



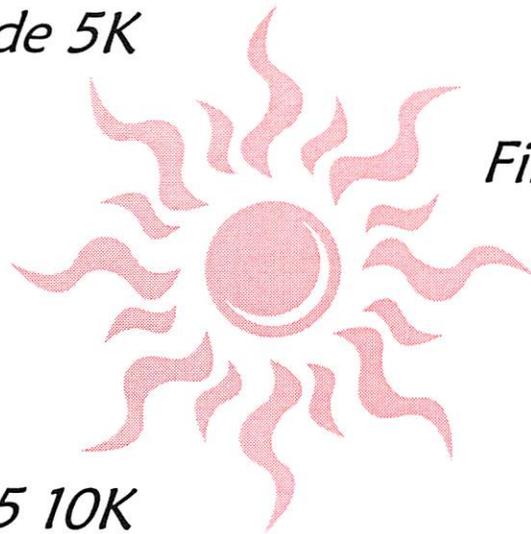
The Inside Track

A Publication of the Fort Wayne Track Club



Summer Points Races Are Coming!

Runners on Parade 5K



Fire Cracker 4 Mile

Matthew 25 10K

Inside This Issue

*Mastodon Stomp Results,
2006 Points Series Totals,
PR Training Success at Indy Mini,
Race Calendar,
and More!*

June &
July 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 peterson63@verizon.net
Treasurer: Don Lindley 432-5998 lindleyd44@verizon.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
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Bill Sohaski	749-5081	sohaski@aol.com
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Judy Tillapaugh	456-3277	tillapau@ipfw.edu
Judy White	672-1470	whitejudy2@aol.com

FWTC Coordinators

Marketing & Promotion Coordinator
Kathy Brunner kburner@nailhardingdahm.com

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

Membership Coordinator
Don Lindley 432-5998 lindleyd44@verizon.net

Equipment Coordinators
JP Jones 745-7339 jjones@hoosierbuzz.com
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Chuck Zumbun 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

April 12, 2006

Members present: Ann Mize, Stephan Hilker, Barrie Peterson, Mike Fruchey, Don Lindley, Tom Landis, Judy White, Judy Tillapaugh, and Tammy Behrens.

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

Don Lindley gave the opening prayer.

Ann Mize presented the March minutes. Barrie Peterson made a motion to accept them as read, and Stephan Hilker seconded the motion. All were in favor.

Treasurer Don Lindley gave the quarterly report. It was passed unanimously after a motion by Stephan Hilker and a second by Barrie Peterson. Don also gave a membership report. To date there are 483 members.

Barrie Peterson reminded officers to present their newly updated duties at the April Officers meeting in order to be ready to present it to the board at the June meeting.

Barrie also reminded all of the Great American Clean Up on May 20th. Sign up deadline is April 14th.

The High School outdoor track season goes real fast after spring break. Barrie updated the board on some of the events.

Judy Tillapaugh gave a brief wrap up on the Mastodon Stomp Race. She also reported the Health Fair was very well attended and gave special thanks to J.P. Jones for staffing the FWTC table.

Don Lindley gave a wrap up on the Nutri- Run.

Judy White gave a wrap up on the February Awards Banquet. She did a great job! She talked about a few changes for next year's event, as it will be the 30th Anniversary of the FWTC. We were all excited and ready to set up committees to distribute the workload and develop timetables to have a big reunion!

Kathy Burner has agreed to be the new Marketing & Promotion Coordinator. She can be reached at kburner@nailhardingdahm.com or home email katydid0512@yahoo.com

Welcome Kathy. The board is asking all race directors to contact Kathy Burner about race applications.

President Mike Fruchey wanted to let the FWTC know that the IPFW track season is going well. A lot of school records have been broken.

Tammy Behrens would like to see the Nutri-Run

5 mile race again be a FWTC point race. It was tabled until the November meeting, when the race calendar for 2007 is set up. Don Lindley would like to see all Race Directors plan on attending the November meeting and lobby for their races to be on the point schedule.

It was suggested that the following month's agenda might be of interest on the web site. Ann Mize said she would contact Tom Digate.

Barrie Peterson passed out race applications for the Bruin Alumni/ 5K on July 15th. He is planning on an informal cookout after the event for Northrop distance alumni.

September 22nd is the National Run at Work day. Tammy Behrens and Judy Tillapaugh are planning on getting together to come up with something the club can help promote.

Don Lindley wants to hear from all Race Directors concerning the race calendar. They need to make sure the race and date is on the web site. Tammy reminded the club members that they can add an event or race to the web site themselves.

Reminders:

The next FWTC Newsletter deadline is May 15th 2006.

Next Officers' meeting is Sunday, April 30th, 3:00 p.m. Pizza Hut Dupont Road.

Next FWTC Board meeting is Wednesday, May 10th, 2006 at IPFW, Royal Dons Room in the Gates Sport Center at 7:00 p.m.

With no further business, Don Lindley made a motion to adjourn followed by a second by Tom Landis. The meeting was adjourned at 8:00 p.m.

Respectfully submitted,

Ann Mize
Secretary

FWTC Board Minutes

March 8, 2006

Members present: Barrie Peterson, Tom Landis, Don Lindley, Kathy Bruner, J.P. Jones, Anna Mize, Shannon White, Bill Harris, and Judy Tillapaugh.

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

Don Lindley gave the opening prayer.

Ann Mize presented the February minutes. They were unanimously approved as read after a motion by Bill Harris and second by J.P. Jones.

Don Lindley gave a brief membership report stating membership is still ahead of last year. He also gave a brief treasurer's report that was approved by all with a motion to accept it by Bill Harris and a second by J.P. Jones.

Judy Tillapaugh reported the awards banquet had good attendance with 130 people. She said the surveys will be reported on next month.

Don Lindley gave a wrap up on the Fanny Freezer race. There were 204 runners.

Barrie Peterson asked all officers to jot down what they feel is their duties and bring it to next months meeting. The board is in hope of relieving Don Lindley of some his many duties.

Judy Tillapaugh gave a Health Fair update. It is March 22, from 9:00 a.m.-3:00 p.m. Over 90 businesses will be represented and 30 health screenings available.

Barrie Peterson introduced Kathy Burner. She could be interested in the marketing coordinator's position needed for the FWTC.

Don Lindley reported to date there are 109 runners pre-registered for the Nutri Run.

Judy Tillapaugh gave a report on the Mastodon Stomp to be on April 1,2006. The 5 km. will again be a club points race. The course will be different due to some construction. She is adding a 100 meter kids 6& under run. The children 7-12 will do the 1 mile stomp.

Barrie Peterson gave a brief High School sport report. The area kids will be well represented. The pole vaulting is extraordinary!

Their was some discussion on organizing a youth running club.

Don Lindley mentioned two FWTC members have expressed interest in helping with the chip timing at the club races. He also brought up there is a need for timers for the TRRC 12 km. on May 27th. It is at Indiana Tech. Campus. The Angola 10 km. and half marathon on June 17th needs an equipment coordinator as Don will be unavailable.

Shannon White, executive director of the Three Rivers Festival, was introduced to the board. He is a new FWTC member and would like to get involved. He and Judy Tillapaugh will be networking together.

There is need for a local Team in Training coach. Any one interested could contact Judy Tillapaugh or the local Leukemia office.

Barrie Peterson mentioned the Great American Cleanup is on Saturday May 20th. The Mayor is asking any groups to sign up by April 14th. He is inviting all club members to join him. Ann Mize has a registration form or contact:
Solid Waste Department
City County Bldg Room 270
One Main Street
Fort Wayne, In 46802
Phone: 427-1270 Fax 427-5796

A reminder that the next officers' meeting will March 26th, at Pizza Hut, Pine Valley.
The next Board meeting on Wednesday April 12th at IPFW.

With no further business, the meeting was adjourned at 8:05 p.m. with a motion by Bill Harris and a second by J.P. Jones.

Respectfully submitted,

Ann Mize
Secretary

FWTC Equipment Coordinator Needed!

Duties:

- Provide care and maintain storage of FWTC equipment
- Handle rentals, contracts, and billings to all interested parties
- Provide or arrange equipment delivery and training
- Recruit volunteers to assist with equipment care and operation

For more information call or e-mail:

Mike Fruchey, 627-5147, frucheym@ipfw.edu,
Barrie Peterson, 637-5717, peterson63@verizon.net, or
Don Lindley, 432-5998, lindleyd44@verizon.net

Volunteers help keep The Fort Wayne Track Club running strong. Sign up to assist today!

Nutri-Fit Tip

What is healthy for the heart is also healthy for the brain (like ...walnuts, green and red vegetables, fish, soy products, olives, olive oil, canola oil). For more nutrition information go to www.eatright.org

Enjoy Fruits and Vegetables

Judy Tillapaugh, R.D.

IPFW Wellness/Fitness Coordinator

Within the first 100 steps of grocery shopping our eyes have the pleasure of viewing a wide variety of colorful fruits and vegetables. Just 25 steps here and there are tasty choices like sweet tomatoes, crisp greens, fresh berries, and juicy melon. Two to three kinds of fruit and two to three kinds of vegetables would be fine purchases for meals and snacks.

US Dietary Guidelines for Americans ask individuals to have 2 cups fruit and 2 ½ cups vegetables every day, spread out over three meals and a couple snacks. They are very valuable due to vitamins, minerals, antioxidants, fiber, fluid, and phytochemicals within them. They work in the body to promote health and reduce risks for diseases like heart disease, obesity, and cancer.

Can't a multiple vitamin/mineral supplement replace food nutrients?? NO! Supplements do not provide all the goodness inside wholesome foods. They can compliment healthful eating.

Go for the recommended amount day by day! Whether it is time to order take out, dine out, or prepare a meal at home fruits and vegetables can easily be a part of the menu. They are American's first fast food!

Five Fruit Tips:

- * Stir fresh fruit into turkey or chicken salad. Try grapes or peaches.
- * Make ice cubes with 100% fruit juice. Use in a water glass.
- * Top off green salads with a handful of fruit.
- * Make fruit salsa with mango or pineapple and serve with grilled meat or poultry.
- * Keep small packages of dried fruit in the car or tote bag for healthy snacking.

Five Vegetable Tips:

- * Put vegetables into a favorite pasta dish.
- * Substitute vegetables for all or part of the meat in recipes.
- * Add a salad to a sandwich.
- * Add grated or chopped vegetables to muffin, or quick bread batter.
- * Pack sliced veggies from the night before for a morning or afternoon snack.

For more information go to www.MyPyramid.gov or www.aicr.org,

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

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.

**NORTHROP BRUIN CROSS COUNTRY
FUND-RAISER**

BRUIN ALUMNI/OPEN 5K

**SHOAF PARK
FORT WAYNE, IN**

July 15, 2006

7:00 a.m. Registration Begins
8:00 a.m. One Mile Fun Run
8:30 a.m. 5K Race
9:15 a.m. Door Prizes
9:30 a.m. Male and Female Awards (Overall male and female, 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80 and over)

The Bruin/Alumni Run is a fund-raiser for the Northrop Cross Country Program and an opportunity for alumni to meet the current version of the Big Orange Pack. This year will be a special year, as it will be the last year of coaching for Northrop Coach Barrie Peterson. There will be an informal cookout for all former Bruin distance runners following the presentation of awards.

PRE-REGISTRATION IS DUE BY JULY 7. COST IS \$10.00 FOR FORT WAYNE TRACK CLUB MEMBERS, \$12.00 FOR NON TRACK CLUB MEMBERS AND JUST \$5.00 FOR ALL HIGH SCHOOL AND YOUNGER AND ALL NORTHROP ALUMNI.

RACE DAY REGISTRATION WILL REMAIN THE SAME FOR HIGH SCHOOL AND YOUNGER AND NORTHROP ALUMNI, BUT ALL OTHER RACE DAY REGISTRATION WILL BE \$15.00.

(Make checks payable to Barrie Peterson, and mail to 1637 Traders Crossing, Fort Wayne, IN 46845)

**Contact Barrie Peterson at peterson63@verizon.net or 260/637-5717*

T-SHIRTS TO THE FIRST 150 REGISTERED RUNNERS.

**BRUIN ALUMNI/OPEN
REGISTRATION FORM**

Name _____ Address _____ City _____

State _____ ZIP _____ Telephone _____ Email _____

Age _____ Date of Birth _____ Sex _____ Event (Circle One) 5K Mile Fun Run

Waiver: I know that a road race is a potentially hazardous activity. I attest and verify that I am physically fit and have sufficiently trained for this event. I agree to abide by any decisions of a race official relative to my safety in completing the event. I assume all risk associated with running/walking/standing in this event including but not limited to falls, contact with another participant or spectators, and the effects of the weather, course conditions, etc. Having read this waiver and knowing these facts, I here under assign my signature:

Participant's signature _____ Parent/Guardian if under 18 _____

Thank You From the Nutri-Run

As runners we sometimes forget about the number of volunteers required to make a race successful. We had over 30 volunteers help with the Nutri-Run this year. We would like to thank the following people for their assistance. Without them there would not be a Nutri-Run.

