

The Inside Track

February/March 2008

FORT WAYNE



TRACK CLUB

“Success isn’t how far you got, but the distance you traveled from where you started.”

Steve Prefontaine

In this edition:

- I am Legend?
- Be Comfortable in Your Genes
- Tis’ the Season
- 2007 Final Points Standings

Full Results:

- Just Plain 10K

2008 Fanny Freezer



February 9th at 2:00

Shoaff Park

Upcoming Fort Wayne Track Club Races!

- February 9--Fanny Freezer 5K
- March 22--Nutri-Run 20K & 5M

Visit our website at www.fwtc.org

2008 Fort Wayne Track Club Officers and Board Members

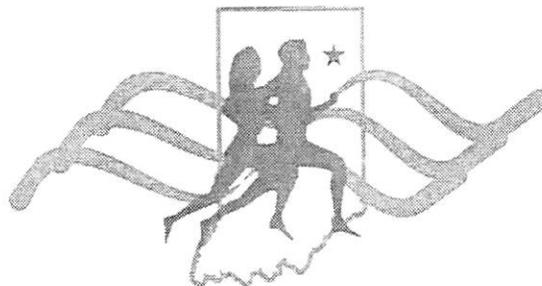
Officers

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

Board Members

Berry Blanchette 484-4620 blanchette932@comcast.net
 David Boylan 493-2383 byldave@netscape.net
 Kathy Burner 710-1703 katydid0512@yahoo.com
 Tom Digate 918-2888 tom@digate.us
 Lynne Feiertag 637-2793 runalonglynn72@verizon.net
 Mike Fruchey 627-5147 frucheym@ipfw.edu
 James P. Jones 745-9724 jamespjones@verizon.net
 Sarah Kleinknight 456-3261 skleinknight@fssa.state.in.us
 Tom Landis 693-3526 ltg541tl@gmail.com
 Mac McAvoy 824-5158 clanmac@adamswells.com
 Jim McKinnon 433-7088 jim.mckinnon@vfpfire.us
 Matt Parker 489-0541 matthew.c.parker@hotmail.com
 Jeremy Schmidt 760-8077 olympicsmarathon2012@yahoo.com
 Mike Slaubaugh 481-6465 slaubau@ipfw.edu
 Phil Suelzer 486-1745 tri_kerl@yahoo.com
 Judy Tillapaugh 456-3277 tillapau@ipfw.edu
 Michael Yann 414-8995

FORT WAYNE



TRACK CLUB

FWTC Coordinators

Points Race Coordinator

Tom Landis 693-3526 ltg541tl@gmail.com

Membership Coordinator

Don Lindley 432-5998 lindleyd44@verizon.net

Equipment Coordinators

JP Jones 745-7339 jamespjones@verizon.net

Don Lindley 432-5998 lindleyd44@verizon.net

Newsletter

Matt Parker 489-0541 matthew.c.parker@hotmail.com

Website

Tom Digate 918-2888 tom@digate.us

Race Directors Coordinator

Steve Hilker 434-1119 smhilker@verizon.net

Youth Coordinator

Phil Suelzer 486-1745 tri_kerl@yahoo.com

Marketing Coordinator

Kathy Burner 710-1703 katydid0512@yahoo.com

FWTC Board Meetings

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

Upcoming meetings

- February 13
- March 12
- April 9

Membership Dues

There is a membership application in this newsletter. Your dues keep the club running.
 Renew your membership today!

FWTC Information

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

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

Inside this Issue

I am Legend?
 Be Comfortable in Your Genes
 Tis' the Season
 2007 Final Points Standings

I AM LEGEND?
President's Column
By
Barrie Peterson

Recently, being the movie-holic that I am, I saw the new Will Smith movie entitled *I Am Legend*. Without giving anything major away, it involves a scientist who somehow survives a major epidemic that wipes out most of the US population. He lives in what is left of Manhattan Island which has become a rather lonely, desolate place.

On December 25, I left my house early in the morning to work out at Indiana Tech. As I drove through our addition and through the streets of town, I had this eerie feeling that I was starring in that same movie. Where was everyone? Why were all the businesses and restaurants closed? Why was there hardly anyone on the streets and highways? Were we in the midst of some major epidemic?

And then it hit me—this was Christmas Day, the celebration of the birth of Jesus Christ. What other historic event receives this kind of response? Schools are closed for a minimum of two weeks (referred to these days as “Winter Break”), most businesses of all types close for the day (even many of the usual 24 hour variety), the mall even shuts its doors (this HAS to be something major), and people actually spend quality time with family and friends. What an epidemic!

So I took a few moments prior to my workout to reflect on the precious gift that was bestowed upon us some 2000+ years ago in that tiny stable in Bethlehem, the birth of our Savior, Jesus Christ, the Son of God incarnate. Because of this free gift, I have received everlasting life just for accepting Christ into my heart and letting him be the Lord of my life.

On Christmas Eve, my family traditionally spends the day together in feasting, unwrapping gifts, and going to church. We ate and socialized for a couple of hours, we spent a good hour or more opening gifts, we played some family games together for another hour or so, and then we rushed off (LATE) to church for a few minutes of hearing the Christmas story and singing some Christmas carols. Why do I have the feeling that somehow our priorities were out of order? We need to spend more time reflecting on the significance of Christmas Day and spread the good news to others.

That is the gist of this article and my New Year's gift to you, the reader. May you also receive this free gift and pass it on to others. And, to quote a favorite scripture that relates to all of us as runners, “Not that I have already obtained all this, or have already been made perfect, but I *press on* to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I *press on* toward the goal to *win the prize* for which God has called me heavenward in Christ Jesus.” (Philippians 3:12-14) Peace to all of you and a Blessed New Year!

Fort Wayne Track Club Banquet

Sunday, February 10, 2008

5:00 Social/5:30 Dinner

IPFW Walb Student Union (ballroom)

Guest Speakers:

Dave Craker

- New runner who improved his weight and whole health with fitness
- Recently completed the Chicago and Grand Rapids Marathons

Zach Raber

- Coach of Carroll High School Cross Country Men's and Women's Teams
- Sharing highlights from a successful season taking both teams to the state championship

Rebecca Hollenbaugh

- Living and loving life as she fights a battle against cancer
- Recently completed the Chicago Marathon

Night also includes:

- 2007 points Awards
- Chris Brown Outstanding Senior HS Running Awards
- Special FWTC Awards
- Catering by Kevin Conrad from Tiggs Dining

Thanks to the IPFW athletic department for helping sponsor the banquet.

Sign Up Today!! Deadline is February 4, 2008

Name: _____

Address _____

Phone () _____ FWTC Member Yes _____ No _____

Adult \$7.00 X _____ = \$ _____ Child (under 18) \$3.50 X _____ = \$ _____

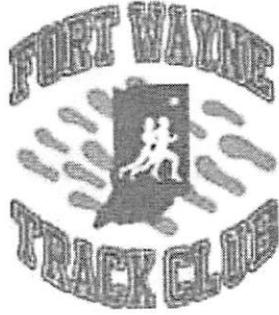
TOTAL \$ _____ (\$20.00 Max per family!)

Make checks Payable to "FWTC"
6101)

Mail to: Sheryle Braaten
7602 Thompson Rd.
Hoagland, IN 46745

Questions? 260-447-4422 (Cell 466-

E-Mail sheryle_b@earthlink.net
Deadline February 4, 2008



Fort Wayne Track Club presents the

Fanny Freezer 5 km

Saturday, February 9, 2008 2:00pm

Shoaff Park 6401 Saint Joe Rd. Fort Wayne

Entry Fee: \$3.00 for FWTC members
\$4.00 for non-members

Awards: 1st Place Male and Female Overall
Top 2 places in each age group

Registration: Race Day only, starting at
1:00pm

Contact: Mac McAvoy (260) 824-5158
clanmac@adamswells.com

FWTC Board Meeting Minutes

November 14, 2007

Board Members Present: Barrie Peterson, Bill Harris, Don Lindley, Tammy Behrens, Kerry Blanchette, David Boylan, Mike Fruchey, James P. Jones, Sarah Kleinknight, Tom Landis, Mac McAvoy, Jim McKinnon, Mike Slaubaugh, Phil Suelzer, Judy Tillapaugh, Jeremy Schmidt

Guests Present: Jed Pearson, Sheryle Braaten

1. The meeting was called to order by Barrie Peterson at 7:00. Devotions and the opening prayer were given by Tammy Behrens. Refreshments were provided by Sarah Kleinknight. Opening prayer and devotions for the December meeting will be given by Barrie Peterson. All members of the board are invited to bring refreshments to the December board meeting.

2. The minutes from the October meeting were presented by Tammy Behrens – secretary. Mike Slaubaugh made a motion to approve the October minutes. JP Jones seconded that motion, and all present approved the minutes. Thank you to Judy Tillapaugh who recorded the October minutes.

3. **Treasurers Report:** Don Lindley presented the October monthly treasurers report and membership report. Don also provided a detailed expense report. The club currently has 517 one-year members, 172 two-year members, 69 three-year members, and 7 four-year members. The report was approved and unanimously accepted.

Old Business:

4. The newsletter deadline is this week. Items need to be forwarded to Matt Parker.

5. There will be a carry-in and gift exchange for the December meeting. Members are invited to bring refreshment, and a \$10 -\$15 gift to exchange. Beverages will be provided by the club.

6. Don Lindley gave a report on the **River City Rat Race**. The race was a success.

7. Barrie Peterson provided a sign up sheet for refreshments for the 2008 FWTC board meetings.

8. An update was given on the **Nutri-run** for 2008. Progress is being made in preparations for the race.

9. Sheryle Braaten and Judy Tillapaugh gave an update on the **annual FWTC banquet** to be held on 2/10/08. The board approved Kevin Conrad to be the caterer. Board members will provide beverages and desserts. There will be three local guest speakers. Door prizes for the banquet were also discussed.

