



The Inside Track

A Publication of the Fort Wayne Track Club



RIVER CITY BAT RACE

2006



October 28th, 2006

October &
November 2006

Visit our web site at www.fwtc.org

2006

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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

About the Cover

The picture of the Bluffton courthouse, which is the starting point for the Fort Wayne Track Club's annual Parlor City Trot half-marathon and 10K, is reprinted by the kind permission of Robert E. Pence. Mr. Pence is a Bluffton and Fort Wayne resident. Visit his web site at <http://www.robertpence.com/> to see his outstanding photographs of Bluffton and many other subjects.

FWTC Board Minutes

July 12, 2006

Members present: Barrie Peterson, Bill Harris, Kathy Burner, Ann Mize, Tom Landis, Don Lindley, Tammy Behrens, and Mike Fruchey.

President Mike Fruchey called the July meeting to order at 7:00 P.M.

Don Lindley opened the meeting with a prayer.

Secretary Ann Mize presented the June Minutes. Barrie Peterson made a motion to accept the minutes as presented, and a seconded by Bill Harris. All were in favor.

Next on the agenda was the 2nd quarter Treasurer's report by Don Lindley. Bill Harris made the motion to accept the report and Tom Landis seconded it. It passed unanimous. Don then gave a brief membership report stating there are 509 current members.

Coach Peterson gave a High School Track recap. He said overall Fort Wayne area schools are having banner years. He further stated that all teams that performed well at the State level reflect winter training. He also asked for continued support for High School sports.

There was some discussion about putting together a profile page of high school or college area runners in the newsletter. It could also feature some of the meet schedules.

Don Lindley gave a report on the Runners on Parade Race in the absence of Race Director Mac McAvoy. The race went very well with 740 runners.

Barrie Peterson again mentioned the Bruin Alumni/ Open Race scheduled for July 15th. It is a Northup fund raiser. He expects 80-100 runners. The fun run is 8:00 A.M. with the 5-K at 8:30 A.M.

President Mike Fruchey asked the board members if they would like to accept the new Job Performance Expectations passed out last meeting. There was a motion by Bill Harris followed by a second by Tom Landis with all in favor.

Mike Fruchey also mentioned the committees on 2007 Banquet, but tabled a detailed report until next month.

Newsletter reminders: The Inside Track is printed 6 times a year. July 15th is the deadline for the August- September newsletter.

The President appointed Barrie Peterson as chair of the nominating committee with Don Lindley and Tammy Behrens rounding out the committee.

Tammy Behrens updated the board on her speed training workouts for the summer. She has about 30 runners in the group. For more information go to prtraining@comcast.net

She also mentioned that she has signed up for the RRCA coaching course in September. The board responded by saying they would like to reimburse her entry fee of \$200.00. A motion by Barrie Peterson and a second by Bill Harris with a vote of all in favor followed.

Mike Fruchey said the IPFW Athletic Dept. is working hard to put their best foot forward when the Mid-Continent makes a site visit August 2nd thru 4th.

He then reported the new cross country course should be finished by September.

Kathy Burner would like any FWTC members that have current race photos to please forward them to her as she is updating the race board. Contact her at kburner@naihardingdahm.com

With no further business a motion for adjournment was made by Barrie Peterson and seconded by Bill Harris. The meeting adjourned at 8:10 P.M.

Respectfully submitted by Ann Mize, Secretary.

Come to the November FWTC Board Meeting

Important items to be voted upon:

Points Races for 2007

Incoming Board Members

New Logo for FWTC

Held at the Hillard Gates Center on the
campus of IPFW in the Royal Dons
Conference Room on Nov. 8th at 7 pm

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,
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FWTC Board Minutes

August 9, 2006

Members present: Mike Fruchey, Barrie Peterson, Kathy Burner, Tammy Behrens, Judy White, Michael McAvoy, Jeff Metzger, Don Lindley, and Bill Harris

The meeting was called to order at 7:02 p.m. by President Mike Fruchey. Don Lindley then invoked the meeting with a prayer.

In the absence Secretary Ann Mize, Barrie Peterson presented the minutes of the August Board Meeting. There being no discussion, Don Lindley moved for the acceptance of the minutes with a second by Judy White. Motion passed unanimously.

Don Lindley then gave a brief monthly treasurer's report and membership update. There was a brief discussion about possibly making another sizeable payment on our AMB equipment loan. Don will take this into consideration and report back at the next meeting. A motion was made by Bill Harris and seconded by Mac McAvoy to accept the treasurer's report and this was passed also unanimously.

Mac McAvoy then gave a brief report on the Runners on Parade 5K. There was about a two- percent increase in numbers this year despite the higher entry fee. The race went very well.

Next, Barrie Peterson gave a report on his Bruin Alumni/Open 5K race. He reported that there were 158 participants this year—an all-time high. Many alumni returned for the race and/or the picnic which followed.

Judy white followed with an update on the 2007 banquet ideas. Because it will be our 30th anniversary year as a club, many special things are in the planning: Video presentation, club history presentation, recognition of past presidents (NO, George Washington will not be in attendance!), some kind of recognition of past high school award winners, etc. Judy said that they would need help with set-up, teardown, servers, greeters, etc. Volunteers step forward! It was also determined that Fazolli's will remain as our caterer.

Don Lindley reminded everyone that September 15 is the deadline for the next club newsletter.

Barrie Peterson set Wednesday, August 23, at 6:30 p.m. (Pine Valley Pizza Hut) as the date, time, and place for the first meeting of the nominating committee (Barrie, Don Lindley, and Tammy Behrens).

President Fruchey announced that the new cross-country courses at the Plex are coming along very well and should be ready by September first. At the urging of President Fruchey, Mac McAvoy has agreed to come up with a current listing of race directors so that they can all be contacted as to when we will be determining next year's Points Races.

President Fruchey also reported that the Mid-Con visit went very well and that there should be an announcement sometime after mid-September concerning whether or not IPFW would be admitted to the conference. The visit went very well, and Mike feels good about IPFW's chances!

Tammy Behrens has secured a junior at Homestead High School, Erin Quinn, to serve as our high school editor for the newsletter.

Mac McAvoy suggested that the club come up with a new logo. After some discussion, it was decided to simply update the current one. Mac will bring his idea to the next meeting. It was also determined that we probably are in need of a new banner or banners. This will also be discussed at the next meeting in September.

Don Lindley mentioned that the club is really in need of a new lap top computer. The board was very much in agreement that this is a definite need. We will have this on our September agenda. Don also would like to find more interested club members for learning to operate the chip system.

Mike Fruchey reminded everyone of the Officers' Meeting (probably just Don and Mike) on Sunday, August 27, and the next Board Meeting on Wednesday, September 13.

A motion was made for adjournment by Bill Harris and seconded by Jeff Metzger, which passed unanimously at 8:12 p.m.

Mazock's 30th Thanksgiving Day Fun Run November 23, 2006



Approximately a 6 mile run
2828 Emerald Lake Drive,
Fort Wayne, Indiana.
No awards/no splits just old coffee
and stale doughnuts.
Jerry Mazock (269) 432-4755
8:00 a.m.
Emerald Lake subdivision is 1.6 miles
west of I-69 on Covington Road.
We turn our Christmas Lights on at
7:00 PM Thanksgiving night.

Cross Country Roundup

By Erin Quinn for the FWTC

Cross country is a sport that requires understanding in order to be appreciated. From a spectator's view, a race often develops slowly, and aside from the lead pack, the runner's don't always seem to be moving all that fast. Without having experienced a 4 or 5k (the distances run by girls and boys in a high school race, respectively), it is hard to value the great pain, accomplishment, and effort involved.

Fortunately, you all understand the lofty highs and devastating lows of the sport, and for that reason, can appreciate the feats of local high school runners.

Currently, there are fourteen or more girl's teams competitively vying for the top five spots at the New Haven Semi State race to earn a berth to the state finals. Upcoming races that will reveal the standing of many teams include the New Haven Invitational on September 30, as well as the conference meets the next week.

The sectional and regional races leading up to the last battle before state will also provide a better comparison of all the competing teams. As of mid-September, the girls teams from Northridge, Carroll, Concordia, DeKalb, Huntington North, Snider, Goshen, Northrop, Homestead, West Noble, Bishop Dwenger, East Noble, Elkhart Memorial, and Warsaw are all fighting for the top five spots.

Northridge, Carroll, Concordia, DeKalb, and Huntington North have had impressive showings through September. Northridge is a powerhouse, and proved their dominance over other area teams at Northrop's Bruin Invitational on Saturday, September 9th, by running five of the top ten fastest times of the day. Concordia was 2nd, one minute and 53 seconds behind Northridge's combined time, followed by Chesterton, Northrop, Homestead, Warsaw, Snider, East Noble, and Bishop Dwenger.

Snider's Tynae Wilson was third in the Junior/Senior race at the Bruin Invite and won the West Noble Invitational on September 16th, but her team is missing the contributions of senior Anna Honig terribly, whose injury status was unknown as of September 17th.

Carroll's Chelsea Blanchard has been almost untouchable, consistently pulling away from the other runners in the last 800 meters of her races and leading her team to victory consistently. Julianne Roche, a senior at Canterbury, is the only area runner who has stayed within seconds of Blanchard. Roche was 15 seconds off Blanchard at the DeKalb Invitational on August 16th, and 10 behind on the blistering Blackford course on September 9th.

Homestead, led by sophomore Meghan Terrell, is trying to fight its way back into the top five after failing to advance last season for the first time after a decade of state finals appearances. Huntington North, DeKalb, and Northrop, all solid teams, stand in their way as they have beat the Spartans every time they have run together.

On the boy's side, Northridge, Northrop, Huntington North, DeKalb, Bishop Dwenger, West Noble, Carroll, Homestead, Belmont, and Snider are the tops teams in Northeast Indiana (as of 9-17).

Northridge brings years of tradition and senior Loren Spirito (13th at state last year) into the fight against Bruin senior Bobby Moldovan and will be Northrop's main competition at the semi state level. Junior Sam Bird assists Moldovan, who desires to give his retiring coach Barrie Peterson a state title, and as of 9-17, had been beaten only once this season.

Ben Reifenberg, a senior at Dwenger, handed Moldovan his first loss on his home course at the Bruin Invite. Reifenberg's team has the potential to advance to state, but will have to outrun Matt Ditzler Alex Bush, Tanner Johnson, and the rest of the Huntington North squad as well as Nate Morrow and the talented DeKalb program in order to safely advance out of the New Haven Semi State.

Brothers Chuck and Jeff Wysong plan on leading West Noble deep into the tournament schedule, but will need help from their fifth, six, and seventh men to compete with the deep teams they will face in October.

Carroll benefits from strong middle school feeder programs, and traditionally has strong post season performances. Homestead and Belmont bring talented guys to the start line year after year, but will need strong showings from their leader runners to prevail late in the season. Snider, under new coach Derek Leininger, has lost most their top troop to graduation and is focusing on forming a capable pack once again.

Teams competing at the New Haven Invitational on September 30 will have the opportunity to see the IPFW course some run up to three times in the post season. This season's course is entirely new and has moved, due to new construction on the IPFW campus.

With seven or eight serious contenders for the top five spots in the New Haven Semi State, the race for Terre Haute promises to be thrilling. Don't miss the Northeast Hoosier Conference meet on the new IPFW course at 5:00 pm on October 4, or the Summit Athletic Conference championship the following day at 4:00 pm on the same course.

Do you have a topic on high school running or team you'd like Erin to write about? Send suggestions to newsletter@fwtc.org.

Ask the RD

By Judy Tillapaugh, RD

People have asked me why they get zapped by fatigue during the day, especially after lunch. This certainly is no fun, makes it near impossible to complete important tasks. I recommend doing a nutrition check up to check out four food and nutrition habits.

1) How many meals and snacks do you eat each day? 2) Are the meals about the same amount of food? 3) Is there a lean protein source and little fat at each meal? 4) How is your hydration?

Feeling zapped is not about a specific meal time but about what is happening the whole day. It is recommended to have 3 regular meals and 2-3 nutritious snacks each day. Make each meal about the same amount of food. Include a couple nutritious carbohydrate foods (whole grain breads/cereals, fruits, and vegetables), a lean protein source, and a little heart healthy fat at each meal. The more irregular and unbalanced meals are the more likely the blood sugar will go up and down which then can cause a zapped feeling. It also can trigger cravings and overeating. Plan to have a balanced meal every 4-5 hours and have a nutritious snack between meals. The regular balanced meals will help your body achieve and maintain a healthy blood sugar level.

Below is an article from www.webmd.com with more information on how to boost energy.

Top 10 Ways to Boost Your Energy and Zap Fatigue
By Colette Bouchez, www.webmd.com

Everyone is familiar with all-out energy drain -- that exhausted day (or night) when no matter how enticing that new movie, new project, fabulous shoe sale, or friendly barbecue, we just can't psych ourselves up to go.

What can be harder to recognize is a low-grade energy drain. What you do experience is an increasing lack of get-up-and-go for many of the activities you used to love.

"You may also find it harder to concentrate on tasks, and you can also find your patience grows short and your level of frustration rises, even when confronted with seemingly simple challenges," says New York University nutritionist Samantha Heller, MS, RD.

If this is starting to sound familiar, take heart. Energy zappers are all around us, some obvious, some hidden. The good news: There is a way around almost all of them.

To this end, we compiled this list of the top 10 energy boosters. Try one, two, or all 10, and you're bound to see your energy levels soar.

Top 10 Energy Boosters

1. Increase Your Magnesium Intake

"This mineral is needed for more than 300 biochemical reactions in the body, including breaking down glucose into energy," Heller says. "So when levels are even a little low, energy can drop."

In a study done at the Department of Agriculture's Human Nutrition Research Center in Grand Forks, N.D., women with magnesium deficiencies had higher heart rates and required more oxygen to do physical tasks than they did after their magnesium levels were restored.

The recommended daily intake of magnesium is around 300 milligrams for women and 350 milligrams for men. To make sure you're getting enough, Heller suggests:

- *Add a handful of almonds, walnuts, hazelnuts or cashews to your daily diet.
- *Increase your intake of whole grains, particularly bran cereal.
- *Eat more fish, especially halibut.

