

The Inside Track

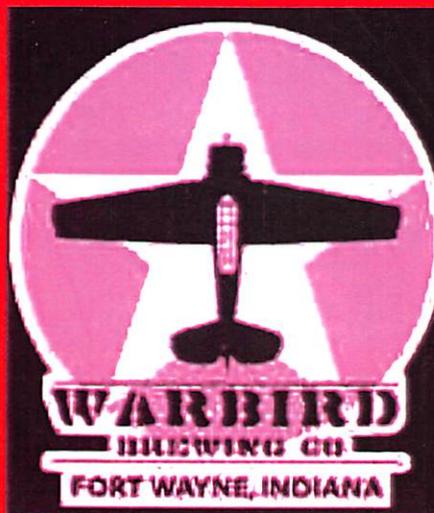
April/May 2008



"Dream barriers look very high until someone climbs them. They are not barriers anymore."

- Lasse Viren

2008 Warbird 10K



May 17th at 10:00 am
Warbird Brewery

In this edition:

- Why do you run?
- Snacking is OK
- Race Etiquette
- USA Cross-Country Race Report
- Gate River Run Race Report

Full Results:

- Fanny Freezer 5K
- Nutri-Run 20K and 5 Miler
- Huntington Baptist 5K

Upcoming Fort Wayne Track Club Races!

- May 24--Three Rivers 12K

Visit our website at www.fwtc.org

President's Column
By
Barrie Peterson
WHY DO THEY RUN?

I have had the good fortune of coaching distance runners at the grade school, high school, and collegiate levels for the past 42 years. It is amazing the dedication, hard work, and coachability of the large percentage of these athletes through the years. At the grade school level, most kids are running because of the social aspect and because a coach and/or parent has discovered that they do not seem to have the innate speed or strength to do another event.

At the high school level, some of the fringe area runners eliminate themselves due to lack of interest, desire, and/or ability. Most now continue to run because they do have some ability and they do still continue to enjoy what they are doing. And, at the high school level, there are many opportunities to compete (frosh-soph competitions, reserve meets, and varsity level events) for the team and for material rewards (ribbons, medals, trophies, etc.).

In 1984-1985, I had the opportunity and good fortune to coach men's and women's track and cross country at IPFW. And currently, I am an assistant to my son, Brad, coaching track and cross country at Indiana Tech. Why do these distance athletes continue to run without many opportunities for material rewards? In college, there are very few meets where athletes are presented with ribbons, medals, trophies, etc., as in earlier stages of competition. With the above question in mind (i.e., "Why do they run?"), I gave several of our current distance runners at Indiana Tech a questionnaire to complete. Following is a summary of the results of that survey from the 12 athletes who responded in time to put this article together:

Question 1: When and how did you start running?

Answer(s): I started running in the 8th grade because I could not play any other sport. A friend convinced me to do track—and I sucked; I started in elementary school trying to follow in the footsteps of my aunt who attended the Olympic Trials; I started running in the 6th grade just for fun. Then, in high school, I began running cross country because my best friend wanted me to do it with her. I started getting serious about my running going into my sophomore year. My brother was really good in running, and that made me want to compete like he did; I started running my freshman year in high school in outdoor track to help stay in shape for basketball. I ended up quitting basketball and have been running ever since; I started running track in 6th grade, and the coach talked me into running cross country my junior year in high school; I started running track when I was in the 7th grade because it gave me something to do after school. I started running cross country in my sophomore year in high school at the urging of my track coach; my mom ran in high school and

did very well—she inspired me to be just like her. So I started running competitively in 7th grade; when I was in 5th grade, my older sister was in 7th and she ran cross country. I would practice with her track team and then started cross country when I go to middle school (6th grade); I started running in the 7th grade when my best friend convinced me to run cross country and track with her. So, I quit volleyball and softball and joined up. I was the last person on the team, but I had fun; I started running in middle school, when I was 13 years old. My mom motivated and inspired me to run because I was so competitive in field day activities; I started running track my freshman year in high school to keep me in shape for basketball; My sophomore year was when I started running competitively, but I began running for fitness in 8th grade to get in shape for soccer as I was recovering from surgery.

Question 2: How many years have you been running competitively?

Answer(s): 7 years, 5 years, 7 years, 7 years, 9 years, 7 years, 6 years, 4 years, 4 years, 4 years, 7 years, and 5 years.

Question 3: What is it about running that keeps you going?

Answer(s): seeing the progress in myself and my teammates—seeing a teammate establish a new PR gets me all fired up; it gives me time to think and evaluate things in my life; it's what makes me happy as I continue to get better with each passing year; I love knowing that you can always get better—it makes life limitless; I love the individuality and the team aspects—the competitiveness is what drives me; it challenges me every day—every workout, race, and long run is a challenge; it relieves stress and worry, I feel like I accomplished something and the competition isn't bad either; I like the team bonding among distance runners and running cross country makes me a better 400/800 runner in track; "the runner's high"; with my laid back personality, running has enabled me to show my competitive drive and dedication for something that I love. The sense of accomplishment is what keeps me going; running keeps me sane and balanced. It is a challenge and I love to compete; I enjoy seeing how fast I can run—always trying to run faster each year—always pushing myself to the edge (in practice and in competition). The best feeling in the world is the happy exhaustion you experience.

Question 4: Do you envision yourself continuing to run even beyond your collegiate career?

Answer(s): Yes, I hope to run competitively as long as possible and then run for fitness after that. I'm not sure I could ever give it up; not sure—if my collegiate career skyrockets, I would consider running at the professional level; Yes, I love to run and it's a way for me to stay in

shape. It would be fun to train for marathons and other road races. Running is a way of life for me; Yes, I don't think I will ever stop. I would like to train seriously for a couple of marathons and then just run for fun after that; Yes, I can't picture my future without running. That would just be crazy; I will always run. . . as long as I can. It is a part of me and no one can take running away from me—plus I need to stay in shape; Yes, to keep healthy and run in some 5K's—obviously, I won't be able to keep up the high mileage; Yes, to stay healthy; Yes, because I enjoy it so much I cannot see my life without running; Yes, running will always be a part of my life because it has made me who I am. I want to make it to the Olympic trials in the 10K or marathon, but if not I will still compete in marathons; Of course, I have to stay in shape; Yes, I hope to go pro or go the Olympics or both. I love to beat other people who are fast.

Question 5: What values, characteristics, attributes, etc., have you obtained and/or fortified through your running:

Answer(s): Never to give up, be tough; optimistic, positive attitude towards life; determination, perseverance; persistence in all aspects of life; leadership, dedication, hard work ethic, consistency; how to balance my time and learning that it takes hard work to succeed; helps me to prioritize my time, leadership skills, developed a better overall attitude; positive thinking, self-discipline, and confidence; running has taught me that if you really want something, you can do it if you work at it and put your heart into it; I've learned respect for all athletes—no pain, no gain; perseverance, strong work ethic, courage, confidence, how to win graciously and lose with dignity.

