



# The Inside Track

A Publication of the Fort Wayne Track Club



*shall be telling this with a sigh  
somewhere ages and ages hence:  
Two roads diverged in a wood, and I --  
took the one less traveled by,  
and that has made all the difference."*

*Robert Frost*

December 2006 &  
January 2007

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

2006

## Fort Wayne Track Club Officers and Board Members



### Officers

<b>President:</b>	Mike Fruchey	627-5147	frucheym@ipfw.edu
<b>Vice President:</b>	Barrie Peterson	637-5717	peterson63@verizon.net
<b>Treasurer:</b>	Don Lindley	432-5998	lindleyd44@verizon.net
<b>Secretary:</b>	Ann Mize	672-3783	anna.mize@att.net

### FWTC Board Members

Tammy Behrens	625-3830	prtraining@comcast.com
Bill Harris	657-5012	bharris@mossharris.com
Stephen Hilker	434-1119	smhilker@verizon.net
James P. Jones	745-9724	jjones@hoosierbuzz.com
Tom Landis	693-3526	LTG541TL@msn.com
Mac McAvoy	260-824-5158	clanmac@adamswells.com
Bill Sohaski	749-5081	sohaski@aol.com
Phil Suelzer	486-1745	tri_kerl@yahoo.com
Judy Tillapaugh	456-3277	tillapau@ipfw.edu
Judy White	672-1470	whitejudy2@aol.com

### FWTC 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.

### FWTC Coordinators

**Marketing & Promotion Coordinator**  
Kathy Brunner kburner@nailhardingdahm.com

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

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

**Equipment Coordinators**  
JP Jones 745-7339 jpjones@hoosierbuzz.com  
Don Lindley 432-5998 lindleyd44@verizon.net

**Newsletter**  
Matt Parker 485-1991  
Carmen Parker matthew.c.parker@hotmail.com

**Website**  
Tom Digate 918-2888 tom@digate.us

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

**Youth Coordinator**

### 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 this Issue

30 Tips to Stay Fit in 2007 from Judy Tillapaugh  
Cross-Country Roundup from Erin Quinn  
Hollenbaugh and Schmidt Overcoming Adversity

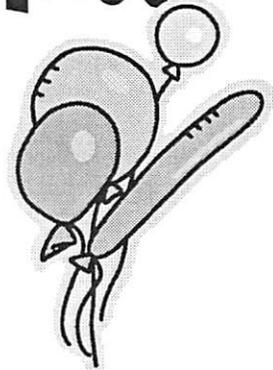
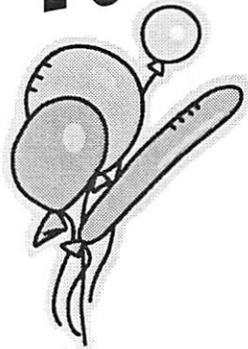
# Fort Wayne Track Club Banquet

30 year Celebration!!!

Sunday, February 11, 2007

5:00 Social/5:30 Dinner

IPFW Walb Student Union (Ballroom)



*Enjoy a historical video PowerPoint of FWTC members!*

## Night also includes:

- Honoring FWTC charter members
- Outstanding HS Running Awards
- 2006 Points Awards
- Special FWTC Awards
- Drawings for prizes

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

-----  
Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ FWTC Member Yes \_\_\_ No \_\_\_

Adult \$7.00 X \_\_\_ = \$ \_\_\_ Under 18 \$3.50 X \_\_\_ = \$ \_\_\_

Total: \$ \_\_\_\_\_ (\$20.00 Max per Family!)

Make Checks Payable to "FWTC"

Mail to: Judy White

15125 Powderhorn Road  
Ft. Wayne, IN 46814

Questions?: 260-672-1470

E-mail: whitejudy2@aol.com

Deadline: February 5, 2007

# **FWTC Board Minutes**

**September 13**

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

The September meeting was called to order by Vice-President Barrie Peterson, in the absence of President Mike Fruchey, at 7:00 p.m. Don Lindley gave the opening prayer.

Secretary Ann Mize presented the August minutes with a "thank you" to Barrie Peterson for recording the minutes in her absence. J.P. Jones made a motion to accept them as presented and Don Lindley followed with a second. All were in favor.

Don Lindley gave a brief Treasure's report followed by a membership update. The club has 513 members. A motion was made by J.P. Jones and a second by Tammy Behrens to accept the treasures report. Again, all were in favor.

Barrie Peterson reported for Kathy Bruner. She has been busy distributing race information for the upcoming Parlor City Trot and the River City Rat Race.

Don Lindley said in order to replace the club's laptop computer he would need to spend between \$800 and \$1200. Mac McAvoy made a motion to approve up to \$1200 for the new computer. J.P. Jones followed with a second. The motion passed unanimously.

Barrie reminded board members to continue to work on our banquet plans.

Don reported there is a slight delay getting the newsletter out this month. He also said Webmaster Tom Digate is working on a new network provider. The cost will be about \$240 per year.

The nominating committee reported they are hoping to increase the board membership by 6 members. They will have a slate of officers ready to present at the October meeting.

The Vice- President gave an update on the cross-country course at the Plex. He said it has a few rough spots but in the end it will be a great spectator course.

Mac McAvoy presented two final new club logos for the next months club vote. He also completed an updated Race Directors information sheet to help the board select next years point races. He reported the Parlor City Trot race plans are going well. He mentioned Paul Staco will be arriving in Bluffton on race day. He is running solo across the U.S., pushing a 65 pound jogger, to raise awareness for fitness in America. Mac said we could track his progress on his website pacerun.com Mac asked for a motion to donate \$50 as a goodwill gesture. It was seconded by Bill Harris and approved by all.

Barrie gave a short update on the high school cross-country season. It will finish on October 28<sup>th</sup> with the state meet in Terre Haute. He also reported for absent Stephan Hilker that plans for the River City Rat race are going well.

Tammy Behrens will be placing a flyer in the upcoming newsletter regarding Three Rivers Running Company's new store space. They will be moving in November to 4227 N. Clinton Street.

Treasurer Don Lindley reported the payoff amount for the chip timing equipment is \$6,021.39. It will come up for a vote next month.

Phil Suelzer is putting together 10 runners to compete in the Gera Germany Marathon August 4, 2007. Gera is our sister city in Germany. It is about 2 hours south of Berlin. He said it is an unique experience not to be missed. Spouses and runners would stay with host families. If interested in joining the group, contact Phil.

Don Lindley made a motion to again donate \$2,500 to the IPFW athletic scholarship program. Barrie seconded it and all were in favor.

Judy Tillapaugh reported on the IPFW indoor track facility. She said they could break ground a year from now.

With no further business the meeting was adjourned at 8:00 p.m. with a motion by J.P. Jones followed by Bill Harris.

Reminders: Next officers meeting at 3:00 p.m. Sunday October 1<sup>st</sup> at Pine Valley Pizza Hut. The next board meeting will be October 11<sup>th</sup> at 7:00 p.m. in the Royal Dons room at the Hillard Gates Sports Center

Respectfully submitted  
Ann Mize

# **FWTC Board Minutes**

**October 11**

Members present: Mike Fruchey, Barrie Peterson, Don Lindley, Tom Landis, J.P. Jones, Ann Mize, Phil Suelzer, Michael McAvoy, Tammy Behrens, Judy Tillapaugh, Judy White, and Jeremy Schmidt

The meeting was called to order at 7:00 p.m. by President Mike Fruchey. Don Lindley offered our opening prayer.

Ann Mize presented the September minutes. J.P. Jones made a motion to accept them as presented and Mike McAvoy followed with a second. All were in favor.

Treasurer Don Lindley gave a quarterly report as well as a membership report. The club has 516 members. A motion was made by Barrie Peterson and a second by J.P. Jones to accept the treasurer's report. All were in favor.

Parlor City Trot race director ,Mike McAvoy, reported there were 400 runners at the September race. The 13.1M race had 230 finishers.

Don Lindley updated the board on the River City Rat Race, saying the nubmers are ahead of last year. He asked board members to sign up for volunteer positions if they were able to help out.

Judy White gave a progress report on the 2007 Award Banquet. After asking if anyone would be available to collect door prizes, Barrie Peterson agreed to do it. Mike McAvoy is tracking down the original FWTC charter members in hopes of recognizing them at the banquet.

The nominating committee presented the slate for 2007. They are President, Barrie Peterson, Vice President, Bill Harris, Secretary, Tammy Behrens, and Treasurer, Don Lindley. The slate will come up for vote at the December meeting. The board is also recruiting members in order to grow the board.

Mike Fruchey reported the new cross-country at IPFW is being used. Runners report wet spots due to lots of rain. Mike pointed out they are aware of the parking problems, and hope better signage directing to the overflow parking lot should help. He encouraged spectators to arrive early.

Tom Landis presented 4 races for the 2007 points races. They are the Nutri-Run 5M and 20K run, the Runners on Parade, Parlor City Trot 10K and 13.1M, and finally the River City Rat Race. Discussion followed. It was decided to table the point races until the November meeting.

Mike McAvoy asked if chip rental fees could be reduced for FWTC point races. Tom Landis and Don Lindley explained that chip costs may be lowered but there are still expenses to be met.

Mike Fruchey thanked the club for the IPFW scholarship donation. He then reported the indoor track facility plans to be open in 2009.

Barrie Peterson talked about the high school cross-country season. The next meet is Semi-State at the Plex on October 21<sup>st</sup>.

He also took the opportunity to update everyone on his decision to join his son, Brad, the new head cross-country coach at Indiana Tech. Barrie will join the new cross-country program as an assistant coach. Everyone wishes much success to the new cross-country team.

As a final point, Barrie asked if the current board meeting time and place were convenient for everyone. He brought it up for members to think about.

FWTC newsletter editor, Chuck Zumbrum, is not able to continue as editor. Don Lindley agreed to do an E-mail blast to all FWTC members for possible interest on taking on the job as editor. He will also explore other options.

Don Lindley asked for volunteers to help time at the semi-state. He passed around a sign-up sheet. He also requested Turkey Trot volunteers.

IPFW coach and FWTC board president, Mike Fruchey, recapped their season. The women's team is ranked 2<sup>nd</sup> out of 35 teams. The men's team is running well also! He stated the IPFW women are ranked 13<sup>th</sup> in the region. He invites everyone to come out and watch great running at home on October 28<sup>th</sup>.

Jeremy Schmidt is interested in starting a chapter of the Achilles Track Club in Fort Wayne. It could be promoted through FWTC. More information about the Achilles Track Club will be in future The Inside Track and on the FWTC website. Look for details.

Board member Tammy Beherens has completed the Road Runners Coach Certification class held in Tennessee. She will sit for the exam in December. She thanked the FWTC for their support.

