

June/July 2007

The Inside Track

"When obstacles arise, you change your direction to reach your goal; you do not change your decision to get there."

Zig Ziglar

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-SPECIAL ARTICLE:

"Fluids & You"

MATTHEW 25



Health & Dental 10K



Firecracker 4 Mile



**Fort Wayne Orthopaedics
Runners on Parade 5K**

Mark Your Calendars--Upcoming Fort Wayne Track Club Races

- July 4: Firecracker 4 Mile
- July 14: Fort Wayne Orthopaedics Runners on Parade 5K
- July 21: Matthew 25 Health & Dental Clinic 10K



Visit our website at www.fwtc.org

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

Officers

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

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 Judy Tillapaugh 456-3277 tillapau@ipfw.edu
 Michael Yann 414-8995



FWTC Coordinators

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Membership Coordinator

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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

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 (260) 436-2234
 www.fwtc.org

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

Inside this Issue

Boston Marathon Recap
 Proper Hydration

MOM/WOW

President's Notes from Barrie Peterson

As most everyone knows, the second Sunday in May is designated as Mothers Day. It certainly is no coincidence that MOM upside down spells WOW! On Mothers Day of 2007, I had the pleasure of spending a good part of the day with my wife, my three sons, my two daughters-in-law, and four of my five grandchildren. WOW! That group would, of course, include three Moms—my wife and my daughters-in-law. During this precious time together, I got to thinking of the influence of the many Moms in my life.

This thinking would start with my own Mom who taught me values, a work ethic, tough love discipline, and who guided me to grow up as a church going Christian. At age 88 and now living in a nursing home under hospice care, she still teaches me these things and more as she has conquered so many adversities through the years, particularly since my Dad passed away in 1982. WOW!

I remember also my Mom's mom and my Dad's mom with whom we spent almost every Sunday after church and who helped to host all of the holiday family get-togethers. I can still smell the aroma of fried chicken, roast beef, meat loaf, mashed potatoes, corn on the cob, green beans, rolls, and home made pies—and the periodic stomach ache after stuffing myself with these goodies. WOW!

There are also the many Moms of my friends growing up, the Moms who are related to me (aunts, cousins, etc.), the working Moms with whom I have shared my profession of teaching and coaching, the Moms of students and student-athletes, etc. WOW!

All of these Moms have had a great influence on me in many different ways; but, of course, my own Mom is the most important to me because of the way in which she raised me and the example which she set for me and which she continues to set in the twilight of her years. WOW!

Another Mom who had a tremendous influence on me and who conjures up many fond and fun memories is my Mom-in-law. Unfortunately, she and my father-in-law were killed in a tragic automobile accident in 1968, but her memory lives on! WOW!

My three sons would also tell you that their Mom (my wife of nearly 44 years) has been and continues to be an absolute inspiration to them. I have indeed been blessed with a very special wife and mother of my children! WOW!

And now, I can see that my five grandchildren are in good hands with their Moms. . . .and the beat goes on!!

If you did not take the time to think about the Moms in your life on Mothers Day, why not do it now; in fact, why not do it OFTEN. Let's don't just wait until the second Sunday in May to show our love and appreciation to these very, very special people in our lives and in the lives of those around us. WOW!

FWTC Board Meeting Minutes April 11, 2007

Board Members Present: Barrie Peterson, Michael Yann, Jeremy Schmidt, Kathy Burner, James McKinnon, Judy Tillapaugh, Kerry Blanchette, Tom Landis, Don Lindley, J.P. Jones, Mike Slaubaugh, Lynne Feiertag, Matt Parker, Bill Harris.

Members Not Present: Tom Digate, Sarah Kleinknight, Mac McAvoy, and Phil Suelzer. *Members Not Present But Excused:* Tammy Behrens, Dave Boylan and Mike Fruchey. *Guests Present:* Mark Pope and John Feiertag.

The meeting was called to order by Barrie Peterson at 7:03 p.m. Devotions and the opening prayer were given by Barrie Peterson. Refreshments were provided by Kathy Burner and Don Lindley. Opening prayer and devotions for the May meeting will be given by Bill Harris and refreshments will be provided by Jeremy Schmidt.

March Minutes: March minutes were presented by Bill Harris in the absence of Tammy Behrens, secretary. Motion was made to approve the minutes by J.P. Jones, Michael Yann seconded and the minutes were unanimously approved.

Treasurers Report: Don Lindley presented the quarterly financial report and membership report. Current membership stands at 481 which is ahead of last year. Don noted that the Fanny Freezer showed a deficit this year with 152 participants contrasted with 204 participants in 2006. The NutriRun collected income of \$1,114.13 with 345 runners this year compared income of \$1,801.71 in 2006 with 349 runners. Motion to approve these reports was made by J.P. Jones and seconded by Michael Yann. The report was unanimously accepted.

Guest Presentation: Mark Pope appeared to inform the board about an 8k race being sponsored by the Fort Wayne Urban League September 29, 2007, to begin at 9:00 a.m. The course is to be determined.

Old Business:

Banquet Evaluation: Judy Tillapaugh presented an evaluation form for the 2006 Annual Meeting. At this time it is not known whether Judy White will continue to chair the event but Judy Tillapaugh will follow-up to clarify. Current race pictures are needed if a presentation of a "year end review" is to be presented at next year's annual meeting.

Mastodon Stomp: Judy Tillapaugh announced that the Mastodon Stomp preparations are proceeding with the race scheduled for April 28, 2007 at 9:00 a.m. at IPFW. There will be a kid's run and 100 meter dash for children 6 and under, in addition to the scheduled 5k. Judy needs helpers for this event.

Health Fair Report: Judy Tillapaugh reported that this year's fair had the most ever as approximately 1400-1500 were present. In addition to Judy, Don Lindley, Jeremy Schmidt and Dave Boylan assisted at the Track Club booth.

Newsletter Reminder: Matt Parker announced that current newsletter will be presented to the printer April 12, 2007. Matt anticipates a series of different articles as well as member profile in forthcoming issues. The deadline for the June-July newsletter is May 15, 2007.

Achilles Track Club: Jeremy Schmidt announced that there is good publicity for the Achilles Track Club including an article in the Journal Gazette April 4, 2007. The first workout will occur Saturday, April 14, 2007 at Foster Park. Jeremy advises that he is receiving good response from the community with various offers of assistance.

Gera Report: Phil Suelzer was not present to give a report, but Bill Harris indicated that the Gera Marathon will be August 4 and that the Fort Wayne Contingent leave August 1 for Gera.

RRCA Convention: Mac McAvoy will give specifics at the May meeting in regard to Fort Wayne's hosting a subsequent convention, perhaps 2010 or 2011.

Newsletter Spotlight: Barrie Peterson wants to develop spotlights of members from time to time and will meet with Jeremy Schmidt in the near future.

Race Director and Chip Timing Clinic: Casey Shafer was not present but Don reported that a race director clinic will occur in the near future, perhaps combined with orientation on the use of the defibrillator to be donated to the club.

New Business:

By-Laws for Board Members: Don Lindley circulated several items to board members, including by-laws; chip timing contract, and race director policy. Members are asked to review these materials and comment at the May meeting.

Barrie Peterson commented that the by-laws circulated may not be the latest version and that an inquiry will be made as to the latest version.

Chip System: Don Lindley reported that all though the bank loan to purchase the chip system has been paid, there is still a short fall of \$8,820.00 to be repaid to the club for its advance to pay the bank loan to save interest.

Defibrillator Donation: Don Lindley announced that a defibrillator is being donated to the Club by Mark O'Shaughnessy, M.D. and it was suggested that the system could be demonstrated at future meeting as well as being presented at the race director and chip timing clinic.

Active.com: Don Lindley announced that the Active.com should be used for race sign ups as it is an RRCA affiliate and remits funds each week to the club as opposed to All Sport which rebates only after \$500.00 has been contributed or after the conclusion of the race. Don Lindley and Tom Landis are discussing the best way to implement Active.com for future race sign-ups on line.

Additional Items:

1. Don Lindley announced that he is overwhelmed by requests for race club rentals and needs assistance.
2. Kathy Burner announced that Fort Wayne Firefighters might be a source of additional member and volunteers.
3. Kathy Burner announced that a group in Michigan is encouraging members to donate medals received from marathons and have marathons to a deceased serviced member as his or her "medal of honor". More information exists on the PR training website and it was suggested that further information as to this program be placed in the newsletter.
4. Jeff and Bev Metzger resigned from being the race directors of the 2008 Nutri-Run.
A motion to adjourn was made by Don Lindley with second by J.P. Jones.

The next officers' meeting is scheduled for April 29, 2007 at 6:30 p.m. at Pine Valley Pizza Hut. The next board meeting is May 9, 2007, (social at 6:45/meeting at 7:00 p.m.).

Respectfully submitted,
Bill Harris acting secretary

FWTC Board Meeting Minutes May 9, 2007

Board Members Present: Barrie Peterson, Bill Harris, Don Lindley, Tammy Behrens, Kerry Blanchette, Dave Boylan, Lynne Feiertag, James P. Jones, Tom Landis, Phil Suelzer, Judy Tillapaugh, Jeremy Schmidt

Members Not Present: Tom Digate, Mike Fruchey, Jim McKinnon, Matt Parker, Michael Yann, and Sarah Kleinknight

Members Not Present But Excused: Mike Slaubaugh,, Mac McAvoy, Kathy Burner

Guests Present: Chip Toltach and Laura Storie.

The meeting was called to order by Barrie Peterson at 7:00 Devotions and the opening prayer were given by Bill Harris. Refreshments were provided by Jeremy Schmidt. Opening prayer and devotions for the June meeting will be given by Jeremy Schmidt, and snacks for the June Meeting will be provided by Mike Slaubaugh.

April Minutes: April minutes were presented by Barrie Peterson. Motion was made to approve the minutes by J.P. Jones, Don Lindley seconded and the minutes were unanimously approved.

Treasurers Report: Don Lindley presented the financial report and membership report. Current membership stands at 486. The quarterly report will be presented in two months. Motion to approve these reports was made by Bill Harris and seconded by JP Jones. The report was unanimously accepted.

Old Business:

Guest Presentation: Chip Toltach and Laura Storie from the National Alzheimer's Association presented information on the Memory Walk to be held on September 8th, 2007 in Headwater's Park. The local chapter of the National Alzheimer's Association would like to see the Fort Wayne Track Club support the cause by forming a team to participate. FWTC has offered to support the cause and discuss options at our next meeting. For more information, go to www.alzindiana.org.

The deadline for the next newsletter is May 15th. Send information to Matt Parker.

Jeremy Schmidt updated the club on the Achilles Track Club. He will no longer be leading the group, and is currently looking for new leadership.

Judy Tillapaugh is checking on a coordinator for the 2008 FWTC banquet.

A race director is needed for the 2008 Nutri-Run. Lynne Feiertag and her husband have expressed an interest. Tammy Behrens suggested that the board members take an active approach to help with the planning of the race. Bev Metzger will be invited to a future board meeting to help get information towards the 2008 planning.

Phil Suelzer reported on the 2007 Summer Gera, Germany marathon on August 4th. There are 5 runners with 11 total people from Fort Wayne taking the trip to our sister city. Permission was given to purchase merchandise for the runners and guest hosts with the new FWTC logo. Bill Harris motioned the approval and JP Jones seconded that motion. The report was unanimously accepted.

Officer duties for the FWTC were passed out. We will vote on the duties at the next board meeting. #6 on the treasurer's duties was questioned. This will be discussed at the next board meeting.

The FWTC Bylaws were reviewed at the last board meeting. These will be voted on next month as well.

The 2008 Fort Wayne September half-marathon was discussed. It is still in the planning stages and no new information was available to report.

New Business:

Don Lindley reported that he is now CPR and AED certified.

The date of the Runners on Parade 5K was discussed. More information to come.

The Matthew 25 5k/10k will be held July 21st. The FWTC is looking for volunteers to help on that day. Barrie Peterson, JP Jones and Kerry Blanchette offered to help.

Don Lindley is looking for volunteers for the Mohican 100 mile race on 6/15-6/17. The FWTC has been supportive with volunteers in the past.

The River City Rat Race will be held 10/27. Details of the race were discussed. Race entries are now available.

Phil Suelzer announced an elementary 1 mile race for 3rd, 4th, and 5th graders to be held on May 31st at 4:15 at the Northside HS track. The entry fee is \$1.00.

A motion to adjourn was made by Bill Harris with second by Kerry Blanchette.

The next officers' meeting is scheduled for June 7 at 12:00 p.m. at Pine Valley Pizza Hut. The next board meeting is June 13, 2007, (social at 6:45/meeting at 7:00 p.m.).

Respectfully Submitted,
Tammy Behrens – Secretary

Thank you from Team in Training!

I want to take a moment to thank everybody from the Track Club who donated to my campaign this season. Total donations exceeded \$500.00, so the Fort Wayne Track Club was listed as a corporate sponsor on the Team in Training jerseys for this season. I'm very close to reaching my fundraising minimum now thanks to all of you. So I'm off to Anchorage at the end of June! The Leukemia & Lymphoma Society is a fantastic program and every little bit counts when searching for a cure! Thanks again.

Kathy Burner

Thank you from Mastodon Stomp!

On behalf of the IPFW's NCAA Division I Men's and Women's Cross Country and Track Programs, thank you for supporting IPFW's 12th Annual Mastodon Stomp, dedicated to Tony Laux, which was held April 28, 2007. Fort Wayne Cardiology, Kesslers Team Sports, Three Rivers Running Company, Fred Toenges, Coke, Runner's World, and Limberlost Girlscouts Unit #8 were the other key supporters who helped us create a fine fitness time for people of all ages and abilities.

We had a wonderful day. Close to 375 runners, walkers, volunteers, and spectators were present to enjoy all the activities. A 5 km run/walk, 1 mile kids stomp, and 100 meter kids dash were offered. This was the ninth year that we had the kids events.

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

Volunteers:

Don Lindley	Becky Souder
Ellen Osborn	Joe Nayarkas
Ron Clark	Kris Ohneck
Jerry Diehl	Rich Stephenson
Hanna Osborn	Nancy Simmonds
Tim Heffron	Matt Bloom
Monica Gonda	Kathy Burner
Bev Metzger	Josh Farrell
Lynne Feiertag	Andrew Gritzmaker
Bob Berger	Kristen Simpson
Jeff Metzger	Angie Sheets
John Feiertag	JP Jones
Nathan Fast	Mark O'Shaughnessy
Jeff Steinberg	Casey Shafer
Carmen Parker	Paul Knott
Grant Stieglitz	Greg Osborn
James McKinnon	Bev Saalfrank
Matt Parker	Northrop Runners
Jenny Kieffer	Ham Radio Club
Denise Conrad	Limberlost Girl Scouts Unit #8
Linda Keuneke	IPFW Police and Safety
Mike Slaubaugh	Phil Bloom, Journal Gazette
Members of IPFW's Cross Country and Track Teams	

We truly appreciate your event support!