Question 6: What is your most memorable moment thus far in your running career?

Answer(s): running to a 10th place finish at NCAA Div. I National Cross Country Meet—it was a culmination of a lot of hard work and a stubborn refusal to give up, and to finally achieve my goal was awesome; after losing my spikes in a high school Regional meet, I managed to run the best mile time of my life; qualifying for high school state meet in cross country and in track (mile and 2 mile); winning the sectional mile in my senior year of high school and breaking my own school record; making it to state as a sophomore in high school on the 4 x 400 with juniors and seniors and now qualifying for Nationals in college in that same event; making All-Conference cross country in

college; being a part of the state winning 4 x 800 relay in high school; going to cross country Nationals as a team in college; qualifying for the State Meet in high school; running at high school Nationals and becoming an All-American; advancing to collegiate cross country Nationals as a team with all freshman runners; winning the state 4 x 800 by a whopping 5 seconds in high school.

Question 7: What is your ultimate goal at this time as a competitive runner?

Answer(s): to win collegiate nationals in the mile or 1500 (maybe more than once); collegiate All-American in cross country and track, Olympic trials, and to be happy as a runner—doing it always for me and my team; to strive to give my best, not just in competition, but also in practice; to become as fast as I can and to stay healthy as long as I can; make it to collegiate nationals and to place at nationals in the future; continue to improve my time in the 800; to be on the best 4 x 400 and 4 x 800 in the nation; to continue to improve and help my team reach success; to believe in myself and not doubt my abilities or training—ultimately to experience the amazing race that I know I have inside of me; to become the most outstanding 800 runner I can be; to take my running to the next level, continuing to explore my abilities, using to the fullest the gifts that God has given me—to His glory.

Each athlete was then given the opportunity to add any other comments that they felt would be pertinent. In conclusion, following are a couple of these comments:

I'm glad I started my running career when I did; it kept me busy and taught me about life along the way. I don't know what I would do if I didn't run;; it's my life and I have dedicated a lot of my time for the sport in which I love to compete.

Running is my life. I run because everyone can't. "My sport is other sports' punishment." I run to compete and I compete to prove I can and will be one of the best. I want to practice with the best, to compete with the best, and to become the best.

Thanks to the following Indiana Tech distance runners for their participation in this survey: Jordan Mitchell, Kara Van Horn, Derrick Brinkley, Jonathan Jimenez, Alissa McKaig, John Wainwright, Tommy Mullen, Brittney Howland, Dominique Elizondo-Smith; Alyssa Webb, Kimberly Matusik, and Felicia Mondry.

Indiana's only race with 36 events



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

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

Saturday May 24, 2008

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

Sunday May 25, 2008

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

Monday May 26, 2008

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

10K Events:

Run/Competitive Walk

5K Events:

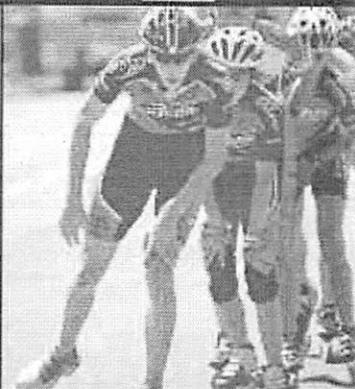
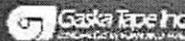
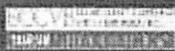
Run/Competitive Walk/Run Walk

Bike Events:

ABK Road Race & Citizens 50K Bike Races (Bristol, IN)
New Location 25K Citizens Bike Race (Bristol, IN)

For entry information:

Ran Schmalzke, Administrator/Director
Great Race, Inc.
P.O. Box 682 • Elkhart, IN 46515
574-296-5890 (24 Hour Hotline)
800-585-5476 (weekdays only 9am-4pm EST)
www.thegreatrace.net



For area information visit ElkhartCountyVisitorCenter.org



FWTC Board Meeting Minutes

February 13, 2008

Board Members Present: Bill Harris, Tammy Behrens, Kathy Burner, JP Jones, Tom Landis, Mac McAvoy, Mike Slaubaugh, Judy Tillapaugh, Jeremy Schmidt

Guests Present: Mike Thurston

1. The meeting was called to order by Bill Harris at 7:01. Devotions and the opening prayer were given by Mac McAvoy. Refreshments were provided by JP Jones. Opening prayer and devotions for the March meeting will be given by Kerry Blanchette. Refreshments will be provided by Jim McKinnon.

2. The minutes from the January meeting were presented by Tammy Behrens – secretary. Mac McAvoy made a motion to approve the January minutes, JP Jones seconded that motion, and all present approved the minutes.

3. Treasurers Report: JP Jones presented the January treasurers report and membership report. The treasurer's reports will be given monthly now and not quarterly. January of 2008 saw the last payment for the chip timing system of the FWTC. Don has been approved to attend the RRCA National Convention in May. There is also approved funds for 2-3 people to attend the convention with Don. The current membership is 416. A deposit for 800 more chips to be rented for Runner's on Parade has been made. The longevity of the current chip timing system was also discussed. Motion to approve these reports was made by Mac McAvoy and seconded by Kathy Burner. The report was unanimously accepted.

Old Business:

4. The newsletter deadline for the next issue is March 15, 2008.

5. Sheryle Braaten and Judy Tillapaugh gave an update of the Feb. 10th banquet. There were 130 total in attendance. The payment of the caterer was discussed. There has been a delay in getting the caterer paid. The board agreed that there needs to be an additional board member who is able to make payments or deposits from our bank account. The agreement made for the payment of the caterer was to call Don to issue a cashier's check from our account. If this option is not possible, Sheryle will pay the caterer and be reimbursed from the track club. Tammy Behrens made a motion to accept this plan, Mac Mc Avoy, seconded this motion, and all present agreed.

It was also agreed that in the future, the club should make a 50% down payment for the food for the banquet at the time that an agreement is made with a caterer. It was also discussed that in the future, all banquet funds should go directly to treasurer. This was not agreed upon, so will need further discussion. There was very positive feedback from the banquet evaluations. Improvements to be made to the banquet in the future include more beverages, vegetarian dishes made available, and more desserts as well.

6. An update was given on the Fanny Freezer. A wheel was needed to possibly redirect the course. Mac McAvoy made a motion that the club has the need of owning its own measuring wheel. Mac will purchase one and wait to be reimbursed. Kathy Burner seconded this motion and all present agreed.

