

February / March 2007

The Inside Track

"It's not the will to win,
but the will to prepare
to win that makes the
difference."

--Paul Bryant



In This Edition::

- Welcome from
2007-2008
President
- SPECIAL
ARTICLE:
Normal Eating
vs. Feeding
Emotions
- 2006 FWTC
Final Points
Standings

Mark Your Calendars--Upcoming Fort Wayne Track Club Races

March 17--27th Annual Nutri Run-20 K & 5 mile run/walk
April 28--IPFW Mastodon Stomp
May 26--Three Rivers 12K



Visit our website at www.fwtc.org

**2007 Fort Wayne Track Club
Officers and Board Members**

Officers

President: Barrie Peterson 637-5717 peterson63@verizon.net
Vice-President: Bill Harris 657-5012 bharris@mossharris.com
Treasurer: Don Lindley 432-5998 lindleyd44@verizon.net
Secretary: Tammy Behrens 625-3830 prtraining@comcast.net

Board Members

Kerry Blanchette 484-4620 blanchette932@comcast.net
David Boylan 493-2383 byldave@netscape.net
Kathy Burner 710-1703 katydid0512@yahoo.com
Tom Digate 918-2888 tom@digate.us
Lynne Feiertag 637-2793 runalonglynne72@verizon.net
Mike Fruchey 627-5147 frucheym@ipfw.edu
James P. Jones 745-9724 jamespjones@verizon.net
Sarah Kleinknight 456-3261 skleinknight@fssa.state.in.us
Tom Landis 693-3526 LTG541TL@msn.com
Mac McAvoy 824-5158 clanmac@adamswells.com
Jim McKinnon 433-7088 jim.mckinnon@vfpfire.us
Anna Mize 672-3783 anna.mize@att.net
Matt Parker 485-1991 matthew.c.parker@hotmail.com
Jeremy Schmidt 447-7597 olympicsmarathon2012@yahoo.com
Mike Slaubaugh 481-6465 slaubau@ipfw.edu
Phil Suelzer 486-1745 tri_kerl@yahoo.com
Judy Tillapaugh 456-3277 tillapau@ipfw.edu

FWTC Board Meetings

All FWTC members are welcome to attend. Meetings are held in the Royal Dons room in the Gates Sports Center at IPFW at 7 PM.

Upcoming meetings

- February 7
- March 14
- April 11
- May 9
- June 13
- July 11



FWTC Coordinators

Points Race Coordinator

Tom Landis 693-3526 LTG541TL@msn.com

Membership Coordinator

Don Lindley 432-5998 lindleyd44@verizon.net

Equipment Coordinators

JP Jones 745-7339 jamespjones@verizon.net

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

Phil Suelzer 486-1745 tri_kerl@yahoo.com

Marketing Coordinator

Kathy Burner 710-1703 katydid0512@yahoo.com

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
PO Box 11703, Fort Wayne, IN 46860-1703
(260) 436-2234
www.fwtc.org

The FWTC is a member of the RRCA, Club #23

Inside this Issue

Back in the Saddle with Barrie Peterson
Normal Eating vs. Feeding Emotions from Judy Tillapaugh
Final Standings for 2006 Points Races

BACK IN THE SADDLE AGAIN

From Barrie Peterson, FWTC President

As Gene Autry used to sing, "I'm Back in the Saddle Again"! And it feels pretty good. It is a great honor and privilege, as well as a sometimes overwhelming task, to be serving as President of the Fort Wayne Track Club. I want to thank the past and current boards for their confidence in me. Having served as president several years ago, it should be relatively comfortable getting back in the saddle again. That comfortability is definitely strengthened by my fellow officers: Bill Harris, President; Tammy Behrens, Secretary; and, of course, Don Lindley, Treasurer. We also have recruited a fantastic slate of board members. And, finally, we have a terrific membership of fellow running enthusiasts who are tremendously supportive and active in our events as competitors and/or dedicated volunteers.

During my current tenure in office (2007-2008), some of my goals are as follows:

1. Make Board Meetings a place for fun and fellowship, while at the same time making efficient use of time.
2. Have Board Members feel a sense of pride in serving by wearing special shirts to meetings and other events.
3. Increase membership and general public awareness of our existence through better publicity of activities and events.
4. Honoring members who have served as volunteers and/or competed regularly in track club events and/or who have served their community in a way that reflects positively on the FWTC. (Please give us your ideas by e-mailing or calling me or any other officer or board member.)

Speaking of being "back in the saddle again", the 2006-2007 school year was supposed to be my last year of coaching after 41 years of working with young people at the grade school, high school, and college levels—in cross country, track, and football. As I have found over and over in my life, it is certainly not what I plan that is the perfect plan, but what God has in mind for my life. In late September of 2006, my youngest son, Brad, was named as the head coach of Cross Country and Track & Field at Indiana Institute of Technology. I was then honored to be asked by him to serve as assistant coach. So much for MY plans of total retirement! What a great opportunity this will be to work with my son in developing a brand new athletic program at this awesome university! Our recruiting is going great for the 2007-2008 school year where we will specialize in just cross country and in developing a solid distance program for a limited track season. Then, in the 2008-2009 school year, we will be ready to have a full-scale track and field program. How exciting is that?!!!!! Needless to say, we are fired up for sure!

Until the next issue, keep running and keep honoring what God wants in your life. You can't go wrong!!

FWTC Board Meeting Minutes

November 8, 2006

Members present: Mike Fruchey, Ann Mize, Tom Landis, J.P. Jones, Mac Mc Avoy, Kathy Bruner, Judy Tillapaugh, Bill Harris, Don Lindley, Tammy Behrens, Judy White, and guests, Jeremy Schmidt, Mike Slaubaugh, and James Mc Kinnon.

The meeting was called to order at 7:06 p.m. by President Mike Fruchey. Don Lindley gave the opening prayer.

Ann Mize presented the October minutes. J. P. Jones made the motion to accept them. Don Lindley offered the second motion. All were in favor.

Don Lindley gave a brief Treasurer's report followed by a membership update. A motion was made by Bill Harris with a second by Mac Mc Avoy to accept the report as read. It was unanimous.

Don Lindley reported on behalf of Stephen Hilker and the River City Rat Race. He said there were 482 registered runners, with 385 finishers in the 10 K. Don said the race went well.

Mac Mc Avoy asked the board if they had a chance to look over the proposed new FWTC logos, and if they were committed to changing the old one. After some discussion Don Lindley made a motion to use the green blue colors with the bottom print type. It was seconded by Bill Harris. All were in favor with the exception of Mac Mc Avoy.

Judy White updated the board on the banquet progress. She asked if the prices should remain the same, and everyone agreed to keep the same ticket price as last year. Mac Mc Avoy agreed to send out special invitations to the charter members telling them to mark their dates for the banquet, as we are planning on recognizing them.

Don Lindley gave an update on the upcoming Turkey Trot and said pre-registration is up.

Ann Mize reported that Vice-President Barrie Peterson wanted to know if the current meeting day, time, and place were still ok with the board. Everyone said it worked fine to keep the current time and location. Tammy Behrens brought to the board's attention that the 2007 February meeting is scheduled on the 14th. A motion was brought up by Mac Mc Avoy with a second by J.P. Jones to move up the February meeting to the 7th. All were in favor.