10. Don Lindley gave an update on the **new sound system** the club has purchased. The system includes a wireless microphone and a tripod. It can also be set up with the old system to allow for 2 speakers. It works very well with large groups.

11. Barrie Peterson gave an update on a lunch meeting that Larry Lee, Judy Tillapaugh and the executive board of the FWTC had along with Tommy Bell, new IPFW Athletic Director. He wants to continue a positive relationship with the **FWTC and IPFW**. Mike Fruchey discussed the progress of the planning of the new indoor multi-use track facility to be built on the campus of IPFW. The track

will be able to accommodate indoor NCAA competition as well as community use.

12. Tammy Behrens gave an update to the board on the progress of the **Fort 4 Fitness half marathon and 4 mile race** to be held on September 27, 2008.

13. Jim McKinnon gave an update on his participation in the **Silverman Ironman** distance Triathlon on Sunday in Las Vegas/Lake Meade. He finished with a time of 15:58.

14. Mac McAvoy gave an update on the health of runner **Chris Brown**. Mac will get pictures copied and made into posters to take to him. The board is supporting this effort.

New Business:

15. Jed Pearson gave an update on the **Run IN message board** that is about to shut down. Jed purchased a 6 month contract with the message board company this past spring. It is very expensive to renew for another 6 months. It was agreed upon that once the message board expires, it will be rerouted to the Born to Run message board. Mike Slaubaugh agreed to assist with these efforts. Tom Digate, webmaster for the FWTC, will be updated on this decision.

16. Ron Zartman contacted the track club and would like to start **cross country skiing and trailing running groups at Fox Island**. A one-year pass to Fox Island is \$15.00, or a one day pass can be purchased for \$2.00.

17. The **Turkey Trot** has a low number of pre-registered runners. The race will have complete start to finish chip timing this year. The gates will open at 9 am. Volunteers should arrive at this time.

18. JP Jones gave an update on the **Just Plain 10K**. This 'low-key' race will be held on Dec. 8th at 2:00. Hot soup will be served following the race. Race entry is a wrapped race t-shirt. Please indicate the size of the shirt on the outside of the package.

19. The **Fanny Freezer** will be coordinated by Mac McAvoy and Sarah Kleinknight on 2/9/08 at 1:00. They will attempt to get a printed page race application in the November newsletter by this week's deadline.

20. Mike Fruchey gave an update on the **NCAA Division I cross country teams from IPFW** this fall. The women's team won the 1st conference championship for IPFW. The women's team competed in the NCAA regionals and placed 14th out of 30 teams. They placed higher than Indiana University, Indiana State, and Notre Dame. The women's cross country team has the highest GPA of any other sports team at IPFW.

21. Barrie Peterson gave an update on the all-freshman men's and women's **cross country teams at Indiana Tech – NAIA**. Both teams are to compete in the National Cross Country meet on this upcoming weekend. The women's team is ranked 7th in the nation and the men's team 23rd in the nation. Brad Peterson was selected as the conference and regional coach of the year.

22. The **Points Races for the FWTC for 2008** were discussed. Don Lindley, and Tom Landis, FWTC points race coordinator, put together a list of 8 races he suggested to be included in the list. Eight races, two of them having 2 distances ran on the same day, were agreed upon as the list for 2008. JP Jones made a motion to approve this list of races, Phil Suelzer seconded the motion. The rules for the

2008 races in the Points Race Series will be discussed at the December meeting.

19. The meeting was adjourned.

20. The next FWTC officers meeting will be held on Tuesday, November 27th, at Panera in Jefferson Pointe at 12:00. The next FWTC board meeting will be held at IPFW on December 12th at 7 p.m. with a social time of 6:45 p.m.

Respectfully Submitted,
Tammy Behrens – Secretary

FWTC Board Meeting Minutes

December 12, 2007

Board Members Present: Barrie Peterson, Bill Harris, Don Lindley, Kerry Blanchette, David Boylan, James P. Jones, Sarah Klein knight, Tom Landis, Jim McKinnon, Matt Parker, Mike Slaubaugh, Jeremy Schmidt, and Judy Tillapaugh

Members Not Present: Tammy Behrens, Kathy Burner, Tom Digate, Lynne Feiertag, Mike Fruchey, Mac McAvoy, Phil Suelzer and Michael Yann

Guests Present: Regina Blanchette

1. The meeting was called to order by Barrie Peterson at 7:10 p.m. after a 25 minute social time with Christmas goodies. Devotions and the opening prayer were given by Barrie Peterson. The Christmas refreshments were provided by Board members. Opening prayer and devotions for the January meeting will be given by Matt Parker and Barrie Peterson will bring the refreshments.
2. Minutes of the November meeting were presented by Bill Harris in the absence of Tammy Behrens, Secretary. A motion to approve the minutes was made by J.P. Jones with a second by Jim McKinnon. The minutes were approved unanimously.
3. Treasurer's Report was given by Don Lindley in combination with the membership report. The Club currently has 524 one year members, 182 two year members and 72 three year members. Don's report reflected total income for the year of \$77,382.27 with total expenditures of \$67,203.36. Motion to approve the Treasurer's report was made by J.P. Jones with a second by Kerry Blanchette. The Treasurer's report was unanimously approved.

Old Business:

4. Banquet Update: The Track Club Banquet will be February 10, 2008 at the IPFW Walb Student Union Ballroom. It was decided not to have a general mailing, although Don indicates that he will email those who have not made a prior reservation. Judy indicates publicity sites for the banquet flyers are needed, please get your suggestions to her. Additionally, nominations for the various club awards are needed and members should bring their suggestions to the January meeting. Because the Outstanding High School Runner Awards presented the banquet are limited to seniors only. Mike Slaubaugh proposed that, to be congruent, the word 'senior' should be included in the name of the awards for plaques, flyers, and other related announcements. It was further suggested that this award be considered and be denominated the Chris Brown Memorial/Fort Wayne Track Club award for the outstanding senior male.

5. Newsletter Information: The deadline for the next newsletter if January 15, 2008. Get your material to Matt prior to that time.

6. 2008 Points Race Rules: Don Lindley and Tom Landis proposed guidelines for award of points for the ten FWTC races. The major change was elimination of the points for the volunteers.

7. Turkey Trot 5K: Don Lindley reported there were 212 participants this year compared to 214 last year. The income and expenses were essentially the same.

8. Just Plain 10K: J.P. Jones announced that there were 80 runners and 2 walkers who participated. The temperature was 35 degrees and 158 T-shirts were accumulated for Christmas donation.

9. Fanny Freezer: Sarah Kleinknight reported (tongue in cheek) that everything is ready to go for this event. She did indicate in seriousness that things would be ready to go by February 9, 2008, the date of the race.

10. Nutri-Run Update: Mike Thurston was not present but sent word that things are proceeding. Application for the race was included in the latest newsletter.

11. Fox Island Cross Country Skiing and Trail Training: Don Lindley reported that Ron Zartman is encouraging training on the Fox Island Trails which will be running or cross country skiing, depending on weather conditions.

New Business:

12. RRCA and USAT&F New Rule: Don Lindley reported implementation of USAT&F rule 144.3(b) relative to headphones, MP3 players, etc. This rule was distributed to Board Members and it was suggested that this rule be placed in the next newsletter.

13. RRCA Annual Convention: This convention will be held May 1-4, 2008 in Cincinnati, OH in conjunction with the Flying Pig Marathon. This convention is the 50th for RRCA and Board Members are encouraged to attend. Unfortunately this convention falls at the same time of the Indianapolis Mini -Marathon.

14. IPFW Foundation: Don Lindley reported that the customary \$1,000.00 donation to IPFW Cross Country Team has already been made.

15. Annual RRCA Dues and Insurance: Don indicated that our RRCA dues, including directors' liability has been paid in the sum of \$1,990.40.

16. The next FWTC Officers' meeting will be held Thursday, December 27, at the Mocha Lounge on Covington Road at 12:00 noon. The next FWTC Board meeting will be held at IPFW on January 9, at 7:00 p.m. with a social time of 6:45 p.m.

17. Motion to adjourn was made by Sarah Kleinknight and Matt Parker seconded. The motion was unanimously carried and the gift exchange followed.

Respectfully submitted,
William E. Harris, on behalf of
Tammy Behrens, Secretary

FWTC Board Meeting Minutes

January 9, 2007

Board Members Present: Barrie Peterson, Bill Harris, Don Lindley, Tammy Behrens, Kerry Blanchette, David Boylan, Kathy Burner, JP Jones, Sarah Kleinknight, Tom Landis, Mac McAvoy, Jim McKinnon, Mike Slaubaugh, Judy Tillapaugh, Michael Yann, Jeremy Schmidt

Members Not Present: Tom Digate, Lynne Feiertag, Mike Fruchey, Matt Parker, Phil Suelzer

1. The meeting was called to order by Barrie Peterson at 7:00. Devotions and the opening prayer were given by JP Jones. Refreshments were provided by Barrie Peterson. Opening prayer and devotions for the February meeting will be given by Matt Parker. Refreshments will be provided by JP Jones. A sign up sheet with the months of September - November is still available.

2. The minutes from the December meeting were presented by Tammy Behrens – secretary. A change was made in #4 from the December minutes. JP Jones made a motion to approve the December minutes, Don Lindley seconded that motion, and all present approved the minutes.

3. Treasurers Report: Don Lindley presented the December treasurers report, 2007 4th quarter, and annual treasurer's report and membership report. Don Lindley also presented the 2008 budget for the FWTC. Motion to approve these reports was made by Bill Harris and seconded by Sarah Kleinknight. The report was unanimously accepted. In 2008, Don will make monthly treasurers reports in 2008 instead of quarterly reports.

Old Business:

4. The next newsletter deadline is January 15th. Any information for the newsletter should be sent to Matt Parker at matthew.c.parker@hotmail.com.

5. An update was given for the **Fanny Freezer**. Volunteers are needed. Contact MacAvoy or Sarah Kleinknight to volunteer.