Best,
Mike Fruchey
IPFW Men's and Women's Cross Country Coach

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

Fluids and You

by Judy Tillapaugh

What's for breakfast? Lunch? Supper? These questions are asked promptly everyday. Is there also attention given to fluid needs and hydration? Beverage choices throughout the day influence fitness performances and total health too.

Knowledge is power. How keen are your fluid facts? Take the fluid quiz below and find out.

Fluid Quiz:

1. 1 -2% body dehydration can effect performance.
True or False
2. Thirst is a good indicator of body dehydration.
True or False
3. One pound of sweat is equal to:
 - a. ½ to 1 cup fluid
 - b. 2- 3 cups fluid
 - c. 4-5 cups fluid
4. Symptoms of dehydration are:
 - a. headache
 - b. dizziness, weakness
 - c. rapid pulse
 - d. dry mouth, sticky saliva
 - e. all of the above
5. When biking, walking, or running for more than one hour it is recommended to drink 4-12 ounces of water or sports drink every 15-20 minutes.
True or False
6. Energy drinks provide the perfect ingredients for PR performances.
True or False
7. Using 4-12 ounces of a sports drinks with 5-7% carbohydrate concentration (50-70 calories, 12 to 17 gms. Carbohydrate per cup) every 15-20 minutes is one way to stay energized and hydrated during a physical activity lasting more than 60 to 90 minutes.
True or False
8. Eating high potassium foods and beverages is a waste of time and does not help hydration.
True or False

Answers:

1- True

Just a 1-2 % body dehydration can cause a 5-10% drop in performance. 2% fluid lose for a 120# person would be 2.5 pounds, for a 150# person it would be 3 pounds. Heat stroke can happen when a body is 8-10% dehydrated. Drink water or caffeine free foods and beverages throughout the day to stay hydrated before physical fitness.

2- False

Thirst is NOT a good indicator of dehydration. A 2% dehydration does not trigger the body to feel thirsty. Thirst is not triggered till greater levels of dehydration is reached.

3- B

One pound of sweat loss is about 2-3 cups fluids. Get to know your sweat loss rate. Everyone is different. Weight yourself before and after physical fitness and learn how many cups of fluid you lost and need to replace.

4- E

All of the above are symptoms of dehydration! Know how to help someone. Often the person with dehydration does not realize how sick they are. Seek help immediately!

5- True

To help yourself stay as hydrated as possible during a long bike ride, hike, or run plan for fluid intake. Plan for what, where, and how you will give yourself the fluids your body and mind needs to function. Body fluids are involved in all essential body functions like muscle energy production, release of body heat, and brain thoughts.

6- False

Don't spend money on false energy drink promises. Most all energy drinks make many attractive claims yet NO research has shown any benefits. Actually the added additives, herbs, stimulants, and supplements can potentially harm your health by over stimulating certain body functions which can cause an increased heart rate and increased blood pressure. Spend money on nutritious beverages like high vitamin C juices, high calcium milk, and potassium packed fruit smoothies.

7- True

Plan for a carbohydrate and fluid replacement during any activity lasting longer than 60-90 minutes. Use the product during practice or workouts. Find what works for you! It might be a sports drink with a 5-7 % carbohydrate concentration or it might be water and sports beans or water and sports gel. Aim to have 4-12 ounces of fluid and 50-70 carbohydrate calories every 15- 20 minutes.

8- False

Plan for high potassium foods at meals and snacks. 80 to 100 mg of potassium is lost per pound of sweat. High potassium foods are orange juice, bananas, apricots, asparagus, broccoli, spinach, tomatoes, sweet potatoes, potatoes, pumpkin, milk, yogurt, and beans. One serving of each of these provides more than 300 milligrams of potassium.

Think about your food and beverage choices before, during, and after physical activity. Are you giving your mind and body what it can thrive on? Identify healthy habits to keep and highlight areas that might need changes. Do not let the power of dehydration take away your performance power. Drink healthy beverages early and often!

Best,

Judy Tillapaugh, RD
IPFW Wellness Coordinator
Tillapau@ipfw.edu
481-6647

Dave Craker's Chicago Marathon Diary

Local marathon-runner Dave Craker has been selected as one of seven LaSalle Bank Chicago Marathon runners to submit and post an on-line diary at www.chicagomarathon.com.

Over 45,000 runners have registered for this year's marathon to be held on October 7.

"I wanted to do an on-line diary because I want to inspire people to do their best and realize their dreams," Craker said.

Craker has a great deal of inspiration to give. The marathon will be the culmination of a 20-month journey that has transformed his life.

In 2005 he was considered morbidly obese, weighing in at 305 pounds. He suffered from high blood pressure, high cholesterol, high liver enzymes and a skin discoloration called acanthosis nigricans. He had severe sleep apnea that caused him to stop breathing 85 times an hour.

"When I stepped on our bathroom scale that only went to 300 pounds, it read 'Err.' That's when I resolved to do something to turn my health around," he said.

On Valentine's Day 2006, he started a 48-week, physician-monitored weight loss program with Lutheran Weight Management. The program included 14 weeks of a liquid diet, weekly monitoring and behavior and nutrition education.

He lost over 120 pounds without surgery and has gone from XXL shirts to size small, from a size 46 waist to 31. He is off all medication, and all of his previous health problems are gone.

In order to maximize his weight loss, Craker incorporated daily exercise into his routine.

"At first I could barely walk 30 minutes at 2.5 mph. I kept at it every day, and after a few months I had to run to break a sweat. I was falling in love with running and the more active me," Craker explained.

"On December 11, the day before my 42nd birthday, I bought my first real pair of running shoes and started running seriously. I developed a training program to run in my first race ever in March."

Craker participated in training runs with a local running club, PR Training, directed by Tammy Behrens. "Dave truly enjoyed the group of runners we have in our group and excelled by following a training schedule. I feel like the group atmosphere of PR Training helps runners to improve, and especially keeps runners motivated by having a friendly group to meet for the longer training runs even when the weather is not the best."

Craker is well on his way to prepare for the Marathon. This past weekend he completed the OneAmerican 500 Festival Mini-Marathon with a 1:59.30 time for the 13.1 mile run. His time enabled him to place 7,119th out of 29,211 runners, stronger than 25 percent of the field. His goal was to run a sub-2 hour race.

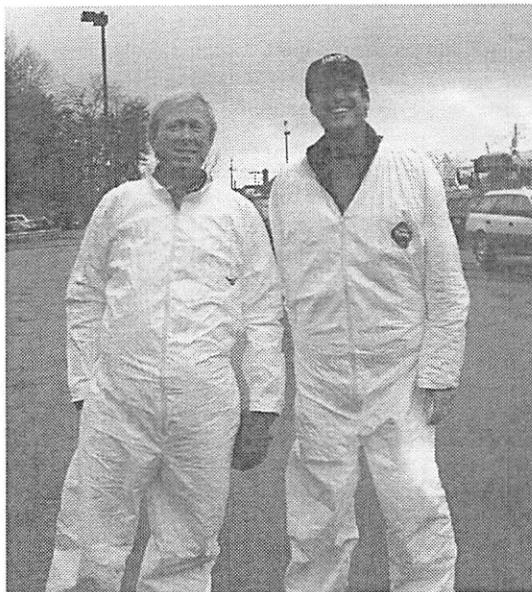
"I placed better than I expected, and I am very pleased with my results. The months of training in the snow and cold paid off on race day," Craker said. "I have gone from an 'I can't' person to an 'I can' person. I believe that I can complete the Chicago Marathon because now I believe in myself."

For more information on PR Training, go to www.myprtraining.com.

Running the Boston Marathon with the Bishop's Blessing

By Craig J. Bobay

The symbol of the Boston Marathon is the unicorn. In the days and hours leading up to the Boston Marathon this year, it looked like there might be a better chance that unicorns would be running the Boston streets rather than the 24,000 registered marathoners. A severe spring storm, called a "northeaster" hit New England on the recent mid-April marathon weekend. Treacherous winds and torrential rains (and deep snow in some places) pounded New England on Patriots' Day. Patriots' Day is the day New Englanders annually honor our country's early heroes, and the day when the marathon is held. Rumors were flying in the media that the legendary marathon would be cancelled. However, in the 111 years of the Boston Marathon, the race has never been cancelled, and for better or worse, this year proved to be no exception.



Allen County Circuit Court Judge (and St. Patrick's Fort Wayne Cantor) Tom Felts and I were among those who traveled almost half way across the country to our Bishop John D'Arcy's home town to run the famous marathon this year. We left home with the Bishop's blessing and encouragement and with the keys to the Bishop's boyhood home in Brighton. The Bishop graciously made his Boston area residence available to us as our home for the weekend -- the same weekend he was celebrating the golden anniversary of his ordination to the priesthood. In addition to the Bishop's blessing and encouragement, he told us at some length about his family's longtime following of the Boston Marathon. He mentioned that his mother used to walk the two miles from the homestead to the marathon course each year, come rain or shine, accompanied by the family. He was very familiar with the marathon's history, the course route, past winners, etc.

The dire Boston weather predictions from earlier in the week had us counting on the Bishop's blessing before we left Indiana. We also counted on our training -- running with friends for 30 to 40 miles per week through the winter months -- and our Boston qualifying times of 3:32 (Tom) and 3:33 (me) at the Columbus and Chicago marathons, respectively.

Tom and I, and our wives, Kay and Nancy arrived at Boston's Logan airport early Saturday afternoon. We then went to the John Hancock Sports Expo, where we picked up our running "bib" numbers and timing "chips." There, we also saw legendary marathoners Bill Rodgers and Katherine Switzer. Switzer caused an uproar in 1967 by being the first woman to officially be entered in the Boston Marathon. Rodgers won the marathon four times in the 1970's.

After the expo, we headed to Brighton, just a few miles from downtown Boston and checked in to our marathon headquarters – the D'Arcy home. Nothing about the Bishop's house would surprise regular readers of *Today's Catholic*. Located in an old Irish neighborhood, it was a comfortable home on a hillside street, filled with Boston Red Sox memorabilia (including dish towels and even a Red Sox tissue dispenser), and many photos of the Bishop's cherished family, which hung on the walls. We also found favorite books about Ireland, Notre Dame, and the Church. The Bishop's sister, Sister Anne D'Arcy, a Sister of St. Joseph, (who looks after the place) thoughtfully supplied us fresh milk and orange juice in the fridge, and cereal in the cupboard. She also called while we were there to make sure everything was well. Tom wandered out to the second floor back porch, often mentioned in Bishop's "News and Notes" column. Unfortunately the weather didn't permit us to enjoy the solitude of the porch, but we could definitely picture the Bishop out there enjoying a warm July evening after dinner. After we settled, I ventured out for a few more supplies, and found that the local shops still feature Irish groceries, which we of course had to sample.

Later that night we met my Bishop Dwenger H.S. classmate and St. Jude Fort Wayne grad, Pete "Squeak" Logan, who has been in Boston since he graduated from Notre Dame in the late 1970's. Pete helped us to navigate the almost impossibly narrow, twisting, turning one way streets of the downtown area. He took us to the Green Dragon, an Irish inn favored by Paul Revere and the Sons of Liberty (where the patriots plotted the Boston Tea Party). The Green Dragon is still an operating eatery, much as it was in the 1700's.

Sunday was probably the worst weather day of the long weekend, but it did not dampen our spirits. We slept in late at our comfortable Brighton quarters. We then ventured out into the cold and soggy day. Our first stop was for Mass at Our Lady of Victories Church, in the heart of Boston's Back Bay. Father John Harhager held the traditional "marathoners Mass" for those who would be running. Father used the "Doubting Thomas" gospel to encourage us runners to chase away any doubts about finishing the marathon, just as we Christians are not to doubt Christ's message of resurrection, love and redemption. At the end of the Mass, all marathon runners were called up to the altar for a special blessing as the organist played the inspiring theme from "Chariots of Fire." The Mass and blessing was definitely one of the highlights of the weekend for the four of us. We then tried to dodge the raindrops as we visited several well-known Boston sites, including the Boston Commons, Faneuil Hall, Cheers, and Old North Church. Our day also included bowls of chowder (pronounced "chow-dah" in Boston) and the traditional pre-race pasta meal.

On marathon Monday we woke at 6:00 am to rain that seemed to be coming down sideways due to the winds. Kay and Nancy drove us out to the start in rural Hopkington, Massachusetts through the down pour. The wind was a steady 25 mph, with gusts up to 50 miles an hour. The temperature hovered in the high 40's. The 26.2 mile course would take us through six small towns today before returning to Boston.

The rain eased to a light drizzle before the start, and the ladies headed back downtown so they could meet us at the Boylston St. finish line. The weather was merciful for the first 5 miles through Ashland and Framingham, but the cold hard rain returned at mile 4, and stayed with us until we made it to picturesque town of Natick around mile 9. Midway through the race, we heard the screams of the co-eds along the course at Wellesley College from the point we entered the small college town, almost a mile away. The next town on the course was Newton, home of the marathon's dreaded hills, including the infamous "Heartbreak Hill." The unforgiving hills of Newton lived up to their reputation, and took a great toll on me. We later learned that at the top of Heartbreak, a couple running the race stopped briefly to get married, and then continued on the course after exchanging their vows.

After Heartbreak, just when my legs were starting to tire, the students at Boston College were out in force despite the weather, cheering us on. Tom was still going strong at this point, the only time the wind was at our backs the entire race. Shortly past B.C., we turned onto the home stretch at Cleveland Circle. I dropped back from Tom to stretch my legs' cramping quad and calf muscles, and to say a few "Our Fathers" to give me the strength to go last miles. The great crowds cheering all along that last 3 miles brought back strength to my sore legs. When, at last I passed Fenway Park and its green monster, and passed the famous Cigo sign on Beacon St., indicating there was just one mile left, I knew I would finish strong.

The roar of the crowd at the finish line made us all feel like Olympians. I was happy to have met my goal of completing the marathon in less than 4 hours, clocking a 3:59:54, while Tom delighted in improving on his 2006 Boston Marathon by finishing in 3 hours, 52 minutes. Nancy and Kay were truly heaven-sent, meeting us at the finish with warm hugs and dry clothes. We also were rewarded with the Boston Marathon finisher's medal – featuring a unicorn.

The cold rain and windy "nor-easter" conditions were said to be the worst weather for the race since 1970. It caused most people to run much slower than they had planned, and resulted in the slowest winning times since 1985. Robert Cheruiyot of Kenya won the race, with a time of 2:14:13. Russian Lidiya Gregoryeva won the women's race in 2:29:57, while Boston area native Deena Kastor finished fifth, and was the first American woman to cross the line. Much to the Bishop's delight, his Red Sox also won their annual Patriot's Day home game, beating the Angels 7-2, although the game was rain delayed.