7. Mike Thurston gave an update on the Nutri-Run. More volunteers are needed at this point. Mike gave feedback on sponsors, logistics, etc. of the race up to this point. The possibility of a future relationship with the YMCA was discussed. Registration at active.com is available for the race.

8. Judy Tillapaugh gave an update on the Chris Brown Memorial Scholarship Run from Jan. 27th. There was a great turnout. \$13,000 was raised showing fantastic support from our community. Thank you to the FWTC for donating equipment and volunteers. Once \$25,000 is raised an endowed fund will be created to make an annual IPFW running scholarship.

9. FWTC race volunteer sign up sheets were collected by Tom Landis. More sheets need to be collected from board members. There will be a timing equipment training session at 6:00 pm before the March board meeting. There was discussion to obtain a LCD projection screen to help with the training. Also, an email reminder to all board members to be sent out before the training.

New Business:

10. Featured FWTC member for the newsletter – Mac McAvoy is working on an article.

11. Jeremy Schmidt gave an update on the Achilles Track Club. He is interested in starting a possible race to benefit people with brain injuries. Mike Thurston offered to help Jeremy.

12. The RRCA Convention is in Cincinnati on May 2-4. Board members should let Don Lindley know if they would like to attend.

13. Kathy Burner reported that the Wizards baseball program is interested in hosting a Home Run 5K event. She will check with Brett Hess to see if he is currently involved with this event. The wizards expressed a need to seek assistance from the FWTC with this event.

14. Board member Michael Yann now has an email address. It is michael.yann@yahoo.com.

15. Mac McAvoy, Don Lindly, and Kathy Burner attended a race director clinic recently. Packets of information from the clinic were distributed.

16. Mac McAvoy suggested that the FWTC purchase vests to signify who the volunteers are at particular races. This would help with the safety for volunteers at intersections, etc. Mac will look into possible vests to purchase and cost of these vests.

17. The USATF Headphone rule for races needs to be put into the next FWTC newsletter. It was discussed that the FWTC needs to enforce this rule and also include this rule on race entry forms.

18. Tammy Behrens resigned from the board and as acting secretary of the FWTC as of this board meeting due to increased family commitments in the evenings.

19. JP Jones made a motion to adjourn the meeting. Kathy Burner seconded that motion, and all present approved.

20. The next FWTC officers meeting will be held on February 28th, at The Mocha Lounge at 12:00. The next FWTC board meeting will be held at IPFW on March 12th at 7 p.m. with a social time of 6:45 p.m.

Respectfully Submitted,
Tammy Behrens – Secretary

FWTC Board Meeting Minutes

March 12, 2008

Board Members Present: Barrie Peterson, Bill Harris, Kerry Blanchette, David Boylan, Kathy Burner, Tom Digate, JP Jones, Sarah Kleinknight, Tom Landis, Mac McAvoy, Jim McKinnon, Jeremy Schmidt, Judy Tillapaugh.

Guests present: Mike Thurston

1. The meeting was called to order by Bill Harris at 7:00. Devotions and the opening prayer were given by Kerry Blanchette. Refreshments were provided.
2. The minutes from the February meeting were presented by Barrie Peterson. Bill Harris made a motion to approve the February minutes, Kathy Burner seconded, and all present approved the minutes.
3. Treasurers Report: JP Jones presented the February treasurers report and membership report. The club wants to pursue more membership for 2009. The banquet had an attendance of 130 club members, of 416 total memberships. The fair market rental price of the chip timing system was also discussed in relation to the Wizards upcoming race. Our price for timing rental is cheaper than other clubs by comparison. Motion to approve these reports was made and seconded. The report was unanimously accepted.

Old Business:

4. The Feb. 10th banquet catering payment was discussed. A delay in getting the caterer paid was suffered by a board member/check writer being out of town. The board concluded that the board officers will be the additional account signatories who can make payments or deposits from the FWTC bank account. Judy Tillapaugh motioned to accept this plan, Kathy Burner seconded this motion, and all present agreed.
5. Race Director software training was held at 6:pm, prior to the board meeting. At least 8 members were present. More training will be at 6:pm before the April board meeting.

New Business:

6. Mike Thurston gave an update on the Nutri-Run. More volunteers are needed. Mike gave feedback on sponsorship and logistics up to this point. He feels that everything is in place for the race. Pre-Registration has recorded 82 entries via US mail and 52 entries via Active.com.
7. Jeremy Schmidt gave an update on the Achilles Track Club. He is interested in starting a possible race to benefit people with brain injuries. He discussed using radio to get the word out for his race. A possible VA link is relevant for the cause. Mac McAvoy mentioned that a combination with Ossian Days in September might work. It would be a good race to promote with someone who is recovering from brain injury. Mike Thurston will help Jeremy with this promotion. Jeremy also mentioned that he might have a lead to help him with the Achilles Club management.
8. The RRCA Convention is in Cincinnati on May 2-4. Board members should let Don Lindley know if they would like to attend.
9. Kathy Burner reported that the Wizards will be hosting a Home Run 5K event July 27th. The wizards need assistance from the FWTC with this event, particularly with the rental of our chip timing system and its' operation. Runners will get a ticket for the game that

day. Though it was for charity in the past, this event will benefit the team directly. They're seeking an annual event to raise money.

10. Mac McAvoy gave an update for Runners on Parade. There might be a course change around the Headwaters Park area. Mac is inviting Brian Sell, Olympic 42k trials athlete, to lead out the race. Brian might be able to personally sign some posters for Riley Children's Hospital if runners will purchase them.
11. Barrie Peterson gave an update of high school and collegiate track and field news. The indoor state meet at IU is March 22nd. Our local collegiate athletes have produced some All American honors as well.
12. Mac McAvoy will follow up with the FWTC purchase of safety vests. They will signify who the volunteers are and will help with the safety of volunteers during course marshalling at intersections, etc.
13. Details were given by Judy Tillapaugh for upcoming IPFW Health Fair, March 26th, from 9:am – 3:pm.
14. Special Olympics is coming up. Volunteers are being sought through Tammy Behrens' PR Training group.
15. Tammy Behrens has resigned from the board and as acting secretary of the FWTC. The board motioned to accept Mike Thurston as interim Secretary through 2008, and all approved.
16. A motion was made to adjourn the meeting, it was seconded, and all present approved.
17. The next FWTC officers meeting will be held on March 27th, at the FW YMCA downtown at 12:00. The next FWTC board meeting will be held at IPFW on April 9th at 7 p.m. with a social time of 6:45 p.m.

Respectfully Submitted,
Mike Thurston – Secretary

Volunteers Needed for Special Olympics!

We are in dire need of coaches/directors (no coaching experience necessary, but helpful).