6. An update was given on the **annual banquet**. Promotion is needed. Board members agreed to distribute flyers. A press release will be sent to the newspaper. A mass email to promote the banquet will be sent by Don Lindley. – He will also send a reminder about the fanny freezer and renewing memberships. Nominations were made for the special awards given by the board. These awards will be decided upon at the 1/31 meeting of officers.

Mike Slaubaugh along with a committee of others, nominated Chelsea Blanchard of Carroll and Andy Bayer of Leo to receive the High School award. The board approved. The athlete, immediate family and coach will be invited to the banquet and receive a complimentary dinner. These senior winners will be added to the press release about the banquet.

Kevin Conrad is the caterer for the annual banquet this year. Board members will provide desserts. Beverages and other details were discussed.

8. An update from the **Nutri-Run** was given. An application is on the FWTC website, and was also included in the Dec/Jan newsletter. The applications will also be included in the Feb/March issue of the FWTC newsletter.

New Business:

9. A **race management** tentative spreadsheet of upcoming races in 2008 was distributed by Don Lindley. Board members are to turn in a copy at the February meeting indicating at what events they are able to volunteer. Board members are to indicate whether they would like to volunteer for working AMB, Race Director Software, the clocks, time machines, PA, or generator. Tom Landis and Don Lindley will have training available on Race Director Software before the March board meeting beginning at 6:00. Board members will also need to attend a race to further learn the software. These volunteering and training opportunities will also be available to FWTC members. Don Lindley will send out an email indicating events where help is needed a few months at time.

10. The **IPFW Chris Brown Memorial Scholarship Run** will be held on 1/27. Brochures were distributed to be taken to locations around Fort Wayne. A goal of the run to get an endowed level to be able to support an IPFW Men's Cross Country Scholarship. All of the money collected from this race, goes into this fund.

11. **Jack Ade**, a member of the FWTC, had a house fire in December. The board has proposed that we give Jack a 1 yr FWTC membership and also a complimentary invitation for Jack and his wife to the banquet on 2/10. Bill Harris made a motion to accept this proposal, Kerry Blanchette seconded this motion, and all members approved.

12. Mac McAvoy gave the board an update that the Three Rivers Parade will make a change in it's course, which will cause a change in the **Runners on Parade 5K**. He proposed a new route. Mac would like to attend the Chicago Area Race Director's conference. He is asking the board for the \$49.00 registration fee and gas mileage. The conference has possible dates of Feb. 2nd in Chicago or Feb. 23rd in Detroit. The board approved supporting Mac to attend this conference.

13. Don Lindley gave the board a proposed annual **2008 Budget**, along with the annual 2007 Budget and the actual annual 2007 Income and Expenses Statement. Don proposed a \$10,000 increase in the annual 2008 budget. Don reported all of the changes in the budget of all of the increases and decreases to the board. Also, attached to the report was a proposed budget for the 2008 Runners On Parade submitted by Mac McAvoy. Sarah Kleinknight moved to accept the proposed Annual 2008 Budget, Kathy Burner seconded that motion, and all members present approved.

14. Bill Harris made a motion to adjourn the meeting. Kathy Burner seconded that motion, and all present approved.

15. The next FWTC officers meeting will be held on January 31st at 12:00 at The Mocha Lounge. The next FWTC board meeting will be held at IPFW on February 13th at 7 p.m. with a social time of 6:45 p.m.

Respectfully Submitted,
Tammy Behrens – Secretary

Be Comfortable In Your Genes

By: Judy Tillapaugh

The key message for 2008 National Eating Disorder Awareness Week (NEDAW) February 24th – March 1st is: “Be comfortable in your genes. Wear jeans that fit the TRUE you.”

It highlights the fact that body size and shape are strongly influenced by biological factors, such as genetics. Too often individuals struggle against their natural, genetically influenced size just to fit into that “special” pair of jeans. Fighting the natural size and shape can lead to unhealthy dieting practices, over exercising, poor self esteem, and eating disorders with a number of medical problems.

We all can aim to live a high quality healthy life yet we can not change our genes. Let’s all strive to feel more comfortable being who we are and stop wishing we were someone else. We all are unique individuals with talents and abilities.

NEDAW is National Eating Disorders Association’s largest annual outreach to raise awareness of eating disorders and educate the public about potentially devastating, yet treatable diseases like anorexia nervosa, bulimia nervosa, binge eating disorder (compulsive over eating). These all are treatable serious illnesses that arise from psychological, social, cultural, interpersonal, environmental, family, and genetic factors. It is not about the food.

Facts:

- 40% of newly identified cases of anorexia are girls 15 -19 years of age.
- More than 1/2 teenage girls and nearly 1/3 teenage boys use unhealthy weight control behaviors like skipping meals, fasting, vomiting, diets, and use of laxatives.
- About 80% of 10 year old girls are afraid of being fat.
- Americans spend \$40 million on dieting and diet related products each year.
- 80% of women are dissatisfied with their appearance.
- Only 1/3 of people with anorexia and 6% of people with bulimia receive mental health care.

Things You Can Do During NEDAW or Anytime:

- Sign the NEDA “Declaration of Independence from a Weight Obsessed World” to free your self from the three D’s: Dieting, Drive for Thinness, and Body Dissatisfaction
- Parents, coaches... be healthy role models in regards to sensible eating, exercise, and self acceptance
- Consciously avoid making comments about other people or yourself on the basis of body size or shape.
- Compliment someone else for a skill, talent, or characteristic that you appreciate.
- Remind yourself that a person’s value is not determined by his or her shape or size.
- Do not weight your self esteem. Weigh yourself only occasionally.
- Give up dieting. Aim for a variety of nutritious foods at meals and snacks.
- Do Not have these attitudes: “I will like you more if you lose weight, do not eat as much, look more like a model, or fit into smaller clothes”
- Do not compare yourself to a picture in a magazine or movie. They are not real images.
- Commit to exercising for the joy of feeling your body move and grow stronger, not to purge calories from your body.
- Care and accept yourself and others just as you and they are.

- Worried about a friend or family member? Express concern in a loving and caring way. Avoid placing blame or guilt. Encourage them to seek assistance with a therapist and doctor who has eating disorder treatment experience.

The information presented here is from the National Eating Disorders Association and Gurze Eating Disorders Resource Catalogue. Learn more by going to www.NationalEatingDisorders.org or www.bulimia.com Information and referral helpline: 1 -800-931-2237. Locally call Consulting and Counseling Associates at 486-5251, ask for Linda, Jean, or Ann or Contact Selah House at 888-641-0022 or www.selahhouse.net.

Come to these upcoming FREE events at IPFW during NEDAW: **“Evening of Expression” - Tuesday February 26th, IPFW Kettler Hall, PIT Theater, 6:30 pm – 8:30 pm
** “Energizing the Mind and Body: Athletes from High School to College” - Thursday February 28th, IPFW Walb Student Union Ballroom, 7 pm – 9 pm

Be comfortable in you genes!

Best,

Judy Tillapaugh, RD
IPFW Wellness/Fitness Coordinator
Tillapau@ipfw.edu
260-481-6647

T’is the Season

by dan jehl

Could running season be here already? It’s winter out there. Yet, now’s the time, and here’s why.

The Runner’s Bug is biting. It’s a new year, and many are already out there. Most, like this author, are not and maybe are just starting to think about it. This is for us.

Could this be the year to start or start again? Many have the interest but not the push. Late autumn stop-running vacations are the norm. Last running vacation here was an extended one and cost a 40 -plus pounds weight gain. But now with another new year, a symbol of everyone’s new lease on life, it’s really time to think this one over-and act.

Life is short, too short; and studies show life and quality of life can be longer and better by walking or jogging -yes, running. Here are some “winter” thoughts about making that move. For the dedicated runners out there, this is talking to the choir. For those “interested” but not “committed,” here’s some music playing don’t be “feeling alone.”

Running is for everyone, not only the dedicated speed runners or long distance enthusiasts. Having taken one step at a time from walks to marathons to a running leave of absence, today the slow running seems the sensible long -term way to go. There are many in this running non-elite category, and no shame in that as long as action -not giving up-is what happens in life.

The runner’s bug won’t go away; a cure is needed. Nothing like now to set a goal with Fort Wayne’s upcoming runs and walks. An event goal may be just the motivation it takes get over the bug and over the hurdle of that dreaded “training.”

In fact, there's an ideal run to target right now. It's the "Run It Walk It for Chris Brown" at IPFW University on January 27 at 2:00 PM. It's a 5K, ideal distance for walking or running. Certainly, a worthy cause. Chris will be there in spirit, and in his memory the benefit is for the Chris Brown Memorial Scholarship Fund. What better way? This event shows the time is now, and that life is a gift -too short, at any age.

And the time is now for longer runs. Right down the running path is the largest half-marathon in the nation, the first Saturday in May in Indy. The Indiana Life 500 Mini-Marathon, featuring the last lap around the brickyard track, is limited to the first approximate 25,000 who sign up, and that's it. For many, it may be too late to train, but there are other runs out there-if one gets out there; and that's the key. Here's another one: The Fanny Freezer 5K on February 9 in Fort Wayne. Now we're talking. But need to walk the walk, and not just talk it.

If it still seems tuff to do, consider the trade off of living with the "bug" symptoms, or not living. It's considered long term when interest in running waxes and wanes and simply won't go away.

Here are the telltale signs: Missing the cool souvenir T-shirts, missing the fun and camaraderie a few weeks, irritable feelings of discontent, moody blues minus the music, curiosity about missing something, pecking at Runner's World for some good tips, sneaking a peak at joggers while driving, checking out the health bars and energy drinks without buying any-- odd behavior to be sure, and it just lingers on.

That's the bug, and here's the cure: As Michael Jordan was paid to say: "Just do it!" And there's three above to choose, or maybe this one.