People came from all 50 states and 88 countries to run the oldest and most famous annual footrace in the world. Of the 23,869 who registered for the race, 20,640 decided to run on that day. However, of those who braved the weather to run, almost all made it to the finish in downtown Boston. For those like us who traveled a great distance, we were not going to let the weather stop us. As the Boston Athletic Association president said after the marathon, quoting Shakespeare, "And gentlemen in England now abed, shall think themselves accursed they were not here." Despite the weather, we were truly not cursed. No, we were very blessed to have met this challenge in such a great and historic city, with the support of many good friends and family.

(Bobay is a member of St. Jude Fort Wayne, and is the Allen Circuit Court Magistrate.)

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 1st 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 1st). This is the group all your points will go into for the year.

Example: You are 44 on January 1st 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.

Boys 19 and Under			
Place	Name	City	Points
1	Brad Hess	Fort Wayne IN	200
2	Sam Edwards	Fort Wayne IN	185

3	Sam N Bird	Columbia City IN	100
4	Andrew Piropato	Fort Wayne IN	100
5	David Boyer	Fort Wayne IN	100
6	Aaron Landis	Churubusco IN	100
7	Jake Miels	Fort Wayne IN	85
8	Alex Hess	Fort Wayne IN	85
9	Ryne Wemhoff	Fort Wayne IN	85
Men 20 to 29			
Place	Name	City	Points
1	Grant Stieglitz	Harlan IN	500
2	Edward Fisk	Fort Wayne IN	100
Men 30 to 34			
Place	Name	City	Points
1	Matt Parker	Fort Wayne IN	285
2	Brad A Thomas	Fort Wayne IN	260
3	Jeremy M Ogle	Fort Wayne IN	215
4	Jason House	Ossian IN	175
5	Jared Newhard	Fort Wayne IN	150
6	Mike Cole	Corunna IN	100
7	Jeremy Schmidt	Fort Wayne IN	100
8	Damean Rinehold	Fort Wayne IN	75
9	Todd Werling	Fort Wayne IN	75
10	Todd Sullivan	Fort Wayne IN	55
Men 35 to 39			
Place	Name	City	Points
1	Tony Yoakum	Fort Wayne IN	260
2	Matt Scott	Warsaw IN	240
3	Jeff Rude	Fort Wayne IN	185
4	Gary Wilder	Fort Wayne IN	155
5	Wayne Gregory	Fort Wayne IN	140
6	Troy McArthy	Huntertown IN	140
7	Dave Devoe	Bluffton IN	100
8	Thomas Gilbert	Fort Wayne IN	100
9	Sam Gillie	Fort Wayne IN	100
10	Mike Fream	Fort Wayne IN	85
11	Rob Burns	Leo IN	65
12	Ian Stoppenhagen	Ossian IN	55
13	Michael Wolfe	Fort Wayne IN	35
14	Jason Sagan	Fort Wayne IN	25
Men 40 to 44			
Place	Name	City	Points
1	Brett Hess	Fort Wayne IN	270
2	Scott Eberle	Fort Wayne IN	215
3	Jon Beasley	Fort Wayne IN	200
4	Manuel Martinez	Fort Wayne IN	185
5	Rick Sawyer	Fort Wayne IN	140
6	Jim Bougher	Fort Wayne IN	120
7	Steve Webb	Fort Wayne IN	100
8	Paul E Knott	Fort Wayne IN	100
9	Matt Foreman	Fort Wayne IN	85
10	Tim Newlin	Fort Wayne IN	80
11	Kurt Walborn	Fort Wayne IN	75
12	Ward Moya	Fort Wayne IN	65
13	Dan Graney	Warsaw IN	55
14	Paul Sturm	Fort Wayne IN	55

Men 45 to 49			
Place	Name	City	Points
1	Mike Slaubaugh	Fort Wayne IN	370
2	Jeff Metzger	Fort Wayne IN	300
3	Jeff Steinberg	Fort Wayne IN	285
4	Ed P Reinhard	Poneto IN	250
5	Chuck Deford	Fort Wayne IN	200
6	Terry Diller	Fort Wayne IN	150
7	David Roehling	Harlan IN	135
8	Gary L Bird	Columbia City IN	100
9	Mark O'Shaughnessy	Fort Wayne IN	100
10	Steve Rhoades	Garrett IN	85
11	Steve Zacher	Fort Wayne IN	80
12	Ted Van Antwerp	Fort Wayne IN	75
13	Rick Phillips	Fort Wayne IN	75
14	Andrew Kapocius	Fort Wayne IN	70
15	Dan Roy	Leo IN	65
16	Charles Schreiber	Fort Wayne IN	55
17	Jim Berghoff	Fort Wayne IN	55
18	Michael Overdahl	Fort Wayne IN	45
19	Kent Hart	Decatur IN	40
20	Michael S Wemhoff	Fort Wayne IN	35
21	James Desimone	Fort Wayne IN	35
22	Steve Edmiston	New Haven IN	15
Men 50 to 54			
Place	Name	City	Points
1	James McKinnon	Waterloo IN	360
2	Chuck Brown	Bluffton IN	275
3	Chris Croy	Columbia City IN	255
4	Joseph Nayarkas	Fort Wayne IN	200
5	Kerry Blanchette	Fort Wayne IN	195
6	Joseph M Astroski	Fort Wayne IN	135
7	Doug Breeden	Roanoke IN	100
8	Mark Furkis	Ligonier IN	100
9	Kim A Lefever	Columbia City IN	100
10	John Treleaven	Fort Wayne IN	100
11	John Lantz	Avilla IN	100
12	Stephen M Hilker	Fort Wayne IN	100
13	Tom Landis	Churubusco IN	100
14	Howard J Klinger	Fort Wayne IN	100
15	John David McPherson	Fort Wayne IN	90
16	Steve Nivens	Fort Wayne IN	75
17	Greg Ridenour	Fort Wayne IN	65
18	Phil Rizzo	Fort Wayne IN	65
19	Thomas Boyer	Fort Wayne IN	65
20	Cecil Johnson	Fort Wayne IN	55
21	Thomas J Felts	Fort Wayne IN	55
22	Michael Clendenen	New Haven IN	45
23	Rick Hilker	Fort Wayne IN	45
24	Donald Kramer	Van Wert OH	25
25	Terry Anderson	Fort Wayne IN	25
26	Craig Bobay	Fort Wayne IN	25
27	Donald R Decook	Warsaw IN	15
28	Aaron Cox	Huntertown IN	15
29	Fred Hama, Jr.	Fort Wayne IN	5
30	Steven A West	Fort Wayne IN	5

Men 55 to 59			
Place	Name	City	Points
1	Jed Pearson	Columbia City IN	270
2	John Feiertag	Fort Wayne IN	235
3	Sam Hadley	Grabill IN	205
4	Phil Suelzer	Fort Wayne IN	200
5	Jerry Diehl	Fort Wayne IN	200
6	Ken Long	Fort Wayne IN	160
7	Jim Pickett	Fort Wayne IN	150
8	Robert Lawson	Fort Wayne IN	110
9	Dan Barnes	Fort Wayne IN	110
10	Bob Michel	Fort Wayne IN	85
11	Gary Dexheimer	Fort Wayne IN	65
Men 60 to 64			
Place	Name	City	Points
1	Rich Stephenson	Monroeville IN	410
2	Donald Lindley	Fort Wayne IN	345
3	Bob Bruckner	Fort Wayne IN	300
4	David E Boylan	Fort Wayne IN	225
5	Jack Seigel	Fort Wayne IN	160
6	Steve Creighton	Warsaw IN	85
7	Dewain Cobbs	Warsaw IN	75
8	Bernie Burgette	Fort Wayne IN	65
Men 65 to 69			
Place	Name	City	Points
1	Noel Hupp	Fort Wayne IN	100
2	Dick Harnly	Fort Wayne IN	45
Men 70 and Over			
Place	Name	City	Points
1	Joe Ziegler	New Haven IN	300
2	Kenneth E Disler	Fort Wayne IN	200
3	James P Jones	Fort Wayne IN	200
4	Robert C Loomis	Monroe IN	185
5	Jack Hilker	Fort Wayne IN	100
6	Bernie Huesing	Fort Wayne IN	75
Girls 19 and Under			
Place	Name	City	Points
1	Kalissa Blanchette	Fort Wayne IN	300
2	Sarah Bird	Columbia City IN	100
3	Cecelia Snow	Fort Wayne IN	100
Women 20 to 29			
Place	Name	City	Points
1	Abby Bird	Decatur IN	300
2	Lindsay Smith	Fort Wayne IN	100
Women 30 to 34			
Place	Name	City	Points
1	Amy Archbold	Fort Wayne IN	200
2	Martha May	Fort Wayne IN	185
3	Courtney Wennemar	Fort Wayne IN	100
4	Lisa House	Ossian IN	85
Women 35 to 39			
Place	Name	City	Points
1	Kathy Burner	Auburn IN	385
2	Tammy Behrens	Fort Wayne IN	200
3	Katrina Loucks	Fort Wayne IN	185
4	Tracy Brooks	Fort Wayne IN	175

5	Angie Lockwood	Bluffton IN	85
6	Janette Bowers	Fort Wayne IN	75
7	Cheryl Pulver	Fort Wayne IN	65
Women 40 to 44			
Place	Name	City	Points
1	Beverly Metzger	Fort Wayne IN	200
2	Cindy McGovern	Fort Wayne IN	185
3	Robin Rizzo	Fort Wayne IN	100
4	Julie McNulty	Fort Wayne IN	75
5	Carla Brames	New Haven IN	55
Women 45 to 49			
Place	Name	City	Points
1	Sheryle Braaten	Hoagland IN	375
2	Judy Tillapaugh	Fort Wayne IN	300
3	Denise Conrad	Decatur IN	285
4	Judy White	Fort Wayne IN	200
5	Betty Greider	Fort Wayne IN	195
6	Dorthea Ruhl	Angola IN	150
7	Kelly Landis	Churubusco IN	100
8	Linda Anderson	Fort Wayne IN	85
9	Julie Bossard	Monroeville IN	85
10	Margie Morris-Parker	Fort Wayne IN	75
11	Karen Kosberg	Fort Wayne IN	75
12	Mary Snow	Fort Wayne IN	65
Women 50 to 54			
Place	Name	City	Points
1	Nancy Simmonds	Fort Wayne IN	285
2	Regina Blanchette	Fort Wayne IN	215
3	Terri Gross	Fort Wayne IN	200
4	Deb Barnes	Fort Wayne IN	175
5	Cheryl Stromski	Antwerp OH	150
6	Susan Peterson	Albion IN	100
7	Phyllis Suelzer	Fort Wayne IN	85
8	Deanie Bright-Johnson	Fort Wayne IN	65
Women 55 to 59			
Place	Name	City	Points
1	Lynne Feiertag	Fort Wayne IN	400
2	Nancy Boyer	Fort Wayne IN	100
3	Helen Ryan	Fort Wayne IN	85
Women 60 to 69			
Place	Name	City	Points
1	Sarah Kleinknight	Fort Wayne IN	200
2	Mary Fennig	Decatur IN	100
3	Bodil Rasmussen	Fort Wayne IN	85
Women 70 and Over			
Place	Name	City	Points
1	Joan Gary	Fremont IN	100

Shoe Sucker 7.33 Mile				
April 14, 2007				
Place	Name	City	Age	Time
1	Jeremy Brown	Carmel IN	21 *	47:13:00
2	Michael Henry	Fort Wayne IN	43	47:59:00
3	Manuel Martinez	Fort Wayne IN	44	48:29:00
4	Tim Herman	Syracuse IN	24	49:09:00
5	Brad A Thomas	Fort Wayne IN	32	49:39:00
6	Kim A Lefever	Columbia City	51	50:06:00
7	Scott Eberle	Fort Wayne IN	43	50:12:00
8	Mark Hauptert	Peru IN	48	50:20:00
9	Chad Shearer	Columbia City	37	52:11:00
10	Joe McFarren	Keystone IN	26	52:31:00
11	Tim Hughes	Huntington IN	49	52:35:00
12	Jed Pearson	Columbia City	56	52:49:00
13	Eric Schildbach	Carmel IN	35	52:55:00
14	Darlene Barton	Avilla IN	32 *	53:07:00
15	Kent Matney	New Paris IN	45	53:25:00
16	Linda Keuneke	Fort Wayne IN	43	54:22:00
17	Chris Norris	Swayzee IN	44	55:04:00
18	Stephanie Breeding	Roanoke IN	24	55:30:00
19	Travis Myers	Fort Wayne IN	16	55:43:00
20	Chris Cieland	Fort Wayne IN	16	55:55:00
21	Matt Scott	Warsaw IN	38	56:01:00
22	Nate Ammon	Fort Wayne IN	16	56:26:00
23	Jim Evans	Greenfield IN	57	57:04:00
24	Mark Beals	Fort Wayne IN	44	57:23:00
25	Nicholas Beemer	Huntington IN	18	57:26:00
26	Kandall McComb	Fort Wayne IN	14	57:28:00
27	Jamie Kirgis	Columbia City	40	57:43:00
28	Michael J Engler	Fort Wayne IN	39	58:05:00
29	Steven Sek	Muncie IN	29	58:45:00
30	Jill Wehrly	Warsaw IN	21	58:58:00
31	Brian Loucks	Fort Wayne IN	37	1:00:04
32	Del Doughty	Huntington IN	41	1:00:41
33	Liz Hubertz	Fort Wayne IN	17	1:00:45
34	Jeremiah Steffel	Huntington IN	25	1:01:15
35	Evan Hyndman	Fort Wayne IN	26	1:02:16
36	Michael Variell	Convoy OH	50	1:03:25
37	Steve Martinsky	Huntington IN	33	1:03:54
38	Jaryd Stoffel	Huntington IN	15	1:04:05
39	Jessica Wehrly	Warsaw IN	23	1:05:22
40	Audrey Neiswender	South Bend IN	20	1:05:48
41	David Whitcomb	Hoagland IN	36	1:06:16
42	David Geiger	Churubusco IN	46	1:06:22
43	Shawn Demarest	Fort Wayne IN	37	1:07:26
44	Donald Kramer	Van Wert OH	53	1:07:44
45	Ralph Lindsey	Fort Wayne IN	42	1:08:46
46	Kevin Truelove	Winona Lake IN	50	1:09:19
47	Marquis Garwood	Huntington IN	28	1:10:02
48	Jeremy M Ogle	Fort Wayne IN	33	1:10:49
49	Laura Becks	Bluffton IN	36	1:11:22
50	Marvin Eady Jr	Fort Wayne IN	44	1:11:30
51	Jennifer Savage	Warsaw IN	36	1:11:54
52	Hannah Michel	Fort Wayne IN	19	1:12:03
53	Jason Stine	Fort Wayne IN	33	1:12:11