Practices to be held at Homestead Track on April 7, 16, 21, 30 from 5:30-6:30 p.m.

Events:
50 and 100 yd dash
400 yd walk
Wheelchair
Standing long jump
Softball throw

(So far our athletes have been only intellectually disabled, but we are to offer a wheelchair division)
I know there are some really neat people in our running community, and I am hoping this is something that will appeal to some of them who want to share their great abilities and at the same time give back to our community!

Please visit and share our website for more info!
www.specialOlympicsAllenCounty.com

Anita O'Reilly

Snacking Is Ok!!

By: Judy Tillapaugh

Snacksthey can perk up the day whether it is mid-morning, mid afternoon, later afternoon, or evening. A between meal food can be just what is needed for proper energy, endurance, hydration, and overall nutrition. In fact, our bodies digest and use nutrients better when food and beverages are eaten though out the day.

Plan for 3 meals and 2-4 snacks around your training schedule. Are you a morning runner or walker? Have a snack 1-2 hours before the early workout. Does it work better for you to run or walk in the afternoon. Then plan for a snack 1-2 hours before you begin. Make nutritious meals and snacks a priority just like the workout of the day.

Snacks Can:

- maintain blood sugar levels
- prevent hunger and weakness
- provide energy for working muscles and mind
- provide fluids for hydration
- provide nutrients like carbohydrate, protein, fat, vitamins, and minerals

Think quality when selecting snacks. Limit empty calorie snacks like candy, desserts, soda, and chips. Instead choose nutrient rich foods like whole grain crackers, cereal, bagels, bread sticks, pretzels, baked chips, home-made muffins or fruit bread, sports bars, fruit, yogurt, milk, trail mix, or lean sandwiches.

A typical snack serving is about 100-300 calories with about 20 to 30 gms carbohydrate, 3- 10 gms. protein, and 2-6 gms. fat. Plan your snacks based on your personal calorie and nutrient needs.

Tips:

- Plan ahead. Add nutritious snacks to the shopping list so they are in the cupboard, refrigerator, or sports bag when snack time arrives.
- Do not be too hungry at meal times. Have a small snack before a meal. This will curb the hunger and help prevent overeating.
- When traveling, plan to pack nutritious snacks that are right for you.
- Keep nutritious snacks at work or school if necessary so your less likely to visit the expensive vending machine or concession stand.
- Have a team talk about what nutritious snacks to pack for away meets

Snack Ideas:

- fruit smoothie
- fruited yogurt
- plain, chocolate or vanilla milk
- hot chocolate
- bowl of cereal with milk, yogurt, or soy milk
- lean meat sandwich with juice
- peanut butter and jelly sandwich
- sports bar
- graham crackers plain or with peanut butter with juice or fruit
- handful of crackers or a couple bread sticks... (maybe a little cheese with it)
- handful of pretzels or popcorn with sports drink
- bagel or toast with a little peanut butter
- trail mix
- soup
- pasta or rice salad
- baked chips with salsa

- cereal mix
- banana bread or fruit muffin
- dried fruit and nuts
- fresh fruit like banana, grapes, or melon
- fresh vegetables

What sounds good to you? Snacking is ok ... plan for them to help you attain health and fitness goals.

Best,

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

The "Emily Post" Guide to Race Etiquette by Kathy Burner

With the race season heating up faster than the weather, now would be a good time to review some basic race etiquette while we wait.

Pre-Register: Runners who pre-register are the darlings of race day. You don't have to deal with higher race fees, application forms, long lines, wondering what to do with your change (or the funny looks you get when you tuck it into those little pockets *inside* your shorts!), or the frustration of being next in line just when they run out of t-shirts! The race director gets the bonus of already having you set up for the race, your bib is printed and that all important t-shirt is set aside for you.

Race Day Registration: Okay, Indiana weather dictates that you don't want to pre-register for a race only to have race day dawn rainy and cold. So you decide to wait until race day to register. Please keep in mind the following:

When completing your race application, *please, please, please* write neatly. If you are having trouble reading it, rest assured the poor person trying to enter hundreds of race apps in a short amount of time. Make sure your information is written **neatly and accurately**.

Please remember that you really only turn 29 once. Even if you are celebrating 29 for the fifth time, please put your accurate birth date on the app. It's amazing to see how many people change their birthday race to race. (We promise not to tell anybody!)

Please make arrangements to store any extra belongings with a friend/loved one or in your vehicle. The race staff can't possibly keep track of keys, clothes or kids/pets and still provide a quality race.

Plan to arrive early enough to get registered, settled and warmed up for the race. Coming in three minutes before the race starts puts a strain on you and the race staff to get you to the starting line on time.

Race Bibs: When you get your bib, pin it to the **front** of your shirt. (Duct tape works well if you choose not to wear a shirt!) We have to call your number out as you cross the finish line and if you pin it on the back of your shirt, side of your shorts, etc., we have to do calisthenics to find the number and will likely throw things off in the process.

Chip Timing: Immediately upon picking up your chip, double check the number on the chip with your bib number. If it doesn't match, let somebody know. Unless, of course, you want to have your results credited to somebody else. (Nice if you are a slow runner, but a bummer if you are pretty fast.)

Immediately after you verify that you have the correct chip, put it around your *ANKLE* – not your arm, wrist, neck (you never know!) or in your car (it's happened before). This gets you ready for the race and helps you avoid a lost chip, and a replacement charge of \$85, or a chip that won't read accurately.

Race Time: Your bib and chip are in place, muscles are stretched and warmed up, body is hydrated and ready to go. It's time to line up at the starting line. If you are a slower runner, head to the back of the pack. You will be less likely to get run over when the speed demons fly by you.

During the race, stay alert to runners in front and behind you. Pay attention to the race marshals and signs so that you don't end up running all the way to Indy because you missed a turn. If the race is on local streets, keep an eye on traffic. We do what we can to empty the streets for you, but there is never a guarantee that it will be 100% effective.

When you cross the finish line, remember to turn your chip back in or make sure you stay in order until your bib tab is pulled. Head over to the food area and replenish. But please remember that food is provided for ALL runners, so don't look at the spread as an all-you-can-eat buffet. If you have to use your shirt as a basket to hold all the apples, chances are you should put a few back. We all enjoy snacking on cookies after a race – even those of us at the back of the pack.

Before you head over to the computer area to ask how soon results will be ready, remember that the people tabulating those results can't leave until they are done. Therefore, they are working as fast as they can to get them finished. Every time somebody comes up to ask how soon or to see where they finished, it slows down the entire process. Every system has its glitches now and then, so please remain patient.