Perhaps a stretch but there's an Indy Mini-Marathon Training scheduled in Fort Wayne on January 29. For most like me, it's time to break out the running gear, find the Walkman or I-Pod, and shoot for the Chris Brown Memorial Run.

Yes, it's true. There is a solution.

The bug cure needed here is an event like the Galloping Gobbler 4 Miler held on Thanksgiving Day at the University of St. Francis in Fort Wayne.

The Chris Brown Run fits here too. The Gobbler was ideal to change the bug to at least a turtle. Over 500 fast, slow and turtle runners did it.

This "turkey day" event had its serious runners, but no "turtle beware" signs posted. There were runners of all shapes, sizes, ages, genders and speeds or lack of speeds as the case may be. Age is no excuse. The Gobbler featured kids as young as 7 and adults as young as 84. It's an attitude, not a birth certificate date.

With the culture, gender, age and size diversity of runners, a microcosm of the Fort Wayne community, it was an inspiring reminder that a running event is one of this nation's truly egalitarian happenings. Here, the American ideal of opportunity for all rings true.

How does one do it? It's called suit up and show up (helps to train too), and that's it. Who or what one is does matter as each individual matters as equals. If one shows, one counts—with one award- peace of mind.

Comments or slow-running group interest, please e-mail: slowrunning_44@yahoo.com.

Final 2007 Points Standings

Male 19 and Under				
Place	Name	City	Age	Points
1	Sam Edwards	Fort Wayne IN	10	1005
2	Shawn Kelley	Churubusco IN	14	400
3	Sam N Bird	Columbia City	17	400
4	Brad Hess	Fort Wayne IN	14	385
5	Alex Hess	Fort Wayne IN	11	370
6	Andrew Piropat	Fort Wayne IN	17	200
7	Tyler Wemhoff	Fort Wayne IN	13	200
8	Billy McManus	Fort Wayne IN	14	200
9	Aaron Landis	Churubusco IN	17	200
10	Ryne Wemhoff	Fort Wayne IN	14	185
11	Ben Devoe	Bluffton IN	14	160
12	Stephen Clark	Fort Wayne IN	19	100
13	Landon Lockwood	Bluffton IN	10	100
14	Jacob Ware	Fort Wayne IN	15	100
15	David Boyer	Fort Wayne IN	19	100
16	Eric Edmiston	New Haven IN	16	100
17	Carter A Milleman	Fort Wayne IN	16	85
18	Galen Harden	Yoder IN	17	85
19	Jake Miels	Fort Wayne IN	16	85
20	Evan Niner	Fort Wayne IN	19	75
21	Eric Ware	Fort Wayne IN	17	75
Men 20-29				
Place	Name	City	Age	Points
1	Grant Stieglitz	Fort Wayne IN	21	1070
2	Edward Fisk	Fort Wayne IN	27	370
3	Matt Logan	Fort Wayne IN	21	200
4	Rick Hammer	North Manchest	26	100
Men 30-34				
Place	Name	City	Age	Points
1	Brad A Thomas	Fort Wayne IN	32	1145
2	Jared Newhard	Fort Wayne IN	34	565
3	Matt Parker	Fort Wayne IN	30	385
4	Todd Sullivan	Fort Wayne IN	33	365
5	Dameon Rinehold	Fort Wayne IN	31	330
6	Jeremy M Ogle	Fort Wayne IN	32	215
7	Mike Cole	Corunna IN	31	200
8	Jeremy Schmidt	Fort Wayne IN	31	200
9	Jason House	Ossian IN	34	175
10	Jeff Jones	Fort Wayne IN	32	160
11	Todd Werling	Fort Wayne IN	33	150
12	Michael Lindley	Fort Wayne IN	32	100
13	Aaron York	Fort Wayne IN	34	55
Men 35-39				
Place	Name	City	Age	Points
1	Dave Devoe	Bluffton IN	38	1000
2	Matt Scott	Warsaw IN	38	870
3	Tony Yoakum	Fort Wayne IN	39	565
4	Wayne Gregory	Fort Wayne IN	36	460
5	Troy McArthy	Huntertown IN	37	410
6	Jeff Rude	Fort Wayne IN	38	300
7	Sam Gillie	Fort Wayne IN	36	290

8	Mike Fream	Fort Wayne IN	38	245
9	Michael Wolfe	Fort Wayne IN	37	235
10	Gary Wilder	Fort Wayne IN	36	200
11	Thomas Gilbert	Fort Wayne IN	38	175
12	Chad Ware	Fort Wayne IN	39	150
13	Ian Stoppenhagen	Ossian IN	36	135
14	Buff Dormeier	Fort Wayne IN	37	100
15	Shannon White	Fort Wayne IN	37	100
16	Rob Burns	Leo IN	38	65
17	Jason Sagan	Fort Wayne IN	35	60
18	Tim Maxson	Fort Wayne IN	35	55
19	Brian Loucks	Fort Wayne IN	37	25
20	Keith Koteskey	Fort Wayne IN	39	15

Men 40-44

Place	Name	City	Age	Points
1	Manuel Martinez	Fort Wayne IN	44	825
2	Brett Hess	Fort Wayne IN	41	810
3	Ward Moya	Fort Wayne IN	43	625
4	Ron Sharp	Fort Wayne IN	41	600
5	Jon Beasley	Fort Wayne IN	41	475
6	Tim Newlin	Fort Wayne IN	43	440
7	Scott Eberle	Fort Wayne IN	43	400
8	Rick Sawyer	Fort Wayne IN	41	375
9	Steve Webb	Fort Wayne IN	41	345
10	Matt Foreman	Fort Wayne IN	44	335
11	Jim Bougher	Fort Wayne IN	44	275
12	Paul E Knott	Fort Wayne IN	44	200
13	Kyle Velasco	Berne IN	43	170
14	Joel Harter	Fort Wayne IN	44	100
15	Dan Graney	Warsaw IN	42	80
16	Kurt Walborn	Fort Wayne IN	43	75
17	Michael McManus	Fort Wayne IN	43	75
18	Mark Beals	Fort Wayne IN	44	60
19	Paul Sturm	Fort Wayne IN	41	55
20	John Kligenberger	Fort Wayne IN	40	35

Men 45-49

Place	Name	City	Age	Points
1	Mike Slaubaugh	Fort Wayne IN	46	950
2	Jeff Steinberg	Fort Wayne IN	45	945
3	Chuck Deford	Fort Wayne IN	47	800
4	Ed P Reinhard	Poneto IN	49	755
5	Michael L McAvoy	Bluffton IN	46	500
6	Mark O'Shaughnessy	Fort Wayne IN	47	385
7	David Roehling	Harlan IN	48	355
8	Terry Diller	Fort Wayne IN	49	325
9	Jeff Metzger	Fort Wayne IN	45	300
10	Michael S Wernhoff	Fort Wayne IN	45	270
11	Gary L Bird	Columbia City	48	205
12	Steve Rhoades	Garrett IN	46	195
13	Dan Cummiskey	Fort Wayne IN	45	165
14	Steve Edmiston	New Haven IN	47	140
15	Charles Schreiber	Fort Wayne IN	49	110
16	Quinn Farver	Fort Wayne IN	47	105
17	Michael Skipper	Warsaw IN	46	105
18	Steve Zacher	Fort Wayne IN	45	95
19	James Desimone	Fort Wayne IN	48	95

20	Tom Lill	Fort Wayne IN	49	95
21	Michael Overdahl	Fort Wayne IN	46	90
22	Ted Van Antwerp	Fort Wayne IN	45	75
23	Kent Hart	Decatur IN	45	75
24	Rick Phillips	Fort Wayne IN	49	75
25	Andrew Kapocius	Fort Wayne IN	47	70
26	Dan Roy	Leo IN	45	65
27	Dennis Klopfenstein	New Haven IN	49	65
28	Jim Berghoff	Fort Wayne IN	46	60
29	Mark Schmidt	Fort Wayne IN	49	50
30	Philip Kelley	Churubusco IN	45	25
31	Chuck Zumbun	Churubusco IN	49	5

Men 50-54

Place	Name	City	Age	Points
1	Kerry Blanchette	Fort Wayne IN	53	740
2	James McKinnon	Waterloo IN	50	720
3	Chuck Brown	Bluffton IN	51	685
4	Brad Altevogt	Fort Wayne IN	52	575
5	Chris Croy	Fort Wayne IN	50	565
6	John David McPherson	Fort Wayne IN	54	430
7	John Treleven	Fort Wayne IN	54	380
8	Mark Furkis	Ligonier IN	51	300
9	Gary Schmunk	Antwerp OH	51	290
10	Doug Sundling	Bluffton IN	51	270
11	Doug Breeden	Roanoke IN	51	210
12	Tom Landis	Churubusco IN	50	200
13	Joseph Nayarkas	Fort Wayne IN	52	200
14	Stephen M Hilker	Fort Wayne IN	51	200
15	Howard J Klinger	Fort Wayne IN	52	200
16	John Lantz	Avilla IN	52	180
17	Craig Bobay	Fort Wayne IN	50	175
18	Greg Ridenour	Fort Wayne IN	52	165
19	Joseph M Astroski	Fort Wayne IN	50	165
20	Kim A Lefever	Columbia City	50	165
21	Steve Nivens	Fort Wayne IN	50	140
22	Ron Zartman	Fort Wayne IN	50	135
23	Michael Clendenen	New Haven IN	52	130
24	Phil Rizzo	Fort Wayne IN	54	110
25	Thomas J Felts	Fort Wayne IN	52	110
26	Robert Snow	Fort Wayne IN	54	80
27	Brad Compton	Spencerville	52	75
28	Thomas Boyer	Fort Wayne IN	51	65
29	Cecil Johnson	Fort Wayne IN	54	55
30	Rick Hilker	Fort Wayne IN	51	50
31	Donald Kramer	Van Wert OH	52	40
32	Terry Anderson	Fort Wayne IN	53	35
33	Timothy Ryan	Fort Wayne IN	51	30
34	Donald R Decook	Warsaw IN	53	25
35	Fred Hanna, Jr.	Fort Wayne IN	52	15
36	Steven A West	Fort Wayne IN	51	15
37	Aaron Cox	Huntertown IN	53	15
38	Kirby Moss	Fort Wayne IN	52	10
39	Mitch V Harper	Fort Wayne IN	50	5
40	Keith Niner	Fort Wayne IN	53	5
41	Ken Brooks	Churubusco IN	51	5
42	Hal Atkinson	Huntertown IN	51	5