54	Jill Buskirk	Fort Wayne IN	32	1:12:20
55	Bob Michel	Fort Wayne IN	59	1:13:01
56	Dana Budd	New Haven IN	52	1:19:37
57	Ed Beckner	Huntington IN	62	1:19:45
58	Kim Larsen	Fort Wayne IN	45	1:20:36
59	Connie Gordon	Churubusco IN	44	1:21:33
60	Barb Scroggham	Fort Wayne IN	60	1:21:44
61	Marilyn Moor	Greenfield IN	56	1:22:04
62	Mark Thomas	Fort Wayne IN	33	1:22:33
63	Lori Kirgis	Columbia City	39	1:22:57
64	Alicia Nedrow	Fort Wayne IN	26	1:24:35
65	Chad Ware	Fort Wayne IN	39	1:24:38
66	Joan Gary	Fremont IN	70	1:29:52
67	Robert C Loomis	Monroe IN	74	1:39:02
68	Donald Lindley	Fort Wayne IN	63	1:39:03

Mastodon Stomp 5K

April 28, 2007

Place	Name	City	Age	Time
1	Casey Shafer	Bluffton IN	26	15:59.3
2	Jon Nidlinger	Fort Wayne IN	27	16:38.2
3	Jeff Nidlinger	Fort Wayne IN	27	16:40.1
4	Brian Shepherd	Ligonier IN	41	16:56.0
5	Mark Furkis	Ligonier IN	51	17:19.2
6	Chuck Deford	Fort Wayne IN	48	17:47.9
7	Dave Devoe	Bluffton IN	39	17:55.5
8	Brad A Thomas	Fort Wayne IN	32	17:58.4
9	Manuel Martinez	Fort Wayne IN	44	18:08.3
10	Grant Stieglitz	Harlan IN	22	18:34.1
11	Mike Slaubaugh	Fort Wayne IN	46	18:36.4
12	Carl Hansen	Auburn IN	51	18:39.3
13	Andy Gilbert	Fort Wayne IN	16	18:48.1
14	Brett Hess	Fort Wayne IN	41	18:53.1
15	Alex Staudinger	Fort Wayne IN	18	18:56.9
16	Scott Eberle	Fort Wayne IN	43	19:00.1
17	Brad Hess	Fort Wayne IN	14	19:03.4
18	Aaron Bryon	Fort Wayne IN	19	19:41.0
19	Christopher Garcia	Fort Wayne IN	17	19:46.0
20	Mike Fream	Fort Wayne IN	38	19:51.5
21	Darcy Flora	Minneapolis MN	24	20:00.0
22	Cody Strack	Fort Wayne IN	22	20:05.3
23	Terry Diller	Fort Wayne IN	49	20:08.1
24	Andy Garcia	Fort Wayne IN	23	20:11.6
25	Skip Stinson	Roanoke IN	42	20:13.4
26	Phil Suelzer	Fort Wayne IN	55	20:16.1
27	Jed Pearson	Columbia City	56	20:19.9
28	Ed P Reinhard	Poneto IN	49	20:22.3
29	Tim Venderley	Fort Wayne IN	18	20:27.3
30	Chris Croy	Columbia City	50	20:29.8
31	Chuck Brown	Bluffton IN	51	20:32.8
32	Dashon Smith	Fort Wayne IN	21	20:47.2
33	Mike Else	Fort Wayne IN	38	20:50.0
34	Michael Slaven	Fort Wayne IN	31	20:53.9
35	Jason Matteson	Columbia City	34	20:55.8

36	Jonathon Gottschalk	Fort Wayne IN	26	20:57.2
37	Jeremy Freeman	Columbia City	32	20:59.8
38	Dane Okleshen	New Haven IN	16	21:02.1
39	Adam Osborn	Fort Wayne IN	20	21:04.7
40	Jim Kruse	Fort Wayne IN	38	21:05.8
41	Mark Grose	Fort Wayne IN	48	21:18.3
42	Jonathan Harper	Fort Wayne IN	12	21:19.2
43	Tony Yoakum	Fort Wayne IN	39	21:19.8
44	Anne M Shank	Fort Wayne IN	40	21:23.3
45	Matt Scott	Warsaw IN	38	21:26.0
46	Jared Newhard	Fort Wayne IN	34	21:28.6
47	Thomas Landis	Fort Wayne IN	20	21:29.3
48	David Bowers	Fort Wayne IN	34	21:34.0
49	Vincent Garcia	Fort Wayne IN	52	21:36.3
50	Evan Hyndman	Fort Wayne IN	26	21:46.9
51	Wayne Gregory	Fort Wayne IN	36	21:50.4
52	Lauren Wilson	Fort Wayne IN	23	21:56.6
53	Jeff Steinberg	Fort Wayne IN	45	21:58.6
54	Bob Bruckner	Fort Wayne IN	61	21:59.9
55	Paul McGuire	Fort Wayne IN	33	22:02.1
56	Luke Martinez	Fort Wayne IN	12	22:08.6
57	Dylan Geiger	Churubusco IN	14	22:11.8
58	Cody Gordon	Churubusco IN	19	22:19.2
59	Ken Long	Fort Wayne IN	57	22:21.1
60	Patrick Rowland	Fort Wayne IN	33	22:21.8
61	Alexis Godeke	Antwerp OH	15	22:22.7
62	Michael Overdahl	Fort Wayne IN	47	22:26.4
63	David Geiger	Churubusco IN	46	22:27.4
64	Greg Ridenour	Fort Wayne IN	53	22:28.4
65	Robert Milton	Bluffton IN	61	22:32.7
66	Brittany Harvey	Decatur IN	21	22:34.7
67	Kerry Blanchette	Fort Wayne IN	53	22:36.6
68	Kyle Elsworth	Fort Wayne IN	27	22:37.3
69	Roy Repine	Avilla IN	20	22:37.9
70	Daniel Hernandez	Fort Wayne IN	28	22:43.8
71	David Roehling	Harlan IN	49	22:50.0
72	Rick Sawyer	Fort Wayne IN	42	22:52.7
73	Jenny Thornton	Fort Wayne IN	20	22:56.3
74	Matt Pulley	Albion IN	21	22:58.6
75	Sheryle Braaten	Hoagland IN	47	23:04.0
76	Janet Souder	Fort Wayne IN	27	23:06.9
77	Ken Nordin	Fort Wayne IN	61	23:09.9
78	Jason House	Ossian IN	34	23:11.9
79	Stephen Florio	Fort Wayne IN	32	23:13.9
80	Tracy Brooks	Fort Wayne IN	38	23:20.0
81	Jeff Rude	Fort Wayne IN	38	23:22.5
82	James Scott	Angola IN	59	23:24.5
83	Jack Seigel	Fort Wayne IN	62	23:25.3
84	Emil Woerner	Fort Wayne IN	43	23:27.9
85	Dick Powell	Fort Wayne IN	52	23:34.8
86	Melissa Ludack	Fort Wayne IN	26	23:36.4
87	Art Mandelbaum	Fort Wayne IN	43	23:45.4
88	Courtney Wennemar	Fort Wayne IN	30	23:46.4
89	Traci M Barsantee	Fort Wayne IN	35	23:53.6
90	Angie Amorini	Fort Wayne IN	31	24:00.4
91	Tyler Hoffman	Columbia City	26	24:05.7

92	Hilary O'Connell	Fort Wayne IN	23	24:07.4
93	Jon Mitchell	Fort Wayne IN	36	24:09.8
94	Sam Hadley	Grabill IN	55	24:13.1
95	Leonard Stango	Fort Wayne IN	39	24:15.3
96	Jason Houser	Fort Wayne IN	32	24:16.0
97	Frank Staudinger	Fort Wayne IN	50	24:17.0
98	Brad McGuire	Fort Wayne IN	35	24:19.2
99	Dorthea Ruhl	Angola IN	47	24:21.5
100	Michael Clendenen	New Haven IN	52	24:23.1
101	Gary Wilder	Fort Wayne IN	36	24:23.9
102	Timothy Hearld	Larwill IN	36	24:27.5
103	Joe Nichols	Fort Wayne IN	49	24:32.1
104	Steve Waggon	Fort Wayne IN	41	24:34.3
105	Katie Elsass	Fort Wayne IN	25	24:35.5
106	Erica Williams	Bristol IN	21	24:38.2
107	Kalyn Geiger	Churubusco IN	13	24:39.1
108	Davon Geiger	Churubusco IN	13	24:42.9
109	Lynne Feiertag	Fort Wayne IN	56	24:45.4
110	Julia Just	Fort Wayne IN	40	24:49.3
111	David Mitchell	Saint Joe IN	44	24:51.8
112	Jeremy M Ogle	Fort Wayne IN	33	24:56.6
113	Sam Edwards	Fort Wayne IN	10	25:00.1
114	Katrina Loucks	Fort Wayne IN	35	25:01.4
115	Jason Fannin	Fort Wayne IN	28	25:03.7
116	Janee Fannin	Fort Wayne IN	26	25:04.7
117	Jennifer Dillon	Fort Wayne IN	35	25:05.5
118	David Korte	Fort Wayne IN	41	25:09.4
119	David E Boylan	Fort Wayne IN	64	25:11.4
120	Andy Williams	Bristol IN	48	25:12.2
121	Kendra Brenneman	Fort Wayne IN	23	25:23.4
122	Anthony Zahm	Huntington IN	20	25:24.5
123	Aaron Springer	Fort Wayne IN	27	25:25.5
124	Randal Vachon	Fort Wayne IN	48	25:26.4
125	Peggy Boyd	Fort Wayne IN	43	25:27.3
126	Bernie Burgette	Fort Wayne IN	63	25:28.0
127	Doug Camp	Auburn IN	36	25:28.9
128	Steve Zacher	Fort Wayne IN	45	25:40.3
129	Terri Gross	Fort Wayne IN	51	25:42.5
130	Susan Berghoff	Warren IN	57	25:43.4
131	Lynnette Underwood	Huntington IN	39	25:45.3
132	John David McPherson	Fort Wayne IN	54	25:47.2
133	Ricardo Mendez	Fort Wayne IN	28	25:52.7
134	Carol Harper	Fort Wayne IN	42	25:56.5
135	Jason Blume	Avilla IN	25	26:00.5
136	Scott Mehlberg	Warsaw IN	48	26:04.5
137	Donald Kramer	Van Wert OH	53	26:09.2
138	Tim Vogel	Fort Wayne IN	33	26:23.2
139	Earl Oberkiser	Fort Wayne IN	28	26:26.5
140	Heather Fromm	Fort Wayne IN	31	26:28.6
141	Cheri Steigmeyer	Ft Wayne IN	40	26:29.1
142	Drew Durham	Fort Wayne IN	22	26:30.1
143	Donald R Decook	Warsaw IN	54	26:31.2
144	Lonnie Crump	Decatur IN	40	26:32.3
145	Janette Bowers	Fort Wayne IN	39	26:34.9
146	Megan Shank	Fort Wayne IN	14	26:37.7
147	Joe Ziegler	New Haven IN	71	26:39.9

148	Julianne Hunter	Fort Wayne IN	33	26:43.8
149	Steve Edmiston	New Haven IN	48	26:45.6
150	Chris Stoller	Bluffton IN	30	26:47.9
151	John Rosswurm	Payne OH	11	26:50.5
152	Jennifer Knerr	Fort Wayne IN	33	26:51.2
153	David Kurtz	Auburn IN	36	26:51.9
154	Mary Rich	Fort Wayne IN	44	27:01.5
155	Abby Harvey	Decatur IN	28	27:10.3
156	Phyllis Suelzer	Fort Wayne IN	54	27:14.6
157	Rich Stephenson	Monroeville IN	60	27:16.2
158	John Lantz	Avilla IN	53	27:23.8
159	Jeanna Riley	Fort Wayne IN	31	27:30.0
160	Jeremy Todd	Bluffton IN	30	27:34.5
161	Kelly Sparks	Fort Wayne IN	30	27:37.6
162	Sarah Bird	Columbia City	14	27:53.2
163	Mark Thomas	Fort Wayne IN	33	28:05.4
164	Monica Spahr	Warren IN	35	28:06.2
165	Lynn McCormick	Fort Wayne IN	40	28:11.3
166	Mark McCormick	Fort Wayne IN	37	28:19.2
167	Jane Meehan	Fort Wayne IN	39	28:20.8
168	Susan Sims	Fort Wayne IN	50	28:21.6
169	Abby Bird	Decatur IN	27	28:26.2
170	Chris Kavsel	Fort Wayne IN	47	28:31.5
171	Maureen Freeman	Columbia City	30	28:32.9
172	Jack Ferguson	Fort Wayne IN	8	28:35.2
173	Kirsten Engdahl	Columbia City	25	28:35.9
174	Doug Walker	Fort Wayne IN	40	28:38.5
175	Charles Schreiber	Fort Wayne IN	49	28:41.2
176	Frederick Schreiber	Fort Wayne IN	12	28:42.9
177	Leah Close	Fort Wayne IN	25	28:44.0
178	Joe Ott	Fort Wayne IN	27	28:45.0
179	Darrin Geiger	Churubusco IN	38	28:48.2
180	Eric Wynn	Fort Wayne IN	47	28:50.8
181	Will Ferguson	Fort Wayne IN	6	28:51.6
182	Terri Schrock	Fort Wayne IN	45	28:52.2
183	Dave Kuler	Fort Wayne IN	40	28:52.8
184	Andrea Maisonnlive	Fort Wayne IN	40	28:55.7
185	Heather McAlexander	Harlan IN	27	28:59.6
186	Alison Witte	Fort Wayne IN	24	29:02.3
187	Beth Kaskel	Ottoville OH	42	29:15.0
188	Karen Bender	Syracuse IN	50	29:15.8
189	Karen Cox	Fort Wayne IN	34	29:17.8
190	David Young	Fort Wayne IN	57	29:18.8
191	Jason Sagan	Fort Wayne IN	35	29:20.6
192	Janna Knisely	Claypool IN	23	29:22.6
193	Heath Simcoe	Fort Wayne IN	27	29:23.7
194	Rachael Rosswurm	Payne OH	13	29:24.5
195	Lane Sawyer	Fort Wayne IN	42	29:27.3
196	Dan Graney	Warsaw IN	43	29:32.4
197	Kelly McLendon	New Haven IN	17	29:34.3
198	Noel Hupp	Fort Wayne IN	68	29:38.1
199	Matt Manor	Fort Wayne IN	15	29:41.0
200	Johanna Roojakkers	Keystone IN	22	29:59.8
201	Gered Trimble	Huntington IN	23	30:11.3
202	Larry Piano	Fort Wayne IN	59	30:12.6
203	Cheryl Stromski	Antwerp OH	51	30:27.6