Don Lindley sent a blast e-mail to over 350 club members asking if any one would like to do the Inside Track? Matt and Carmen Parker agreed to be the new editors. They will get together with the publisher. Their e-mail is matthew.c.parker@hotmail.com

Mac Mc Avoy brought up the prospect of someday going paperless for the newsletter. It is certainly worth looking into in the future. He mentioned putting an article in the newsletter for feedback. Some club members could have paperless as an option. There would be a significant savings over printing costs. President Mike Fruchey said that will be something for the next Officers to work on.

Don Lindley reported he got 8 responses back from club members possibly interested in joining the board. Jim Mc Kinnon, and Mike Slaubaugh were two on that list who were visiting tonight. Tammy Behrens and Don were going to invite the other potential members to the December meeting.

The 2007 point race schedule invoked a discussion with a tentative race schedule covering the same races as last year, except adding the Nutri 5 miler back into the line up and eliminating the Kernel Klassic 5K. Ann Mize made a motion to accept these as our 2007 point races with a second by Bill Harris.

Tom Landis and Don Lindley would like more help in timing the races. At present they pretty much do them by their selves. Track Club members please step forward!

Mike Fruchey reported the National Independent Meet went very well. There were 8 schools from all over the country competing on the new IPFW grass course.

Judy Tillapaugh asked if gently used running shoes could be recycled. Ann Mize agreed to check into collecting shoes for charitable use.

Jeremy Schmidt updated the board on his project. He reported he would like to see the Achilles Track Club get a start in spring or summer of 2007.

Mac McAvoy agreed to table a discussion on a booth at the Indy Mini Expo to a later board meeting.

The meeting was adjourned at 8:25 P.M. with a motion by Bill Harris followed by the second by J.P. Jones.

Reminders; Next officers meeting at 3:00 p.m. November 26th, 2006 at Pine Valley Pizza Hut. The next board meeting will be December 13, 2006 at IPFW in the Royal Dons Room.

Respectfully Submitted,
Ann Mize

FWTC Board Meeting Minutes

December 13, 2006

Members and guests present: Ann Mize, Tammy Behrens Jeremy Schmidt, J.P. Jones, Mac McAvoy, Judy Tillapaugh, Kathy Burner, Phil Suelzer, Kerry Blanchette, Bill Harris, Mike Slaubaugh, Tom Landis, Don Lindley, Barrie Peterson, and Mike Fruchey.

The December meeting was called to order at 7:00 p.m. by the President, Mike Fruchey. Don Lindley led the group in prayer.

Ann Mize presented the November minutes. After a motion by Bill Harris and a second by J.P. Jones the minutes were approved by all.

Treasurer, Don Lindley gave a brief monthly report. He also reported our membership at 522 members. J.P. Jones made a motion to accept the report with Mac McAvoy following with a second motion. Again all were in favor.

President Mike Fruchey asked for an introduction around the table as there were new faces to meet.

Banquet Chair, Judy White was unable to attend, so President Mike asked for volunteers to stay after the January meeting and help her stuff envelopes. Barrie Peterson reported he has some great door prizes secured. Don Lindley needs some help getting old photos scanned and ready for the 30th anniversary video. Ann Mize said she is set on running t-shirts to be displayed.

The new Inside Track newsletter editors are working on the upcoming issue. They are Matt and Carmen Parker.

Don Lindley reported there were 201 runners at the Fox Island Turkey Trot.

The next order of business was the election of Officer's. The Nominating committee presented Barrie Peterson as President, Bill Harris as Vice President, Tammy Behrens as Secretary, and Don Lindley will remain as Treasurer. There were no nominations from the floor, so J.P. Jones made a motion to close nominations and

accept the proposed slate of Officer's. Phil Suelzer made the second. All were in favor and a new slate of Officer's starts in January, 2007.

Tammy Behrens and Don Lindley presented 20 affirmative Board Members for 2007. They will give an updated Member's list next month.

Ann Mize reported that any FWTC member could donate gently used running shoes. She would take them to Byron Health Center for their residents.

Barrie Peterson reported on his great coaching experience during the Foot Locker National. He was able to watch his High School runner, Bobby Moldovan, compete in California. Bobby was the first male athlete from Fort Wayne to go to the National. Barrie also thanked the Board for the donation to help cover his trip.

Retiring President Mike Fruchey took the opportunity to thank the FWTC for their support and also to say he believes the club is a unifying group among many running groups in Fort Wayne. He recapped some of the great changes that have taken place the last two years in the running community, including the Greenway and Aboite Trail expansions. He encouraged all to keep on growing!

The newly elected President thanked Mike Fruchey for the great leadership the last two years, and for a great job, and all his hard work.

Jeremy Schmidt reported he is making progress and a new Chapter of the Achilles Track Club is in the works. He will bring in Chapter handouts for anyone interested in learning more about the group.

Mac McAvoy announced he has secured FWO as a title sponsor for the Runners on Parade. More on this at a later date.

The meeting was adjourned at 8:00 p.m. with a motion by Bill Harris and a second from Phil Suelzer.

Gift exchange followed!

Reminders: Next officer's meeting at 2:00 p.m. Sunday, January 7th 2007 at Pine Valley Pizza Hut. With the next board meeting on January 10, 2007 At IPFW in the Royal Dons Room.

Respectfully submitted,
Anna Mize

FWTC Board Meeting Minutes

January 3, 2007

Members and guests present: Bill Harris, Judy White, Barrie Peterson, Don Lindley, Tammy Behrens, Kerry Blanchette, David Boylan, Kathy Burner, Jeremy Schmidt, Mike Slaubaugh, Judy Tillapaugh, Tom Landis

1. The January meeting was called to order at 7:00 by president, Barrie Peterson. Barrie led the group in prayer and asked board members to stay after the meeting to get the mailing ready for our upcoming banquet.

2. Tammy Behrens presented the Dec. minutes. Judy White motioned that the minutes be approved, Kathy Burner made a second to that motion, and the minutes were approved by all who were present.

3. Anna Mize and Judy Tillapaugh are collecting gently used running shoes to be taken to the Byron Health Center. This will be an ongoing collection. Shoes can be brought to board meetings and races. Judy Tillapaugh mentioned that this is something that race directors can add to their race flyers.

4. The banquet update for Feb. was covered by Barrie Peterson. Members of the board discussed the logistics of the banquet.

The board voted to pay for the dinners of charter members of the FWTC. Don Lindley will contact past presidents and Barrie Peterson will contact Mac MacAvoy about inviting charter members along with their guest.

Door prizes will be organized by Barrie Peterson.

Nominations for special awards were brought up by Judy Tillapaugh, and a nomination sheet was given to present board members. Judy Tillapaugh will take care of taking nominations from board members for the Spirit of Running Award, Volunteer of the Year Award, the Golden Shoe Award, and Mike Fruchey will be contacted about choosing a Presidents Award.

Decoration for the banquet was discussed.

5. Mike Slaubaugh put together a committee to select the HS Runner of the Year Award. Recommendations were made and the board voted on the recipients of that award. The athlete, coach, parents and siblings will be invited as guests of the FWTC to the banquet.

6. Don Lindley presented the treasurers report for the last quarter of 2006. 522 members is the official total for the end of 2006. Mike Slaubaugh motioned that the treasurer's report be approved and a second motion was made by Tom Landis. All board members present approved the report. At the next meeting, Don Lindley will present the 2007 budget for the FWTC.

7. The next newsletter deadline is January 15th. This deadline is being extended to Friday 1/19.

8. Jeremy Schmidt updated the group that the Achilles Track Club of Fort Wayne will meet Saturdays every third week to run/walk at Foster Park starting in April.

9. Barrie presented the board with the idea of the board members ordering polo shirts. The board members agreed to purchase shirts with FWTC Board Member printed on them.