Mike McAvoy is interested in setting up a booth at the Indy Mini Marathon next May. Cost is \$800.00 for a 10x10 booth for the two day expo. He asked if the funding could come half from FWTC and half from Parlor City Trot. He would promote both things. He then asked the board to think about it and vote on it at a later time.

With no further business the meeting was adjourned at 8:30 p.m. with a motion by J.P. Jones followed by Mike McAvoy.

Reminders: Next officers meting at 3:00 p.m., Sunday, October 29<sup>th</sup> at Pine Valley Pizza Hut. The next board meeting will be Wednesday, November 8<sup>th</sup>, at 7:00 p.m. in the Royal Dons room at the Hilliard Gates Sports Center.

Respectfully submitted,  
Ann Mize

## **FWTC Equipment Coordinator Needed!**

### **Duties:**

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

For more information call or e-mail:

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

## **30 Fort Wayne Track Club "Fit Tips" for 2007**

**By Judy Tillapaugh, RD**

Physical fitness activities can give you over 100 benefits. Some key advantages- stress management, better heart health, cancer prevention, that “fit feeling”, time with friends, and enhanced self esteem. Plan for 60 minutes of active activities most days of the week yet know that you do not have to get all 60 minutes at one time during the day. Break up the time goal throughout the day! Enjoy!

1. Plan for weekly runs with friends on the River Greenway or Aboite New Trails.
2. Go to a neighborhood park for a walk, bike, or run.....natural beauty is everywhere.
3. Visit the Master Gardens at the Allen County Cooperative Extension area.
4. Walk or Run to the Three Rivers Running Company and check out all the shoes!
5. Join the Parkview Health and Fitness Center, IPFW Hilliard Gates Sports Center, YMCA, Summit City Fitness, or another local fitness center. “Enjoy Fitness With Friends” 2-4 days each week <http://www.ipfw.edu/athletics/fitness>
6. Visit the Fort Wayne Children’s Zoo often.
7. Be a Big Brother or Big Sister and plan active activities.
8. Volunteer to help at an Fort Wayne Track Club event.
9. Schedule a work related walk and talk meeting once or twice a week.
10. Join the 7 am YMCA Saturday runs.
11. Stressed!!! Take 5 deep breaths and go take a 5 to 15 minute walk, bike, or run.
12. Choose the stairs instead of the elevators.
- 13 Dance to tunes from your favorite Fort Wayne radio station.
14. Train every winter/spring for the March Nutri Run and/or May INDY mini.
15. Plan fitness vacations....go to Colorado, Utah, New England, New Mexico, or Michigan
16. Walk or bike to the nearest store for food and supplies.
17. Form an American Heart Association IPFW Heart Walk Team and plan team walking times, for more information go to [www.americanheart.org](http://www.americanheart.org).
18. Like taking pictures? Bring a camera to work! Walk and take pictures 15 to 30 minutes a couple times a week..

19. Attend cross country invitationals, track meets, volleyball matches, and basketball games and be an enthusiastic spectator.

20. Save unused or slightly used t-shirts, wrap, and bring to the Just Plain 10 Km every early December.

21. Form or join an American Cancer Society Making Strides For Cancer and/or Relay for Life Team and invite co-workers to join you, for more information go to [www.cancer.org](http://www.cancer.org)

22. Practice for the 5 km Fanny Freezer, Mastodon Stomp, Three Rivers Parade Run, or Fox Island Turkey Trot.

23. Animal fan??? Train your furry friends for a walk or run!

24. Every 4 -8 weeks walk to the nearest clinic and check your weight, body mass index, waist measurement, and percent body fat.

25. Go to Fox Island or Metea Park and be a bird watcher?

26. Treat yourself to a nutritious stress reducing snack break most days of the week. Relax at a quiet spot. For more nutrition information of [www.eatright.org](http://www.eatright.org).

27. Plan a walk, bike, or run to the nearest bookstore or library once or twice a week, a great place to get a book or CD for yourself or someone special.

28. Become a member of the PR Training Group. Go to [www.mypytraining.com](http://www.mypytraining.com)

29. Use a GPS device and hunt all over Huntington reservoir for surprises.

30. Sign up for an strength and stretch class at IPFW, YMCA, Summit City Fitness, or another fitness center.

Bonus..... Instead of sending an e-mail or letter....take a walk or run and make a special personal delivery!

Be You Be Fit!

Best,

Judy Tillapaugh, RD  
IPFW Wellness Coodinator  
[Tillapau@ipfw.edu](mailto:Tillapau@ipfw.edu)

## **Cross Country Roundup**

**By Erin Quinn for the FWTC**

The final weeks of the cross country season are like the first drink of water after your run. It’s the best and most anticipated

part; you have worked and sweated for that long, cool drink the same way a high school runner works to be able to advance throughout the post season meets. The post season is the prime part of the cross country season where the good are separated from the best, and where heroics are commonplace. As the athletes prepare for their best meets of the season, the weather cools down and the tension rises. Months of training and expectation sit on the shoulders of those lining up for their conference, sectional, regional, semi-state, and state meets.

The NHC meet on October 4th was the first of many races on the new IPFW course with weather issues. The start was delayed more than an hour due to lightning, and once on the course, runners had to make quick adjustments to be able race on the soaked and muddy terrain. The Carroll team won with the girl's race with 30 points, led by Chelsea Blanchard in first and Samantha Ginther in second. DeKalb followed with 37 points, and Homestead was third with 100 points. The Norwell boys won the NHC team championship, led by Klayton Reed who finished one second behind the individual winner, DeKalb's Nate Morrow.

The SAC meet was run on the same course the following day, and the tough conditions persisted. Tynae Wilson cruised to an individual SAC title ahead of Concordia's pack, who took the next five spots to win the team championship with an almost perfect score. The soggy conditions made the times close to a minute slower, but because all runners had to deal with the standing water and slippery turns, the race unfolded as planned.

At the Carroll Sectional race, Chelsea Blanchard won easily, followed by teammate Samantha Ginther and Huntington North's Kara Van Horn. Huntington Boys won as well.

The next steps of the championship phase (the Woodlan Sectional and the regional meet run at Bellmont) were dominated by the Concordia girls, who did not face their stiffest competition until the New Haven Semi-State. Homestead's girls placed second at the Woodlan Sectional to advance, along with Concordia, Bishop Dwenger, Northrop, and Leo. Canterbury's Julianna Roche lead the first part of the Woodlan Sectional race but fell back and collapsed near the two mile mark. Roche hung on to qualify for the regional race but finished in double digits. Things turned around for her at Bellmont, where she beat SAC champ Tynae Wilson by six seconds for the title.

The New Haven Semi-State consisted of the twenty best teams and individuals in Northeast Indiana. Concordia (who had advanced out of their regional with Bishop Dwenger, Homestead, Jay County, and Northrop) advanced with Carroll, Northridge, DeKalb, and Huntington North to the state meet. Chelsea Blanchard remained undefeated going into her final race of the season by beating close to 160 other racers. Both the girls and the guys Northridge teams won the meet, and the Huntington North girl's team earned the coveted fifth place ticket to state.

Bobby Moldovan of Northrop and Ben Reifenburg of Bishop Dwenger battled throughout the entire season every time they

faced each other. Bobby avenged his first loss (early in the season on his home course) by out-kicking Ben at the regional meet and then solidly trouncing both Reifenburg and Jaurice Dye of Elkhart Memorial at the semi-state race. DeKalb's Nate Morrow was the hero of the day as he grabbed the most precious ticket to the state meet in Terre Haute, which was in the form of a 15<sup>th</sup> place ribbon.

The day of the state meet in Terre Haute was cold, wet, and windy. Despite their promising performances earlier in the season, neither Bobby nor Chelsea brought home blue hardware. DeSean Turner of Warren Central won the boys race; Moldovan was 8<sup>th</sup>, Reifenburg was 9<sup>th</sup>, and Northridge's Loren Spirito was 10<sup>th</sup>. Alexandra Banfich of Culver won the girls race; Richmond's Sara Tershima was 3<sup>rd</sup>, and Blanchard finished fourth despite having beaten both of the area girls earlier in the season. At the New Haven Invitation, Blanchard outran the repeat state champ by a sound distance, but now must rely on her senior year to win her own title as state champion.

Area teams also failed to make the podium. The Northridge boys were 5<sup>th</sup>, the Bishop Dwenger boys were 11<sup>th</sup>, the Elkhart Memorial boys were 13, the Huntington boys were 14<sup>th</sup>, and the Wawasee boys were 15<sup>th</sup>. Area girls teams also represented well: Northridge was 5<sup>th</sup>, Carroll was 9, DeKalb 10<sup>th</sup>, Concordia 12<sup>th</sup>, and Huntington 18<sup>th</sup>.

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

## **Hollenbaugh Runs Because She Can**

### **From Chicago Tribune**

Staci Beiswanger, 41, South Whitley, Ind.

Becca Hollenbaugh, 32, South Whitley, Ind.

They laughed and they cried and they hugged as they strode past the finish line. The young mothers began training on the streets of South Whitley 14 weeks before the marathon. Four weeks into that regimen Hollenbaugh learned she had stomach cancer. "They gave us a bleak outlook when I was first diagnosed," said the nurse practitioner, a mother of two. "Six months if I did nothing. A few more months with chemo."

While Hollenbaugh began treatment that would rob her of her hair, appetite and stamina, her partner trained alone. "She was the phone call after every long run asking me 'How did it feel?' " said Beiswanger, a mother of a teenage boy, through tears.

Eventually some strength returned, and doctor gave the patient clearance to run shorter distances. By mid-October Hollenbaugh was up to 10 miles. "I figured if I could run 10, I could run 13 miles," she said, chuckling. "I'd already paid my \$90 [for the marathon]."

So while Beiswanger took off from the starting line, her partner joined her at the halfway point, her short hair dyed pink so she'd be easy to spot. And the two finished together, just as they'd started 14 weeks earlier, when 26.2 miles seemed the greatest challenge in their path.

You can follow Hollenbaugh's journey at [swumc.blogspot.com](http://swumc.blogspot.com).  
Becca Hollenbaugh is a member of the track club.

## Thanks from the Canterbury School

On behalf of the Canterbury School and the Associated Churches, we would like to express our gratitude for your excellent assistance with our "Tin Can 5K". Thanks to people such as yourself, and the track club, this event has brought runners together to benefit the Food Bank of the Associated Churches. This year we will be able to present a very sizeable check to the Associated Churches Food Bank along with 30,228 pounds of food that was collected in conjunction with this event by the students and race participants.

Sincerely,  
Rita Hayes, Race Coordinator  
Anita O'Reilly, Race Coordinator  
Tim Newlin, FW Kid's Marathon

## FWTC Supports IPFW Cross-Country

Thank you for your support to IPFW Athletics. IPFW continues to meet the needs of thousands of students in our region. As an academic institution, which offers the best of Indiana and Purdue Universities, it provides the foundation to enhance the quality of life in our midst academically, athletically, culturally, and socially.