2. Take a Mid Day Walk Break

While it may seem as if moving about when you feel exhausted is the quickest route to feeling more exhausted, the opposite is true. Experts say that increasing physical activity -- particularly walking - increases energy. Walking is accessible, easy to do, doesn't need training or equipment and you can do it anywhere

In experiments conducted by Robert Thayer, PhD, at California State University, a brisk 10-minute walk not only increased energy, but the effects lasted up to two hours. And when the daily 10-minute walks continued for three weeks, overall energy levels and mood were lifted.

3. Take a Power Nap

Research has shown that both information overload and pushing our brains too hard can zap energy. But studies by the National Institutes of Mental Health found that a 60-minute "power nap" can not only reverse the mind-numbing effects of information overload, it may also help us to better retain what we have learned.

4. Don't Skip Breakfast -- or Any Other Meal

"Studies show that folks who eat breakfast report being in a better mood, and have more energy throughout the day," says Heller.

Moreover, studies published in the journal *Nutritional Health* found that missing any meal during the day led to an overall greater feeling of fatigue by day's end.

5. Reduce Stress and Deal with Anger

One of the biggest energy zappers is stress, says psychologist Paul Baard, PhD.

"Stress is the result of anxiety, and anxiety uses up a whole lot of our energy," says Baard, a sports psychologist at Fordham University in the Bronx, N.Y.

Like worry or fear, Baard says, stress can leave you mentally and physically exhausted -- even if you've spent the day in bed. More commonly, he says, low but chronic levels of stress erode energy levels, so over time you find yourself doing less and feeling it more.

In much the same way, unexpressed anger can give a one-two punch to your energy level. The reason: "We're expending all our energy trying to contain our angry feelings, and that can be exhausting," Baard tells WebMD.

The good news, says Baard, is that we can counter these energy killers by programming more relaxation activities into our day. While for many folks, increasing exercise burns off the chemical effects of stress and anger, others find relief in quiet pursuits: listening to music, reading a steamy romance novel, or even just talking on the phone.

"Whatever is relaxing for you will reduce tension and that will help increase energy," says Baard.

6. Drink More Water and Less Alcohol

"Sometimes, even slight dehydration can leave you feeling tired and lethargic," says nutritionist Keith Ayoob, EdD, RD, an associate professor at the Albert Einstein School of Medicine in New York.

The solution is simple: a tall, cool glass of water. This is particularly important to boost energy after exercise, when your body is likely to be craving fluids, Ayoob says. But, if you find yourself frequently fatigued even after a good night's sleep, try cutting down on alcohol during the evening hours.

"While alcohol initially helps you fall asleep, it also interferes with deep sleep, so you're not getting the rest you think you are -- even if you sleep a full eight hours," she says.

By cutting down on alcohol before bedtime, you'll get a better night's rest, which is bound to result in more energy the next day.

7. Eat More Whole Grains and Less Sugar

The key here is keeping blood sugar balanced so energy is constant.

"When you're eating a sweet food, you get a spike in blood sugar, which gives you an initial burst of energy," Heller says. "But that's followed by a rapid drop in blood sugar, which in turn can leave you feeling very wiped out."

Do that enough times a day, she says, and by evening you're feeling exhausted.

"But, if you eat a lot of whole grains, which provide a slow and steady release of fuel, your energy will be consistent and balanced, so by day's end you'll feel less tired," says Heller.

Indeed, a study published recently in the American Journal of Clinical Nutrition found that eating more whole grains helped increase the body's sensitivity to insulin, allowing for that slow and steady release.

8. Have a Power Snack

Power snacking is more than just eating between meals, Ayoob says. He suggests a treat that combines protein, a little fat and some fiber -- like peanut butter on a whole-wheat cracker, or some yogurt with a handful of nuts.

"The carbs offer a quick pick-me-up, the protein keeps your energy up, and the fat makes the energy last," he tells WebMD.

9. Make It a Latte

Pair a quick caffeine hit with the sustaining power of protein by having a low-fat latte instead of just a cup of coffee, advises Ayoob.

"All that milk turns your java into a protein drink, which provides not only extra energy, but extra calcium, which is good for your bones," he tells WebMD. Combine it with an ounce of almonds, he says, and the healthy fat will really tide you over -- while making you feel you're spoiling yourself silly!

10. Check Your Thyroid Function and Blood Cell Count

It certainly won't provide an instant boost. But if you're constantly low on energy -- especially if you feel sluggish even after a good night's rest -- Heller says you should talk to your doctor about a blood test for thyroid dysfunction as well as anemia.

"Thyroid can be a particular problem for women -- it often develops after childbirth and frequently during the perimenopause -- but a simple blood test can verify if this is your problem," says Heller. If you're diagnosed with low thyroid function, medication can bring your body back up to speed.

In anemia, says Heller, a reduction in red blood cells can mean your body isn't getting the level of oxygen necessary to sustain energy. So, you tire easily.

"This can sometimes occur during a woman's reproductive years, particularly if she has a very heavy menstrual cycle," says Heller.

October is Depression Awareness Month. It is more than the blues. If you, a family member, or friend has had persistent sad, anxious, hopeless, loss of pleasure, irritability, overwhelming guilt, empty mood, changes in appetite, cravings, or extra use of alcohol do seek assistance. For more information go to www.mentalhealthscreening.org. Do not suffer, reach out and talk with a mental health professional. Depression and other mood disorders are very treatable!!

The Early Days:

A Conversation with Don Lindley

By Howard Klinger

The Fort Wayne Track Club will be celebrating its 30th anniversary next year after formally organizing in 1977. I had the chance to sit down and talk with one of the founding members, Don Lindley, and chat about the early days of the club.

It's Saturday evening, several hours after the Matthew 25 races when I meet Don at Panera Bread. It was a half hour before closing and Don was just finishing up his post race activities--updating files from race day applications; sending e-mails to each participant; preparing html files for the FWTC and RunIndiana websites, and finally, sending the race results to the local papers and to the editor of our newsletter. Phew, you get the picture! Don is a selfless individual and usually spends up to 30 hours a week on track club duties. Don has a lot of himself vested in the club and has been doing so for over 30 years. It's hard to think of the Track Club without picturing Don somewhere in the background.

FWTC: How did it all start? Where did the seed of an idea come from to start a track club?

Don: It was the summer of 1975, Bobbi Widmann was coach at Police Athletic League and she formed the Track Club informally. We used to run in '75, '76 and 1977 out at Franke Park. Then in 1977, Bobbi asked me to take over and get the FWTC formally organized.

FWTC: How many of you were meeting?

Don: No more than about a dozen of us. Membership to her club was to bring old newspapers or a SASE. And she'd turn the papers in for money and that would pay for postage to send us race applications.

FWTC: When did the newsletter come about?

Don: It didn't come about until we actually formed in December 1977. In 1978 we elected officers. And in 1977, Harry Koontz, myself, Tony Ankenbrook, Bill Sohaski, that's all I can remember, but maybe there were just six of us, we met at Epworth United Methodist Church on Hessen Cassel. We were going to form a 501c organization under the church as a non-profit. When Harry came to the meeting he brought some literature from an organization called the Road Runner's Club of America (RRCA). So we decided to join them right away. A lot of the literature they sent us was very important to the club, because the purpose of the club and RRCA was to promote health and fitness. Back in 1977 it unheard of -- crazy people running 10ks, besides marathons.

FWTC: What did you guys do before the club? How did you find out about races, were there that many races for you to run in?

Don: We all would go to different races and bring back any information about future races. The newspaper was another

source. The most popular one that I remember going to, and it's coming up even this week is Berne Days. There were a few others. There was an organization called The Hoosier Runner. They were located in Indianapolis and we got a lot of race information from them. Hal Higdon, noted editor of Runner's World, was also putting on races up in Northwest Indiana.

FWTC: Was it basically by word of mouth that you kept informed about races back then? After all we didn't have the Internet.

Don: I guess there were always quite a few of us looking for something to do in our hey-day. We didn't have anybody to run with after we left high school or college. That same trend is happening now, too. It's hard to find runners in our own club at the 20 -29 age group.

FWTC: What was the status of running in the Fort during those early years? Were you considered an oddity by most people?

Don: It was always odd to see one of our runners, Myron Meyer, running down the middle of Calhoun Street. Not a lot of people know this, but Myron and I would run all winter long. Back then we didn't have sweat-pants, and you didn't have these nylon stretch pants, so my wife and Myron's wife were nurses and had panty hose. So, in the wintertime we would wear nurse's panty hose.

FWTC: So what did you do, run at nighttime so no one could see you?

Don: Yes (a lot of laughter with that answer)!

FWTC: What was the average mileage people used to run?

Don: It was unknown to run more than 20 miles a week. I would train for a big race like a 15k or marathon and would run no more than 10 miles that would be my longest run. But then it was quality not quantity. I could shoot the run in 60 minutes, and it was 10 miles. I lived out in the country would run on these country roads -- dusty roads, and you were the only one out there!

FWTC: How many runners were in the club when you first started, and then after officially organizing?

Don: No more than a dozen of us. Our charter membership in 1978 was close to 80 members. Charlie Brandt was the first president of our Track Club and I was the first treasurer. And I've been the treasurer ever since with only a 2-year leave of absence within that time.

FWTC: What kind of budget did you have to work with in the early years?

Don: Starting out I'd say we had about a hundred dollar budget. As the club grew, naturally the budget expanded as well. Today, we operate on a budget of about one thousand to twelve hundred dollars a month, excluding organized races that bring in \$40,000 per year.

FWTC: What were the dues when the club first formed?

Don: We kept the dues down to the minimum. Our funds were mainly from sponsors, contributions, and race fees.

FWTC: So, basically if you wanted to join the club back in '78 or '79, it would cost you?

Don: Five bucks. It stayed five bucks for a long time, even today it still only costs twelve dollars if you sign up for a three-year membership.

FWTC: When did you know the club was a viable organization? Were there times when you thought the club might not continue?

Don: It was pretty healthy from the start.

FWTC: Did you have a pretty good turnout for races in the early years, in the late '70's?

Don: Yes. Back during the years we had the Lincoln 10,000 I think we peaked at over 1200 runners.

FWTC: Were there a lot of local races to participate in after the club formally organized?

Don: It took a long time for a lot of races to get organized. They were far and few between 10 years ago. In the last 10 years a lot of non-profits organized races to raise funds. One year, we had a race every week to go to and then we had Jerry Mazock's Wednesday's night fun runs at Foster Park.

FWTC: Were there any milestones in club membership? Has membership been pretty steady over the last 10-15 years?

Don: Every year for the last 5 years we lose about a hundred members and gain about a hundred due to relocation. I'd say the last 10 years the membership has been pretty stable. We're at our highest right now at 512 members.

FWTC: Can you think of other milestones the club has reached?

Don: I think we are a unique club in that we promote the youth to run, younger runners that couldn't make it on their high school cross country or track team. When they run in our races they get first place. Our Track Club (with the parents getting involved) has developed a lot of younger runners into outstanding athletes.

FWTC: And finally, what is the value of volunteers to the club?

Don: "Priceless!" You can't put a monetary value on a volunteer, but it is vitally important to have volunteers to make the FWTC work successfully. Let's go haul some bread!

I had the privilege of looking through some of the early issues of the club's newsletters (courtesy of Don) and found there were some talented writers. The overriding feeling I got from

the articles was a sense of excitement and passion for the sport of running. I believe they sensed they were "running" the wave of the running boom that was sweeping across our nation in the '70's. We even scooped Runner's World with a column on women's running. But, today I'm wondering... do we still feel that sense of excitement when we lace up our shoes and head out the door for a run? Do we still feel that passion deep inside when we tell our friends and neighbors that we're runners? Or, has our running become too sophisticated, too scientific, and maybe even too commonplace? Tell us your running stories – why do you run? Share with us your passion for our sport. After all, this is your club. We don't exist without you!

A final quote from the first president of our club, Charlie Brandt, from a newsletter dated January of 1979. Still relevant today, especially for the spouses of my marathon-training buddies. "But there is one group of unsung heroes in all of our lives that deserves special mention. They are wives and husbands who have allowed us to partake in our very special love, which is running. Running involves our families because it requires time. Time spent running is time spent away from families. Much has been written about the wonderful things experienced by runners, but little has been said about those people that have to live with runners. We should give all our spouses a very special thanks for their understanding, patience, and willingness to let us be what we are (runners)."

30 Year Celebration!!!

***** Save This Date *****

Sunday, February 11th 2007

FWTC Annual Banquet

A new and exciting program is planned this year to help celebrate the club's 30th anniversary. Don't miss this opportunity to share memories with old and new running friends! Look for banquet information details in the near future. See you there!

PR Training

Don't miss out on the largest 1/2 marathon in the nation!!!

Be sure to get signed up the Indy Mini if you plan to run on May 5th, 2007. Visit www.500festival.com to do so. The race directors are projecting that *the race will fill in November.*

PR Training will start training classes at the end of January for all levels of runners and walkers. Look for sign-up brochures in the new newsletter. For more information on PR Training visit www.myprtraining.com or email Tammy Behrens at prtraining@comcast.net. Personal training is also available.

Meet The Members

Name:

Angie Lockwood

Occupation:

Social Worker

Birthdate:

December 28

Family:

Landon (10), Carson (8)

Pets: Vixen (Miniature Schnauzer)

Hobbies or Interests:

Cooking

Favorite family activities:

Swimming, watching basketball games

Running shoe brand:

Asics

Years running/walking:

1 year

Favorite distance to run/walk/PR:

Half-marathon / 1:44:30 (Valpo mini)

Favorite after racing/training food:

Apples

Favorite place to train:

Oaubache State Park Trail #5

Favorite race:

All mini-marathons

Why do you run/walk:

Physical benefits

Favorite item of clothing:

Nike socks

Favorite movie or TV Program, or book :

Pretty Woman

Favorite music:

Techno and dance hip-hop

Collections:

Vegetarian cookbooks

Favorite vacation destinations:

Longboat Key, Florida, Cozumel, Mexico

Most prized possession:

Running medals

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

To set goals and achieve them inspires me to set new ones.

Do you have a dream? If so, explain:

To still be running 20 years from now and to complete a mini-marathon at age 63 like my Mom did.

