1:29:49	7:14/M
30	Thomas Gilbert	Fort Wayne IN	5 M 35-39	1:30:11	7:16/M
31	Roger Wilson	Fort Wayne IN	5 M 50-54	1:30:32	7:18/M
32	Linda Keuncke	Fort Wayne IN	1 F 40-44	1:31:26	7:22/M
33	Greg Smith	Fort Wayne IN	4 M 45-49	1:31:46	7:24/M
34	John Rajca	Muncie IN	5 M 45-49	1:31:52	7:24/M
35	Todd Seiman	Fort Wayne IN	6 M 50-54	1:31:57	7:25/M
36	Chuck Putterbaugh	Roanoke IN	6 M 45-49	1:32:34	7:28/M
37	Jordan Lebamoff	Fort Wayne IN	8 M 40-44	1:32:46	7:29/M
38	David Young Jr	Fort Wayne IN	6 M 35-39	1:32:48	7:29/M
39	Mike Elise	Fort Wayne IN	7 M 35-39	1:32:52	7:29/M
40	Laurissa Roth	Berne IN	1 F 20-24	1:33:25	7:32/M
41	Judy White	Fort Wayne IN	1 F 45-49	1:33:57	7:34/M
42	James McKinnon	Waterloo IN	7 M 50-54	1:33:57	7:34/M
43	Matt Scott	Warsaw IN	8 M 35-39	1:33:58	7:34/M
44	Joe Savina	Fort Wayne IN	9 M 35-39	1:34:26	7:37/M
45	Tim Claxton	Fort Wayne IN	9 M 40-44	1:34:37	7:37/M
46	Paul Sturm	Fort Wayne IN	10 M 40-44	1:34:39	7:38/M
47	Paul E Knott	Fort Wayne IN	11 M 40-44	1:34:41	7:38/M
48	David Ellis	Fort Wayne IN	12 M 40-44	1:34:46	7:38/M
49	Mark Waldron	Wawaka IN	7 M 45-49	1:35:19	7:41/M
50	Jerry Steinhoff	Fort Wayne IN	8 M 50-54	1:35:20	7:41/M
51	John Sullivan	Fort Wayne IN	1 M 55-59	1:35:40	7:43/M
52	Nathan Arata	Fort Wayne IN	4 M 25-29	1:35:48	7:43/M
53	Steve Olson	Fort Wayne IN	5 M 25-29	1:35:52	7:43/M
54	Kristian Lentz	Huntertown IN	5 M 30-34	1:37:12	7:50/M
55	Grant Stieglitz	Harlan IN	2 M 20-24	1:37:19	7:51/M
56	Scott Leatherman	Columbia City IN	13 M 40-44	1:37:49	7:53/M
57	Craig Bobay	Fort Wayne IN	8 M 45-49	1:38:10	7:55/M
58	Scott Ecclestone	Fort Wayne IN	14 M 40-44	1:38:10	7:55/M
59	Daniel Gottschalk	Fort Wayne IN	10 M 35-39	1:38:38	7:57/M
60	Angela Derloshon	Fort Wayne IN	1 F 35-39	1:38:41	7:57/M
61	Dave Reichwage	Fort Wayne IN	2 M 55-59	1:39:52	8:03/M
62	Shawn Eaken	Fort Wayne IN	11 M 35-39	1:40:17	8:05/M
63	Mike Lewis	Huntington IN	9 M 45-49	1:40:26	8:06/M
64	Andrew Kapocius	Fort Wayne IN	10 M 45-49	1:40:32	8:06/M
65	Monika Gibson	Warsaw IN	2 F 35-39	1:40:35	8:06/M
66	Mark Stock	Pierceton IN	11 M 45-49	1:40:44	8:07/M
67	Brad Lepper	Fort Wayne IN	12 M 35-39	1:40:55	8:08/M
68	Mike Colligan	Fort Wayne IN	15 M 40-44	1:40:56	8:08/M
69	Beth A Skinner	Fort Wayne IN	1 F 40-44	1:40:56	8:08/M
70	Diana Schowe	Auburn IN	2 F 40-44	1:41:02	8:08/M
71	Sheryle Braaten	Hoagland IN	2 F 45-49	1:41:02	8:08/M
72	Linda Anderson	Fort Wayne IN	3 F 40-44	1:41:09	8:09/M
73	Don Ransome	Warsaw IN	3 M 55-59	1:41:19	8:10/M
74	Carmen Parker	Fort Wayne IN	1 F 25-29	1:41:28	8:11/M
75	Doug Ulmer	Leo IN	9 M 50-54	1:41:40	8:12/M
76	Cindy McGovern	Fort Wayne IN	4 F 40-44	1:41:45	8:12/M
77	Dallas Leatherman	Columbia City IN	10 M 50-54	1:41:50	8:12/M
78	Ray Casiano	New Haven IN	1 M 60-64	1:42:09	8:14/M
79	Tom Hardin	Fort Wayne IN	13 M 35-39	1:42:32	8:16/M
80	Doug Breeden	Roanoke IN	11 M 50-54	1:42:47	8:17/M
81	Thomas Wheeler	Fort Wayne IN	16 M 40-44	1:42:50	8:17/M
82	Martha May	Fort Wayne IN	1 F 30-34	1:43:10	8:19/M
83	Brett Brown	Fort Wayne IN	6 M 30-34	1:43:46	8:22/M

