

April-May 2007

# The Inside Track

"No negative thoughts  
cross my mind on race  
day. When I look into their  
eyes, I know I'm going to  
beat them"  
-Danny Harris

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- SPECIAL  
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- FWTC 2007  
Points Standings

## THREE RIVERS



RUNNING COMPANY

Mark Your Calendars--Upcoming Fort Wayne Track Club Point Races

April 28: IPFW Mastodon Stomp 5K

May 26: Three Rivers 12K

July 21: Matthew 25 Health & Dental Clinic 10K



Visit our website at [www.fwtc.org](http://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  
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 Michael Yann 414-8995



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Equipment Coordinators

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Newsletter

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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

**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**

- May 9
- June 13
- July 11
- August 8

**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**

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## Indiana's only race with 35 events



### Sports Festival • May 26, 27, 28 Memorial Day Weekend

Experience Elkhart County Indiana's gentle rolling Amish countryside, historical homes, and barns, while participating in one of the best races in the Midwest. You'll enjoy accommodations at gracious bed and breakfast inns and sit down to real Amish cooking. Don't miss this event!

#### Saturday May 26, 2007

Jim Ryun Mile/One Mile Swim  
Great Race Basketball Tournament (Concord Mall)  
3 on 3 and 4 on 4

#### Sunday May 27, 2007

New- 10K In-Line Skate "Criterium" (Downtown Elkhart)  
ABR Bike Criterium (Downtown Elkhart)  
8-Mile Canoe/Kayak Marathon/Sprints

#### Monday May 28, 2007

Half Marathon Events:  
Run, In-Line Skate and Hand Cycle.

10K Events:  
Run/Power Walk and Wheelchair

5K Events:  
Run/Power Walk/Fun Walk

Bike Events:  
ABR Road Race & Citizens 50K Bike Races (Bristol, IN)  
New Location-25K Citizens Bike Race (Bristol, IN)

#### For entry information:

Ron Schmanske, Administrator/Director  
Great Race, Inc.  
P.O. Box 682 • Elkhart, IN 46515  
574-296-5890 (24 Hour Hotline)  
800-585-5416 (weekdays only 9am-4pm EST)  
[www.thegreatrace.net](http://www.thegreatrace.net)

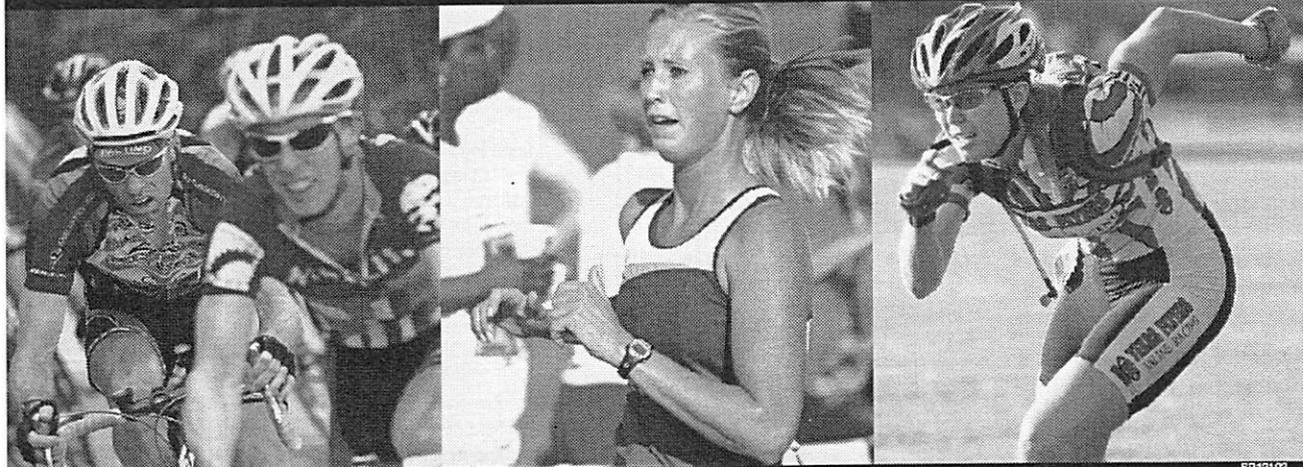
CARA

The Truth

CHASE

Gaska Tape Inc  
KNOWLEDGE IN FORM AND FIT

McDonald's  
I'm lovin' it



For area information visit [ElkhartCountyVisitorCenter.org](http://ElkhartCountyVisitorCenter.org)

SP13102

# RETIREMENT, RELOCATION, RE-ENERGIZED, & RE-FOCUSED

President's Notes  
from  
Barrie Peterson

In June of 2004, I retired from classroom teaching after 38 years in the profession—five years at Fort Wayne Central and thirty-three years at Fort Wayne Northrop. What a great ride that was! I was fortunate to work with and for some outstanding educators during my tenure in the Fort Wayne Community School System. One of my closest friends and the person most responsible for my being hired by the system was Buzz Doerfler. What great times we had teaching and coaching together through the years at both of these outstanding institutions of learning. My principal at Central and first principal at Northrop was H. Paul Spuller, and he was most responsible for my coaching opportunities, along with the best Athletic Director in the history of the western world, Mark Schoeff. It is no accident that the Northrop Stadium is named after Mr. Spuller and the gymnasium after Mr. Schoeff! I also had a number of great mentors in the Business and English Departments where I did my teaching—not the least of whom were Robert Dellinger, my initial department head at both schools, Richard Housel and Janet Hawley, my classroom neighbors and confidants. What great friendships and mutual admiration societies we formed over the years! I also was tutored in the coaching profession by Howard Schneider at Central and helped a great deal in my early years of coaching by the unselfish giving of workouts and advice by Don Kemp at Elmhurst High School. I was also fortunate to have worked under one of the greatest principals ever, Dr. H. Douglas Williams.

One of the greatest eight-year periods of my teaching and coaching experiences through the years was the period from 1984 through 1991 when I coached at IPFW (men's and women's cross country in 1984-1985), and at Concordia Lutheran High School (football, cross country, and track from 1986 through 1991). What an awesome time I had coaching each of my three sons during this period of time in their grade school and high school years!

After my retirement from the classroom, I was privileged to be allowed to continue to coach at Northrop as head boys' cross country and assistant track coach due to the understanding leadership of principal Barbara Ahlsmeyer and Athletic Directors Mike McMillen and Bob Shank (also my coaching associate for some 13 years).

In January of 2002, I became a member of the Anthony Wayne Rotary Club in Fort Wayne due to the suggestion of one Dusty Walls, whose brother, Dr. Jeff Walls, sponsored my joining this outstanding organization. As I have found so very often in my life, God works in mysterious and wonderful ways. It just so happens that Dr. Walls is on the faculty of Indiana Institute of Technology in Fort Wayne. From the time I first met him, he kept prodding me that Indiana Tech would someday soon institute a Track and Cross Country program and that I should be the coach. When I was given the opportunity to keep coaching at Northrop after my retirement, it was with the understanding that I would retire from the coaching aspect of my career after the 2006-2007 school year. In late September of 2006, Dr. Walls informed me that Indiana Tech was ready to begin a track and cross country program. To make a long story short, I recommended my son, Brad, to be the head coach of this new program. After an interview involving Dr. Walls, Dan Klein (Tech Athletic Director), Brad, and myself, my "retirement" became simply re-location and re-energizing because Brad was hired almost instantaneously as the Head Track and Cross Country Coach and I

became his first hire as Assistant Coach. Although I was at first at least a little reticent to assume this role, Brad's enthusiasm has caused me to be re-energized and re-focused and, to put it mildly, I am FIRED UP to help in this new venture. After just five months of recruiting and planning, we feel we will have a very competitive program right off the bat with NAIA National Championship aspirations dancing in our heads! So much for retirement! As my wife says, I guess I am like the energizer bunny—I just keep going and going and going. . . . . And what is wrong with that?!

## FWTC Board Meeting Minutes February 7, 2007

Members and guests present: Barrie Peterson, Tammy Behrens, Michael Yann, Sarah Kleinknight, Kathy Burner, Jeremy Schmidt, Bill Harris, Dave Boylan, Michael Fruchey, Judy Tillapaugh, James McKinnon, Lynne Feiertag, Kerry Blanchette, Anna Miize, Judy White, Don Lindley, Tom Landis, Mac McAvoy, Mike Slabaugh excused: Tom Digate

1. The January meeting was called to order at 7:00 by president, Barrie Peterson. Kerry Blanchette led the group in prayer and Dave Boylan offered to lead the prayer for our March meeting. Barrie reminded the board that we are now meeting at 6:45 for a social time before the 7:00 meeting
2. Tammy Behrens, secretary, presented the Jan. minutes. The minutes were approved by all who were present.
3. Don Lindley presented a paper to the board on prospective board sizes. Barrie P. reviewed the paper and pointed out that the size of our board is working well.
4. Don Lindley presented the treasurers report. The club has 362 members as of 1/31/07. Don reported that the track club is doing well financially. Barrie Peterson made a motion that the report be approved. Mike Fruchey seconded that motion and all present approved the report.
5. Don Lindley presented the 2007 yearly budget. Bill Harris motioned to approve, Mac McAvoy seconded that motion and all members present approved the 2007 FWTC budget.
6. Snacks at this meeting were provided by Don Lindley. Barrie Peterson sent a snack sign-up sheet around the table for the meetings in 2007.
7. Fanny Freezer Update – Gary Bird will set up tent for registration and Kathy Burner is working on volunteers for registration. Tammy Behrens agreed to send out an email to PR Training members asking for help on Saturday.
8. Mastodon Stomp update – Judy Tillapaugh reported that the date has been changed to Saturday, April 28<sup>th</sup>. There will be a 9AM start time, 5K run and walk, and a 1 mile kids run for 10 and under and a 100 meter fun run for kids 6 and under. Help is needed on race day. Judy T. reported to contact her if individuals are able to help out.
9. Matt Parker has been working on the newsletter and it is ready to go out next week. Articles are welcomed for the next newsletter. The next deadline is March 15<sup>th</sup>.
10. Jeremy Schmidt gave an update on the Achilles Track Club of Fort Wayne. He has contacted the rehabilitation hospital in Fort Wayne and may have an opportunity to speak. The group will start meeting at Foster on Saturdays after Easter by the tennis courts.

Runners and walkers are welcome. The group will meet every Saturday except for those on Mother's Day and Father's Day weekends. Jeremy would like to have board members help out on days he cannot be there.

11. Banquet update – board members will wear new polo shirts. Agenda was reviewed – presentation, awards, recognition, door prizes, food and desserts.

12. The Nutri-Run is March 17<sup>th</sup> at 1:00 at The Chapel. Tom Landis will run the chip timing.

13. Kathy Burner is part of Team in Training. Barrie Peterson, president, recommended that the FWTC donate funds to TNT. The printing deadline for corporate sponsorship is March 15<sup>th</sup>. The track club approved a donation of \$250 to TNT. Board members are invited to donate money individually. If the club can get a total donation of \$500, our logo will be printed on the jerseys for the Indy Mini.

14. Kathy Burner has recommended to have an email list of person's interested in upcoming points races to receive email updates of those races. She has proposed to have a sign-up list at races for this group.

15. Judy Tillapaugh reported that the IPFW Health Fair will be held Wednesday, March 28<sup>th</sup>. Board members are asked to help work the FWTC table that day. JP Jones will set up the table

16. Don Lindley reported that the RRCA National Convention is March 21-25 in Chicago. Don is proposing to pay the registration of 2-4 board members and possibly help pay some other travel expenses. Interest was shown by a couple of board members.

17. The next officer's mtg. will be held Sunday, Feb. 25<sup>th</sup> at 2:00 at the Pine Valley Pizza Hut. The next board meeting will be held Wed., March 14<sup>th</sup> at 7 PM at IPFW.

18. Barrie Peterson motioned to adjourn the meeting. Sarah Kleinknight made a second to that motion. The board voted to adjourn the meeting.