10. Kerry Blanchette volunteered to offer the opening prayer for the Feb. mtg.

11. Don Lindley offered to bring snacks for the Feb. mtg. A sign up sheet for the following months of 2007 will be passed around at the next mtg.

12. The next officer's mtg. will be held Jan. 28th at the Pine Valley Pizza Hut at 2PM.

13. Barrie presented the idea of featuring an outstanding FWTC for each newsletter. This information will be included in each newsletter.

14. The Fanny Freezer will be held on Feb. 10th at 2PM. The board is in need of a race director. Information will be sent out with the mailing for the banquet. Board members volunteered to work at the race.

15. The Mastodon Stomp will be held April 28th at 9AM. This date has been pushed back from last year.

16. Tom Landis discussed the overall points and winners for 2006.

17. Kathy Burner motioned to adjourn the meeting. Dave Boylan made a second to that motion. The board voted to adjourn the meeting.

Normal Eating vs Feeding Emotions by Judy Tilalpaugh, RD

Cookies, candy, ice cream, chocolate, steak, chips, fries, beerwhich of these foods do you desire the most certain times a day or certain days during the week? Maybe you have another irresistible food or beverage? We all have them. We are so fortunate to have such an abundant variety of tasty choices, so many simple pleasures.

As Eilyn Satter, MSW, RD states "normal eating is being able to choose food you like and eat it and truly get enough of it- not just stop eating because you think you should. Normal eating is three meals a day, most of the time, but can also be choosing to munch along sometimes. It is leaving some food on the plate because you know you can have some again tomorrow, or it is eating more now because it tastes so wonderful when they are fresh. Normal eating takes up some of your time and attention, but keeps its place as only one important area in your life.

Yet normal eating is miss understood and not used much in America. American has more over fat people than any other country. Many girls, boys, women and men dislike their bodies and want to be like Barbie or Ken. Note if Barbie was life size she would be 6' 0", 101#, size 4, 39" bust, and 19" waist! Very underweight, unhealthy, and totally unrealistic! Most all pictures in print have been air brushed. They are not real.

Think about learning more about normal nutritious eating and what would be a healthy body for you. Try not to compare yourself to unrealistic images and unhealthy shapes and sizes. We all are unique special individuals with our own special body and skills. We are not supposed to be like someone else.

To begin nourishing yourself better, consider becoming more aware of your physical vs emotional hunger. Many people regularly over or under eat because of stress, boredom, anger, loneliness, joy, or reward. Often, they may not be aware that their eating is emotionally driven. Complete the following Emotional Eating Quiz to see if you may be eating for emotional reasons. When you answer, consider what happens most of the time.

Emotional Eating Quiz

Answer Yes or No:

1. Do you eat when you are not hungry?
2. Do you tend to snack more when you are alone?
3. Do you eat more when you are at home?
4. Is it a habit to snack extra at a certain time of the day?
5. Is eating a favorite food one of the most pleasant things you do for yourself?
6. Do you routinely "clean your plate", even if you are full?
7. Do you treat yourself very frequently with food or alcohol?
8. Do you have a hard time recognizing when you are physically hungry or full?
9. Do you pay attention to whether you are hungry or full before eating?
10. Do you eat extra when you are stressed or mad, even if you are not hungry?

If you answered "yes" to three or more of the questions, you may be doing more than occasional emotional eating. Food or a beverage is being used to meet a need instead of the need being addressed. The instant relief can feel good yet it's not the solution. For example emotional eating or not eating means stress factors are still not taken care of, there still will be tension in a relationship, or anger

management didn't happen. It can also easily lead to unneeded calories which can cause extra fat weight or not enough calories causing too much weight loss.

Solve unmet needs by seeking assistance! Consider meeting with a local mental health professional and registered dietitian. Take care of unmet needs, past baggage, and wounds without food. Learn about normal nutritious eating. The understanding and relief can feel so good.

Note Ellyn Satter is the author of these books: Child of Mine, How To Get Your Kid To Eat...But Not Too Much, and Secrets of Feeding A Healthy Family. Great resources! For more information go to www.ellynsatter.com

Best,

Judy Tillapaugh, RD
IPFW Wellness Coordinator
Tillapau@ipfw.edu

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.

Under Jeremy's direction, the Achilles Track Club will be holding training sessions starting Saturday, April 14. The Club will meet at Foster Park by the volleyball courts at 8 AM.

If you are interested in helping as a member or volunteer, please contact Jeremy at olympicsmarathon2012@yahoo.com with Achilles Track Club as the subject or call at (260) 760-8077.

Callout for the 6th Elstertal Marathon

Hello Fellow FWTC members,

I would like to invite any current or prospective FWTC members to participate with me in a unique marathon hosted by Fort Wayne's sister city in Germany, Gera. The 6th Annual Elstertal Marathon on August 4th is being held in conjunction with Germany's National Horticultural Show which will last from April to October. Gera was chosen as this years recipient to host this event which attracts people

from all over Germany. The Elstertal Marathon itself is going to include team competitions this year, with teams invited to compete from each of their 12 sister cities. Gera has invited Fort Wayne to bring two (2) teams.

Teams will consist of a maximum of 5 runner, the times for the first three runners that finish on each team compiled to determine the winning team(s). The first 6 teams will receive awards and the winning team receives the "Gera International Cup". The start of the marathon is in "Friendship Stadium" in Gera and proceeds on a bicycle path along the river Elster, returning to finish in the stadium. The course is essentially flat.

In addition to the marathon, this trip will provide a unique opportunity to meet some of our sister city residents and visit - sightsee some of the very interesting sights in this part of Germany. This will include visits to Berlin, the capital of Germany, Dresden, and several castles in the area. There will be group trips planned as well as the opportunity to travel in smaller groups with host families. Spouses are encouraged to come if they would like, and individual and couples will be housed in host families, most likely with runners that live in and around Gera.

The tentative plan is for the group to leave on August 1st (arriving on the 2nd) and returning on the 12th. Individuals may adjust their own flights if they want to depart earlier or leave later, but will be responsible for their own accommodations outside the group dates. The cost of the flight will be approximately \$1000 which will constitute the majority of the total cost. There will be some additional costs for transportation and entry fees for various sights. Speaking from the experience of having been to Gera 6 times, this trip will provide an unforgettable experience at an extremely reasonable price. In order to book flights most economically, I would like to have the teams put together by the middle of March.

Please contact me personally by phone (486-1745) or E-mail (tri_kerl@yahoo.com) if you have an interest. I will gladly answer any questions you might have.

Phil Suelzer

Final 2006 FWTC Points Races Standings

Fanny Freezer 5K.	Matthew 25 10K
Nutri-Run 20K	Kernel Klassic 5K
Mastodon Stomp 5K	Parlor City ½ Marathon
Three Rivers Running Co. 12K	River City Rat Race 10K
Runners on Parade 5K	Turkey Trot 5K
Firecracker 4M	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

- c. Each race points are awarded based on your age as of Jan. 1st. Example: if you turn 45 after Jan. 1st, your place at the race will reflect your current age status, but your points will be recalculated into the 40-44 age division with other FWTC members the same age.
- d. If the race has more age groups than the above, participants receive the points as earned in that race. It is possible for more than one participant to earn the same number of points in the "points series" age group. Example: if a race has a 60-64 & 65-69 age group, a first place winner in each age group would receive 100 points.
- e. Points are given based on how participant.s finish compared to other FWTC members.