Volunteers: Before you lose your temper with a member of the race staff, please remember the definition of volunteer: *one who works without expectation of being paid*. These people have been up since the crack of dawn preparing for the race (which can kill their social life, by the way) and don't deserve to bear the brunt of your frustration. If you have a complaint or concern, keep your cool and we'll get it resolved as soon as we can.

On the subject of volunteers, **EVERY** participant should make an effort to volunteer at a race during a season. You can't possibly get a healthy respect for the amount of work that goes into making race day enjoyable for all of the participants. Even if you wish to run every race of the season (and, if this is the case, you may want to consider therapy?), you can still volunteer prior to the race. Let the staff know you are running and we'll make sure you are given a responsibility that will get you to the starting line on time.

One last word on volunteers: say thank you to the volunteers at the various races. If it weren't for the people willing to donate their time, these races wouldn't take place. There wouldn't be anybody to take your registration, hand you your t-shirt or water at the aid stations, or pass you awards at the end. We are blessed to have great volunteers in this area, so remember to thank them for their time when the opportunity arises.

MOST IMPORTANT: Have a safe and enjoyable race! We want you back for another one, so take care of yourself and stay healthy! The northeast Indiana running community is a great group of people. Enjoy the season!

FWTC's Don Lindley at The Gate River Run

by Don Lindley

The Gate River Run, March 8, 2008 was a 15k race that I ran 26 years ago in Jacksonville, FL. Last year, after an early retirement from work, I decided to go back and run it again hoping that I could at least run one half the speed and finish.



In 1982, I went to Jacksonville, FL to attend the RRCA convention to accept my award as the Rod Steele Memorial Award's recipient, as the most outstanding volunteer of America, in which the Fort Wayne Track Club nominated me. That weekend, the race was won by Mike Musyoki in 43:34 and the 1st place female was Wendy Sly in 49:52. My finishing time in 55:54 was good enough to finish in the top 100 with a total of 4,518 participants. My goal was to hold on 6

minute miles and try to win over Olympia Hal Higdon, 50. At the 10k mile mark, I remember passing him and I never looked back. I ran the last 5k so fast, that I never let one runner past me from the bottom of the one-half mile 6% grade of Hart Bridge to the finish line in Jacksonville's stadium. One runner challenged me in the last 50 yards inside the stadium, but I prevailed at the 50 yard line.

In 2007, I finish in 2:07:55, 9,699th place with a total of 11,335 finishers that was the largest 15k in the United States. My chip time of 2:02:32 was not what I wanted really wanted. I didn't reach or establish my goal but I did not properly train, so my expectations were to run an average of 12 minute per mile pace. Instead, I finish with a 13:44 mile pace. But most of all, I finished, and I never gave up. But I vowed to come back again and do better.

This year's race 31st annual had over 14,000 registered and unofficially 12,085 finished.

My friend, Hal Higdon, 76, was in the race again. We both were there under different circumstances but it was great to be among the greatest runners in the world. Andrew Carlson listed time of 44:12 and Deena Kaster listed time of 49:08 was slow times due to strong winds. Deena won last year with a time of 47:20. It was evidence that the course was slow. We had gust of winds over 30mph along the river, that the surf caused a spray of water on us and the Main Street and Hart Bridges with the hurricane winds, that you had to hang on your hat and avoid one leg crisscrossing the other. Several times, the wind would pick me up and move me side ways. My 5k split of 34:15 was an indication that I was going to beat last year's time. My 10k split of 1:08:46 was when I knew I could finish under 2 hours, but the 6% grade Hart Bridge and against 30 mph winds was going to be a challenge. But I never gave up and finish in 1:52:30. I beat last year's time by 15 minutes in which I was very happy with. And Hal finish in 2:31:06. In the official program book, there were two FWTC members that still retain age records, Rex Reed, 55, 55:38 and Myron Meyer, 67, 64:39 in 1995. Since chip timing was provided, only gun time is used for official timing. The 2007 USATF

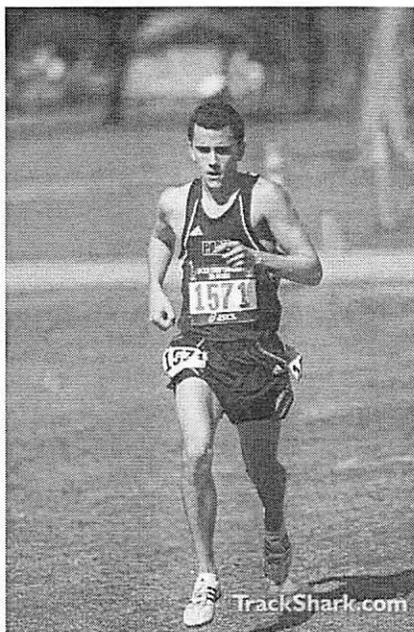
Rule 245.1 states "The order in which the athletics cross the finish line will be the official finish position." Further, Rule 245.3 – regarding transponder timing – "the actual time elapsed between an athlete reaching the starting line and finish line can be made known to the athlete, but will not be considered as official time." In short, official time per USATF rule is gun time. My chip time was actually 1:47:32 but I will take a gun time of 1:52:30 anytime.

Bobby Moldovan Qualifies for World Cross-Country Finals!

by Bobby Moldovan

The experience of running Junior Nationals in San Diego, CA was just amazing and not just due to the fact that I ran so well and was able to qualify for Junior Worlds, which will be held in Edinburg, Scotland on March 30. It was just great being around runners my age with the same intent that I had of being able to finish top six and qualify for Junior Worlds. I could see intensity and the adrenaline of everyone who was at the starting line. Everyone was so focused just like I was and they had one thought through their heads and that was, "I am going to push myself until I can't go another mile and then I am going to just keep pushing."

The race itself panned out just as I had hoped that it would. It went out quick, but conservative at the same time. I just settled in behind the lead pack. I remember I was probably in 20th place at the 1k and being within 1 second of the leaders of the pack. It stayed this way for about 3k until a group of what I think was about 20 runners assembled themselves as the ones who will be racing for a trip to Scotland. By about the 5k mark it had started to thin out even more with maybe only around 10 to 12 runners within a gap of 5 seconds of each other. This was when the race really started (as if the first 5k didn't matter). The two leaders made their move here and I was content with letting them go as long as they were the only two that went. I went through the 6k in 7th place knowing that I had enough in the tank to make a final run for top 6. I stayed in 7th until the 7k and then I made my move to try to catch the runners that were within distance of me catching them. I ended up catching 3 other runners who I led until there was around 200 meters left and then I made a quick surge to put myself ahead of them and for the finishing 100 meters I just ran fast enough to hold on to 4th place since the 3rd place runner has a large enough lead on me for me to try to kick him down in the last 100 meters. It was a great race as I think I PR'ed for the 5k in the final 5k of the race. After the race I called my parents, my high school coach, Coach Peterson, and my college coach, Coach Geiger. They were all thrilled with my race and were probably more excited than I was at the time. It took a couple hours until it hit me that I was going to be representing the USA.