Aid Stations – Regina Blanchette, Kalissa Blanchette, Cheryl Stromski, Bart Kimmel, Dillion Kimmel, Logan Kimmel, Coach Engler, Coach Hetrick, and the North Side cross country team

Awards and Refreshments – Abigail Atz, Sherri Leykauf, Val Stein, and Dawn Wilson

Behind the Scene – Sam and Karen Gillie for picking up the bread; Sam Gillie for taking time out on two days to help measure the course; Don Lindley for all he does- the list is too long to mention them all;

Course Management – Bev Fromm, Jack Hilker, Toby Hullinger, Sarah Kleinknight, and Judy Tillapaugh

Course Set-up – Sam Gillie, Jim McKinnon, and Jerry Diehl

Data Entry/Results– Aaron Landis, Tom Landis, and Randy Metzger

Facility – Tammy Behrens

Finish Line and Timing – Dave Boylan, Stephen Hilker, Bernie Huesing, J.P. Jones, Joe Narjarkas, Ian Rolland

Packets – Sarah Kleinknight

Registration – Abigail Atz, Ray Casiano, Sherri Leykauf, and Anna Mize

We want to especially thank Sarah Kleinknight for the support and assistance she has given us for the last three years. She is the greatest.

We had a record number of entries this year - 349 runners/walkers. We are very thankful for all of the people who helped to make the Nutri-Run a success this year. Many of the people mentioned above came early and stayed late until the last box was loaded in the car. We really cannot put on a successful race without them.

If you have never volunteered to help at a race I would encourage you to get involved. It is a very rewarding experience. I have never met a race director who turns away a volunteer.

Sincerely,

Jeff and Bev Metzger

Nutri-Run Records

YEAR	MALE	TIME	CATEGORY	TIME	FEMALE	YEAR
1983	Greg Orman	1:04:44	OVERALL	1:15:14	Peggy Fortune	1982
1981	Tim Mills	1:16:16	14 & UNDER			
1984	Randy Houser	1:09:04	15-19	1:21:32	Alissa McKaig	2003
1984	Fred Moreno	1:09:04	15-19			
1983	Greg Orman	1:04:44	20-24	1:24:14	Marnie Gautsch	1987
1990	Brad Cooper	1:06:49	25-29	1:17:24	Kalene Herrel	1994
1993	Brad Cooper	1:05:33	30-34	1:15:14	Peggy Fortune	1999
1997	Chuck Schlemmer	1:10:46	35-39	1:16:45	Betty Hite	1982
1997	Jim Histan	1:13:53	40-44	1:25:08	Ann Jamison	1985
1982	Dwayne Martin	1:13:19	45-49	1:33:57	Judy White	2006
1993	Greg Osmun	1:18:37	50-54	1:45:21	Joan Gary	1991
1982	Myron Meyer	1:18:58	55-59	1:45:00	Joan Gary	1993
1986	Giles Tomlinson	1:30:08	60-64	2:05:09	Joan Gary	2000
2002	Joe Ziegler	1:37:49	65-69	2:07:58	Joan Gary	2002
2006	Joe Ziegler	1:45:49	70 & OVER			

McNaughton Park Trail Runs

30,50, & 100 Mile Runs, April 15-16, 2006, Pekin, IL

By Don Lindley

Over 200 runners were registered, and on a very hot day, 90 finished 30 miles, 50 finished 50 miles and 31 finished 100 miles. I went with Tom Landis to run but due to medical reasons I could not run, but I did run/walk one of the 10 mile loops in 3 hrs and 10 minutes. The loops consist of single track dirt trails, open fields, and plenty of hills. One hill required a rope to climb. The course had three creek crossings but volunteers spent over 400 hrs and built a nice bridge over one creek. One of the other reasons, you must go and run this race next year is to see the tree named after **Gary Bird**. In 2004, Gary was hurt very badly when this tree fell on him.

Tom and I started together and we carried our cell phones, I told him that I would call him from Heaven when I got there. Heaven's Gate was the last aid station three miles from the start/finish. I made it to Heaven in 2 hrs 45 minutes and Tom was at the start/finish ready to start his 2nd loop. A lot of my friends were running this race,

Rob Apple (44) 100 Miles, 31:21:08 and David Hughes (60) 100 Miles, 33:59:47. Rob's 1st ultramarathon was the FtWayne Ultramarathon 1982, 50 Miles, 9:01:16. Rob (OH) is pursuing the world record in ultramarathons and David is probably the Hoosier that has run more 100 milers than anyone else. I inspired him while he was running his first marathon from Kokomo to Marion in the late 80's. Harry Auseran(56), 30 Miles, 8:45:20 from Bowling Green, OH was another runner that ran a lot Fort Wayne Track races 20 years ago. He finished in 79th overall far behind **Tom Landis (50), 30 Miles, 6:49:46**, 42nd overall. If you want to check the results go to their website: <http://www.mcnaughtonparktrailsrun.com>

Come with me and see these guys in action at the Mohican 100, June 17-18, Loudonville, OH. The FWTC sponsors an aid station at Rockpoint, 10, 45, 90 miles on the course for two days and one night, one of the highest elevations. We need more volunteers. It's a lot of fun also, I'll take everyone on a tour on the Blue Loop, it's a 4 mile loop the requires a little climbing at two water falls. Chad Ware, David Heitkamp, and Mike Pfefferkorn are this year's entries.

Thank You From the Mastodon Stomp

On behalf of the IPFW's NCAA Division I Men's and Women's Cross Country and Track Programs, thank you for supporting IPFW's 11th Annual Mastodon Stomp, dedicated to Tony Laux, which was held April 1, 2006. Fort Wayne Cardiology, Kesslers Team Sports, Three Rivers Running Company, Fred Toenges, Coke, and Runner's World were the other key supporters who helped us create a fine fitness time for people of all ages and abilities.

We had a wonderful day. Close to 400 runners, walkers, volunteers, and spectators were present to enjoy all the activities. A 5 km run/walk, 1 mile kids stomp, and 100 meter kids dash were offered. This was the eighth year that we had the kids events.

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

Volunteers:

Paul Knott	Mike Fruchey	Bev Saalfrank	Joe Nayarkas
Don Lindley	Don Anderson	Ron Clark	Kelly Sinn
Jerry Diehl	Tom Felger	Tim Heffron	Rich Stephenson
Mike Thurston	Bev Metzger	Rich Teixeira	Matt Bloom
Bob Berger	Jeff Metzger	Jenny Steigmeyer	Katie Casey
Kate Black	Jim Pickett	Mark Pope	Martha May
Jessica Thomas	James McKinnon	Linda Bird	Jenny Kieffer
Jared Minnick	Heather Etzler	Linda Keunke	Mike Slaubaugh
IPFW's Cross Country and Track Teams	Ham Radio Club	IPFW Police and Safety	

We truly appreciate your event support.

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

April 4, 2006

Fort Wayne Track Club
PO Box 11703
Fort Wayne, IN 46860

Dear Fort Wayne Track Club,



On behalf of the Central Branch YMCA, I thank you for your pledge to the 2006 Partner With Youth Campaign. Please find your receipt enclosed. Your commitment to the Central Branch YMCA will allow us to continue providing scholarships and services for more than 2,000 children in our community. It also ensures that we continue to develop character and help children and families access all of the programs and services the YMCA has to offer. Because of your kindness, programs such as childcare, gymnastics, swimming instruction and youth basketball will be available to those whose families cannot afford them. The Central Branch YMCA awarded well over \$100,000 worth of scholarships last year and we expect to award even more this year. Over 500 kids have a YMCA membership thanks to the generosity of our donors.

The YMCA was founded on the biblical principle found in *John 17:21* which reads, "That all of them may be one, Father, just as you are in me and I am in you". It is that vision that calls us to reach out and provide programs for all in the communities we serve. Thank you for partnering with us to carry out this vision. The YMCA appreciates your continued devotion and support as we celebrate our youth.

Sincerely,

Casey Wilson
Executive Director
Central Branch YMCA

Make It A Salad Day!

There are many reasons to eat a salad. Eating a salad or other colorful vegetables each day is one of the most important steps towards nutritious eating. Many studies are proving that salads help promote a healthy weight. Have a salad a day!!

Ingredients:

6 cups colorful salad greens
3/4 cup cucumber, sliced
10-15 fresh cherry tomatoes, halved
2/3 - 1 cup sliced carrots
1 teaspoon olive oil
3 tablespoons cider vinegar
black pepper to taste
fresh basil or another herb, if desired

Method:

Place all salad vegetables in a large bowl and chill until ready to serve, up to 24 hours. When ready to serve, toss salad together with oil, vinegar, pepper, and herb (if desired).
Note: Add other colorful vegetables if desired. For protein add 2-3 ounces of cooked diced chicken, turkey, tuna, or shrimp per person. Red wine vinegar, balsamic vinegar, white vinegar, or raspberry vinegar can be used in place of the cider vinegar.

Serves 4

Source: Communicating Food For Health,
www.foodandhealth.com

Meet The Members

Name:
Heather Fromm
Occupation:
Inventory Supervisor
Birthdate:
December 1
Family:
My boyfriend of 2 years Zac
Pets:
Great Dane Cicero and Pug Hercules
Hobbies or Interests:
Walking my wonderful dogs with Zac
Favorite family activities:
Motorcycle rides, playing with my dogs
Running shoe brand:
Brooks or Saucony
Years running/walking:
Just started
Favorite distance to run/walk:
5 miles
Favorite after racing/training food:
Bananas and oranges
Favorite place to train:
Any place outdoors
Favorite race:
Indy Mini
Why do you run/walk:
I feel like a new person each time I train or race.
Favorite item of clothing:
My hair scrunchie
Favorite movie or TV Program, or book :
The King of Queens
Favorite music:
Techno or dance
Collections:
Pictures of my family and dogs
Favorite vacation destinations:
Any place is great just as long as I'm with Zac.
Most prized possession:
My dogs!
Has there been an inspiration to your running/walking? If so, explain:
Running has healed my soul, I'd hit a low point in my life and running saved me.
Do you have a dream? If so, explain:
I dream to make others happy!

Name:
Carla J. Brames
Occupation:
Accountant
Birthdate:
January 27
Family:
2 brothers, 2 sisters, 7 nieces and nephews
Pets:
1 dog, 4 cats
Hobbies or Interests:
Walking, gardening, kayaking, reading, travel.
Favorite family activities:
Volsmarching with my nieces and nephews, travel with my Dad
Running shoe brand:
Asics
Years running/walking:
7 years
Favorite distance to run/walk:
10K – 10 miles training, 13.1 to race, 26.2 for the accomplishment of doing it
Favorite after racing/training food:
Peanut Butter Cliff Bars
Favorite place to train:
Fort Wayne Rivergreenway
Favorite race:
Indy Mini
Why do you run/walk:
Health, stress reduction, to enjoy the beauty in our world
Favorite item of clothing:
Air Force Marathon participant T-shirt
Favorite movie or TV Program, or book :
Pride and Prejudice
Favorite music:
Classical, Mozart, Christmas music
Collections:
Lighthouses, clocks, books
Favorite vacation destinations:
Anywhere near the mountains or ocean. Yosemite.
Most prized possession:
Photo albums, Marathon finisher medals
Has there been an inspiration to your running/walking? If so, explain:
I watched my Mother's quality of life deteriorate with her health problems. I said, "this will not be me." I intend to go out fighting. Walking is a big part of this.
Do you have a dream? If so, explain:
To build many, many good memories. To see and do so many wonderful and interesting things. To be to remember these things when I am old and maybe can't do them anymore and know that I've lived a good life.

PR Training – Success at the Indianapolis Mini

Sixty-one finishers from PR Training completed the mini-marathon successfully on May 6th, 2006. One participant competed in the Nashville half marathon the week before and another participated in Valparaiso. Of the runners/walkers who had participated in the Indy Mini in the past, 90% achieved their PR or Personal Record!!! Congratulations to all participants!

Runners and Walkers started training in February and trained for 14 weeks with coach Tammy Behrens. Two classes were offered; one at the Jorgenson's YMCA and the other at Spiece Fitness Center. Thank you to both locations for offering their facilities to PR Training. The training program consisted of coaching advice on training schedules, nutrition, injury prevention, and mental preparation. Thank you to our guest speakers. Josh Brunson from Three Rivers Running Company spoke to both groups in selecting the appropriate shoe for training. Jamey Gordon from Fort Wayne Physical Therapy spoke on stretching, strength training and injury prevention. Jo Ann Bird and Brad Middleton of Dick's Sporting Goods spoke on apparel and shoes, and Judy Tillapaugh and Jenny Laird came to speak on nutrition. Lastly, Shawn Found, a former elite distance runner who is a student at Concordia Seminary did a wonderful job speaking to the group on motivation.

Thank you to Fort Wayne Track Club for helping to sponsor the tent we provided in the rest and recovery area after the race. If you are interested in signing up for the 2007 Indy Mini, sign-ups are already taking place at www.500festival.com. The race was filled by the beginning of December 2005 for this year's race.

PR Training is holding speed workouts on Tuesday evening this summer beginning June 20th. Tammy Behrens is also helping to train a group for the Chicago (or any fall) Marathon. The marathon training will begin June 17th. Sign-ups for the Indy Mini training groups for 2007 will begin in the fall. Contact Tammy Behrens at prtraining@comcast.net for more information.