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

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

Male Under 20				
Place	Name	City	Age	Points
1	Donny Heath	Roanoke IN	14	600
2	Tyler Wemhoff	Fort Wayne IN	12	520
3	Shawn Kelley	Churubusco IN	13	475
4	Ryne Wemhoff	Fort Wayne IN	13	425
5	Landon Lockwood	Bluffton IN	9	305
6	Ben Devoe	Bluffton IN	13	255
7	Aaron Landis	Churubusco IN	16	200
8	Andrew Pirocato	Fort Wayne IN	16	185
9	Brad Hess	Fort Wayne IN	13	185
10	Mark Kapocius	Fort Wayne IN	15	175
11	Jacob Litchfield	Fort Wayne IN	17	175
12	Nate Ammon	Fort Wayne IN	15	170
13	Benjamin Skipper	Warsaw IN	5	165
14	Josh Ware	Fort Wayne IN	11	160
15	Sam N Bird	Columbia City IN	16	100
16	Stephen Clark	Fort Wayne IN	18	100
17	Galen Harden	Yoder IN	16	100
18	Danny White	Fort Wayne IN	17	100
19	Eric Ware	Fort Wayne IN	16	100
20	David Boyer	Fort Wayne IN	18	85
21	Matt Winkeljohn	Fort Wayne IN	9	85
22	Jacob Ware	Fort Wayne IN	14	85
23	Kurt White	Fort Wayne IN	19	85
24	Alex Hess	Fort Wayne IN	10	75
Men 20 to 29				
Place	Name	City	Age	Points
1	Matt Parker	Fort Wayne IN	29	1155
2	Grant Stieglitz	Harlan IN	20	1085
3	Edward Fisk	Fort Wayne IN	26	555
4	Stuart Williams	Indianapolis IN	23	245
5	Jason Sorg	Fort Wayne IN	26	200
6	Jared Minnick	Fort Wayne IN	21	185

7	Ben Cowan	Van Wert OH	27	100
Men 30 to 34				
Place	Name	City	Age	Points
1	Jeremy M Ogle	Fort Wayne IN	31	920
2	Brad A Thomas	Fort Wayne IN	31	855
3	Kristian Lentz	Huntertown IN	31	410
4	Jeff Jones	Fort Wayne IN	31	300
5	Mike Cole	Corunna IN	30	300
6	Jason House	Ossian IN	33	230
7	Aaron York	Fort Wayne IN	33	215
8	Todd Sullivan	Fort Wayne IN	32	155
9	Jeremy Schmidt	Fort Wayne IN	30	130
10	Michael Lindley	Fort Wayne IN	31	100
11	Joseph Dimarzio	Fort Wayne IN	33	15
12	Jason Sagan	Fort Wayne IN	34	5
Men 35 to 39				
Place	Name	City	Age	Points
1	Dave Devoe	Bluffton IN	37	985
2	Jim Uecker	Fort Wayne IN	37	895
3	Matt Scott	Warsaw IN	37	605
4	Joe Savina	Fort Wayne IN	38	360
5	Thomas Gilbert	Fort Wayne IN	37	300
6	Mike Else	Fort Wayne IN	36	300
7	Sam Gillie	Fort Wayne IN	35	285
8	Ian Stoppenhagen	Ossian IN	35	280
9	Mike Fream	Fort Wayne IN	37	205
10	Brian Loucks	Fort Wayne IN	36	200
11	Scott Aldrich	Auburn IN	36	160
12	Mike Thurston	Fort Wayne IN	37	155
13	Brent Burris	Auburn IN	39	140
14	Chad Ware	Fort Wayne IN	38	140
15	John Klingenger	Fort Wayne IN	39	125
16	Michael Fruchey	Huntertown IN	36	100
17	Jeff Rude	Fort Wayne IN	37	80
18	Gregg Gausline	Fort Wayne IN	36	75
19	Michael Wolfe	Fort Wayne IN	36	65
20	Mark Pulver	Fort Wayne IN	37	25
Men 40 to 44				
Place	Name	City	Age	Points
1	Matt Foreman	Fort Wayne IN	43	940
2	Jeff Steinberg	Fort Wayne IN	44	615
3	Kyle Velasco	Berne IN	42	570
4	Brett Hess	Fort Wayne IN	40	405
5	Philip Kelley	Churubusco IN	44	380
6	Kurt Walborn	Fort Wayne IN	42	355
7	Jon Beasley	Fort Wayne IN	40	300
8	Tim Newlin	Fort Wayne IN	42	290
9	Jeff Metzger	Fort Wayne IN	44	275
10	Kent Hart	Decatur IN	44	255
11	Michael S Wemhoff	Fort Wayne IN	44	225
12	Mark Walter	Garrett IN	40	205
13	Ron Sharp	Fort Wayne IN	40	200
14	Steve Zacher	Fort Wayne IN	44	160
15	Paul E Knott	Fort Wayne IN	43	135
16	Ted Van Antwerp	Fort Wayne IN	44	130
17	Mark Beals	Fort Wayne IN	43	130

18	Paul Sturm	Fort Wayne IN	40	120
19	Andrew Barry	Fort Wayne IN	41	120
20	Michael McManus	Fort Wayne IN	42	100
21	Jim Bougher	Fort Wayne IN	43	65
22	Ward Moya	Fort Wayne IN	42	55
23	Dan Cummiskey	Fort Wayne IN	44	55
24	Joel Harter	Fort Wayne IN	43	50
25	Marvin Eady, Jr	Fort Wayne IN	43	35
26	Frank Hunt	Fort Wayne IN	42	25
27	Rob Winkeljohn	Fort Wayne IN	41	15

Men 45 to 49

Place	Name	City	Age	Points
1	Mike Slaubaugh	Fort Wayne IN	45	1100
2	James McKinnon	Waterloo IN	49	680
3	Mark Waldron	Wawaka IN	49	620
4	Cort Hollett	Fort Wayne IN	45	510
5	David Roehling	Harlan IN	47	445
6	Michael L McAvoy	Bluffton IN	45	400
7	Mark O'Shaughnessy	Fort Wayne IN	46	340
8	Quinn Farver	Fort Wayne IN	46	320
9	Tom Lill	Fort Wayne IN	48	285
10	Tom Landis	Churubusco IN	49	260
11	Kim A Lefever	Columbia City IN	49	235
12	Craig Bobay	Fort Wayne IN	49	235
13	Michael Overdahl	Fort Wayne IN	45	215
14	Chuck Putterbaugh	Roanoke IN	48	205
15	Tim O'Connell	Fort Wayne IN	49	200
16	Joe Astroski	Fort Wayne IN	49	120
17	David Krabach	Fort Wayne IN	45	115
18	Toby Jo Hullinger	Monroeville IN	46	105
19	Mitch V Harper	Fort Wayne IN	49	105
20	Jeff Taner	Fort Wayne IN	46	100
21	Steve Edmiston	New Haven IN	46	85
22	Chris Croy	Columbia City IN	49	85
23	Carl A Risch	Decatur IN	48	75
24	Michael Skipper	Warsaw IN	45	70
25	Chuck Zumbrun	Churubusco IN	48	65
26	Douglas Jordan	Fort Wayne IN	48	55
27	Dennis Klopfenstein	New Haven IN	48	50
28	Andrew Kapocius	Fort Wayne IN	46	40
29	Mike Lewis	Huntington IN	45	40
30	Kevin Truelove	Winona Lake IN	49	35
31	John Link	New Haven IN	49	35
32	Steve Nivens	Fort Wayne IN	49	25
33	Charles Schreiber	Fort Wayne IN	48	20
34	Jim Berghoff	Fort Wayne IN	45	10
35	Terry Owens	Fort Wayne IN	46	10
36	Gerry Hoops	Auburn IN	45	5