Name:

Michael Overdahl

Occupation:

Physician (Pulmonologist)

Birthdate:

April 24

Family:

Wife – Carla, daughter in 8th grade, son in 5th

Hobby:

Readin, astronomy, kites, model rockets

Favorite family activities:

Bookstore dates, canoeing, trail biking

Shoe brand:

Pearl Izumi, Asics (ever since they were called Onitsuka!)

Favorite distance to run/walk/PR:

5K, 19:50 (2006, San Diego)

Favorite after race/training food:

Cold water

Favorite place to train:

The evolving Aboite New Trails

Favorite race:

The River City Rat Race

Why do I run:

To try to keep in shape

Favorite Clothing:

Long sleeve Under Armor shirt

Favorite Books:

Ancient history

Favorite Music:

Classical, Jazz, Christian Rock

Favorite Vacation:

San Francisco

Prized Treasure:

My family

Inspiration:

No single inspiration, I thought I had given up running in 1989 after a broken leg and then knee surgery. I cautiously picked up running again in 2003.

Absolute Results Announces Bootcamp

Bootcamp begins on Wednesday Oct. 11th and continues every Wednesday through the end of February. Start time is 6:00pm, arrive around 5:45 if you would like to warm up with a short run or walk. The workout will consist of upper body, abs, and leg work moving from one station to the next in a cardio fashion. The use of weights will depend on your fitness level. You will get a killer workout so come prepared to sweat. The location is Absolute Results on Engle Road just down from the Dome. A small fee of \$10.00 (for each week) is all it costs to enjoy this amazing experience. You will see results next season on the bike and in your overall fitness. Call Diana Schowe at 740-1958 or Jason Rubin at 471-2348 with any questions.

The 7th Annual River City Rat Race 10K Race and 5K Walk

The River City Rat Race was born in the year 2000 and became an instant success. With over 500 runners and more than 100 volunteers, it was clear that this event has enormous potential. In only its second year, the race had become one of the largest road races in Northern Indiana. The feature event is a 10K (6.2 mile) race with a beautiful downtown course. Author and senior writer Hal Higdon of *Runner's World Magazine* said: "It's one of the most scenic 10K courses I've ever run." This is high praise coming from one of the most experienced and highly sought after running experts in North America. RunIndiana.com lists the River City Rat Race one of the states top 10 races.

The 5K fitness walkers will line up just behind the runners at the start and will finish at the Old Fort Park just past the food tent. The walk is non-competitive, but many of our walkers have found that they would like the challenge of the 10K and sign up for the longer distance the next year.

One of our main goals is to promote fitness. National magazines such as Men's Health and Self Magazine consider Ft. Wayne among the most unfit cities in the nation. It is important that we do better!

The race is run on Halloween weekend and we feel that is the best time for an event called "Rat Race." Although the race attracts top area runners, we are considered a "fun run." We give lots of door prizes that any participant can win. Besides age group awards, we also have a best costume award. In 2005 our costume award went to two runners dressed as Fred and Wilma Flintstone.

Since the race started in 2000, it has generated over \$28,000 for local charity. 100% of our proceeds go to charity, but our chief beneficiary is the YMCA's Partnership in Youth. This year's race kicks off Saturday, October 28, 2006. The race begins at 9:00 a.m. The starting line is on Main Street adjacent to the United Arts Center and Fourth Wave Building. The course takes a scenic tour of Ft. Wayne that finishes at the Old Fort. Registration and goodie bag pick-up will take place Friday, October 27th from 4:00 p.m. to 7:00 p.m. Race day registration is from 7:30 a.m. to 8:30 a.m. at the United Arts Center. **We strongly encourage pre-registration by October 27th.**

Participants can also register online at www.rcratrace.org Entry cost is only \$13.00 before October 27th. Race day entry will cost \$20.00. Checks should be made payable to: The Fort Wayne Track Club, P.O. Box 11703, Fort Wayne, IN 46860-1703.

For more information on the River City Rat Race, check out our web site www.rcratrace.org or pick up a brochure at any area YMCA. You may also contact the YMCA at (260) 422-6486.

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.

FWTC Points Standings

The following are the Fort Wayne Track Club Points Standings through Kernel Klassic. For the complete race by race results see the FWTC web site at <http://www.fwtc.org/points.htm>

FWTC Points Standings

Men 19 and under

Place	Name	City	Points
1	Tyler Wemhoff	Fort Wayne IN	520.0
2	Donny Heath	Roanoke IN	500.0
3	Ryne Wemhoff	Fort Wayne IN	425.0
4	Shawn Kelley	Churubusco IN	375.0
5	Ben Devoe	Bluffton IN	255.0
6	Landon Lockwood	Bluffton IN	220.0
7	Aaron Landis	Churubusco IN	200.0
8	Andrew Piropato	Fort Wayne IN	185.0
9	Brad Hess	Fort Wayne IN	185.0
10	Mark Kapocius	Fort Wayne IN	175.0
11	Jacob Litchfield	Fort Wayne IN	175.0
12	Nate Ammon	Fort Wayne IN	170.0
13	Sam N Bird	Columbia City IN	100.0
14	Stephen Clark	Fort Wayne IN	100.0
15	Galen Harden	Yoder IN	100.0
16	Eric Ware	Fort Wayne IN	100.0
17	David Boyer	Fort Wayne IN	85.0
18	Matt Winkeljohn	Fort Wayne IN	85.0
19	Jacob Ware	Fort Wayne IN	85.0
20	Josh Ware	Fort Wayne IN	85.0
21	Alex Hess	Fort Wayne IN	75.0
22	Benjamin Skipper	Warsaw IN	65.0

Men 20 to 29

Place	Name	City	Points
1	Matt Parker	Fort Wayne IN	700.0
2	Grant Sieglitz	Harlan IN	685.0
3	Edward Fisk	Fort Wayne IN	355.0
4	Stuart Williams	Indianapolis IN	245.0
5	Jared Minnick	Fort Wayne IN	185.0

Men 30 to 34

Place	Name	City	Points
1	Brad A Thomas	Fort Wayne IN	570.0
2	Jeremy M Ogle	Fort Wayne IN	555.0
3	Kristian Lentz	Huntertown IN	295.0
4	Jeff Jones	Fort Wayne IN	225.0
5	Aaron York	Fort Wayne IN	225.0
6	Mike Cole	Corunna IN	200.0
7	Jason House	Ossian IN	185.0
8	Jeremy Schmidt	Fort Wayne IN	140.0
9	Todd Sullivan	Fort Wayne IN	50.0
10	Joseph Dimarzio	Fort Wayne IN	15.0
11	Jason Sagan	Fort Wayne IN	5.0

Men 35 to 39

Place	Name	City	Points
1	Dave Devoe	Bluffton IN	670.0
2	Jim Uecker	Fort Wayne IN	515.0
3	Matt Soot	Warsaw IN	295.0
4	Joe Savina	Fort Wayne IN	275.0
5	Mike Else	Fort Wayne IN	225.0
6	Thomas Gilbert	Fort Wayne IN	225.0
7	Ian Stoppenhagen	Ossian IN	205.0
8	Brian Loucks	Fort Wayne IN	165.0
9	Mike Thurston	Fort Wayne IN	155.0
10	Sam Gillie	Fort Wayne IN	130.0
11	John Klingenberg	Fort Wayne IN	125.0
12	Mike Fream	Fort Wayne IN	120.0
13	Michael Frushey	Huntertown IN	100.0
14	Gregg Gausline	Fort Wayne IN	75.0
15	Scott Aldrich	Auburn IN	75.0
16	Michael Wolfe	Fort Wayne IN	65.0
17	Brent Burris	Auburn IN	55.0
18	Jeff Rude	Fort Wayne IN	55.0
19	Chad Ware	Fort Wayne IN	30.0
20	Mark Pulver	Fort Wayne IN	25.0

Men 40 to 44

Place	Name	City	Points
1	Matt Foreman	Fort Wayne IN	680.0
2	Brett Hess	Fort Wayne IN	405.0
3	Kyle Velasco	Berne IN	400.0
4	Kurt Walborn	Fort Wayne IN	355.0
5	Jeff Steinberg	Fort Wayne IN	345.0
6	Jon Beasley	Fort Wayne IN	300.0
7	Philip Kelley	Churubusco IN	230.0
8	Tim Newlin	Fort Wayne IN	225.0
9	Michael S Wemhoff	Fort Wayne IN	225.0
10	Mark Walter	Garrett IN	205.0

11	Jeff Metzger	Fort Wayne IN	200.0
12	Kent Hart	Decatur IN	145.0
13	Paul E Knott	Fort Wayne IN	135.0
14	Ted Van Antwerp	Fort Wayne IN	130.0
15	Steve Zacher	Fort Wayne IN	95.0
16	Jim Bougher	Fort Wayne IN	65.0
17	Andrew Barry	Fort Wayne IN	55.0
18	Ward Moya	Fort Wayne IN	55.0
19	Paul Sturm	Fort Wayne IN	45.0
20	Marvin Eady Jr	Fort Wayne IN	35.0
21	Frank Hunt	Fort Wayne IN	25.0
22	Rob Winkeljohn	Fort Wayne IN	15.0
23	Joel Harter	Fort Wayne IN	5.0

Men 45 to 49

Place	Name	City	Points
1	Mike Slaubaugh	Fort Wayne IN	800.0
2	James McKimmon	Waterloo IN	560.0
3	Con Hollett	Fort Wayne IN	510.0
4	Mark Waldron	Wawaka IN	415.0
5	David Roehling	Harlan IN	300.0
6	Michael L McAvoy	Bluffton IN	300.0
7	Mark O'Shaughnessy	Fort Wayne IN	275.0
8	Tom Landis	Churubusco IN	260.0
9	Tom Lill	Fort Wayne IN	250.0
10	Kim A Lefever	Columbia City IN	235.0
11	Chuck Putterbaugh	Roanoke IN	205.0
12	Tim O'Connell	Fort Wayne IN	200.0
13	Michael Overdahl	Fort Wayne IN	130.0
14	Joe Astroski	Fort Wayne IN	120.0
15	David Kambach	Fort Wayne IN	115.0
16	Toby Jo Hullinger	Monroeville IN	105.0
17	Craig Bobay	Fort Wayne IN	100.0
18	Mich V Harper	Fort Wayne IN	100.0
19	Jeff Taner	Fort Wayne IN	100.0
20	Quinn Farver	Fort Wayne IN	95.0
21	Chris Croy	Columbia City IN	85.0
22	Carl A Risch	Decatur IN	75.0
23	Douglas Jordan	Fort Wayne IN	55.0
24	Andrew Kapocius	Fort Wayne IN	40.0
25	Mike Lewis	Huntington IN	40.0
26	Chuck Zumbun	Churubusco IN	40.0
27	Dennis Klopfenstein	New Haven IN	35.0
28	Kevin Truelove	Winona Lake IN	35.0
29	Steve Edmiston	New Haven IN	30.0
30	Steve Nivens	Fort Wayne IN	25.0
31	Charles Schreiber	Fort Wayne IN	20.0
32	Jim Berghoff	Fort Wayne IN	10.0
33	Terry Owens	Fort Wayne IN	10.0
34	Gerry Hoops	Auburn IN	5.0
35	Michael Skipper	Warsaw IN	5.0

Men 50 to 54

Place	Name	City	Points
1	Brad Altevogt	Fort Wayne IN	685.0
2	Chuck Brown	Bluffton IN	510.0
3	Doug Sundling	Bluffton IN	370.0
4	Kerry Blanchette	Fort Wayne IN	250.0
5	John Treleaven	Fort Wayne IN	215.0
6	Joseph Nayarkas	Fort Wayne IN	200.0
7	Jerry Diehl	Fort Wayne IN	200.0
8	Jed Pearson	Columbia City IN	165.0
9	Greg Ridenour	Fort Wayne IN	105.0
10	Mark Furks	Ligonier IN	100.0
11	Thomas J Felts	Fort Wayne IN	100.0
12	Stephen M Hilker	Fort Wayne IN	100.0
13	Paul Offerle	Fort Wayne IN	95.0
14	Len Piropato	Fort Wayne IN	90.0
15	Phil Suelzer	Fort Wayne IN	85.0
16	Lon R Braun	Fort Wayne IN	65.0
17	Todd Sciman	Fort Wayne IN	65.0
18	Aaron Cox	Huntertown IN	60.0
19	Kevin Giant	Fort Wayne IN	55.0
20	Terry Anderson	Fort Wayne IN	45.0
21	Brad Compton	Spencerville IN	45.0
22	Doug Breeden	Roanoke IN	45.0
23	Robert Snow	Fort Wayne IN	40.0
24	Timothy Ryan	Fort Wayne IN	30.0
25	Hal Atkinson	Huntertown IN	30.0
26	John Lantz	Avilla IN	20.0
27	Lynn T Bobay	Fort Wayne IN	15.0
28	Michael Clendenen	New Haven IN	15.0
29	Rick Hilker	Fort Wayne IN	10.0
30	Gary Schmunk	Antwerp OH	10.0
31	Michael Page	Fort Wayne IN	10.0
32	Dana Budd	New Haven IN	10.0
33	Donald Kramer	Van Wert OH	5.0
34	Thomas Boyer	Fort Wayne IN	5.0
35	Kenneth Mowan	Fort Wayne IN	5.0
36	John David McPherson	Fort Wayne IN	5.0

Men 55 to 59

Place	Name	City	Points
1	Rich Stephenson	Monroeville IN	550.0
2	Ken Long	Fort Wayne IN	515.0
3	Jim Pickett	Fort Wayne IN	410.0
4	Steven Greider	Fort Wayne IN	325.0
5	Robert Lawson	Fort Wayne IN	235.0
6	John Feiertag	Fort Wayne IN	225.0
7	Mervin Koehlinger	Fort Wayne IN	185.0
8	Don Ransome	Warsaw IN	100.0
9	Tim Bolin	Fort Wayne IN	75.0