Comments from this year's participants:

"I want to say thanks for the encouragement you gave all of us to get through the race. I've been thinking the last few weeks about why I liked the class and I just couldn't pinpoint it until this morning when I saw an average Joe running with an Indy Mini t-shirt on. I realized that most of us came to your class with little or no race experience and with all levels of abilities but you welcomed everyone and encouraged everyone as we ran. Those who didn't run on Thursday nights or on Saturday mornings missed this but I believe it's a big reason I met my goal. The Saturday morning runs have been great, not just for the training but because of the great group of people who meet there." -Jeff Rude

"I just wanted to tell you this because your encouragement and advice about how things could go wrong and that you just had to have faith in your training and you'd finish the race. Your coaching really helped me...even more this year than last ...!! Thanks!" -Jean Kincaid

**Congratulations to local runners
Casey Shafer (11th place) and Eric Ade (17th place)
for a great performance in the 2006 Indy Mini!**



Jennifer Mayhall runs a 1:48:45 to finish the 2006 Indy Mini!



Brad Stoffer, Todd Werling (of PR Training), and William Landgraf pose for a picture after the race.

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Overall Female Open Winners

Place	Name	City	Overall	Time	Pace
1	Darlene Barton	Avilla IN	40	20:27.4	6:36/M

Female 14 and under

Place	Name	City	Overall	Time	Pace
1	Ciersten Deardorf	Fort Wayne IN	59	21:47.6	7:02/M
2	Gabi Housman		93	23:17.4	7:31/M
3	Allison Prindle	Fort Wayne IN	101	23:30.8	7:35/M
4	Alexis Godeke	Antwerp OH	126	24:21.6	7:51/M
5	Sara King		150	25:36.3	8:15/M
6	Cendra Deardorf	Fort Wayne IN	169	26:41.5	8:36/M
7	Briann Smith	Fort Wayne IN	188	27:39.5	8:55/M
8	Tizeta Darge	Huntertown IN	190	27:43.0	8:56/M
9	Grace Burris	Auburn IN	195	27:51.9	8:59/M
10	Lesh Deardorf	Fort Wayne IN	216	29:36.6	9:33/M
11	Kearstin Whitcomb	Hoagland IN	223	30:12.5	9:45/M
12	Cecelia Snow	Fort Wayne IN	226	30:28.2	9:50/M
13	Desira Wysong	Huntertown IN	250	32:38.3	10:32/M
14	Sarah Inde		271	36:33.6	11:47/M
15	Emily Snook	Fort Wayne IN	313	52:51.7	17:03/M

Female 15 to 19

Place	Name	City	Overall	Time	Pace
1	Liz Hubertz	Fort Wayne IN	74	22:22.8	7:13/M
2	Katie Lindeman		125	24:20.4	7:51/M
3	Leticia Deardorf	Fort Wayne IN	136	24:55.7	8:02/M
4	Candace Murray	Hoagland IN	181	27:12.1	8:46/M
5	Marie Berghoff	Warren IN	192	27:45.6	8:57/M
6	Kathryn Williams		237	31:11.7	10:04/M
7	Alysha Neumann	Fort Wayne IN	243	31:52.7	10:17/M
8	Kalissa Blanchette	Fort Wayne IN	258	33:43.1	10:53/M
9	Nicole McDougall		265	34:40.1	11:11/M
10	Chelsea Bradburn	Huntertown IN	280	38:48.2	12:31/M
11	Julia Drudy	Fort Wayne IN	284	39:39.9	12:47/M
12	Jessica Harper	Fort Wayne IN	291	40:51.8	13:11/M
13	Rachel Snook	Fort Wayne IN	314	52:53.6	17:04/M

Female 20 to 24

Place	Name	City	Overall	Time	Pace
1	Kara Krogel	Warsaw IN	130	24:40.2	7:57/M
2	Angela Palevich	Fort Wayne IN	139	25:11.2	8:07/M
3	Katie Eisev	Fort Wayne IN	166	26:22.1	8:30/M
4	Heather Etzler	Fort Wayne IN	182	27:12.7	8:46/M
5	Jennifer Catellier	Warren IN	202	28:21.0	9:09/M
6	Johanna Rooijakkers		264	34:39.9	11:11/M
7	Esther Hathaway		304	48:12.0	15:33/M
8	Ashlee McClure		305	48:13.4	15:33/M
9	Kelli Locker	Englewood OH	316	56:38.8	18:16/M

Female 25 to 29

Place	Name	City	Overall	Time	Pace
1	Carmen Parker	Fort Wayne IN	84	22:48.5	7:21/M
2	Kelly Thiel	Hicksville OH	116	24:12.0	7:48/M
3	Lis Ring	Fort Wayne IN	119	24:16.6	7:50/M
4	Courtney Wennemar	Fort Wayne IN	133	24:48.8	8:00/M
5	Shannon Meyers	Fort Wayne IN	160	26:04.3	8:25/M
6	Bethany Beebe		179	27:07.6	8:45/M
7	Jenny Robinson	Fort Wayne IN	198	28:04.1	9:03/M
8	Sarah Telley	Fort Wayne IN	203	28:21.2	9:09/M
9	Chris Messer	Orland IN	232	30:58.6	9:59/M
10	Megan Kelly	Fort Wayne IN	247	32:17.2	10:25/M
11	Emily Hendrickson	Fort Wayne IN	262	34:19.4	11:04/M
12	Anna Jones	Fort Wayne IN	272	36:55.8	11:55/M
13	Casey Whitcomb	Hoagland IN	297	43:28.2	14:01/M

Female 30 to 34

Place	Name	City	Overall	Time	Pace
1	Darlene Barton	Avilla IN	40	20:27.4	6:36/M
2	Martha May	Fort Wayne IN	117	24:12.7	7:48/M
3	Lori Kuchmay	Fort Wayne IN	144	25:24.0	8:12/M
4	Heidi Kissener	Leo IN	147	25:27.7	8:13/M
5	Katrina Loucks	Fort Wayne IN	151	25:37.9	8:16/M
6	Stacy Grasseff	Fort Wayne IN	164	26:18.3	8:29/M
7	Angela Karacson	Hicksville OH	177	27:02.0	8:43/M
8	Marie York	Fort Wayne IN	186	27:29.3	8:52/M
9	Karmen Adams		201	28:18.0	9:08/M
10	Leslie Chalfant	Fort Wayne IN	222	30:11.3	9:44/M
11	Michele McGee	Fort Wayne IN	229	30:32.6	9:51/M
12	Jennifer Prindle		242	31:36.3	10:12/M
13	Jennifer Kerr	Fort Wayne IN	246	32:00.9	10:19/M
14	Elizabeth Brown		248	32:23.7	10:27/M

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15	Lisa House	Ossian IN	251	32:43.1	10:33/M
16	Heather Fromm	Fort Wayne IN	281	38:50.4	12:32/M
17	Vilma Deckena		282	38:50.6	12:32/M
18	Lee Anna Rondot	New Haven IN	283	39:10.7	12:38/M
19	Sarah Hayes	Fort Wayne IN	295	42:18.8	13:39/M

Female 35 to 39

Place	Name	City	Overall	Time	Pace
1	Cheryl Pulver	Fort Wayne IN	91	23:14.9	7:30/M
2	Julia Just	Bluffton IN	98	23:27.0	7:34/M
3	Angie Lockwood	Bluffton IN	120	24:17.7	7:50/M
4	Tracy Brooks	Fort Wayne IN	143	25:23.7	8:11/M
5	Cheri Steigmeyer	Fort Wayne IN	165	26:19.3	8:29/M
6	Lynnette Underwood	Huntington IN	173	26:50.1	8:39/M
7	Carla Ferretti-Hoover	Roanoke IN	175	26:56.9	8:41/M
8	Kim Mudd	Niles MI	200	28:14.3	9:06/M
9	Nancy Burris	Auburn IN	219	29:50.4	9:37/M
10	Marcy Starkey	Fort Wayne IN	225	30:20.6	9:47/M
11	Teresa Reber	New Haven IN	261	34:18.8	11:04/M
12	Rebecca James	Fort Wayne IN	270	36:20.3	11:43/M
13	Angela Rhoads	New Haven IN	285	39:40.6	12:48/M
14	Buffy Thomas	Fort Wayne IN	286	39:50.1	12:51/M
15	Lisa Heinkel		301	46:26.3	14:59/M

Female 40 to 44

Place	Name	City	Overall	Time	Pace
1	Jennifer Mayhall	Fort Wayne IN	87	23:00.4	7:25/M
2	Denise Conrad	Decatur IN	88	23:03.3	7:26/M
3	Carol Harper	Fort Wayne IN	94	23:18.1	7:31/M
4	Connie Gordon	Churubusco IN	199	28:09.6	9:05/M
5	Pam Golden		208	28:54.6	9:19/M
6	Lane Sawyer	Fort Wayne IN	230	30:35.8	9:52/M
7	Debra Meuter	Fort Wayne IN	268	34:57.3	11:16/M
8	Beverly Metzger	Fort Wayne IN	290	40:39.0	13:07/M
9	Sue Wuest	Fort Wayne IN	299	43:50.1	14:08/M
10	Christine Yoakum		309	50:47.4	16:23/M
11	Cynthia Owens	Fort Wayne IN	310	50:59.1	16:27/M
12	Anne Snook	Fort Wayne IN	312	52:50.0	17:03/M

Female 45 to 49

Place	Name	City	Overall	Time	Pace
1	Sheryle Braaten	Hoagland IN	105	23:37.8	7:37/M
2	Joy Brown	Bluffton IN	221	30:09.5	9:44/M
3	Mary Snow	Fort Wayne IN	227	30:29.7	9:50/M
4	Kim Longstreth		233	30:58.9	9:59/M
5	Lauren Wengler	Fort Wayne IN	234	31:03.4	10:01/M
6	Sue Kella		267	34:47.8	11:13/M
7	Betty Greider	Fort Wayne IN	278	38:18.2	12:21/M
8	Beverly Taylor	Fort Wayne IN	288	39:55.9	12:53/M
9	Denise Ehle		300	46:24.2	14:58/M
10	Maureen Hamilton		308	50:46.2	16:23/M

Female 50 to 54

Place	Name	City	Overall	Time	Pace
1	Terri Gross	Fort Wayne IN	138	25:05.2	8:05/M
2	Susan Berghoff	Warren IN	193	27:47.2	8:58/M
3	Cheryl Stromski	Antwerp OH	231	30:38.3	9:53/M
4	Nancy Simmonds	Fort Wayne IN	240	31:23.7	10:07/M
5	Monica Gonda	Fort Wayne IN	254	32:48.3	10:35/M
6	Helen Ryan	Fort Wayne IN	256	32:56.3	10:37/M
7	Regina Blanchette	Fort Wayne IN	275	37:11.6	12:00/M
8	Mary Martin		279	38:38.1	12:28/M
9	Diane Nestleroad	Fort Wayne IN	289	40:20.7	13:01/M
10	Rosie Hemly	Fort Wayne IN	292	40:59.4	13:13/M
11	Donna Beebe		294	41:49.1	13:29/M
12	Sherry Variell	Convoy OH	303	47:43.8	15:24/M
13	Kate Black		306	48:28.3	15:38/M
14	Stacey Salisbury	Fort Wayne IN	317	57:12.2	18:27/M

Female 55 to 59

Place	Name	City	Overall	Time	Pace
1	Marilyn Clouser		266	34:40.8	11:11/M
2	Martha Hernandez	Fort Wayne IN	302	46:56.7	15:08/M

Female 60 to 64

Place	Name	City	Overall	Time	Pace
1	Irene Spindler	Kendallville IN	235	31:04.3	10:01/M
2	Delores Johns	Bluffton IN	249	32:36.3	10:31/M
3	Peggy Seigel	Fort Wayne IN	259	33:54.8	10:56/M

Female 65 to 69

Place	Name	City	Overall	Time	Pace
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1 Joan Gary Fremont IN 218 29:42.2 9:35/M

Overall Male Open Winners

Place Name City Overall Time Pace
1 Michael Cole Corunna IN 1 15:46.1 5:05/M

Male 14 & Under

Place	Name	City	Overall	Time	Pace
1	Donny Heath	Roanoke IN	24	19:03.7	6:09/M
2	Brad Hess	Fort Wayne IN	29	19:31.7	6:18/M
3	James Gorman	Decatur IN	51	21:19.9	6:53/M
4	Dulan Geiger		56	21:35.8	6:58/M
5	Shawn Kelley	Churubusco IN	89	23:09.8	7:28/M
6	ElHot Conrad	Decatur IN	100	23:30.0	7:35/M
7	Stephen Wuest		118	24:14.3	7:49/M
8	Landon Lockwood	Bluffton IN	121	24:18.1	7:50/M
9	Jonathan Harper	Fort Wayne IN	123	24:19.2	7:51/M
10	Joel Beier		148	25:30.3	8:14/M
11	Kevin Wuest	Fort Wayne IN	196	27:55.9	9:00/M
12	Frederick Schreiber	Fort Wayne IN	239	31:21.0	10:07/M
13	Jon Tiehac		260	34:08.8	11:01/M
14	Jacob Baeumler		276	37:40.7	12:09/M
15	Jonathon Weimer	Cromwell IN	293	41:23.2	13:21/M
16	David Wuest		298	43:47.0	14:07/M