Men 50 to 54

Place	Name	City	Age	Points
1	Brad Altevogt	Fort Wayne IN	51	845
2	Chuck Brown	Bluffton IN	50	835
3	Doug Sundling	Bluffton IN	50	655
4	Kerry Blanchette	Fort Wayne IN	52	450
5	Thomas J Felts	Fort Wayne IN	51	255
6	Paul Offerle	Fort Wayne IN	51	220

7	John Treleven	Fort Wayne IN	53	215
8	Mark Furkis	Ligonier IN	50	200
9	Joseph Nayarkas	Fort Wayne IN	51	200
10	Stephen M Hilker	Fort Wayne IN	50	200
11	Jerry Diehl	Fort Wayne IN	54	200
12	Jed Pearson	Columbia City IN	54	165
13	Lon R Braun	Fort Wayne IN	54	140
14	Dana Budd	New Haven IN	51	125
15	Lynn T Bobay	Fort Wayne IN	54	115
16	Brad Compton	Spencerville IN	51	110
17	Greg Ridenour	Fort Wayne IN	51	105
18	Aaron Cox	Huntertown IN	52	105
19	Daniel Leffers	Fort Wayne IN	54	100
20	Len Piropato	Fort Wayne IN	51	90
21	Gary Schmunk	Antwerp OH	50	85
22	Phil Suelzer	Fort Wayne IN	54	85
23	Terry Anderson	Fort Wayne IN	52	70
24	Todd Seiman	Fort Wayne IN	52	65
25	John David McPherson	Fort Wayne IN	53	65
26	Doug Breeden	Roanoke IN	50	60
27	Kevin Giant	Fort Wayne IN	52	55
28	Robert Snow	Fort Wayne IN	53	45
29	Hal Atkinson	Huntertown IN	50	35
30	Timothy Ryan	Fort Wayne IN	50	30
31	John Lantz	Avilla IN	51	25
32	Jim Weide	Fort Wayne IN	53	25
33	Donald Kramer	Van Wert OH	51	20
34	Rick Hilker	Fort Wayne IN	50	15
35	Michael Clendenen	New Haven IN	51	15
36	Donald R DeCook	Warsaw IN	52	15
37	Michael Page	Fort Wayne IN	53	10
38	Randy Jenkins	Fort Wayne IN	50	10
39	Thomas Boyer	Fort Wayne IN	50	5
40	Kenneth Mowan	Fort Wayne IN	52	5

Men 55 to 59

Place	Name	City	Age	Points
1	Ken Long	Fort Wayne IN	55	985
2	Rich Stephenson	Monroeville IN	59	900
3	Jim Pickett	Fort Wayne IN	56	710
4	Robert Lawson	Fort Wayne IN	58	480
5	Steven Greider	Fort Wayne IN	56	360
6	John Feiertag	Fort Wayne IN	57	270
7	Mervin Kochlinger	Fort Wayne IN	59	185
8	Fom Fuelling	Fort Wayne IN	55	110
9	Don Ransome	Warsaw IN	55	100
10	Bob Michel	Fort Wayne IN	58	85
11	Tim Bolin	Fort Wayne IN	55	75
12	David L Winters	Huntington IN	56	65
13	Lynn E Armstrong	Fort Wayne IN	58	65
14	Gary Dexheimer	Fort Wayne IN	56	65
15	David Eckert	Fort Wayne IN	58	55
16	Phil Luttmann	Kendallville IN	58	55

Men 60 to 69

Place	Name	City	Age	Points
1	Ray Casiano	New Haven IN	62	1070
2	David E Boylan	Fort Wayne IN	63	740

3	Donald Lindley	Fort Wayne IN	61	555
4	Dick Harnly	Fort Wayne IN	68	455
5	Noel Hupp	Fort Wayne IN	66	415
6	Johni Rasmussen	Fort Wayne IN	65	370
7	Jack Seigel	Fort Wayne IN	60	325
8	Bernie Burgette	Fort Wayne IN	62	290
9	Allen Albert	Fort Wayne IN	62	230
10	Don Ashton	Fort Wayne IN	64	215
11	Barrie Peterson	Fort Wayne IN	63	210
12	Bob Bruckner	Fort Wayne IN	60	200
13	Steve Creighton	Warsaw IN	63	170
14	Bill Harris	Grabill IN	67	160
15	Freeman Hershberger	Goshen IN	68	100
16	Fred Ross Jr	Warsaw IN	64	100
17	Tom Felger	Fort Wayne IN	66	100
18	Rex Reed	Warsaw IN	64	85
19	John Brier	Fort Wayne IN	61	85
20	Dewain Cobbs	Warsaw IN	63	75
21	Larry Lee	Fort Wayne IN	61	75
22	Bud Stiffler	Anderson IN	67	65
23	Karl Dietsch	Fort Wayne IN	67	65
24	Steve Adkison	Fort Wayne IN	61	35
Men 70 and Over				
Place	Name	City	Age	Points
1	Joe Ziegler	New Haven IN	70	1020
2	Kenneth E Disler	Fort Wayne IN	83	740
3	Robert C Loomis	Monroe IN	72	640
4	Don Anderson	Fort Wayne IN	78	385
5	James P Jones	Fort Wayne IN	77	385
6	R William Schmidt	Fort Wayne IN	71	200
7	Jack Hilker	Fort Wayne IN	77	200
8	Curtis Nold	Fort Wayne IN	74	160
9	Bernie Huesing	Fort Wayne IN	73	100
Female Under 20				
Place	Name	City	Age	Points
1	Kalissa Blanchette	Fort Wayne IN	18	1085
2	Ceceilia Snow	Fort Wayne IN	9	440
3	Grace Burris	Auburn IN	11	375
4	Lynn Altevogt	Fort Wayne IN	17	200
5	Ciersten Deardorf	Fort Wayne IN	14	100
6	Leticia Deardorf	Fort Wayne IN	16	100
7	Cendra Deardorf	Fort Wayne IN	9	85
8	Leah Deardorf	Fort Wayne IN	12	65
Women 20 to 29				
Place	Name	City	Age	Points
1	Carmen Parker	Fort Wayne IN	28	700
2	Angela Palevich	Fort Wayne IN	21	200
3	Marcy Beth Page	Fort Wayne IN	27	85
4	Amy Stephan	Fort Wayne IN	27	85
Women 30 to 34				
Place	Name	City	Age	Points
1	Martha May	Fort Wayne IN	30	870
2	Katrina Loucks	Fort Wayne IN	34	485
3	Tammy Beherens	Fort Wayne IN	34	300
4	Rebecca Hollenbaugh	South Whitley IN	32	275
5	Erin Brady	Fort Wayne IN	34	260