Nutri-Run 20K

March 18, 2006

Place	Name	City	Age Group	Time	Pace
84	Donny Heath	Roanoke IN	1 M 0-14	1:44:02	8:23/M
85	Jim Pickett	Fort Wayne IN	4 M 55-59	1:44:14	8:24/M
86	Staci Beiswanger	South Whitley IN	5 F 40-44	1:44:25	8:25/M
87	David M Grancy	Fort Wayne IN	12 M 45-49	1:44:29	8:25/M
88	Thomas J Fels	Fort Wayne IN	12 M 50-54	1:44:44	8:26/M
89	Tim Bolin	Fort Wayne IN	5 M 55-59	1:44:47	8:27/M
90	Julia Just	Fort Wayne IN	3 F 35-39	1:44:58	8:27/M
91	Steve Nivens	Fort Wayne IN	13 M 50-54	1:44:59	8:28/M
92	Kerry Blanchette	Fort Wayne IN	14 M 50-54	1:45:02	8:28/M
93	Jessica Hayes	Fort Wayne IN	2 F 25-29	1:45:16	8:29/M
94	Erin Brady	Fort Wayne IN	2 F 30-34	1:45:17	8:29/M
95	Rick Panning	Angola IN	6 M 55-59	1:45:30	8:30/M
96	Angie Lockwood	Bluffton IN	4 F 35-39	1:45:32	8:30/M
97	Scott Smith	Decatur IN	14 M 35-39	1:45:37	8:31/M
98	Joe Ziegler	New Haven IN	1 M 70-99	1:45:49	8:32/M
99	Jeff Steinberg	Fort Wayne IN	17 M 40-44	1:45:56	8:32/M
100	Rebecca Hollenbaugh	South Whitley IN	3 F 30-34	1:45:56	8:32/M
101	Jeremy Olge	Fort Wayne IN	7 M 30-34	1:46:40	8:36/M
102	Aaron Cox	Huntertown IN	15 M 50-54	1:47:39	8:46/M
103	Doug Montgomery	Ossian IN	8 M 30-34	1:48:35	8:45/M
104	Kimberly Summers	Fort Wayne IN	5 F 35-39	1:48:50	8:46/M
105	Amy Archbold	Fort Wayne IN	4 F 30-34	1:48:52	8:46/M
106	Mark Carrico	Fort Wayne IN	15 M 35-39	1:48:54	8:47/M
107	Kevin Croy	Fort Wayne IN	13 M 45-49	1:49:03	8:47/M
108	Jill Bause	Fort Wayne IN	5 F 30-34	1:49:34	8:50/M
109	Tom Landis	Churubusco IN	14 M 45-49	1:50:00	8:52/M
110	Ken Nordin	Fort Wayne IN	2 M 60-64	1:50:11	8:53/M
111	David Roehling	Harlan IN	15 M 45-49	1:50:12	8:53/M
112	John Silcox	Fort Wayne IN	9 M 30-34	1:50:37	8:55/M
113	Shawne Batterbee	Fort Wayne IN	6 F 35-39	1:50:41	8:55/M
114	Thaddeus Borchers	Winona Lake IN	16 M 35-39	1:50:45	8:55/M
115	Chuck Zumbrun	Churubusco IN	16 M 45-49	1:51:12	8:58/M
116	Daniel Nestel	Fort Wayne IN	17 M 45-49	1:51:12	8:58/M
117	Ian Stoppenhagen	Ossian IN	17 M 35-39	1:51:15	8:58/M
118	Garet Carolus	Milford IN	18 M 40-44	1:51:44	9:00/M
119	Sam Gillie	Fort Wayne IN	18 M 35-39	1:51:46	9:00/M
120	Matthew Akins	Leo IN	19 M 35-39	1:51:50	9:01/M
121	Paula McEachern	Leo IN	3 F 45-49	1:52:02	9:02/M
122	Bernie Burgette	Fort Wayne IN	3 M 60-64	1:52:04	9:02/M
123	Thomas Pintar	Fort Wayne IN	20 M 35-39	1:52:26	9:04/M
124	Joel Targgart	Columbia City IN	1 M 15-19	1:52:48	9:05/M
125	Amy Stephan	Fort Wayne IN	3 F 25-29	1:52:53	9:06/M
126	Samuel Melo	Fort Wayne IN	19 M 40-44	1:53:09	9:07/M
127	Tracy Brooks	Fort Wayne IN	7 F 35-39	1:53:21	9:08/M
128	Kent Hart	Decatur IN	18 M 45-49	1:53:23	9:08/M
129	Mike Snavely	South Whitley IN	21 M 35-39	1:54:04	9:11/M
130	Michael Cahill	Fort Wayne IN	19 M 45-49	1:54:55	9:16/M
131	Tim Newlin	Fort Wayne IN	20 M 40-44	1:55:16	9:17/M
132	Marvin Eady Jr	Fort Wayne IN	21 M 40-44	1:55:17	9:17/M
133	Jeff Trier	Fort Wayne IN	22 M 35-39	1:55:51	9:20/M
134	Joseph M Astroski	Fort Wayne IN	20 M 45-49	1:56:00	9:21/M
135	Cathy Myers	Fort Wayne IN	4 F 45-49	1:56:03	9:21/M
136	Tori Gross	Fort Wayne IN	1 F 50-54	1:56:22	9:23/M
137	Scott Aldrich	Auburn IN	23 M 35-39	1:57:42	9:29/M
138	George Petersen	Fort Wayne IN	16 M 50-54	1:58:14	9:32/M
139	Kevin Brennan	Fort Wayne IN	21 M 45-49	1:58:31	9:33/M
140	Dan Grotrian	Fort Wayne IN	22 M 40-44	1:59:02	9:36/M
141	Jennifer Savage	Warsaw IN	8 F 35-39	2:00:30	9:43/M
142	Tom Dwire	Fort Wayne IN	22 M 45-49	2:01:10	9:46/M
143	Aaron York	Fort Wayne IN	10 M 30-34	2:02:17	9:51/M
144	Walter Evans	Mooreland IN	23 M 40-44	2:03:24	9:57/M
145	Stuart Williams	Indianapolis IN	3 M 20-24	2:04:04	10:00/M
146	Joel Harter	Fort Wayne IN	24 M 40-44	2:04:10	10:00/M
147	Ronald Stinchcomb	Fort Wayne IN	7 M 55-59	2:04:13	10:01/M
148	Hal Atkinson	Huntertown IN	17 M 50-54	2:04:37	10:02/M
149	Philip Kelley	Churubusco IN	25 M 40-44	2:04:41	10:03/M
150	Johni Rasmussen	Fort Wayne IN	1 M 65-69	2:05:15	10:06/M
151	Anna Mize	Roanoke IN	1 F 60-64	2:07:08	10:15/M
152	David Vanliere	Huntington IN	8 M 55-59	2:09:53	10:28/M
153	Rich Stephenson	Monroeville IN	9 M 55-59	2:10:12	10:29/M
154	Joseph Ryan	Fort Wayne IN	23 M 45-49	2:10:17	10:30/M
155	Susan Peterson	Albion IN	2 F 50-54	2:10:55	10:33/M
156	Alan Hernly	Fort Wayne IN	18 M 50-54	2:12:44	10:42/M
157	Misty Wallin	Fort Wayne IN	4 F 25-29	2:14:21	10:50/M
158	Allen Albert	Fort Wayne IN	4 M 60-64	2:14:24	10:50/M
159	Kerri Hamilton	Fort Wayne IN	9 F 35-39	2:14:26	10:50/M
160	Kimberly Brown	Fort Wayne IN	10 F 35-39	2:16:29	11:00/M
161	Mark Kapocius	Fort Wayne IN	2 M 15-19	2:17:20	11:04/M
162	Patricia Crawford	Fort Wayne IN	6 F 40-44	2:17:27	11:05/M
163	John Feiertag	Fort Wayne IN	10 M 55-59	2:18:56	11:12/M
164	Yolanda Stinchcomb	Fort Wayne IN	5 F 45-49	2:24:24	11:38/M
165	Joan Gary	Fremont IN	1 F 65-69	2:24:25	11:38/M
166	Deb Krouse	Fort Wayne IN	7 F 40-44	2:28:19	11:57/M
167	Joseph Maffey	Fort Wayne IN	6 M 25-29	2:28:19	11:57/M
168	Josh Ware	Fort Wayne IN	2 M 0-14	2:42:20	13:05/M
169	Chad Ware	Fort Wayne IN	24 M 35-39	2:42:21	13:05/M