Male 15 to 19

Place	Name	City	Overall	Time	Pace
1	Bobby Moldovan	Fort Wayne IN	4	16:29.0	5:19/M
2	Sam N Bird	Columbia City IN	5	16:38.2	5:22/M
3	Harrison Faussey	Columbia City IN	12	17:28.1	5:38/M
4	Colin Vance	Fort Wayne IN	13	17:28.6	5:38/M
5	Eric Beeher	Fort Wayne IN	14	17:38.5	5:41/M
6	Andrew Piropato	Fort Wayne IN	17	18:08.0	5:51/M
7	Brandon Smith	Fort Wayne IN	19	18:14.6	5:53/M
8	Dillon Painter	New Haven IN	20	18:16.0	5:54/M
9	Daniel Etzcoorn	Fort Wayne IN	21	18:19.0	5:55/M
10	Gregory Dunn	Fort Wayne IN	22	18:49.1	6:04/M
11	Curtis Langlois	New Haven IN	30	19:38.8	6:20/M
12	Alex Clore	Fort Wayne IN	37	20:16.1	6:32/M
13	Brett Skibinski	Fort Wayne IN	38	20:21.9	6:34/M
14	Jason Brickel	Fort Wayne IN	39	20:26.2	6:35/M
15	Nathan Salmons	Fort Wayne IN	44	20:53.2	6:44/M
16	Brian Newsome	Fort Wayne IN	46	20:58.0	6:46/M
17	Brett Rahrer		50	21:12.3	6:50/M
18	Joel Targgart	Columbia City IN	52	21:23.7	6:54/M
19	Chris Groleau	Fort Wayne IN	53	21:25.8	6:55/M
20	Jacob Eggleston	New Haven IN	58	21:44.3	7:01/M
21	Brad Becher	Fort Wayne IN	77	22:31.2	7:16/M
22	Alexandru Boje		97	23:25.0	7:33/M
23	Mark Vosmeier		104	23:34.4	7:36/M
24	Kreg Locker		127	24:22.5	7:52/M
25	Jowan Lagarza		161	26:04.7	8:25/M
26	Jacob Litchfield	Fort Wayne IN	171	26:46.5	8:38/M

Male 20 to 24

Place	Name	City	Overall	Time	Pace
1	Mitch Novy	Garrett IN	6	16:48.9	5:25/M
2	Bill Lumburg	Fort Wayne IN	7	17:01.3	5:29/M
3	Eric Foreman	Fort Wayne IN	10	17:21.2	5:36/M
4	Nichael Estleman		26	19:08.7	6:10/M
5	Grant Stieglitz	Harlan IN	31	19:43.0	6:22/M
6	Nathan East	Haviland OH	32	19:47.7	6:23/M
7	Kevin Locker	Englewood OH	47	20:58.7	6:46/M
8	Andrew Gregory	Fort Wayne IN	55	21:33.7	6:57/M
9	Wade Owen		132	24:43.9	7:58/M
10	Rusty Brown	Decatur IN	153	25:47.8	8:19/M
11	Vester Damron	Larwill IN	180	27:09.9	8:45/M
12	Jonathon Jitton		257	33:02.2	10:39/M
13	Gered Trimble	Huntington IN	263	34:24.9	11:06/M
DNF	Stuart Williams	Indianapolis IN			

Male 25 to 29

Place	Name	City	Overall	Time	Pace
1	Eric Ade	Fort Wayne IN	2	15:49.5	5:06/M
2	Casey Shafer	Bluffton IN	3	16:14.9	5:14/M
3	Jeff Nidlinger	Fort Wayne IN	8	17:06.4	5:31/M
4	Matt Parker	Fort Wayne IN	15	17:42.3	5:43/M
5	Adam Barton	Avilla IN	34	20:05.9	6:29/M
6	Matt Rodgers	Fort Wayne IN	36	20:16.0	6:32/M
7	Kyle Elsworth		63	21:54.3	7:04/M
8	Nathan Arata	Fort Wayne IN	64	21:56.5	7:05/M
9	Jarrod Brubaker	Fort Wayne IN	86	22:59.3	7:25/M
10	Evan Hyndman	Fort Wayne IN	109	23:50.9	7:41/M
11	Kirk Locker	Farmington Hills	158	25:58.4	8:23/M

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12 Matt Maupin 159 26:04.0 8:25/M
13 Wayne Wells Butler IN 170 26:44.0 8:37/M
14 Michael Mabee Fort Wayne IN 178 27:02.3 8:43/M
15 Josa Bowers 185 27:28.9 8:52/M
16 Aj Martin 212 29:10.1 9:25/M
17 Luke Meyers Fort Wayne IN 220 30:04.2 9:42/M

Male 30 to 34

Place	Name	City	Overall	Time	Pace
1	Michael Cole	Corunna IN	1	15:46.1	5:05/M
2	Brad A Thomas	Fort Wayne IN	16	18:04.0	5:50/M
3	Damean Rinehold	Fort Wayne IN	48	20:59.4	6:46/M
4	Paul McGuire	Fort Wayne IN	61	21:51.3	7:03/M
5	Jason Matteson	Columbia City IN	68	22:11.8	7:09/M
6	Marc Rich	Fi Wayne IN	73	22:22.3	7:13/M
7	Jeremy M Ogle	Fort Wayne IN	78	22:31.4	7:16/M
8	Adam Burse		81	22:44.0	7:20/M
9	Jeremy Schmidt	Fort Wayne IN	90	23:13.4	7:29/M
10	Jason House	Ossian IN	107	23:40.7	7:38/M
11	Brad McGuire	Fort Wayne IN	113	24:06.2	7:46/M
12	Aaron York	Fort Wayne IN	122	24:18.5	7:50/M
13	Jon Mitchell	Fort Wayne IN	145	25:26.0	8:12/M
14	Oliver Reelsen	Churubusco IN	194	27:51.3	8:59/M
15	Mathew Bowers	Fort Wayne IN	207	28:45.5	9:16/M
16	Mark Bergdall	Fort Wayne IN	228	30:32.0	9:51/M
17	Alexander Ramon	Auburn IN	255	32:54.5	10:37/M

Male 35 to 39

Place	Name	City	Overall	Time	Pace
1	Joe Dee	Berne IN	25	19:06.0	6:10/M
2	Joe Savina	Fort Wayne IN	33	20:00.9	6:27/M
3	Jeff Shoemaker	Fort Wayne IN	41	20:39.7	6:40/M
4	Mike Elise	Fort Wayne IN	45	20:53.4	6:44/M
5	Mike Engler		65	22:00.7	7:06/M
6	Chris Gustafson	Fort Wayne IN	72	22:21.5	7:13/M
7	Rob Burns	Leo IN	102	23:33.1	7:36/M
8	Chad Wylie	Fi Wayne IN	115	24:09.3	7:47/M
9	Gregg Gausline	Fort Wayne IN	129	24:30.2	7:54/M
10	Kent Ennis	Fi Wayne IN	141	25:15.2	8:09/M
11	Brian Loucks	Fort Wayne IN	152	25:38.4	8:16/M
12	Randy Patterson		154	25:50.7	8:20/M
13	Bill Kayal	Woodburn IN	167	26:31.0	8:33/M
14	Brett Burris		197	27:57.1	9:01/M
15	Michael Wolfe	Fort Wayne IN	206	28:37.1	9:14/M
16	Andrew Arney	Fort Wayne IN	209	28:56.0	9:20/M
17	David Whitcomb	Hoagland IN	224	30:14.6	9:45/M
18	Eric Broen		236	31:06.5	10:02/M
19	Mark Smith	Corunna IN	244	31:54.6	10:17/M
20	Ken Doehman	Grabill IN	274	37:10.0	11:59/M
21	Anthony Yoakum	Fort Wayne IN	287	39:50.6	12:51/M

Male 40 to 44

Place	Name	City	Overall	Time	Pace
1	Matt Foreman	Fort Wayne IN	23	18:59.9	6:07/M
2	Gary Brooks	Fort Wayne IN	70	22:18.5	7:12/M
3	Scott Harper	Fort Wayne IN	71	22:20.2	7:12/M
4	Jeff Steinberg	Fort Wayne IN	92	23:16.3	7:30/M
5	Jeffery King		112	24:04.3	7:46/M
6	Dan Roy	Leo IN	114	24:07.0	7:47/M
7	Tracy Cross	Fort Wayne IN	128	24:24.2	7:52/M
8	Scott Lindeman		137	25:02.3	8:05/M
9	Dan McGuire	Fort Wayne IN	156	25:51.9	8:20/M
10	Darryl Cargo	Fort Wayne IN	157	25:52.5	8:21/M
11	Philip Kelley	Churubusco IN	163	26:17.3	8:29/M
12	Dave Mitchell	Saint Joe IN	176	26:57.8	8:42/M
13	Gary Gordon	Churubusco IN	205	28:33.2	9:13/M
14	Joe Beier		210	28:57.0	9:20/M
15	Rolla Harris	Churubusco IN	214	29:20.0	9:28/M
16	Roger Baeumler		241	31:36.1	10:12/M
17	Kevin Doehman	Auburn IN	273	37:08.4	11:59/M

Male 45 to 49

Place	Name	City	Overall	Time	Pace
1	Jerry Williams, Jr	Fort Wayne IN	11	17:27.1	5:38/M
2	Mike Staubaug	Fort Wayne IN	18	18:14.1	5:53/M
3	Glenn Groudey		35	20:07.4	6:29/M
4	Chris Croy	Columbia City IN	49	21:00.2	6:46/M
5	Chuck Putterbaugh	Roanoke IN	54	21:30.6	6:56/M
6	Mark Waldron	Wawaka IN	62	21:54.0	7:04/M
7	Pat Bechel	Fort Wayne IN	66	22:04.7	7:07/M
8	Michael Overdahl	Fort Wayne IN	69	22:16.1	7:11/M
9	David M Huffman	Fort Wayne IN	95	23:20.1	7:32/M
10	David Roehling	Harlan IN	99	23:28.1	7:34/M
11	Chuck Zumbun	Churubusco IN	111	23:56.5	7:43/M
12	Michael Varnell	Convoy OH	146	25:27.3	8:13/M
13	Andy Williams	Bristol IN	155	25:50.9	8:20/M

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14	Kent Hart	Decatur IN	162	26:11.9	8:27/M
15	Kevin Brennan	Fort Wayne IN	184	27:21.9	8:49/M
16	Randy Hood	Fort Wayne IN	191	27:44.2	8:57/M
17	Charles Schreiber	Fort Wayne IN	238	31:20.8	10:06/M
18	Terry Owens	Fort Wayne IN	311	51:01.0	16:27/M
19	David Gensheimer	Fort Wayne IN	315	53:30.1	17:15/M

Male 50 to 54

Place	Name	City	Overall	Time	Pace
1	Mark Furkis	Ligonier IN	9	17:12.9	5:33/M
2	Kim A Lefever	Columbia City IN	27	19:10.8	6:11/M
3	Brad Altevogt	Fort Wayne IN	28	19:19.4	6:14/M
4	John Treleaven	Fort Wayne IN	42	20:42.6	6:41/M
5	Chuck Brown	Bluffton IN	43	20:44.6	6:41/M
6	Jerry Steinhoff	Fort Wayne IN	57	21:41.2	7:00/M
7	Len Piropatto	Fort Wayne IN	75	22:23.4	7:13/M
8	Mike Cox	Spencerville IN	79	22:36.6	7:17/M
9	James McKinnon	Waterloo IN	80	22:41.5	7:19/M
10	Kerry Blanchette	Fort Wayne IN	82	22:46.4	7:21/M
11	Greg Ridenour	Fort Wayne IN	85	22:55.8	7:24/M
12	Tom Landis	Churubusco IN	103	23:33.6	7:36/M
13	Aaron Cox	Huntertown IN	106	23:38.5	7:37/M
14	Dick Powell	Fort Wayne IN	108	23:44.4	7:39/M
15	Mark Spade	Fort Wayne IN	124	24:19.9	7:51/M
16	Paul Offerle	Fort Wayne IN	131	24:41.3	7:58/M
17	Donald Kramer	Van Wert OH	135	24:54.6	8:02/M
18	Mark Pope	Fort Wayne IN	149	25:35.9	8:15/M
19	Robert Snow	Fort Wayne IN	183	27:18.4	8:48/M
20	John Lantz	Avilla IN	204	28:27.5	9:11/M
21	Bruce Cook	Logansport IN	245	31:59.8	10:19/M

Male 55 to 59

Place	Name	City	Overall	Time	Pace
1	Ken Long	Fort Wayne IN	60	21:51.0	7:03/M
2	Steve Salisbury	Fort Wayne IN	140	25:14.4	8:08/M
3	Dave Smith	Fort Wayne IN	168	26:34.3	8:34/M
4	Rick Stephenson		174	26:53.3	8:40/M
5	Jim Clarke	Auburn IN	187	27:29.8	8:52/M
6	Robert Lawson	Fort Wayne IN	189	27:40.0	8:55/M
7	Lynn E Armstrong	Fort Wayne IN	211	28:59.0	9:21/M
8	Larry Piano	Fort Wayne IN	215	29:35.6	9:33/M
9	Alan Geiger	Fort Wayne IN	252	32:44.1	10:34/M
10	Tom Agness		307	48:38.0	15:41/M