6	Karen Gillie	Fort Wayne IN	34	230
7	Heather Fromm	Fort Wayne IN	30	205
8	Amy Archbold	Fort Wayne IN	33	150
9	Eva Sagan	Fort Wayne IN	34	85
10	Lisa House	Ossian IN	31	75
11	Polly Grismore	Fort Wayne IN	34	75
Women 35 to 39				
Place	Name	City	Age	Points
1	Angie Lockwood	Bluffton IN	36	1105
2	Nancy Burris	Auburn IN	39	335
3	Tracy Brooks	Fort Wayne IN	36	330
4	Jennifer Steigmeyer	Fort Wayne IN	35	300
5	Kathy Burner	Auburn IN	37	255
6	Mary Collins Frank	Fort Wayne IN	38	245
7	Cheryl Pulver	Fort Wayne IN	35	185
8	Sue Steffy	Fort Wayne IN	39	100
9	Amanda Filus	Fort Wayne IN	39	75
Women 40 to 44				
Place	Name	City	Age	Points
1	Cindy McGovern	Fort Wayne IN	41	815
2	Denise Conrad	Decatur IN	44	650
3	Linda Anderson	Fort Wayne IN	44	410
4	Diana Schowe	Auburn IN	41	355
5	Julie McNulty	Fort Wayne IN	40	275
6	Beverly Metzger	Fort Wayne IN	43	275
7	Jennifer Mayhall	Fort Wayne IN	44	165
8	Karen Kosberg	Fort Wayne IN	44	160
9	Anne Duff	Fort Wayne IN	40	100
10	Carla Brames	New Haven IN	43	100
11	Cynthia Owens	Fort Wayne IN	41	65
Women 45 to 49				
Place	Name	City	Age	Points
1	Sheryle Braaten	Hoagland IN	45	920
2	Betty Greider	Fort Wayne IN	45	750
3	Judy White	Fort Wayne IN	47	485
4	Judy Tillapaugh	Fort Wayne IN	47	385
5	Mary Snow	Fort Wayne IN	45	385
6	Cathy Myers	Fort Wayne IN	46	300
7	Kelly Landis	Churubusco IN	45	200
8	Sandra West	Fort Wayne IN	46	75
9	Sue McGrew	Fort Wayne IN	47	75
10	Paula McEachern	Leo IN	45	75
11	Margie Morris-Parker	Fort Wayne IN	47	65
12	Diane Post	Fort Wayne IN	49	55
Women 50 to 54				
Place	Name	City	Age	Points
1	Terri Gross	Fort Wayne IN	50	885
2	Regina Blanchette	Fort Wayne IN	51	785
3	Helen Ryan	Fort Wayne IN	54	545
4	Cheryl Stomski	Antwerp OH	50	520
5	Lynne Feiertag	Fort Wayne IN	54	445
6	Jenny Sanders	Fort Wayne IN	51	355
7	Nancy Simmonds	Fort Wayne IN	52	290
8	Phyllis Suelzer	Fort Wayne IN	52	250
9	Susan Peterson	Albion IN	51	235
10	Nancy Boyer	Fort Wayne IN	54	65

Women 55 to 59				
Place	Name	City	Age	Points
1	Barb Scrogam	Fort Wayne IN	59	460
2	Anna Mize	Roanoke IN	59	300
3	Bobbie Ashton	Fort Wayne IN	56	200
4	Mary Fennig	Decatur IN	59	100
5	Bobbie Ashton	Fort Wayne IN	56	100
Women 60 to 69				
Place	Name	City	Age	Points
1	Joan Gary	Fremont IN	69	600
2	Bodil Rasmussen	Fort Wayne IN	61	345
3	Sarah Kleinknight	Fort Wayne IN	62	255
4	Irene Spindler	Kendallville IN	63	185
5	Delores Johns	Bluffton IN	62	150
Women 70 and Over				
Place	Name	City	Age	Points
1	Gloria J Nold	Fort Wayne IN	70	185

Just Plain 10K			
December 2, 2006			
1	Matt Blume	Fort Wayne IN	34:26:00
2	Eric Ade	Fort Wayne IN	34:28:00
3	Jeff Nidlinger	Fort Wayne IN	34:46:00
4	Ron Sharp	Fort Wayne IN	35:49:00
5	Nathan Rupp	Berne IN	37:11:00
6	Jerry Williams Jr.	Fort Wayne IN	37:13:00
7	Brad Thomas	Fort Wayne IN	38:08:00
8	Doug Sundling	Bluffton IN	38:57:00
9	Matt Parker	Fort Wayne IN	39:00:00
10	Brad Altevogt	Fort Wayne IN	39:13:00
11	Mike Slaubaugh	Fort Wayne IN	39:23:00
12	Jim Uecker	Fort Wayne IN	40:52:00
13	Robert Lawson	Fort Wayne IN	41:16:00
14	Grant Stieglitz	Harlan IN	41:21:00
15	Jason Sorg	Fort Wayne IN	43:23:00
16	Chuck Brown	Bluffton IN	43:37:00
17	Scott Eberle	Fort Wayne IN	43:55:00
18	Manuel Martinez	Fort Wayne IN	43:57:00
19	Mark Waldron	Wawaka IN	44:34:00
20	Ed P Reinhard	Poneto IN	44:37:00
21	Matt Scott	Warsaw IN	44:40:00
22	Anne M Shank	Fort Wayne IN	44:46:00
23	Ken Long	Fort Wayne IN	44:57:00
24	Cindy McGovern	Fort Wayne IN	45:11:00
25	Jeremy M Ogle	Fort Wayne IN	45:56:00
26	Robert Milton	Bluffton IN	45:59:00
27	Jeff Steinberg	Fort Wayne IN	46:07:00
28	Tom Wuest	Fort Wayne IN	46:13:00
29	Bob Womack	Auburn IN	46:46:00
30	Ray Casiano	New Haven IN	46:47:00
31	Kerry Blanchette	Fort Wayne IN	48:42:00
32	Paul Offerle	Fort Wayne IN	49:18:00
33	Angie Lockwood	Bluffton IN	49:36:00
34	Bob Nicholson	Fort Wayne IN	49:39:00
35	Joe Ziegler	New Haven IN	51:06:00

36	Joseph Walburn	Fort Wayne IN	51:09:00
37	Ashley Likens	Auburn IN	51:18:00
38	David E Boylan	Fort Wayne IN	51:27:00
39	Lynne Feiertag	Fort Wayne IN	52:47:00
40	Sam Hadley	Grabill IN	53:35:00
41	Brian Yee	Fort Wayne IN	53:45:00
42	Quinn Farver	Fort Wayne IN	53:51:00
43	Jenny Robinson	Fort Wayne IN	54:01:00
44	John David McPherson	Fort Wayne IN	54:18:00
45	Walter Evans	Mooreland IN	54:19:00
46	Tom O'Malley	Fort Wayne IN	57:36:00
47	Rich Stephenson	Monroeville IN	57:41:00
48	Jim Pickett	Fort Wayne IN	57:45:00
49	Gary Gordon	Churubusco IN	58:15:00
50	David Eckert	Fort Wayne IN	1:02:25
51	Noel Hupp	Fort Wayne IN	1:02:48
52	Connie Gordon	Churubusco IN	1:03:09
53	Joan Gary	Fremont IN	1:04:31
54	John Feiertag	Fort Wayne IN	1:04:50
55	Nancy Burris	Auburn IN	1:05:27
56	Robert C Loomis	Monroe IN	1:05:30
57	Brent Burris	Auburn IN	1:05:32
58	Benjamin Skipper	Warsaw IN	1:11:30
59	Michael Skipper	Warsaw IN	1:11:30
60	Donald Lindley	Fort Wayne IN	1:15:34
61	Helen Ryan	Fort Wayne IN	1:18:02
62	Kalissa Blanchette	Fort Wayne IN	1:18:23
63	Regina Blanchette	Fort Wayne IN	1:19:25

Running/Training Groups in Fort Wayne

Saturdays:

YMCA Downtown - 7AM - group leaves at 7AM

Usually 8-12 miles with 10-30 people - All levels welcome
Contact: Steve Hilker - smhilker@verizon.net

PR Training -

We are now training for the Indy Mini! We do out long runs/walks on Saturdays, and is open to anyone who would like to join us. To download a brochure for a PR Training course, visit www.myrprtraining.com. It is not too late to join. If you would like to be invited to the PR Training Yahoo Group email prtraining@comcast.net. This group provides current information on weekly running groups. Also, you can check www.myrprtraining@comcast.net for time and location of Saturday run/walks.