Results By Fort Wayne Track Club

Nutri-Run 5 Mile

March 18, 2006

Place	Name	City	Age Group	Time	Pace
1	Doug Schwartz	Decatur IN	1 M 30-34	28:36	5:43/M
2	Matt Ditzler	Huntington IN	1 M 17-19	29:21	5:52/M
3	Justin Clark	Huntington IN	1 M 20-24	29:53	5:59/M
4	Mark Herber	Roanoke IN	1 M 14-16	30:17	6:03/M
5	Daniel Etzcoom	Fort Wayne IN	2 M 17-19	30:21	6:04/M
6	Brandon Smith	Fort Wayne IN	3 M 17-19	30:29	6:06/M
7	Tanner Johnson	Huntington IN	4 M 17-19	31:11	6:14/M
8	Andrew Piropat	Fort Wayne IN	2 M 14-16	31:37	6:19/M
9	Cameron Deford	Fort Wayne IN	3 M 14-16	31:50	6:22/M
10	Gregory Dunn	Fort Wayne IN	5 M 17-19	32:11	6:26/M
11	Brad Hess	Fort Wayne IN	1 M 0-13	32:53	6:35/M
12	Mark Doepner	Fort Wayne IN	2 M 20-24	32:54	6:35/M
13	Isaiah Laatsch	Huntington IN	4 M 14-16	32:55	6:35/M
14	Alex Bush	Huntington IN	5 M 14-16	33:07	6:37/M
15	Kyle Hoos	Fort Wayne IN	6 M 14-16	33:21	6:40/M
16	Curtis Hines	Huntington IN	1 M 25-29	33:42	6:44/M
17	Charles Kimani	Fort Wayne IN	2 M 25-29	34:01	6:48/M
18	Adam Barton	Avilla IN	3 M 25-29	34:03	6:49/M
19	Sarah Thrall	Fort Wayne IN	1 F 25-29	34:12	6:50/M
20	Mark Pace	Fort Wayne IN	1 M 40-44	34:26	6:53/M
21	Pete Amborn	Fort Wayne IN	1 M 40-44	34:33	6:55/M
22	Tammy Behrens	Fort Wayne IN	1 F 35-39	34:42	6:56/M
23	Nate Ammon	Fort Wayne IN	7 M 14-16	34:53	6:59/M
24	Don Bashor	Wauseon OH	1 M 55-59	35:10	7:02/M
25	Jeff Cline	Fort Wayne IN	8 M 14-16	35:34	7:07/M
26	Chris Croy	Columbia City IN	1 M 45-49	36:37	7:19/M
27	Alex Barnes	Fort Wayne IN	9 M 14-16	36:51	7:22/M
28	Mike Thurston	Fort Wayne IN	1 M 35-39	37:04	7:25/M
29	Steve Holloway	Columbia City IN	2 M 35-39	37:15	7:27/M
30	Jeff Maus	Van Wert OH	2 M 45-49	37:26	7:29/M
31	Michael Overdahl	Fort Wayne IN	3 M 45-49	37:39	7:32/M
32	Len Piropat	Fort Wayne IN	1 M 50-54	37:45	7:33/M
33	Mark Hopkins	Fort Wayne IN	4 M 25-29	37:54	7:35/M
34	John Ferguson	Fort Wayne IN	3 M 35-39	37:59	7:36/M
35	Jim Bougher	Fort Wayne IN	2 M 40-44	38:49	7:46/M
36	Kristen S Gillon	Muncie IN	1 F 45-49	38:54	7:47/M
37	Dave Nelson	Fort Wayne IN	4 M 45-49	39:38	7:56/M
38	Ken Steiner	Roanoke IN	3 M 40-44	39:53	7:59/M
39	Joe Donnell	Fort Wayne IN	5 M 45-49	39:57	7:59/M
40	Jennifer Mayhall	Fort Wayne IN	1 F 40-44	40:18	8:04/M
41	Bill Landgraf	Fort Wayne IN	4 M 35-39	40:53	8:11/M
42	Jason House	Ossian IN	1 M 30-34	41:04	8:13/M
43	Jack Seigel	Fort Wayne IN	1 M 60-64	41:38	8:20/M
44	Jeff Rude	Fort Wayne IN	5 M 35-39	42:00	8:24/M
45	Jordan Phillips	Fort Wayne IN	1 F 20-24	42:09	8:26/M
46	Rick Phillips	Fort Wayne IN	6 M 45-49	42:10	8:26/M
47	Bob Michel	Fort Wayne IN	2 M 55-59	42:18	8:28/M
48	Anita O'Reilly	Fort Wayne IN	1 F 45-49	42:19	8:28/M