204	Robert C Loomis	Monroe IN	74	30:32.4
205	Tim Zumstein	Fort Wayne IN	24	30:38.6
206	Ian Wilson	Fort Wayne IN	25	30:40.5
207	Susan Okleshen	New Haven IN	48	30:42.0
208	Jessica Brown	Roanoke IN	26	30:48.3
209	Mattithyahu Keller	Fort Wayne IN	26	30:50.1
210	Brooke Werstler	Larwill IN	11	31:47.2
211	Kelly Moll	Fort Wayne IN	20	31:48.9
212	Rachael McGuire	Fort Wayne IN	34	31:50.2
213	Andrea Moll	Harlan IN	27	31:53.2
214	Terra Schmidt	Harlan IN	35	31:54.8
215	Donald Lindley	Fort Wayne IN	63	31:55.5
216	Amy Lardie	Lowell MI	33	31:58.1
217	John Feiertag	Fort Wayne IN	59	31:59.0
218	Tess Steffen	Fort Wayne IN	46	32:02.6
219	Amy Rosswurm	Payne OH	40	32:07.3
220	Michele Kausch	Fort Wayne IN	47	32:09.8
221	Alexander Ramon	Auburn IN	33	32:14.4
222	Robin Werstler	Larwill IN	41	32:27.8
223	Sarah Kleinknight	Fort Wayne IN	63	32:30.6
224	Jason Kline	Wabash IN	28	32:36.0
225	Fred Hanna, Jr.	Fort Wayne IN	53	33:14.4
226	Nicole Fikes	Fort Wayne IN	33	33:31.5
227	Sarah Hayes	Fort Wayne IN	34	33:35.6
228	Jenny Maldonado	Fort Wayne IN	31	33:37.6
229	Kathleen Hilger	Columbia City	25	33:40.0
230	Stacy Lish	Fort Wayne IN	21	33:41.8
231	Mollie Carpenter	Fort Wayne IN	19	33:56.7
232	Troy Barton	Fort Wayne IN	40	33:58.4
233	Kris Howard	Fort Wayne IN	33	34:14.0
234	Debra Meuter	Fort Wayne IN	43	35:00.4
235	Carrie Boylan	Fort Wayne IN	30	35:05.7
236	Sheri Barton	Fort Wayne IN	36	35:07.1
237	April Lass	Fort Wayne IN	35	35:12.2
238	Sherry Nidlinger	Fort Wayne IN	56	35:16.3
239	Bernie Huesing	Fort Wayne IN	74	35:27.2
240	Greg Lass	Fort Wayne IN	36	35:39.5
241	Shauna Yost	Fort Wayne IN	35	35:41.9
242	Colleen Giuliani	Utica MI	34	36:09.4
243	Rosalie Hemly	Fort Wayne IN	55	36:12.3
244	Trevin Geiger	Churubusco IN	16	36:14.4
245	Sherrie Walker	Saint Joe IN	61	36:34.0
246	Abigail Harper	Fort Wayne IN	10	36:37.4
247	Nathaniel Thompson	Fort Wayne IN	40	37:52.8
248	Kalissa Blanchette	Fort Wayne IN	19	38:06.1
249	Gene Geiger	Churubusco IN	75	38:35.2
250	Shawn Johnson	Fort Wayne IN	41	38:38.6
251	Regina Blanchette	Fort Wayne IN	52	39:00.2
252	Margie Morris-Parker	Fort Wayne IN	48	39:11.6
253	Stephanie Houser	Fort Wayne IN	32	39:21.4
254	Betty Greider	Fort Wayne IN	46	40:27.9
255	Ruth Winker	Huntington IN	56	41:29.0
256	Starr Jojola	Bluffton IN	30	42:14.6
257	Marci O'Shaughnessey	Monroeville IN	46	42:16.1
258	Kelli O'Shaughnessey	Monroeville IN	21	42:57.1
259	Helen Ryan	Fort Wayne IN	55	42:58.7

260	Kenneth E Disler	Fort Wayne IN	84	43:47.1
261	Joy Brown	Bluffton IN	48	47:36.4
262	Robyn Bender	Van Wert OH	32	47:51.2
263	Kristen Herman	Fort Wayne IN	30	48:08.9
264	Jennifer Nestleroad	Antwerp OH	31	48:10.6
265	Charline Nestleroad	New Haven IN	60	48:11.8
266	Rose McLendon	New Haven IN	38	48:12.9
267	MacKenzie Cartwright	Fort Wayne IN	11	49:29.7
268	Carly Kitchen	Fort Wayne IN	11	50:41.7
269	Bef Saalfrank	Fort Wayne IN	57	50:42.9
270	Peg Mossing	Fort Wayne IN	54	50:52.9
271	Anna Jones	Fort Wayne IN	28	50:54.0
272	Rebecca Fruth	Fort Wayne IN	29	53:24.9
273	David Foote	Goshen IN	31	53:27.4
274	Lynette Foote	Goshen IN	37	55:40.8
275	David Gensheimer	Fort Wayne IN	48	55:43.8
276	Nancy Leinbach	Uniondale IN	56	58:58.7
277	Penny Leverman	Fort Wayne IN	58	01:34.0

IPFW Mastodon Kids Stomp

1 Mile Stomp Results Girls 7-9 years:

1. Grace Hess, 9 yrs.	10 th	8:19
2. Dana Rosswurm, 9 years	13 th	9:12
3. Emma Newhard, 7 yrs.	16 th	10:03
4. Meghan Underwood, 9 years	17 th	10:49

1 Mile Stomp Results Girls 10 - 12 years

1. Carlec Hearld, 12 yrs.	1 st	6:13
2. Alexis Shepherd, 10yrs.	2 nd	6:14
3. Tammy Munro, 12 yrs.	6 th	7:39
4. Kendra Stinson, 11yrs.	9 th	8:18
5. April Meuter, 12 yrs.	12 th	9:11
6. Leah Stinson, 11yrs.	18 th	11:07
7. Talor Bird, 10 yrs.	20 th	11:30

1 Mile Stomp Results Boys 7-9 years:

1. Donovan Geiger, 9 yrs.	8 th	7:54
2. Ashby Drummond, 8 yrs.	11 th	8:25
3. Andrew Fream, 9 yrs.	14 th	9:23
4. Gavin Keller, 9 yrs.	15 th	10:02
5. Nicholas Just, 7 yrs.	19 th	11:11
6. Noah Thompson, 7 yrs.	21 st	15:46

1 Mile Stomp Results Boys 10 - 12 years

1. Landon Underwood, 11yrs.	3 rd	6:48
2. Jack Godeke, 10 yrs.	4 th	7:20
3. Jereett Godeke, 10 yrs.	5 th	7:27
4. Justin Mitchell, 11yrs.	7 th	7:45

Warbird Brewing Company 10K				
May 19, 2007				
Place	Name	City	Age	Time
1	Mike Cole	Corunna IN	32	32:51:00
2	Heath Trampe	Fort Wayne IN	24	35:06:00
3	Joel Gentz	Fort Wayne IN	22	36:32:00
4	Michael Henry	Fort Wayne IN	43	37:08:00
5	Dan Biehl	Fort Wayne IN	43	37:15:00
6	Brad A Thomas	Fort Wayne IN	32	37:18:00
7	Jacki Wachtel	Tarpon Springs FL	27	37:23:00
8	Tim Freeman	Fort Wayne IN	39	37:42:00
9	Kyle Schmidt	Ossian IN	20	38:16:00
10	Brett Hess	Fort Wayne IN	41	38:20:00
11	Richard Burcham	Montpelier OH	53	38:59:00
12	Edward Fisk	Fort Wayne IN	28	39:17:00
13	Brad Altevogt	Fort Wayne IN	52	39:19:00
14	Raymond Bramble	Cicero IN	30	39:31:00
15	Mark Oshaughnessy	Fort Wayne IN	47	39:45:00
16	Chris Dove	Fort Wayne IN	35	39:48:00
17	Jeff Shoemaker	Fort Wayne IN	38	39:52:00
18	Steve Leffers	Fort Wayne IN	46	40:15:00
19	Dameon Rinehold	Fort Wayne IN	32	40:17:00
20	Brad Hess	Fort Wayne IN	14	40:19:00
21	Jim Kruse	Fort Wayne IN	38	40:33:00
22	Matt Hall	Fort Wayne IN	35	40:37:00
23	Darlene Barton	Avilla IN	32	41:00:00
24	John Silcox	Fort Wayne IN	31	41:54:00
25	Alex Hess	Fort Wayne IN	12	41:56:00
26	Sean Rhodes	Warsaw IN	39	42:02:00
27	David Friend	Fort Wayne IN	22	42:27:00
28	Damon Clements	Crawfordsville IN	50	42:29:00
29	Chris Kaufman	Fort Wayne IN	30	42:31:00
30	Chuck Brown	Bluffton IN	51	42:44:00
31	Eric Merrill	Huntington IN	36	42:47:00
32	Ed P Reinhard	Poneio IN	49	42:52:00
33	Wayne Gregory	Fort Wayne IN	36	42:54:00
34	Gordon Pleus	Fort Wayne IN	60	42:59:00
35	Clint Anderson	Bluffton IN	34	43:10:00
36	Kyle Velasco	Berne IN	43	43:12:00
37	Nate Smith	Anderson IN	29	43:29:00
38	Jeff Motter	Lima OH	47	43:32:00
39	Matt Scott	Warsaw IN	38	43:36:00
40	Neil Tate	North Manchester	55	43:47:00
41	David Boyer	Fort Wayne IN	19	43:50:00
42	Malcom Jones	Roanoke IN	32	44:04:00
43	Justin Hearld	Columbia City IN	16	44:06:00
44	Tony Quandt	New Haven IN	25	44:14:00
45	Evan Hyndman	Fort Wayne IN	26	44:16:00
46	Chad Keener	Churubusco IN	38	44:23:00
47	Tony Yoakum	Fort Wayne IN	39	44:28:00
48	Max Silcox	Roanoke IN	12	44:40:00
49	Tony Cronk	Fort Wayne IN	35	44:44:00
50	Bob Bruckner	Fort Wayne IN	61	44:47:00
51	Nick Novosel	Fort Wayne IN	21	45:09:00
52	Charlie Schortgen	Churubusco IN	48	45:17:00

53	Lars Kuelling	Fort Wayne IN	36	45:23:00
54	Thomas J Felts	Fort Wayne IN	52	45:31:00
55	Paula Henry	Fort Wayne IN	37	45:39:00
56	Tom Hare	Fort Wayne IN	32	45:42:00
57	Julie McNulty	Fort Wayne IN	41	45:49:00
58	Doug Ulmer	Leo IN	52	45:50:00
59	James Ewing	Fort Wayne IN	34	45:53:00
60	Wendy Kilbourne	Fort Wayne IN	30	45:58:00
61	Bill Moord	New Haven IN	53	46:03:00
62	Kerry Blanchette	Fort Wayne IN	53	46:09:00
63	Darrin Dolchanty	Richmond IN	43	46:12:00
64	Frank Ordaz	Fort Wayne IN	53	46:21:00
65	Richard Taylor	Fort Wayne IN	48	46:24:00
66	Bob Kowalski	Huntington IN	49	46:26:00
67	Kyle Elsworth	Fort Wayne IN	27	46:28:00
68	Eric Easterday	Spencerville IN	50	46:32:00
69	Hank Moore	Goshen IN	30	46:35:00
70	Bob Jacobs	Westfield IN	34	46:38:00
71	Jared Newhard	Fort Wayne IN	34	46:40:00
72	Rustin Dyer	South Bend IN	27	46:41:00
73	Jerry Rex	Waynesfield OH	56	46:42:00
74	Loukas Tsagalas	Mishawaka IN	28	46:45:00
75	Janet Souder	Fort Wayne IN	27	46:49:00
76	James Cronin	Fort Wayne IN	48	46:50:00
77	Rick Grieze	Fort Wayne IN	43	46:51:00
78	Robert Trgovich	Fort Wayne IN	52	46:55:00
79	Kiley Knoblauch	Woodburn IN	31	47:00:00
80	Tim Maxson	Fort Wayne IN	35	47:05:00
81	Tom Wuest	Fort Wayne IN	43	47:08:00
82	Craig Bobay	Fort Wayne IN	50	47:13:00
83	Robert Milton	Bluffton IN	61	47:19:00
84	Bob Wennemar	Fort Wayne IN	32	47:22:00
85	Joe Donnell	Fort Wayne IN	47	47:28:00
86	David Geiger	Churubusco IN	46	47:36:00
87	Tom Batterbee	Fort Wayne IN	37	47:44:00
88	Steve Samons	Fort Wayne IN	28	47:57:00
89	Ty Sloffer	Indianapolis IN	32	47:58:00
90	Dan Kaufman	Fort Wayne IN	56	47:59:00
91	Jj Waller	New Port Richey FL	24	48:00:00
92	Chris Kumfer	Fort Wayne IN	22	48:02:00
93	Courtney Wennemar	Fort Wayne IN	31	48:04:00
94	Erin Brady	Fort Wayne IN	35	48:16:00
95	Jim Thill	Fort Wayne IN	46	48:31:00
96	Dorthea Ruhl	Angola IN	47	48:33:00
97	Ben Carr	Fort Wayne IN	26	48:38:00
98	Andrea Kropf	Roanoke IN	34	48:50:00
99	Michael Overdahl	Fort Wayne IN	47	48:53:00
100	Sheryle Braaten	Hoagland IN	47	48:56:00
101	James E Bushey	Fort Wayne IN	49	48:58:00
102	Doug Breeden	Roanoke IN	51	49:01:00
103	Mark Carrico	Fort Wayne IN	37	49:05:00
104	Angie Amorini	Fort Wayne IN	31	49:07:00
105	Leonard Stango	Fort Wayne IN	39	49:08:00
106	Gail Gerber	New Haven IN	43	49:11:00
107	Teresa Dyer	Harlan IN	33	49:29:00
108	Michael Variell	Convoy OH	50	49:35:00