Team in Training -

Nathan Arata 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 Nathan Arata at Nathan_arata@yahoo.com or Kathy Burner katydid0512@yahoo.com for more information:

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

BTR is 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 superhess@msn.com or www.fortwaynebornatorun.ning.com.

Achilles Track Club

Jeremy Schmidt is planning to start Saturday morning group runs at Foster Park starting April 14th. Contact Jeremy for more information: olympicsmarathon2012@yahoo.com or 760-8077.

During the Week:

YMCA Downtown - S. Barr St.

Meet in Main lobby

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

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

Call member services desk in morning if any questions.

422-6486

ETG Training Group –Eric Ade and Casey Shafer and Matt Blume, and others 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 602-5410eric@3riversrunning.com
Casey Shafer 402-2541ghanishrunner@hotmail.com
Matt Blume matt.blume@itt.com
*Casey Shafer will start speed workouts in March. Contact him if you are interested.

Agility/ Plyometrics/ Speed Work – Wednesdays 6-7:30 PM from Oct.-Feb.

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 at 625-3830 or prtraining@comcast.net.



Happy Birthday!



Leticia Deardorf	2/1	Rick L Gilbert	2/21	Sean McAvoy	3/16
Dori A Meighan	2/2	Courtney Raypole	2/22	Chuck Putterbaugh	3/16
Dick Shenfeld	2/2	Tim O'Connell	2/23	Geoff Randolph	3/16
Bill Sohaski	2/3	Mark Herndon	2/24	Gary Schmunk	3/17
Hal Atkinson	2/4	Catherine Menze	2/24	Trent Hullinger	3/19
Kelly Landis	2/4	Grant Steiglitz	2/24	Robin Rizzo	3/19
Landon Lockwood	2/7	Doug Lehman	2/26	Paul Sabrack	3/20
Dean Russ	2/7	Bodil Rasmussen	2/26	Jennifer Steigmeyer	3/20
Holly Niner	2/9	Kent Hart	2/27	John Treleaven	3/20
Grace Burris	2/10	Angela Palevich	2/27	Erica Dekko	3/21
Jeremy Schmidt	2/10	J. David Reimschisel, Jr	2/27	Jed Pearson	3/23
Jason Sorg	2/10	Phyllis Suelzer	2/27	Kathy Burner	3/25
David C Dale	2/11	James McKinnon	2/1	Dan Cummiskey	3/25
Steve Edmiston	2/12	Sue Steffy	3/1	Mary Collins Frank	3/25
Dan Grismore	2/12	Jack Seigel	3/3	Michael Fruchey	3/25
Donald R Decook	2/13	Mark Pulver	3/4	Matthew R Wright	3/25
Mary Fennig	2/14	David Roehling	3/6	Galen Harden	3/26
Leslie Trabel	2/14	Lynn T Bobay	3/7	Keith Koteskey	3/27
Anne Duff	2/15	Sheryle Braaten	3/7	Alex Hess	3/28
Greg Ridenour	2/16	Steven Greider	3/7	Michelle Ludwiski	3/28
Rick Hilker	2/17	James Stevens	3/7	Michael S Wemhoff	3/28
Tom Lill	2/17	Kim Doster	3/8	Taylor James Tiernon	3/29
Cecelia Snow	2/17	Paul Offerle	3/8	George Kirby	3/30
Jeff Jones	2/18	Lynne Feiertag	3/10	Tom Landis	3/30
Ryne Wemhoff	2/18	Mark Walter	3/10	Kim A Lefever	3/30
Madison Burris	2/19	Mervin Koehlinger	3/11	Aaron Cox	3/31
Curtis Nold	2/19	Bill Parker	3/13	John Link	3/31

Upcoming Races

Date/Time	Race Information
Feb 03,2007 10am Sat	R 24th Annual Bop to the Top - 37 floors, 515 feet 806 steps, straight up OneAmerica Bldg, Indpls, IN <i>Contact:</i> Tuxedo Brothers, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Info/Fees:</i> No Race Day Registration. Enter Online. <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Feb 04,2007 1pm Sun	R 35th Annual Groundhog 7 - 7 Miles Zionville High School, 1000 Mulberry St, Zionville, IN <i>Contact:</i> Willis Hulras, Indy Runners, 317-989-2357 <i>Info/Fees:</i> No Entry Fee: INDY RUNNERS presents Indiana's oldest continuously held seven mile road race. Enter Online, No Fee <i>Email:</i> groundhog@indyrunners.org <i>Web site:</i> http://www.indyrunners.org
Feb 10,2007 8:30am Sat	L Frosty Five Trail Run - 5M Hertiage Park, Adrian, MI <i>Contact:</i> Eric & Kerri Clarke, Running with E's, 146 N Main St., Adrian, MI 49221, 517-266-6344 <i>Info/Fees:</i> \$20-Pre,\$25-Race Day <i>Email:</i> toledoroadrunners.org <i>Web site:</i> http://toledoroadrunners.org
Feb 10,2007 9am Sat	R Slippery Elm Trail Run - 13.1 Miles North Baltimore to Bowling Green, Ohio, Bowling Green, OH <i>Contact:</i> Al Chester, 419-425-2917 <i>Info/Fees:</i> Refreshments at BW3/BG <i>Email:</i> toledoroadrunners.org <i>Web site:</i> http://toledoroadrunners.org
Feb 10,2007 2:00 pm	LP Fanny Freezer 5K (FWTC Pts Race) - 5K Shoaff Park, Fort Wayne, IN <i>Contact:</i> Kathy Burner, 260-710-1703 <i>Info/Fees:</i> Race day registration only (no pre-registration) starting at 1:00 pm. <i>Email:</i> katydid0512@yahoo.com <i>Web site:</i> http://www.fwtc.org
Feb 11,2007 5:00 pm Social 5:30 pm Dinner	L 30th Annual FWTC Banquet IPFW Walb Student Union (Ballroom), Fort Wayne, IN <i>Contact:</i> Judy White, 15125 Powderhorn Road, 260-672-1470 <i>Info/Fees:</i> 2006 Points Awards; Special FWTC Awards; Honoring FWTC Charter Members; Outstanding HS Running Awards; Door Prizes Adults: \$7.00 Under 18: \$3.50 (\$20 max per family) <i>Email:</i> whitejudy2@aol.com <i>Web site:</i> http://www.fwtc.org
Feb 17,2007 Sat, 8am	4th Annual Louisville's Lovin' The Hills 50K Jefferson Memorial Forest, Louisville, KY <i>Contact:</i> Joan Wood, 2606 Wendell Ave, Louisville, KY 40205, 502-452-6623 <i>Info/Fees:</i> \$50-pre; \$60-post; Time Limit: 10 hours; Field Limit: 125; Unique event momento, finisher medal, post race food(more vegatarian options) <i>Email:</i> jwoodzz@aol.com <i>Web site:</i> http://www.cherokeeroadrunners.org/
Feb 18,2007 2:00 PM	L The Freakishly Strong & Courageous 5K Run & Walk YMCA, Columbia City, IN <i>Contact:</i> Rebecca Hollenbaugh, 305 South Main Street South Whitley IN 46787, 260-723-6729 <i>Info/Fees:</i> \$10 before 2/9, \$15 after. T shirts to preregistered runners and on race day--until we run out.