49	Aaron Lybarger	Fort Wayne IN	5 M 25-29	42:33	8:31/M
50	Chuek Deford	Fort Wayne IN	7 M 45-49	42:44	8:33/M
51	Grant Schultz	Fort Wayne IN	4 M 40-44	42:47	8:33/M
52	John McLaughlin	Fort Wayne IN	2 M 30-34	42:48	8:34/M
53	Denny Walker	Fort Wayne IN	2 M 50-54	42:51	8:34/M
54	Bob MacKee	Fort Wayne IN	8 M 45-49	42:53	8:35/M
55	Steve Zacher	Fort Wayne IN	5 M 40-44	42:55	8:35/M
56	Amy Grogg	Lagrange IN	2 F 35-39	42:55	8:35/M
57	Gary Grogg	Lagrange IN	6 M 40-44	42:56	8:35/M
58	Daniel Roy	Leo IN	7 M 40-44	43:02	8:36/M
59	Joe Berghoff	Fort Wayne IN	6 M 17-19	43:09	8:38/M
60	Leslie Ferguson	Fort Wayne IN	3 F 35-39	43:25	8:41/M
61	Kim Terrill	Fort Wayne IN	4 F 35-39	43:25	8:41/M
62	Courtney Wennemar	Fort Wayne IN	1 F 25-29	43:43	8:45/M
63	Jerry Maus	Harrod OH	9 M 45-49	43:44	8:45/M
64	Nishantha Gunawardhana	Fort Wayne IN	6 M 35-39	43:48	8:46/M
65	Katrina Loucks	Fort Wayne IN	1 F 30-34	43:54	8:47/M
66	Darryl Cargo	Fort Wayne IN	8 M 40-44	44:03	8:49/M
67	Mark Schmidt	Fort Wayne IN	10 M 45-49	44:31	8:54/M
68	Bethany Beebe	Fort Wayne IN	2 F 25-29	44:37	8:55/M
69	Tom Batterbee	Fort Wayne IN	7 M 35-39	44:47	8:57/M
70	Larry Lee	Fort Wayne IN	2 M 60-64	44:51	8:58/M
71	Jan Halter	Leo IN	2 F 45-49	45:37	9:07/M
72	Karen Gillie	Fort Wayne IN	2 F 30-34	45:55	9:11/M
73	Randy Hood	Fort Wayne IN	11 M 45-49	46:32	9:18/M
74	Jim Berghoff	Fort Wayne IN	12 M 45-49	46:33	9:19/M
75	Robert Lawson	Fort Wayne IN	3 M 55-59	46:33	9:19/M
76	Jeff Bodkin	Fort Wayne IN	8 M 35-39	47:31	9:30/M
77	Brian Lerner	Carmel IN	3 M 20-24	47:34	9:31/M
78	Todd Miller	Fort Wayne IN	9 M 35-39	47:38	9:32/M
79	Sandy Junk	Fort Wayne IN	3 F 30-34	47:55	9:35/M
80	Mike Stein	Fort Wayne IN	3 M 50-54	47:59	9:36/M
81	Ken McDonald	Columbia City IN	10 M 35-39	48:16	9:39/M
82	Morgan Michalke	Fort Wayne IN	2 F 20-24	48:23	9:41/M
83	Mark Thoma	Fort Wayne IN	13 M 45-49	48:20	9:42/M
84	Dawn Mabry	Fort Wayne IN	3 F 45-49	48:51	9:46/M
85	Beth Clemens	Fort Wayne IN	3 F 25-29	49:30	9:54/M
86	Jessica Warner	Fort Wayne IN	4 F 25-29	49:30	9:54/M
87	Anthony Yoakum	Fort Wayne IN	11 M 35-39	49:31	9:54/M
88	Rick Hilker	Fort Wayne IN	4 M 50-54	49:35	9:55/M
89	Laura Gerke	Fort Wayne IN	5 F 25-29	49:54	9:59/M
90	Amber Kacher	Bluffton IN	4 F 30-34	50:04	10:01/M
91	Beverly Moellering	Fort Wayne IN	5 F 35-39	50:19	10:04/M
92	Cheryl Kiel	Fort Wayne IN	2 F 40-44	50:22	10:04/M
93	John Lantz	Avilla IN	5 M 50-54	50:40	10:08/M
94	Joyce Duriga	Fort Wayne IN	5 F 30-34	51:01	10:12/M
95	Gregg Bender	Fort Wayne IN	6 M 50-54	51:11	10:14/M
96	Benjamin Evans	Mooreland IN	10 M 14-16	52:47	10:33/M
97	Connie Gordon	Churubusco IN	3 F 40-44	52:52	10:34/M
98	Kim Fett	Fort Wayne IN	6 F 30-34	53:18	10:40/M