109	Marquis Garwood	Huntington IN	28	49:46:00
110	Matthew Etzler	Fort Wayne IN	22	49:48:00
111	Sam Edwards	Fort Wayne IN	10	49:57:00
112	David M Graney	Fort Wayne IN	47	50:26:00
113	John Serak	Avon IN	24	50:27:00
114	Steve Hendricks	Marion IN	36	50:30:00
115	Monica French	Fort Wayne IN	29	50:33:00
116	Ron Zartman	Fort Wayne IN	50	50:40:00
117	Frank Herkenroder	Elkhart IN	47	50:51:00
118	Andy Scott	Leesburg IN	37	50:56:00
119	Emily Moore	Goshen IN	28	50:58:00
120	Jennifer Scherer	Warsaw IN	19	51:01:00
121	Stephen M Hilker	Fort Wayne IN	51	51:04:00
122	Mark Lazzar	Ft Wayne IN	49	51:07:00
123	Kara Gongwer	Fort Wayne IN	33	51:15:00
124	Carlee Hearld	Larwill IN	12	51:22:00
125	Mickey Leadingham	Leo IN	41	51:29:00
126	Cari Hardin	Fort Wayne IN	36	51:35:00
127	Russel Stephens	Fort Wayne IN	49	51:38:00
128	Tori Forbes	South Bend IN	27	51:40:00
129	Andrew Forbes	South Bend IN	25	51:42:00
130	Susie Motter	Lima OH	43	51:45:00
131	John David McPherson	Fort Wayne IN	54	51:47:00
132	Jan Himmelein	Fort Wayne IN	48	51:57:00
133	Tom Dwire	Fort Wayne IN	49	52:07:00
134	Aaron Springer	Fort Wayne IN	27	52:09:00
135	Tom Hutmacher	Portage IN	59	52:11:00
136	Josh Kumfer	Fort Wayne IN	27	52:12:00
137	Salvador Soto	Fort Wayne IN	32	52:13:00
138	Bob Michel	Fort Wayne IN	59	52:14:00
139	Leah Dwire	Fort Wayne IN	22	52:15:00
140	Chuck Geswein	Warsaw IN	47	52:20:00
141	Leslie Ferguson	Fort Wayne IN	38	52:22:00
142	Nick Rich	Fort Wayne IN	29	52:24:00
143	Jeff Johanningsmeier	Fort Wayne IN	28	52:26:00
144	Kathryn Sullivan	Fort Wayne IN	22	52:28:00
145	Payton Lill	Fort Wayne IN	13	52:33:00
146	Kevin Gerber	New Haven IN	41	52:35:00
147	Steven Jacobs	Fort Wayne IN	60	52:38:00
148	Justin Craker	Fort Wayne IN	28	52:42:00
149	Matthew Troyer	Fort Wayne IN	33	52:49:00
150	Alyson Knoblauch	Harlan IN	14	52:49:00
151	Regina Hare	Fort Wayne IN	31	52:55:00
152	David Craker	Fort Wayne IN	42	52:57:00
153	Dennis Lombard	Tucson AZ	60	53:01:00
154	Derrick Smith	Fort Wayne IN	46	53:03:00
155	Anthony Lanzino	Chicago IL	33	53:04:00
156	R Scott Lawson	Fort Wayne IN	38	53:06:00
157	Whitney Heilmeyer	Fort Wayne IN	27	53:07:00
158	J. Stephen Bennett	Fort Wayne IN	37	53:10:00
159	Mark Diamond	Marion IN	41	53:12:00
160	Shawne Batterbee	Fort Wayne IN	38	53:15:00
161	Randy Jenkins	Fort Wayne IN	51	53:24:00
162	Jenny Robinson	Fort Wayne IN	26	53:28:00
163	David Korte	Fort Wayne IN	43	53:31:00
164	Paul Campbell	Fort Wayne IN	46	53:35:00

165	Sarah Doerffler	Fort Wayne IN	12	53:37:00
166	Ray Montague	Oregon OH	58	53:44:00
167	Cheri Bearman	Hoagland IN	50	53:50:00
168	Jennifer Dillon	Fort Wayne IN	35	53:52:00
169	Johnny Fortman	Columbia City IN	26	53:57:00
170	Marilyn S Bradford	Warren IN	44	54:07:00
171	Hollie Saalfrank	New Haven IN	23	54:38:00
172	Lonnie Crump	Decatur IN	40	54:41:00
173	Robert Bertrand	Lima OH	64	54:45:00
174	Ken Brooks	Churubusco IN	51	54:49:00
175	Jeff Davis	Fort Wayne IN	31	54:52:00
176	Timothy Ryan	Fort Wayne IN	51	54:54:00
177	Sandy Junk	Fort Wayne IN	33	54:55:00
178	Karen Wylie	Fort Wayne IN	27	54:56:00
179	Paul Stephens	Ft Wayne IN	43	54:58:00
180	Lori Hesse	Fort Wayne IN	25	54:59:00
181	Dawn Henderson-Davis	Fort Wayne IN	30	55:00:00
182	Nicole Hunt	Fort Wayne IN	35	55:03:00
183	Susan Bandor	Fort Wayne IN	45	55:04:00
184	Ed Walter	Columbia City IN	40	55:22:00
185	Sheldon Landgrave	Fort Wayne IN	46	55:24:00
186	Jim Platzer	Fort Wayne IN	52	55:27:00
187	Alec Coil	Harlan IN	29	55:29:00
188	Katie Purdy	North Manchester	21	55:37:00
189	Andrew Kaminski	Fort Wayne IN	23	55:40:00
190	Jennifer Henderson	Toledo OH	35	55:43:00
191	James Bage	Fort Wayne IN	42	55:45:00
192	Timothy Hearld	Larwill IN	36	55:48:00
193	Donna Doerffler	Fort Wayne IN	40	55:50:00
194	Michael Difilippantoni	Fort Wayne IN	51	56:06:00
195	Dan Barnes	Fort Wayne IN	57	56:09:00
196	Adam Wylie	Fort Wayne IN	30	56:13:00
197	Mike Krucina	Fort Wayne IN	36	56:14:00
198	Mark McCormick	Fort Wayne IN	37	56:28:00
199	Steve Edmiston	New Haven IN	48	56:31:00
200	Barb Scrogam	Fort Wayne IN	60	56:33:00
201	Candace Birkey	Fort Wayne IN	24	56:45:00
202	Jason Lesh	Bluffton IN	28	56:49:00
203	Jan Halter	Leo IN	50	56:53:00
204	Paula Langeloh	Columbia City IN	39	56:54:00
205	Scott Aldrich	Auburn IN	37	56:57:00
206	Mark Thomas	Fort Wayne IN	33	57:10:00
207	Sonny Strack	Fort Wayne IN	49	57:17:00
208	Jessica Tate	Columbia City IN	31	57:20:00
209	Zack Spieth	Fort Wayne IN	28	57:25:00
210	Paul Eggelston	Fort Wayne IN	51	57:33:00
211	Kathleen Palyo	Fort Wayne IN	52	57:35:00
212	Caylie Cappelli	Fort Wayne IN	23	57:37:00
213	Jason Blume	Avilla IN	25	57:40:00
214	Bill Schubert	Fort Wayne IN	32	57:42:00
215	Deana Gonyon	Elkhart IN	39	57:43:00
216	Andrew Badowski	Fort Wayne IN	36	57:45:00
217	Keli Hankee	Roanoke IN	34	57:47:00
218	Melissa Johnson	Albion IN	26	57:54:00
219	Randy Hammond	Fort Wayne IN	51	58:17:00
220	Mark Thoma	Fort Wayne IN	48	58:19:00

221	Jung Lee	Fort Wayne IN	30	58:21:00
222	Lynnie Schlemmer	Auburn IN	45	58:37:00
223	Alan Hernly	Fort Wayne IN	55	58:40:00
224	Stan Ziherl	Fort Wayne IN	51	58:43:00
225	Greta Graebner	New Haven IN	40	58:45:00
226	Lynne Lombard	Tucson AZ	51	58:49:00
227	Angie Schubert	Fort Wayne IN	28	58:53:00
228	Melissa Shuman	Huntington IN	40	59:05:00
229	Michael Wolfe	Fort Wayne IN	37	59:07:00
230	David Kuker		30	59:09:00
231	Patrick Kahle	Fort Wayne IN	43	59:26:00
232	Susan Sims	Fort Wayne IN	50	59:29:00
233	Tricia Audet	Boulder CO	50	59:31:00
234	Erin Goheen	Fort Wayne IN	19	59:34:00
235	John Lantz	Avilla IN	53	59:38:00
236	Jessica Hanna	Fort Wayne IN	25	59:43:00
237	Janna Knisely	Claypool IN	23	59:44:00
238	Heath Simcoe	Fort Wayne IN	27	59:46:00
239	Tony Ashley	Fort Wayne IN	47	59:49:00
240	Grant Louvier	Fort Wayne IN	25	1:00:37
241	Timothy Goheen	Fort Wayne IN	42	1:00:41
242	Scott Ingram	Churubusco IN	45	1:00:41
243	Dana Budd	Fort Wayne IN	52	1:00:44
244	Sean Gumin	Fort Wayne IN	35	1:00:59
245	Marcus Louden	Woodburn IN	26	1:01:17
246	Jeri Rusk	Fort Wayne IN	32	1:01:20
247	Tracy Dolsen	Fort Wayne IN	35	1:01:22
248	Noel Hupp	Fort Wayne IN	68	1:01:40
249	Julie Bossard	Monroeville IN	47	1:01:46
250	Kelly Sparks	Fort Wayne IN	30	1:01:49
251	Stephanie Maxson	Fort Wayne IN	35	1:01:54
252	Connie Gordon	Churubusco IN	44	1:01:57
253	Amy Shuman	Indianapolis IN	40	1:02:07
254	Susan Imler	Fort Wayne IN	41	1:02:20
255	Rachele Lord	Fort Wayne IN	38	1:02:25
256	Phil Lord	Fort Wayne IN	38	1:02:28
257	Stacy Mathys	Ft Wayne IN	31	1:02:31
258	Jill M Clontz	Bluffton IN	46	1:02:34
259	Ginger Farnow	Roanoke IN	34	1:02:37
260	Mick Wendt	Fort Wayne IN	43	1:02:39
261	Lynn McCormick	Fort Wayne IN	40	1:02:43
262	Scott Everson	Yoder IN	45	1:03:46
263	William Dinger	Fort Wayne IN	52	1:04:17
264	Colleen Winters	Fort Wayne IN	29	1:04:19
265	Mike Donlan	Fort Wayne IN	57	1:04:21
266	Craig Dyer	Harlan IN	34	1:05:14
267	Alicia Nedrow	Fort Wayne IN	26	1:05:36
268	Edward Gebhart	Albion IN	69	1:06:00
269	Mark Dinius	Huntington IN	40	1:06:12
270	Rochelle Feldheiser	Roanoke IN	35	1:06:30
271	Connie Murray	Fort Wayne IN	49	1:06:38
272	Nicole Beier	Fort Wayne IN	19	1:06:43
273	Bernie Beier	Fort Wayne IN	44	1:06:46
274	Donald Lindley	Fort Wayne IN	63	1:07:03
275	Andrea Moll	Harlan IN	27	1:07:16
276	Terra Schmidt	Harlan IN	35	1:07:19

277	Anne McNamey	Leo IN	34	1:07:51
278	Jenni Eizler	Fort Wayne IN	56	1:08:00
279	Chad Mollema	Leo IN	35	1:09:20
280	Kent Hormann	Fort Wayne IN	53	1:09:24
281	Misty Wallin	Fort Wayne IN	28	1:09:27
282	Kerri Hamilton	Fort Wayne IN	39	1:09:29
283	Andrew Potts	New Haven IN	28	1:09:39
284	James Bell	Fort Wayne IN	31	1:09:39
285	Cathy Strack	Fort Wayne IN	45	1:09:43
286	Tiffany Biehl	Fort Wayne IN	21	1:10:18
287	Tara Biehl	Fort Wayne IN	14	1:10:20
288	Carrie Boylan	Fort Wayne IN	30	1:10:56
289	Fred Hannan, Jr.	Fort Wayne IN	53	1:11:28
290	Jennifer Neher	Fort Wayne IN	26	1:11:36
291	Stefani Johnston	Fort Wayne IN	38	1:11:42
292	Bridget Clements	Fort Wayne IN	34	1:13:32
293	Deb Barnes	Fort Wayne IN	53	1:16:20
294	Kalissa Blanchette	Fort Wayne IN	19	1:16:58
295	Andrew Baltus	Fort Wayne IN	27	1:17:47
296	Bernie Huesing	Fort Wayne IN	74	1:19:04
297	Regina Blanchette	Fort Wayne IN	52	1:19:31
298	Carole Shuman	Huntington IN	55	1:28:42
299	Kenneth E Disler	Fort Wayne IN	84	1:40:25

Running/Training Groups in Fort Wayne

Saturdays:

YMCA Downtown - 7AM - group leaves at 7AM

Usually 8-12 miles with 10-30 people - All levels welcome

Contact: Steve Hilker - smhilker@verizon.net

PR Training -

We do out long runs/walks on Saturdays, and is open to anyone who would like to join us. Check

www.myprtraining.com for time/location. Many runners/walkers are training for a fall marathon or half marathon. 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. Anyone is welcome to join our Saturday run/walk group. Speed workouts begin June 4th and continue until September 18th at 7 PM. They are held at Summit Middle School. See race calendar and insert for more information.

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 dswc456204@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.fortwaynebornforrun.ning.com.

Achilles Track Club-

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

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@itt.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.



Happy Birthday!



Michael	McManus	6	-	1
Anne	Schenkel	6	-	1
John	Peterson	6	-	2
Conrad	Satala	6	-	4
Denise	Conrad	6	-	6
Beth	Niner	6	-	7
Kim	Milleman	6	-	9
Lesie	Rice	6	-	9
Jack	Ade	6	-	11
Jared	Newhard	6	-	11
Judy	White	6	-	13
Yolanda	Stinchcomb	6	-	14
Dennis	Klopfenstein	6	-	15
Jon	Beasley	6	-	16
Michael	Page	6	-	16
Ian	Stoppenhagen	6	-	16
Philip	Kelley	6	-	18
Dawn	Mabry	6	-	19
Dorace	Smith	6	-	19
Don	Anderson	6	-	20
Lisa	House	6	-	20
Cynthia	Sabrack	6	-	21
Steve	Webb	6	-	21
Mark	Waldron	6	-	22
Sam	Edwards	6	-	23

John	Bradley	6	-	24
James P	Jones	6	-	26
Joseph	Nayarkas	6	-	26
Steve	Adkison	6	-	27
Charles	Parker	6	-	29
Doug	Sundling	6	-	30
Carol	Herndon	7	-	1
Lynn E	Armstrong	7	-	3
Bob	Nicholson	7	-	4
Katrina	Loucks	7	-	5
Sarah	Kleinknight	7	-	6
Margie	Morris-Parker	7	-	6
Troy	McArthy	7	-	7
Kirby	Moss	7	-	8
Dick	Sive	7	-	10
Beverly	Metzger	7	-	11
Grace	Gillie	7	-	13
Logan	House	7	-	13
Bernie	Burgette	7	-	14
Dewain	Cobbs	7	-	15
Samantha	Lee	7	-	16
Quinn	Farver	7	-	17
Linda	Anderson	7	-	18
Deanie	Bright-Johnson	7	-	18
Billy	McManus	7	-	18