IPFW is a source of pride for all of us. I invite and encourage you to be a part of the campus as a student, or as a patron of our activities in athletics, fine arts programs, or lecture series. To learn more about what is happening on campus, please refer to our web site, [www.ipfw.edu](http://www.ipfw.edu).

On behalf of the University and its many constituencies, I thank you for your friendship and support of our mission.

Sincerely yours,  
Michael A. Wartell, Chancellor

## Achilles Track Club

The Achilles Track Club is a worldwide organization, represented in many countries. Their mission is to enable people with all types of disabilities to participate in mainstream athletics, to promote personal achievement,

enhanced self-esteem, and the lowering of barriers between people.

The Achilles Track Club was established by Dick Traum in 1983 to encourage disabled people to participate in long-distance running with the general public. Dick is its current President, an above-the-knee amputee marathoner.

Achilles includes people with all kinds of disabilities, such as visual impairment, stroke, cerebral palsy, paraplegia, arthritis, amputation, multiple sclerosis, cystic fibrosis, cancer, traumatic head injury, and many others. Runners participate with crutches, in wheelchairs, on prostheses, and without aids.

Jeremy Schmidt is organizing a local chapter in Fort Wayne of the Achilles Track Club. As the coordinator, he is actively seeking both members and volunteers. Membership is free and can be completed by filling out the membership application online at [www.achillestrackclub.com](http://www.achillestrackclub.com). Startup is planned for spring or summer of 2007. If you are interested in helping as a member or volunteer, please contact Jeremy at [olympicsmarathon2012@yahoo.com](mailto:olympicsmarathon2012@yahoo.com) with Achilles Track Club as the subject.

## 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 1<sup>st</sup>.
  - 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. 1<sup>st</sup>. Example: if you turn 45 after Jan. 1<sup>st</sup>, 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.

- e. Points are given based on how participant's finish compared to other FWTC members.

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

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

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

FWTC Points Standings			
Boys 19 and Under			
Place	Name/Race	City	Points
1	Tyler Wemhoff	Fort Wayne IN	520
2	Donny Heath	Roanoke IN	500
3	Shawn Kelley	Churubusco IN	475
4	Ryne Wemhoff	Fort Wayne IN	425
5	Ben Devoe	Bluffton IN	255
6	Landon Lockwood	Bluffton IN	220
7	Aaron Landis	Chunbusco IN	200
8	Andrew Pirocato	Fort Wayne IN	185
9	Brad Hess	Fort Wayne IN	185
10	Mark Kapocius	Fort Wayne IN	175
11	Jacob Litchfield	Fort Wayne IN	175
12	Nate Ammon	Fort Wayne IN	170
13	Sam N Bird	Columbia City	100
14	Stephen Clark	Fort Wayne IN	100
15	Galen Harden	Yoder IN	100
16	Eric Ware	Fort Wayne IN	100
17	David Boyer	Fort Wayne IN	85
18	Matt Winkeljohn	Fort Wayne IN	85
19	Jacob Ware	Fort Wayne IN	85
20	Josh Ware	Fort Wayne IN	85
21	Kurt White	Fort Wayne IN	85
22	Alex Hess	Fort Wayne IN	75
23	Benjamin Skipper	Warsaw IN	65
Men 20 to 29			
Place	Name/Race	City	Points
1	Matt Parker	Fort Wayne IN	885
2	Grant Stieglitz	Harlan IN	885
3	Edward Fisk	Fort Wayne IN	455
4	Stuart Williams	Indianapolis IN	245
5	Jared Minnick	Fort Wayne IN	185
6	Ben Cowan	Van Wert OH	100
7	Jason Sorg	Fort Wayne IN	100
Men 30 to 34			
Place	Name/Race	City	Points
1	Jeremy Ogle	Fort Wayne IN	855

2	Brad A Thomas	Fort Wayne IN	670
3	Kristian Lentz	Huntertown IN	410
4	Jason House	Ossian IN	240
5	Jeff Jones	Fort Wayne IN	225
6	Aaron York	Fort Wayne IN	225
7	Mike Cole	Corunna IN	200
8	Todd Sullivan	Fort Wayne IN	155
9	Jeremy Schmidt	Fort Wayne IN	140
10	Michael Lindley	Fort Wayne IN	100
11	Joseph Dimarzio	Fort Wayne IN	15
12	Jason Sagan	Fort Wayne IN	5
Men 35 to 39			
Place	Name/Race	City	Points
1	Dave Devoe	Bluffton IN	885
2	Jim Uecker	Fort Wayne IN	695
3	Matt Scott	Warsaw IN	435
4	Joe Savina	Fort Wayne IN	360
5	Mike Else	Fort Wayne IN	300
6	Ian Stoppenhagen	Ossian IN	280
7	Sam Gillie	Fort Wayne IN	275
8	Thomas Gilbert	Fort Wayne IN	235
9	Brian Loucks	Fort Wayne IN	200
10	Jeff Shoemaker	Fort Wayne IN	200
11	Mike Fream	Fort Wayne IN	195
12	Mike Thurston	Fort Wayne IN	155
13	Scott Aldrich	Auburn IN	150
14	John Klingenberger	Fort Wayne IN	125
15	Michael Fruchey	Huntertown IN	100
16	Jeff Rude	Fort Wayne IN	80
17	Gregg Gausline	Fort Wayne IN	75
18	Michael Wolfe	Fort Wayne IN	65
19	Brent Burris	Auburn IN	55
20	Chad Ware	Fort Wayne IN	40
21	Mark Pulver	Fort Wayne IN	25
Men 40 to 44			
Place	Name/Race	City	Points
1	Matt Foreman	Fort Wayne IN	865
2	Kyle Velasco	Berne IN	485
3	Jeff Steinberg	Fort Wayne IN	430
4	Brett Hess	Fort Wayne IN	405
5	Kurt Walborn	Fort Wayne IN	355
6	Jon Beasley	Fort Wayne IN	300
7	Philip Kelley	Churubusco IN	295
8	Jeff Metzger	Fort Wayne IN	275
9	Tim Newlin	Fort Wayne IN	225
10	Michael S Wemhoff	Fort Wayne IN	225
11	Mark Walter	Garrett IN	205
12	Kent Hart	Decatur IN	190
13	Steve Zacher	Fort Wayne IN	160
14	Paul E Knott	Fort Wayne IN	135
15	Ted Van Antwerp	Fort Wayne IN	130
16	Mark Beals	Fort Wayne IN	130
17	Paul Sturm	Fort Wayne IN	120
18	Andrew Barry	Fort Wayne IN	120
19	Michael McManus	Fort Wayne IN	100
20	Jim Bougher	Fort Wayne IN	65
21	Ward Moya	Fort Wayne IN	55
22	Dan Cummsiskey	Fort Wayne IN	55
23	Joel Harter	Fort Wayne IN	50
24	Marvin Eady, Jr	Fort Wayne IN	35
25	Frank Hunt	Fort Wayne IN	25
26	Rob Winkeljohn	Fort Wayne IN	15
Men 45 to 49			
Place	Name/Race	City	Points

1	Mike Slaubaugh	Fort Wayne IN	900
2	James McKinnon	Waterloo IN	635
3	Cort Hollett	Fort Wayne IN	510
4	Mark Waldron	Wawaka IN	500
5	David Roehling	Hartan IN	445
6	Michael L McAvoy	Bluffton IN	400
7	Mark O'Shaughnessy	Fort Wayne IN	340
8	Tom Lill	Fort Wayne IN	285
9	Tom Landis	Churubusco IN	260
10	Kim A Lefever	Columbia City	235
11	Craig Bobay	Fort Wayne IN	235
12	Michael Overdahl	Fort Wayne IN	215
13	Chuck Putterbaugh	Roanoke IN	205
14	Tim O'Connell	Fort Wayne IN	200
15	Quinn Farver	Fort Wayne IN	170
16	Joe Astroski	Fort Wayne IN	120
17	David Krabach	Fort Wayne IN	115
18	Toby Jo Hullinger	Monroeville IN	105
19	Mitch V Harper	Fort Wayne IN	100
20	Jeff Taner	Fort Wayne IN	100
21	Steve Edminston	New Haven IN	85
22	Chris Croy	Columbia City	85
23	Carl A Risch	Decatur IN	75
24	Chuck Zumbun	Churubusco IN	65
25	Douglas Jordan	Fort Wayne IN	55
26	Dennis Klopfenstein	New Haven IN	50
27	Andrew Kapocius	Fort Wayne IN	40
28	Mike Lewis	Huntington IN	40
29	Kevin Truelove	Winona Lake IN	35
30	John Link	New Haven IN	35
31	Steve Nivens	Fort Wayne IN	25
32	Charles Schreiber	Fort Wayne IN	20
33	Jim Berghoff	Fort Wayne IN	10
34	Terry Owens	Fort Wayne IN	10
35	Gerry Hoops	Auburn IN	5
36	Michael Skipper	Warsaw IN	5

**Men 50 to 54**

Place	Name/Race	City	Points
1	Chuck Brown	Bluffton IN	695
2	Brad Altevogt	Fort Wayne IN	685
3	Doug Sundling	Bluffton IN	470
4	Kerry Blanchette	Fort Wayne IN	360
5	Thomas J Felts	Fort Wayne IN	255
6	John Treleaven	Fort Wayne IN	215
7	Joseph Nayarkas	Fort Wayne IN	200
8	Stephen M Hilker	Fort Wayne IN	200
9	Jerry Diehl	Fort Wayne IN	200
10	Paul Offerle	Fort Wayne IN	175
11	Jed Pearson	Columbia City	165
12	Lon R Braun	Fort Wayne IN	140
13	Dana Budd	New Haven IN	120
14	Lynn T Budd	Fort Wayne IN	115
15	Brad Compton	Spencerville I	110
16	Greg Ridenour	Fort Wayne IN	105
17	Aaron Cox	Huntertown IN	105
18	Mark Furkis	Ligonier IN	100
19	Len Piropato	Fort Wayne IN	90
20	Gary Schmunk	Antwerp OH	85
21	Phil Suelzer	Fort Wayne IN	85
22	Terry Anderson	Fort Wayne IN	70
23	Todd Seiman	Fort Wayne IN	65
24	Doug Breeden	Roanoke IN	60
25	Kevin Giant	Fort Wayne IN	55
26	Robert Snow	Fort Wayne IN	45

27	Hal Atkinson	Huntertown IN	35
28	Timothy Ryan	Fort Wayne IN	30
29	John Lantz	Avilla IN	25
30	John David McPherson	Fort Wayne IN	20
31	Rick Hilker	Fort Wayne IN	15
32	Michael Clendenen	New Haven IN	15
33	Donald R Decook	Warsaw IN	15
34	Michael Page	Fort Wayne IN	10
35	Randy Jenkins	Fort Wayne IN	10
36	Donald Kramer	Van Wert OH	5
37	Thomas Boyer	Fort Wayne IN	5
38	Kenneth Mowan	Fort Wayne IN	5