## **FWTC Board Meeting Minutes March 14, 2007**

Members and guests present: Barrie Peterson, Tammy Behrens, Michael Yann, Sarah Kleinknight, Kathy Burner, Jeremy Schmidt, Dave Boylan, Michael Fruchey, Judy Tillapaugh, James McKinnon, Kerry Blanchette, Tom Landis, Mac McAvoy, JP Jones, Tom Digate, Chuck Zumbrun, Casey Shafer excused: Mike Slaubaugh, Bill Harris

1. The March meeting was called to order at 7:00 by president, Barrie Peterson. Dave Boylan led the group in prayer and offered a devotional. There was not a volunteer for prayer/devotional for next month. Refreshments will be provided by Kathy Burner next month.

2. Tammy Behrens, secretary, presented the February minutes. Mac McAvoy made a motion to approve the minutes, Michael Yann seconded that motion and the minutes were approved by all who were present.

3. Judy Tillapaugh gave an update on the 2006 FWTC annual banquet. Judy White is working on a summary of comments for next year's banquet. Michael Fruchey was presented with the President's Award and Chuck Zumbrun was presented with The Golden Shoe award by Barrie Peterson at the meeting. Judy T. gave very positive comments about the banquet.

4. Nutri-Run update – volunteers should arrive by 11:30 a.m.

5. Mastodon Stomp Update – Judy T. distributed flyers to the group. Volunteers will be needed at the race.

6. Newsletter Update – current newsletter is at the printer. Barrie Peterson contacted Matt Parker and Matt indicated that the next newsletter may cover the months of April/May/June. The board discussed this option. An abbreviated April/May issue was also discussed. A banquet summary will be included in the next newsletter. Judy T. offered to highlight the special awards and the HS coaches will highlight the HS award recipients.

7. JP Jones presented a monthly treasurers report. Mac McAvoy motioned that the treasurers report be approved. Tom Digate seconded that motion. All members present approved the treasurers report.

8. Jeremy Schmidt gave an update on the Achilles Track Club. The group will meet starting April 14<sup>th</sup> at 8 a.m. at Foster Park.

9. Kathy Burner reported on donations for Team in Training. Board members have donated to the Leukemia Society. The track club has offered a donation as well.

10. Judy Tillapaugh gave an update of the upcoming health fair on March 28<sup>th</sup> at IPFW.

11. Mac McAvoy reported on a possibility of Fort Wayne hosting a RRCA National Convention in 2009 or 2010. The RRCA requires that a signature event be held in conjunction with the conference. It was stated that this years TRRC 12K will be May 26<sup>th</sup>. They like the hold their convention between March and May. This year's RRCA convention is in Chicago at the end of March. The club offered to help finance a board member.

12. Phil will give an update on the Gera Marathon at the next meeting.

13. Kathy Burner gave an update on emailing upcoming points races. A sign up sheet was put out at the Fanny Freezer. She has about 15 names on that list at this point.

14. Barrie would like suggestions for a spotlighted club member in the newsletter. Tammy Behrens and Mac McAvoy both stated they had information they could include. Barrie Peterson and Jeremy Schmidt will get together on putting information in the newsletter on the Achilles Track Club.

15. Casey Shafer gave information on a race director clinic he attended in Detroit in February. He received a packet of information with specific timelines for race directing. Casey is interested in helping race directors put on races and helping the FWTC. He would like to get email addresses of race directors to be able to set up a time to meet with them. He has an idea for a Feb. race. Tom Digate stated he will email Casey a list of race directors with email addresses. Casey will attend next month's meeting. The TRRC is putting together a racing team sponsored by Fila.

16. Barrie Peterson updated the board on the end of the HS indoor track season. Mike Fruchey gave an update on IPFW running.

17. The Aboite New Trails is planning a new 5k run for Saturday, September 8<sup>th</sup>. It will be a run/walk on the trails.

18. The FW Fire Dept is interested in putting on a St. Patrick's Day race in 2008.

19. Tom Digate gave an update on the FWTC website.
20. Tom Landis presented a box that will hold 78 chips from our chip timing system. This is more convenient than the rugs for the chips. The board voted to purchase these boxes.
21. The next officer's mtg. will be held Sunday, March 25<sup>th</sup> at 2:00 at the Pine Valley Pizza Hut. The next board meeting will be held Wed., April 11<sup>th</sup> at 7 PM at IPFW.
22. Sarah Kleinknight motioned to adjourn the meeting. Kathy Burner made a second to that motion. The board voted to adjourn the meeting.

## **Pre Event Meals**

### **by Judy Tillapaugh, RD**

Pre-event meals help fitness enthusiasts stay fine tuned and ready to perform. Why? Pre-Event Meals:

- help raise and maintain blood sugar levels
- help provide energy for working brain and muscles
- help provide fluids for proper brain and nerve functions
- help prevent hunger and weakness
- help provide fluids for proper hydration

That final meal can enhance an athletes abilities. For adequate fuel with minimal limitations, choose meals that are high in nutritious carbohydrates, moderate in protein, low in fat. Below are guidelines for pre-event meal planning. Note these can also be applied before day by day workouts.

#### Pre-Event Meal Guidelines:

1. Include 2-3 nutritious carbohydrate foods with a meal.  
Muscle glycogen and blood sugar supply nearly 100% of the energy the first 15-20 minutes of a workout or race. Beyond initial workout time, they supply nearly all the energy for a high intensity race or workout and about half the energy for a low to moderate workout.
2. Include a high protein food with the meal.  
Protein is important for building and repairing body tissues. Protein takes longer to digest than carbohydrates, yet does provide some muscle energy and can help prevent hunger.
3. Limit high fat foods at meals and snacks like fried foods, rich desserts, sausage, and, gravies
4. Avoid high fiber and gas forming foods at meals and snacks.  
These can cause distress. These foods are: wheat bran, oat bran, beans, onions, cabbage, raw apples, and prunes. Foods effect individuals differently. Avoid your problem foods.
5. Limit use of high simple sugar foods like soda pop and candy
6. Drink fluids at the meal to keep the body well hydrated.  
If possible, drink 2-3 cups of non caffeinated beverages such as juice or milk. In addition drink 2-3 cups of water (limit sugary drinks), 2 hours before race time.
7. If caffeine drinks are used, limit to 1-2 cups or less than 150 mg caffeine.

- Caffeine is a nerve and muscle stimulant. It make the heart beat faster. It can make you anxious and nervous. It may also act as a diuretic which will increase fluid loss.
8. Meal Timing Is Everything! Eat a meal 3-4 hours prior to an event or workout or have a snack 1-3 hours prior to allow for food digestion. Experiment to see what works for you!
  9. Pack- a- long food when traveling.  
The best way to have familiar foods is to have them with you. Plan to pack a cooler or bag with high performance foods.
  10. Enjoy your meal. Eat slowly.

Breakfast Ideas: 1-toast, peanut butter, peach slices 2- cereal, milk or yogurt, banana 3- bagel, egg, and applesauce

Lunch or Dinner Ideas: 1-lean sandwich, berries, milk or yogurt, cookie 2- burger, bun, fruit, sherbet or pudding 3- pasta, tomato sauce, lean meat or cheese, salad 4- potato or rice, grilled chicken or fish, carrots, melon

Snack Ideas: bread stick, cereal, crackers, sports bar, sandwich, fruit smoothie, or yogurt

Prepared By,

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

## **FWTC Member Profile**

**Rebecca Hollenbaugh**

**Occupation:** Nurse Practitioner—family practice  
**Birth date:** 11/22/1973  
**Family:** Husband, Jade; kids: Lauren 4 1/2; Jackson almost 3.  
**Pets:** all died  
**Hobbies or interests:** Biking, crocheting; Playing with my kids  
**Favorite family activities:** biking; camping and campfires; laughing together  
**Running shoe brand:** Asics gel Nimbus  
**Years running:** I have been running since 6th grade (22-23 years?)  
**Favorite distance:** Half marathon pr 1:45 2005  
**Favorite food after racing:** right now just H2O and fruit--when stomach better also recoverite  
**Why do you run?** Because I can! Running makes me feel alive and well. As long as I'm physically able, I know I can't be too bad off.  
**Favorite clothing:** Adidas running shorts  
**Favorite movie/book/tv show:** Sweet home Alabama/"When I lay my Isaac down"/CSI (the original)  
**Favorite music:** Anything on Star 88.3  
**Collections:** Fossils  
**Most prized possession:** My family  
**Has there been an inspiration to your running?** Probably my girlfriends who run. They've supported my running all along—even when my Dr.s told me not to run. They would call my up and drag my toosh off the sofa for a run—even during chemo and radiation! They knew that a run would make me feel better.  
**Do you have a dream?** Yes! Obviously I want to be told my stomach cancer is cured. But also I want to see my kids graduate from high school.

## Fort Wayne Track Club 2006 Special Awards

### 1. 2006 Golden Shoe Award Winner- Chuck Zumbrum

This award is given to recognize a member who has given generously in time, effort, and financially. The FWTC 2006 recipient has met these qualities. Every other month we receive the Fort Wayne Track Club Inside Track Newsletter. It is the main way the Fort Wayne Track Club communicates news, upcoming events, race results, points series details, interest articles, and personal profiles to club members.

Behind the scenes Chuck devoted himself the past 3 years to make sure we always got a high quality Inside Track. We all stayed informed due to his high tech skills, hours of work, creativity, and passion to support the club.

### 2. 2006 Spirit of Running Award Winner- Tammy Behrens

This award celebrates the contributions of a club member who takes the time to run, walk, volunteer, and cheer on others at races and club events. Tammy does this plus has an ever-present positive attitude and constant smile that sends messages to everyone about the benefits of running and walking for fitness and fellowship.

Very likely Tammy has touched the lives of many FWTC members. Her words of encouragement, cheerful presence, and coaching expertise are regularly at events like FWTC board meetings, Saturday morning training locations, Indy Mini PR Training Program, Thursday Night Women's Running Group, Summer Speed Workouts, e-mail messages, and the PR Training web page. Everywhere she goes she inspires people of all ages and abilities to keep walking, running, and living well.

### 3. 2006 Volunteer of The Year Winner- Joseph Nayakas

Volunteers truly help the FWTC keep running well. Every activity, event, and service is accomplished by volunteers. We are very, very fortunate to have a core group of people who help make things happen.

Joe has given over 1000 hours of volunteer service to the FWTC. You can count on him to ask "Do you need any help?" This is a race director's favorite question! This past year Joe dedicated himself to help at all FWTC events and non FWTC events like the American Diabetes Association Walk For Diabetes. He has been a valuable volunteer at registration tables, chip pick up and return tables, finish lines, and aid stations. From set up to tear down he always was available to help where ever needed. Thanks Joe!!

### 4. 2006 President's Award Winner- Mac McAvoy

All presidents need support people who will contribute their expertise so important FWTC races, activities, and services are completed successfully. Mac was this person for FWTC President Mike Fruchey. He gave of his time and talents so area events like the Firecracker 4 Miler, Three Rivers Festival Parade 5 km Run/Walk, and Parlor City Trot 10 Km and ½ marathon were available for area runners and walkers. He also helped the club update their logo

### 5. 2005 and 2006 Outstanding Fort Wayne Track Club President- Mike Fruchey

During 2005 and 2006 Mike committed energy, knowledge, and skills to direct FWTC functions. Through leading the executive officers, facilitating FWTC board meeting, volunteering at events, and being a FWTC spokesperson in the community Mike demonstrated outstanding character qualities. FWTC members continually received proper benefits.

### 6. 2006 Outstanding High School Girl- Sarah Neubacher, Concordia

#### Coach Brad Peterson's comments:

\*15:54 as freshman                      \*15:27 as Soph.  
\*14:53 as Junior                         \*14:39 as Senior

\*#3 all time school history behind Alissa Mckaig and Adele Mitchell, ahead of Sarah Manck

\*SAC Individual finishes: 12<sup>th</sup>, 4<sup>th</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>  
(1 of only 4 athletes in school history to be all conference all 4 years)

\*22<sup>nd</sup> place at the 2006 state meet, ALL STATE

\*Ran in 4 state meets in cross and 3 in track after this year.

\*National Honor Society: 3.6 GPA                      \*Peer Minister  
\*Bible Study Leader                                      \*Sunday School Teacher  
\*Captain the last 2 years of cross and track      \*Worship leader in Song

\*Sarah led the team to 4 sectional titles, 3 conference titles, 3 regional titles, and 4 state meets while she was there. Sarah was a big reason for the tradition carrying on after Manck, McKaig, and Mitchell graduated.