I want to thank all of you in the Fort Wayne Track club for giving me the opportunity of telling you about my experiences out in San Diego

for Cross Country Junior Nationals. I wish everyone the best of luck and hopefully I will come back from Scotland, not only with a great experience, but with another great race (Maybe I will be able to beat a couple Africans out there.

Editor's Note: Moldovan finished 86th out of 109 runners in a time of 25:49 for 8000 Meters.

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.

2008 Points Standings

Male 19 and under				
Place	Name	City	Age	Points
1	Sam Edwards	Fort Wayne IN	11	200
Male 20 to 29				
Place	Name/Race	City	Age	Points
1	Edward Fisk	Fort Wayne IN	28	200
2	Grant Stieglitz	Fort Wayne IN	22	200
3	Anthony Petras	Fort Wayne IN	22	160
4	David Boyer	Fort Wayne IN	20	85
5	Evan Hyndman	Fort Wayne IN	27	85
6	Travis Blanchette	Fort Wayne IN	22	75
7	Ben Gensic	Fort Wayne IN	28	75
Male 30 to 34				
Place	Name/Race	City	Age	Points
1	Brad A Thomas	Fort Wayne IN	33	185
2	Jeremy M Ogle	Fort Wayne IN	33	150
3	Todd Sullivan	Fort Wayne IN	34	140
4	Mike Cole	Corunna IN	32	100
5	Dameon Rinehold	Fort Wayne IN	32	100
6	Ashley Wellman	Fort Wayne IN	33	85
7	Scott Mehlberg	Warsaw IN	33	75
8	Todd Werling	Fort Wayne IN	34	55
Men 35 to 39				
Place	Name/Race	City	Age	Points
1	Anthony Juliano	Fort Wayne IN	38	185
2	Dave Devoe	Bluffton IN	39	170
3	Mike Fream	Fort Wayne IN	39	160
4	Troy McArthy	Huntertown IN	38	140
5	Matt Scott	Warsaw IN	39	120
6	Jason Sagan	Fort Wayne IN	36	110
7	Brian Loucks	Fort Wayne IN	38	100
8	John Bradley	Auburn IN	37	100
9	Mike Wolfe	Fort Wayne IN	38	90
10	Brad Stoffer	Fort Wayne IN	37	70
11	Bill Landgraf	Fort Wayne IN	36	40
12	Jared Newhard	Fort Wayne IN	35	35
13	Tony Cronk	Fort Wayne IN	36	35
Men 40 to 44				
Place	Name/Race	City	Age	Points
1	Ron Sharp	Fort Wayne IN	42	200
10	Andrew Barry	Fort Wayne IN	43	25
2	Steve Webb	Fort Wayne IN	42	150
3	Ward Moya	Fort Wayne IN	44	150
4	Dave Kuker	Fort Wayne IN	40	110
5	Mark Walter	Garrett IN IN	42	100
6	David Craker	Fort Wayne IN	43	80
7	Kent Ennis	Fort Wayne IN	40	65
8	Rick Grieze	Fort Wayne IN	44	55
9	Santiago Martinez	Columbia City IN	40	45
Men 45 to 49				
Place	Name/Race	City	Age	Points
1	Chuck Deford	Fort Wayne IN	48	200
2	Rowland Perez	Auburn IN	47	185

3	Jeff Steinberg	Fort Wayne IN	46	160
4	Mike Wemhoff	Fort Wayne IN	46	130
5	E. Brian Foster	Fort Wayne IN	45	100
6	Steve Edmiston	New Haven IN	48	90
7	Michael Overdahl	Fort Wayne IN	47	85
8	Steve Zacher	Fort Wayne IN	46	75
9	David Roehling	Harlan IN	49	65
10	Dan Cummiskey	Fort Wayne IN	46	65
11	Jim Bougher	Fort Wayne IN	45	65
12	Joel Harter	Fort Wayne IN	45	45
Men 50 to 54				
Place	Name/Race	City	Age	Points
1	Ed P Reinhard	Poneto IN	50	175
2	James McKinnon	Waterloo IN	51	145
3	Chuck Brown	Bluffton IN	52	140
4	Kerry Blanchette	Fort Wayne IN	54	110
5	Mark Furkis	Ligonier IN	52	100
6	Doug Breeden	Roanoke IN	52	90
7	Doug Sundling	Bluffton IN	52	85
8	Thomas J Felts	Fort Wayne IN	53	85
9	Donald R Decook	Warsaw IN	54	85
10	Carl A Risch	Decatur IN	50	65
11	Charles Schreiber	Fort Wayne IN	50	65
12	Terry Anderson	Fort Wayne IN	54	25
Men 55 to 59				
Place	Name/Race	City	Age	Points
1	John Treleaven	Fort Wayne IN	55	185
2	Jim Pickett	Fort Wayne IN	58	160
3	Michael Page	Fort Wayne IN	55	120
4	John David McPherson	Fort Wayne IN	55	120
5	Dan Bossard	Monroeville IN	57	120
6	Jed Pearson	Columbia City IN	56	100
7	Don Ransome	Warsaw IN	57	100
8	Dan Barnes	Fort Wayne IN	58	75
9	John Feiertag	Fort Wayne IN	59	55
Men 60 to 64				
Place	Name/Race	City	Age	Points
1	Bob Bruckner	Fort Wayne IN	62	200
2	Larry Lee	Fort Wayne IN	63	150
3	Rich Stephenson	Monroeville IN	61	85
4	Art Obregon	Pierceton IN	60	85
5	Robert Lawson	Fort Wayne IN	60	65
Men 65 to 69				
Place	Name/Race	City	Age	Points
1	David E Boylan	Fort Wayne IN	65	185
2	Fred Ross Jr	Warsaw IN	66	100
3	Dewain Cobbs	Warsaw IN	65	100
4	Karl Dietsch	Fort Wayne IN	69	100
5	Bud Stiffler	Anderson IN	69	85
6	Johni Rasmussen	Fort Wayne IN	67	75
Men 70 and Over				
Place	Name/Race	City	Age	Points
1	Robert C Loomis	Monroe IN	74	175
2	Bernie Huesing	Fort Wayne IN	75	150
3	Joe Ziegler	New Haven IN	72	100