**Men 55 to 59**

Place	Name/Race	City	Points
1	Rich Stephenson	Monroeville IN	760
2	Ken Long	Fort Wayne IN	715
3	Jim Pickett	Fort Wayne IN	570
4	Robert Lawson	Fort Wayne IN	380
5	Steven Greider	Fort Wayne IN	360
6	John Feiertag	Fort Wayne IN	225
7	Mervin Koehlinger	Fort Wayne IN	185
8	Tom Fuelling	Fort Wayne IN	110
9	Don Ransome	Warsaw IN	100
10	Bob Michel	Fort Wayne IN	85
11	Tim Bolin	Fort Wayne IN	75
12	David L Winters	Huntington IN	65
13	Lynn E Armstrong	Fort Wayne IN	65
14	Gary Dexheimer	Fort Wayne IN	65
15	Phil Luttmann	Kendallville IN	55

**Men 60 to 69**

Place	Name/Race	City	Points
1	Ray Casiano	New Haven IN	870
2	David E Boylan	Fort Wayne IN	555
3	Donald Lindley	Fort Wayne IN	380
4	Dick Hamly	Fort Wayne IN	355
5	Jack Seigel	Fort Wayne IN	325
6	John Rasmussen	Fort Wayne IN	295
7	Bernie Burgette	Fort Wayne IN	290
8	Allen Albert	Fort Wayne IN	230
9	Don Ashton	Fort Wayne IN	215
10	Barrie Peterson	Fort Wayne IN	210
11	Bob Bruckner	Fort Wayne IN	200
12	Steve Creighton	Warsaw IN	170
13	Bill Harris	Grabill IN	160
14	Noel Hupp	Fort Wayne IN	130
15	Freeman Hershberger	Goshen IN	100
16	Fred Ross Jr	Warsaw IN	100
17	Tom Felger	Fort Wayne IN	100
18	Rex Reed	Warsaw IN	85
19	Dewain Cobbs	Warsaw IN	75
20	Larry Lee	Fort Wayne IN	75
21	Bud Stiffler	Anderson IN	65
22	Karl Dietsch	Fort Wayne IN	65
23	Steve Adkison	Fort Wayne IN	35

**Men 70 and over**

Place	Name/Race	City	Points
1	Joe Ziegler	New Haven IN	820
2	Kenneth E Disler	Fort Wayne IN	640
3	Robert C Loomis	Monroe IN	455
4	Don Anderson	Fort Wayne IN	285
5	James P Jones	Fort Wayne IN	285
6	R William Schmidt	Fort Wayne IN	200
7	Jack Hilker	Fort Wayne IN	200
8	Curtis Nold	Fort Wayne IN	160

9	Bernie Huesing	Fort Wayne IN	100
<b>Girls 19 and Under</b>			
Place	Name/Race	City	Points
1	Kalissa Blanchette	Fort Wayne IN	885
2	Cecelia Snow	Fort Wayne IN	440
3	Lynn Altevogt	Fort Wayne IN	200
4	Grace Burris	Auburn IN	175
5	Ciersten Deardorf	Fort Wayne IN	100
6	Leticia Deardorf	Fort Wayne IN	100
7	Cendra Deardorf	Fort Wayne IN	85
8	Leah Deardorf	Fort Wayne IN	65
<b>Women 20 to 29</b>			
Place	Name/Race	City	Points
1	Carmen Parker	Fort Wayne IN	700
2	Angela Pelevich	Fort Wayne IN	200
3	Marcy Beth Page	Fort Wayne IN	85
4	Amy Stephan	Fort Wayne IN	85
<b>Women 30 to 34</b>			
Place	Name/Race	City	Points
1	Martha May	Fort Wayne IN	870
2	Katrina Loucks	Fort Wayne IN	485
3	Tammy Beherens	Fort Wayne IN	300
4	Rebecca Hollenbaugh	South Whitley IN	275
5	Erin Brady	Fort Wayne IN	260
6	Karen Gillie	Fort Wayne IN	230
7	Heather Fromm	Fort Wayne IN	205
8	Amy Archbold	Fort Wayne IN	150
9	Eva Sagan	Fort Wayne IN	85
10	Lisa House	Ossian IN	75
11	Polly Grismore	Fort Wayne IN	75
<b>Women 35 to 39</b>			
Place	Name/Race	City	Points
1	Angie Lockwood	Bluffton IN	905
2	Tracy Brooks	Fort Wayne IN	330
3	Jennifer Steigmeyer	Fort Wayne IN	300
4	Kathy Bumer	Auburn IN	255
5	Cheryl Pulver	Fort Wayne IN	185
6	Mary Collins Frank	Fort Wayne IN	160
7	Nancy Burris	Auburn IN	150
8	Sue Steffy	Fort Wayne IN	100
9	Amanda Filus	Fort Wayne IN	75
<b>Women 40 to 44</b>			
Place	Name/Race	City	Points
1	Denise Conrad	Decatur IN	650
2	Cindy McGovern	Fort Wayne IN	615
3	Linda Anderson	Fort Wayne IN	410
4	Diana Schowe	Auburn IN	355
5	Julie McNulty	Fort Wayne IN	275
6	Beverly Metzger	Fort Wayne IN	275
7	Jennifer Mayhall	Fort Wayne IN	165
8	Karen Kosberg	Fort Wayne IN	160
9	Anne Duff	Fort Wayne IN	100
10	Carla Brames	New Haven IN	100
11	Cynthia Owens	Fort Wayne IN	65
<b>Women 45 to 49</b>			
Place	Name/Race	City	Points
1	Sheryle Braaten	Hoagland IN	835
2	Betty Gredier	Fort Wayne IN	685
3	Judy White	Fort Wayne IN	385
4	Judy Tillapaugh	Fort Wayne IN	385
5	Mary Snow	Fort Wayne IN	385
6	Cathy Myers	Fort Wayne IN	300
7	Kelly Landis	Churubusco IN	200
8	Sandra West	Fort Wayne IN	75

9	Paula McEachern	Leo IN	75
10	Margie Morris-Parker	Fort Wayne IN	65
11	Diane Post	Fort Wayne IN	55
<b>Women 50 to 54</b>			
Place	Name/Race	City	Points
1	Terri Gross	Fort Wayne IN	885
2	Regina Blanchette	Fort Wayne IN	620
3	Cheryl Stromoski	Antwerp OH	520
4	Helen Ryan	Fort Wayne IN	360
5	Jenny Sanders	Fort Wayne IN	355
6	Lynne Feiertag	Fort Wayne IN	345
7	Nancy Simmonds	Fort Wayne IN	205
8	Susan Peterson	Albion IN	160
9	Phyllis Suelzer	Fort Wayne IN	150
10	Nancy Boyer	Fort Wayne IN	65
<b>Women 55 to 59</b>			
Place	Name/Race	City	Points
1	Barb Scroggum	Fort Wayne IN	460
2	Bobbie Ashton	Fort Wayne IN	200
3	Anna Mize	Roanoke IN	200
4	Mary Fernig	Decatur IN	100
5	Bobbie Ashton	Fort Wayne IN	100
<b>Female 60 to 69</b>			
Place	Name/Race	City	Points
1	Joan Gary	Fremont IN	500
2	Sarah Kleinknight	Fort Wayne IN	255
3	Bodil Rasmussen	Fort Wayne IN	245
4	Irene Spindler	Kendallville IN	185
5	Delores Johns	Bluffton IN	150
<b>Women 70 and over</b>			
Place	Name/Race	City	Points
1	Gloria J Nold	Fort Wayne IN	185

## Jingle Bell Run for Arthritis 5K

**November 12, 2006**

Overall	Name	City	Age Group	Time
1	Jon Nidinger	Fort Wayne IN	***** M 25-29	16:26
2	Jeff Nidinger	Fort Wayne IN	***** M 25-29	16:29
3	Sam N Bird	Columbia City IN	***** M 15-19	16:32
4	Brian Shepherd	Ligonier IN	***** M 40-44	16:35
5	Mark Sanderson	Van Wert OH	***** M 45-49	16:55
6	Matt Miller	Fort Wayne IN	1 M 25-29	17:05
7	Brad A Thomas	Fort Wayne IN	1 M 30-34	17:28
8	Richard Kempf	Fort Wayne IN	1 M 50-54	17:33
9	Chuck Deford	Fort Wayne IN	1 M 45-49	17:39
10	Jon Beasley	Fort Wayne IN	1 M 40-44	17:55
11	Luke Thompson	North Webster IN	1 M 11-14	18:19
12	Jacob Phillips	Fort Wayne IN	1 M 15-19	18:26
13	Andrew Eckrich	Fort Wayne IN	2 M 11-14	18:29
14	Tammy Casaletto	Goshen IN	***** F 35-39	18:36
15	Nathaniel Rogers	Convoy OH	2 M 15-19	18:46
16	Julianne Roche	Roanoke IN	***** F 15-19	18:53
17	Mark O'Shaughnessy	Fort Wayne IN	2 M 45-49	18:56
18	Kyle Overway	Logansport IN	3 M 11-14	19:10
19	Colin Lyman	Fort Wayne IN	3 M 15-19	19:13
20	Keith Chandler	Fort Wayne IN	4 M 15-19	19:18
21	Greg Smith	Fort Wayne IN	2 M 40-44	19:30
22	Joshua Herber	Fort Wayne IN	5 M 15-19	19:36
23	Billy McManus	Fort Wayne IN	4 M 11-14	19:48
24	Michael McManus	Fort Wayne IN	3 M 40-44	19:50
25	Lars Kuelling	Fort Wayne IN	1 M 35-39	19:56