10	Lynn E Armstrong	Fort Wayne IN	65.0
11	Tom Fuelling	Fort Wayne IN	65.0
12	Phil Lutman	Kendallville IN	55.0

Men 60 to 69

Place	Name	City	Points
1	Ray Casiano	New Haven IN	770.0
2	David E Boylan	Fort Wayne IN	455.0
3	Donald Lindley	Fort Wayne IN	380.0
4	Dick Hamly	Fort Wayne IN	355.0
5	Jack Seigel	Fort Wayne IN	325.0
6	Bernie Burgette	Fort Wayne IN	290.0
7	Allen Albert	Fort Wayne IN	230.0
8	Johni Rasmussen	Fort Wayne IN	220.0
9	Don Ashton	Fort Wayne IN	215.0
10	Barrie Peterson	Fort Wayne IN	210.0
11	Bob Bruckner	Fort Wayne IN	200.0
12	Steve Creighton	Warsaw IN	170.0
13	Noel Hupp	Fort Wayne IN	130.0
14	Tom Felger	Fort Wayne IN	100.0
15	Bill Harris	Grabill IN	75.0
16	Dewain Cobbs	Warsaw IN	75.0
17	Larry Lee	Fort Wayne IN	75.0
18	Bud Stiffler	Anderson IN	65.0
19	Karl Dietsch	Fort Wayne IN	65.0
20	Steve Adkison	Fort Wayne IN	35.0

Men 70 and over

Place	Name	City	Points
1	Joe Ziegler	New Haven IN	745.0
2	Kenneth E Disler	Fort Wayne IN	540.0
3	Robert C Loomis	Monroeville IN	355.0
4	Don Anderson	Fort Wayne IN	285.0
5	James P Jones	Fort Wayne IN	285.0
6	R William Schmidt	Fort Wayne IN	200.0
7	Jack Hlker	Fort Wayne IN	100.0
8	Bernie Huesing	Fort Wayne IN	100.0
9	Curtis Nold	Fort Wayne IN	75.0

Women 19 and under

Place	Name	City	Points
1	Kalissa Blanchette	Fort Wayne IN	785.0
2	Cecelia Snow	Fort Wayne IN	355.0
3	Lynn Altevogt	Fort Wayne IN	200.0
4	Ciersten Deardorf	Fort Wayne IN	100.0
5	Leticia Deardorf	Fort Wayne IN	100.0
6	Cendra Deardorf	Fort Wayne IN	85.0
7	Grace Burris	Auburn IN	75.0
8	Leah Deardorf	Fort Wayne IN	65.0

Women 20 to 29

Place	Name	City	Points
1	Carmen Parker	Fort Wayne IN	700.0
2	Angela Palevich	Fort Wayne IN	200.0
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	845.0
2	Katrina Loucks	Fort Wayne IN	310.0
3	Heather Fromm	Fort Wayne IN	205.0
4	Tammy Behrens	Fort Wayne IN	200.0
5	Erin Brady	Fort Wayne IN	185.0
6	Rebecca Hollenbaugh	South Whitley IN	175.0
7	Amy Archbold	Fort Wayne IN	130.0
8	Eva Sagan	Fort Wayne IN	85.0
9	Lisa House	Ossian IN	75.0
10	Polly Grismore	Fort Wayne IN	75.0
11	Karen Gillie	Fort Wayne IN	65.0

Women 35 to 39

Place	Name	City	Points
1	Angie Lockwood	Bluffton IN	720.0
2	Kathy Burner	Auburn IN	255.0
3	Tracy Brooks	Fort Wayne IN	245.0
4	Jennifer Steigmeyer	Fort Wayne IN	200.0
5	Cheryl Pulver	Fort Wayne IN	185.0
6	Mary Collins Frank	Fort Wayne IN	140.0
7	Sue Steffy	Fort Wayne IN	100.0
8	Amanda Filus	Fort Wayne IN	75.0
9	Nancy Burris	Auburn IN	65.0

Women 40 to 44

Place	Name	City	Points
1	Denise Conrad	Decatur IN	450.0
2	Cindy McGovern	Fort Wayne IN	430.0
3	Linda Anderson	Fort Wayne IN	345.0
4	Beverly Metzger	Fort Wayne IN	275.0
5	Diana Schowe	Auburn IN	255.0
6	Julie McNulty	Fort Wayne IN	175.0
7	Jennifer Mayhall	Fort Wayne IN	165.0
8	Anne Duff	Fort Wayne IN	100.0
9	Carla Brames	New Haven IN	100.0
10	Cynthia Owens	Fort Wayne IN	65.0

Women 45 to 49

Place	Name	City	Points
1	Sheryle Braaten	Hoagland IN	660.0
2	Betsy Greider	Fort Wayne IN	575.0
3	Judy Tillapaugh	Fort Wayne IN	385.0
4	Mary Snow	Fort Wayne IN	320.0
5	Judy White	Fort Wayne IN	300.0
6	Cathy Myers	Fort Wayne IN	300.0
7	Kelly Landis	Chumbusco IN	200.0
8	Paula McEachern	Leo IN	75.0
9	Margie Morris-Parker	Fort Wayne IN	65.0
10	Diane Post	Fort Wayne IN	55.0

Women 50 to 54

Place	Name	City	Points
1	Terri Gross	Fort Wayne IN	700.0
2	Regina Blanchette	Fort Wayne IN	545.0
3	Cheryl Stromski	Antwerp OH	420.0
4	Lynne Fciertag	Fort Wayne IN	345.0
5	Helen Ryan	Fort Wayne IN	275.0
6	Jenny Sanders	Fort Wayne IN	255.0
7	Nancy Simmonds	Fort Wayne IN	205.0
8	Susan Peterson	Albion IN	160.0
9	Phyllis Suelzer	Fort Wayne IN	150.0
10	Nancy Boyer	Fort Wayne IN	65.0

Women 55 to 59

Place	Name	City	Points
1	Bobbie Ashton	Fort Wayne IN	200.0
2	Anna Mize	Roanoke IN	200.0
3	Barb Scroggum	Fort Wayne IN	160.0
4	Mary Fennig	Decatur IN	100.0
5	Bobbie Ashton	Fort Wayne IN	100.0

Women 60 to 69

Place	Name	City	Points
1	Joan Gary	Fremont IN	400.0
2	Sarah Kleinknight	Fort Wayne IN	255.0
3	Irene Spindler	Kendallville IN	185.0
4	Bodil Rasmussen	Fort Wayne IN	160.0
5	Delores Johns	Bluffton IN	150.0

Women 70 and over

Place	Name	City	Points
1	Gloria J Nold	Fort Wayne IN	100.0

Harlan Days 10K

August 05, 2006

Place	Name	City	Age Group	Time	Pace
1	Eric Ade	Fort Wayne IN	**** M 24-30	32:49	5:18/M
2	Bobby Moldovan	Fort Wayne IN	1 M 15-18	34:57	5:38/M
3	Sam N Bird	Columbia City IN	2 M 15-18	34:59	5:39/M
4	Josh Maple	Fort Wayne IN	1 M 24-30	35:38	5:45/M
5	Ian Wilson	Fort Wayne IN	2 M 24-30	36:57	5:58/M
6	Jon Beasley	Fort Wayne IN	1 M 40-49	37:00	5:58/M
7	Mark Stauffer	Fort Wayne IN	1 M 31-39	37:57	6:07/M
8	David Hernandez	Fort Wayne IN	3 M 24-30	38:12	6:10/M
9	Eric White	Roanoke IN	2 M 40-49	38:38	6:14/M
10	Galen Harden	Yoder IN	3 M 15-18	39:11	6:19/M
11	Brian Graham	Fort Wayne IN	4 M 15-18	39:16	6:20/M
12	Brian Goodspeed	Fort Wayne IN	1 M 19-23	39:19	6:20/M
13	Edward Fisk	Fort Wayne IN	4 M 24-30	39:26	6:22/M
14	Mark O'Shaughnessy	Fort Wayne IN	3 M 40-49	39:29	6:22/M
15	Brandon Smith	Fort Wayne IN	5 M 15-18	39:40	6:24/M
16	Gregory Dunn	Fort Wayne IN	6 M 15-18	39:41	6:24/M
17	Brad Altevogt	Fort Wayne IN	1 M 50-59	39:44	6:25/M
18	Ashley Ritchey	Spencerville IN	**** F 19-23	39:55	6:26/M
19	Mark Walter	Garrett IN	4 M 40-49	40:17	6:30/M
20	Chuck Deford	Fort Wayne IN	5 M 40-49	40:24	6:31/M
21	Dashon Smith	Fort Wayne IN	2 M 19-23	40:38	6:33/M
22	Adam Bishop	Fort Wayne IN	7 M 15-18	40:40	6:34/M
23	Grant Stieglitz	Harlan IN	3 M 19-23	40:46	6:35/M
24	Brandon Saafank	Fort Wayne IN	8 M 15-18	41:04	6:37/M
25	Michael Stieglitz	Charlotte NC	2 M 50-59	41:38	6:43/M
26	Evan Harley	Fort Wayne IN	9 M 15-18	41:50	6:45/M
27	David Boyer	Fort Wayne IN	10 M 15-18	41:59	6:46/M
28	Danny White	Fort Wayne IN	11 M 15-18	42:08	6:48/M
29	Kristian Lentz	Huntertown IN	2 M 31-39	42:28	6:51/M
30	Daniel Etzcoorn	Fort Wayne IN	12 M 15-18	42:48	6:54/M
31	Erin Milton	Fort Wayne IN	13 M 15-18	43:22	7:00/M
32	Cyrus Brinegar	Fort Wayne IN	1 M 0-14	43:40	7:03/M
33	Dvalan Rodman	Fort Wayne IN	14 M 15-18	43:46	7:04/M
34	Kyle Knezovich	Roanoke IN	15 M 15-18	43:49	7:04/M
35	Brett Rabhr	Fort Wayne IN	16 M 15-18	43:50	7:04/M
36	Richard Lysaght	Hicksville OH	3 M 31-39	44:04	7:06/M
37	David Gialamas	Fort Wayne IN	2 M 0-14	44:10	7:07/M
38	Ashley Wray	Fort Wayne IN	1 F 19-23	44:22	7:09/M
39	Nate Ammon	Fort Wayne IN	17 M 15-18	44:24	7:10/M
40	Andrew Schlatter	Leo IN	3 M 0-14	44:27	7:10/M
41	Paula Henry	Fort Wayne IN	1 F 31-39	44:28	7:10/M
42	Wayne Gregory	Fort Wayne IN	4 M 31-39	44:31	7:11/M
43	Daniel Robison	Fort Wayne IN	18 M 15-18	44:34	7:11/M
44	Joe Saalfank	New Haven IN	6 M 40-49	44:36	7:12/M
45	Matt Scott	Warsaw IN	5 M 31-39	44:38	7:12/M
46	Pat Beuchel	Fort Wayne IN	7 M 40-49	44:59	7:15/M
47	John Silcox	Fort Wayne IN	6 M 31-39	45:06	7:16/M

Harlan Days 10K

August 05, 2006

Place	Name	City	Age Group	Time	Pace
48	Denise Conrad	Decatur IN	1 F 40-49	45:09	7:17/M
49	Eric Easterday	Spencerville IN	3 M 50-59	45:14	7:18/M
50	Dillon Kimmel	Fort Wayne IN	19 M 15-18	45:18	7:18/M
51	Jared Newhard	Fort Wayne IN	7 M 31-39	45:41	7:22/M
52	Julie McNulty	Fort Wayne IN	2 F 40-49	45:46	7:23/M
53	Stephanie Breeding	Fort Wayne IN	2 F 19-23	45:58	7:25/M
54	Michael J Engler	Fort Wayne IN	8 M 31-39	46:04	7:26/M
55	Nick Robison	Fort Wayne IN	20 M 15-18	46:45	7:32/M
56	Len Piropato	Fort Wayne IN	4 M 50-59	46:49	7:33/M
57	Kyle Hoos	Fort Wayne IN	21 M 15-18	47:06	7:36/M
58	David Edsall	Fort Wayne IN	8 M 40-49	47:17	7:38/M
59	Tiffany Bremer	Fort Wayne IN	3 F 19-23	47:46	7:42/M
60	Joe Kobieia	Auburn IN	9 M 40-49	47:50	7:43/M
61	Ian Stoppenhagen	Ossian IN	9 M 31-39	47:54	7:44/M
62	David Roehling	Harlan IN	10 M 40-49	47:59	7:44/M
63	Tom Foss	Harlan IN	11 M 40-49	48:12	7:46/M
64	Jessica McNulty	Fort Wayne IN	1 F 15-18	48:28	7:49/M
65	Keith Chandler	Fort Wayne IN	4 M 0-14	48:49	7:52/M
66	Bryan Fadus	Fort Wayne IN	22 M 15-18	48:51	7:53/M
67	Nick Nave	Fort Wayne IN	5 M 0-14	48:51	7:53/M
68	Doug Snyder	Fort Wayne IN	23 M 15-18	49:00	7:54/M
69	Rick Briars	Fort Wayne IN	10 M 31-39	49:08	7:55/M
70	Nathan Lysaght	Hicksville OH	6 M 0-14	50:02	8:04/M
71	Donna Lysaght	Hicksville OH	2 F 31-39	50:04	8:05/M
72	Jonathan Gotschalk	Fort Wayne IN	5 M 24-30	50:09	8:05/M
73	Monica Colbert	Lebanon OH	3 F 31-39	50:58	8:13/M
74	Teresa Dyer	Harlan IN	4 F 31-39	50:59	8:13/M
75	Lon R Braun	Fort Wayne IN	5 M 50-59	51:01	8:14/M
76	Cody Farrell	Fort Wayne IN	24 M 15-18	51:26	8:18/M
77	Sara Lentz	Lakeland FL	1 F 24-30	51:32	8:19/M
78	Chris Groleau	Fort Wayne IN	25 M 15-18	52:23	8:27/M
79	Kenny Deal	Fort Wayne IN	7 M 0-14	52:26	8:27/M
80	David Vanliere	Huntington IN	6 M 50-59	52:30	8:28/M
81	Angela Karacson	Hicksville OH	5 F 31-39	52:33	8:29/M
82	Kenneth Mowan	Fort Wayne IN	7 M 50-59	53:32	8:38/M
83	Dawn Kock	Fort Wayne IN	6 F 31-39	53:37	8:39/M
84	Katrina Loucks	Fort Wayne IN	7 F 31-39	53:40	8:39/M
85	Brian Loucks	Fort Wayne IN	11 M 31-39	53:42	8:40/M
86	Kent Ennis	Fort Wayne IN	12 M 31-39	54:11	8:44/M
87	Bill Harris	Grabill IN	1 M 60-69	54:24	8:46/M
88	Paula McEachern	Leo IN	3 F 40-49	54:26	8:47/M
89	Colin Lyman	Fort Wayne IN	26 M 15-18	54:36	8:48/M
90	Jerry Brinegar	Fort Wayne IN	12 M 40-49	54:39	8:49/M
91	Chase Poling	Fort Wayne IN	27 M 15-18	54:41	8:49/M
92	Barrie Peterson	Fort Wayne IN	2 M 60-69	54:43	8:50/M
93	Michael Difilippantonio	Fort Wayne IN	8 M 50-59	54:44	8:50/M
94	Chad Ginder	Fort Wayne IN	13 M 31-39	54:45	8:50/M
95	Amber Kaszowski	Fort Wayne IN	4 F 19-23	54:47	8:50/M
96	Sonny Strack	Fort Wayne IN	13 M 40-49	55:34	8:58/M
97	Ryan Hoover	Spencerville IN	4 M 19-23	55:46	9:00/M
98	Brittannie Wiggins	Harlan IN	1 F 0-14	55:49	9:00/M
99	Connie Lehman	Spencerville IN	5 F 19-23	55:57	9:01/M
100	Nick Kleinhenz	Columbus OH	6 M 24-30	56:49	9:10/M
101	Michael Hollis	Fort Wayne IN	14 M 31-39	57:04	9:12/M
102	Dan Barnes	Fort Wayne IN	9 M 50-59	58:13	9:23/M
103	Barb Scroggum	Fort Wayne IN	1 F 50-59	58:27	9:26/M
104	Dana Budd	New Haven IN	10 M 50-59	1:02:52	10:08/M
105	Christine Barlow	Fort Wayne IN	8 F 31-39	1:04:03	10:20/M
106	Kebra Byrd	Fort Wayne IN	9 F 31-39	1:05:01	10:29/M
107	Gary Pomeroy	Grabill IN	15 M 31-39	1:05:12	10:31/M
108	Susan Okleshen	New Haven IN	4 F 40-49	1:05:46	10:36/M
109	Tom Felling	Fort Wayne IN	11 M 50-59	1:08:36	11:04/M
110	Emily Kames	Fort Wayne IN	2 F 15-18	1:09:01	11:08/M
111	Kris Kames	Fort Wayne IN	16 M 31-39	1:09:03	11:08/M
112	Trish Bunner	Harlan IN	10 F 31-39	1:13:19	11:50/M
113	Marlin Short	Wauseon OH	12 M 50-59	1:14:24	12:00/M
114	Deb Barnes	Fort Wayne IN	2 F 50-59	1:15:34	12:11/M
115	Phil Gustin	Ottawa IL	1 M 70-99	1:20:41	13:01/M