Male 60 to 64

Place	Name	City	Overall	Time	Pace
1	Ray Casiano	New Haven IN	67	22:07.9	7:08/M
2	Steve Creighton	Warsaw IN	76	22:26.7	7:14/M
3	Dewain Cobbs	Warsaw IN	83	22:46.9	7:21/M
4	Jack Seigel	Fort Wayne IN	96	23:21.8	7:32/M
5	William A Crane	Warsaw IN	110	23:54.5	7:43/M
6	Bernie Burgette	Fort Wayne IN	142	25:17.6	8:09/M
7	David J Brown	Fort Wayne IN	172	26:48.5	8:39/M
8	Donald Lindley	Fort Wayne IN	269	34:58.6	11:17/M
9	William Kastner	Fort Wayne IN	277	37:43.6	12:10/M

Male 65 to 69

Place	Name	City	Overall	Time	Pace
1	Dick Hamly	Fort Wayne IN	213	29:13.2	9:25/M

Male 70 to 74

Place	Name	City	Overall	Time	Pace
1	Joe Ziegler	New Haven IN	134	24:51.2	8:01/M
2	Robert C Loomis	Monroeville IN	217	29:37.1	9:33/M

Male 75 to 79

Place	Name	City	Overall	Time	Pace
1	Don Anderson	Fort Wayne IN	253	32:45.4	10:34/M

Male 80 and over

Place	Name	City	Overall	Time	Pace
1	Kenneth E Disler	Fort Wayne IN	296	42:55.1	13:51/M

Mastodon Stomp

1 Mile Kids Run

April 1, 2006

Male 6 yrs:

1	Joel Arney	9:36
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Male 7-9 yrs

1	Carson Lockwood	7:43
2	Graham Burris	8:36
3	Joe Stergmeyer	8:37
4	Trenton Boyle	9:03
5	Adam Thomas	9:08
6	Davis Kerr	9:18
7	Travor Kelly	9:42

Male 10-12 yrs

1	Alex Hess - 6:07	
2	Mike Lindeman 6:46	
3	Landon Underwood	6:56
4	Alex Arney	7:48
5	Kyle Fuelling	7:52
6	Spencer Williams	7:56
7	Justin Mitchell	9:10
8	Immanuel Bunch	10:21
9	Jeremy Thomas	10:23

Female 7-9 yrs

1	Melissa Williams	8:01
2	Grace Hess	8:18
3	Mary Lundeman	9:09
4	Anneke Allart	9:10
5	Brigit Nemitz	9:15
6	Abigail Harper	10:46
7	Allison Boyle	10:59
8	Sabrina York	13:32
9	Merista Fuelling	16:01

Female 10-12 yrs

1	Sarah Inde	8:52
2	Lauren Underwood	8:55
3	Allison Prindle	9:08
4	Amanda Prindle	9:08
5	Bryn Whitcomb	9:38

St. Jude Spirit Run 5K

April 22, 2006

1. Joe Ryan	17	17:20
2. ((bandit))	xx	17:22
3. Andrew Coolidge	17	17:35
4. Kevin Hake	17	17:39
5. Javier Mercedes	17	18:15
6. Jon Carter	16	18:24
7. Matt Foreman	44	18:33
8. Travis Myers	15	18:49
9. Lenny Duff	41	19:53
10. Christopher Jozorak	16	20:08
11. Alex Staudinger	17	20:14
12. Andrew Ekrich	12	20:15
13. Mark Pace	42	20:18
14. Dylan Geiger	13	20:31
15. Jed Pearson	55	20:42
16. Anne Duff	41	20:47
17. James Hilger	24	21:02
18. Jason House	33	21:10
19. Steve Newell	38	21:16
20. Kyle Elsworth	26	21:26
21. Ray Casano	63	21:51
22. John Sites	54	22:04
23. Steve Creighton	64	22:09
24. George Gebhart	28	22:22
25. Joe Collis	41	22:25
26. Jim Braun	50	22:32
27. Mark Brattoli	50	23:14
28. John Link	50	23:16
29. Kate Kinley	11	23:23
30. Ben Collis	10	24:01
31. Madeline Goheen	16	24:09
32. Joe Wuest	15	24:10
33. Luke Miller	11	24:12
34. Christian Mack	12	24:23
35. Seth Henline	12	24:29
36. Wayne Wells	29	24:53
37. Chris Lowden	26	25:07
38. Matt Momper	45	25:12
39. Sommer Braun	16	25:18
40. Phil Luftman	58	25:23
41. xx	xx	25:26
42. Tim Rupley	50	25:27
43. Daniel Delaney	31	25:30
44. Dave Yaggy	34	25:39
45. David Vanliere	56	25:42
46. Pat Henline	38	25:46
47. Dana Kinley	43	25:57
48. Kevin Kilbane	49	26:15
49. Caroline Kilbane	13	26:15
50. Lorraine B	45	26:17
51. Father Tom	48	26:26
52. Colleen Pflueger	26	26:36
53. Carson Wuest	15	26:38
54. Susan Delaney	35	26:41
55. Kevin Wuest	9	26:46
56. Matt Friede	32	26:47
57. Jeffrey Makavewich	27	27:55
58. Joseph Maffey	25	28:05
59. Jason Anbogost	34	28:19
60. xx	xx	28:29
61. Audi DiDomenica	13	28:41
62. Lisa House	31	29:05
63. Connie Gordon	43	29:22
64. Joan Gary	69	29:27
65. xx	xx	29:34
66. Shannon Delaney	20	29:52
67. Erin Cox	13	30:13
68. Amy Delaney	29	30:44
69. Mark Smith	38	31:03
70. Chris Link	35	31:04
71. Sue Okleshen	47	31:05
72. Edward Gebhart	68	31:08
73. Jennifer Dillon	34	31:24
74. Larry Wuest	44	31:50
75. Marvin Jarvis	69	32:12
76. Lisa Ellert	46	32:21
77. Jed Schlatter	25	32:50
78. Tom Fuelling	55	32:54
79. Angie Hormann	27	33:31
80. Devon Plant	27	33:31
81. Karen Roester	42	34:45
82. Keith Varketta	41	34:46
83. Mark Litchfield	38	34:50
84. Betty Greider	45	36:58
85. David Wuest	11	39:32
86. Sue Wuest	43	39:43
87. David Geisheimer	41	45:32

2006 FWTC Points Series

Through Mastodon Stomp

Male 19 and under			
Place	Name	City	Points
1	Donny Heath	Roanoke IN	200.0
2	Mark Kapocius	Fort Wayne IN	175.0
3	Shawn Kelley	Churubusco IN	175.0
4	Jacob Litchfield	Fort Wayne IN	175.0
5	Sam N Bird	Columbia City IN	100.0
6	Aaron Landis	Churubusco IN	100.0
7	Andrew Piropato	Fort Wayne IN	85.0
8	Brad Hess	Fort Wayne IN	85.0
9	Nate Ammon	Fort Wayne IN	85.0
10	Tyler Wembhoff	Fort Wayne IN	85.0
11	Josh Ware	Fort Wayne IN	85.0
12	Ryne Wembhoff	Fort Wayne IN	75.0
13	Landon Lockwood	Bluffton IN	65.0
14	Benjamin Skipper	Warsaw IN	65.0
Male 20 to 29			
Place	Name	City	Points
1	Matt Parker	Fort Wayne IN	300.0
2	Grant Stieglitz	Harlan IN	300.0
3	Jared Minnick	Fort Wayne IN	185.0
4	Stuart Williams	Indianapolis IN	160.0
5	Edward Fisk	Fort Wayne IN	85.0
Men 30 to 34			
Place	Name	City	Points
1	Brad A Thomas	Fort Wayne IN	285.0
2	Aaron York	Fort Wayne IN	235.0
3	Jeremy M Ogle	Fort Wayne IN	205.0
4	Kristian Lentz	Huntertown IN	160.0
5	Jeremy Schmidt	Fort Wayne IN	140.0
6	Mike Cole	Conuma IN	100.0
7	Jason House	Ossian IN	100.0
8	Jeff Jones	Fort Wayne IN	75.0
9	Todd Sullivan	Fort Wayne IN	45.0
10	Joseph Dimarzio	Fort Wayne IN	15.0
Men 35 to 39			
Place	Name	City	Points
1	Joe Savina	Fort Wayne IN	220.0
2	Dave Devoe	Bluffton IN	185.0
3	Jim Uecker	Fort Wayne IN	185.0
4	Mike Elbe	Fort Wayne IN	150.0
5	John Klingenberger	Fort Wayne IN	125.0
6	Sam Gillie	Fort Wayne IN	125.0
7	Matt Scott	Warsaw IN	120.0
8	Brian Loucks	Fort Wayne IN	100.0
9	Mike Thurston	Fort Wayne IN	100.0
10	Ian Stoppenhagen	Ossian IN	80.0
11	Gregg Gausline	Fort Wayne IN	75.0
12	Thomas Gilbert	Fort Wayne IN	75.0
13	Michael Wolfe	Fort Wayne IN	60.0
14	Mike Fream	Fort Wayne IN	55.0
15	Brent Burris	Auburn IN	55.0
16	Scott Aldrich	Auburn IN	15.0
17	Chad Ware	Fort Wayne IN	10.0
Men 40 to 44			
Place	Name	City	Points
1	Matt Foreman	Fort Wayne IN	270.0
2	Brett Hess	Fort Wayne IN	175.0
3	Tim Newlin	Fort Wayne IN	160.0
4	Jeff Steinberg	Fort Wayne IN	145.0
5	Paul E Knott	Fort Wayne IN	135.0
6	Kyle Velasco	Berne IN	130.0
7	Philip Kelley	Churubusco IN	105.0
8	Kurt Walbom	Fort Wayne IN	100.0
9	Ted Van Antwerp	Fort Wayne IN	65.0
10	Mark Walter	Garrett IN	65.0
11	Jim Bougher	Fort Wayne IN	55.0
12	Paul Sturm	Fort Wayne IN	45.0
13	Kent Hart	Decatur IN	45.0
14	Michael S Wembhoff	Fort Wayne IN	10.0
15	Marvin Eady Jr	Fort Wayne IN	10.0
16	Joel Harter	Fort Wayne IN	5.0
Men 45 to 49			
Place	Name	City	Points
1	Mike Slaubaugh	Fort Wayne IN	400.0
2	James McKinnon	Waterloo IN	335.0

3	Chuck Putterbaugh	Roanoke IN	205.0
4	Jeff Metzger	Fort Wayne IN	200.0
5	Mark Waldron	Wawaka IN	175.0
6	Cori Hollett	Fort Wayne IN	170.0
7	Tom Landis	Churubusco IN	160.0
8	Toby Jo Hullinger	Monroeville IN	105.0
9	David Krabach	Fort Wayne IN	100.0
10	Michael L McAvoy	Bluffton IN	100.0
11	Chris Croy	Columbia City IN	85.0
12	Carl A Risch	Decatur IN	75.0
13	David Roehling	Hartan IN	60.0
14	Michael Overdahl	Fort Wayne IN	55.0
15	Craig Bobay	Fort Wayne IN	45.0
16	Andrew Kapocius	Fort Wayne IN	40.0
17	Mike Lewis	Huntington IN	40.0
18	Chuck Zumbrun	Churubusco IN	40.0
19	Tom Lill	Fort Wayne IN	25.0
20	Charles Schreiber	Fort Wayne IN	15.0
21	Joe Astroski	Fort Wayne IN	10.0
22	Terry Owens	Fort Wayne IN	10.0
23	Gerry Hoops	Auburn IN	5.0
24	Michael Skipper	Warsaw IN	5.0

Men 50 to 54

Place	Name	City	Points
1	Brad Altevogt	Fort Wayne IN	260.0
2	Joseph Nayarkas	Fort Wayne IN	200.0
3	Jerry Diehl	Fort Wayne IN	200.0
4	Kim A Lefeaver	Columbia City IN	160.0
5	John Treaven	Fort Wayne IN	140.0
6	Chuck Brown	Bluffton IN	130.0
7	Mark Furkis	Ligonier IN	100.0
8	Doug Sundling	Bluffton IN	100.0
9	Stephen M Hilker	Fort Wayne IN	100.0
10	Kerry Blanchette	Fort Wayne IN	95.0
11	Phil Suelzer	Fort Wayne IN	85.0
12	Jed Pearson	Columbia City IN	65.0
13	Todd Seiman	Fort Wayne IN	65.0
14	Aaron Cox	Huntertown IN	60.0
15	Len Piropat	Fort Wayne IN	45.0
16	Doug Breden	Roanoke IN	45.0
17	Terry Anderson	Fort Wayne IN	35.0
18	Thomas J Fels	Fort Wayne IN	35.0
19	Robert Snow	Fort Wayne IN	30.0
20	Sieve Nivens	Fort Wayne IN	25.0
21	Greg Ridenour	Fort Wayne IN	15.0
22	Lynn T Bobay	Fort Wayne IN	15.0
23	Michael Page	Fort Wayne IN	10.0
24	Hal Atkinson	Huntertown IN	5.0
25	Paul Offerle	Fort Wayne IN	5.0
26	Donald Kramer	Van Wert OH	5.0
27	John Lantz	Avilla IN	5.0