Nutri-Run 5 Mile

March 18, 2006

Place	Name	City	Age Group	Time	Pace
99	Todd Werling	Fort Wayne IN	3 M 30-34	53:33	10:43/M
100	Chris Messer	Orland IN	6 F 25-29	54:26	10:53/M
101	Ron Mossburg	Fort Wayne IN	12 M 35-39	54:53	10:59/M
102	Donna Hormann	Fort Wayne IN	4 F 45-49	56:05	11:13/M
103	Malissa Cockman	Fort Wayne IN	1 F 50-54	56:07	11:13/M
104	Dawn Holtmeyer	Fort Wayne IN	6 F 35-39	56:15	11:15/M
105	Scott Holtmeyer	Fort Wayne IN	13 M 35-39	56:16	11:15/M
106	Mary Stafford	Laotto IN	2 F 50-54	56:23	11:17/M
107	Bodil Rasmussen	Fort Wayne IN	1 F 60-64	56:41	11:20/M
108	Charles Schreiber	Fort Wayne IN	14 M 45-49	57:00	11:24/M
109	Frederick Schreiber	Fort Wayne IN	2 M 0-13	57:00	11:24/M
110	Maggie Lambert	Fort Wayne IN	4 F 40-44	57:03	11:25/M
111	Gary Perkins	Fort Wayne IN	14 M 35-39	57:03	11:25/M
112	Elsie Bazur-Persing	Fort Wayne IN	1 F 17-19	57:29	11:30/M
113	Lori Bazur-Persing	Fort Wayne IN	3 F 50-54	57:32	11:30/M
114	Jacob Evans	Mooreland IN	3 M 0-13	59:14	11:51/M
115	Robert C Loomis	Monroeville IN	1 M 70-99	59:14	11:51/M
116	Marcy Page	Fort Wayne IN	7 F 25-29	59:23	11:53/M
117	Michael Page	Fort Wayne IN	7 M 50-54	59:24	11:53/M
118	Connie Breeden	Roanoke IN	7 F 35-39	59:36	11:55/M
119	Jeff Davis	Fort Wayne IN	15 M 35-39	1:00:57	12:11/M
120	Jay Kimes	Fort Wayne IN	16 M 35-39	1:00:59	12:12/M
121	Fred Hote	Fort Wayne IN	17 M 35-39	1:02:03	12:25/M
122	Tiffany Shannon	Fort Wayne IN	7 F 30-34	1:02:38	12:32/M
123	Tim Ashby	Fort Wayne IN	4 M 0-13	1:02:54	12:35/M
124	Vicky Myers	Columbia City IN	4 F 50-54	1:03:07	12:37/M
125	Betty Greider	Fort Wayne IN	5 F 45-49	1:08:02	13:36/M
126	Donna Beebe	Fort Wayne IN	5 F 50-54	1:08:06	13:37/M
127	Margy Feighner	Fort Wayne IN	6 F 50-54	1:08:56	13:47/M
128	Jane Schmitt	Fort Wayne IN	7 F 50-54	1:08:56	13:47/M
129	Rosalie Hernly	Fort Wayne IN	8 F 50-54	1:09:23	13:53/M
130	Kathy Burner	Autum IN	8 F 35-39	1:09:24	13:53/M
131	Sarah Hayes	Fort Wayne IN	8 F 30-34	1:09:30	13:54/M