26	Mark Pace	Fort Wayne IN	4 M 40-44	20:00
27	Paul Shaffer	Decatur IN	3 M 45-49	20:05
28	Linda Keuneke	Fort Wayne IN	***** F 40-44	20:24
29	Mark Waldron	Wawaka IN	2 M 50-54	20:45
30	Craig Overway	Logansport IN	2 M 35-39	20:52
31	Matt Scott	Warsaw IN	3 M 35-39	20:54
32	Matt Rogers	Fort Wayne IN	2 M 30-34	20:59
33	Brody Reinholt	Warsaw IN	5 M 11-14	21:26
34	Stephanie Breeding	Roanoke IN	***** F 20-24	21:32
35	Cara Fisher	Fort Wayne IN	1 F 11-14	21:39
36	Liz Schless	Fort Wayne IN	1 F 15-19	21:41
37	Eric Tandy	Winona Lake IN	6 M 11-14	21:44
38	Rudy Stimac	Angola IN	1 M 20-24	21:45
39	Cindy McGovern	Fort Wayne IN	***** F 40-44	21:48
40	Chloe Smith	Fort Wayne IN	2 F 11-14	21:50
41	Ashley Steiner	Roanoke IN	3 F 11-14	21:54
42	Ken Steiner	Roanoke IN	4 M 45-49	21:57
43	Mike Sorg	Ossian IN	7 M 11-14	22:04
44	Robert Milton	Bluffton IN	1 M 60-64	22:08
45	Ardianne Berry	Fort Wayne IN	4 F 11-14	22:21
46	Michael Clendenen	New Haven IN	3 M 50-54	22:27
47	Steve Webb	Fort Wayne IN	5 M 40-44	22:29
48	Chelsea Erickson	Fort Wayne IN	2 F 15-19	22:31
49	Kristin Spoltman	Fort Wayne IN	1 F 25-29	22:38
50	Anthony Yoakum	Fort Wayne IN	4 M 35-39	22:42
51	Michael Overdahl	Fort Wayne IN	5 M 45-49	22:46
52	Rusty Brown	Decatur IN	2 M 20-24	22:52
53	Ciara Cox	Fort Wayne IN	5 F 11-14	22:55
54	Dane Okleshen	New Haven IN	6 M 15-19	23:00
55	Shawn Kelley	Churubusco IN	8 M 11-14	23:08
56	Carmen McGee	Fort Wayne IN	1 F 35-39	23:13
57	Bill Fisher	Fort Wayne IN	5 M 35-39	23:16
58	Laura Donnell	Fort Wayne IN	6 F 11-14	23:22
59	Sean McManus	Fort Wayne IN	9 M 11-14	23:29
60	Kasi Maple	Fort Wayne IN	1 F 30-34	23:31
61	Courtney Wennemar	Fort Wayne IN	2 F 30-34	23:32
62	Beth Berry	Fort Wayne IN	1 F 40-44	23:33
63	Jim Thill	Fort Wayne IN	6 M 45-49	23:37
64	Angie Lockwood	Bluffton IN	2 F 35-39	23:43
65	Santiago Martinez	Columbia City IN	6 M 35-39	23:44
66	Bryon Parker	Lakemoor IL	7 M 35-39	23:51
67	Lucas Smith	Fort Wayne IN	7 M 15-19	23:52
68	Mary McManus	Fort Wayne IN	1 F 50-54	23:53
69	Cameron Wissele	Fort Wayne IN	10 M 11-14	23:59
70	Janet Redding	Fort Wayne IN	3 F 15-19	24:00:00
71	Jay Redding	Fort Wayne IN	7 M 45-49	24:02:00
72	Joe Donnell	Fort Wayne IN	8 M 45-49	24:05:00
73	Janet Souder	Fort Wayne IN	2 F 25-29	24:26:00
74	Kathleen Daley	Fort Wayne IN	4 F 15-19	24:28:00
75	Sam Fisher	Fort Wayne IN	1 M 0-10	24:31:00
76	Steve Romary	New Haven IN	2 M 50-54	24:42:00
77	Addi Tomlinson	Leo IN	5 F 15-19	24:44:00
78	Nora Lucas	Fremont IN	1 F 20-24	24:49:00
79	Mark Altstaetter	Lima OH	6 M 40-44	24:54:00
80	Kent Hart	Decatur IN	9 M 45-49	25:02:00
81	Sam Edwards	Fort Wayne IN	2 M 0-10	25:08:00
82	Megan Yoder	Indianapolis IN	3 F 25-29	25:15:00
83	Kyan Harris	Bluffton IN	4 F 25-29	25:16:00
84	Laura Swanson	Fort Wayne IN	7 F 11-14	25:23:00
85	Steven Reinholt	Warsaw IN	3 M 0-10	25:37:00
86	Steve Edmiston	New Haven IN	10 M 45-49	25:39:00
87	James Martin	Fort Wayne IN	11 M 11-14	25:51:00
88	Daniel Etzcom	Fort Wayne IN	8 M 15-19	26:01:00
89	R Scott Lawson	Fort Wayne IN	8 M 35-39	26:16:00
90	Emily Zent	Fort Wayne IN	8 F 11-14	26:19:00
91	Kaitlin Boester	Fort Wayne IN	6 F 15-19	26:20:00

92	Cristine Gubranson	Fort Wayne IN	7 F 15-19	26:21:00
93	Michael Hollis	Fort Wayne IN	9 M 35-39	26:22:00
94	John Brier	Fort Wayne IN	2 M 60-64	26:24:00
95	Joy Durno	Decatur IN	1 F 45-49	26:35:00
96	Patrick Lothamer	Fort Wayne IN	12 M 11-14	26:45:00
97	Brandon Reinholt	Warsaw IN	4 M 0-10	26:48:00
98	Sarah Wellman	Fort Wayne IN	2 F 20-24	26:54:00
99	Nancy Wellman	New Haven IN	2 F 40-44	26:58:00
100	Kevin Brennen	Fort Wayne IN	11 M 45-49	27:01:00
101	Sarah Bird	Columbia City IN	9 F 11-14	27:03:00
102	Briann Smith	Fort Wayne IN	8 F 15-19	27:04:00
103	Brittany Shuler	Fort Wayne IN	9 F 15-19	27:07:00
104	John Lantz	Avilla IN	4 M 50-54	27:20:00
105	John Drebenstedt	Fort Wayne IN	10 M 35-39	27:22:00
106	Kate White	Roanoke IN	1 F 0-10	27:25:00
107	Eric White	Roanoke IN	7 M 40-44	27:27:00
108	Nancy Meharg	Roanoke IN	2 F 45-49	27:30:00
109	Mary Snow	Fort Wayne IN	3 F 45-49	27:32:00
110	Sarah Recker	Fort Wayne IN	5 F 25-29	27:49:00
111	Logan Harris	Fort Wayne IN	5 M 0-10	28:04:00
112	Tyler Else	Fort Wayne IN	6 M 0-10	28:07:00
113	Emily Yager	Huntertown IN	10 F 11-14	28:08:00
114	Robin Goodwin	Fort Wayne IN	6 F 25-29	28:10:00
115	Marilyn Koeneman	Fort Wayne IN	4 F 45-49	28:13:00
116	Larry Amett	New Haven IN	12 M 45-49	28:22:00
117	Gery Towne	Markle IN	5 M 50-54	28:29:00
118	Heather Lothamer	Fort Wayne IN	11 F 11-14	28:38:00
119	Bridget Wellman	Fort Wayne IN	12 F 11-14	28:40:00
120	Anna Wellman	New Haven IN	13 F 11-14	28:41:00
121	Scott McKown	Fort Wayne IN	8 M 40-44	28:43:00
122	Gary Dexheimer	Fort Wayne IN	1 M 55-59	28:56:00
123	Diane Nusbaum	Wolcottville IN	3 F 40-44	29:01:00
124	Tim Poole	Portland IN	13 M 45-49	29:10:00
125	Steven Greider	Fort Wayne IN	2 M 55-59	29:13:00
126	Susan Okleshen	New Haven IN	5 F 45-49	29:15:00
127	Jill Sauer	Fort Wayne IN	4 F 40-44	29:19:00
128	Mark Wissel	Fort Wayne IN	11 M 35-39	29:21:00
129	Mary Collins Frank	Fort Wayne IN	3 F 35-39	29:27:00
130	Cathy Kahlig	Portland IN	6 F 45-49	29:34:00
131	Robert Snyder	Fort Wayne IN	12 M 35-39	29:38:00
132	Cecelia Snow	Fort Wayne IN	2 F 0-10	29:40:00
133	Robert Snow	Fort Wayne IN	6 M 50-54	29:44:00
134	Nichole Wellman	Fort Wayne IN	10 F 15-19	29:50:00
135	Shane Pitts	Fort Wayne IN	9 M 15-19	30:02:00
136	Cara Smith	Fort Wayne IN	11 F 15-19	30:04:00
137	Andrew Jacobs	Fort Wayne IN	3 M 30-34	30:06:00
138	Gina Piano	Fort Wayne IN	3 F 20-24	30:14:00
139	Larry Piano	Fort Wayne IN	3 M 55-59	30:17:00
140	Robert C Loomis	Monroe IN	1 M 70-99	30:21:00
141	Melissa Jacobs	Fort Wayne IN	3 F 30-34	30:32:00
142	Brooke Neuhaus	Fort Wayne IN	4 F 35-39	30:46:00
143	Brandon Long	Markle IN	13 M 11-14	30:50:00
144	Rita Klavinski	Coldwater MI	7 F 45-49	30:55:00
145	Cynthia Fritz	Fort Wayne IN	5 F 40-44	30:57:00
146	Dee Howell	Convoy OH	1 F 55-59	30:59:00
147	Alex Biehl	Fort Wayne IN	14 M 11-14	31:00:00
148	Alex Hess	Fort Wayne IN	15 M 11-14	31:01:00
149	Lauren White	Roanoke IN	14 F 11-14	31:03:00
150	Ashley Schumacher	Fort Wayne IN	15 F 11-14	31:05:00
151	Blaine Nichols	Fort Wayne IN	16 M 11-14	31:07:00
152	Annica Duffner	Fort Wayne IN	3 F 0-10	31:18:00
153	Laura Duffner	Fort Wayne IN	6 F 40-44	31:23:00
154	Emily Nelson	Decatur IN	5 F 35-39	31:26:00
155	Cameron Nelson	Decatur IN	13 M 35-39	31:27:00
156	Pamela Wolfe	Fort Wayne IN	3 F 50-54	32:09:00
157	Jean Prasuhn	Fort Wayne IN	4 F 50-54	32:11:00