		The race is to support the State Farm Relay for Life Team, no frills race. Refreshments will be homemade cookies and other goodies. For prizes see entry form. <i>Email:</i> jadebecca1@earthlink.net <i>Web site:</i> http://swumc.whitleynet.org/images/Newsletter/Freakishly%20Strong%205K.doc
Feb 24,2007 9am Sat	R	Polar Bear Run/Walk - 5M Run/Competive Walk/5M Family Walk Indiana War Memorial, Indpls, IN <i>Contact:</i> Ken Long, 317-884-4001 <i>Email:</i> klong@kenlongassoc.com <i>Web site:</i> http://www.kenlongassoc.com/pbear03.htm
Mar 04,2007 3:30pm Sun	L	Huntington Frozen Four - 4 Miles Huntington University @ campus Merillat Physical & Recreation Center (MPERC), Huntington, IN <i>Contact:</i> Rick Hammmmer, 611 E College Ave., North Manchester, IN 46962 <i>Info/Fees:</i> \$10-Pre; \$15-after Feb 16th; T-shirts to the first 150 runners. Awards: Overall male and female, and nine overall age divisions. <i>Email:</i> huntingtonfrozenfour@hotmail.com <i>Web site:</i> http://www.huntingtonfrozenfour.wetpaint.com
Mar 10,2007 2pm Sat	R	Beer Bottle Open - 4M Columbus Grove High School, near Lima, OH, off US 30 East of Fort Wayne, Columbus Grove, OH <i>Contact:</i> Terry Schnipke, 2615 Begg Rd., Columbus Grove OH 45830, 419-659-5139 <i>Info/Fees:</i> There will be many awards given and all proceeds benefit the Columbus Grove Cross Country program. <i>Email:</i> cg_schnipke@cg.noacsc.org
Mar 17,2007 1pm Sat	LP	FWTC 27th Annual Nutri-Run - 20K & 5M Run/Walk (Both Pt Races) The Chapel, 2505 West Hamiton Rd, Fort Wayne, IN <i>Contact:</i> Jeff & Bev Metzger, 9211 Red Berry Ct, Fort Wayne, IN 46804, 260-436-5632 <i>Info/Fees:</i> \$10-FWTC Members by 3/10, \$12-Non-Members by 3/10, \$15-thereafter <i>Email:</i> jbmetzger@aol.com <i>Web site:</i> http://www.fwtc.org
Mar 17,2007 10am Sat		7th Annual St.Patrick's Run of Luck - 7K Run, Race Walk, 1 Mile Walk, Wee Folks Kids Dash Center, Downtown Evansville, Evansville, IN <i>Contact:</i> Jim Bush, 6100 Oak Hill Rd, Evansville, IN 47711, 812-401-4249 <i>Info/Fees:</i> Various entry fees: \$1,000 Pot of Gold Giveaway. Then a night time show at 7pm with Team Hoyt, Evening of Power & Possibilities, \$15. <i>Email:</i> bussshboy@aol.com <i>Web site:</i> http://www.idealday/runofluck.net
Mar 18,2007 1pm Sun	L	40th Churchhill's Half Marathon - 13.1M Monclova Community Center, Moncolva, OH <i>Contact:</i> Tony Bayford, 419-472-0077 <i>Email:</i> toledoroadrunners.org <i>Web site:</i> http://www.toledoroadrunners.org
Mar 18,2007 11am Sun	L	1st Annual St. Patrick's Day 5K Run/Walk - 5K St.Henry American Legion Post 648, Saint Henry, OH <i>Contact:</i> Troy and Sarah Flenar, St.Henry American Legion, 5381 Kremer-Hoying Rd, St.Henry, OH 45883 <i>Info/Fees:</i> \$15-Pre, LS Shirts. Awards top 3 male and female overall, medals for top 3 age groups. <i>Email:</i> tflenar@bright.net
Mar 24,2007 9am Sat	R	Huntington Baptist 5K Run/Walk - 5K 2435 Waterworks Road, Huntington, IN <i>Contact:</i> Steve Evers, 7984 S 350 W, So. Whitley, IN 46787, 260-723-6494 <i>Info/Fees:</i> No Entry Fee (Free) Free T-shirts to the first 50 entries, many door prizes. <i>Email:</i> severs@fwi.com

		<i>Web site:</i> http://www.huntingtonbaptist.org
Mar 24,2007 9:00 a.m.	R	Old Ben - 5k Highland Park, Kokomo, IN <i>Contact:</i> Indiana University at Kokomo, (765)455-9411 <i>Info/Fees:</i> \$12 before March 14 \$15 race day t-shirt to first 200 <i>Email:</i> alumni@iuk.edu <i>Web site:</i> http://www.ckrr.us
Mar 24,2007 10:30am Sat	R	21st Annual Mountain Goat Hill Runs/Walk - 15K & 10K & 5K Walk Kickapoo State Park, Danville, IL <i>Contact:</i> Deb Reddy, PO Box 1701, Danville, IL 61834, 217-431-4243 <i>Info/Fees:</i> Grand Slam Event - Party @ /Delux Restaurant - Toughest 15K in Illinois & Indiana - A great way to get in some hill training for your pain or pleasure. <i>Email:</i> krr@kennekuk.com <i>Web site:</i> http://www.kennekuk.com
Mar 31,2007 8am Sat	R	23rd Ed Dibble Towpath 19-mile - 19 Miles Farnsworth Metropark, Waterville, OH <i>Contact:</i> Louis Miklovic, 419-868-1295 <i>Info/Fees:</i> \$4 - Members, \$6-Non-Members Meet at Indianola parking lot. 7am early bird start. <i>Email:</i> toledoroadrunners.org <i>Web site:</i> http://www.toledoroadrunners.org

Note: Runners should check with race directors for any last minute changes or errors in listings.

Local/Points Codes:

L - Local race in the greater Ft. Wayne area

R - Regional Midwest Race Outside the Greater Fort Wayne Area

P - FWTC Points race

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.



The Three Rivers Company has relocated to a larger store space. The new location is at 4227 North Clinton St, Fort Wayne, IN 46805. This is just south of the intersection of North Clinton and Coliseum Blvd, next to Kittle's Furniture and across from Scott's Grocery.

With this new location, the store space will be nearly doubling--allowing for larger inventory capacity and a greater array of product offerings. For further information, please visit www.3riversrunning.com or call at 496-8000. Thank you for your continuing support as we evolve to better serve your running and fitness needs!

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, PO 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 _____

Birth date _____

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/race _____

Why do you run/walk _____

Favorite item of clothing _____

Favorite movie/TV show/book _____

Favorite music _____

Collections _____

Favorite vacation destinations _____

Most prized possession _____

Has there been an inspiration to your running/walking? _____

Do you have a dream? If so, explain _____

FWTC Runners, Walkers, Volunteers, and Spectators

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

Name _____

Race & Distance _____ Date _____

Your Time _____ Number of Runners _____

Weather Conditions _____

What you liked about the race _____

Other FWTC members attending _____

Other comments _____

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 two weeks before publication. Help with the newsletter is always needed and appreciated! If you are 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 at matthew.c.parker@hotmail.com!

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 costs 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
PO Box 11703
Fort Wayne, IN 46860-1703

Advertising Rates

	1 Issue	3 Issues	6 Issues
Full Page	\$75	\$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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Email LTG541TL@MSN.COM

Tom Landis



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Fort Wayne, IN 46860

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