Results By Fort Wayne Track Club

Team In Training Run

for a Cure 5K

August 26, 2006

Place	Name	City	Age Group	Time	Pace
1	Jerry Williams Jr.	Fort Wayne IN	***** M 40-49	17:45	5:44/M
2	Matt Foreman	Fort Wayne IN	1 M 40-49	18:39	6:01/M
3	Dashon Smith	Fort Wayne IN	1 M 19-23	19:03	6:09/M
4	Michael Voelker	Fort Wayne IN	1 M 24-30	19:03	6:09/M
5	Erika Williams	Monroeville IN	***** F 15-18	20:13	6:31/M
6	Bill Parker	Fort Wayne IN	2 M 40-49	20:13	6:31/M
7	Matt Scott	Warsaw IN	1 M 31-39	20:19	6:33/M
8	John Broward	New Haven IN	2 M 19-23	20:19	6:33/M
9	Dan Stensrud	New Haven IN	2 M 24-30	20:39	6:40/M
10	Stephanie Breeding	Fort Wayne IN	1 F 19-23	21:01	6:47/M
11	David Edsall	Fort Wayne IN	3 M 40-49	21:08	6:49/M
12	Anne M Shank	Fort Wayne IN	1 F 40-49	21:12	6:50/M
13	Rachel Boeddeker	Fort Wayne IN	1 F 24-30	21:30	6:56/M
14	Jason House	Ossian IN	2 M 31-39	21:49	7:02/M

15	Julia Just	Fort Wayne IN	2 F 40-49	21:58	7:05/M
16	Emil Woerner	Fort Wayne IN	4 M 40-49	22:13	7:10/M
17	Steve Webb	Fort Wayne IN	5 M 40-49	22:22	7:13/M
18	Courtney Wennemar	Fort Wayne IN	2 F 24-30	22:43	7:20/M
19	Dan McGuire	Fort Wayne IN	6 M 40-49	23:00	7:25/M
20	Brian Alberding	Fort Wayne IN	7 M 40-49	23:08	7:28/M
21	Gary Gordon	Chunubusco IN	8 M 40-49	23:25	7:33/M
22	Emily Lamb	Muncie IN	3 F 24-30	24:14	7:49/M
23	Katie Hartzog	Fort Wayne IN	4 F 24-30	25:02	8:05/M
24	Donald Kramer	Van Wert OH	1 M 50-59	25:03	8:05/M
25	Randal Widdifield	Fort Wayne IN	3 M 31-39	25:14	8:08/M
26	Deia Frohriep	Fort Wayne IN	1 F 31-39	25:26	8:12/M
27	Brandon Webb	Fort Wayne IN	1 M 0-14	25:30	8:14/M
28	Andy Evans	Fort Wayne IN	3 M 19-23	26:31	8:33/M
29	Julie Fike	Fort Wayne IN	3 F 40-49	26:57	8:42/M
30	Jodi Isbell	Fort Wayne IN	2 F 31-39	27:10	8:46/M
31	Terr Schrock	Fort Wayne IN	4 F 40-49	27:27	8:51/M
32	David Corner	Leo IN	2 M 50-59	27:46	8:57/M
33	Connie Gordon	Chunubusco IN	5 F 40-49	28:12	9:06/M
34	Debbie Hesterman	Fort Wayne IN	6 F 40-49	28:34	9:13/M
35	Shannon Lawrence	Fort Wayne IN	3 F 31-39	28:35	9:13/M
36	Colleen Doyle	Leo IN	7 F 40-49	29:05	9:23/M
37	John Lantz	Avilla IN	3 M 50-59	29:20	9:28/M
38	Sue Keller	Fort Wayne IN	8 F 40-49	29:50	9:37/M
39	Jocelyn Van Nevel	South Bend IN	1 F 0-14	29:53	9:38/M
40	Joseph Van Nevel	South Bend IN	9 M 40-49	29:56	9:39/M
41	Rochelle Alberding	Bluffton IN	1 F 60-69	30:14	9:45/M
42	Anne Davies	Fort Wayne IN	1 F 50-59	30:24	9:48/M
43	Denise Bickley	Fort Wayne IN	4 F 31-39	30:28	9:50/M
44	Bryan Edwards	Fort Wayne IN	4 M 31-39	30:32	9:51/M
45	Elise Tyler	Fort Wayne IN	2 M 0-14	36:35	11:48/M
46	Mike Bruner	Fort Wayne IN	4 M 50-59	37:32	12:06/M
47	Brittany Shuler	Fort Wayne IN	1 F 15-18	40:32	13:05/M
48	Brenda Kalb	Fort Wayne IN	5 F 31-39	40:33	13:05/M
49	Mary Ann Shepherd	Fort Wayne IN	6 F 31-39	42:46	13:48/M
50	David Gersheimer	Fort Wayne IN	10 M 40-49	57:01	18:24/M

Results By Fort Wayne Track Club

Strides of Hope 5K

September 16, 2006

Overall Female Open Winners

Place	Name	City	Age	Overall	Time	Pace
1	Anne M Shank	Fort Wayne IN	40	8	21:09	6:47/M

Female 19 to 39

Place	Name	City	Age	Overall	Time	Pace
1	Korinna Pearson	Huntington IN	37	16	22:05	7:05/M
2	Christina Osei	Fort Wayne IN	26	17	23:04	7:24/M
3	Corinne Wagner	Chunubusco IN	26	19	23:17	7:28/M
4	Angela Minich	Fort Wayne IN	26	21	23:25	7:30/M
5	Abby Bird	Decatur IN	26	29	25:43	8:15/M
6	Sarah Martin	Fort Wayne IN	35	32	27:31	8:49/M
7	Susan Schowe	Auburn IN	35	35	27:57	8:58/M
8	Rachel Holsinger	Fort Wayne IN	39	39	28:23	9:06/M
9	Mendy Webb	Fort Wayne IN	26	45	28:50	9:14/M
10	Andrea Smith	Fort Wayne IN	38	52	30:39	9:49/M
11	Danielle Wirtz	Leo IN	31	55	32:50	10:31/M
12	Lisa Shelby	Fi Wayne IN	24	61	41:02	13:09/M
13	Laurie Marqueling	Fort Wayne IN	28	62	42:10	13:31/M

Female 40 & Over

Place	Name	City	Age	Overall	Time	Pace
1	Sharon Smith	Fort Wayne IN	40	33	27:40	8:52/M
2	Amy Hile	Fort Wayne IN	41	40	28:28	9:07/M
3	Julianne Houser	Fort Wayne IN	46	41	28:38	9:11/M
4	Carol Stucky	Hoagland IN	49	43	28:47	9:14/M
5	Jennifer Hope	Fort Wayne IN	45	44	28:48	9:14/M
6	Cathy Toupin	Auburn IN	48	46	29:05	9:19/M
7	Tina Bennett	Fort Wayne IN	42	47	29:44	9:32/M
8	Ann Marqueling	Fort Wayne IN	52	57	35:59	11:32/M
9	Kelly Pearsall	Fort Wayne IN	45	58	37:18	11:57/M
10	Laura Martinez	Fort Wayne IN	44	60	40:02	12:50/M

Overall Male Open Winners

Place	Name	City	Age	Overall	Time	Pace
1	Brad A Thomas	Fort Wayne IN	31	1	17:21	5:34/M

Male 18 & Under

Place	Name	City	Age	Overall	Time	Pace
1	Andrew Tlegge	Fort Wayne IN	13	5	20:52	6:41/M

Male 19 - 39

Place	Name	City	Age	Overall	Time	Pace
1	Tim Freeman	Fort Wayne IN	38	2	17:40	5:40/M
2	Dashon Smith	Fort Wayne IN	20	4	19:02	6:06/M
3	Wayne Gregory	Fort Wayne IN	35	6	21:00	6:44/M
4	Fernandez Sanchez	Fort Wayne IN	26	13	21:36	6:55/M
5	Vincent Garcia	Fort Wayne IN	26	15	21:54	7:01/M
6	Rusty Brown	Decatur IN	21	18	23:11	7:26/M
7	Mark Mellinger	Fort Wayne IN	30	20	23:18	7:28/M
8	David Stanton	Fort Wayne IN	35	22	23:35	7:34/M
9	Daniel Smith	Fort Wayne IN	30	27	25:00	8:01/M
10	Andy Evans	Fort Wayne IN	23	28	25:38	8:13/M

Strides of Hope 5K

September 16, 2006

11	Kirk Plattner	Fort Wayne IN	27	38	28:19	9:05/M
12	Michelle Hoffman	Fort Wayne IN	36	48	29:47	9:33/M
13	Paul Manrev	Fort Wayne IN	27	50	30:27	9:46/M
14	David Ciarcocchi	Pittsburgh PA	27	51	30:30	9:47/M
15	Matthew Wirtz	Leo IN	31	56	32:53	10:32/M

Male 40 & Over

Place	Name	City	Age	Overall	Time	Pace
1	Manuel Martinez	Fort Wayne IN	43	3	17:45	5:41/M
2	Michael Peters	Fort Wayne IN	41	7	21:03	6:45/M
3	Michael Overdahl	Fort Wayne IN	46	9	21:12	6:48/M
4	Ted Bussen	Fort Wayne IN	44	10	21:15	6:49/M
5	Ray Casiano	New Haven IN	63	11	21:18	6:50/M
6	William Schmidt	Fort Wayne IN	71	12	21:34	6:55/M
7	David Ellis	Fort Wayne IN	45	14	21:42	6:57/M
8	Michael Variell	Convoy OH	49	23	23:49	7:38/M
9	David Swenson	New Haven IN	44	24	24:12	7:45/M
10	Daniel Boylan	Fort Wayne IN	64	25	24:14	7:46/M
11	Rashad Oadick	Fort Wayne IN	42	26	24:35	7:53/M
12	Kent Hart	Decatur IN	45	30	25:45	8:15/M
13	Noel Hupp	Fort Wayne IN	67	31	27:12	8:43/M
14	Robert Lawson	Fort Wayne IN	59	34	27:46	8:54/M
15	Jim Cooper	Fort Wayne IN	53	36	27:59	8:58/M
16	John Lantz	Avilla IN	52	37	28:01	8:59/M
17	Willard Warwick	Fort Wayne IN	52	42	28:41	9:12/M
18	Al Henkel	Fort Wayne IN	57	49	29:55	9:35/M
19	Ralph Easterhaus	Fort Wayne IN	58	53	30:58	9:56/M
20	C.C. Mensah	Fort Wayne IN	42	54	31:32	10:06/M
21	Don Marqueling	Fort Wayne IN	53	59	38:18	12:17/M