Men 55 to 59

Place	Name	City	Points
1	Rich Stephenson	Monroeville IN	325.0
2	Jim Pickett	Fort Wayne IN	285.0
3	Mervin Koehlinger	Fort Wayne IN	185.0
4	Steven Greider	Fort Wayne IN	155.0
5	Robert Lawson	Fort Wayne IN	140.0
6	Ken Long	Fort Wayne IN	100.0
7	Don Ransome	Warsaw IN	100.0
8	Tim Bolin	Fort Wayne IN	75.0
9	Lynn E Armstrong	Fort Wayne IN	65.0
10	John Feiertag	Fort Wayne IN	55.0

Male 60 to 69

Place	Name	City	Points
1	Ray Casiano	New Haven IN	385.0
2	Donald Lindley	Fort Wayne IN	380.0
3	Allen Albert	Fort Wayne IN	230.0
4	John Rasmussen	Fort Wayne IN	145.0
5	Bernie Burgette	Fort Wayne IN	140.0
6	Bob Bruckner	Fort Wayne IN	100.0
7	Dick Harnly	Fort Wayne IN	100.0
8	Tom Felger	Fort Wayne IN	100.0
9	David E Boylan	Fort Wayne IN	100.0
10	Barrie Peterson	Fort Wayne IN	100.0
11	Steve Creighton	Warsaw IN	85.0
12	Dewain Cobbs	Warsaw IN	75.0
13	Larry Lee	Fort Wayne IN	75.0
14	Jack Seigel	Fort Wayne IN	65.0
15	Karl Dietsch	Fort Wayne IN	65.0

70 and over

Place	Name	City	Points
1	Joe Ziegler	New Haven IN	300.0
2	Don Anderson	Fort Wayne IN	285.0
3	Kenneth E Disler	Fort Wayne IN	200.0
4	James P Jones	Fort Wayne IN	200.0

5	Jack Hilker	Fort Wayne IN	100.0
6	Bernie Huesing	Fort Wayne IN	100.0
7	Robert C Loomis	Monroeville IN	85.0

Female 19 and under

Place	Name	City	Points
1	Kalissa Blanchette	Fort Wayne IN	285.0
2	Cecelia Snow	Fort Wayne IN	155.0
3	Ciersten Deardorf	Fort Wayne IN	100.0
4	Leticia Deardorf	Fort Wayne IN	100.0
5	Cendra Deardorf	Fort Wayne IN	85.0
6	Grace Burris	Auburn IN	75.0
7	Leah Deardorf	Fort Wayne IN	65.0

Female 20 to 29

Place	Name	City	Points
1	Carmen Parker	Fort Wayne IN	300.0
2	Angela Palevich	Fort Wayne IN	100.0
3	Marcy Beth Page	Fort Wayne IN	85.0
4	Amy Stephan	Fort Wayne IN	85.0

Women 30 to 34

Place	Name	City	Points
1	Martha May	Fort Wayne IN	385.0
2	Rebecca Hollenbaugh	South Whitley IN	175.0
3	Katrina Loucks	Fort Wayne IN	160.0
4	Heather Fromm	Fort Wayne IN	130.0
5	Erin Bradv	Fort Wayne IN	85.0
6	Lisa House	Ossian IN	75.0
7	Amy Archbold	Fort Wayne IN	65.0

Women 35 to 39

Place	Name	City	Points
1	Angie Lockwood	Bluffton IN	285.0
2	Tracy Brooks	Fort Wayne IN	160.0
3	Sue Steffy	Fort Wayne IN	100.0
4	Cheryl Pulver	Fort Wayne IN	100.0
5	Jennifer Steigmeyer	Fort Wayne IN	100.0
6	Mary Collins Frank	Fort Wayne IN	85.0
7	Amanda Filus	Fort Wayne IN	75.0
8	Nancy Burris	Auburn IN	65.0

Women 40 to 44

Place	Name	City	Points
1	Denise Conrad	Decatur IN	185.0
2	Beverly Metzger	Fort Wayne IN	175.0
3	Jennifer Mavhall	Fort Wayne IN	165.0
4	Linda Anderson	Fort Wayne IN	160.0
5	Cindy McGovern	Fort Wayne IN	160.0
6	Diana Schowe	Auburn IN	100.0
7	Cynthia Owens	Fort Wayne IN	65.0

Women 45 to 49

Place	Name	City	Points
1	Judy Tillapaugh	Fort Wayne IN	300.0
2	Sherylc Braaten	Hoagland IN	285.0
3	Judy White	Fort Wayne IN	200.0
4	Mary Snow	Fort Wayne IN	170.0
5	Betty Greider	Fort Wayne IN	150.0
6	Paula McEachern	Leo IN	75.0
7	Cathy Myers	Fort Wayne IN	65.0

Women 50 to 54

Place	Name	City	Points
1	Terri Cross	Fort Wayne IN	300.0
2	Regina Blanchette	Fort Wayne IN	200.0
3	Cheryl Stromski	Antwerp OH	185.0
4	Nancy Simmonds	Fort Wayne IN	140.0
5	Helen Ryan	Fort Wayne IN	120.0
6	Susan Peterson	Albion IN	85.0
7	Jenny Sanders	Fort Wayne IN	85.0
8	Phyllis Suelzer	Fort Wayne IN	75.0

Female 60 to 69

Place	Name	City	Points
1	Joan Gary	Fremont IN	300.0
2	Anna Mize	Roanoke IN	200.0
3	Irene Spindler	Kendallville IN	100.0
4	Sarah Kleinknight	Fort Wayne IN	100.0
5	Delores Johns	Bluffton IN	85.0
6	Bodil Rasmussen	Fort Wayne IN	85.0



Happy Birthday!



Michael McManus	6/1
John Peterson	6/2
Conrad Satala	6/4
Jim Uecker	6/4
Denise Conrad	6/6
Beth Niner	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
Judy White	6/13
Nate Ammon	6/14
Tricia Day	6/15
Dennis Klopfenstein	6/15
Jon Beasley	6/16
Michael Page	6/16
Ian Stoppenhagen	6/16
Cathy Dwyer	6/17
Peter Eshelman	6/18
Philip Kelley	6/18
Dawn Mabry	6/19
Don Anderson	6/20
Lisa House	6/20
Cynthia Sabrack	6/21
Mark Waldron	6/22
James P Jones	6/26
Joseph Nayarkas	6/26
Steve Adkison	6/27
Charles Parker	6/29
Doug Sundling	6/30
Carol Herndon	7/1
Lynn E Armstrong	7/3
Katrina Loucks	7/5
Sarah Kleinknight	7/6

Margie Morris-Parker	7/6
Kirby Moss	7/8
Colin Altevogt	7/9
Jacob Litchfield	7/9
Dick Sive	7/10
Beverly Metzger	7/11
Cort Hollett	7/12
Logan House	7/13
Bernie Burgette	7/14
Terry Owens	7/14
Dewain Cobbs	7/15
Dana Budd	7/16
Samantha Lee	7/16
Quinn Farver	7/17
Cynthia Owens	7/17
Linda Anderson	7/18
Eric Ware	7/19
Debbie Zumbrun	7/19
Jeff Gray	7/20
Carmen Parker	7/20
Timothy Ryan	7/20
Mike Slaubaugh	7/20
Nancy Simmonds	7/21
Aaron Ware	7/21
Rick Hammer	7/22
Kim Longstreth	7/22
Chuck Zumbrun	7/22
Ted Tiernon	7/23
Regina Blanchette	7/25
Kelly D Clevenger	7/25
Carl A Risch	7/26
Joe Kuhn	7/27
Anne M Karr	7/28
Len Piropato	7/28
Eva Sagan	7/28
Gerry Hoops	7/29
Dean A Slavens	7/29

Anthony Hudson	7/30
Michael L McAvoy	7/30
Michael Wolfe	7/30
Terry Anderson	7/31
Cendra Deardorf	7/31
Dan Frick	7/31
Mark Beals	8/1
Georgia Allen	8/2
David Boyer	8/3
Charles C Brandt	8/3
Ciersten Deardorf	8/4
Michael Gilland	8/4
Benjamin Skipper	8/4
Shannon White	8/4
Karen Gerken	8/5
Rex Reed	8/5
Scott Aldrich	8/6
David Eckert	8/7
Julie McNulty	8/7
Gary Dexheimer	8/9
Brad Hess	8/9
Leland R Sibrel	8/9
Anne Tiernon	8/9
Thomas Elyea	8/10
Paula McEachern	8/11
Barrie Peterson	8/11
Randy Jenkins	8/12
Mary Snow	8/12
Tracey Jo Tiernon	8/12
Matt Parker	8/13
Holly Brady	8/14
Tom Fuelling	8/14
Joan Gary	8/14
Gregg Gausline	8/14
Brent Burris	8/15
Thomas J Felts	8/15
Noah Maisonnelle	8/15



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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260-459-3668

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Ohio region's premier source for the running industry's best technical gear.
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Local Running/Training Groups

YMCA Downtown - group leaves at 7AM Saturday
Usually 8-12 miles with 10-30 people - All levels welcome
Contact: Steve Hilker - smhilker@verizon.net

PR Training - We are now doing long runs/walks on Saturdays! Join us if you are training for a marathon or any distance event. If you would like to be put on an email list of the time and location email prtraining@comcast.net. Also, you can check www.myprrtraining@comcast.net.

PR Training - Train to Run/Walk Faster - Tuesday night speed workouts will begin **June 20th - August 8th at 7:00**. See www.myprrtraining.com for SW location. The speed workouts are appropriate for runners or walkers who would like to improve their time in local races this summer. Sessions will include a warm-up, speed session with instruction, and cool down and should last about one hour. The fee is \$3.00 per session. Participants should bring a water bottle and a watch.

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 - Distance Training Group
A group that meets 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.

YMCA Downtown - S. Barr St.
Monday: 5:30AM (5 miles), Wed.: 5:30AM (8 miles), Fri.: 5:30AM (8+ miles)
Call member services desk in morning if any questions. 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

VTG, Vintage Training Group Casey Shafer also conducts speed workouts on Monday evenings. Contact him if you are interested.

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. 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.

Fort Wayne Track Club Member Profile

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

Name: _____

Occupation: _____

Birthdate: _____

Family: _____

Pets: _____

Hobbies or Interests: _____

Favorite family activities: _____

Running shoe brand: Years running/walking _____

Favorite distance to run/walk: PR: _____

Favorite after racing/training food: _____

Favorite place to train: Favorite race: _____

Why do you run/walk: _____

Favorite item of clothing: _____

Favorite movie or TV Program, or book : _____

Favorite music: _____

Collections: _____

Favorite vacation destinations: _____

Most prized possession: _____

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

Do you have a dream? If so, explain: _____

Races from 06/01/2006 to 09/09/2006

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		
Jun 03,2006 Sat 7:30am	R	<p>The Veep Triathlon, Duathlon, & Aquathlon - .5 M swim - 25 M bike - 5.25 K trail run J Edward Roush Lake, Huntington, IN <i>Contact:</i> Mitch Harper, Veep Races, 5207 Hopkinton Dr, Fort Wayne, IN 46814, 260-436-0739, fax 260-436-8284 <i>Info/Fees:</i> \$50 <5-27; \$60 > 5-27; \$5 parking DNR; Online entry on the web. Swim - Little Turtle State Rec Area; Bike - Hwy 5 & US 224; Run - Kekionga Trail <i>Email:</i> ftwaynerun@aol.com <i>Web site:</i> http://www.VeepTri.com</p>
Jun 03,2006 6am Sat	R	<p>2006 Sunburst Marathon - Mar, Half Mar, 10K, 5K, & Walk Notre Dame 50 yard Line, South Bend, IN <i>Contact:</i> Molly Sullivan, 574-647-3394 <i>Email:</i> msullivan@memorialsb.org <i>Web site:</i> http://www.sunbursttraces.org</p>
Jun 03,2006 9am Sat	R	<p>D.IN.O. Trail Run Series - 5k/15K Wapchani Park, Bloomington, IN <i>Contact:</i> Brian Holzhausen, 317-336-7553 <i>Email:</i> brian06@dinoseries.com <i>Web site:</i> http://www.DINOseries.com</p>
Jun 03,2006 Sat 8am		<p>2nd Annual Another Dam 50K Run - 31.6 Miles Englewood MetroPark, Englewood, OH <i>Contact:</i> Frank Fenton, Ohio River Road Runners, 250 E Salem St, Clayton, OH 45315 <i>Info/Fees:</i> CoolMAX short sleeve shirts to all finishers. 9 hour time limit The course is 65% Trails, 13% gravel/dirt road, and 22% paved bike trail and park roads. \$20 Race Day <i>Web site:</i> http://www.fmhome.com</p>
Jun 03,2006 7pm Sat	L	<p>Outrun the Sun - 5 M Run, 5K Walk Downtown, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 317-733-3300</p>
Jun 04,2006 8:30am Sun	R	<p>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</p>
Jun 10,2006		<p>Green Mountain Relay - 36 Legs - 202 Miles 45 Minnutes 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. Scheduled around the full moon in June, the Green Mountain Relay will be Saturday, June 10th - Sunday, June 11th, 2006. The relay begins 45 minutes from Burlington in the small town of Jeffersonville and finishes in Bennington. Covered bridges, sections of historic and scenic RT 100, and the small town hospitality of Vermont are all incorporated in to this relay event. There are two types of teams in the relay: 12-person and Ultra teams, and nine categories to choose from. <i>Email:</i> paul@timberlineevents.com <i>Web site:</i> http://www.GreenMountainRelay.com</p>