Men 55-59				
Place	Name	City	Age	Points
1	Ken Long	Fort Wayne IN	56	925
2	Jed Pearson	Columbia City	55	755
3	Robert Lawson	Fort Wayne IN	59	500
4	Sam Hadley	Grabill IN	55	490
5	John Feiertag	Fort Wayne IN	58	490
6	Jim Pickett	Fort Wayne IN	57	490
7	Daniel Leffers	Fort Wayne IN	55	285
8	Dan Barnes	Fort Wayne IN	57	200
9	Phil Suetzer	Fort Wayne IN	55	200
10	Jerry Diehl	Fort Wayne IN	55	200
11	Michael Yoder	Avilla IN	59	145
12	Bob Michel	Fort Wayne IN	59	130
13	Dan Kaufman	Fort Wayne IN	56	130
14	Steven Greider	Fort Wayne IN	57	65
15	Gary Dexheimer	Fort Wayne IN	57	65
16	Dan Bossard	Monroeville I	56	35
17	Dennis Logan	Fort Wayne IN	55	35
18	Lynn T Bobay	Fort Wayne IN	55	25
19	Tom Fuelling	Fort Wayne IN	56	10

Men 60-64				
Place	Name	City	Age	Points
1	David E Boylan	Fort Wayne IN	64	1150
2	Rich Stephenson	Monroeville I	60	940
3	Bob Bruckner	Fort Wayne IN	61	870
4	Donald Lindley	Fort Wayne IN	62	510
5	Steve Creighton	Warsaw IN	64	285
6	Barrie Peterson	Fort Wayne IN	64	255
7	Bernie Burgette	Fort Wayne IN	63	215
8	John Brier	Fort Wayne IN	62	215
9	Ray Casiano	New Haven IN	63	175
10	Jack Seigel	Fort Wayne IN	61	160
11	Dewain Cobbs	Warsaw IN	64	150
12	Kent C Ober	Fort Wayne IN	61	85

Men 65-69				
Place	Name	City	Age	Points
1	Noel Hupp	Fort Wayne IN	67	675
2	Bud Stiffler	Anderson IN	68	660
3	Dick Harnly	Fort Wayne IN	69	315
4	Don Ashton	Fort Wayne IN	65	165
5	Freeman Hershberger	Goshen IN	69	85
6	Fred Ross Jr	Warsaw IN	65	75
7	Bill Harris	Grabill IN	68	75
8	Johni Rasmussen	Fort Wayne IN	66	65

Men 70 and Over				
Place	Name	City	Age	Points
1	Joe Ziegler	New Haven IN	71	985
2	Robert C Loomis	Monroe IN	73	700
3	Kenneth E Disler	Fort Wayne IN	84	510
4	Bernie Huesing	Fort Wayne IN	74	315
5	James P Jones	Fort Wayne IN	78	300
6	Curtis Nold	Fort Wayne IN	75	235
7	R William Schmidt	Fort Wayne IN	72	200
8	Jack Hilker	Fort Wayne IN	78	200

Female 19 and Under				
Place	Name	City	Age	Points
1	Kalissa Blanchette	Fort Wayne IN	19	875
2	Sarah Bird	Columbia City	13	600
3	Cecelia Snow	Fort Wayne IN	10	300
4	Lynn Altevogt	Fort Wayne IN	18	200
5	Maria Atkinson	Huntertown IN	15	85
6	Katie Schenkel	Fort Wayne IN	18	85

Women 20-29				
Place	Name	City	Age	Points
1	Abby Bird	Decatur IN	27	400
2	Lindsay Smith	Fort Wayne IN	23	200
3	Allyson Logan	Fort Wayne IN	21	100

Women 30-34				
Place	Name	City	Age	Points
1	Martha May	Fort Wayne IN	31	570
2	Amy Archbold	Fort Wayne IN	34	560
3	Courtney Wennemar	Fort Wayne IN	30	485
4	Danielle Sullivan	Fort Wayne IN	34	150
5	Rebecca Hollenbaugh	South Whitley	33	100
6	Lisa House	Ossian IN	32	85

Women 35-39				
Place	Name	City	Age	Points
1	Angie Lockwood	Bluffton IN	37	815
2	Katrina Loucks	Fort Wayne IN	35	690
3	Tracy Brooks	Fort Wayne IN	37	545
4	Tammy Behrens	Fort Wayne IN	35	500
5	Kathy Burner	Auburn IN	38	385
6	Gina Maloney	Auburn IN	39	285
7	Cheryl Pulver	Fort Wayne IN	36	215
8	Eva Sagan	Fort Wayne IN	35	150
9	Janette Bowers	Fort Wayne IN	38	75
10	Jennifer Steigmeyer	Fort Wayne IN	36	65
11	Karen Gillie	Fort Wayne IN	35	55

Women 40-44				
Place	Name	City	Age	Points
1	Cindy McGovern	Fort Wayne IN	42	985
2	Beverly Metzger	Fort Wayne IN	44	540
3	Robin Rizzo	Fort Wayne IN	40	185
4	Julie McNulty	Fort Wayne IN	41	150
5	Linette Barry	Fort Wayne IN	43	85
6	Carla Brames	New Haven IN	44	55

Women 45-49				
Place	Name	City	Age	Points
1	Sheryle Braaten	Hoagland IN	46	1085
2	Denise Conrad	Decatur IN	45	785
3	Dorthea Ruhl	Angola IN	47	760
4	Betty Greider	Fort Wayne IN	46	550
5	Margie Morris-Parker	Fort Wayne IN	48	450
6	Judy Tillapaugh	Fort Wayne IN	48	325
7	Julie Bossard	Monroeville I	47	260
8	Dawn Mabry	Fort Wayne IN	47	225
9	Karen Kosberg	Fort Wayne IN	45	215
10	Judy White	Fort Wayne IN	48	200
11	Kelly Landis	Churubusco IN	46	200
12	Cathy Myers	Fort Wayne IN	47	185

13	Mary Snow	Fort Wayne IN	46	120
14	Linda Anderson	Fort Wayne IN	45	85
15	Julie Lowe	Defiance OH	48	75
16	Paula McEachern	Leo IN	46	35
Women 50-54				
Place	Name	City	Age	Points
1	Terri Gross	Fort Wayne IN	51	1000
2	Nancy Simmonds	Fort Wayne IN	53	790
3	Cheryl Stromski	Antwerp OH	51	735
4	Regina Blanchette	Fort Wayne IN	52	625
5	Deb Barnes	Fort Wayne IN	53	275
6	Susan Peterson	Albion IN	52	240
7	Phyllis Suelzer	Fort Wayne IN	53	85
8	Deanie Bright-Johnson	Fort Wayne IN	52	65
9	Carla Logan	Fort Wayne IN	54	55
Women 55-59				
Place	Name	City	Age	Points
1	Lynne Feiertag	Fort Wayne IN	55	900
2	Helen Ryan	Fort Wayne IN	55	285
3	Bobbie Ashton	Fort Wayne IN	57	100
4	Nancy Boyer	Fort Wayne IN	55	100
Women 60-69				
Place	Name	City	Age	Points
1	Barb Scrogam	Fort Wayne IN	60	800
2	Sarah Kleinknight	Fort Wayne IN	63	460
3	Bodil Rasmussen	Fort Wayne IN	62	245
4	Mary Fennig	Decatur IN	60	100
Women 70 and Over				
Place	Name	City	Age	Points
1	Gloria J Nold	Fort Wayne IN	71	300
2	Joan Gary	Fremont IN	70	200

2008 FWTC Points Races

Fanny Freezer 5K (Feb)	Runners on Parade 5K (July)
Nutri-Run 20K (March)	Parlor City Trot Half-Mar (Sep)
Nutri-Run 5M (March)	Parlor City Trot 10K (Sep)
Warbird Brewing Co 10K (May)	River City Rat Race 10K (Oct)
3 Rivers RC 12K (May)	Turkey Trot 5K (Nov)

Points Rules For 2008

1. FWTC members must pay dues by February 1st to be awarded points for the current year. We will allow a grace period up to date of the Fanny Freezer 5K.
2. Age group placement:
 - a. 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.
 - b. 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
 - c. 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.
 - d. Points are given based on how 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

3. 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.