Results By Fort Wayne Track Club

Parlor City Trot

Half Marathon

September 23, 2006

Place	Name	City	Age Group	Time
55	Paul McIntosh	Fort Wayne IN	8 M 35-39	1:42:38
56	Rick Neff	Fort Wayne IN	5 M 40-44	1:42:44
57	Jeff Steinberg	Fort Wayne IN	6 M 45-49	1:42:56
58	Jeff Metzger	Fort Wayne IN	7 M 45-49	1:43:11
59	Charlie Schortgen	Churubusco IN	8 M 45-49	1:43:19
60	Cindy McGovern	Fort Wayne IN	1 F 40-44	1:43:23
61	Joel Targgart	Columbia City IN	3 M 0-24	1:43:34
62	Dallas Leatherman	Columbia City IN	6 M 50-54	1:43:46
63	Dashon Smith	Fort Wayne IN	4 M 0-24	1:43:53
64	Mark O'Shaughnessy	Fort Wayne IN	9 M 45-49	1:43:58
65	David Almdale	Fort Wayne IN	10 M 45-49	1:44:01
66	Kelli S Heath	Auburn IN	1 F 25-29	1:44:29
67	Joe Saalfrank	New Haven IN	6 M 40-44	1:44:37
68	Gregory Wayne	Fort Wayne IN	9 M 35-39	1:44:42
69	Dan Cummsiskey	Fort Wayne IN	11 M 45-49	1:45:33
70	David Korte	Fort Wayne IN	7 M 40-44	1:46:30
71	Thomas J Felts	Fort Wayne IN	7 M 50-54	1:46:34
72	Angie Lockwood	Bluffton IN	2 F 35-39	1:46:37
73	Carl M Reinking	Fort Wayne IN	3 M 55-59	1:46:43
74	Justin Havens	Marion IN	3 M 25-29	1:46:58
75	Tracy Brooks	Fort Wayne IN	3 F 35-39	1:47:12
76	Karen Kosberg	Fort Wayne IN	2 F 40-44	1:47:17
77	Joanna White	Granger IN	1 F 30-34	1:47:39
78	Bob Nicholson	Fort Wayne IN	12 M 45-49	1:47:44
79	Robert Mosier	Bluffton IN	8 M 50-54	1:47:48
80	Kerry Blanchette	Fort Wayne IN	9 M 50-54	1:47:50
81	Angela Derloshon	Fort Wayne IN	4 F 35-39	1:48:29
82	Catherine Burlage	Fort Wayne IN	1 F 0-24	1:48:59
83	Richard Toupin	Auburn IN	13 M 45-49	1:49:06
84	Jay Gilbert	Fort Wayne IN	14 M 45-49	1:49:14
85	Craig Bobay	Fort Wayne IN	10 M 50-54	1:49:21
86	Kimberly Summers	Fort Wayne IN	5 F 35-39	1:49:23
87	Sheryle Braaten	Hoagland IN	1 F 45-49	1:49:25
88	Timothy Poole	Portland IN	15 M 45-49	1:49:26
89	Amanda Hernandez	Fort Wayne IN	2 F 25-29	1:49:28
90	Lane Gerber	Bluffton IN	9 M 30-34	1:49:31
91	Kurt White	Fort Wayne IN	5 M 0-24	1:49:33
92	Linda Anderson	Fort Wayne IN	2 F 45-49	1:50:19
93	Amy Mechling	Indianapolis IN	2 F 30-34	1:50:40
94	Kristin Storer	Fort Wayne IN	2 F 0-24	1:50:49
95	David Roehling	Harlan IN	16 M 45-49	1:50:51
96	Christine Habegger	Fort Wayne IN	3 F 40-44	1:51:32
97	Charles Koch	Van Wert OH	11 M 50-54	1:51:35
98	Lindsay Smith	Fort Wayne IN	3 F 0-24	1:51:37
99	Julie A Koschnick	Bluffton IN	4 F 40-44	1:51:54
100	Kelly Rowland	Fort Wayne IN	3 F 25-29	1:51:56
101	Mark Wolf	Huntertown IN	10 M 35-39	1:52:23
102	Michael Variell	Convoy OH	17 M 45-49	1:52:28
103	Jason House	Ossian IN	10 M 30-34	1:52:31
104	Jim P Lathrop	Indianapolis IN	1 M 60-64	1:52:32
105	Paul Offerle	Fort Wayne IN	12 M 50-54	1:52:37
106	Bob Michel	Fort Wayne IN	4 M 55-59	1:52:42
107	Ray Casiano	New Haven IN	2 M 60-64	1:52:44
108	Kyle Elsworth	Fort Wayne IN	4 M 25-29	1:52:53
109	Art E Mandelbaum	Fort Wayne IN	8 M 40-44	1:52:56
110	Matt Soot	Warsaw IN	11 M 35-39	1:53:24
111	Randy Vetter	Decatur IN	13 M 50-54	1:53:41
112	Dana Sawyer	Fishers IN	9 M 40-44	1:53:47
113	Kourtney Euren	Portage IN	6 M 0-24	1:53:55
114	Joseph M Astroski	Fort Wayne IN	18 M 45-49	1:53:58
115	Dan Persinger	Marion IN	7 M 0-24	1:54:01
116	Matthew Persinger	Columbus OH	8 M 0-24	1:54:11
117	Jeff Bailey	Portland IN	10 M 40-44	1:54:36
118	Corinne Wagner	Churubusco IN	4 F 25-29	1:54:41
119	Beth Keim	South Whitley IN	5 F 40-44	1:54:41
120	Tom Wuest	Fort Wayne IN	11 M 40-44	1:54:43
121	Jared Newhard	Fort Wayne IN	11 M 30-34	1:54:55
122	Teresa Wright	Columbia City IN	6 F 35-39	1:55:03
123	Dawn Mabry	Fort Wayne IN	3 F 45-49	1:55:08
124	Thomas Wheeler	Fort Wayne IN	12 M 40-44	1:55:10
125	Kevin Croy	Fort Wayne IN	19 M 45-49	1:55:19
126	Teresa Dyer	Harlan IN	3 F 30-34	1:55:33
127	Monica Colbert	Lebanon OH	7 F 35-39	1:55:35
128	William Cook	Fort Wayne IN	13 M 40-44	1:55:49
129	Ted Ewing	Hartford City IN	20 M 45-49	1:56:06
130	Ian Stoppenhagen	Ossian IN	12 M 35-39	1:56:14
131	Tom Lill	Fort Wayne IN	21 M 45-49	1:56:18
132	Jim Pickett	Fort Wayne IN	5 M 55-59	1:56:56
133	Cathy Bux	Fort Wayne IN	1 F 50-54	1:57:03
134	Matthew Akins	Muncie IN	14 M 40-44	1:57:09
135	Heather Bell	Anderson IN	5 F 25-29	1:57:21
136	Steve Zacher	Fort Wayne IN	15 M 40-44	1:57:28
137	Tony Cronk	Fort Wayne IN	12 M 30-34	1:57:33
138	Mark Beals	Fort Wayne IN	16 M 40-44	1:57:47
139	Julie Bock	Columbia City IN	4 F 0-24	1:57:50
140	Staci Brown	Warren IN	4 F 30-34	1:57:59
141	Fred Ross Jr	Warsaw IN	1 M 65-99	1:58:07
142	Bill Landgraf	Fort Wayne IN	13 M 35-39	1:58:17
143	Doug Bredten	Roanoke IN	14 M 50-54	1:58:18
144	Krishna Balla	Warsaw IN	14 M 35-39	1:58:37
145	Todd Sullivan	Fort Wayne IN	13 M 30-34	1:58:41
146	Daniel Odipio	Fort Wayne IN	22 M 45-49	1:58:50
147	Jeff Freidenberger	Saint Joe IN	23 M 45-49	1:58:53
148	Tracey Brown	Warren IN	15 M 35-39	1:59:24

Parlor City Trot

Half Marathon

September 23, 2006

Place	Name	City	Age Group	Time
1	James Kennedy	Winona Lake IN	***** M 25-29	1:08:49
2	Casey Shafer	Bluffton IN	***** M 25-29	1:11:44
3	Justin Gillette	Niles MI	***** M 0-24	1:15:02
4	Jason Newport	Eaton OH	***** M 35-39	1:17:46
5	Josh Maple	Fort Wayne IN	***** M 30-34	1:18:21
6	Michael McManus	Fort Wayne IN	***** M 40-44	1:19:22
7	Bernie Zoll	Bluffton IN	***** M 30-34	1:19:32
8	Mike Slabaugh	Fort Wayne IN	***** M 45-49	1:21:24
9	Chris White	Granger IN	1 M 30-34	1:23:37
10	Joe Pais	Fort Wayne IN	***** M 40-44	1:23:57
11	Doug Sundling	Bluffton IN	1 M 50-54	1:24:19
12	Jay Prichard	Van Wert OH	1 M 45-49	1:24:22
13	Melissa Lehman	Berne IN	***** F 0-24	1:25:41
14	Kathy Demeritt	Harlan IN	***** F 25-29	1:25:57
15	Dave Devoe	Bluffton IN	1 M 35-39	1:26:16
16	Brady Wells	Scotsburg IN	2 M 45-49	1:26:54
17	Trent Prough	Markle IN	2 M 35-39	1:27:29
18	Brad A Thomas	Fort Wayne IN	2 M 30-34	1:28:36
19	Jim Uecker	Fort Wayne IN	3 M 35-39	1:30:31
20	Matt Parker	Fort Wayne IN	3 M 30-34	1:30:52
21	Jeff Shoemaker	Fort Wayne IN	4 M 35-39	1:32:48
22	John Rajca	Muncie IN	3 M 45-49	1:33:02
23	Michael Cordray	Columbia City IN	1 M 25-29	1:33:18
24	Jeremy Bryson	Fort Wayne IN	1 M 0-24	1:33:54
25	Grant Stieglitz	Harlan IN	2 M 0-24	1:35:21
26	Steve Newell	Fort Wayne IN	5 M 35-39	1:35:29
27	Matt Foreman	Fort Wayne IN	1 M 40-44	1:35:31
28	Rick Vorick	Fort Wayne IN	1 M 55-59	1:35:33
29	David Grimes	Fort Wayne IN	4 M 45-49	1:35:38
30	Darlene Barton	Avilla IN	***** F 30-34	1:35:54
31	Neil Clark	Granger IN	5 M 45-49	1:37:03
32	Tricia Kurtz	Indianapolis IN	***** F 25-29	1:37:05
33	Damean Rinehold	Fort Wayne IN	4 M 30-34	1:37:59
34	Joe Savina	Fort Wayne IN	6 M 35-39	1:38:18
35	Chuck Brown	Bluffton IN	2 M 50-54	1:38:20
36	Sean Robinson	Fort Wayne IN	2 M 40-44	1:38:27
37	James McKinnon	Waterloo IN	3 M 50-54	1:38:32
38	Ben Cowan	Van Wert OH	2 M 25-29	1:38:52
39	Paul Sturm	Fort Wayne IN	3 M 40-44	1:39:00
40	Laurissa Dalrymple	Bluffton IN	***** F 0-24	1:39:57
41	Denise Conrad	Decatur IN	***** F 45-49	1:40:14
42	Judy White	Fort Wayne IN	***** F 45-49	1:40:26
43	Paula Henry	Fort Wayne IN	***** F 35-39	1:40:35
44	Kent Shaw	Bluffton IN	5 M 30-34	1:40:36
45	Eric White	Roanoke IN	4 M 40-44	1:40:58
46	Sherin Christopher	Fort Wayne IN	1 F 35-39	1:41:00
47	Mike Else	Fort Wayne IN	7 M 35-39	1:41:25
48	Matthew Merkel	Muncie IN	6 M 30-34	1:41:32
49	Kristian Lentz	Huntertown IN	7 M 30-34	1:41:47
50	Jim R Braun	Fort Wayne IN	4 M 50-54	1:42:02
51	Sherin M Ogle	Fort Wayne IN	8 M 30-34	1:42:09
52	Ken Long	Fort Wayne IN	2 M 55-59	1:42:26
53	Brad Compton	Spencerville IN	5 M 50-54	1:42:32
54	Diana Schowe	Auburn IN	***** F 40-44	1:42:35