Jun 10,2006 9:00AM-5K, One Mile- 8:30	R	7th Annual Hubbard Company Apache Run 5K and Alex's One Mile Fun Run - 5K Run/Walk and One Mile Fun Run Fariview Elementary School (14060 Blosser Road, Sherwood, OH), Sherwood, OH <i>Contact:</i> Curt Foust, 913 South Beech Street, (419) 636-0542 <i>Info/Fees:</i> Preregistration fee-\$14.00 and race day fee- \$15.00, 11 age groups, prize money for overall male and female winners, all runners receive t-shirt and a race photo, many door prizes <i>Email:</i> cdfoust@hotmail.com <i>Web site:</i> http://www.defiancecountyrunner.com
Jun 10,2006 9am Sat	L	Albion Lions Club First Annual 5K - 5K Cental Noble Middle School, Albion, IN <i>Contact:</i> Lester Bender, 204 Village Dr. Albion, IN 46701, 260-636-7729 <i>Web site:</i> http://www.runindiana.com
Jun 10,2006 10:30am Sat	L	Marine Corps League 5K - 5K New Haven HS, New Haven, IN <i>Contact:</i> Marine Corps League, 7500 US HWY 930E, Fort Wayne, IN 46803, 493-8323 <i>Info/Fees:</i> \$12 pre for adults, \$15 race day for adults, \$10 pre for Students <18yrs, \$12 race day for Students <18yrs, part of the proceeds goes to NHHS. <i>Email:</i> melson821@aol.com
Jun 10,2006 9am Sat	R	Health and Wellness 5K - 5K Run/Walk KCH Center, Warsaw, IN <i>Contact:</i> Kyle Pitt, KCH Center, 1500 Provident Dr, Warsaw, IN 46580, 574--372-7890 <i>Info/Fees:</i> \$15-pre,\$20 - race day <i>Email:</i> kpitt@kch.com
Jun 10,2006	L	Doughboy - 10K Run, 5K Run/Walk Courthouse, Main St, Spencer, IN <i>Contact:</i> Curt Carey, 812-829-6479
Jun 10,2006 9am Sat	R	Lake Mingo Trail Run - 7.1 Miles Trails Kennekuk Cove County Park, Danville, IL <i>Contact:</i> Bub Norgaar, Mingo, PO Box 1701, Danville, IL 61834, 217-431-5318 <i>Info/Fees:</i> Grand Slam Event - Trail run on the difficult Lake Mingo Trail <i>Email:</i> kennekuk@net66.com <i>Web site:</i> http://users.net66.com/~kennekuk
Jun 10,2006 8am Sat	L	11th Annual River City Triathlon - 500 yd Swim, 14.4 M Bike, 3.3 M Run France Park, Logansport, IN <i>Contact:</i> County Family Y, 574-753-5141
Jun 12,2006 6pm Mon	R	Beefcake XC series - 4k DeKalb High School cross country course, Auburn, IN <i>Contact:</i> Rowland Perez, Three stripes Track Club, 814 Lakeview Dr, Auburn, IN 46706 <i>Info/Fees:</i> \$15 for all three races, or \$6 for individual races, or \$10 for 3 races w/o t-shirt <i>Email:</i> ibrunnin60@hotmail.com <i>Web site:</i> http://www.runindiana.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	<p>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. The Angola Half-Marathon is a challenging race in northeast Indiana. The 13.1 mile course consists of rolling hills, both city and country roads, and gives some fabulous views of the city of Angola and the surrounding countryside. It is one of the most challenging half-marathon courses in the Mid-West! Proceeds will benefit the Tri-State University Men's and Women's Cross Country Teams. <i>Email:</i> hammerr@tristate.edu</p>
Jun 18,2006 8am Sun	L	<p>Cedar Creek Run for Trails - 5K Trail Run Metca County Park (near Cedarville), Fort Wayne, IN <i>Contact:</i> Mitch Harper, 5207 Hopkinson Dr Fort Wayne IN 46814, 260-436-0739 <i>Info/Fees:</i> \$15-pre, \$17-race day, familiy discount \$2/entry <i>Email:</i> ftwaynerun@aol.com</p>
Jun 18,2006 8am Sun	L	<p>4th Annual NCN Lions Duathlon/Biathlon&5K - 5K Run, 13M Bike, 5K Run Osborne Park, Willoughby, OH <i>Contact:</i> Rick Cadwell, 440-933-8075</p>
Jun 19,2006 6pm Mon	R	<p>Beefcake XC series - 4k DeKalb High School cross country course, Auburn, IN <i>Contact:</i> Rowland Perez, Three stripes Track Club, 814 Lakeview Dr, Auburn, IN 46706 <i>Info/Fees:</i> \$15 for all three races, or \$6 for individual races, or \$10 for 3 races w/o t-shirt, in the event of bad weather, run TUESDAY <i>Email:</i> ibrunnin60@hotmail.com <i>Web site:</i> http://www.runindiana.com</p>
Jun 20,2006 Through Aug 8, 2006 7:00 PM	L	<p>PR Training - Train to Run/Walk Faster SW location TBD - see www.myprtraining.com for location, Fort Wayne, IN <i>Contact:</i> Tammy Behrens, 11827 Crossway Drive, Fort Wayne, IN 46814, 260-625-3830 <i>Info/Fees:</i> Tuesdays at 7 PM from June 20 - August 8th, \$3.00 per session - appropriate for runners or walkers who want to improve times for local races this summer, or for a fall marathon. Sessions should last about 1 hour and will include a warm-up, speed session with instruction, and a cool down. Runners or walkers should bring a water bottle and a watch. <i>Email:</i> prtraining@comcast.net <i>Web site:</i> http://www.myprtraining.com</p>
Jun 21,2006 Wed thru Sun 25th	L	<p>2006 USA National(Junior) Track & Field Championship - various distance Michael A Carroll Track & Soccer Stadium (IUPUI), Indianapolis, IN <i>Contact:</i> Jay Kely</p>
Jun 23,2006 6:30pm Fri	R	<p>Old Settler's Day - 4 Miles Church of the Nazarene, Columbia City, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier IN 46767, 260-894-4638 <i>Info/Fees:</i> \$10-pre-\$12-race day</p>
Jun 24,2006 8:30 am Sat	R	<p>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 program. <i>Email:</i> ggrogg@lagrangeremc.com</p>

Jun 24,2006 9am Sat	R	Twin Sisters Trail Run - 6 Mile Run Westwood Park, New Castle, IN <i>Contact:</i> Christine Casteel, 1033 W Fair Oaks Rd, New Castle, IN 47362-9684, 765-987-8414 <i>Info/Fees:</i> \$17-Pre; \$20- Race Day; Portions of proceeds trust account Brooks Memorial Fund
Jun 24,2006 6:00 pm Sat	R	27th Buzzards' Roost - 10K & Fun Run Hamilton Hgts Middle School, Arcadia, IN <i>Contact:</i> Evan Achenbach, 27435 Crooked Creek Rd, Atlanta, IN 46031, 317-984-3019 <i>Info/Fees:</i> \$18-Pre, \$20-Race Day <i>Email:</i> achen@netusa1.net
Jun 24,2006 9am Sat	R	28th Annual Spencerville - 4 mile 1 mile fun run Spencerville, OH <i>Contact:</i> Brian McMichael, 221 Michael St, Spencerville, OH 45887, 419-647-6433 <i>Info/Fees:</i> Pre-\$8(no shirt) \$12(shirt), after 6/19 \$10 & \$15; \$1.00 for 1 Mile Fun Run at 8:30 <i>Email:</i> bcmspen@hotmail.com
Jun 24,2006 8m Sat	R	Indiana Sprint Triathlon #1 - 500 yd Swim, 10M Bike, 3M Run Eagle Creek Park, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300
Jun 24,2006 8am Sat	L	Fishers Freedom Festival 5K - 5K Run/Walk Holland Park, Fishers, IN <i>Contact:</i> Jennifer Kehl, 317-595-3195
Jun 25,2006 7am Sun	L	Park2Park Half Marathon - 13.1 M Run, 5K Run Sheffield, OH <i>Contact:</i> Rick Cadwell, 440-933-8075
Jun 26,2006 6pm Mon	R	Beefcake XC series - 4k DeKalb High School cross country course, Auburn, IN <i>Contact:</i> Rowland Perez, Three stripes Track Club, 814 Lakeview Dr, Auburn, IN 46706 <i>Info/Fees:</i> \$15 for all three races, or \$6 for individual races, or \$10 for 3 races w/o t-shirt, In the event of bad weather, run TUESDAY <i>Email:</i> ibrunnin60@hotmail.com <i>Web site:</i> http://www.runindiana.com
Jun 30,2006 9:30pm Fri	L	Meta County Park Night Hike Hurst Rd, west of Halter Rd, Leo, IN <i>Contact:</i> , 260-449-3777 for reservations <i>Info/Fees:</i> \$2.00 per person. Flashlights are optional, and will not be used on the hike. Join Allen County Parks Naturalist and explore the rich natural beauty of Meta County Park. Meet at the parking lot on the south side of Hursh Road. <i>Email:</i> ron_zartman@hotmail.com <i>Web site:</i> http://www.friendsofmeta.org
Jul 01,2006 8:00 A.M.	R	2nd Annual Loon Lake 5.5K Run/Walk - (~ 3.4 miles) 5384 S 600 W, Loon Lake, Columbia City, IN <i>Contact:</i> Dawn Buchanan, 260-799-4349 <i>Info/Fees:</i> \$10.00 pre race, \$12.00 day of race, awards to top male/female and top 3 in age groups, scenic course around the lake with some hills, entry forms at www.runindiana.com <i>Email:</i> buchananbunch@maplenet.net
Jul 01,2006 8am Sat	R	29th Wawasee Flotilla Road Race - 8M/3.3M runs/3.3M walk Lakeside Park, Syracuse, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier IN 46767, 260-894-4638 <i>Info/Fees:</i> \$10-Pre, \$12-Race Day

Jul 01,2006 7:30am Sat	R	26th Annual Hamilton Lake Road Classic - 5K, 2 mile walk, PeeWee Fun Race Hamilton, IN <i>Contact:</i> Brad Stevens, (260) 488-3153 <i>Info/Fees:</i> \$13-pre,\$15-race, Scenic course, paved with moderate hills along Hamilton Lake <i>Web site:</i> http://mysite.verizon.net/res7amjw/hamiltonlakeroadclassic/
Jul 01,2006 9am Sat	R	D.IN.O. Trail Run Series - 5k/15K Muscatatuck Park, North Vernon, IN <i>Contact:</i> Brian Holzhausen, 317-336-7553 <i>Email:</i> brian06@dinoseries.com <i>Web site:</i> http://www.DINOseries.com
Jul 01,2006 8am Sat	R	Winona Lake Park Dept Firecracker 5K - 5K Run/Walk Winona Lake Park, Winona Lake, IN <i>Contact:</i> Winona Lake Park Dep, PO Box 338, Winona Lake, IN 46590, 574-267-2310 <i>Info/Fees:</i> \$15-pre, \$20 race day <i>Email:</i> winonapark@kconline.com <i>Web site:</i> http://www.winonlake.net
Jul 02,2006 8;30am Sun	L	Run 4 the Bone - 4 M Run/Walk Eagle Creek Park, Indianapolis, IN <i>Contact:</i> Dan Carr, Tuxedo Bros, 317-733-3300
Jul 04,2006 8:30am Tue		Chesterfield Optimist Run - 10K & 5K Millcreek Civic Center, State Road 32, Chesterfield, IN <i>Contact:</i> Ben Flesher, 765-649-8714 <i>Info/Fees:</i> \$15-Pre, \$18-Race Day <i>Email:</i> bbflesher@hotmail.com
Jul 04,2006 9am Tue	L	Freedom 5K - 5K Run/Walk Faurot Park, Lima, OH <i>Contact:</i> Stephanie Hemmer, 419-228-8835 x1045 <i>Info/Fees:</i> \$10-Pre, \$15-Race Day, Awards Top 3 overall male&female, Special Awards for best patriotic costumes. Special Recognition to Military participant(Active/Retired) <i>Email:</i> steff@wllo.com <i>Web site:</i> http://www.freedom5k.com
Jul 04,2006 8am Tue	L	Sallie Mae Freedom Run - 5 M Run/Walk Holcomb Gardens(Butler Campus) 510 W 49th St, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 317-733-3300
Jul 08,2006 8am Sat	R	Bristol Fruit Hills Classic - 4.7 miles Corner of Apollo and St.Joseph St, Bristol, IN <i>Contact:</i> Gary Kruse, 2616 Martin Manor Dr., Goshen, IN 46526, (574)534-1910 <i>Info/Fees:</i> \$15, incl race t-shirts. Hilly course between 2 miles and 3 miles. Registration begins 7am <i>Email:</i> garycubfan@verizon.net
Jul 08,2006 7:30am Sat	R	Lapel Village Fair CdLS 5K - Runners 5K Run/ Walkers 5K Woodward Park, Lapel, IN <i>Contact:</i> Scott & Tammy Hersberger, 765-534-3754 <i>Info/Fees:</i> \$16-Pre, \$19-Race Day(+\$2 t-shirt 2x) <i>Email:</i> shershberger@iquest.com <i>Web site:</i> http://www.andersonroadrunners.org
Jul 08,2006 8am Sat	R	Clear Lake 5K/10K/2M walk Clear Lake Lutheran Church, Clear Lake, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr., Ligonier, IN 46767, 260-894-4638 <i>Info/Fees:</i> \$10-pre, \$12 race day
Jul 08,2006 8am Sat	L	Race Against Prostate Cancer 5K - 5K Run/Walk Indiana War Memorial, Downtown, Indianapolis, IN <i>Contact:</i> Dan Carr, Tuxedo Bros, 317-733-3300