Just Plain 10K				
December 8, 2007				
Place	Name	City	Age	Time
1	Ron Sharp	Fort Wayne IN	42	35:20:00
2	Colin Vance	Fort Wayne IN	18	35:38:00
3	Chuck Deford	Fort Wayne IN	48	36:53:00
4	Dave Devoe	Bluffton IN	39	38:06:00
5	Michael Henry	Fort Wayne IN	43	38:13:00
6	Brad A Thomas	Fort Wayne IN	33	38:28:00
7	Brad Hess	Fort Wayne IN	15	38:28:00
8	Ethan Wappes	Fort Wayne IN	15	39:11:00
9	Ward Moya	Fort Wayne IN	44	39:25:00
10	Cody Sengthong	Fort Wayne IN	16	39:49:00
11	Brad Altevogt	Fort Wayne IN	53	40:01:00
12	Jon Beasley	Fort Wayne IN	42	40:29:00
13	Dan Meyer	Huntington IN	47	41:25:00
14	Curtis Langlois	New Haven IN	17	41:40:00
15	Anthony Juliano	Fort Wayne IN	38	42:16:00
16	Brett Hess	Fort Wayne IN	42	42:40:00
17	Peter Haydock	Fort Wayne IN	15	43:00:00
18	Andrew Maclejewski	Fort Wayne IN	15	43:01:00
19	Del Doughty	Huntington IN	41	43:18:00
20	Ed P Reinhard	Poneto IN	50	43:20:00
21	Jed Pearson	Fort Wayne IN	56	43:25:00
22	Matt Scott	Warsaw IN	39	43:29:00
23	Conrad Peterson	Markle IN	49	44:14:00
24	Matt Foreman	Fort Wayne IN	45	44:26:00
25	Alex Hess	Fort Wayne IN	12	44:33:00
26	Jeff Steinberg	Fort Wayne IN	46	45:02:00
27	Mike Slaubaugh	Fort Wayne IN	47	45:08:00
28	Cindy McGovern	Fort Wayne IN	43	46:53:00
29	Corey Sellers	Fort Wayne IN	34	47:15:00
30	Mike Fream	Fort Wayne IN	38	47:18:00
31	Ken Long	Fort Wayne IN	57	47:33:00
32	Sheryle Braaten	Hoagland IN	47	47:36:00
33	James McKinnon	Waterloo IN	51	48:13:00
34	Erin Brady	Fort Wayne IN	36	48:33:00
35	Kerry Blanchette	Fort Wayne IN	54	48:34:00
36	Jessica Hayes	Fort Wayne IN	30	49:01:00
37	Jim Bougher	Fort Wayne IN	45	49:03:00
38	Angie Lockwood	Bluffton IN	37	49:19:00
39	Martha May	Fort Wayne IN	32	50:44:00
40	Dorthea Ruhl	Angola IN	48	50:45:00
41	Courtney Wennemar	Fort Wayne IN	31	51:58:00
42	Terri Gross	Fort Wayne IN	52	52:22:00
43	Tim Newlin	Fort Wayne IN	44	52:31:00
44	Connie Gordon	Churubusco IN	45	52:46:00
45	Tom Brown	Fort Wayne IN	21	53:59:00
46	Linda Keuneke	Fort Wayne IN	44	54:29:00
47	Doug Breeden	Roanoke IN	52	54:44:00
48	Bill Landgraf	Fort Wayne IN	36	54:46:00
49	John David McPherson	Fort Wayne IN	54	54:52:00
50	Shawn Kelley	Churubusco IN	15	54:57:00

51	Joe Ziegler	New Haven IN	71	55:02:00
52	Sam Hadley	Grabill IN	55	55:12:00
53	Sam Edwards	Fort Wayne IN	11	55:30:00
54	Kyle Ruggenkamp	Fort Wayne IN	26	56:27:00
55	Joel Harter	Fort Wayne IN	44	56:57:00
56	Steve Edmiston	New Haven IN	48	57:01:00
57	David E Boylan	Fort Wayne IN	65	57:13:00
58	David Craker	Fort Wayne IN	42	57:30:00
59	Gary Gordon	Churubusco IN	45	57:42:00
60	Rich Stephenson	Monroeville IN	60	58:50:00
61	John Brier	Fort Wayne IN	63	59:05:00
62	Susan Okleshen	New Haven IN	48	59:10:00
63	Michael Wolfe	Fort Wayne IN	38	59:17:00
64	Lynne Feiertag	Fort Wayne IN	56	1:01:13
65	Bud Stiffler	Anderson IN	69	1:01:19
66	Elizabeth Weybright	Fort Wayne IN	24	1:04:03
67	Tyler Ellingwood	Fort Wayne IN	12	1:06:44
68	John Lantz	Avilla IN	53	1:07:28
69	John Feiertag	Fort Wayne IN	59	1:07:37
70	Robert C Loomis	Monroe IN	74	1:08:13
71	Lydia Rosado	Goshen IN	23	1:08:36
72	Robert Lawson	Fort Wayne IN	60	1:11:03
73	Alexandria Ellingwood	Fort Wayne IN	10	1:11:45
74	Donald Lindley	Fort Wayne IN	63	1:11:48
75	Noel Hupp	Fort Wayne IN	68	1:17:12
76	Bernie Huesing	Fort Wayne IN	75	1:19:20
77	Gloria J Nold	Fort Wayne IN	72	1:21:38
78	Curtis Nold	Fort Wayne IN	76	1:24:03
79	Kalissa Blanchette	Fort Wayne IN	20	1:25:53
80	Regina Blanchette	Fort Wayne IN	53	1:26:34
Just Plain 3.3K				
1	Tammy Habegger-Spice	Fort Wayne IN	35	1:11:06
2	Courtney Schinbeckler	Fort Wayne IN	28	1:11:07

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 our long runs/walks on Saturdays, and is open to anyone who would like to join us. Check www.myrptraining.com for time/location. Many runners/walkers are thinking ahead to training for the Indianapolis Mini Marathon in May. For a brochure of the 14 week class offered starting in May visit www.myrptraining.com. 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.

Team in Training -

Nathan Arata is the run/walk coach for Team in Training. 95% of runners are beginners. They meet Saturdays at Foster Park. They welcome any level of runner or walker whether they are training for a race or not. Contact Nathan Arata at Nathan_arata@yahoo.com or Kathy Burner katydid0512@yahoo.com for more information:

New Haven -

Group is meeting at Moser Park in New Haven. Distances will vary - usually 8-12 miles. They meet on Saturdays at 7AM. For more information, contact David Swenson at 749-9366 or dswe456204@msn.com.

Born to Run - BTR - Distance Training Group

BTR is a group that meets at various locations around the Ft. Wayne area. The group will be meeting at 8AM on Saturdays. Several people will be training for the marathon distance. For additional information contact Brett Hess at 637-3755 or superhess@msn.com or www.fortwaynebornstorun.ning.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

Three Rivers Running Company

Beginners - Wednesdays - 5:30 pm - Three Rivers Running Company hosts a group run for beginning runners on Wednesday evenings at 5:30 pm. The pace averages a 10-13 minute mile. Call for more information - 496-8000.

ETG Training Group -

If you are interested in training with a group at 6-7 min/mile, contact one of the following runners for more information:

Eric Ade	602-5410	eric@3riversrunning.com
Casey Shafer	402-2541	ghanishrunner@hotmail.com
Matt Blume		matt.blume@itt.com

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



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!



Happy Birthday!



Leticia	Deardorf	2	-	1	Bodil	Rasmussen	2	-	26	Geoff	Randolph	3	-	16
Dori A	Meighan	2	-	2	Kent	Hart	2	-	27	Gary	Schmunk	3	-	17
Dick	Shenfeld	2	-	2	Danielle	McGuire	2	-	27	Trent	Hullinger	3	-	19
Parker	Pollander	2	-	3	Angela	Palevich	2	-	27	Robin	Rizzo	3	-	19
Bill	Sohaski	2	-	3	J. David	Reimschisel, Jr	2	-	27	Paul	Sabrack	3	-	20
Hal	Atkinson	2	-	4	Phyllis	Suelzer	2	-	27	Jennifer	Steigmeyer	3	-	20
Kelly	Landis	2	-	4	James	McKinnon	2	-	29	John	Treleaven	3	-	20
Dawn	Ritchie	2	-	6	Sue	Steffy	3	-	1	Erica	Dekko	3	-	21
Landon	Lockwood	2	-	7	Jack	Seigel	3	-	3	Emily	McManus	3	-	21
Holly	Niner	2	-	9	Denise	Martinez	3	-	4	Jed	Pearson	3	-	23
Jeremy	Schmidt	2	-	10	Mark	Pulver	3	-	4	Kathy	Burner	3	-	25
David C	Dale	2	-	11	David	Roehling	3	-	6	Dan	Cummiskey	3	-	25
Steve	Edmiston	2	-	12	Lynn T	Bobay	3	-	7	Mary Collins	Frank	3	-	25
Donald R	Decook	2	-	13	Sheryle	Braaten	3	-	7	Michael	Fruchey	3	-	25
Mary	Fennig	2	-	14	Steven	Greider	3	-	7	Lisa	Heral	3	-	25
Leslie	Trabel	2	-	14	James	Stevens	3	-	7	Galen	Harden	3	-	26
Greg	Ridenour	2	-	16	Steven	Stinchcomb	3	-	7	Keith	Koteskey	3	-	27
Rick	Hilker	2	-	17	Paul	Offerle	3	-	8	Alex	Hess	3	-	28
Tom	Lill	2	-	17	Chuck	Deford	3	-	10	Michelle	Ludwiski	3	-	28
Cecelia	Snow	2	-	17	Lynne	Feiertag	3	-	10	Michael S	Wemhoff	3	-	28
Jeff	Jones	2	-	18	Carson	Powell	3	-	10	Jason	Clagg	3	-	29
Ryne	Wemhoff	2	-	18	Mark	Walter	3	-	10	Rick	Phillips	3	-	29
Curtis	Nold	2	-	19	Mervin	Koehlinger	3	-	11	George	Kirby	3	-	30
Dan	Graney	2	-	22	Brad	Stoffer	3	-	11	Tom	Landis	3	-	30
Tim	O'Connell	2	-	23	Sarah	Van Antwerp	3	-	11	Kim A	Lefever	3	-	30
Mark	Herndon	2	-	24	Kyle	Bolin	3	-	13	Rick	Sawyer	3	-	30
Grant	Stieglitz	2	-	24	Chris	Davis	3	-	13	Aaron	Cox	3	-	31
Bill	Landgraf	2	-	26	Tricia	Van Antwerp	3	-	13	John	Link	3	-	31
Doug	Lehman	2	-	26	Sean	McAvoy	3	-	16					

Fort Wayne Orthopaedics Supports FWTC!

Track club members are eligible for priority physician appointments or a free evaluation by a licensed athletic trainer at Fort Wayne Orthopaedics (FWO). If an injury occurs, call Peter Paonessa at 436-6326 and let him know you are a member of the FWTC. He will take care of scheduling you an appointment with a sports medicine specialist in a timely manner.