Nutri-Run 5 Mile

March 18, 2006

Place	Name	City	Age Group	Time	Pace
132	Sara Lehman	Indianapolis IN	3 F 20-24	1:10:24	14:05/M
133	Lindsay Gross	Ft Wayne IN	4 F 20-24	1:10:25	14:05/M
134	Michelle Bottiglia	Fort Wayne IN	5 F 40-44	1:11:13	14:15/M
135	Lynne Feiertag	Fort Wayne IN	1 F 55-59	1:11:14	14:15/M
136	Gail Ryan	Fort Wayne IN	6 F 40-44	1:12:41	14:32/M
137	Linda Miller	Fort Wayne IN	6 F 45-49	1:13:11	14:38/M
138	Carla Brames	New Haven IN	7 F 40-44	1:13:12	14:38/M
139	Nathan Evans	Mooreland IN	5 M 0-13	1:14:14	14:51/M
140	Natalie Stein	Carmel IN	5 F 20-24	1:14:14	14:51/M
141	Louise Teague	Fort Wayne IN	2 F 55-59	1:16:17	15:15/M
142	Elleen McKelvey	Fort Wayne IN	9 F 50-54	1:16:18	15:16/M
143	Becky Worthman	Ossian IN	7 F 45-49	1:16:46	15:21/M
144	Cathy Thieman	Noblesville IN	3 F 55-59	1:16:47	15:21/M
145	Rhonda Goodspeed	Ft Wayne IN	8 F 45-49	1:17:20	15:28/M
146	Susan Ellerbrock	Fort Wayne IN	9 F 45-49	1:17:54	15:35/M
147	Jennifer Bodenstien	Fort Wayne IN	8 F 40-44	1:18:22	15:40/M
148	Grace Bodenstien	Fort Wayne IN	1 F 0-13	1:18:22	15:40/M
149	Linda Norman	Fort Wayne IN	4 F 55-59	1:18:24	15:41/M
150	Suesie Lepper	Fort Wayne IN	9 F 30-34	1:18:24	15:41/M
151	Diana Wulliman	Warsaw IN	9 F 35-39	1:20:54	16:11/M
152	Amanda Smith	Piercetown IN	6 F 20-24	1:20:55	16:11/M
153	Anne Fairchild	Madison IN	10 F 35-39	1:26:56	17:23/M
154	Pat Weicker	Woodburn IN	10 F 50-54	1:27:13	17:27/M
155	Anne Havlovick	Chantilly VA	8 F 25-29	1:27:15	17:27/M
156	Beth Anderson	Fort Wayne IN	11 F 50-54	1:27:33	17:31/M
157	Marta Pequignot	Fort Wayne IN	12 F 50-54	1:27:35	17:31/M
158	Jean Kincaid	Fort Wayne IN	10 F 45-49	1:27:41	17:32/M
159	Joann Woodward	Fort Wayne IN	1 F 65-69	1:27:41	17:32/M
160	Holly Rothenbush	Fort Wayne IN	9 F 25-29	1:30:18	18:04/M
161	Andrea Bogenschutz	Fort Wayne IN	10 F 25-29	1:30:19	18:04/M
162	Troy McArthy	Huntertown IN	18 M 35-39	1:48:59	21:48/M

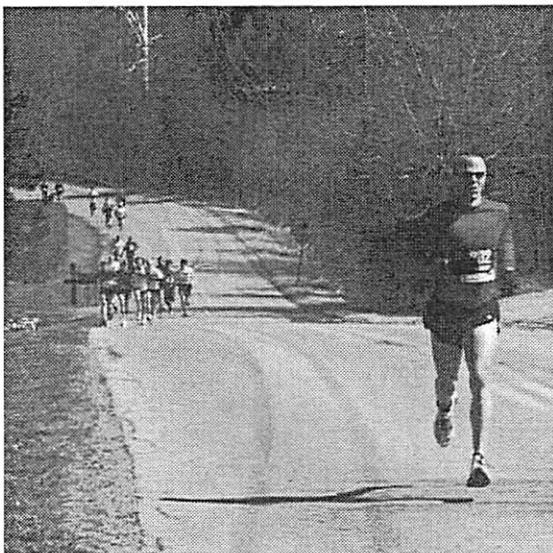
Results By Fort Wayne Track Club

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



Nutri-Run 20K winner Mike Cole opening a lead early in the race.



Brennon Plotner, Chuck Schlemmer, and Casey Shafer. Plotner and Shafer tied for 2nd, Schlemmer was the overall masters winner

Photos by Ward Moya



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



Happy Birthday!



Andrew Kapocius	4/17
Chrisy Link	4/17
Jared Minnick	4/17
Lynn B Smith	4/19
Lon R Braun	4/21
Tyler Clendenen	4/21
L. Thomas Deal	4/21
Anastasi Thrush	4/23
Jerry Diehl	4/24
Mitch V Harper	4/24
Jack Schmidt	4/25
Bud Stiffler	4/25
Chad Ware	4/26
Kathleen Ware	4/26
Rachel Weide	4/26
Tiffany Biehl	4/27
Tracy Brooks	4/27
Robert Lawson	4/27
Art Obregon	4/27
Edward Fisk	4/28
Gary L Bird	4/29
Nancy Boyer	5/1
Jesus R Trevino	5/1
Michael Peters	5/2
Tim Dooley	5/3
Mark Kapocius	5/3
Stephen Woenker	5/4
Amber Wray	5/4
Ashley Wray	5/4
James H Wright	5/4

Malone Burris	5/5
John Powell	5/5
Sara Stevens	5/5
Mike Cole	5/7
Gretchen Winkeljohn	5/7
Thomas Wagner	5/8
Toby Jo Hullinger	5/9
Kurt Walborn	5/10
Michael Hertz	5/11
Angela Thomas	5/11
Nancy Burris	5/12
Thomas Boyer	5/14
Zach Biehl	5/16
Laury Farrell	5/16
Tim First	5/16
Carol Weide	5/17
Jim Weide	5/17
Kyle Milleman	5/22
Hannah Michel	5/26
Santiago Marinez	5/29
Naomi Fruchey	5/30
Jason Sagan	5/30
Michael Mcmanus	6/1
John Peterson	6/2
Ian Rolland	6/3
Corey Williams	6/4
Pamela Joachim	6/5
Denise Conrad	6/6
Matt Suever	6/6
Beth Niner	6/7

Molly Sigler	6/7
Amanda Filus	6/8
Kim Milleman	6/9
Lesie Rice	6/9
Kevin Giant	6/10
Donny Heath	6/10
Amy Roberts	6/10
Jack Ade	6/11
Charlie Backofen	6/12
Judy White	6/13
Dennis Klopfenstein	6/15