\*Sarah worked very hard over her four years of running for me. She diligently ran 11 months a year, taking just two weeks between each season. This is how she became an all state runner: through sheer hard work. She will do very well at the next level at Toledo University next year.

\*It was a joy to work with Sarah as every day she came to practice with a smile on her face. Her positive attitude was contagious, and the rest of the team followed her lead.

### 7. 2006 Outstanding High School Boy – Bobby Moldovan, Northrop

#### Coach Barrie Peterson's comments:

WOW!! Where have these last four years gone?! In 41 years of coaching high school sports, 31 of which have been in the great sport of cross country, never have I had the pleasure of working with a young man who is so outstanding in so many areas as is one Bobby Moldovan. Not only is he a talented and gifted runner, but he excels in so many other areas as well: good student, solid citizen, extremely coachable, great personality and sense of humor (he even likes my jokes—sometimes), loyal friend and teammate, hard worker with an innate sense of how to handle workouts and competitions, strong family man, spiritually sound and growing, respecter of his sport (including teammates and competitors alike), etc. Quite frankly, I don't really know where to stop in my praise of this truly fantastic young man! He has been a coach's dream in all respects. Whenever there has been a problem or disagreement (few and far between), he is extremely easy to reason with and reach a compromise. As a very emotional coach and person, it will be extremely difficult to see Bobby leave our cross country program, but hopefully his presence will forever be felt by those who attempt to follow in his footsteps. He has truly set the bar high! At least we still have an indoor and outdoor track season to look forward to that will prolong somewhat the inevitable parting of the ways. Coach Geiger and North Carolina State University will certainly benefit with this young man as a member of the Wolfpack. I can't wait to follow his progress at the collegiate level! Good luck and God Speed, Bobby!!

NOTE: During the rest of 2007 think about who you could nominate for 2007 special awards!!

## Are you looking to exercise your mind and your body? Try orienteering.

by Linnette Barry

Orienteering is a sport. But because it exercises your mind as well as your body, you will often hear people call it a puzzle, a treasure hunt, or a mind game, "The Thinking Sport".

It is a sport for a lifetime. At any event you will see people of every age group and level of ability. Participants are young and old; they can be runners or hikers. You can go out in groups or individually. Orienteering can be done leisurely or competitively.

Orienteering challenges you to read a map, use a compass, make decisions, and plan a route, all while moving across streams, over rocks or along scenic trails. You will follow the course drawn on your map to find orange and white flag markers (called controls). At each control, you will use the punch that is attached to the control to mark a corresponding box on the punch card you carry along.

Everyone enjoys orienteering for different reasons. But one thing they all will agree upon is: orienteering never gets boring. It is something new every time you try it: a new course, a new map, a new forest or parkland to explore. Beginners start on the shortest and simplest courses. Eventually, the beginner courses may become too easy. Then it is time to move up to the challenge of the next level.

### How do I get started?

Some of the area clubs are Indianapolis, Dayton, Cincinnati, Louisville, and Chicago. They all have websites that list their schedule and more information about orienteering. I am a member of the Indianapolis club and enjoy their meets. Volunteering at meets has also allowed me to get to know the other members even with the distance between Indianapolis and Fort Wayne. Below I have listed some of the club websites.

To orienteer, find meet schedules and locations on the club websites. When you drive near the meet location, you will start to see orange and white orienteering signs on the roadside. These will direct you to parking and registration. It is good to check the website before you leave for the meet to make sure the time or date have not changed. Usually there is also an email address of the meet leader.

The meets are friendly and casual. At the registration table you will be asked to fill out some paperwork and sign a waiver form. Beginners are welcome and instruction is always available. Ask questions. We want you to have fun in the woods. Beginner instruction will familiarize you with the map and basics of orienteering. If you don't own a compass, you can usually rent one at the meet. You will be shown how to draw the course on your map, how to check control descriptions, and how to punch in at a control.

Beginner courses mainly follow trails and paths. Advanced courses require clothes that protect you from low vegetation since those courses are mainly off the trail.

### Where can orienteering take you?

If you really get into orienteering like I do, you may choose to go to national and international competitive meets. These are more official meets that are listed on the USOF website (United States Orienteering Federation) and IOF website (International Orienteering Federation). Competitive events range from local interscholastic competitions, to the world championships. Most competitive events are open to all, as are recreational events.

Young people can become competitive at many levels. At local events there are usually others of the same age to compete against. There are interscholastic leagues in some states, and many youth groups frequently attend orienteering competitions.

One year they selected the USA orienteering team at a Cincinnati meet. I enjoyed being in the woods and seeing them compete at the same time I was doing my shorter easier course. If you are a fast runner and learn how to navigate with a map, you too can compete for the national team.

This year our area will have national competitions in the Detroit Area (May), and Chicago (October). There will be a week long USOF orienteering festival south of Denver this summer (August). It will have many orienteering events, classes, and social events. It is best to try out some club meets before you attend the national events because the local clubs will have more time to help instruct you on orienteering. I invite you to come and enjoy the fun.

**Indianapolis Crossroads Orienteering**  
<http://www.indyo.org/pn/>

**Orienteering Cincinnati**  
<http://www.ocin.org/>

**Orienteering Louisville**  
<http://www.olou.org/>

**Miami Valley Orienteering Club**  
<http://www.geocities.com/mvoclub/>

**Chicago Area Orienteering Club**  
<http://www.chicago-orienteering.org/>

**United States Orienteering Federation**  
<http://www.us.orienteering.org/>

### Orienteering in Fort Wayne?

If you like the idea of orienteering, but don't like the idea of driving to Indianapolis or Chicago, there is another possible future option, with your help. There is an effort underway to start a new O-club right here in Fort Wayne that would bring the sport to some of our local parks. But we need local outdoors enthusiasts to help make this club a reality. No previous club or organizing experience is necessary - just a desire to bring orienteering to your hometown!

If you'd like to be added to a private mailing list to receive future updates on this project, please send an email to [indjgeneric@yahoo.com](mailto:indjgeneric@yahoo.com). Also, if you have any suggestions about what local parks/properties might be best suited for orienteering, we'd love to hear about those, too. Please send them along.

## 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.

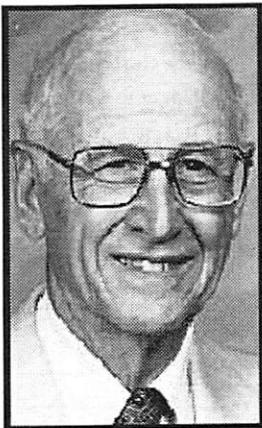
The Achilles Track Club was established by Dick Traum in 1983 to encourage disabled people to participate in long distance running with the general public. Dick is its current President, an above-the-knee amputee marathoner.

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).

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 tennis courts. Meeting times are April through September at 8AM and October through March 10AM. Both runners and walkers are welcomed. Contact Jeremy Schmidt at [olympicsmarathon2012@yahoo.com](mailto:olympicsmarathon2012@yahoo.com) or (260)760-8077 for more information or to help out.

## FWTC In Memorium

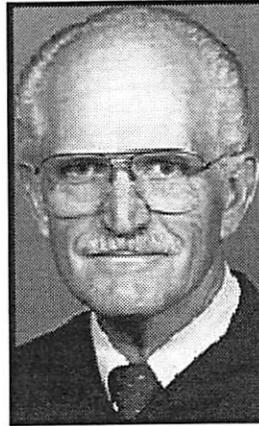


**Deal**

**LEROY THOMAS DEAL**, 82, died Saturday, March 3, 2007, at Bethlehem Woods Nursing & Rehabilitation Center, Fort Wayne, where he resided since Feb. 5, 2007. Born April 21, 1924, in Fort Wayne, he was the son of George and Dorothy (Shannon) Deal. He graduated from South Side High School, in 1942. He served in the 103rd Division of the U.S. Army Infantry during World War II. He received a Purple Heart after being wounded in 1944. He was a member of Beacon Heights Church of Brethren. He graduated from Indiana University Bloomington, in 1948. He was a partner in the C.P.A. firm of Carroll, Deal and Winkler, retiring in 1986. In his retirement years, he

assisted South Side High School track and Cross Country coaches for over 10 years. He delivered Homebound meals for 19 years and was a patient escort volunteer at Lutheran Hospital for 19 years. He married Phyllis Fisher on Sept. 10, 1950. They had four children who survive, Linda Van Fossen of Lexington, Ky., Larry Deal of Janesville, Wis., David and Tim Deal, both of Fort Wayne. Phyllis preceded him in death. He married his second wife, Esther Showalter on Sept. 1, 1973. She was an elementary school teacher for 19 years and she survives. Also surviving are two sisters, Gloria Emmert of North Ft. Myers, Fla. and Donna Haines of Fort Wayne; and four grandchildren, Ryan, Michael, Steven and Jeremy Deal. He was also

preceded in death by sister, Joyce Billings on July 4, 2005. Funeral service is 10:30 a.m. Wednesday, with calling one hour prior to service, at D.O. McComb & Sons Foster Park Funeral, 6301 Fairfield Ave., Fort Wayne. Pastor Janice Long officiating. Calling also from 1 to 4 and 6 to 8 p.m. Tuesday at the funeral home. Burial Greenlawn Cemetery, Fort Wayne. Memorials to Indiana University Foundation, South Side Alumni Association or to any local charity. Condolences may be made at [www.mccombandsons.com](http://www.mccombandsons.com)



**Hockensmith**

**ROBERT R. HOCKENSMITH**, 78, died Thursday, March 15, 2007. He was a retired Judge of the Allen Superior Court. Born near Bippus, in Huntington County, he grew up in Huntington, and graduated from Huntington Township High School in 1946. He served two years in the U.S. Navy, returning to reside in Huntington and attended Huntington College. In 1953, he was recalled to the U.S. Navy where he served two additional years. He was an Indiana State Police Officer for 20 years, during which time he was assigned to Huntington County and at General Headquarters, Indianapolis. While working in Indianapolis, he attended Indiana University Indianapolis Law School where he earned a Bachelor

of Laws Degree in early 1971. Later that year, he retired from the police department as a First Sergeant in the Legal Liaison Section and relocated to Fort Wayne. After an appointment as Regional Director for the Indiana Criminal Justice Planning Agency he entered the private practice of law in Fort Wayne. Approximately two years later, he accepted a position with the Allen Superior Court as the Court's first full-time Juvenile Referee, handling juvenile and family cases, where he served until appointed as a Judge in 1982 by the then Governor Robert R. Orr. He was a member of the Indiana Council of Juvenile and Family Court Judges, serving on many of the Council's committees, and while still a Referee, was twice elected President of the Council. After Judge Hockensmith's appointment in 1982, he was twice elected to the judgeship and retired from full-time service at the end of 1996. He served as a Senior Judge from the end of 1996 through 2006. At the age of 56, his recreational pursuits led to a new venture, that of long distance running. Over a 12 year period, he ran nearly 14,000 miles, completed 86 marathons of 26.2 miles each, became the 41st runner in the United States to have completed a marathon in each of the 50 states plus D.C., served as President of the Fort Wayne Track Club, and directed the first five Hoosier Marathons held in Fort Wayne. He is survived by his wife, Catherine (Kay Long) Hockensmith; three children, Roger D. Hockensmith of Columbia, Md., Ronald W. Hockensmith of El Sobrante, Calif. and Rae L. Reuill Wesley Chapel, Fla.; five stepchildren, Sandra S. Petty of Titusville, Fla., Robert E. Parker of New Haven, Richard L. Parker of Fort Wayne, David E. Long of New Canaan, Conn., and Daniel A. Long of Fort Wayne; a brother, Glenn E. Hockensmith of Colorado Springs, Colo.; and seven grandchildren. He was preceded in death by his wife of 24 years, Blanche L. Hockensmith, in 1981. Service is noon p.m. Tuesday at E. Harper & Son Funeral Home, 740 Indiana Hwy 930 E, New Haven, with calling one hour prior. The Rev. Richard Koeneke of Holy Cross Lutheran Church officiating. Calling also from 2 to 4 and 6 to 8 p.m. Monday at the funeral home. Burial in Gardens of Memory Cemetery, Marion. In lieu of flowers, preferred memorials to American Cancer Society, Cancer Services of Allen County or Visiting Nurse & Hospice Home.