Upcoming Races

Date/Time	Local Points	Race Information
Feb 02,2008		Bop to the Top - 37 Floor Stairclimb One America Bldg, downtown Indy, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Feb 03,2008 1pm Sun	R	36th Annual Groundhog 7 - 7 Miles Zionville High School, 1000 Mulberry St, Zionville, IN <i>Contact:</i> Willis Hulras, Indy Runners, 317 -989-2357 <i>Info/Fees:</i> No Entry Fee: INDY RUNNERS presents Indiana's oldest continuously held seven mile road race. Enter Online, No Fee <i>Email:</i> groundhog@indyrunners.org <i>Web site:</i> http://www.indyrunners.org
Feb 09,2008 2pm Sat	LP	Fanny Freezer 5K (FWTC Pts Race) - 5K (FWTC Pts Race) Shoaff Park, Fort Wayne, IN <i>Contact:</i> Mac McAvoy, 260-450-1071 <i>Info/Fees:</i> Race day registration only (no pre-registration) starting at 1:00 pm. <i>Email:</i> clanmac@adamswells.com <i>Web site:</i> http://www.fwtc.org
Feb 09,2008 9am Sat		Slippery Elm Trail Run - 13.1 Miles North Baltimore to Bowling Green, Ohio, Bowling Green, OH <i>Contact:</i> Al Chester, 419-425-2917 <i>Info/Fees:</i> Refreshments at BW3/BG <i>Email:</i> toledoroadrunners.org <i>Web site:</i> http://toledoroadrunners.org
Feb 10,2008 5:00 pm Social 5:30 pm Dinner	L	31st Annual FWTC Banquet - Sign Up Today! IPFW Walb Student Union (Ballroom), Fort Wayne, IN <i>Contact:</i> Sheryle Braaten, 260-447-4422 <i>Info/Fees:</i> 2007 Points Awards; Special FWTC Awards; Outstanding HS Running Awards; Door Prizes Adults: \$7.00 Under 18: \$3.50 (\$20 max per family) <i>Email:</i> sheryle_b@earthlink.net <i>Web site:</i> http://www.fwtc.org
Feb 16,2008 Sat, 8am		5th Annual Louisville's Lovin' The Hills 50K & 15M Trail Runs - 50K & 15m Jefferson Memorial Forest, Louisville, KY <i>Contact:</i> Headfirst Performance c/o Cynthia, 7024 Buckcreek Rd., Finchville, KY 40022, (www.active.com -on line) <i>Info/Fees:</i> \$50-pre; \$60-post; Time Limit: 10 hours; Field Limit: 125; Unique event momento, finisher medal, post race food. <i>Email:</i> cynthia@headperformance.com <i>Web site:</i> http://www.cherokeeroadrunners.org/
Feb 16,2008 9am Sat		Get On The Stick - 5K Run/Walk Carmel HS, Carmel, 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

Feb 23,2008 9am Sat	R	Polar Bear Run/Walk - 5M Run/Competive Walk/5M Family Walk Indiana War Memorial, Indpls, IN <i>Contact:</i> Ken Long, 317-884-4001 <i>Email:</i> klong@kenlongassoc.com <i>Web site:</i> http://www.kenlongassoc.com/pbear03.htm
Mar 01,2008 10am Sat	R	Think Spring - 5K Run & 1 Mile Run Ligonier Elementary, Ligonier, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier, IN 46767, 260 -894-4638 <i>Info/Fees:</i> Pre-\$10, Race Day-\$12. (1 Mile @10:30am) <i>Email:</i> shepherdb@westnoble.k12.in.us
Mar 02,2008 8:45am Sun	L	19th Mill Creek Distance Classic Half Marathon - Half Marathon & 5K Mill Creek Metro Park - Wick Recreation Area - traffic free, Youngstown, OH <i>Info/Fees:</i> RRCA Central Region State Championship. Fee: \$25 -Pre; \$30-Race Day. Half Mar: 19&Under, 5yr age grps thru 69, 70&Over, 1st masters, grandmasters, & senior masters. <i>Email:</i> ytownrrc@aol.com <i>Web site:</i> http://www.members.aol.com/ytownrrc/
Mar 08,2008 8am Sat		Norris Insurance 5K Run/Walk Amboy, IN <i>Contact:</i> John Norris, Norris Ins Co, PO Box 157, Amboy, IN 46911, 765-395-7761 or 765-395-7730
Mar 08,2008 9am Sat		Holliday Park Trail Run - 5M Rugged Trail Run Holliday Park, Indianapolis, 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
Mar 08,2008 2pm Sat		Beer Bottle Open - 4 mile Columbus Grove High School, near Lima, OH, off US 30 East of Fort Wayne, Columbus Grove, OH <i>Contact:</i> Terry Schnipke, 2615 Begg Rd., Columbus Grove OH 45830, 419-659-5139 <i>Info/Fees:</i> There will be many awards given and all proceeds benefit the Columbus Grove Cross Country program. <i>Email:</i> cg_schnipke@cg.noacsc.org
Mar 15,2008 8:30am Sat	R	Will Power Run/Walk - 10K Run 5K Family Walk 1M Fam Walk Warren Central HS, Indianapolis, IN <i>Contact:</i> Ken Long, 317-884-4001 <i>Email:</i> klong@kenlongassoc.com <i>Web site:</i> http://www.kenlongassoc.com/pbear03.htm
Mar 15,2008 9am Sat	R	Old Ben - 5K Highland Park, Kokomo, IN <i>Contact:</i> Catherine Hightower, Indiana Univ ersity, Kokomo, IN, (765)455-9411 <i>Email:</i> chightow@iuk.edu <i>Web site:</i> http://www.ckrr.us
Mar 16,2008 1pm Sun		41st Churchhill's Half Marathon - 13.1M & 6K(3.72 miles) Monclova Community Center, Moncolva, OH <i>Contact:</i> Jim Troknya, 419-874-1505 <i>Email:</i> glassmarathon@aol.com <i>Web site:</i> http://www.toledoroadrunners.org

Mar 22,2008 10:30am Sat	R	22nd Annual Mountain Goat Hill Runs/Walk - 15K & 10K & 5K Walk Kickapoo State Park, Danville, IL <i>Contact:</i> Deb Reddy, PO Box 1701, Danville, IL 61834, 217-431-4243 <i>Info/Fees:</i> Grand Slam Event - Party @ /Delux Restaurant - Toughest 15K in Illinois & Indiana - A great way to get in some hill training for your pain or pleasure. <i>Email:</i> krr@kennekuk.com <i>Web site:</i> http://www.kennekuk.com
Mar 22,2008 11am Sat(NewTime)(Pt.Races)	LP	28th Annual Nutri-Runs - 20K & 5M Run/Walk (Both are Point Races) The Chapel, 2505 West Hamiton Road, Fort Wayne, IN, Fort Wayne, IN <i>Contact:</i> Fort Wayne Track Club, c/o Mike Thurston, PO Box 11703, Fort Wayne IN 46860-1703, 260-418-9013 <i>Info/Fees:</i> NEW START TIME AND BOTH RACES ARE POINT RACES. Please bring in a non-perishable food item to the race for the "In As Much Ministry" of Broadway Christian Church. Pre-reg by 2/23 to guarantee t-shirt, limited quantity on race day. <i>Email:</i> thursma@hotmail.com <i>Web site:</i> http://www.fwtc.org
Mar 29,2008 9am Sat		39th Annual Sam Costa Half Mar & Quarter-Mar - 13.1M & 6.55M Northview Christian Life Church, 5535 E 131st St.,Carmel, IN 46033, Carmel, IN <i>Contact:</i> Terry Townsend <i>Email:</i> samcosta@indyrunners.org <i>Web site:</i> http://www.indyrunners.org
Mar 29,2008 9am Sat	R	Huntington Baptist 5K Run/Walk - 5K 2435 Waterworks Road, Huntington, IN <i>Contact:</i> Steve Eyers, 7984 S 350 W, So. Whitley, IN 46787, 260-723-6494 <i>Info/Fees:</i> No Entry Fee (Free) Free T-shirts to the first 50 entries, many door prizes. <i>Email:</i> seyers@fwi.com <i>Web site:</i> http://www.huntingtonbaptist.org
Mar 29,2008 9am Sat	R	Underground Railroad - 5K Run & 3K Walk Westfield HS, Indianapolis, IN <i>Contact:</i> Ken Long, 317-884-4001 <i>Email:</i> klong@kenlongassoc.com <i>Web site:</i> http://www.kenlongassoc.com/pbear03.htm
Mar 29,2008 8am Sat	R	24th Ed Dibble Towpath 19-mile - 19 Miles Farnsworth Metropark, Waterville, OH <i>Contact:</i> Louis Miklovic, 419-868-1295 <i>Info/Fees:</i> \$4 - Members, \$6-Non-Members Meet at Indianola parking lot. 7am early bird start. <i>Email:</i> behinder2@aol.com <i>Web site:</i> http://www/toledoroadrunners.org
Mar 29,2008 8am Sat	L	Clinton Lake 30 Mile Trail Run - 30 Miles Trails Clinton Lake SRA, DeWitt, IL <i>Contact:</i> Chris Migotsky, PO Box 602, Mahomet, IL 61853, 217-649-2505 <i>Info/Fees:</i> Limit: First 125 Runners(as 1/3/08 - 85 are pre-registered. 3 10 mile loops, elevation per loop 1200'. Fee: \$45 before March 1. Check website for number of entries. <i>Email:</i> chrism42k@yahoo.com <i>Web site:</i> http://www.secondwindrunningclub.org
Mar 29,2008 8am Sat	R	2nd Annual Durbin Classic - 10K/5K Run, 5K Walk, 1K Fun Run Durbin Elementary School, Noblesville, IN <i>Contact:</i> Kris Wagner, 180000 Durbin Rd, Noblesville, IN 46060, 317-774-7199 <i>Info/Fees:</i> Checkout the website: <i>Email:</i> the4wags@att.net <i>Web site:</i> http://www.geocities.com/k2j2wags/DurbinClassic2008