158	Michelle Clevenger	Leo IN	12 F 15-19	32:25:00
159	Leslie Pulver	Fort Wayne IN	7 F 25-29	32:33:00
160	Lindsay Jennings	Fort Wayne IN	4 F 20-24	32:35:00
161	Melissa Schwartz	Fort Wayne IN	16 F 11-14	32:37:00
162	Olivia Hippensteel	Fort Wayne IN	17 F 11-14	32:38:00
163	Tony Primack	Fort Wayne IN	2 M 25-29	32:39:00
164	Sarah Jones	Auburn IN	8 F 25-29	32:40:00
165	Megan Warner	Fort Wayne IN	13 F 15-19	32:41:00
166	Rachel Recker	Fort Wayne IN	5 F 20-24	32:46:00
167	Brenda Wiley	Fort Wayne IN	7 F 40-44	32:49:00
168	Daniella Wiley	Fort Wayne IN	14 F 15-19	32:51:00
169	George Harris	Fort Wayne IN	9 M 40-44	33:08:00
170	Tammy Harris	Fort Wayne IN	4 F 30-34	33:10:00
171	Karen Morgan	Fort Wayne IN	8 F 45-49	33:12:00
172	Lauren Soberalski	Fort Wayne IN	18 F 11-14	33:22:00
173	Edward Gebhart	Albion IN	1 M 65-69	33:28:00
174	Tom Fuelling	Fort Wayne IN	4 M 55-59	33:30:00
175	Susan Peterson	Albion IN	5 F 50-54	33:41:00
176	Ryan Scott	Warsaw IN	17 M 11-14	33:44:00
177	Amy Palmer	Fort Wayne IN	4 F 0-10	33:49:00
178	Brad Hess	Fort Wayne IN	18 M 11-14	33:51:00
179	Sharon Singleton	Fort Wayne IN	6 F 50-54	34:25:00
180	Debra Meuter	Fort Wayne IN	8 F 40-44	34:28:00
181	Dan Herber	Fort Wayne IN	10 M 15-19	34:38:00
182	Jeanna Van Hoey	Kendallville IN	15 F 15-19	34:41:00
183	Theresa Towne	Markle IN	9 F 45-49	34:55:00
184	Michael Page	Fort Wayne IN	7 M 50-54	35:18:00
185	Helen Ryan	Fort Wayne IN	7 F 50-54	36:22:00
186	Demrick Smith	Fort Wayne IN	14 M 45-49	36:41:00
187	Christopher Spoltman	Fort Wayne IN	3 M 25-29	36:44:00
188	Heather Drebenstedt	Fort Wayne IN	9 F 25-29	36:47:00
189	Brenda Smith	Fort Wayne IN	10 F 45-49	37:13:00
190	Terri Schrock	Fort Wayne IN	9 F 40-44	37:26:00
191	David Comer	Leo IN	8 M 50-54	37:28:00
192	Anthony Scott	Fort Wayne IN	7 M 0-10	38:33:00
193	Ann Helm	Convoy OH	1 F 60-64	38:51:00
194	Kelly Schrimmele	Fort Wayne IN	6 F 35-39	38:53:00
195	Dean Barger	New Haven IN	4 M 30-34	39:12:00
196	Abby Else	Fort Wayne IN	5 F 0-10	39:14:00
197	Heather Vanden Top	Yoder IN	10 F 40-44	39:32:00
198	Betty Greider	Fort Wayne IN	11 F 45-49	39:34:00
199	Yvonne Vachon	New Haven IN	10 F 25-29	39:38:00
200	Marcus Howell	Convoy OH	8 M 0-10	43:10:00
201	Dave Zimmeman	Fort Wayne IN	9 M 50-54	43:25:00

18	Jeremy Bryson	Fort Wayne IN	2 M 20-24	19:11
20	Dave Devoe	Bluffton IN	2 M 35-39	19:15
21	Brian Lehman	Berne IN	4 M 16-17	19:27
22	Brad Altevogt	Fort Wayne IN	3 M 50-54	19:27
23	Robert Minnich, Jr	Leo IN	3 M 35-39	19:36
24	Kyle Velasco	Berne IN	4 M 40-44	19:38
25	Andrew Eckrich	Fort Wayne IN	1 M 0-15	19:41
26	Evan Liechty	Berne IN	2 M 0-15	19:41
27	Alex Brito	Berne IN	3 M 0-15	19:45
28	Jim Uecker	Fort Wayne IN	4 M 35-39	19:47
29	Mark A Mays	Fort Wayne IN	3 M 30-34	19:48
30	Sam Heckard	Berne IN	4 M 0-15	20:09
31	Steve Leffers	Fort Wayne IN	2 M 45-49	20:16
32	Matt Foreman	Fort Wayne IN	5 M 40-44	20:27
33	Danny White	Fort Wayne IN	2 M 18-19	20:56
34	Colin Lyman	Fort Wayne IN	5 M 0-15	20:56
35	Donny Heath	Roanoke IN	6 M 0-15	20:56
36	Grant Stieglitz	Harlan IN	3 M 20-24	21:07
37	Stephen Olson	Fort Wayne IN	4 M 30-34	21:13
38	Garrett Davenport	Andrews IN	6 M 40-44	21:17
39	Gordon Pleus	Fort Wayne IN	1 M 60-64	21:22
40	Chuck Brown	Bluffton IN	4 M 50-54	21:23
41	Matt Scott	Warsaw IN	5 M 35-39	21:25
42	Ed P Reinhard	Poneto IN	3 M 45-49	21:33
43	Thomas Gilbert	Fort Wayne IN	6 M 35-39	21:41
44	Anthony Dembickie	Fort Wayne IN	5 M 30-34	21:42
45	Jeff Jones	Fort Wayne IN	6 M 30-34	21:52
46	Jonathan Byers	Fort Wayne IN	7 M 30-34	22:03
47	Daniel Leffers	Fort Wayne IN	1 M 55-59	22:12
48	Ken Long	Fort Wayne IN	2 M 55-59	22:15
49	Randy Strebig	Fort Wayne IN	7 M 40-44	22:17
50	Mark Waldron	Wawaka IN	5 M 50-54	22:18
51	Jared Newhard	Fort Wayne IN	8 M 30-34	22:22
52	Clint Anderson	Bluffton IN	9 M 30-34	22:25
53	Michael Peters	Fort Wayne IN	8 M 40-44	22:28
54	Richard R Annis	Fort Wayne IN	3 M 55-59	22:36
55	James McKinnon	Waterloo IN	6 M 50-54	22:37
56	Ashley Steiner	Roanoke IN	***** F 0-15	22:38
57	Bob Nicholson	Fort Wayne IN	4 M 45-49	22:40
58	Ken Steiner	Roanoke IN	5 M 45-49	22:40
59	Jeff Steinberg	Fort Wayne IN	6 M 45-49	22:41
60	Kevin Lochner	North Manchester	7 M 50-54	22:47
61	Brandon Evans	Bluffton IN	5 M 16-17	22:49
62	Judy White	Fort Wayne IN	***** F 45-49	22:51
63	Cindy McGovern	Fort Wayne IN	1 F 40-44	22:59
64	Ben Sobczak	Fort Wayne IN	7 M 0-15	23:05
65	Jake Morken	Fort Wayne IN	8 M 0-15	23:05
66	Kerry Blanchette	Fort Wayne IN	8 M 50-54	23:09
67	Robert Milton	Bluffton IN	2 M 60-64	23:14
68	Sheryle Braaten	Hoagland IN	1 F 45-49	23:19
69	Bob Wornack	Auburn IN	7 M 45-49	23:28
70	Rick Phillips	Fort Wayne IN	8 M 45-49	23:29
71	Scott Eberle	Fort Wayne IN	9 M 40-44	23:31
72	Daniel Boller	Roanoke IN	9 M 0-15	23:32
73	Cullin Brinegar	Fort Wayne IN	10 M 0-15	23:43
74	Anthony Yoakum	Fort Wayne IN	7 M 35-39	23:53
75	Dave O'Connor	Fort Wayne IN	10 M 30-34	24:01:00
76	Kimberly Summers	Fort Wayne IN	1 F 35-39	24:06:00
77	Jim Weide	Fort Wayne IN	9 M 50-54	24:06:00
78	Janet Souder	Fort Wayne IN	1 F 25-29	24:07:00
79	Kegan Sprunger	Berne IN	11 M 0-15	24:11:00
80	Rob Burns	Leo IN	8 M 35-39	24:14:00
81	Esther Boller	Roanoke IN	1 F 0-15	24:15:00
82	Jonathon Gottschalk	Fort Wayne IN	3 M 25-29	24:16:00
83	Angie Lockwood	Bluffton IN	2 F 35-39	24:21:00
84	Ron Zartman	Fort Wayne IN	10 M 50-54	24:24:00
85	Jim Pickett	Fort Wayne IN	4 M 55-59	24:28:00
86	Landon Lockwood	Bluffton IN	12 M 0-15	24:30:00
87	Ashley Likens	Auburn IN	2 F 0-15	24:30:00
88	Chuck Gaff	Fort Wayne IN	11 M 50-54	24:48:00
89	Ric Poorman	Fort Wayne IN	9 M 45-49	24:54:00
90	Brian Yee	Fort Wayne IN	11 M 30-34	24:56:00
91	Michael Variell	Convoy OH	12 M 50-54	24:59:00
92	John Christensen	Fort Wayne IN	9 M 35-39	25:05:00
93	David E Boylan	Fort Wayne IN	3 M 60-64	25:07:00
94	Brett Carpenter	Fort Wayne IN	10 M 35-39	25:08:00
95	Hannah Moore	Linn Grove IN	3 F 0-15	25:09:00
96	Ken Nordin	Fort Wayne IN	4 M 60-64	25:12:00
97	Shawn Striker	Fort Wayne IN	10 M 45-49	25:13:00
98	Abbie Newlin	Fort Wayne IN	1 F 16-17	25:14:00
99	Joseph M Astroski	Fort Wayne IN	13 M 50-54	25:16:00
100	Kate Desimone	Fort Wayne IN	4 F 0-15	25:17:00

# Turkey Trot 5K

November 18, 2006

Overall	Name	City	Age Group	Time
1	Mitch Novy	Garrett IN	***** M 20-24	16:41
2	Jeff Nidinger	Fort Wayne IN	1 M 25-29	17:08
3	Jon Nidinger	Fort Wayne IN	2 M 25-29	17:21
4	Chuck Schlemmer	Ligonier IN	***** M 45-49	17:25
5	Mark Furkis	Ligonier IN	1 M 50-54	17:30
6	Heath Trampe	Fort Wayne IN	1 M 20-24	17:33
7	Mark Sanderson	Van Wert OH	1 M 45-49	17:37
8	Alex Stollie	Garrett IN	1 M 16-17	17:40
9	Michael Lehman	Berne IN	1 M 18-19	17:44
10	Ron Sharp	Fort Wayne IN	1 M 40-44	17:59
11	Brad A Thomas	Fort Wayne IN	1 M 30-34	18:07
12	Jacob Phillips	Fort Wayne IN	2 M 16-17	18:08
13	John Schnieders	Decatur IN	2 M 40-44	18:17
14	Matt Parker	Fort Wayne IN	2 M 30-34	18:20
15	Manuel Martinez	Fort Wayne IN	3 M 40-44	18:35
16	Nathan Rupp	Berne IN	3 M 16-17	18:52
17	Kent Liechty	Berne IN	1 M 35-39	18:57
18	Doug Sunding	Bluffton IN	2 M 50-54	19:06