## 2007 FWTC Points Races Standings

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

### Points Rules For 2007

- FWTC members must pay dues by March 1<sup>st</sup> to be awarded points for the current year. We will allow a grace period up to date of the Nutri-Run.
- Participants may earn 100 volunteer points for each race they work, with a maximum of 200 counting towards their total points. Volunteer points are not mandatory. Points may be earned for both volunteering and running in the same race. Race directors will earn 100 points toward the series; there are no maximum points for race directors.
- Age group placement:
  - Age group placement is determined by your age at the start of the race year (January 1<sup>st</sup>). This is the group all your points will go into for the year.

**Example:** You are 44 on January 1<sup>st</sup> of 2007, in March you turn 45. Your points will continue to go into the age group that includes 44 until the end of the year.

- FWTC Age groups: Male and Female under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over
- Some race directors opt to use different age groups than those of the FWTC. Points are earned based on that race's specified age groups. This means 2 people may earn the same points in one age group. Example: If a race director has a 60 - 64 age group and a 65 - 69 age group, the winners of each age group would receive 100 points. If the race director uses the FWTC age groups, there would be only 1 winner between ages 60-69. The FWTC board does not require race directors to use their age groupings.
- Points are given based on how a participant finishes compared to other FWTC members.

Place	Points	Place	Points
1	100	6	45
2	85	7	35
3	75	8	25
4	65	9	15
5	55	10	10
		11 and up	5

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

Male 19 and under				
Place	Name	City	Age	Points
1	Sam N Bird	Columbia City IN	17	100
2	Sam Edwards	Fort Wayne IN	10	100

3	Andrew Piropatto	Fort Wayne IN	17	100
4	Brad Hess	Fort Wayne IN	14	100
5	David Boyer	Fort Wayne IN	19	100
6	Aaron Landis	Churubusco IN	17	100
7	Jake Miels	Fort Wayne IN	16	85
8	Alex Hess	Fort Wayne IN	11	85
9	Ryne Wemhoff	Fort Wayne IN	14	85

### Men 20 to 29

Place	Name	City	Age	Points
1	Grant Stieglitz	Harlan IN	21	300
2	Edward Fisk	Fort Wayne IN	27	100

### Men 30 to 34

Place	Name	City	Age	Points
1	Matt Parker	Fort Wayne IN	30	185
2	Brad A Thomas	Fort Wayne IN	32	160
3	Jeremy M Ogle	Fort Wayne IN	32	150
4	Mike Cole	Corunna IN	31	100
5	Jason House	Ossian IN	34	100
6	Jeremy Schmidt	Fort Wayne IN	31	100
7	Damean Rinhold	Fort Wayne IN	31	75
8	Todd Werling	Fort Wayne IN	33	75
9	Jared Newhard	Fort Wayne IN	34	65
10	Todd Sullivan	Fort Wayne IN	33	55

### Men 35 to 39

Place	Name	City	Age	Points
1	Tony Yoakum	Fort Wayne IN	39	185
2	Matt Scott	Warsaw IN	38	175
3	Jeff Rude	Fort Wayne IN	38	140
4	Troy McArthy	Huntertown IN	37	140
5	Gary Wilder	Fort Wayne IN	36	120
6	Thomas Gilbert	Fort Wayne IN	38	100
7	Sam Gillie	Fort Wayne IN	36	100
8	Wayne Gregory	Fort Wayne IN	36	85
9	Rob Burns	Leo IN	38	65
10	Ian Stoppenhagen	Ossian IN	36	55
11	Michael Wolfe	Fort Wayne IN	37	35

### Male 40 to 44

Place	Name	City	Age	Points
1	Jon Beasley	Fort Wayne IN	41	200
2	Brett Hess	Fort Wayne IN	41	185
3	Scott Eberle	Fort Wayne IN	43	140
4	Jim Bougher	Fort Wayne IN	44	120
5	Steve Webb	Fort Wayne IN	41	100
6	Manuel Martinez	Fort Wayne IN	44	85
7	Matt Foreman	Fort Wayne IN	44	85
8	Tim Newlin	Fort Wayne IN	43	80
9	Kurt Walborn	Fort Wayne IN	43	75
10	Rick Sawyer	Fort Wayne IN	41	75
11	Ward Moya	Fort Wayne IN	43	65
12	Paul Sturm	Fort Wayne IN	41	55

### Men 45 to 49

Place	Name	City	Age	Points
1	Jeff Metzger	Fort Wayne IN	45	200

2	Mike Slaubaugh	Fort Wayne IN	46	185
3	Ed P Reinhard	Poneto IN	49	185
4	Jeff Steinberg	Fort Wayne IN	45	130
5	David Roehling	Harlan IN	48	100
7	Gary L Bird	Columbia City	48	100
8	Steve Rhoades	Garrett IN	46	85
9	Ted Van Antwerp	Fort Wayne IN	45	75
10	Terry Diller	Fort Wayne IN	49	75
11	Rick Phillips	Fort Wayne IN	49	75
12	Andrew Kapocius	Fort Wayne IN	47	70
13	Dan Roy	Leo IN	45	65
14	Steve Zacher	Fort Wayne IN	45	55
15	Jim Berghoff	Fort Wayne IN	46	55
16	Charles Schreiber	Fort Wayne IN	49	45
17	Kent Hart	Decatur IN	45	40
18	Michael S Wernhoff	Fort Wayne IN	45	35
19	James Desimone	Fort Wayne IN	48	35
<b>Men 50 to 54</b>				
Place	Name	City	Age	Points
1	James McKinnon	Waterloo IN	50	360
2	Chuck Brown	Bluffton IN	51	200
3	Joseph Nayarkas	Fort Wayne IN	52	200
4	Chris Croy	Columbia City	50	170
5	Kerry Blanchette	Fort Wayne IN	53	140
6	Joseph M Astroski	Fort Wayne IN	50	135
7	Doug Breeden	Roanoke IN	51	100
8	Kim A Lefever	Columbia City	50	100
9	John Treleaven	Fort Wayne IN	54	100
10	Stephen M Hilker	Fort Wayne IN	51	100
11	Tom Landis	Churubusco IN	50	100
13	John Lantz	Avilla IN	52	90
14	Steve Nivens	Fort Wayne IN	50	75
15	Phil Rizzo	Fort Wayne IN	54	65
16	Thomas Boyer	Fort Wayne IN	51	65
17	John McPherson	Fort Wayne IN	54	55
18	Cecil Johnson	Fort Wayne IN	54	55
19	Thomas J Felts	Fort Wayne IN	52	55
20	Rick Hilker	Fort Wayne IN	51	45
21	Terry Anderson	Fort Wayne IN	53	25
22	Craig Bobay	Fort Wayne IN	50	25
23	Aaron Cox	Huntertown IN	53	15
24	Steven A West	Fort Wayne IN	51	5
<b>Men 55 to 59</b>				
Place	Name	City	Age	Points
1	Jed Pearson	Columbia City	55	185
2	Jim Pickett	Fort Wayne IN	57	150
3	Sam Hadley	Grabill IN	55	140
4	Robert Lawson	Fort Wayne IN	59	110
5	Phil Suelzer	Fort Wayne IN	55	100
6	Jerry Diehl	Fort Wayne IN	55	100
7	John Feiertag	Fort Wayne IN	58	90
8	Bob Michel	Fort Wayne IN	59	85
9	Ken Long	Fort Wayne IN	56	85

10	Gary Dexheimer	Fort Wayne IN	57	65
11	Dan Barnes	Fort Wayne IN	57	55
<b>Men 60 to 64</b>				
Place	Name	City	Age	Points
1	Donald Lindley	Fort Wayne IN	62	300
2	Rich Stephenson	Monroeville I	60	255
3	Bob Bruckner	Fort Wayne IN	61	200
4	David E Boylan	Fort Wayne IN	64	150
5	Steve Creighton	Warsaw IN	64	85
6	Dewain Cobbs	Warsaw IN	64	75
7	Jack Seigel	Fort Wayne IN	61	75
<b>Men 65 to 69</b>				
Place	Name	City	Age	Points
1	Dick Harnly	Fort Wayne IN	69	45
<b>Men 70 and over</b>				
Place	Name	City	Age	Points
1	Joe Ziegler	New Haven IN	71	200
2	James P Jones	Fort Wayne IN	78	200
3	Robert C Loomis	Monroe IN	73	100
4	Jack Hilker	Fort Wayne IN	78	100
5	Kenneth E Disler	Fort Wayne IN	84	100
<b>Female 19 and under</b>				
Place	Name	City	Age	Points
1	Kalissa Blanchette	Fort Wayne IN	19	200
2	Cecelia Snow	Fort Wayne IN	10	100
<b>Women 20 to 29</b>				
Place	Name	City	Age	Points
1	Abby Bird	Decatur IN	27	200
2	Lindsay Smith	Fort Wayne IN	23	100
<b>Women 30 to 34</b>				
Place	Name	City	Age	Points
1	Amy Archbold	Fort Wayne IN	34	200
2	Martha May	Fort Wayne IN	31	185
3	Lisa House	Ossian IN	32	85
<b>Women 35 to 39</b>				
Place	Name	City	Age	Points
1	Kathy Burner	Auburn IN	38	285
2	Tammy Behrens	Fort Wayne IN	35	200
3	Katrina Loucks	Fort Wayne IN	35	100
4	Angie Lockwood	Bluffton IN	37	85
5	Tracy Brooks	Fort Wayne IN	37	75
6	Cheryl Pulver	Fort Wayne IN	36	65
<b>Women 40 to 44</b>				
Place	Name	City	Age	Points
1	Cindy McGovern	Fort Wayne IN	42	185
2	Robin Rizzo	Fort Wayne IN	40	100
3	Beverly Metzger	Fort Wayne IN	44	100
4	Julie McNulty	Fort Wayne IN	41	75
5	Carla Brames	New Haven IN	44	55
<b>Women 45 to 49</b>				
Place	Name	City	Age	Points
1	Sheryle Braaten	Hoagland IN	46	275
2	Judy White	Fort Wayne IN	48	200

3	Judy Tillapaugh	Fort Wayne IN	48	200
4	Denise Conrad	Decatur IN	45	185
5	Betty Greider	Fort Wayne IN	46	130
6	Kelly Landis	Churubusco IN	46	100
7	Linda Anderson	Fort Wayne IN	45	85
8	Julie Bossard	Monroeville I	47	85
9	Karen Kosberg	Fort Wayne IN	45	75
10	Mary Snow	Fort Wayne IN	46	65
11	Dorthea Ruhl	Angola IN	47	65

**Women 50 to 54**

Place	Name	City	Age	Points
1	Nancy Simmonds	Fort Wayne IN	53	185
2	Deb Barnes	Fort Wayne IN	53	175
3	Regina Blanchette	Fort Wayne IN	52	150
4	Susan Peterson	Albion IN	52	100
5	Terri Gross	Fort Wayne IN	51	100
6	Cheryl Stromski	Antwerp OH	51	75
7	Deanie Bright-Johnson	Fort Wayne IN	52	65

**Women 55 to 59**

Place	Name	City	Age	Points
1	Lynne Feiertag	Fort Wayne IN	55	200
2	Nancy Boyer	Fort Wayne IN	55	100

**Women 60 to 69**

Place	Name	City	Age	Points
1	Sarah Kleinknight	Fort Wayne IN	63	100
2	Mary Fennig	Decatur IN	60	100
3	Bodil Rasmussen	Fort Wayne IN	62	85

**Women 70 and over**

Place	Name	City	Age	Points
1	Joan Gary	Fremont IN	70	100

**Nutri-Run 20K**

**March 17, 2007**

Place	Name	City	Age	Time
1	Mike Cole	Corunna IN	31	1:07:15
2	Casey Shafer	Bluffton IN	26	1:08:03
3	Dave Bussard	Elkhart IN	46	1:14:45
4	Chuck Deford	Fort Wayne IN	48	1:15:08
5	Jeffrey Day	Walkerton IN	31	1:15:55
6	Matt Parker	Fort Wayne IN	30	1:16:44
7	Brett Hess	Fort Wayne IN	41	1:16:56
8	Mike Slaubaugh	Fort Wayne IN	46	1:17:29
9	Manuel Martinez	Fort Wayne IN	44	1:17:46
10	Michael Henry	Fort Wayne IN	43	1:18:29
11	Chris White	Granger IN	33	1:18:59
12	Carl Hansen	Auburn IN	50	1:23:56
13	Kurt Walborn	Fort Wayne IN	43	1:24:28
14	Kim A Lefever	Columbia City IN	50	1:24:58
15	Scott Eberle	Fort Wayne IN	43	1:25:58
16	Grant Stieglitz	Harlan IN	22	1:26:41
17	Brad A Thomas	Fort Wayne IN	32	1:26:47
18	Phillip Salisbury	Fort Wayne IN	32	1:27:08