Apr 05,2008 8am Sat		Circle of Life IU MiniMarathon - 1/2 Mar & 5K IU Bloomington Campus, Bloomington, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6525 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Info/Fees:</i> Proceeds to benefit The Bill Z. Littlefield Scholarship for Survivors <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.iumini.com
Apr 05,2008 9am Sat	L	Ultimate 10 Mile & 5 Mile Run/Walk - 10M, 5M Logansport, IN <i>Contact:</i> Tierney Warehouse, 1401 W Cliff Dr., Logansport, IN 46947 <i>Email:</i> none@aol.com <i>Web site:</i> http://www.ckrr.com
Apr 06,2008 9am Sun		41th Annual & 18th Annual Athens Marathon & Half Marathon - 26.2M & 13.1M Downtown, Athens, OH <i>Contact:</i> Arnie Lagraff, PO Box 5780, Athens, OH 45701, 740 -594-3825 <i>Email:</i> pbmullins@columbus.rr.com <i>Web site:</i> http://www.athensmarathon.org/register.htm
Apr 11,2008 12 Nonn Fri		2008 McNaughton Park Trail Runs, April 11-13 - 50 Miles, 100 Miles, 150 Miles McNaughton Park, Pekin, IL <i>Contact:</i> Andy Weinberg, Race Director, 708 Washington, Pekin, IL 61554, (H) 309 -346-3601 (W) 309-347-4101 x6380 <i>Info/Fees:</i> 50 miles is the shortest distance. 50M & 100M, 34 hour time limit; 150M, 52 hour time limit. <i>Email:</i> pittsfieldultra@yahoo.com <i>Web site:</i> http://www.mcnaughtonparktrailruns.com
Apr 12,2008 8:30am Sat		Purdue Cancer Center Challenge - 5K Run/Walk Ross-Ade Stadium, West Lafayette, IN <i>Contact:</i> Beth Steurer, 765-494-1109 <i>Info/Fees:</i> Help in the fight against cancer! <i>Email:</i> steurered@purdue.edu <i>Web site:</i> http://www.cancer.purdue.edu
Apr 13,2008 8am Sun		32nd Annual Glass City Marathon - 26.2M, 5K, Relay, Kids 1 mile Downtown, Toledo, OH <i>Contact:</i> Edward O'Reilly, PO Box 1021, Maumee OH 43547, 419-360-3709 <i>Info/Fees:</i> Various fees. see schedule on race application <i>Email:</i> glassmarathon@aol.com <i>Web site:</i> http://www.toledoroadrunners.org
Apr 19,2008 9am Sat	L	Pizza Hut Shoe Sucker 7 - 21th Annual - 7.3 Miles Trails Kil-So-Quah Campground, J. Edward Roush Lake, Huntington, IN <i>Contact:</i> Rick Beemer, 997 N. 300 W., Huntington, Indiana 46750, (260) 356 -6338 <i>Info/Fees:</i> \$10-Pre before April 7th, \$15-Race Day. Takes place on the Kekionga Trail. This is the 21th year of mayhem, merriment and mud. <i>Email:</i> rickybeemer@yahoo.com
Apr 19,2008 9am Sat		Race For The Cure - 5K Run/Walk IUPUI Library Lawn, Downtown, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Info/Fees:</i> Help the fight against breast cancer <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com

Apr 20,2008 9am Sun		4th Annual Best Buddies Indiana Dash for Friendship - 5K Run/Walk Indiana State Museum, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Info/Fees:</i> All proceeds benefits Best Buddies Indiana and help raise awareness for people with intellectual disabilities <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Apr 20,2008 7:30am Sun	R	Bricks to Bricks Ten Miler - 10 Mile Run/Walk Franklin Central High School, Indianapolis, IN <i>Contact:</i> KLA, 994 N Combs Rd, Greenwood IN 46153, 317-884-4001 <i>Email:</i> klong@kenlongassoc.com <i>Web site:</i> http://www.kenlongassoc.com
Apr 26,2008 Sat		Z Run & Walk - 5 Mile Run/ 1 Mile Walk Zionville Middle School, Zionsville, IN <i>Contact:</i> KLA, 994 N Combs Rd, Greenwood IN 46153, 317-884-4001 <i>Email:</i> klong@kenlongassoc.com <i>Web site:</i> http://www.kenlongassoc.com
Apr 26,2008 9am Sat	L	13th Annual IPFW Mastodon Stomp - 5K Run/Walk, Kids 1 Mile and 100 Meter Run IPFW Hilliard Gates Sports Center, Fort Wayne, IN <i>Contact:</i> Judy Tillapaugh, 2101 Coliseum Blvd. East, Fort Wayne, IN 46805 -1499, 260-481-6647 <i>Info/Fees:</i> 100 meter run (kids 6 and under); 1 mile kids stomp(kids 7 -12. Entry Fee - \$12, after 4/21/2007 - \$15, Kids/Students Fee - \$5 Entrants will receive t-shirt Age group awards will be given. This is a benefit event for IPFW Cross Country and Track Programs. <i>Email:</i> tillapau@ipfw.edu <i>Web site:</i> http://www.fwtc.org
Apr 27,2008 2pm Sun	L	Heart Beats 10K/ 5K Run/Walk - 10K & 5K Parkview Whitley Hospital - North Oak Street, Columbia City, IN <i>Contact:</i> Gary Bird, 670 W Keiser Road, Columbia City, IN 46725, 260-244-4408 <i>Info/Fees:</i> \$12 by 4/21/08. \$15 race day. If you ran the Mastodon Stomp on 4/27/08, registration fee is \$12. Non-competitive walkers welcome to walk the course. Overall and age groups Special HeartBeats design t-shirts to the first 50 registered. <i>Email:</i> garylbird@earthlink.net
May 01,2008 Thu - Sun		RRCA 50th Anniversary Convention May 1-4 - 5K RRCA National Championship Millennium Hotel, Cincinnati, OH <i>Contact:</i> Don Lindley - Fort Wayne Track Club, 260-436-2234 <i>Info/Fees:</i> Registration opens Nov 30, 2007. Great room rate of \$119 per night for quadruple occupancy, book by April 8th. RRCA attendees get guaranteed entry into any Flying Pig event but you must pre-register by Apr 25, 2008. <i>Email:</i> lindleyd44@verizon.net <i>Web site:</i> http://www.RRCAConvention.org

Fort Wayne Track Club Member Profile

Name Brad Stoffer

Occupation Performance Development Consultant for Lincoln Financial Group

Birth date March 11, 1970

Family Single

Pets None

Hobbies or Interests Running, Sports, Reading, Coaching

Favorite Family Activities Going to the beach

Running shoe brand: Years running/walking Asics 7+ years running

Favorite distance to run/walk & PR 10K 48:37 at 2007 River City Rat Race

Favorite after racing/training food Power Bars

Favorite place to train/race Rivergreenway

Why do you run/walk Maintain weight, relieve stress, enjoy the competition!

Favorite item of clothing Nike Dri-Gear

Favorite movie/TV show/book Runners World magazine

Favorite music Anything upbeat

Collections Baseball cards, medals from races, bibs from races

Favorite vacation destinations Florida

Most prized possession My running shoes

Has there been an inspiration to your running/walking? Bill Landgraf and Shelly Koenig--both are runners from Fort Wayne

Do you have a dream? If so, explain Run a marathon. I've completed two half-marathons successfully, but not a full yet.

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 489-0541 or email at matthew.c.parker@hotmail.com!

Fort Wayne Track Club Means Volunteers!

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



Name: _____

Phone: _____

Email: _____

- Board Member
- Race Director Assistant Race Director
- Races
 - Finish Line Course Setup
 - Timing Aid Stations
 - Applications Transportation
 - Advertising/Promotions Results
- Equipment Coordinator
 Timing equipment, finish line, course markers
- Newsletter
 Production, Editing, Graphics, Articles, Photos, Advertising
- Website
 Maintenance, Graphics, Articles, Photos, Email, Advertising
- Membership
- FWTC Banquet
- Advertising/Promotions (race sponsors, flyers)
- Anywhere
- Other: _____

Show your support for your Fort Wayne Track Club

Mail this form to Fort Wayne Track Club P.O. Box 11703
Fort Wayne, IN 46860-1703

Or contact any board member!

Attention Track Club Members

Please notify Don Lindley when you change your address. The post office will not forward the Inside Track even if you have notified the post office of the change. It costs the FWTC for additional postage and for printing extras when newsletters have to be mailed again.

Notify Don Lindley at:
lindleyd44@verizon.net or
(260) 432-5998 or (260) 436-2234 or
FWTC
PO Box 11703
Fort Wayne, IN 46860-1703

Advertising Rates

	1 Issue	3 Issues	6 Issues
Full Page	\$75	\$200.00	\$325.00
Half Page	\$40.00	\$110.00	\$175.00
Quarter Page	\$25.00	\$65.00	\$100.00
Business Card	n/a	n/a	\$50.00
Inside Cover (front or back)	\$300.00	\$750.00	\$1200.00

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

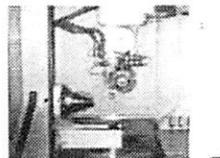
Inside Track publishes 450 issues bi-monthly

Landis Tool Grinding, Inc.

CNC Grinding



Shipping Address
2155 E. Burness St
Columbia City, IN
46725



Billing Address
P.O. Box 405
Columbia City, IN
46725

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

Tom Landis



DONOR SUPPORTED



JOHN DEERE

Jarvis Dairman

E-Mail: jdairman@muttonpower.com

Website
www.muttonpower.com

260-432-9499
Mobile 219-322-8811



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

POSTAGE
U.S. POSTAGE
PAID IN
FT. WAYNE, IN
Permit No. 1780