FWTC Points Races 2006

Fanny Freezer 5K	Matthew 25 10K
Nutri-Run 20K	Kernel Klassic 5K
Mastodon 5K	Parlor City ½ Marathon
TRRC 12K	River City Rat Race 10K
Runners on Parade 5K	Turkey Trot
Fire Cracker 4 Mile	Just Plain 10K

Points Rules For 2006

- FWTC members must pay dues by **Nutri-Run** to be awarded points for the current year.
- 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.
- Race directors will earn 100 points toward the series and there are no maximum points for race directors.
- Age group placement:
 - Age group placement is determined by age as of January 1st.
 - Age groups: under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70&over
 - 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.
 - 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.
 - 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

- 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.

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.
Contact: 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.
Contact: Mike Else: else57@aol.com

New Haven -

North River boat launch across the street from Kreager Park. Usually 8-12 miles. They meet on Saturdays at 7AM.
Contact: David Swenson at 749-9366 or dswe456204@msn.com.

Born to Run - BTR - Distance Training Group

Various locations around the Ft. Wayne area. The group will be meeting at 8AM on Saturdays.
Contact: Brett Hess at 637-3755.

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 -

College-aged students and post-collegiate runners.
M-F 4:30-5:00 PM

Contact.

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
Contact: Diana Schowe 627-3308

Team Bird - RunIndiana.com will have the Team Bird training schedule on it. It is updated on a regular basis.
Contact: Gary Bird 244-4408

If you have a group you would like added to this list, contact Tammy Behrens 625-3830 or prtraining@comcast.net.

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 04/01/2006 to 07/12/2006

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

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 08,2006 Fun Run 10am, 5K 10:30am		Run Windigo - 5K Trail Run/Walk Camp Windigo in Southern Grant County, Daleville, IN <i>Contact:</i> Nick Cross, PO Box 587, Daleville, IN 47334, (765)378-3373 ext 223 <i>Info/Fees:</i> Age Group awards, door prizes, food and lots of family fun. Entry forms available online. Entry info (Pre register by March 31) · \$15 for pre-registered adults · \$20 race-day for adults · \$5 for fun run (free if no t-shirt desired) · \$25 for a pre-registered family · \$30 for race-day family registration <i>Email:</i> ncross@gswc.ws <i>Web site:</i> http://www.gswc.ws/runwindigo.htm
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@valpominiemarathon.com <i>Web site:</i> valpominiemarathon.com
Apr 09,2006		Miami Univ. Habitat for Humanity - 5K Miami University, Oxford, OH <i>Contact:</i> Christina Motz, 337 Shriver, Oxford, OH 45056 <i>Info/Fees:</i> The registration fee is \$15 before March 31 and \$20 afterwards. Every participant receives a t-shirt and prizes will be awarded to the top male and female finishers. <i>Email:</i> habitat@muohio.edu <i>Web site:</i> http://www.muohio.edu/habitat
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
Apr 22,2006 8 AM Sat	L	PR Training 10-Mile Goal Run for the Indy Mini - 10 miles Meet at Swinney Park by the swimming pool, Fort Wayne, IN <i>Contact:</i> Tammy Behrens, 11827 Crossway Drive, Fort Wayne, IN 46814, 260-625-3830 <i>Info/Fees:</i> Info/Fees: No fee for this run. This run is open to any individual wishing to run/walk 10 miles with our group in preparation for the Indy Mini on May 6th! There will be no official timing or prizes. <i>Email:</i> prtraining@comcast.net <i>Web site:</i> http://www.myprtraining.com/
Apr 22,2006 9am Sat	L	13th Annual St Jude's Spirit Run - 5K Run & 1 Mile Run/Walk St Jude School, Fort Wayne, IN <i>Contact:</i> St Jude School c/o Development Committee, 2130 Pemberton, Fort Wayne, IN 46805 <i>Info/Fees:</i> Race day registration starts at 8:00 a.m. \$8-Pre, \$10- Race Day <i>Email:</i> mmejwolfe@att.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>Contact:</i> Jeff Graves, PO Box 6, Indpls, IN 46206, 1-800-638-4296 <i>Email:</i> raceinfo@500festival.com <i>Web site:</i> www.500festival.com/mini/index.cfm
May 06,2006 9:00am	L	Brevin and Friends 5K Run/Walk for Riley Children's Hospital - 5K Corner of Market and 9th Streets (Same corner as Community Pool), North Manchester, IN <i>Contact:</i> Randi Freel, P.O. Box 14, North Manchester, IN 46962, (260)723-4417 <i>Info/Fees.</i> All proceeds will be donated to Riley. Fees are \$12 if pre-registering (includes a t-shirt) or \$15 if registering the day of the event. Awards will be given to first place male and female finishers in each of seven age categories. <i>Email:</i> info@brevinandfriends.org <i>Web site:</i> http://www.brevinandfriends.org/
May 06,2006 8am Sat	R	Heartbeats - 5K Run/Walk Parkview Whitley Hospital, Columbia City, IN <i>Contact:</i> Gary Bird, 670 West Keiser Road, Columbia City, IN 46725, 260-244-4408 <i>Info/Fees:</i> \$10-pre & \$12 race day, Team Bird runners are free! <i>Email:</i> garylbird@earthlink.net
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/
May 20,2006 9:30am Sat		2nd Annual Head for the Cure - 5K FunRun/FunWalk West Park, Carmel, IN <i>Contact:</i> FWTC - JP Jones, 6433 S Harrison St., Fort Wayne, IN 46807, 260-745-9724 <i>Info/Fees:</i> \$15 - Run/Walk, T-shirts available to all paid entries. Info/Michael Sapper 317-507-4800. 100% of the proceeds to benefit the American Brain Tumor Association <i>Email:</i> jppjones@hoosierbuzz.com <i>Web site:</i> http://www.braincure.homestead.com/
May 20,2006 9am	R	Angola - 5K Angola Commons Park on John Street (south of US 20 East near the hospital), Angola, IN <i>Contact:</i> Teresa Furniss, 1065 E. 100 N., Angola, IN 46703, 260-316-6240 <i>Info/Fees:</i> \$10 pre- \$12 raceday <i>Email:</i> angola5k@gmail.com <i>Web site:</i> http://mysite.verizon.net/tri.athlete3/angola5K.pdf
May 21,2006 2:45pm Sun	L	19th Annual Victim Rights Run/Walk - 2 Miles Franke Park Bldg 1, Fort Wayne, IN <i>Contact:</i> Bea Williams-Tevis, Volunteer Coordinator, 1320 E Creighton St, Fort Wayne, IN 46803, 260-427-5232 <i>Info/Fees:</i> Check-in is 1:30 and the ceremony begins at 2:45. <i>Email:</i> bea.williams-tevis@ci.ft-wayne.in.us <i>Web site</i> http://www.fwtc.org/2006/Victims Rights Run Walk Roll Flyer.pdf
Jun 05, 2006 8:30am Sun	R	Indiana Downs Triathlon - .5m Swim/16m Bike/3m Run Fairland Rec Area, Shelbyville, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300
Jun 10,2006		Green Mountain Relay - 36 Legs - 202 Miles 45 Minutes from Burlington, Vermont, Burlington, VT <i>Contact:</i> Timberline Events <i>Info/Fees:</i> The Green Mountain Relay is a 202-mile team running relay event in Vermont designed for runners of all abilities. The Green Mountain Relay will be Saturday, June 10th - Sunday, June 11th, 2006. <i>Email:</i> paul@timberlineevents.com <i>Web site:</i> http://www.greenmountainrelay.com/