19	Edward Fisk	Fort Wayne IN	27	1:28:02
20	Laurissa Dalrymple	Bluffton IN	24	1:29:03
21	Rick Vorick	Fort Wayne IN	56	1:29:07
22	Greg Moe	Garrett IN	51	1:29:09
23	John Rajca	Muncie IN	48	1:29:33
24	Greg Smith	Fort Wayne IN	46	1:29:47
25	Jed Pearson	Columbia City IN	55	1:30:00
26	Tammy Behrens	Fort Wayne IN	36	1:30:19
27	Tim Claxton	Fort Wayne IN	43	1:31:49
28	Terry Diller	Fort Wayne IN	49	1:31:49
29	Robert Eherenman	Roanoke IN	41	1:31:51
30	Thomas Gilbert	Fort Wayne IN	38	1:31:56
31	Sarah Thrall	Fort Wayne IN	29	1:32:14
32	Jordan Lebamoff	Fort Wayne IN	41	1:32:23
33	Paul Sturm	Fort Wayne IN	42	1:32:55
34	James McKinnon	Waterloo IN	51	1:33:01
35	Emily Conrad	Decatur IN	19	1:33:16
36	David Fry	Fort Wayne IN	46	1:33:19
37	Judy White	Fort Wayne IN	48	1:33:50
38	Bob Nicholson	Fort Wayne IN	47	1:34:38
39	David Boyer	Fort Wayne IN	19	1:34:47
40	Joel Targgart	Columbia City IN	20	1:35:06
41	Kevin Lochner	North Manchester	51	1:35:48
42	Angela Derloshon	Fort Wayne IN	37	1:35:53
43	Paula Henry	Fort Wayne IN	37	1:36:19
44	Robin Rizzo	Fort Wayne IN	40	1:36:41
45	Steve Nivens	Fort Wayne IN	51	1:36:45
46	Cindy McGovern	Fort Wayne IN	42	1:36:52
47	Mark Grose	Fort Wayne IN	48	1:37:31
48	Jeff Steinberg	Fort Wayne IN	45	1:37:39
49	John Silcox	Fort Wayne IN	31	1:37:48
50	Jeff Maddux	Fort Wayne IN	44	1:37:50
51	Denise Conrad	Decatur IN	45	1:37:54
52	Brian Dawson	La Fontaine IN	53	1:37:59
53	Charlie Schortgen	Churubusco IN	48	1:38:33
54	Angie Lockwood	Bluffton IN	37	1:38:39
55	Cory Freidel	South Whitley IN	34	1:38:52
56	Wayne Gregory	Fort Wayne IN	36	1:38:52
57	Jared Newhard	Fort Wayne IN	34	1:39:20
58	Eugene Schmidt	Saint Charles IL	59	1:39:50
59	Joe Kobiela	Liberty Center IN	49	1:40:13
60	Julie McNulty	Fort Wayne IN	41	1:40:15
61	Phil Rizzo	Fort Wayne IN	54	1:40:15
62	Kyle Elsworth	Fort Wayne IN	27	1:40:17
63	Anne M Shank	Fort Wayne IN	40	1:40:40
64	Matt Scott	Warsaw IN	38	1:40:41
65	Joe Ziegler	New Haven IN	71	1:40:52
66	Bill Landgraf	Fort Wayne IN	36	1:40:52
67	Karen Kosberg	Fort Wayne IN	45	1:40:54
68	Dave Reichwage	Fort Wayne IN	60	1:42:09
69	Stephanie Breeding	Roanoke IN	24	1:42:32
70	Troy McArthy	Huntertown IN	37	1:42:34
71	Jim R Braun	Fort Wayne IN	51	1:42:37
72	Tracy Brooks	Fort Wayne IN	37	1:42:45
73	Dallas Leatherman	Columbia City IN	51	1:43:40
74	Evan Hyndman	Fort Wayne IN	26	1:43:51

75	Thomas J Felts	Fort Wayne IN	52	1:44:02
76	Lindsay Smith	Fort Wayne IN	23	1:44:19
77	Rachel Boeddeker	Fort Wayne IN	24	1:45:25
78	Ken Long	Fort Wayne IN	56	1:45:26
79	Jay Fawver	Fort Wayne IN	50	1:45:39
80	Steve Zacher	Fort Wayne IN	45	1:45:48
81	Doug Breeden	Roanoke IN	51	1:46:22
82	Martha May	Fort Wayne IN	31	1:46:24
83	David Roehling	Harlan IN	49	1:46:36
84	Todd Sullivan	Fort Wayne IN	33	1:46:39
85	David Whitcomb	Hoagland IN	36	1:46:48
86	Amy Hile	Fort Wayne IN	42	1:46:57
87	Dave O'Connor	Fort Wayne IN	30	1:47:18
88	Dorthea Ruhl	Angola IN	47	1:47:22
89	Mike Colligan	Fort Wayne IN	44	1:47:27
90	Joseph M Astroski	Fort Wayne IN	50	1:48:05
91	Lynne Feiertag	Fort Wayne IN	56	1:48:32
92	Ian Stoppenhagen	Ossian IN	36	1:48:35
93	Craig Bobay	Fort Wayne IN	50	1:48:52
94	Jim Pickett	Fort Wayne IN	57	1:49:01
95	Kimberly Summers	Fort Wayne IN	38	1:49:19
96	Mark Didler	Fort Wayne IN	43	1:49:21
97	Marquis Garwood	Huntington IN	28	1:49:55
98	Megan Yoder	Indianapolis IN	27	1:50:26
99	Aaron Cox	Huntertown IN	53	1:50:41
100	Leigh Ann Mann	Auburn IN	39	1:50:46
101	Vanessa Schoon	Columbia City IN	27	1:50:49
102	Sabrina Grossman	Bloomington IN	27	1:50:50
103	James Desimone	Fort Wayne IN	49	1:50:52
104	Cheryl Pulver	Fort Wayne IN	37	1:51:20
105	Luke Sherman	Columbia City IN	25	1:51:27
106	Tom Hardin	Fort Wayne IN	37	1:51:27
107	Dennis Braun	Fort Wayne IN	55	1:51:50
108	John McPherson	Fort Wayne IN	54	1:52:34
109	Kenneth Brooks	Churubusco IN	51	1:54:54
110	Tim Newlin	Fort Wayne IN	43	1:55:08
111	Andrew Kapocius	Fort Wayne IN	47	1:55:38
112	Rusty Brown	Decatur IN	22	1:55:58
113	Tom Dwire	Fort Wayne IN	49	1:55:59
114	Steven A West	Fort Wayne IN	52	1:56:52
115	Wayne Bloomquist	Indianapolis IN	54	1:57:07
116	Gary Dexheimer	Fort Wayne IN	57	1:58:07
117	Walter Evans	Mooreland IN	42	2:00:03
118	Jennifer Savage	Warsaw IN	36	2:00:05
119	Rhonda Harter	Anderson IN	39	2:01:12
120	Cynthia Lo	New York NY	27	2:02:02
121	Marvin Eady Jr	Fort Wayne IN	44	2:02:03
122	Kelly Mize	South Whitley IN	44	2:02:22
123	Doug Barnes	Fort Wayne IN	57	2:03:28
124	Tom O'Malley	Fort Wayne IN	55	2:05:27
125	Cari Hardin	Fort Wayne IN	35	2:05:39
126	Linda Ianucille	Fort Wayne IN	44	2:06:23
127	Rich Stephenson	Monroeville IN	60	2:09:22
128	David Vanliere	Huntington IN	57	2:09:34
129	Kent Hart	Decatur IN	46	2:09:47
130	Abby Bird	Decatur IN	27	2:09:48

131	Sara Parr	Middleville MI	25	2:10:02
132	Mark Thoma	Fort Wayne IN	48	2:12:48
133	Susan Peterson	Albion IN	52	2:13:36
134	Bethany Beebe	Fort Wayne IN	28	2:18:18
135	Joan Gary	Fremont IN	70	2:18:23
136	Robert Bertrand	Lima OH	64	2:19:41
137	John Feiertag	Fort Wayne IN	59	2:21:41
138	Ralph Waite	Lima OH	58	2:21:51
139	Chrisy Link	New Haven IN	35	2:31:46
140	Sarah Kleinknight	Fort Wayne IN	63	2:35:39
141	Kelly Pearsall	Fort Wayne IN	45	3:04:55
142	Carla Brames	New Haven IN	45	3:06:14

Nutri-Run 5M				
March 17, 2007				
Place	Name	City	Age	Time
1	Josh Maple	Fort Wayne IN	30	29:05:00
2	Matt Ditzler	Huntington IN	18	29:24:00
3	Doug Schwartz	Decatur IN	34	29:31:00
4	James Furkis	Ligonier IN	29	29:47:00
5	Ross Oens	Huntington IN	15	29:52:00
6	Jon Beasley	Fort Wayne IN	41	30:33:00
7	Tanner Johnson	Huntington IN	18	30:38:00
8	Blaine Kinsey	Huntington IN	18	30:51:00
9	Wade Buchs	Waterloo IN	18	31:01:00
10	Mark Doepner	Fort Wayne IN	24	31:10:00
11	Austin Roberts	Huntington IN	14	31:28:00
12	Andrew Piropatto	Fort Wayne IN	17	31:34:00
13	Austen Davenport	Andrews IN	21	31:45:00
14	Isaiah Laatsch	Huntington IN	16	31:55:00
15	Brad Hess	Fort Wayne IN	14	32:00:00
16	Alex Bush	Huntington IN	17	32:25:00
17	Curtis Hines	Huntington IN	29	32:59:00
18	Josh Graham	Huntington IN	15	33:27:00
19	Jeff Shoemaker	Fort Wayne IN	38	33:47:00
20	Matt Foreman	Fort Wayne IN	44	33:53:00
21	Rowland Perez	Auburn IN	46	34:20:00
22	Jon Notestine	Roanoke IN	16	34:53:00
23	Nick Yarger	Andrews IN	14	35:03:00
24	Ed P Reinhard	Poneto IN	49	35:24:00
25	Chuck Brown	Bluffton IN	51	35:35:00
26	Chris Croy	Columbia City	50	35:38:00
27	Taylor Allred	Huntington IN	15	35:52:00
28	Matthew Bay	Ashley IN	17	36:24:00
29	Chad Keener	Churubusco IN	38	36:36:00
30	Neil Tate	N. Manchester	55	36:40:00
31	Alex Hess	Fort Wayne IN	11	36:45:00
32	Jeff Maus	Van Wert OH	49	36:52:00
33	David Sober	Huntington IN	15	37:06:00
34	Tony Yoakum	Fort Wayne IN	39	37:24:00
35	Garrett Davenport	Andrews IN	44	37:32:00
36	Bob Bruckner	Fort Wayne IN	61	37:47:00
37	Sam Schaffter	Roanoke IN	15	38:09:00
38	Corey Sellers	Fort Wayne IN	33	38:11:00