Eric	Ware	7	-	19
Jeff	Gray	7	-	20
Timothy	Ryan	7	-	20
Mike	Slaubaugh	7	-	20
Nancy	Simmonds	7	-	21
Aaron	Ware	7	-	21
Rick	Hammer	7	-	22
Marie	Osborn	7	-	22
Chris	Schenkel	7	-	22
Chuck	Zumbrun	7	-	22
Regina	Blanchette	7	-	25
Kelly D	Clevenger	7	-	25
Carl A	Risch	7	-	26
Tony	Yoakum	7	-	26
Joe	Kuhn	7	-	27
Anne M	Karr	7	-	28
Len	Piropato	7	-	28
Eva	Sagan	7	-	28
Dean A	Slavens	7	-	29
Carla	Logan	7	-	30
Michael	McAvoy	7	-	30
Michael	Wolfe	7	-	30
Terry	Anderson	7	-	31
Cendra	Deardorf	7	-	31
Allyson	Logan	7	-	31
Michael	Yann	7	-	31

Upcoming Races

Jun 02,2007 4pm Sat	R	<p>Peony Festival 5K Run/Walk - 5K Northwest Ohio Screenprinting, 1112 S Washington St, Van Wert, OH <i>Contact:</i> Mike Variell, 1404 Mentzer Rd. Convoy, OH 45832, 419-238-3621 <i>Info/Fees:</i> Pre-\$10(t-shirt), Race Day-\$12. Awards; Top Overall and Masters Male&Female. 14 age groups awards. <i>Email:</i> none <i>Web site:</i> None</p>
Jun 02,2007 8:00 am Sat.	L	<p>Tinkham's 5K Trail Run / Walk / Pancake & Sausage Breakfast - 5K Camp Whitley, 4305 W. Camp Whitley Rd., Columbia City, IN <i>Contact:</i> Brian Bills or Paula Langeloh, 260-248-2930 or 260-609-3576 <i>Info/Fees:</i> ** FUNDRAISER for Camp Whitley ** Registration 7:00 - 7:45 a.m. Awards Top Male and Female. Top 3 in each age group. Entry Fee: \$20, includes t-shirt and pancake/sausage breakfast. To ensure appropriate t-shirt size, please mail entry form by May 18, 2006. After May 18th, t-shirts will be given until we run out. <i>Email:</i> bbills@hoosierlink.net <i>Web site:</i> http://campwhitley.com/</p>
Jun 02,2007 8:15 a.m.	R	<p>Monroe Lions Club 5K Run/Walk - 5K Adams Co. 4-H Fairgrounds, Monroe, IN <i>Contact:</i> Carol Bowers, 2168 S 300 E, Monroe, IN 46772, 260 692-6819 <i>Info/Fees:</i> \$15 for pre-registration received by May 25; \$18 after May 25 and race day. Plaques awarded to first place runners in each division; ribbons to second thru fifth <i>Email:</i> cbowers@usppp.com</p>
Jun 02,2007 8am Sat		<p>33rd Annual God's Country Marathon - 26 Miles and 385 yds 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</p>
Jun 02,2007 6am Sat	R	<p>2007 Sunburst Marathon - Mar,Half Mar, 10K, 5K, & Walk Notre Dame 50 yard Line, South Bend, IN <i>Contact:</i> Molly Sullivan, 574-647-3394 <i>Email:</i> msullivan@memorialsb.org <i>Web site:</i> http://www.sunbursttraces.org</p>
Jun 02,2007 8am Sat		<p>3rd Annual Another Dam 50K Run - 50K Trail Run Englewood MetroPark, Englewood, OH <i>Contact:</i> Frank Fenton <i>Info/Fees:</i> \$15-Pre-No Shirt; \$20-Pre-W/Shirt; \$30-Race Day <i>Email:</i> frankfenton@excite.com <i>Web site:</i> http://www.fmfhome.com/ad50k/</p>
Jun 02,2007 7pmSat		<p>Outrun the Sun - 5K Run/Walk Indiana War Memorial, Downtown, Indianapolis, IN <i>Contact:</i> Dan Carr, Tuxedo Bros, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com</p>
Jun 03,2007 7:30am Sun		<p>Run for the Cops! - 6 Mile Trails Swallow Cliff Forest Preserve in Cook County, Chicago, IL <i>Contact:</i> Human Race Sports, 16525 W 159th St, Ste 224, Lockport, IL 60441, 708-349-4724 <i>Info/Fees:</i> \$45 - Race Day, Inaugural event. Technical/Moisture wicking t-shirts to the first 500 entrants. 6 miles trail near the toboggan slides, making it one of the hilliest and most scenic courses in Chicago. <i>Email:</i> info@hrsevents.com <i>Web site:</i> http://www.hrsevents.com</p>

Jun 09,2007 9am Sat	R	Auglaize Township Historical Society 5K Run/Walk - 5K & 1K Fun Run(Child 12& Under) Veterans Memorial Park, Harrod, OH <i>Contact:</i> Roberta Brewer, PO Box 302, Harrod, OH 45850, 419-648-2701 <i>Info/Fees:</i> Pre-\$12, Race Day-\$15, 1K children's run begins at 8:30am. Door prizes, Awards to the top three overall men and women, and top three Master men and women. Medals to the top three men in all 13 age groups. <i>Email:</i> none
Jun 09,2007	L	Three Rivers Strollers - Volksmarch 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 8:05am Sat	R	10th Annual Strawberry Stomp - 5K Run & 1 mile fun Run Downtown Wabash, IN --- Start & Finish at the corner of Wabash & Canal Street, Wabash, IN <i>Contact:</i> Julie Echard, 275 W.Market Street, Wabash, IN 46992, 260-563-9622 <i>Info/Fees:</i> \$13-Pre, \$15-Race Day, Fun Run(7:45am)- Free to kids 12& Under, First 100 entrants will receive a race t-shirt. Wabash County YMCA - information - 260-563-1917. <i>Email:</i> jechard@wabashcountymca.org
Jun 09,2007 9am Sat	R	The Inaugural Couger Pride 5K Race - 5K & 1 Mile 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 09,2007 8am Sat		Norris Insurance 4 Mile Run & 3 Mile Walk Greentown, IN <i>Contact:</i> John Norris, Norris Ins Co, PO Box 157, Amboy, IN 46911, 765-395-7761 <i>Email:</i> none
Jun 09,2007 9am Sat	R	Health and Wellness 5K - 5K Run/Walk KCH Center, Warsaw, IN <i>Contact:</i> Kyle Pitt, KCH Center, 1500 Provident Dr, Warsaw, IN 46580, 574-372-7890 <i>Info/Fees:</i> \$12-pre,\$15 - race day <i>Email:</i> kpitt@kch.com
Jun 09,2007 9:00AM	R	Eighth Annual Hubbard Company Apache Run 5K and Alex's One Mile Fun Run - 5K and One Mile Fairview Elementary (14060 Blosser Road), Sherwood, OH <i>Contact:</i> Curt Foust, 913 South Becch Street, Bryan, OH 43506, (419) 636-0542 <i>Info/Fees:</i> Entry form with more information at toledoroadrunners.org under event schedule and online registration at signmeup.com/site/reg/register.aspx?fid=372VHK7 ONLY 1 HOUR FROM FT 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	Lake Mingo Trail Run - 7.1 Miles Trails 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 9 AM/Saturday	R	Whitley County YMCA Fun Run/Walk to fight cancer - 5K Indian Springs Middle School - Cross Country Trail, Columbia City, IN <i>Contact:</i> Gina Strack, 321 N. 150 E. - Columbia City, IN 46725, 260-244-4922 <i>Info/Fees:</i> \$15.00 pre-registration by June 3, includes t-shirt. \$20.00 on race day (shirts, while supplies last). All registered participants will be entered into a raffle. Current prizes include a YMCA of Greater Ft. Wayne, membership. 2 YMCA program certificates. 1 YMCA personal training session. 1 hour massage from Whitley Chiropractic. Movie passes to Columbia City's Bones Theatre. Golf passes to Eel River Golf Course. <i>Email:</i> gstrack77@earthlink.net

Jun 10,2007 8:30am Sun		Indiana Downs Triathlon Series(Little Downs) - 1/4m Swim/14m Bike/3m Run Indiana Downs Track, Shelbyville, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 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 15,2007 Fri/Sat/Sun		18th Annual 2007 Mohican Trail 100 - 100 miles Mohican State Park, Loudenville, OH <i>Contact:</i> Volunteers needed for 5m,10m,51m,90m aid stations., Don Lindley, Don(260)(432-5998)or 436-2234 <i>Info/Fees:</i> Fri Nite Free Pasta Dinner for volunteers <i>Email:</i> lindleyd44@verizon.net <i>Web site:</i> http://www.fwtc.org
Jun 15,2007 6:30PM Friday Evening	R	Fairview Cross Country Open - 5K Fairview Elementary School (14060 Blosser Road), Sherwood, OH <i>Contact:</i> Curt Foust, 913 South Beech Street, (419) 636-0542 <i>Info/Fees:</i> Entry form at toledoroadrunners.org (click on event schedule). Online registration at sigmeup.com/site/reg/register.aspx?fid=2M2VHK7 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 16,2007 7am Sat		2nd Annual Hawthorn Half Day - 12-Hour Trail Run Hawthorn Park, Terre Haute, IN <i>Contact:</i> Jeff Andrew, 812-249-0643 <i>Info/Fees:</i> \$60-Pre; \$70-after April 1st. <i>Email:</i> jeffandrew916@yahoo.com <i>Web site:</i> http://www.hawthornhalfdayrelay.com
Jun 16,2007 8:30am Sat		Potatoe Creek Festival 5K Spud Run - 5K, 1M Fun Run(8am) North Liberty Community Bldg, 300 South Main/Wabash, North Liberty, IN <i>Contact:</i> Kent VanDyne, 574-586-2496 <i>Info/Fees:</i> \$18-OnLine, \$20-by mail, \$25-Race day. Proceeds benefits MDA <i>Email:</i> spudrun5k@yahoo.com <i>Web site:</i> http://www.coolrunning.com
Jun 17,2007 8am Sun	L	Run 4 Trails - 5K Trail Run Metca 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
Jun 23,2007 6:00 pm Sat		28th Buzzards' Roost - 10K & Fun Run Hamilton Hgts Middle School, Arcadia, IN <i>Contact:</i> Evan Achenbach, 27435 Crooked Creek Rd, Atlanta, IN 46031, 317-984-3019 <i>Email:</i> achen@nctusa1.net
Jun 23,2007 8am Sat	L	Race for Grace 5K Run - 5K Calvary Presbyterian Church, 7th & Spencer Streets, Logansport, IN <i>Contact:</i> , 574-753-0505 <i>Email:</i> none
Jun 23,2007 8m Sat	R	Indiana Sprint Triathlon Series - 500M Swim, 10M Bike, 3M Run Eagle Creek Park, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com

Jun 23,2007 8:00 AM	R	7th Annual Courthouse Classic 5K - 5K and 1 mile fun run. State road 9 in the center of town at the courthouse., LaGrange, IN <i>Contact:</i> Gary Grogg, 1195E 250N LaGrange, In 46761, 260-336-4460 <i>Info/Fees:</i> This is benefit run for Lakeland running programs. 5K entry fee is \$12 prior to June 18th and \$15 after, 1 mile fun run is \$8. The 5K is run first. Our race gives out the best "goodie bag" around and over 75 awards. <i>Email:</i> connier@mchsi.com
Jun 23,2007 8:00AM	L	Family Fun 5K Run/Walk Classic - 5K 310N.Main YMCA, Auburn, IN <i>Contact:</i> Lynn Shonka, 310 North Main St,Auburn,IN 46706, 260-925-9622 <i>Info/Fees:</i> Age Groups:14 and under, 15-19, ten years, men & women Pre-registered receive T-shirt Pre-register by June 5th \$15.00 pre-registered, \$20.00 day of race Kids 12 & under free with registered parent <i>Email:</i> shonka@ymcadekalb.org <i>Web site:</i> http://www.ymcadekalb.org
Jun 23,2007 8am Sat		Fishers Freedom Festival - 5K Run/Walk, 2M Family Fun Walk Roy Holland Park, Fishers, IN <i>Contact:</i> , 317-595-3195 <i>Info/Fees:</i> Benefits Roy Holland Backpacks for Kids Program <i>Email:</i> www.fishersfreedomfestival.org <i>Web site:</i> http://www.fishersfreedomfestival.org
Jun 23,2007 9am Sat	R	Twin Sisters Trail Run - 6 Mile Run Westwood Park, New Castle, IN <i>Contact:</i> Christine Casteel, 1033 W Fair Oaks Rd, New Castle, IN 47362-9684, 765-987-8414 <i>Info/Fees:</i> \$17-Pre; \$20- Race Day, Portions of proceeds trust account Brooks Memorial Fund <i>Email:</i> none
Jun 30,2007 9 AM DST (Ohio)	R	Spencerville Canal Stop 4 Mile Run - 4 Miles, 1 mile Spencer Township Park, Spencerville, OH <i>Contact:</i> Brian McMichael, 221 Michael Street, Spencerville OH 45887, 419-647-6433 <i>Info/Fees:</i> By 6/25 \$12 w/shirt, \$8 w/o; after6/25: \$15 w/shirt, \$10 w/o. \$1 for 1 mile run at 8:30 AM. Awards top 3 OA and in 13 age groups. Door prizes include two \$100 gift certificates. Located 15 miles west of Lima, OH. <i>Email:</i> bcmspen@hotmail.com <i>Web site:</i> http://www.geocities.com/canalstop4mile
Jun 30,2007 8am Sat		Haynes-Apperson 4 Mile Run & 3 Mile Walk Memorial Gymnasium, Central Middle School, Kokomo, IN <i>Contact:</i> Mark Shorter, 2936 Congress Dr, Kokomo, IN 46902, 765-455-2283 <i>Email:</i> mark@ckrr.us
Jun 30,2007 8:00AM	R	Sixth Annual Sole to Soul 5K Run/Walk - 5K Run/Walk Bryan Recreation Park, Bryan, OH <i>Contact:</i> Curt Foust, 913 South Beech Street, Bryan, OH 43506, (419) 636-0542 <i>Info/Fees:</i> All proceeds go to help with the medical expenses of Mike "Main" Wagner, who has ALS (Lou Gehrig's Disease). Race starts by the Imagination Station and tennis courts. Pre-registration is \$10.00 and race day registration is \$12.00. <i>Email:</i> cdfoust@hotmail.com <i>Web site:</i> http://www.defiancecountyrunner.com/soletosoul5kentryform2007.html
Jun 30,2007 8am Sat	R	Winona Lake Park Dept Firecracker 5K - 5K Run/Walk Winona Lake Park, Winona Lake, IN <i>Contact:</i> Winona Lake Park Dep, PO Box 338, Winona Lake, IN 46590, 574-267-2310 <i>Info/Fees:</i> \$15-pre, \$20 race day <i>Email:</i> winonapark@kconline.com <i>Web site:</i> http://www.winonlake.net
Jul 04,2007 7:30am Wed	L	Firecracker 4 Mile Run & Fitness Walk - 4 Miles Franke Park, Pavilion #1, Fort Wayne, IN <i>Contact:</i> Mac McAvoy, 131 Ridgeview Place Bluffton, IN 46714, 260-450-1071 <i>Info/Fees:</i> \$12 by 6/30/06, \$15 after. \$10 for all walkers. <i>Email:</i> clanmac@adamswells.com