Parlor City Trot Half Marathon

September 23, 2006

Place	Name	City	Age Group	Time
149	Chuck Zumbrun	Churubusco IN	24 M 45-49	1:59:37
150	Mike Vitali	Indianapolis IN	17 M 40-44	2:00:11
151	J Paul Downie	Fort Wayne IN	15 M 50-54	2:00:34
152	Rick Storer	Fort Wayne IN	6 M 55-59	2:01:35
153	Darryl Cargo	Fort Wayne IN	18 M 40-44	2:01:49
154	Paul Meitz	Fort Wayne IN	14 M 30-34	2:01:52
155	Daniel Hernandez	Fort Wayne IN	5 M 25-29	2:02:15
156	Laurie Whisler	Fort Wayne IN	6 F 40-44	2:02:23
157	Jenny Sanders	Fort Wayne IN	2 F 50-54	2:02:30
158	Sara Bauer	New Haven IN	5 F 30-34	2:02:50
159	Teri L Fields	Columbia City IN	6 F 25-29	2:03:07
160	Bob Jennings	Huntington IN	16 M 50-54	2:03:24
161	David L Winters	Huntington IN	7 M 55-59	2:03:28
162	Ronald Stinchcomb	Fort Wayne IN	8 M 55-59	2:03:40
163	Terri Gross	Fort Wayne IN	3 F 50-54	2:03:45
164	Jeff Skiver	Fort Wayne IN	16 M 35-39	2:04:17
165	Joel Harter	Fort Wayne IN	19 M 40-44	2:04:21
166	Rex Reed	Warsaw IN	2 M 65-99	2:04:31
167	Natalies R Beasley	South Bend IN	8 F 35-39	2:04:34
168	Marilyn McCalley	Fort Wayne IN	7 F 40-44	2:04:38
169	Tad Baumgartner	Bluffton IN	15 M 30-34	2:04:50
170	Leslie Ferguson	Fort Wayne IN	9 F 35-39	2:05:35
171	Karla Barnhart	South Whitley IN	6 F 30-34	2:06:16
172	Don Swartz	Keystone IN	17 M 50-54	2:06:48
173	Brian Gribble	Grover Hill OH	20 M 40-44	2:06:59
174	Katrina Loucks	Fort Wayne IN	10 F 35-39	2:07:01
175	Brian Loucks	Fort Wayne IN	17 M 35-39	2:07:04
176	Gary Aupperle	Bluffton IN	18 M 50-54	2:07:42
177	Gary Gordon	Churubusco IN	21 M 40-44	2:08:09
178	Dennis Braun	Fort Wayne IN	19 M 50-54	2:08:50
179	Dennis Klopfenstein	New Haven IN	25 M 45-49	2:08:59
180	Barb Scroggiam	Fort Wayne IN	1 F 55-99	2:09:19
181	Melinda Kinder	Fort Wayne IN	4 F 45-49	2:09:53
182	John David McPherson	Fort Wayne IN	20 M 50-54	2:10:20
183	Heather Vanden Top	Yoder IN	8 F 40-44	2:10:33
184	Cheryl Claypool	Fort Wayne IN	4 F 50-54	2:10:38
185	Michelle Stine	Fort Wayne IN	7 F 30-34	2:10:46
186	Thomas G Vanden Top	Yoder IN	22 M 40-44	2:10:48
187	Greg Childers	Fort Wayne IN	23 M 40-44	2:10:54
188	John S Miller	Van Wert OH	24 M 40-44	2:11:08
189	Emily Hiester	Newburgh IN	8 F 30-34	2:11:23
190	Amy Biegel	Berne IN	7 F 25-29	2:12:04
191	Heather Cook	Columbia City IN	11 F 35-39	2:12:06
192	Barb Hartsell	Bluffton IN	5 F 45-49	2:12:59
193	Jennifer Aupperle	Ossian IN	8 F 25-29	2:13:00
194	Marilyn S Bradford	Warren IN	9 F 40-44	2:13:41
195	Johnna Holloway	Hartford City IN	9 F 30-34	2:14:03
196	Jenny Fedele	Fort Wayne IN	10 F 30-34	2:14:08
197	Susan Link	Auburn IN	6 F 45-49	2:14:19
198	Karen Kirby	Fort Wayne IN	10 F 40-44	2:14:31
199	Nicole Hunt	Fort Wayne IN	11 F 30-34	2:14:36
200	Jill M Cloniz	Bluffton IN	7 F 45-49	2:15:13
201	Jeff Mosier	Muncie IN	26 M 45-49	2:15:21
202	Beth Emrich	Huntertown IN	12 F 35-39	2:15:23
203	Christine Fairchild	Albion IN	11 F 40-44	2:15:43
204	Jan Halter	Leo IN	8 F 45-49	2:16:14
205	Diane Kellenburger	Portage IN	9 F 45-49	2:16:27
206	Michael Spurgeon	Muncie IN	21 M 50-54	2:16:37
207	Cathy Toupin	Auburn IN	10 F 45-49	2:17:04
208	Hal Atkinson	Huntertown IN	22 M 50-54	2:18:07
209	Rich Stephenson	Monroeville IN	9 M 55-59	2:18:42
210	Cindy Imel	Ossian IN	12 F 40-44	2:18:54
211	Kyle Mosier	Muncie IN	9 M 0-24	2:20:16
212	Doug Montgomery	Ossian IN	16 M 30-34	2:20:20
213	Rex Fortney	Van Wert OH	10 M 55-59	2:20:37
214	Robert Lawson	Fort Wayne IN	11 M 55-59	2:21:23
215	Connie Gordon	Churubusco IN	13 F 40-44	2:21:47
216	Max L Inick	Louisville KY	12 M 55-59	2:25:06
217	Karon Blanton	Fort Wayne IN	14 F 40-44	2:27:24
218	Paula Stricklin	Bloomington IL	15 F 40-44	2:29:04
219	Adam Neuschwander	Bluffton IN	10 M 0-24	2:32:08
220	Ray Paxson	Bluffton IN	23 M 50-54	2:32:24
221	Carla Doles	Harlan IN	5 F 50-54	2:32:39
222	Yolanda Stinchcomb	Fort Wayne IN	11 F 45-49	2:33:15
223	Thomas Johnson	Fort Wayne IN	24 M 50-54	2:33:32
224	Holly Wittbrodt	Bluffton IN	12 F 45-49	2:35:05
225	Richard Clark	Portland IN	25 M 40-44	2:36:14
226	J. Ezell	Hobart IN	3 M 60-64	2:38:09
227	Shep Moyle	Fort Wayne IN	26 M 40-44	2:41:16
228	B.p. House	Roanoke IN	27 M 40-44	2:41:18
229	Steven Greider	Fort Wayne IN	13 M 55-59	2:42:50
230	Dana Budd	New Haven IN	25 M 50-54	2:44:57
231	Mike Sanders	Fort Wayne IN	14 M 55-59	2:47:06
232	Betty Greider	Fort Wayne IN	13 F 45-49	2:49:43
233	Lex Dommire	Uniondale IN	3 M 65-99	3:05:21
234	Joe Ziegler	New Haven IN	4 M 65-99	3:18:19

Results By Fort Wayne Track Club

Parlor City Trot 10K

September 23, 2006

Place	Name	City	Age Group	Time	Pace
1	Mitch Novy	Garrett IN	***** M 20-24	35:41	5:45/M
2	John Schnieders	Decatur IN	***** M 40-44	37:42	6:04/M
3	Kent Lichty	Berne IN	***** M 35-39	39:40	6:23/M
4	Mark Walter	Garrett IN	***** M 40-44	41:10	6:38/M
5	Jeff Jones	Fort Wayne IN	1 M 30-34	42:19	6:49/M
6	Tammy Behrens	Fort Wayne IN	***** F 35-39	42:43	6:53/M
7	Susan Odipo	Fort Wayne IN	***** F 20-24	42:58	6:55/M
8	Skip Stinson	Roanoke IN	***** M 40-44	44:28	7:10/M
9	Roger Tullis	Geneva IN	1 M 50-54	45:19	7:18/M
10	Erick Adams	Fort Wayne IN	1 M 25-29	46:20	7:28/M
11	Ed P Reinhard	Poneto IN	1 M 45-49	46:24	7:28/M
12	Brad Leman	Craigville IN	1 M 0-19	46:53	7:33/M
13	Kevin Lochner	North Manchester IN	2 M 50-54	47:09	7:36/M
14	Mitch Fiechter	Bluffton IN	1 M 20-24	47:36	7:40/M
15	Tina Gerke	Saint Joe IN	***** F 25-29	47:39	7:40/M
16	Luke Frauhiger	Bluffton IN	2 M 0-19	47:42	7:41/M
17	Kevin Giant	Fort Wayne IN	3 M 50-54	47:52	7:42/M
18	Tim Prough	Bluffton IN	1 M 40-44	48:08	7:45/M
19	Rob Williams	Ossian IN	2 M 40-44	48:10	7:45/M
20	Travis Fiechter	Craigville IN	3 M 0-19	48:13	7:46/M
21	Blair Neilhouse	Monon IN	4 M 0-19	48:16	7:46/M
22	Jd Collins	Hartford City IN	3 M 40-44	48:53	7:52/M
23	Andrew Herber	West Lafayette IN	2 M 20-24	49:19	7:56/M
24	Nick Fiechter	Bluffton IN	3 M 20-24	49:39	8:00/M
25	Mike Miller	Markle IN	4 M 40-44	49:43	8:00/M
26	Andrew Rittenhouse	Fort Wayne IN	5 M 0-19	49:45	8:01/M
27	Amy Gerber	Bluffton IN	1 F 20-24	49:54	8:02/M
28	Gail Gerber	New Haven IN	***** F 40-44	50:33	8:08/M
29	Rick Sawyer	Fort Wayne IN	5 M 40-44	50:58	8:12/M
30	Tracy Cross	Fort Wayne IN	6 M 40-44	51:01	8:13/M
31	Amy Archbold	Fort Wayne IN	1 F 30-34	52:11	8:24/M
32	Beth Watkins	Fort Wayne IN	***** F 40-44	52:24	8:26/M
33	John Arborn	Fort Wayne IN	7 M 40-44	52:27	8:27/M
34	Matt King	Fort Wayne IN	2 M 25-29	52:38	8:29/M
35	David Witbrodt	Bluffton IN	8 M 40-44	52:40	8:29/M
36	Gwen Pursley	Columbia City IN	1 F 25-29	53:50	8:40/M
37	Gail Desimone	Fort Wayne IN	2 M 45-49	53:52	8:40/M
38	Cathy Myers	Fort Wayne IN	1 F 45-49	53:54	8:41/M
39	Paul B Borries	Fort Wayne IN	3 M 25-29	54:04	8:42/M
40	Gina Weldy	Bluffton IN	2 F 30-34	54:20	8:45/M
41	Steve Sturgeon	Bluffton IN	9 M 40-44	54:27	8:46/M
42	Maggie Salek	Medina OH	***** F 0-19	54:38	8:49/M
43	Eric Salek	Medina OH	***** F 35-39	54:43	8:50/M
44	Danielle Kunkel	West Lafayette IN	2 F 20-24	54:55	8:51/M
45	Kent Hart	Decatur IN	3 M 45-49	54:58	8:51/M
46	Jerry Holsinger	Bluffton IN	10 M 40-44	55:42	8:58/M
47	Barry Humble	Decatur IN	1 M 55-59	56:05	9:02/M
48	Keith Paxson	Poneto IN	2 M 55-59	56:18	9:04/M
49	Chris Hamly	Fort Wayne IN	1 M 65-69	56:25	9:05/M
50	Rick Rittenhouse	Fort Wayne IN	6 M 0-19	56:28	9:06/M
51	Tom Schumacker	Bluffton IN	4 M 50-54	56:37	9:07/M
52	Jamie Rinkenberger	Bluffton IN	3 F 30-34	56:59	9:11/M
53	Christine Zadylak	Bluffton IN	1 F 35-39	57:03	9:11/M
54	Susan Gerber	Craigville IN	2 F 35-39	58:08	9:22/M
55	Phil Clark	Fort Wayne IN	4 M 45-49	58:23	9:24/M
56	Luis Deveyra	Fort Wayne IN	5 M 50-54	58:26	9:25/M
57	Jacinta Kindler	Bluffton IN	1 F 40-44	58:35	9:26/M
58	Jamie D Bloom	Columbia City IN	2 F 25-29	58:38	9:27/M
59	Denny Cochran	Bluffton IN	11 M 40-44	58:39	9:27/M
60	Ben Rittenhouse	Fort Wayne IN	7 M 0-19	58:39	9:27/M
61	Lane Sawyer	Fort Wayne IN	2 F 40-44	58:39	9:27/M
62	Steve Corona	Fort Wayne IN	3 M 55-59	59:40	9:36/M
63	Kent Lesh	Bluffton IN	5 M 45-49	59:41	9:37/M
64	Noel Hupp	Fort Wayne IN	2 M 65-69	1:00:18	9:43/M
65	Michael Hollis	Fort Wayne IN	1 M 35-39	1:00:20	9:43/M
66	Rick Hilker	Fort Wayne IN	6 M 50-54	1:00:33	9:45/M
67	Ann Salek	Medina OH	3 F 35-39	1:00:57	9:49/M
68	Al Smith	Muncie IN	4 M 55-59	1:01:16	9:52/M
69	Rick Sealscott	Van Wert OH	7 M 50-54	1:01:50	9:57/M
70	Willard Warwick	Fort Wayne IN	8 M 50-54	1:03:01	10:09/M
71	Gina Warwick	Fort Wayne IN	3 F 20-24	1:03:04	10:09/M
72	Bret Ramsey	Bluffton IN	2 M 30-34	1:06:27	10:42/M
73	Becky Booker	Decatur IN	1 F 60-99	1:08:19	11:00/M
74	Jenni Etzler	Fort Wayne IN	1 F 55-59	1:10:03	11:17/M
75	Susan Johnson	Fort Wayne IN	2 F 60-99	1:10:35	11:22/M
76	Rhonda Blanchette	Fort Wayne IN	1 F 50-54	1:16:36	12:20/M
77	Rhonda Kirkwood	Woodburn IN	4 F 35-39	1:19:13	12:45/M
78	Jamie Mitchell	Woodburn IN	3 F 40-44	1:19:23	12:47/M
79	Jacqueline Arnstein	Fort Wayne IN	***** F 40-44	1:24:58	13:42/M
80	Jennifer Malcolm	Fort Wayne IN	***** F 35-39	1:25:01	13:43/M
81	Christine Grimm	Fort Wayne IN	4 F 40-44	1:29:53	14:28/M
82	Kelly R Hochstetler	Columbia City IN	3 F 25-29	1:30:02	14:30/M
83	Jennifer Paxson	Poneto IN	2 F 50-54	1:31:55	14:48/M
84	Deborah Swartz	Keystone IN	3 F 50-54	1:31:57	14:48/M
85	Maria Atkinson	Huntertown IN	1 F 0-19	1:36:23	15:31/M

Results By Fort Wayne Track Club



Happy Birthday!



Tom Felger	10/16
Linda Ianucille	10/16
Mark Brattoli	10/18
Bob Bruckner	10/18
Ron Sharp	10/19
Victoria Downs	10/20
Eric Edmiston	10/22
Leigh Mann	10/22
Andrew Piropatto	10/22
Verton L Troyer	10/22
Chris Croy	10/23
Danny White	10/23
William Clark	10/25
Andrew Linette	10/27
Chuck Brown	10/28
Samuel Eby	10/28
Pam Michel	10/29
Larry Deardorf	11/1
Jack Hilker	11/1
Jerry Hill	11/1
Joann Bird	11/2
Jeff Braman	11/3
Kurt White	11/3
Joanna Hill	11/4
Daniel Leffers	11/4
Dick Harnly	11/5
Fred Stoffel	11/5
Cindy MCGovern	11/6
Jeffrey Rowe	11/6
Mary Crane	11/7
Thomas Gilbert	11/8
Shawn Kelley	11/8
Ty Murphy	11/8

Cathy Myers	11/8
Renee Thomas	11/11
Terry Diller	11/12
James Lynch	11/12
Jim Berghoff	11/13
Michael Clendenen	11/13
David L Winters	11/13
Timothy Bussick	11/14
Helen Ryan	11/15
Kalissa Blanchette	11/16
Polly Grismore	11/16
Wesley Reece	11/16
Elizabeth Cargo	11/17
Cathy Deardorf	11/17
Bernie Huesing	11/17
Todd Seiman	11/18
Robert Sennett	11/19
Frank Hunt	11/20
Dan Kaufman	11/20
Kylee Keuneke	11/21
Dave Matchette	11/21
Rebecca Hollenbaugh	11/22
Lynn Altevogt	11/23
Ben Cowan	11/23
Paul E Knott	11/23
Hannah Weide	11/23
Marvin Eady Jr	11/25
Robert Gebfert	11/25
Freeman Hershberger	11/28
Jennifer Collins	11/29
Brad A Thomas	11/30
Bob Michel	12/1
Rich Runion	12/2

Jim D Stamper	12/2
Jim Martin	12/3
Jayne Biehl	12/4
Chris Dunmire	12/4
Eugene Striggle	12/4
Brad Altevogt	12/5
Kenneth Mowan	12/5
Kevin Truelove	12/5
Diana Schowe	12/6
Judy Tillapaugh	12/8
Rhonda Winkeljohn	12/8
William Cook	12/9
Steven E Ludwiski	12/9
Doug Ulmer	12/9
David M Huffman	12/10
Scott Powell	12/10
Rich Stephenson	12/10
John Klingenberg	12/12
Jennifer Lee	12/12
Joel Harter	12/13
Roseann Simmons	12/14
Laurie Whisler	12/14
R William Schmidt	12/15
Amy Stephan	12/15
Phil Suelzer	12/15



THREE RIVERS RUNNING COMPANY

Attention customers of Three Rivers Running Company

This fall, Three Rivers Running Company will be re-locating to a larger store space. In early November 2006, our location will become **4227 North Clinton St.; Fort Wayne, IN 46805**. This address is just south of the intersection of North Clinton and Coliseum Blvd, next to Kittle's Furniture, and across Clinton from Scott's Grocery. We will be near the Northcrest Shopping Center, and just to the east of the Glenbrook Mall area.