39	Joshua McIntyre	Huntington IN	15	38:19:00
40	Kristen S Gillon	Muncie IN	50	38:36:00
41	Ryne Wemhoff	Fort Wayne IN	15	38:48:00
42	Caleb Boller	Roanoke IN	17	38:49:00
43	Steve Rhoades	Garrett IN	46	38:50:00
44	Jeff Rude	Fort Wayne IN	38	39:03:00
45	Sheryle Braaten	Hoagland IN	47	39:16:00
46	John Buchs	Waterloo IN	52	39:22:00
47	Mark O'Keefe	Fort Wayne IN	44	39:31:00
48	Danielle McGuire	Fort Wayne IN	31	39:34:00
49	Kerry Blanchette	Fort Wayne IN	53	39:36:00
50	Tyler Johnson	Ossian IN	22	39:43:00
51	John Treleaven	Fort Wayne IN	54	39:55:00
52	Rick Phillips	Fort Wayne IN	49	39:58:00
53	Kevin Kaplansky	Fort Wayne IN	14	40:01:00
54	Tom Batterbee	Fort Wayne IN	37	40:02:00
55	Joe Donnell	Fort Wayne IN	47	40:10:00
56	Melissa Ludack	Fort Wayne IN	26	40:16:00
57	Amy Archbold	Fort Wayne IN	34	40:24:00
58	Traci M Barsantee	Fort Wayne IN	35	40:29:00
59	Rick Sawyer	Fort Wayne IN	41	40:34:00
60	Gary Wilder	Fort Wayne IN	36	40:36:00
61	Jason House	Ossian IN	34	40:39:00
62	Tracy Houser	Fort Wayne IN	37	40:46:00
63	Jim Bougher	Fort Wayne IN	44	41:00:00
64	Esther Boller	Roanoke IN	12	41:08:00
65	Jeremy M Ogle	Fort Wayne IN	33	41:09:00
66	Laura Donnell	Fort Wayne IN	14	41:20:00
67	Staci Brown	Warren IN	32	41:24:00
68	Michael Variell	Convoy OH	50	41:26:00
69	Todd Miller	Fort Wayne IN	40	41:48:00
70	Steve Webb	Fort Wayne IN	41	41:56:00
71	Bob Michel	Fort Wayne IN	59	42:11:00
72	Jerry Maus	Harrod OH	46	42:13:00
73	Kevin Croy	Fort Wayne IN	50	42:30:00
74	David E Boylan	Fort Wayne IN	64	42:36:00
75	Tracey Brown	Warren IN	37	42:47:00
76	Sam Hadley	Grabill IN	55	42:58:00
77	Jack Seigel	Fort Wayne IN	62	43:12:00
78	Shawne Batterbee	Fort Wayne IN	38	43:30:00
79	Dan Roy	Leo IN	45	43:47:00
80	Stacy Wiley	Warren IN	30	43:59:00
81	Megan Donley	Fort Wayne IN	25	44:22:00
82	Michael Hollis	Fort Wayne IN	40	44:24:00
83	Katrina Loucks	Fort Wayne IN	35	44:29:00
84	Logan Kimmel	Fort Wayne IN	14	44:38:00
85	Mark Witmer	Roanoke IN	40	44:48:00
86	Alison Park	Fort Wayne IN	32	44:51:00
87	Janelle Taylor	Fort Wayne IN	32	44:56:00
88	Mitzi Hamiton	Fort Wayne IN	58	44:59:00
89	Thomas Boyer	Fort Wayne IN	51	45:05:00
90	Jeff Johanningsmeier	Fort Wayne IN	28	45:15:00
91	David Craker	Fort Wayne IN	42	45:18:00
92	Jessica Tate	Columbia City	31	45:26:00
93	Art Mandelbaum	Fort Wayne IN	43	45:37:00
94	Jance Fannin	Fort Wayne IN	26	45:37:00

95	Nick Barlow	Roanoke IN	14	45:38:00
96	Kim Fett	Fort Wayne IN	33	45:41:00
97	Cheri Bearman	Hoagland IN	50	45:53:00
98	Jenny Maldonado	Fort Wayne IN	31	46:01:00
99	Hannah Michel	Fort Wayne IN	19	46:18:00
100	Susan Schowe	Auburn IN	36	46:37:00
101	Todd Schowe	Auburn IN	37	46:37:00
102	Jade Hollenbaugh	South Whitley	36	46:52:00
103	Lonnie Crump	Decatur IN	40	46:53:00
104	Gary Gordon	Churubusco IN	44	47:26:00
105	Mary Fennig	Decatur IN	61	47:42:00
106	Sandy Briner	Fort Wayne IN	42	47:45:00
107	Andrew Blank	Burlington KY	14	48:12:00
108	Scott Ingram	Churubusco IN	45	48:14:00
109	Maria Blank	Burlington KY	42	49:03:00
110	Doug Montgomery	Ossian IN	33	49:23:00
111	Paula Stricklin	Bloomington IL	40	49:24:00
112	Susan Link	Auburn IN	47	49:26:00
113	John Lantz	Avilla IN	53	49:38:00
114	Linda MacKey	Fort Wayne IN	52	49:42:00
115	Deb Krouse	Fort Wayne IN	42	49:43:00
116	Karen Cox	Fort Wayne IN	34	49:53:00
117	Nancy Simmonds	Fort Wayne IN	53	49:57:00
118	Robert Lawson	Fort Wayne IN	59	49:57:00
119	Bob Kohrman	Marietta GA	66	50:03:00
120	Lindsae Rhoades	Eureka MO	25	50:12:00
121	Jim Berghoff	Fort Wayne IN	46	50:22:00
122	Chris Messer	Orland IN	30	50:30:00
123	Alan Hernly	Fort Wayne IN	55	50:31:00
124	Rick Hilker	Fort Wayne IN	52	50:34:00
125	Lisa House	Ossian IN	32	50:54:00
126	Allen Albert	Fort Wayne IN	63	52:25:00
127	Robert C Loomis	Monroe IN	74	53:16:00
128	Charles Schreiber	Fort Wayne IN	49	53:24:00
129	Nancy Boyer	Fort Wayne IN	55	53:33:00
130	Frederick Schreiber	Fort Wayne IN	12	53:38:00
131	Kara Burch	South Bend IN	30	53:43:00
132	Connie Gordon	Churubusco IN	44	53:52:00
133	Julie Bossard	Monroeville IN	47	54:08:00
134	Paula Avila	Roanoke IN	30	54:13:00
135	Beverly Moellering	Fort Wayne IN	36	54:35:00
136	Nancy Marshall	Roanoke IN	57	54:52:00
137	Bodil Rasmussen	Fort Wayne IN	63	54:53:00
138	Kali Burch	Lafayette IN	24	55:58:00
139	Nicole Fikes	Fort Wayne IN	33	56:01:00
140	Todd Werling	Fort Wayne IN	33	57:04:00
141	Stephanie Rosheck	Fort Wayne IN	28	57:33:00
142	Mary Stafford	Laotto IN	51	57:41:00
143	Connie Breeden	Roanoke IN	39	58:12:00
144	Dan Emmans	Mishawaka IN	50	59:46:00
145	Daniel Santus	Berrien Springs	42	59:46:00
146	Donald Lindley	Fort Wayne IN	63	1:02:53
147	Kalissa Blanchette	Fort Wayne IN	19	1:03:06
148	Terri Schrock	Fort Wayne IN	45	1:03:48
149	David Corner	Leo IN	53	1:03:49
150	Brooke Cain	Fort Wayne IN	38	1:03:56

151	Vicky Myers	Columbia City	53	1:04:07
152	Regina Blanchette	Fort Wayne IN	52	1:04:11
153	Rosalie Hernly	Fort Wayne IN	54	1:04:12
154	Kathy Burner	Auburn IN	38	1:04:37
155	Jacqueline Arnstein	Fort Wayne IN	41	1:07:29
156	Jennifer Malcolm	Fort Wayne IN	40	1:07:29
157	Lori Keresztes	Fort Wayne IN	33	1:07:49
158	Tiffany Shannon	Fort Wayne IN	34	1:07:49
159	Carrie Veit	Fort Wayne IN	32	1:08:25
160	Stephanie Veit	Fort Wayne IN	30	1:08:26
161	Kim Walter	Columbia City	28	1:08:28
162	Judy Zacher	Fort Wayne IN	45	1:08:40
163	Nathaniel Thompson	Fort Wayne IN	40	1:10:07
164	Deb Barnes	Fort Wayne IN	53	1:12:44
165	Benjamin Lancaster	Auburn IN	13	1:12:48
166	Robin Scott	Fort Wayne IN	38	1:12:49
167	Marta Pequignot	Fort Wayne IN	51	1:14:23
168	Betty Greider	Fort Wayne IN	46	1:14:43
169	Donna Beebe	Fort Wayne IN	55	1:16:26
170	Cecil Johnson	Fort Wayne IN	55	1:24:23
171	Deanie Bright-Johnson	Fort Wayne IN	52	1:24:24
172	Michael Lindvay	Fort Wayne IN	28	1:26:33
173	Pat Weicker	Woodburn IN	54	1:26:36
174	Louise Teague	Fort Wayne IN	58	1:26:57
175	Tom Teague	Fort Wayne IN	64	1:26:57
176	Marg Knouff	Warsaw IN	60	1:27:07
177	Rosie O'Keefe	Fort Wayne IN	68	1:27:07
178	Anne Havlovick	Chantilly VA	29	1:27:10
179	Emma Knowles	Fort Wayne IN	27	1:27:10
180	Anna Jones	Fort Wayne IN	28	1:34:53
181	Rebecca Fruth	Fort Wayne IN	29	1:34:59

18	Gordon Pleus	Fort Wayne IN	60	19:47
19	Sam Schaffler	Roanoke IN	15	19:52
20	Jed Pearson	Columbia City	56	19:56
21	Ed P Reinhard	Poneto IN	49	20:03
22	Skip Stinson	Roanoke IN	42	20:11
23	Neil Tate	N. Manchester	55	20:31
24	Matt Scott	Warsaw IN	38	20:40
25	Stephanie Breeding	Roanoke IN	24	20:47
26	Joshua McIntyre	Huntington IN	15	20:53
27	Kevin Lochner	N. Manchester	51	21:02
28	Dan Meyer	Huntington IN	47	21:30
29	Tyler Wemhoff	Fort Wayne IN	13	21:34
30	Brody Wilson	Larwill IN	13	21:35
31	Caleb Boller	Roanoke IN	17	21:51
32	John Laatsch	Huntington IN	46	22:05
33	Robert Milton	Bluffton IN	61	22:12
34	David Geiger	Churubusco IN	46	22:32
35	Ryne Wemhoff	Fort Wayne IN	15	22:38
36	Tim Springer	Columbia City	28	23:08
37	Nick Barlow	Roanoke IN	15	23:09
38	Bob Winters	Huntington IN	40	23:21
39	Bob Jennings	Huntington IN	55	23:27
40	Michael Variell	Convoy OH	50	23:45
41	Leslie Ferguson	Fort Wayne IN	38	23:46
42	Jennifer Ennis	Fort Wayne IN	40	23:46
43	Christian Jones	Roanoke IN	10	23:50
44	Malcom Jones	Roanoke IN	32	23:55
45	Stephanie Wilson	Larwill IN	36	24:05:00
46	Steven Ochs	Huntington IN	47	24:06:00
47	Kathy Pleus	Fort Wayne IN	56	24:13:00
48	Nicole Hunt	Fort Wayne IN	35	24:19:00
49	Susan Berghoff	Warren IN	57	24:22:00
50	David L Winters	Huntington IN	57	24:26:00
51	Kiel Nunn	Huntington IN	30	24:34:00
52	David Vanliere	Huntington IN	57	24:48:00
53	Alison Schuler	Fort Wayne IN	34	24:51:00
54	Donald Kramer	Van Wert OH	53	25:00:00
55	Sarah Garwood	Huntington IN	27	25:03:00
56	Marquis Garwood	Huntington IN	28	25:03:00
57	Marilyn S Bradford	Warren IN	44	25:27:00
58	Tanner Johnson	Huntington IN	18	25:31:00
59	Esther Boller	Roanoke IN	12	25:46:00
60	Rachel Stoffel	Huntington IN	23	25:47:00
61	Jerry Warner	Parker City IN	58	25:54:00
62	Dale Bussey	Uniondale IN	38	26:16:00
63	Karen Kirby	Fort Wayne IN	41	26:24:00
64	Gary Gordon	Churubusco IN	44	26:26:00
65	Kelly Mize	South Whitley	44	26:41:00
66	Amy Shearer	Columbia City	36	26:49:00
67	Chad Shearer	Columbia City	37	26:51:00
68	Jessica Tate	N. Manchester	31	26:57:00
69	Alex Johnson	Fort Wayne IN	36	26:57:00
70	Aaron Riggars	Huntington IN	36	27:00:00