Jul 09,2006 8:30am Sun	R	Indiana Downs Triathlon Series #2 - .5m Swim/16m Bike/3m Run Indiana Downs Track, Shelbyville, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300
Jul 12,2006 Through Oct 7, 2006 6:30 pm	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
Jul 15,2006 8:00am Sat	L	Bruin Alumni/Open - 5K & One Mile Fun Run Shoaff Park, Fort Wayne, IN <i>Contact:</i> Barric Peterson <i>Info/Fees:</i> On Site Registration Only. Registration begins at 7:00a.m. One Mile Fun Run at 8:00 a.m. 5K Race at 8:30 am No Pre-registration, race day only. \$10 FWTC; \$15 Non-Members; \$5 Alumni & HS or younger <i>Email:</i> pcterson63@verizon.net
Jul 15,2006 8:30am. Sat	R	4th Annual Zoo-Run-Run - 5k Run/Walk Columbian Park, Lafayette, IN <i>Contact:</i> Linnea Iantria, Tel: 765-807-1545 Fax: 765-807-1547 <i>Info/Fees:</i> Registration is 7am to 8am. Entry fee for individuals is \$20, Families (up to 3 persons) is \$40. Pre-registration discounts apply. Entry fee includes run T-Shirt, Pass to Tropicanoe Cove Water Park and post-race Pancake Breakfast. There are also animal encounters with Zoo Education Animals. This is a 5K Run/Walk through the Park and adjoining neighborhoods. There are no crossovers. <i>Email:</i> liantria@lafayette.in.gov <i>Web site:</i> http://www.columbianparkzoo.org
Jul 15,2006 8am Sat	L	Wes's Wicked 5K - 5K Pines Peak Ski Area, Valparaiso, IN <i>Contact:</i> HRS Events, 58 W Lincolnway, Valparaiso, IN 46383 <i>Web site:</i> http://www.wicked5k.com
Jul 23,2006 Saturday	LP	Matthew 25 Health & Dental Clinic (FWTC Pts Race) - 10K, 5K & Pee-Wee Run Foster Park, Fort Wayne, IN <i>Contact:</i> , 260-426-4124 <i>Email:</i> nschenkel@matthew25online.org <i>Web site:</i> http://www.matthew25online.org
Jul 29,2006 8:15am Sat	R	32nd Annual First Bank of Berne Races - 5K and 1 Mile Run Downtown - North Jefferson Streetq, Berne, IN <i>Contact:</i> Berne Chamber of Commerce, 175 West Main Street, PO Box 85, Berne, IN 46711, 260-589-2151 <i>Email:</i> tourism@bernein.com <i>Web site:</i> http://www.bernein.com
Jul 29,2006 9am Sat (MI Time)	R	32st Annual STEVE'S RUN (FWTC Bus Trip) The Original Road & Trail Race - 10K & 5K Race 5K Competitive Walk & 1K Fun Run Dowagiac. Contact Don Lindley, FWTC will sponsor the bus trip, each runner is responsible for entering. Leave FT WAYNE @ 4:35am, Dowagiac, MI <i>Contact:</i> Ron Gunn, Southwestern Michigan , 58900 Cherry Grove Rd, Dowagiac, MI 49047 <i>Info/Fees:</i> \$15-Online,\$16-Mail,(Cancer Survivors rec'd Special T-Shirt and Race Number) \$5-buy a special "Fire Up" Sign, race tradition to pay tribute to cancer victims or survivors. <i>Email:</i> rgunn@swmich.edu <i>Web site:</i> http://www.swmich.edu/fireup/stevesrun

Jul 29,2006 Sat	R	DINO Adventure Triathlon - 0.5 mile swim, 10 Mile bike, 4 mile Run France Park, Logansport, IN <i>Contact:</i> Brian Holzhausen, 317-336-7553 <i>Email:</i> brian06@dinoseries.com <i>Web site:</i> http://www.DINOserie.com
Jul 30,2006 1pm Sun	L	Home Run 5K - 5K Run Johnny Appleseed Park, Fort Wayne, IN <i>Contact:</i> Brett Hess, 260-637-3755 <i>Info/Fees:</i> \$12-pre, \$15-race day (Entry includes 2 tickets to the Wizards game) <i>Email:</i> superhess@msn.com
Aug 05,2006 7am Sat	L	Harlan Days 10K Race - 6.2 miles Harlan Park, center of town, just north of State Hwy 37, Harlan, IN <i>Contact:</i> Thomas Bunner, D.D.S., PO Box 255, Harlan, IN 46743, 260-657-5197 <i>Info/Fees:</i> \$12-Pre-July 20th, \$14-Race Day(\$8 w/o T-shirt) T-Shirt Sizes: S, M, L, XL, XXL Awards:Men \$ Women: 14&Under, 15-18, 19-23, 24-30, 31-39, 40-49, 50-59, 60-69 and 70&Over. Events: Harlan Pancake Breakfast 6:30am - 10:30am Overall Men & Women winners escorted through the parade.
Aug 05,2006 8am Sat	R	Ashley-Hudson Festival 5K Classic - 5K Run/Walk Hudson, IN <i>Contact:</i> Tatsy Hayes, PO Box 97, Hudson, IN 46747, 260-587-9500
Aug 11,2006		Wild West Relay - 36 Legs - 195 Miles Fort Collins, Fort Collins, CO <i>Contact:</i> Paul Vanderheiden, Timberline Events, LLC, PO Box 2213, Englewood, CO 80110-2213 <i>Info/Fees:</i> The Wild West Relay is a 195-mile team running relay event in Colorado designed for runners of all abilities. Scheduled around the full moon in August, the Wild West Relay will be Friday, August 11th - Saturday, August 12th, 2006. The relay begins by the foothills of the Rocky Mountains in Fort Collins, Colorado, and finishes in the beautiful ski and summer resort town of Steamboat Springs. Much of this very scenic and remote course runs through National Forests or along dirt roads. The route winds through Roosevelt, Medicine Bow, and Routt National Forests, and through small, mountain and ranching communities. There are two types of teams in the relay: 12-person and Ultra teams, and ten categories to choose from. <i>Email:</i> paul@timberlineevents.com <i>Web site:</i> http://www.wildwestrelay.com
Aug 12,2006 8am	R	Healthy Traditions - 5K Morches Park, Columbia City, IN <i>Contact:</i> Dani Tippmann, (260) 244-7843 <i>Info/Fees:</i> \$15 (includes run, t-shirt, and powwow admission) <i>Email:</i> mccammon@isr.umich.edu <i>Web site:</i> http://www.miamipowwow.com/text/entry.pdf
Aug 12,2006 8am Sat	RP	19th Annual Kernel Klassic - 5K Run/Walk Weaver Popcorn Co, Van Buren, IN <i>Contact:</i> Dawn Black, 408 West Landess, Van Buren, IN 46991, 1-765-934-5383 <i>Info/Fees:</i> FWTC POINTS RACE <i>Email:</i> dawn.black@popweaver.com <i>Web site:</i> http://www.popweaver.com
Aug 12,2006 7pm Sat	R	Gator Gallop 5K - 5K Run/Walk St Aloysius Church, Yoder, IN <i>Contact:</i> Chad Ware, 1121 Cottage Ave, Fort Wayne, IN, 46807, 260-744-0290 <i>Info/Fees:</i> \$9-Pre, \$12-Race Day, Family Rate-\$25, Awards: Top 3 Overall and Top 3 in each Age Division. Gator Gallop T-Shirts to the first 100 entrants. Walker Completion Ribbons <i>Email:</i> gatorgallop@juno.com <i>Web site:</i> http://www.orgsites.com/in/gatorgallop

Aug 12,2006 7am Sat (may be closed - no more entries)	R	Howl at the Moon 8 Hour Run & Walk - 3.29 mile loop Kennekuk Cove County Park, Danville, IL <i>Contact:</i> Marc Reddy, PO Box 1701, Danville, IL 61834, 217-431-4243 <i>Info/Fees:</i> A perfect event for your first ultra. Post-race party w/food, drink, & music Check with race officials before entering, this event fills up a month before race day. <i>Email:</i> krr@kennekuk.com <i>Web site:</i> http://www.kennekuk.com
Aug 19,2006 Sat	R	DINO Adventure Triathlon - 0.5 mile swim, 10 Mile bike, 4 mile Run Westwood Park, New Castle, IN <i>Contact:</i> Brian Holzhausen, 317-336-7553 <i>Email:</i> brian06@dinoseries.com <i>Web site:</i> http://www.DINOserie.com
Sep 02,2006 8am Sat	R	6th Annual Milford Labor Day 30K/ 10K - 30K Run, 10K Run/Walk, 1/2 Mile Kids Run Baker's of Milford Restaurant, Milford, MI <i>Contact:</i> Huron Valley Running Club, Doug Klingensmith, 527 Union St., Milford, MI 48381, (248)685-7580 <i>Info/Fees:</i> \$25-pre,\$40-raceday(30K); \$15-pre,\$30-raceday(10K), \$3,000-Prize Money!, proceeds benefits Down Syndrome Awareness and Milford Rec Trail. Reg. begins 6:15 - 7:45am <i>Email:</i> doug@laborday30k.com <i>Web site:</i> http://www.LaborDay30K.com
Sep 09,2006 7:00	R	YMCA Distance Classic of Northern Indiana - Half Marathon, Full Marathon, 50K (Ultra) Warsaw, Indiana, IN <i>Contact:</i> Michael Skipper, 2009 E Pierceton Rd; Warsaw, IN 46580, 574-267-3306 <i>Info/Fees:</i> Half Mar \$25-35; Mar/50K \$35-50; USA Track and Field Certified; Road Runners Club of America Sanctioned; Mostly paved residential streets with a few hills; early start times available for slower runners; half marathon is the south loop only (started at 830 am) and includes about a half mile of dirt bike trails; the marathon is the north and south loops; the 50K is the entire marathon course plus 4.9 miles of dirt bike trails; prize money TBD. <i>Email:</i> lakecitymar@earthlink.net <i>Web site:</i> http://www.lakecitymarathon.com
Sep 09,2006	L	Miriam Project 5K - 5 K Run/Walk Madison Park near Ace Airport, Anderson, IN <i>Contact:</i> Wally Post, 765-649-8674 <i>Email:</i> lwpost@msn.com <i>Web site:</i> http://www.andersonroadrunners.org
Sep 09,2006 9am Sat	R	D.I.N.O. Trail Run Series - 5K/15K Town Run Trail Park, Indpls, IN <i>Contact:</i> Brian Holzhausen, 317-336-7553 <i>Email:</i> brian06@dinoseries.com <i>Web site:</i> http://www.DINOseries.com
Sep 09,2006 7:30am Sat	L	Roanoke Fall-Fest Five - 5 Miles & 1 Mile Fun Run Wells Fargo Parking Lot, Roanoke, IN <i>Contact:</i> Dave Winters, 3402 E 716 N, Huntington, IN 46750, 260-672-8281 <i>Email:</i> dwinters@mastergroup.net

Fort Wayne Orthopaedics Supports FWTC!

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

FWTC Runners, Walkers, Volunteers, and Spectators

The readers of the Inside Track would like to hear about the races you attend. Please take a few minutes email your experiences and pictures to newsletter@fwtc.org. Use the form below or your own words to write an article about the race.

Your name _____

Race _____

Date _____ Distance _____

Your time _____ Weather conditions _____

Approximate Number of Runners _____

What you liked about the race _____

Other FWTC members attending _____

Other comments _____

Send your story and pictures to newsletter@fwtc.org. We look forward to hearing from you!

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 Course Setup
 - Timing Aid Stations
 - Applications Transportation
 - Advertising/Promotions Results
- Equipment Coordinator
 Timing equipment, finish line, course markers
- Newsletter
 Production, Editing, Graphics, Articles, Photos, Advertising
- Website
 Maintenance, Graphics, Articles, Photos, Email, Advertising
- Membership
- FWTC Banquet
- Advertising/Promotions (race sponsors, flyers)
- Anywhere
- Other: _____

Show your support for your Fort Wayne Track Club

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

Or contact any board member!

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:
lindleyd44@verizon.net, or
(260) 432-5998 or (260) 436-2234, or
FWTC
P.O. Box 11703
Fort Wayne, IN 46860-1703

Advertising Rates

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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

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