101	Bj McKay	Muncie IN	4 M 25-29	25:22:00
102	Katie Saddison	White Pigeon MI	2 F 16-17	25:26:00
103	Kim Terrill	Fort Wayne IN	3 F 35-39	25:35:00
104	Andy Evans	Fort Wayne IN	4 M 20-24	25:38:00
105	Tim Newlin	Fort Wayne IN	10 M 40-44	25:58:00
106	Donald Kramer	Van Wert OH	14 M 50-54	25:58:00
107	James Desimone	Fort Wayne IN	11 M 45-49	26:15:00
108	Kevin Brennan	Fort Wayne IN	12 M 45-49	26:22:00
109	Nolan Knight	Monroeville IN	12 M 30-34	26:27:00
110	Molly Shoup	Huntertown IN	1 F 30-34	26:37:00
111	Kathy Pleus	Fort Wayne IN	1 F 55-59	26:38:00
112	Grace Burris	Auburn IN	5 F 0-15	26:39:00
113	Alison Schuler	Fort Wayne IN	2 F 30-34	26:47:00
114	Brent Lehman	Berne IN	13 M 45-49	26:49:00
115	Edward Fisk	Fort Wayne IN	5 M 25-29	26:53:00
116	Matt Brubaker	Uniondale IN	5 M 20-24	26:54:00
117	Danielle McGuire	Fort Wayne IN	3 F 30-34	26:57:00
118	Tara Lee	Fort Wayne IN	4 F 30-34	26:57:00
119	David Corner	Leo IN	15 M 50-54	27:01:00
120	Chris Stoller	Bluffton IN	6 M 25-29	27:04:00
121	John Rosswurm	Payne OH	13 M 0-15	27:05:00
122	Rick Sawyer	Fort Wayne IN	11 M 40-44	27:06:00
123	Jerry Brinegar	Fort Wayne IN	12 M 40-44	27:13:00
124	Allison Wheaton	Fort Wayne IN	2 F 25-29	27:17:00
125	John David McPherson	Fort Wayne IN	16 M 50-54	27:23:00
126	Lee Ehinger	Fort Wayne IN	17 M 50-54	27:23:00
127	Nicole Hunt	Fort Wayne IN	4 F 35-39	27:33:00
128	Anne Ehinger	Fort Wayne IN	2 F 40-44	27:35:00
129	Phyllis Suelzer	Fort Wayne IN	1 F 50-54	27:43:00
130	Emily Freistroffer	Fort Wayne IN	1 F 20-24	27:43:00
131	John Brier	Fort Wayne IN	5 M 60-64	27:44:00
132	Kelly Bercaw	Fort Wayne IN	3 F 25-29	27:45:00
133	Michael Hollis	Fort Wayne IN	11 M 35-39	27:46:00
134	Katie Carpenter	Fort Wayne IN	5 F 35-39	27:51:00
135	Robert L. Paine	Monroeville IN	6 M 20-24	27:54:00
136	Jay Martinez	Columbia City IN	14 M 0-15	27:56:00
137	Rich Runion	Fort Wayne IN	12 M 35-39	28:02:00
138	Brandon Kimes	Fort Wayne IN	15 M 0-15	28:13:00
139	Rich Stephenson	Monroeville IN	5 M 55-59	28:14:00
140	Dick Harnly	Fort Wayne IN	1 M 65-69	28:26:00
141	Mark Moore	Linn Grove IN	13 M 40-44	28:28:00
142	Philip Kelley	Churubusco IN	14 M 45-49	28:34:00
143	Quinn Farver	Fort Wayne IN	15 M 45-49	28:36:00
144	Kristen Tormoehlen	Indianapolis IN	2 F 20-24	28:41:00
145	Angie Fix	Fort Wayne IN	4 F 25-29	28:46:00
146	Byron Edwards	Fort Wayne IN	13 M 35-39	28:52:00
147	Brian Keane	Fort Wayne IN	16 M 45-49	28:59:00
148	Mitch V Harper	Fort Wayne IN	18 M 50-54	29:01:00
149	Thuy Le	Fort Wayne IN	3 F 20-24	29:06:00
150	Geoff Griffith	Fort Wayne IN	13 M 30-34	29:10:00
151	Nancy Simmonds	Fort Wayne IN	2 F 50-54	29:15:00
152	Kate White	Roanoke IN	6 F 0-15	29:16:00
153	Eric White	Roanoke IN	14 M 40-44	29:17:00
154	Steve Rhoades	Garrett IN	17 M 45-49	29:18:00
155	Michael Lee	Fort Wayne IN	19 M 50-54	29:19:00
156	Jeff Terrill	Fort Wayne IN	14 M 35-39	29:23:00
157	Lary Evans	Valparaiso IN	2 M 65-69	29:24:00
158	Sarah Baldus	Fort Wayne IN	6 F 35-39	29:25:00
159	Sonny Strack	Fort Wayne IN	18 M 45-49	29:39:00
160	Mary Collins Frank	Fort Wayne IN	7 F 35-39	29:44:00
161	Denise Martinez	Columbia City IN	8 F 35-39	29:46:00
162	Justin Heffernan	Fort Wayne IN	14 M 30-34	29:51:00
163	Noel Hupp	Fort Wayne IN	3 M 65-69	30:00:00
164	Jay Kimes	Fort Wayne IN	15 M 35-39	30:20:00
165	Dana Budd	New Haven IN	20 M 50-54	30:24:00
166	Susan Okleshen	New Haven IN	2 F 45-49	30:32:00
167	Rachael Rosswurm	Payne OH	7 F 0-15	30:50:00
168	Lane Sawyer	Fort Wayne IN	3 F 40-44	30:52:00
169	Van Haupt	North Manchester	21 M 50-54	31:18:00
170	Robert C Loomis	Monroe IN	1 M 70-74	31:34:00
171	Amy Rosswurm	Payne OH	9 F 35-39	31:44:00
172	Kim Longstreth	Fort Wayne IN	3 F 45-49	31:54:00
173	Eric Evans	Valparaiso IN	16 M 35-39	32:02:00
174	Terri Schrock	Fort Wayne IN	4 F 40-44	32:17:00
175	MacKenzie Martinez	Columbia City IN	8 F 0-15	32:34:00
176	Santiago Martinez	Columbia City IN	17 M 35-39	32:35:00
177	Jena Runion	Bluffton IN	3 F 16-17	32:36:00
178	Tom Lochner	Fort Wayne IN	6 M 55-59	33:13:00
179	Robert E. Paine	Monroeville IN	6 M 60-64	33:51:00
180	Shawn Boylan	Fort Wayne IN	15 M 40-44	33:51:00
181	Sara Parr	Delton MI	4 F 20-24	34:10:00
182	Alicia Nedrow	Fort Wayne IN	5 F 25-29	34:10:00

183	Ryan O'Shaughnessy	Fort Wayne IN	16 M 0-15	34:11:00
184	Ryan Boylan	Fort Wayne IN	17 M 0-15	34:12:00
185	Christine Barlow	Fort Wayne IN	10 F 35-39	34:18:00
186	Josh Ware	Fort Wayne IN	18 M 0-15	34:26:00
187	Abby Bird	Decatur IN	6 F 25-29	34:35:00
188	Kent Hart	Decatur IN	19 M 45-49	34:36:00
189	John Rasmussen	Fort Wayne IN	4 M 65-69	34:54:00
190	Bodil Rasmussen	Fort Wayne IN	1 F 60-64	34:54:00
191	Clint A. Paine	Monroeville IN	3 M 18-19	36:15:00
192	Kalissa Blanchette	Fort Wayne IN	1 F 18-19	36:21:00
193	John Jackson	White Pigeon MI	20 M 45-49	36:26:00
194	Sue McGrew	Fort Wayne IN	4 F 45-49	36:41:00
195	Kim Bley	Fort Wayne IN	5 F 40-44	36:49:00
196	Susan Peterson	Albion IN	3 F 50-54	37:18:00
197	Regina Blanchette	Fort Wayne IN	4 F 50-54	38:06:00
198	Helen Ryan	Fort Wayne IN	2 F 55-59	38:42:00
199	Stacey Hartman	Fort Wayne IN	7 F 25-29	42:23:00
200	Kenneth E Disler	Fort Wayne IN	1 M 80-99	43:07:00
201	Betty Greider	Fort Wayne IN	5 F 45-49	44:25:00

*14th Annual*  
**Owen-Putnam 13.2**  
**Mile Results** *11-4-2006*

1. Nate Plageman 28 2:02:42
2. Charles Andrews 41 2:13:22
3. Lindsay Bruick 25 2:13:53
4. Brian Carter 39 MI 2:33:59
5. Travis Sheets 36 2:34:57
6. Tom Landis 50 2:36:46
7. Angela Leone 28 2:49:38
8. Amanda Tanner 28 2:49:39
9. Derek Zimmerman 23 3:02:19
10. Robin Hayes 32 3:07:31
11. Bob Andree 48 3:14:15
12. Carl Wells 59 3:14:23
13. Eric Johnson 56 3:31:19
14. Andrew Acher 67 3:36:35
15. Kim Nystrom 34 IL 3:40:27
16. Tom Rice 57 IL 3:53:54
17. Shawn Tharp 38 3:53:55
18. Bruce McCallister 51 4:28:27
19. Josh Gardner 17 4:33:56
20. Hanna Dutton 15 4:35:15
21. Don Lindley 62 4:59:05
22. James Jones 78 9:08:40

24 starters



# Happy Birthday!



Heather Fromm	12/1
Bob Michel	12/1
Jim D Stamper	12/2
Jim Martin	12/3
Eugene Striggle	12/4
Brad Altevogt	12/5
Kenneth Mowan	12/5
Kevin Truelove	12/5
Diana Schowe	12/6
Dan Roy	12/7
Judy Tillapaugh	12/8
Rhonda Winkeljohn	12/8
Steven E Ludwiski	12/9
Rich Stephenson	12/10
John Klingenberg	12/12
Jennifer Lee	12/12
Joel Harter	12/13
Roseann Simmons	12/14
R William Schmidt	12/15
Amy Stephan	12/15
Phil Suelzer	12/15
Kenneth E Disler	12/16
Peter Gerken	12/16
Rochelle Alberding	12/17
Bobbie Clark	12/18
Lorraine Brattoli	12/19
John David McPherson	12/19
Denny Logan	12/21
Betty Greider	12/22
Mark O'Shaughnessy	12/22
Linda Brooks	12/23

Mike Fream	12/23
Claire Weir	12/23
Tyler Wemhoff	12/23
Graham Burris	12/24
Sue McGrew	12/24
Helen Pearson	12/24
Joe Ziegler	12/24
Sam N Bird	12/25
Andrea Maisonneline	12/26
Russ Suever	12/26
Aaron Landis	12/27
Ramon E Brown	12/28
Angie Lockwood	12/28
Bev Hullinger	12/30
Douglas Jordan	12/30
Diane Post	12/30
Buff Dormeier	12/31
Ken Silkworth	12/31
Gregg Pollander	1/1
Addie Michel	1/2
Dave Devoe	1/3
Paul Shaffer	1/3
Sarah Bird	1/4
Steven Summers	1/4
Jeff Metzger	1/5
Kate Desimone	1/6
Steven A West	1/8
Debra Hess	1/11
Carter A Milleman	1/11
Josh Ware	1/11
Donald Kramer	1/12