<b>Huntington Baptist 5K</b>				
<b>March 24, 2007</b>				
Place	Name	City	Age	Time
1	Matt Ditzler	Huntington IN	18	16:07
2	Ross Ochs	Huntington IN	15	16:52
3	Blaine Kinsey	Huntington IN	18	17:03
4	Dave Devoe	Bluffton IN	39	17:04
5	Mark Sanderson	Van Wert OH	45	17:12
6	Brad A Thomas	Fort Wayne IN	32	17:19
7	Mark Herber	Roanoke IN	17	17:33
8	Isaiah Laatsch	Huntington IN	16	17:47
9	Austin Roberts	Huntington IN	14	17:56
10	Curtis Hines	Huntington IN	29	18:27
11	Jay Prichard	Van Wert OH	49	18:37
12	Brad Altevogt	Fort Wayne IN	52	18:39
13	Nick Yarger	Andrews IN	14	19:17
14	David Sober	Huntington IN	15	19:27
15	Conrad Peterson	Markle IN	48	19:29
16	Josh Graham	Huntington IN	16	19:33
17	Brent Munro	Huntington IN	46	19:46

71	Michael Fox	Huntington IN	23	27:09:00
72	Kolin Behrens	Fort Wayne IN	9	27:29:00
73	Karl Behrens	Fort Wayne IN	36	27:30:00
74	John Lantz	Avilla IN	53	27:43:00
75	Dick Harnly	Fort Wayne IN	69	28:00:00
76	Kevin Stone	Winona IN	52	28:17:00
77	Susan Okleshen	New Haven IN	48	28:44:00
78	Kelly Sparks	Fort Wayne IN	30	29:14:00
79	Connie Gordon	Churubusco IN	44	29:29:00
80	Julie Anderson	Fort Wayne IN	34	30:00:00
81	Becky Nunn	Huntington IN	30	30:08:00
82	Laura Johnson	Fort Wayne IN	36	30:15:00
83	Gina Berry	Huntington IN	41	30:37:00
84	Eddie Berry	Huntington IN	44	30:53:00
85	Ken Brumbaugh	Huntington IN	50	31:57:00
86	Chase Davis	Warren IN	18	33:53:00
87	Donald Lindley	Fort Wayne IN	63	34:03:00
88	Bernie Huesing	Fort Wayne IN	74	34:05:00
89	Rachel Watlins	Huntington IN	18	34:11:00
90	Nancy Price	Huntington IN	27	35:20:00
91	Kaitlyn Walter	Columbia City	11	39:42:00
92	Ed Walter	Columbia City	39	39:50:00
93	Linda Stoffel	Huntington IN	45	41:27:00

## 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. 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. Anyone is welcome to join our Saturday run/walk group. The free 10 mile goal run/walk will be held at Sweeney Park at 8AM on April 21<sup>st</sup>.

### **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.fortwayneborntorun.ning.com.

### **Achilles Track Club-**

Jeremy Schmidt is planning to start Saturday morning group runs at Foster Park starting April 14<sup>th</sup>. 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 602-5410 eric@3riversrunning.com  
Casey Shafer 402-2541 ghanishrunner@hotmail.com  
Matt Blume matt.blume@jtt.com  
\*Casey Shafer will start speed workouts in March. Contact him if you are interested.

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

## Nutri-Run Race Director Opportunity

The Fort Wayne Track Club is actively seeking applicants to be the race director or serve on a committee that will oversee the direction of the Nutri-Run starting in 2008. Interested applicants should contact Barrie Peterson at peterson63@verizon.net.

# PR Training

For questions or concerns  
call Tammy Behrens at  
625-3850 or email  
prtraining@comcast.net

## FWTC MEMBERS

You are invited to meet at the PR  
Training Tent in the rest and recovery  
area after the Indianapolis Mini  
Marathon on May 5th! This will be a  
great way to meet family members  
and fellow runners following the race.

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

# Indianapolis Mini-Marathon



Happy Birthday!



Amy Archbold	4 / 1	Lindsay Smith	4 / 17	Nancy Boyer	5 / 1
Damean Rinehold	4 / 1	Andrew Kapocius	4 / 17	Tim Dooley	5 / 3
Karen Gillie	4 / 3	Jared Minnick	4 / 17	Keith White	5 / 3
Sam Gillie	4 / 4	Lynn B Smith	4 / 19	Heather Drebenstedt	5 / 3
Bill Harris	4 / 4	Lon R Braun	4 / 21	Mark Kapocius	5 / 3
Jay Hancy	4 / 5	Jerry Diehl	4 / 24	John Powell	5 / 5
Sharon Pauley	4 / 5	Mitch V Harper	4 / 24	Sara Stevens	5 / 5
Jacque Linder	4 / 6	Michael Overdahl	4 / 24	Mike Cole	5 / 7
Don Ransome	4 / 6	Joe Desimone	4 / 24	Gretchen Winkeljohn	5 / 7
Michael Skipper	4 / 7	Jack Schmidt	4 / 25	Bridget Sullivan	5 / 8
Kathy Callen	4 / 8	Bud Stiffler	4 / 25	Toby Jo Hullinger	5 / 9
Tom Yoder	4 / 8	Chad Ware	4 / 26	Martha May	5 / 9
Matt Foreman	4 / 9	Kathleen Ware	4 / 26	Kurt Walborn	5 / 10
Jerry Mazock	4 / 9	Tracy Brooks	4 / 27	Thomas Boyer	5 / 14
Tim Newlin	4 / 9	Fred Hanna, Jr.	4 / 27	Carol Weide	5 / 17
Ray Casiano	4 / 11	Robert Lawson	4 / 27	Jim Weide	5 / 17
David Krabach	4 / 11	Art Obregon	4 / 27	Mark H Wolf	5 / 19
Joel Schartzner	4 / 11	Edward Fisk	4 / 28	Kyle Milleman	5 / 22
Sean McManus	4 / 14	Brea Johnson	4 / 28	John Drebenstedt	5 / 28
Gloria J Nold	4 / 14	Gary L Bird	4 / 29	Naomi Fruchey	5 / 30
Ken Long	4 / 15	Jeffery Belknap	4 / 30	Jason Sagan	5 / 30
Mignon Kowalski	4 / 17	Courtney Wennemar	4 / 30		

## Upcoming Races

Date/Time	Race Information
May 05,2007 7:30am Sat	<b>R</b> <b>2007 31th Annual Indpls 500 Mini-Marathon - 13.1 Miles &amp; 5K</b> Downtown Indpls, Indpls, IN <i>Contact:</i> Jeff Graves, PO Box 6, Indpls, IN 46206, 1-800-638-4296 <i>Info/Fees:</i> Limit: Entries May Be Closed (12/1/2006) <i>Email:</i> raceinfo@500festival.com <i>Web site:</i> http://www.500festival.com/mini/index.cfm
May 05,2007	<b>L</b> <b>9th Annual Cincinnati Flying Pig Marathon - 10K, 5K, Kid's Fun Run</b> Cincinnati, OH <i>Contact:</i> Flying Pig Marathon, 644 Linn Street, Suite 626, Cincinnati, OH 45203 <i>Info/Fees:</i> See attached. <i>Email:</i> www.flypigmarathon.com <i>Web site:</i> http://www.flyingpigmarathon.com
May 05,2007 8:30am Sat	<b>R</b> <b>Bluffton University May Day Run/Walk - 4M Run &amp; 5K Walk</b> Burcky Gym, Bluffton University, Bluffton, OH <i>Contact:</i> Alumni Assoc, 1 Unversity Dr, Bluffton, OH 45817-2104, 419-358-3240 <i>Email:</i> alumni@bluffton.edu
May 06,2007 1pm Sun	<b>L</b> <b>Lungs For Life - 2 Mile Walk</b> Headwaters Park West, Fort Wayne, IN <i>Contact:</i> Amy Hanna, LFL, Inc. PO Box 27, Fishers, IN 46038, 317-578-3521 <i>Info/Fees:</i> \$25 ages 11 and up; \$10 ages 10 and under; free children in strollers. <i>Email:</i> amy@lungsforlife5k.org <i>Web site:</i> http://www.lungsforlife5k.org/FortWayneWalk.php
May 06,2007	<b>L</b> <b>9th Annual Cincinnati Flying Pig Marathon - Wheelchair, Marathon, Half Marathon,Relay</b> Cincinnati, OH <i>Contact:</i> Flying Pig Marathon, 644 Linn Street, Suite 626, Cincinnati, OH 45203 <i>Info/Fees:</i> See attached. <i>Email:</i> www.flypigmarathon.com <i>Web site:</i> http://www.flyingpigmarathon.com
May 12,2007 Sat	<b>Dances With Dirt Relay-Indiana (New) - 100K relay(plus 50K &amp; 50M Individual)</b> Brown County State Park, Gnaw Bone, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Info/Fees:</i> Volunteers needed Thursday, Friday and Saturday It will take 50 to put on the event. Contact Don Carr <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
May 12,2007 8:00am Sat	<b>L</b> <b>Run For The Rams 5K &amp; 1 Mile Fun Run - 5K &amp; 1 Mile</b> Huntington Catholic School, Huntington, IN <i>Contact:</i> Tom Skelley, 820 Cherry Street, Huntington, IN 46750, 260-358-1570 <i>Info/Fees:</i> \$15. Overall winners in 5k only; two deep in races. Contact Tom Skelley for form. <i>Email:</i> rickybeemer@yahoo.com
May 19,2007 9:30am Sat	<b>3rd Annual Head for the Cure - 5K FunRun/FunWalk</b> West Park, Carmel, IN <i>Contact:</i> FWTC - JP Jones or Michael Sapper 317-507-4800, 6433 S Harrison St., Fort Wayne, IN 46807, 260-745-9724 <i>Info/Fees:</i> \$15 - Run/Walk, T-shirts available to all paid entries. Info/Michael Sapper 317-507-4800. 100% of the proceeds to benefit the American Brain Tumor Association <i>Email:</i> injones@honsierbuzz.com