4	Dick Harnly	Fort Wayne IN	70	85
Female 19 and Under				
Place	Name/Race	City	Age	Points
1	Brooke Werstler	Larwill IN	12	200
2	Jamie Ziegler	Fort Wayne IN	6	85
Women 20 to 29				
Place	Name/Race	City	Age	Points
1	Kalissa Blanchette	Fort Wayne IN	20	100
2	Amy Stephan	Fort Wayne IN	29	100
3	Jennifer Lee	Fort Wayne IN	25	100
4	Melissa Ludack	Fort Wayne IN	27	85
Women 30 to 34				
Place	Name/Race	City	Age	Points
1	Kara Gongwer	Fort Wayne IN	34	185
2	Wendy Kilbourne	Fort Wayne IN	31	100
Women 35 to 39				
Place	Name/Race	City	Age	Points
1	Tracy Brooks	Fort Wayne IN	38	170
2	Erin Brady	Fort Wayne IN	36	165
3	Angie Lockwood	Bluffton IN	38	150
4	Kelly Kelly	Fort Wayne IN	35	140
5	Traci Barsantee	Fort Wayne IN	36	120
6	Tammy Behrens	Fort Wayne IN	36	100
7	Cheryl Pulver	Fort Wayne IN	37	100
8	April Lass	Fort Wayne IN	36	75
9	Danielle Sullivan	Fort Wayne IN	35	45
10	Kathy Burner	Auburn IN	39	45
11	Elaine Kolvoord	Fort Wayne IN	36	35
Women 40 to 44				
Place	Name/Race	City	Age	Points
1	Cindy McGovern	Fort Wayne IN	43	185
2	Robin Werstler	Larwill IN IN	42	185
3	Anne Shank	Fort Wayne IN	41	100
4	Linette Barry	Fort Wayne IN	44	65
Women 45 to 49				
Place	Name/Race	City	Age	Points
1	Sheryle Braaten	Hoagland IN	47	200
2	Betty Greider	Fort Wayne IN	47	130
3	Judy White	Fort Wayne IN	49	100
4	Dorthea Ruhl	Angola IN	48	85
5	Cathy Myers	Fort Wayne IN	48	85
6	Barbara Price	Huntertown IN	48	75
7	Margie Morris-Parker	Fort Wayne IN	49	55
Women 50 to 54				
Place	Name/Race	City	Age	Points
1	Terri Gross	Fort Wayne IN	52	200
2	Regina Blanchette	Fort Wayne IN	53	85
3	Nancy Simmonds	Fort Wayne IN	54	85
Women 55 to 59				
Place	Name/Race	City	Age	Points
1	Lynne Feiertag	Fort Wayne IN	56	100
Women 60 to 64				
Place	Name/Race	City	Age	Points
1	Betty Nelson	Columbia City IN	61	200
2	Barb Scrogam	Fort Wayne IN	61	185
3	Bodil Rasmussen	Fort Wayne IN	63	75

Fanny Freezer 5K				
February 9, 2008				
Place	Name	City	Age	Time
1	Ron Sharp	Fort Wayne IN	42	17:06
2	Chris White	Granger IN	34	17:16
3	Travis Strock	Fort Wayne IN	18	17:53
4	Dave Devoe	Bluffton IN	40	18:01
5	Nick Nave	Fort Wayne IN	16	18:03
6	Brad A Thomas	Fort Wayne IN	33	18:04
7	Erin Milton	Fort Wayne IN	17	18:09
8	Cedrick Hannah	Fort Wayne IN	15	18:15
9	Cyrus Brinegar	Fort Wayne IN	15	18:19
10	Jerry Williams Jr.	Fort Wayne IN	48	18:26
11	Ward Moya	Fort Wayne IN	44	18:31
12	Mark Furkis	Ligonier IN	52	18:34
13	Chuck Deford	Fort Wayne IN	48	18:36
14	Benjamin Ashby	Fort Wayne IN	25	18:39
15	Grant Stieglitz	Fort Wayne IN	22	18:44
16	Rowland Perez	Auburn IN	47	18:47
17	Edward Fisk	Fort Wayne IN	28	18:52
18	Trent Prough	Markle IN	37	18:53
19	Phillip Salisbury	Fort Wayne IN	33	19:12
20	Doug Sundling	Bluffton IN	52	19:14
21	Jonathan Gidbey	Fort Wayne IN	25	19:19
22	John Bradley	Auburn IN	37	19:39
23	Michael Clay	Convoy OH	48	19:46
24	Keith Chandler	Fort Wayne IN	16	20:07
25	Anthony Juliano	Fort Wayne IN	38	20:13
26	Kyle Elsworth	Fort Wayne IN	28	20:26
27	Conrad Peterson	Markle IN	49	20:30
28	Jordon Stackhouse	Fort Wayne IN	17	20:31
29	Michael Nussa	Fort Wayne IN	16	20:31
30	Ed P Reinhard	Poneto IN	50	20:32
31	Michael Gatton	Columbia City	13	20:38
32	Stephen King	Convoy OH	44	20:45
33	Josh Godoy	Fort Wayne IN	15	20:48
34	Andy Garcia	Fort Wayne IN	24	20:49
35	Steve Connelly	Fort Wayne IN	39	20:51
36	Jed Pearson	Columbia City	56	21:01
37	Mike Fream	Fort Wayne IN	39	21:12
38	Carl A Risch	Decatur IN	50	21:14
39	Linda Keuneke	Fort Wayne IN	44	21:18
40	Chuck Brown	Bluffton IN	52	21:25
41	Corey Sellers	Fort Wayne IN	34	21:39
42	Troy McArthy	Huntertown IN	38	21:40
43	Cindy McGovern	Fort Wayne IN	43	21:46
44	John Treleaven	Fort Wayne IN	55	21:53
45	Matt Scott	Warsaw IN	39	21:54
46	Matt Rupert	Plainfield IL	33	22:04
47	Jeff Steinberg	Fort Wayne IN	46	22:05
48	Margaret Reyling	Decatur IN	24	22:09
49	Jeff Maus	Van Wert OH	50	22:11
50	Brian Loucks	Fort Wayne IN	38	22:21