Jul 04,2007 8:30am Wed	R	Coldwater Independence Day 5K - 5K Heritage Park, Coldwater, MI <i>Contact:</i> Deb Zakrzewski, 517-639-4370 <i>Info/Fees:</i> \$12-Pre, \$15-Race Day <i>Email:</i> www.fwtc.org
Jul 04,2007 8am Wed		CarmelFest Freedom Run - 4M Run/Walk Carmel High School, Carmel, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Jul 04,2007 8:30am Wed		Chesterfield Optimist Run - 10K & 5K Millcreek Civic Center, State Road 32, Chesterfield, IN <i>Contact:</i> Ben Flesher, 765-649-8714 <i>Email:</i> bbflesher@hotmail.com
Jul 07,2007 7:30am Sat	R	Lapel Village Fair CdLS 5K - Runners 5K Run/ Walkers 5K Woodward Park, Lapel, IN <i>Contact:</i> Scott & Tammy Hersberger, 765-534-3754 <i>Email:</i> shersberger@iquest.com <i>Web site:</i> http://www.andersonroadrunners.org
Jul 07,2007 8:30am Sat		Alcatraz Triathlon (New) - 1/4m Swim/14m Bike/3m Run Morse Park, Noblesville, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Jul 07,2007 6:30am Sat		Rattlesnake Trail 50K - 50K Trail Run Charleston, WV <i>Contact:</i> Dennis Hamrick, 304-344-8342 <i>Info/Fees:</i> One Loop, 10 climbs. Field limit to 159. <i>Email:</i> itsmadr3@netzero.net <i>Web site:</i> http://runningintheusa.com/rattlesnaketrail50k/
Jul 07,2007 8:00 a.m.	L	3rd Annual Loon Lake Run/Walk - 5.5 Km or 3.4 miles From 30 take 109 N, turn left at 700 N, turn right on 600 W at Loon Lake sign., Columbia City, IN <i>Contact:</i> Dawn Buchanan, 2779 W Sycamore Drive, Columbia City, 260-799-4349 <i>Info/Fees:</i> \$12.00 or \$15.00 day of race, beautiful course around lake with some hills, awards to top 3 in age groups plus gift certificates to overall male and female winners in run. Awards to top 3 male and female walkers plus overall walker. <i>Email:</i> buchananbunch@earthlink.net <i>Web site:</i> http://www.runindiana.com
Jul 07,2007 8:00am	R	Hamilton Lake Road Classic - 5K Downtown Hamilton (Town Hall), Hamilton, IN <i>Contact:</i> Brad Stevens, 335 Lane 221B, 260-488-3153 <i>Info/Fees:</i> 5K Entry Fee - \$13 before June 23, \$15 after June 23, walk up registration day of the race, Scenic Course, Paved with moderate hills with water stations 2 Mile Health Walk - 7:30am - \$3 Pee Wee Race after 5K - Free Applications are on above website <i>Email:</i> bradstevens@verizon.net <i>Web site:</i> http://mysite.verizon.net/res7amjw/hamiltonlakeroadclassic/
Jul 14,2007 8am Sat	LP	Fort Wayne Orthopedics presents the 13th Annual Runners on Parade 5 km Race & Fitness Walk - 5K Meijer Event Tent Headwaters Park, Fort Wayne, IN <i>Contact:</i> Mac McAvoy, FWTC, PO Box 11703, Fort Wayne, IN, 46860, 260-450-1071 <i>Info/Fees:</i> \$12 pre-reg. up until 7/10/07. \$15 after. Family discounts available. \$10 for all walkers. Registration available on Friday 7/13/07 at Three Rivers Running Company from 5pm to 9pm. <i>Email:</i> clanmac@adamswells.com <i>Web site:</i> http://www.fwtc.org

Jul 14,2007 8:30am		<p>5th Annual Zoo Run Run Columbian Park, Lafayette, IN <i>Contact:</i> Linnea Iantria, 765-807-1545 <i>Info/Fees:</i> Registration is from 7am – 8am. This year the course will have sidewalks only for a short space in the park, the balance will be in the street. Entry fee is \$20 for Individuals, \$40 for Families (up to 3 persons). Early bird and member discounts apply. Entry fee includes race t-shirt (subject to race day availability), post race pancake breakfast, one-day admission to Tropicane Cove, animal encounters and prizes. <i>Email:</i> liantria@lafayette.in.gov <i>Web site:</i> http://www.columbianparkzoo.org</p>
Jul 14,2007 8am Sat		<p>Unite 2 Fight (Race Against Prostate Cancer 5K) - 5K Run/Walk 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</p>
Jul 14,2007 8am Sat		<p>Iron Horse 4 Mile Run/Walk Cass County Family Y, 905 E Broadway, Logansport, IN <i>Email:</i> none</p>
Jul 18,2007 6:30pm	L	<p>Fort Wayne Kids Marathon (Week 1) Indian Trails Park / Jorgensen Family YMCA, Fort Wayne, IN <i>Contact:</i> Tim Newlin <i>Info/Fees:</i> This is the first group run a multi week program in which each participate is challenged to run the full marathon distance of 26.2 miles. Run on your own or with the group. IT IS NOT TOO LATE TO START. Finishers will receive a T-shirt and finisher's medal. Entry Fee is \$10, with all proceeds from the race going to the Associated Churches Food Bank. <i>Email:</i> kidsmarathon@verizon.net</p>
Jul 21,2007 8am Sat		<p>Panther Prowl 4 Mile Run/Walk Russiaville Vol Fire Dept, Russiaville, IN <i>Contact:</i> David Britton, 765-883-7360 <i>Email:</i> none</p>
Jul 21,2007	L	<p>Three Rivers Strollers Franke Park Pavilion - Three Rivers Festival Event, Fort Wayne, IN <i>Info/Fees:</i> Start 7 - 10am. Finish by 1pm <i>Email:</i> emasloob@aol.com <i>Web site:</i> http://www.ava.org</p>
Jul 21,2007 Sat 10K 7:30am, 5K 8:30am, 5K Fun Run 9:00am	LP	<p>Matthew 25 Health & Dental Clinic (FWTC Points Race) - 10K, 5K & 5K Fun Run Foster Park Pavilion #1, Fort Wayne, IN <i>Contact:</i> Jennie O'Shaughnessy, Matthew 25 Health and Dental Clinic, 413 E Jefferson Blvd, Fort Wayne, IN 46802, 260-426-4124 Fax 260-426-0443 <i>Info/Fees:</i> \$15 Pre-race before July 14th, Race day \$20. Registration: 7:00am to 9:00am 10k Run 7:30am; 5k Run 8:30am; 5k Fun Run 9am. Proceeds benefits the Matthew 25 Health and Dental Clinic. <i>Email:</i> joshaughnessy@matthew25online.org <i>Web site:</i> http://www.matthew25online.org</p>
Jul 21,2007 8m Sat	R	<p>Indiana Sprint Triathlon Series - 500M Swim, 10M Bike, 3M Run Eagle Creek Park, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com</p>
Jul 22,2007 7am Sun		<p>Runners Forum 42K Relay - 4-Person Relay City Center, Carmel, IN <i>Contact:</i> Runners Forum, 116th & Keystone, Carmel, IN 46032 <i>Info/Fees:</i> Benefits Hoosier Burn Camp for kids <i>Email:</i> contact@runnersforum.com <i>Web site:</i> http://www.runnersforum.com</p>

Jul 25,2007 6:30pm	L	<p>Fort Wayne Kids Marathon (Week 2) Indian Trails Park / Jorgensen Family YMCA, Fort Wayne, IN <i>Contact:</i> Tim Newlin <i>Info/Fees:</i> This is the second group run a multi week program in which each participate is challenged to run the full marathon distance of 26.2 miles. Run on your own or with the group. IT IS NOT TOO LATE TO START. Finishers will receive a T-shirt and finisher's medal. Entry Fee is \$10, with all proceeds from the race going to the Associated Churches Food Bank. <i>Email:</i> kidsmarathon@verizon.net</p>
Jul 27,2007 7pm Fri	R	<p>7th Annual Ashley-Hudson 5K & 10K Classic - 5K & 10K Hudson Hardy, Hudson, IN <i>Contact:</i> Tatsy Hayes, PO Box 97, Hudson, IN 46747, 260-587-9500 <i>Info/Fees:</i> \$10-Pre, \$15 -after July 10th. Registration 6:15pm. Awards top male & female and the top three in each age group. The first 50 registrants will receive a guaranteed t-shirt. Age Groups: 14&Under, 15-19, 20-29, 30-39, 40-49, 50-59, & 60&Over. <i>Email:</i> treasurer@hudsontown.org <i>Web site:</i> http://www.hudsontown.org</p>
Jul 28,2007 9am Sat (MI Time)	R	<p>33rd Annual STEVE'S RUN The Original Road & Trail Race - 10K & 5K Race 5K Competitive Walk & 1K Fun Run Dowagiac., Dowagiac, MI <i>Contact:</i> Ron Gunn, Southwestern Michigan , 58900 Cherry Grove Rd, Dowagiac, MI 49047 <i>Info/Fees:</i> \$16-Online,\$18-Mail,(Cancer Survivors rec'd Special T-Shirt and Race Number) \$5-buy a special "Fire Up" Sign, race tradition to pay tribute to cancer victims or survivors. <i>Email:</i> rgunn@swmich.edu <i>Web site:</i> http://www.swmich.edu/fireup/stevesrun</p>
Aug 01,2007 6:30pm	L	<p>Fort Wayne Kids Marathon (Week 3) Indian Trails Park / Jorgensen Family YMCA, Fort Wayne, IN <i>Contact:</i> Tim Newlin <i>Info/Fees:</i> This is the third group run a multi week program in which each participate is challenged to run the full marathon distance of 26.2 miles. Run on your own or with the group. IT IS NOT TOO LATE TO START. Finishers will receive a T-shirt and finisher's medal. Entry Fee is \$10, with all proceeds from the race going to the Associated Churches Food Bank. <i>Email:</i> kidsmarathon@verizon.net</p>
Aug 04,2007 8am Sat		<p>Norris Insurance 5K Run/Walk Converse, IN <i>Contact:</i> John Norris, Norris Ins Co, PO Box 157, Amboy, IN 46911, 765-395-7761 <i>Email:</i> none</p>
Aug 04,2007 8am Sat	R	<p>3rd Annual Veep Triathlon, Duathlon, & Aquathlon - .5 M swim - 25 M bike - 5.25 K trail run J Edward Roush Lake, Huntington, IN <i>Contact:</i> Mitch Harper, Veep Races, 5207 Hopkinton Dr, Fort Wayne, IN 46814, 260-436-0739, fax 260-436-8284 <i>Info/Fees:</i> \$40-pre</30 \$5 parking DNR; Online entry on the web. Swim - Little Turtle State Rec Area; Bike - Hwy 5 & US 224; Run - Kekionga Trail <i>Email:</i> ftwaynerun@aol.com <i>Web site:</i> http://www.veeptri.com</p>
Aug 04,2007 7am Sat	L	<p>Harlan Days 10K Race - 10K Harlan Park, center of town, just north of State Hwy 37, Harlan, IN <i>Contact:</i> Thomas Bunner, D.D.S., PO Box 255, Harlan, IN 46743, 260-657-5197 <i>Info/Fees:</i> \$12-Pre-July 20th, \$14-Race Day(\$8 w/o T-shirt) T-Shirt Sizes: S, M, L, XL, XXL Awards:Men \$ Women: 14&Under, 15-18, 19-23, 24-30, 31-39, 40-49, 50-59, 60-69 and 70&Over. Events: Harlan Pancake Breakfast 6:30am - 10:30am Overall Men & Women winners escorted through the parade. <i>Email:</i> tnbunn@comcast.net</p>
Aug 05,2007 8:30am Sun		<p>Indiana Downs Triathlon Series(Big Downs) - 1/2m Swim/18m Bike/4m Run Indiana Downs Track, Shelbyville, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com</p>

Aug 08,2007 6:30pm	L	Fort Wayne Kids Marathon (Week 4) Indian Trails Park / Jorgensen Family YMCA, Fort Wayne, IN <i>Contact:</i> Tim Newlin <i>Info/Fees:</i> This is the forth group run a multi week program in which each participate is challenged to run the full marathon distance of 26.2 miles. Run on your own or with the group. IT IS NOT TOO LATE TO START. Finishers will receive a T-shirt and finisher's medal. Entry Fee is \$10, with all proceeds from the race going to the Associated Churches Food Bank. <i>Email:</i> kidsmarathon@verizon.net
Aug 11,2007	L	Three Rivers Strollers Riverdale Elementary School, St Joe, IN <i>Contact:</i> , 260-432-4253 <i>Info/Fees:</i> Pickle Pepper Poker People Walk (5 checkpoints) drawing cards for best poker hand to win prizes. See where Sechler's Pickles are made and attend the St.Joe Pickle Festival Events. Early start anytime between 5:45am - 10:30am. Finish by 1pm <i>Email:</i> emasloob@aol.com <i>Web site:</i> http://www.ava.org
Aug 11,2007 8am Sat		CKRR Age Graded 4 Mile Run & 5K Walk Highland Park, Kokomo, IN <i>Contact:</i> Gary Jewell, 304 Oakmont St, Kokomo, IN 46902, 765-455-8551 <i>Email:</i> funrunr@sbcglobal.net <i>Web site:</i> http://www.ckrr.us

Fort Wayne Orthopaedics Supports FWTC!

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



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

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

Fort Wayne Track Club Member Profile

The Inside Track Newsletter would like to hear from our FWTC members! Please fill out this profile form and return to: FWTC Newsletter, PO Box 11703, Fort Wayne, IN 46860, or email us at 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. 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!

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- 1st Qtr.

Members under 21: \$12 75%- Apr, May, Jun- 2nd Qtr.

Family rates: \$4 for ea. add'l family member (\$8 - max) 50%- Jul, Aug, Sep- 3rd Qtr.

125%- Oct, Nov, Dec- 4th 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
Full Page	\$75	\$200.00	\$325.00
Half Page	\$40.00	\$110.00	\$175.00
Quarter Page	\$25.00	\$65.00	\$100.00
Business Card	n/a	n/a	\$50.00
Inside Cover (front or back)	\$300.00	\$750.00	\$1200.00

Full page race application inserts (includes printing results in the newsletter) 10 x entry fee if paid in advance, otherwise 12 x entry fee.
Minimum \$35.00

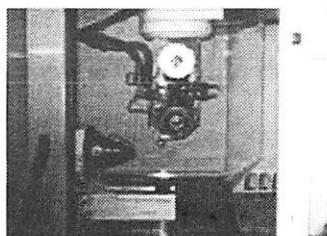
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