		<i>Web site:</i> <a href="http://www.braincure.homestead.com">http://www.braincure.homestead.com</a>
May 19,2007 8:30am Sat		<b>Talk Walk Run - 5K Run/Walk</b> Fort Harrison State Park, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Info/Fees:</i> Benefits Hear Indiana, The Association for Children with Hearing and Impairment <i>Email:</i> <a href="mailto:tuxbro@indy.rr.com">tuxbro@indy.rr.com</a> <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
May 19,2007 10:00am Sat	L	<b>Warbird Brewing Company - 10k Run</b> Warbird Brewing Company headquarters, 10515 Majic Port Lane (Bluffton Rd. & Ferguson Rd. east of Ft. Wayne International), Fort Wayne, IN <i>Contact:</i> Jon Beasley, 2010 Lakewood Dr., 260-413-3822 <i>Info/Fees:</i> \$15 on or before 5/1; \$20 after 5/1. Post-race party. T-shirts and Verizon goodie bag to all entrants. Out-and-back course will be certified by May 19, 2007. Go to Warbird link for more info and PDF entry form. <i>Email:</i> <a href="mailto:luv4beer99@yahoo.com">luv4beer99@yahoo.com</a> <i>Web site:</i> <a href="http://www.warbirdbrewing.com/home/home.htm">http://www.warbirdbrewing.com/home/home.htm</a>
May 19,2007 9am Sat	R	<b>12th Annual Run For Fun - 5K &amp; 10K</b> Kosciusko County Fair Grounds, Warsaw, IN <i>Contact:</i> Bill Crane, 827 South Union St - Suite 130, 888-268-1236 <i>Info/Fees:</i> Both races have 5 year age groups and you run around beautiful Winona Lake Island. Registration Forms can be obtained by calling the toll free number 888.268.1236 or the e-mail: <a href="mailto:runcrane@hotmail.com">runcrane@hotmail.com</a> 100% of your registration goes to the M E C Missions Fund. <i>Email:</i> <a href="mailto:runcrane@hotmail.com">runcrane@hotmail.com</a>
May 19,2007 6:30pm Sat		<b>14th Annual Gallery Gallop - 8.5K Beach/Run &amp; 3K Beach/Walk</b> Lake Street Beach Parking Lot, Miller Beach, Gary, IN <i>Contact:</i> Gallery Gallop, 613 S Lake St-Miller Beach, Gary IN 46403, 219-938-4566 <i>Info/Fees:</i> Pre-\$16, Race Day- \$20 <i>Email:</i> <a href="mailto:gallopinglisa@msn.com">gallopinglisa@msn.com</a>
May 20,2007 2:45pm Sun	L	<b>20th Annual Victim Rights Run/Walk - 3K</b> Franke Park, Fort Wayne, IN <i>Contact:</i> Bea Williams-Tevis, Volunteer Coordinator, 1320 E Creighton St, Fort Wayne, IN 46803, 260-427-5232 <i>Info/Fees:</i> Check-in is 1:30pm and the opening ceremony begins at 2:45. Building 1 at Franke Park. Entry Fee: \$15, \$10 Children/Students <i>Email:</i> <a href="mailto:bea.williams-tevis@ci.ft-wayne.in.us">bea.williams-tevis@ci.ft-wayne.in.us</a>
May 26,2007 8:30 Sat	LP	<b>THREE RIVERS 12K - 12K</b> Start and Finish Indiana Tech, Fort Wayne, IN <i>Contact:</i> Three Rivers Running Company, 4227 North Clinton, Fort Wayne, IN 46805, 260-498-8000 <i>Info/Fees:</i> The Indiana Tech campus located at the intersection of Anthony and East Washington Blvds. Cost: \$12 through May 20nd, \$15 from May 21st through race day More information, and sign up, at Three Rivers Running Company; or get information and register online at <a href="http://www.allsportcentral.com">www.allsportcentral.com</a> 12K road course; traffic control provided by Fort Wayne Police Department; Sponsored by Indiana Physical Therapy, Three Rivers Running Company; Indiana Tech; and Mizuno. The Three Rivers 12K is a Fort Wayne Track Club Points Series Race. <i>Email:</i> <a href="mailto:info@3riversrunning.com">info@3riversrunning.com</a> <i>Web site:</i> <a href="http://www.3riversrunning.com">http://www.3riversrunning.com</a>
May 26,2007 Sat	R	<b>Jim Ryun Mile/One Mile Swim - Great Race XXVII</b> Elkhart, IN <i>Contact:</i> Ron Schmanke, PO Box 682, Elkhart, IN 46515, 574-296-5890 or 800-585-5416 <i>Info/Fees:</i> Experience Elkhart County gentle, rolling Amish farm countryside, historical homes and barns. Enjoy accommodations at gracious bed and breakfast inns and enjoy Amish cooking. <i>Email:</i> <a href="mailto:wow@michiana.org">wow@michiana.org</a> <i>Web site:</i> <a href="http://www.thegreatrace.net">http://www.thegreatrace.net</a>

May 27,2007 Sun	R	<b>The Great Race XXVII - 10K IN-Line, Bike Criterium, 8M Canoe/Kayak</b> Various locations, Elkhart, IN <i>Contact:</i> Ron Schmanske, P.O. Box 682, Elkhart, IN, (219) 296-5890 or 296-5862 <i>Info/Fees:</i> New - 10K In-Line Skate"Criterium"(downtown Elkhart); ABR Bike Criterium(downtown Elkhart); 8 Mile Canoe/Kayak Marathon/Sprints on St.Joe River <i>Email:</i> wow@michiana.org <i>Web site:</i> http://www.thegreatrace.net
May 28,2007 Mon	R	<b>The Great Race XXVII - 5K/10K masters/Half-marathon</b> Various locations, Elkhart, IN <i>Contact:</i> Ron Schmanske, P.O. Box 682, Elkhart, IN, (219) 296-5890 or 296-5862 <i>Info/Fees:</i> 1/2 Marathon Events-Run,In-Line Skate, Hand Cycle; 10K events-Run/Powerwalk/Wheelchair; 5K Events-Run/Powerwalk/Fun Walk; ABR Road Race & Citizens 50K Bike Races, Bistol, IN; New Course: 25K Citizens Bike Race <i>Email:</i> wow@michiana.org <i>Web site:</i> http://www.thegreatrace.com
May 28,2007 Mon 7am	R	<b>28TH Mercedes-Benz Cotton Row Run - 10K - 5K - 1 Mile Fun Run</b> Big Spring Park, Huntsville, AL <i>Contact:</i> Huntsville Track Club, Suzanne Taylor, 256-650-7063 <i>Info/Fees:</i> \$10/\$25 - \$11,800 prize Money, 10K - starts 7am 5K - starts 9am There is also a 1-mile fun run for kids, that starts at 10am <i>Email:</i> suzanne@fleetfeehuntsville.com <i>Web site:</i> http://www.huntsvilletrackclub.org
Jun 02,2007 8am Sat		<b>33rd Annual God's Country Marathon - 26 Miles and 385 yds</b> Galeton Area High School, Coudersport, PA <i>Contact:</i> Potter County Visitors Association, PO Box 245, Coudersport, PA 16915, 814-274-4334(Fax) <i>Info/Fees:</i> Pre-\$55, Cash Prizes-\$1700 <i>Email:</i> potter@penn.com <i>Web site:</i> http://www.visitpottercounty.com
Jun 02,2007 7pm Sat		<b>Outrun the Sun - 5K Run/Walk</b> Indiana War Memorial, Downtown, Indianapolis, IN <i>Contact:</i> Dan Carr, Tuxedo Bros, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Jun 09,2007 9am Sat	R	<b>Health and Wellness 5K - 5K Run/Walk</b> KCH Center, Warsaw, IN <i>Contact:</i> Kyle Pitt, KCH Center, 1500 Provident Dr, Warsaw, IN 46580, 574--372-7890 <i>Info/Fees:</i> \$12-pre,\$15 - race day <i>Email:</i> kpitt@kch.com
Jun 09,2007	L	<b>Three Rivers Strollers - Volksmarch</b> Headwaters Park - German Fest Event, Fort Wayne, IN <i>Info/Fees:</i> Start anytime 8 -11 am, Finish by 1pm Points of interest: new library, Lindenwood Cemetery <i>Email:</i> emasloob@aol.com <i>Web site:</i> http://www.ava.org
Jun 09,2007 9:00AM	R	<b>Eighth Annual Hubbard Company Apache Run 5K and Alex's One Mile Fun Run - 5K and One Mile</b> Fairview Elementary (14060 Blosser Road), Sherwood, OH <i>Contact:</i> Curt Foust, 913 South Beech Street, Bryan, OH 43506, (419) 636-0542 <i>Info/Fees:</i> Entry form with more information at toledoroadrunners.org under event schedule and oline registration at signmeup.com/site/reg/register.aspx?fid=372VHK7 ONLY ONE HOUR FROM FORT WAYNE. <i>Email:</i> cdfoust@hotmail.com <i>Web site:</i> http://toledoroadrunners.org/Schedules/SCHED_all_2007.htm

Jun 09,2007 9am Sat	R	<b>Lake Mingo Trail Run - 7.1 Miles Trails</b> Kennekuk Cove County Park, Danville, IL <i>Contact:</i> TBA, PO Box 1701, Danville, IL 61834 <i>Info/Fees:</i> Grand Slam Event - Trail run on the difficult Lake Mingo Trail, Post-Race party w/food, drink, prizes & music. <i>Email:</i> krr@kennekuk.com <i>Web site:</i> http://www.kennekuk.com
Jun 09,2007 9am Sat	R	<b>The Inaugural Cougar Pride 5K Race - 5K &amp; 1 Mile</b> New High School Middle School, Van Wert, OH <i>Contact:</i> Justin Dickman, 10708 St Route 118, Van Wert, OH 45801 <i>Info/Fees:</i> \$15-Pre by June 1st, see attached brochure. Mission: The goal is to raise money for a new track. All proceeds will be donated to the new track complex. <i>Email:</i> justin_dickman06@hotmail.com
Jun 17,2007 8am Sun	L	<b>Run 4 Trails - 5K Trail Run</b> Metea County Park (Hwy 1 - Dupont Road east of Tonkel Road), Fort Wayne, IN <i>Contact:</i> Mitch Harper, 5207 Hopkinton Drive, Fort Wayne IN 46814, 260-436-4824 (Fax: 4360-8284) <i>Info/Fees:</i> 5K Trail Run. Dash along the Raccoon and Softshell Turtle trails; cool down by jumping in the lake at the finish line; get wild, get wet. Part of your fee will go to support the work of the Allen County Parks Department. <i>Email:</i> ftwaynerun@aol.com <i>Web site:</i> http://run4trails.com

## Fort Wayne Orthopaedics Supports FWTC!

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



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](http://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!

**“ OHIO’S PREMIER FIVE MILE RACE ”**  
**FAST > FLAT > ACCURATE**

**\* CELEBRATE WESTLAKE FIVE MILE RACE \***

Saturday, September 1, 2007

*\$6,000 – Cash Purse + \$2,000 – Bonus Cash*

St. John West Shore Hospital, 29000 Center Ridge Road / Westlake, Ohio 44145

START: 8:30 A.M. – 5 Mile Race

8:30 A.M. – 3.4 Mile Walk

9:45 A.M. – ½ & 1 Mile Kids Fun Run

COURSE: Fast, flat, accurate out-an-back loop on newly paved roads  
and through Bradley Woods Metropark trail.

AWARDS: Top Five Overall Male & Female

1<sup>st</sup> - \$1,000

*\* Bonus - \$1,000 New Course Record*

2<sup>nd</sup> - \$500

*(Current record – 23:12 male and 26:13 female)*

3<sup>rd</sup> - \$400

4<sup>th</sup> - \$300

5<sup>th</sup> - \$200

\* First Masters Male & Female - \$200

\*\* First Grand Masters Male & Female - \$200

\*\*\* First Great Masters Male & Female - \$200

Custom Plaques to first three in 15 age divisions male and female

13 & under, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44,

45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over

FEATURES: Deluxe Long Sleeve Shirts & Hats to first 1,200 entrants,  
Health & Fitness Expo, Refreshments, Prizes, Giveaways,  
Free Massages, and Kids activities.

ADDITIONAL AWARDS: 3.4 Mile Walk - Age Division 50 & under, 51-64, 65 & over  
Kids Fun Run - Age Division 6 & under, 7-8, 9-10, 11-13

ENTRY FEES: (No Refunds or Transfers)

\$18.00 Pre-Registration (Shirt & Hat) - by August 30, 2007

\$20.00 Day of Race Registration (Shirt & Hat while supplies last)

\$15.00 All Races for Seniors (65 and over)

\$ 8.00 Kids Fun Run – 13 & under with shirt

\$ Free Kids Fun Run 13 & under no shirt

REGISTER ONLINE – [www.celebratwestlake.com](http://www.celebratwestlake.com)

RACE INFORMATION: [www.celebratwestlake.com](http://www.celebratwestlake.com)

Westlake Rec. Center / Rachel at 440-808-5700 [romalley@cityofwestlake.org](mailto:romalley@cityofwestlake.org)

28955 Hilliard Blvd.

Westlake, Ohio 44145

RD – Dave Camerino at 440-331-3544 [DavidCamerino@msn.com](mailto:DavidCamerino@msn.com)

## 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 [matthew.c.parker@hotmail.com](mailto:matthew.c.parker@hotmail.com). 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](mailto: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](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 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
<b>Full Page</b>	\$75	\$200.00	\$325.00
<b>Half Page</b>	\$40.00	\$110.00	\$175.00
<b>Quarter Page</b>	\$25.00	\$65.00	\$100.00
<b>Business Card</b>	n/a	n/a	\$50.00
<b>Inside Cover (front or back)</b>	\$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*

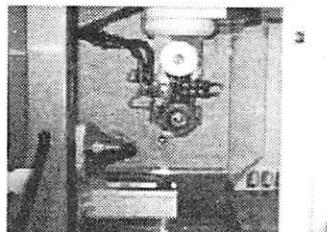
**Deadline for June-July 2007 Newsletter is May 15, 2007**

## *Landis Tool Grinding, Inc.*

### CNC Grinding



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



Billing Address  
P.O. Box 408  
Columbia City, IN  
46725

(260) 244-5030 Fax (260) 244-5383  
Email [LTG541TL@GMAIL.COM](mailto:LTG541TL@GMAIL.COM)

**Tom Landis**



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Fort Wayne, IN 46860

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