Jun 17,2006 Fri/Sat/Sun	R	2005 Mohican Trail 100 - 100 miles Mohican State Park, Loudenville, OH <i>Contact:</i> Volunteers needed for 5m,10m,35m,75m aid stations., Don Lindley, 260 432-5998 or 436-2234 <i>Info/Fees:</i> Fri Nite Free Pasta Dinner for volunteers <i>Email:</i> lindleyd@infionline.net
Jun 17,2006 7:00 AM	R	Angola Half Marathon/5K - 13.1 miles/5K Steuben County Community Center located at 317 S. Wayne St. (the old high school gym), Angola, IN <i>Contact:</i> Rick Hammer, One University Ave., 260-665-4644 <i>Info/Fees:</i> \$800 IN TOTAL PRIZE MONEY!!! Entry Fee is \$20 pre-registered by June 1 and \$25 until race day for the half marathon. The 5K is \$10 pre-registered by June 1, and 15\$ race day. Register at the Steuben County Community Center located at 317 S. Wayne St. (the old high school gym) from 5:15-6:55 am. Race starts at 7:00 am. <i>Email:</i> hammerr@tristate.edu <i>Web site:</i> http://coming/
Jun 24,2006 8:30 am Sat	R	6th Annual Courthouse Classic 5K - 5K Courthouse on state road 9, LaGrange, IN <i>Contact:</i> Gary Grogg, 1195 E 250 N, LaGrange, IN 46761-9353, 260-336-4460 <i>Info/Fees:</i> Entry Fee \$12 prior to June 19th after \$15. Benefit for Lakeland running prog. <i>Email:</i> ggrogg@lagrangeremc.com
Weekly starting Jul 12,2006 6:30 pm through October 7 2006	L	Fort Wayne Kids Marathon - 26.2 miles (1/2 to 3 miles at a time) Indian Trails Park / Jorgensen Family YMCA, Fort Wayne, IN <i>Contact:</i> Tim Newlin <i>Info/Fees:</i> First week of the incremental running program designed to help kids complete a 26.2 miles run/walk (a full marathon distance) over a twelve-week period. REGISTRATION: · \$10 entrance fee per child · a canned food donation at the finish of the program (October 7, 2006) PRIZES: · Finisher's T-shirt · Finisher's Medal <i>Email:</i> kidsmarathon@verizon.net

Congratulations Fort Wayne Track Club 2005 Awards Winners

Outstanding Female High School Runners - Amber Wray and Ashley Wray, Northside High School

Outstanding Male High School Runner - Forrest Foellinger, Elmhurst High School

Golden Shoe Award - Dr. Rick Hilker

Spirit of Running Award - Jim McKinnon

Volunteers of The Year - Bev and Jeff Metzger

President's Award - Larry Lee

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!

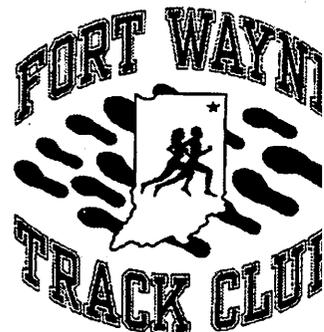
Share Yours!

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

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.



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

CNC Grinding



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



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

Tom Landis



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

PRSR1 STD
U.S. POSTAGE
PAID
Ft. Wayne, IN
Permit No. 1799