With this new location, we will be nearly doubling our store space—allowing for larger inventory capacity and a greater array of product offerings. Please watch our web site, www.3riversrunning.com, for updates as we approach our move date. **Thank you for your continuing support as we evolve to better serve your running and fitness needs!**

260-459-3668

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, the HUFF, 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.myprtraining@comcast.net for time and location of Saturday run/walks. We will begin our training for the Indy Mini in January.

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 Moser Park in New Haven. 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.
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 10/01/2006 to 12/31/2006

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

L - Local race in the Ft. Wayne area, R - Regional Race Outside the Fort Wayne Area, P - FWTC Points race		
Oct 01,2006 9:30am Sun	R	<p>Oktoberfest Classic - 10K & 1Mile Fun Run Minster High School, Minster, OH <i>Contact:</i> Oktoberfest Classic, PO Box 20, Minister, OH 45865-0020, PO Box 20, Minster, OH 45865, 419-628-3507 <i>Info/Fees:</i> \$16-Pre-w/shirt- RaceDay-\$12-no/shirt. \$3000 cash prize to first male & female to set new course record, Prize Money to the top 10 Finishers <i>Email:</i> okt10k@yahoo.com <i>Web site:</i> http://www.minsteroktoberfest.com</p>
Oct 01,2006 3:00pm Sun	R	<p>Hickory Estates Mosquito Run - 5K North Winona Church of the Brethren, 100 North & Shagbark Drive, Warsaw, IN <i>Contact:</i> Bill Crane, 827 South Union Street - Suite 130, Warsaw, IN 46580, 888.268.1236 <i>Info/Fees:</i> Regis. Time is from 1:30 to 2:45pm. Celebrate Family with a \$35.00 maximum fee for IMMEDIATE Family. <i>Email:</i> runcrane@hotmail.com</p>
Oct 07,2006 8:30am		<p>Peru Rotaries Cole Porter Classic Road Race - 5K & 10K Peru Circus Building, which is located at 7th & Broadway, Peru, IN <i>Contact:</i> Jim Yates, 765-473-6668 or 765-985-3488 <i>Info/Fees:</i> 20th running of this race <i>Email:</i> jimy@mcremc.net <i>Web site:</i> http://perurotary.org/</p>
Oct 07,2006 9:00am	L	<p>Fort Wayne Kids Marathon - 26.2 miles (Final 1.2 miles) Canterbury School, 3210 Smith Road, Fort Wayne, IN 46804, Fort Wayne, IN <i>Contact:</i> Tim Newlin <i>Info/Fees:</i> Final 1.2 miles 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. Come Run with us even if you have not completed all of the first 25 miles. REGISTRATION: \$10 entrance fee per child a canned food donation at the finish of the program. PRIZES: Finisher's T-shirt Finisher's Medal <i>Email:</i> kidsmarathon@verizon.net</p>
Oct 07,2006 9am Sat	L	<p>13th Annual Canterbury Family Fun Run/Walk - 5K Canterbury School - 3210 Smith Road, Fort Wayne, IN <i>Contact:</i> Anita O'Reilly, Canterbury School, 3210 Smith Road, Fort Wayne, IN 46804, 260-672-3230 or nitamor@msn.com <i>Info/Fees:</i> Registration begins at 8 AM - \$10 plus a canned food item; canned food only for Pee-Wee Run. Pee-Wee Run is at 9:45. Childcare Provided. In conjunction with Ft. Wayne Kids marathon's distance program(26.2 miles)- their last 1.2 miles will be on the 5K course. Great Prizes. <i>Email:</i> kidsmarathon@comcast.net <i>Web site:</i> http://canterburyschool.org</p>
Oct 14,2006 5K 8 a.m. Fun Run 8:30 a.m.	L	<p>South Whitley Fall Fest 5K Run, Walk, and 1 Mile Kids' Fun Run NEW LOCATION: South Whitley Fire Station, South Whitley, IN <i>Contact:</i> Rebecca Hollenbaugh, 305 S Main St, South Whitley IN 46787, 260-723-6729 <i>Info/Fees:</i> \$12 before 10/9, \$15 after and race day. \$50 cash prize to overall male and female runners. Long Sleeve T-shirts. Awards: top 3 in age groups: 0-12, 13-19, 20-29, 30-39, 40-49, 50-59, and 60+. New course: starts at fire station and winds out Pook road--out and back (no dirt roads). Also breakfast available following race. <i>Email:</i> jadebecca1@earthlink.net</p>

Oct 21,2006 4:00pm Sat		CITY WALK Get Fit. Stay Fit - 1 mile/ 5k /10K New Haven High School (1300 Green Road), New Haven, IN <i>Contact:</i> Kerri Zurbuch, 913 Powers Street, 260-749-5646 <i>Info/Fees:</i> Benefits All schools in the state of Indiana (Pre K-college). This event will help raise funds for school fitness and wellness Programs. Participants pick the school they want to benefit. Events 1 Mile/5K Fun Run & Fitness Walk/10K (Cost: \$15 individual/ \$55 family – 4+) Other Attractions Tasting Party and CITY WALK Playground—free to all participants \$5.00 at the door to non-participants <i>Email:</i> kerri.zurbuch@verizon.net <i>Web site:</i> http://www.city-walk.org
Oct 21,2006 8am Sat	R	11th Annual Indianapolis Marathon - 26.2 Miles, Half Mar, 5K Fort Benjamin Harrison, Indianapolis, IN <i>Contact:</i> Joel N Sauer, RD, 317-826-1670 <i>Email:</i> info@indianapolismarathon.com <i>Web site:</i> www.indianapolismarathon.com
Oct 21,2006 9am Sat	R	D.IN.O Trail Run Series - 5K or 15K Southwestway Pk, Indpls, IN <i>Contact:</i> Brian Holzhauzen, 317-336-7533 <i>Email:</i> brian06@dinoseries.com <i>Web site:</i> http://www.DINOseries
Oct 22,2006 8am Sun	L	4th Annual Stone Steps 50KM - 50K Trails Cincinnati, OH <i>Contact:</i> David Corfman, 7568 Kirkwood Dr, West Chester, OH 45069, 513-779-8332 <i>Info/Fees:</i> \$25-Pre, \$30-Post Three loops single track, roots and rocks <i>Email:</i> rd@stonesteps50k.com <i>Web site:</i> http://www.stones50k.com
Oct 22,2006 2pm Sun	L	Callithumpian Canter - 5K & 1 Mile Fun Run @ 1:30pm Bellmont High School - US 224E, Decatur, IN <i>Contact:</i> Mary Friedt <i>Email:</i> mfriedt@adamswells.com
Oct 28,2006 9am Sat(FWTC Pts Race	LP	River City Rat Race - 10K Run and 5K Walk Downtown Performing Art Center Main St, Finsh Line at The Old Fort for both races, Fort Wayne, IN <i>Contact:</i> Steve Hilker, 260-434-1119 <i>Info/Fees:</i> 10K - FWTC Points Race <i>Email:</i> smhilker@verizon.net <i>Web site:</i> http://www.rcratrace.org
Oct 29,2006 Sun	R	Grand Rapids Marathon Half Marathon Grand Rapids, MI <i>Info/Fees:</i> Before June 30th, Marathon, \$55; Half Marathon, \$50 Registration limited to 2000 total runners!!! <i>Web site:</i> http://www.grandrapidsmarathon.com
Nov 04,2006 10am Sat	R	Mayflower 5K Run/Walk - 5K KCH Health & Wellness Center, Warsaw, IN <i>Contact:</i> , 1500 Provident Dr, Warsaw, IN, 574-372-7890 <i>Info/Fees:</i> Pre-\$15, Race Day-\$20; T-shirt sizes: YS YM YL S M L XL XXL; Awards: Overall Men & Women, top three in 13 age groups.
Nov 04,2006 7am Sat	R	14th Annual OPSF 50/50 Trail Run - 50 km & 50 Miles & 13.2 Miles Owen-Putnam County State Forest, Spencer, IN <i>Contact:</i> Norm Carlson, 501 W Indiana, Spencer IN 47460, 812-829-3543 <i>Info/Fees:</i> Entry fee 50 miles/50K pre-entry \$30, after Oct 14, \$35, 13.2 miles \$20 pre-entry and \$25 after Oct 14. limit 100. Limit 100 <i>Email:</i> normc33@sbcglobal.net <i>Web site:</i> http://www.opsf-ultras.org

Nov 05,2006 2pm Sun	R	Run the Mounds - 5 Mile Runners 3.1 Mile Walkers Mounds State Park, Anderson, IN <i>Contact:</i> Bob Kearns, ARRC, PO Box 282, Anderson IN 46015, 765-643-7824 <i>Email:</i> bob.elsie@juno.com <i>Web site:</i> http://www.andersonroadrunners.org
Nov 11,2006 7am Sat	L	4th Annual Kentucky Arches 35 Mile - 34 Miles Trails Slade, KY <i>Contact:</i> Herb Hedecock, 210 Leasure Ln, Morehead, KY 40351, 60607801392 <i>Info/Fees:</i> \$75-Pre, Field Limit: 70 Time Limit: 12 hours. Hilly, scenic, natural arches, two swinging bridges, stream crossings. <i>Email:</i> ultrachemist@yesconnect.net <i>Web site:</i> http://people.moreheadstate.edu/fs/h.hedec/kyarches4.html
Nov 11,2006 5:30am Sat	L	Chicago Lakefront 50 Mile and 50KM - 50M & 50K Paved Bike Path Chicago Lakefront bike path, Chicago, IL <i>Contact:</i> Stuart Schulman, 2800 N Lakeshore Dr, Chicago, IL 60657, 773-477-9112 <i>Info/Fees:</i> \$30-Pre, \$40-Post Time Limit 11 hours. Three flat and fast loops. <i>Email:</i> pat.onines@modagrafics.com <i>Web site:</i> http://www.chicagoultra.org
Nov 12,2006 2:00pm Sun	L	Jingle Bell Run for Arthritis - 5K Run/Walk Franke Park, Fort Wayne, IN <i>Contact:</i> Ginger Dodd, 11119 Parkview Plaza Drive, Suite 103, Ft Wayne IN 46845, (260)672-6570 <i>Info/Fees:</i> Ages 14 & Under: \$10; Ages 15-18: \$20; Ages 19+: \$25 Plus: Canine Companion Walk: \$10 additional <i>Email:</i> gdodd@arthritis.org <i>Web site:</i> http://2006jinglebellrun-fortwayne.kintera.org/
Nov 18,2006 9am Sat	R	D.IN.O Trail Run Series - 5K or 15K Southwestway Pk, Indpls, IN <i>Contact:</i> Brian Holzhaufen, 317-336-7533 <i>Email:</i> brian06@dinoseries.com <i>Web site:</i> http://www.DINOSeries
Nov 18,2006 11am Sat	LP	Turkey Trot X-C - 5K (FWTC-Pts Race) Fox Island County Park, Fort Wayne, IN <i>Contact:</i> Don Lindley, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860-1703, 260-436-2234 <i>Info/Fees:</i> Pre-registration \$5-FWTC Members; \$7-Non-Members <i>Email:</i> lindleyd44@verizon.net <i>Web site:</i> http://www.fwtc.org/
Nov 23,2006 8am Thur	L	FWTC's Mazock's 30th Thanksgiving Day Run - Almost 6 miles Emerald Lake subdivision, No Awards, No Splits, Just old coffee and stale donuts, Fort Wayne, IN <i>Contact:</i> Jerry Mazock, 2828 Emerald Drive, Fort Wayne, IN 46804, 260-432-4755 <i>Info/Fees:</i> Also, come and enjoy the evening when Jerry plugs in thousands of lights! <i>Email:</i> lindleyd44@iverizon.net
Dec 02,2006 2pm Sat	LP	Just Plain 10K - 10k Run & 3.3k Walk (FWTC Pts Race) Foster Park (Hartman & Fosterparkway), Fort Wayne, IN <i>Contact:</i> James P Jones, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860, 260-745-7339 <i>Info/Fees:</i> No entry fee, bring gift wrapped t-shirt to be donated to Allen County Children's Home, FW Christmas Bureau, etc. <i>Email:</i> jppjones@hoosierbuzz.com <i>Web site:</i> http://www.fwtc.org

Dec 02,2006	R	4th Annual Tecumseh Trail Marathon - 26.2 miles Yellowwood State Forest, Bloomington, IN <i>Contact:</i> , 317-336-7553 <i>Info/Fees:</i> Field limit to 500 runners, point to point, 3500 vertical feet of climbing, multiple small streams, logs and other obstacles. <i>Email:</i> brian06@dinoseries.com <i>Web site:</i> http://www.DINOseries.com
Dec 30,2006 8am Sat	L	10th Annual The Huff 50KM Trail Run - 50K, 3xRelay, & 1 Loop Fun Run (10.8 Miles) J.Edward Roush Lake, Kil-So-Quah Campground, Huntington, IN <i>Contact:</i> Mitch Harper, 5207 Hopkinson Dr, Ft Wayne, IN 46814, 260-436-4824 or (fax) 436-8284 <i>Info/Fees:</i> \$40-Pre, \$50-Post, Time Limit: Nine hours, Field Limit: 300. Three loops, gently rolling, wooded <i>Email:</i> info@huff50k.com <i>Web site:</i> http://www.HUFF50K.com

Fort Wayne Orthopaedics Supports FWTC!

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

Mazock's 30th Thanksgiving Day Fun Run

November 23, 2006

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



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

	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

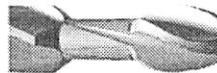
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