Scott A Miller	1/12
Cheryl Pulver	1/13
Linette Barry	1/15
Donald Lindley	1/15
Michael Lindley	1/15
Steve Nivens	1/15
Steve Creighton	1/18
Kelly Kohlmeyer	1/18
Leah Deardorf	1/19
Madison Fruchey	1/19
Robert Snow	1/19
Anna Mize	1/20
Travis Blanchette	1/21
James E Bushey	1/21
James Desimone	1/21
James Payne	1/21
Don Ashton	1/22
Karl Dietsch	1/22
Paul Sturm	1/22
Tammy Behrens	1/26
Carla Brames	1/27
Delores Johns	1/27
Jeremy M Ogle	1/28
Jacob Ware	1/28
Noel Hupp	1/29
John Lantz	1/29
John Feiertag	1/30
Robert C Loomis	1/30
Fred Ross Jr	1/31



## CHRISTMAS PARTY



Please Join Us

Wednesday, December 13

7:00 PM

IPFW - Hilliard Gates Activity Center

Good Friends, Food, Fun, Gift Exchange

Bring a food item to share & a wrapped gift (Around \$10.00)






# 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](http://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](mailto:smhilker@verizon.net)

**PR Training** - We are now doing long runs/walks on **Saturdays!** We have a couple of trips planned to run the Huff course in December. If you would like to be invited to the PR Training Yahoo Group email [prtraining@comcast.net](mailto:prtraining@comcast.net). This group provides current information on weekly running groups. Also, you can check [www.myptraining@comcast.net](http://www.myptraining@comcast.net) for time and location of Saturday run/walks. We will begin our training for the Indy Mini in January. Check the website for a brochure of the 14-week Indy Mini training.

**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](mailto: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](mailto: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 or visit their website at <http://fortwayneborntorun.ning.com>

**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](mailto:erica@waterfield.com)  
Casey Shafer 402-2541 [ghanishrunner@hotmail.com](mailto:ghanishrunner@hotmail.com)  
Matt Blume [matt.blume@itt.com](mailto: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

*If you have a group you would like added to this list, contact Tammy Behrens 625-3830 or [prtraining@comcast.net](mailto: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 11/20/2006 to 11/20/2010

Date/Time	Local Points	Race Information
Nov 23,2006 8am Thur	L	<p><b>FWTC's Mazock's 30th Thanksgiving Day Run - Almost 6 miles</b>                      Emerald Lake subdivision, No Awards, No Splits, Just old coffee and stale donuts, Fort Wayne, IN  <i>Contact:</i> Jerry Mazock, 2828 Emerald Drive, Fort Wayne, IN 46804, 260-432-4755  <i>Info/Fees:</i> Also, come and enjoy the evening when Jerry plugs in thousands of lights!  <i>Email:</i> foxdanadog@hotmail.com</p>
Nov 23,2006 8:30 AM	L	<p><b>Galloping Gobbler 4 Miler - 4 Mile</b>                      University of St. Francis, Fort Wayne, IN  <i>Contact:</i> Mitch Harper, 5207 Hopkinton Drive, 260-436-4824  <i>Info/Fees:</i> Create a new family Thanksgiving tradition. Start from the campus of the University of St. Francis, then run approximately .5 mile to the entrance of the beautiful and historic Lindenwood Cemetery. Most of the race then takes place on the winding, wooded hills of the cemetery before exiting the cemetery and heading back to the start. Showers are available on campus; please bring your own towel.  <i>Email:</i> gobbler@mitchharper.com  <i>Web site:</i> http://fortwaynegobbler.com</p>
Dec 01,2006	L	<p><b>PR Training - train for the Indy Mini on May 5th or Cincinatti Flying Pig on May 6th - 13.1 miles</b>                      Two Locations: Jorgensen's YMCA or IPFW, Fort Wayne, IN  <i>Contact:</i> Tammy Behrens, 11827 Crossway Drive, Fort Wayne, IN 46814, 260-625-3830  <i>Info/Fees:</i> Sign up to train to run or walk a mini marathon in May with PR Training. Sign up for class by 12/1 for \$100 registration. Price goes to \$110 after 12/1. Discounts apply for YMCA members and employees, Hilliard Gates members, IPFW employees. A discount of \$25 is applied for anyone signing up to run/walk the mini to raise funds for Youth For Christ or True Life Choices. Go to www.myprtraining.com to download a brochure or email prtraining@comcast.net with questions. Classes start at the end of January.  <i>Email:</i> prtraining@comcast.net  <i>Web site:</i> http://www.myprtraining.com</p>
Dec 02,2006	R	<p><b>4th Annual Tecumseh Trail Marathon - 26.2 miles</b>                      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</p>
Dec 02,2006 2pm Sat	LP	<p><b>Just Plain 10K - 10k Run &amp; 3.3k Walk</b>                      (FWTC Pts Race) Foster Park (Hartman &amp; 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> jpjones@hoosierbuzz.com  <i>Web site:</i> http://www.fwtc.org</p>
Dec 09,2006 8am Sat	R	<p><b>30th Annual Rocket City Marathon - 26.2 Miles</b>                      HILTON. Huntsville. AL</p>

		<p><i>Contact:</i> Suzanne &amp; Dink Taylor, 6750 Carl T. Jones, Huntsville, AL 35802, 256-650-063  <i>Info/Fees:</i> \$45-pre thru Sep, \$7,500 Prize Money  <i>Email:</i> runstrong@fleetfeethuntsville.com  <i>Web site:</i> <a href="http://www.HuntsvilleTrackClub.org">http://www.HuntsvilleTrackClub.org</a></p>
Dec 30,2006 8am Sat	L	<p><b>10th Annual The Huff 50KM Trail Run - 50K, 3xRelay, &amp; 1 Loop Fun Run (10.8 Miles)</b>  J.Edward Roush Lake, Kil-So-Quah Campground, Huntington, IN  <i>Contact:</i> Mitch Harper, 5207 Hopkinson Dr, Ft Wayne, IN 46814, 260-436-4824 or (fax) 436-8284  <i>Info/Fees:</i> \$40-Pre, \$50-Post, Time Limit: Nine hours, Field Limit: 300. Three loops, gently rolling, wooded  <i>Email:</i> <a href="mailto:info@huff50k.com">info@huff50k.com</a>  <i>Web site:</i> <a href="http://www.HUFF50K.com">http://www.HUFF50K.com</a></p>
Jan 16,2007 6:30-8:30 p.m.	L	<p><b>Running Mechanics 101</b>  Fort Wayne Physical Therapy, Fort Wayne, IN  <i>Contact:</i> Tammy Behrens, 11827 Crossway Drive, Fort Wayne, IN 46814, 260-625-3830  <i>Info/Fees:</i> Tammy Behrens of PR Training and Jamey Gordon of Fort Wayne Physical Therapy are presenting Running Mechanics 101. Come join us to learn how to improve your running efficiency, speed and prevent injuries. Presentation will be provided by Jamey Gordon, physical therapist, licensed athletic trainer, certified strength and conditioning specialist and runner.  <i>Email:</i> <a href="mailto:prtraining@comcast.net">prtraining@comcast.net</a>  <i>Web site:</i> <a href="http://www.myprtraining.com">http://www.myprtraining.com</a> or <a href="http://fortwaynephysicaltherapy.com/">http://fortwaynephysicaltherapy.com/</a></p>
Jan 30,2007	L	<p><b>PR Training - train for the Indy Mini on May 5th or Cincinatti Flying Pig on May 6th - 13.1 miles</b>  Two Locations: Jorgensen's YMCA or IPFW, Fort Wayne, IN  <i>Contact:</i> Tammy Behrens, 11827 Crossway Drive, Fort Wayne, IN 46814, 260-625-3830  <i>Info/Fees:</i> Sign up to train to run or walk a mini marathon in May with PR Training. Discounts apply for YMCA members and employees, Hilliard Gates members, IPFW employees. A discount of \$25 is applied for anyone signing up to run/walk the mini to raise funds for Youth For Christ or True Life Choices. Go to <a href="http://www.myprtraining.com">www.myprtraining.com</a> to download a brochure or email <a href="mailto:prtraining@comcast.net">prtraining@comcast.net</a> with questions. Classes start 1/30/07 and 2/01/07.  <i>Email:</i> <a href="mailto:prtraining@comcast.net">prtraining@comcast.net</a>  <i>Web site:</i> <a href="http://www.myprtraining.com">http://www.myprtraining.com</a></p>

## Fort Wayne Orthopaedics Supports FWTC!

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

# FWTC Runners, Walkers, Volunteers, and Spectators

The readers of the Inside Track would like to hear about the races you attend. Please take a few minutes email your experiences and pictures to [newsletter@fwtc.org](mailto: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](mailto: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 Matt Parker at 485-1991 or email [matthew.c.parker@hotmail.com](mailto:matthew.c.parker@hotmail.com)!

# FWTC MEMBERSHIP APPLICATION

Name: \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Sex \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Work Phone \_\_\_\_\_

E-mail address: \_\_\_\_\_

Occupation: \_\_\_\_\_ Business Affiliation: \_\_\_\_\_

Type of Membership: Single: \_\_\_\_\_ Family: \_\_\_\_\_ New Member: \_\_\_\_\_ Renewal: \_\_\_\_\_

Family Members:

Spouse: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_

Children: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_

Children: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex \_\_\_\_\_

Make checks to: Fort Wayne Track Club, PO Box 11703, Fort Wayne IN 46860-1703

## ANNUAL MEMBERSHIP DUES: January 1 - December 31

One year: \$16      Two Years: \$28      Three Years: \$36

New Members: first year only \$12    If you join during the year you pay as follows: 100%- Jan, Feb, Mar- 1<sup>st</sup> Qtr.

Members under 21: \$12

75%- Apr, May, Jun- 2<sup>nd</sup> Qtr.

Family rates: \$4 for ea. add'l family member (\$8 - max)

50%- Jul, Aug, Sep- 3<sup>rd</sup> Qtr.

125%- Oct, Nov, Dec- 4<sup>th</sup> Qtr.

The Fort Wayne Track Club has obtained an insurance policy through the Road Runners Club of America which gives coverage for various events. Through this insurance we are covered for weekly runs, picnics, socials, and volunteers at races and other club functions. Please sign a waiver if you have not already done so. The waiver will be kept on file.

## CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself, and any other person named on this application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record for any legitimate purpose. I understand and will abide by the guidelines that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club races.

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

Parents Signature(if under age 18) \_\_\_\_\_ Date \_\_\_\_\_

# Fort Wayne Track Club Means Volunteers!

The Fort Wayne Track Club is run by volunteers. You can help! Please indicate your area(s) of interest and get involved today!



Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

- Board Member
- Race Director                       Assistant Race Director
- Races
  - Finish Line                                       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*

### *Landis Tool Grinding, Inc.*



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

CNC Grinding



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



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

Tom Landis



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

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