51	Bob Bruckner	Fort Wayne IN	62	22:23
52	Matt Foreman	Fort Wayne IN	45	22:27
53	Jared Newhard	Fort Wayne IN	35	22:29
54	Sheryle Braaten	Hoagland IN	47	22:39
55	Steve Webb	Fort Wayne IN	42	22:48
56	David Roehling	Harlan IN	49	22:49
57	Wendy Kilbourne	Fort Wayne IN	31	22:51
58	Anthony Petras	Fort Wayne IN	22	22:56
59	Erin Brady	Fort Wayne IN	36	23:00
60	Tracy Brooks	Fort Wayne IN	38	23:04
61	James McKinnon	Waterloo IN	51	23:12
62	Katie Parrish	Fort Wayne IN	23	23:13
63	Art Mandelbaum	Fort Wayne IN	44	23:14
64	David Lill	Fort Wayne IN	17	23:20
65	Rick Grieze	Fort Wayne IN	44	23:22
66	Santiago Martinez	Columbia City	40	23:27
67	Angie Lockwood	Bluffton IN	38	23:28
68	Chelsea Blanchard	Fort Wayne IN	17	23:31
69	Kaylee McClanahan	Huntertown IN	15	23:31
70	Brianna Johnson	Huntertown IN	15	23:31
71	Rebecca Downs	Fort Wayne IN	17	23:32
72	Samantha Ginther	Fort Wayne IN	17	23:32
73	Michael Mabee	Fort Wayne IN	31	23:37
74	Ian Stoppenhagen	Ossian IN	37	23:39
75	Adrian Guenther	Fort Wayne IN	37	23:44
76	Stuart Williams	Indianapolis IN	25	23:46
77	Dewain Cobbs	Warsaw IN	65	23:47
78	Traci Barsantee	Fort Wayne IN	36	23:58
79	Kerry Blanchette	Fort Wayne IN	54	24:01:00
80	Joe Savina	Fort Wayne IN	40	24:06:00
81	Ben Schwartz	Fort Wayne IN	10	24:12:00
82	Mike Wemhoff	Fort Wayne IN	46	24:21:00
83	E. Brian Foster	Fort Wayne IN	45	24:23:00
84	Eric Lanning	Fort Wayne IN	34	24:31:00
85	Jim Pickett	Fort Wayne IN	58	24:37:00
86	Brad Stoffer	Fort Wayne IN	37	24:38:00
87	Bill Landgraf	Fort Wayne IN	36	24:39:00
88	Cortney Schwartz	Fort Wayne IN	39	24:41:00
89	Randy Fielder	Adrian MI	56	24:42:00
90	Amy Archbold	Fort Wayne IN	35	24:48:00
91	Jeremy M Ogle	Fort Wayne IN	34	24:51:00
92	Dorthea Ruhl	Angola IN	48	25:00:00
93	Mike Hyman	Payne OH	24	25:04:00
94	Alex Nehls	Fort Wayne IN	30	25:12:00
95	Julia Just	Fort Wayne IN	41	25:18:00
96	Andrew Adams	Fort Wayne IN	37	25:26:00
97	David Kuker	Fort Wayne IN	41	25:27:00
98	Kara Gongver	Fort Wayne IN	34	25:28:00
99	Linda Wyss	Fort Wayne IN	45	25:30:00
100	Austin Agler	Fort Wayne IN	16	25:31:00
101	Tony Gatton	Columbia City	51	25:33:00
102	Terry Anderson	Fort Wayne IN	54	25:37:00
103	Brian Bolinger	Leo IN	38	25:47:00

104	Tony Galuoppo	Fort Wayne IN	49	25:49:00
105	Doug Breeden	Roanoke IN	52	25:57:00
106	Crista Cooper	Fort Wayne IN	19	25:58:00
107	Betty Nelson	Columbia City	61	25:59:00
108	Beth Schrader	Fort Wayne IN	34	26:01:00
109	Barbara Price	Huntertown IN	48	26:07:00
110	Andrew Barry	Fort Wayne IN	43	26:07:00
111	Kelly Mahoney	Logansport IN	38	26:08:00
112	Larry Firestone	Leesburg IN	31	26:13:00
113	Sam Edwards	Fort Wayne IN	11	26:15:00
114	Lori Kuchmay	Fort Wayne IN	35	26:16:00
115	Connie Gordon	Churubusco IN	45	26:22:00
116	Brooke Werstler	Larwill IN	12	26:31:00
117	Randy Patterson	Fort Wayne IN	39	26:35:00
118	Sarah Martin	Fort Wayne IN	37	26:53:00
119	Scott Mehlberg	Warsaw IN	34	26:54:00
120	Chris Everett	Decatur IN	24	26:55:00
121	Wayne Wells	Garrett IN	31	26:56:00
122	Kim Larsen	Fort Wayne IN	46	27:01:00
123	Tony Reinhard	Bluffton IN	47	27:07:00
124	Terri Gross	Fort Wayne IN	52	27:09:00
125	David E Boylan	Fort Wayne IN	65	27:10:00
126	Lynne Feiertag	Fort Wayne IN	56	27:12:00
127	David Craker	Fort Wayne IN	43	27:15:00
128	Mitzi Hamilton	Fort Wayne IN	59	27:16:00
129	Tina Bell	Fort Wayne IN	33	27:17:00
130	Larry Smith	Auburn IN	28	27:30:00
131	Jennifer Roherty	O Fallon IL	25	27:31:00
132	Theresa Hayes	Fort Wayne IN	24	27:33:00
133	Steve Edmiston	New Haven IN	48	27:39:00
134	Rich Stephenson	Monroeville IN	61	27:45:00
135	Brandon Hirsch	Fort Wayne IN	32	27:48:00
136	Tony Hackman	Fort Wayne IN	23	27:52:00
137	Michael Casebere	Ashley IN	43	27:54:00
138	Jason Sagan	Fort Wayne IN	36	28:00:00
139	Guy Lamott	Fort Wayne IN	44	28:01:00
140	Linette Barry	Fort Wayne IN	45	28:04:00
141	Kelly Kelly	Fort Wayne IN	35	28:16:00
142	Heather Fromm	Fort Wayne IN	32	28:17:00
143	Tom Fromm	Columbia City	48	28:19:00
144	Ryan Strickler	Decatur IN	24	28:21:00
145	Jed Lengerich	Decatur IN	25	28:22:00
146	Larry Lee	Fort Wayne IN	63	28:28:00
147	Dan Bossard	Monroeville IN	57	28:31:00
148	Mark Witmer	Roanoke IN	41	28:38:00
149	Christina Bolinger	Leo IN	37	28:40:00
150	Sharon Rodriguez	Adrian MI	49	28:47:00
151	Merrill Joslin	Fort Wayne IN	24	28:51:00
152	Alan Elliott	Fort Wayne IN	26	28:52:00
153	Jena Marcuccilli	Warsaw IN	35	29:27:00
154	David Kurtz	Auburn IN	37	29:28:00
155	Richard Craig	Lagrange IN	60	29:28:00
156	Tonya Welsh	Warsaw IN	26	29:30:00

157	John David McPherson	Fort Wayne IN	55	29:33:00
158	Doug Camp	Auburn IN	37	29:34:00
159	Barb Scroggham	Fort Wayne IN	61	29:41:00
160	Darren Zink	Fort Wayne IN	38	29:50:00
161	Susan Sims	Fort Wayne IN	51	29:53:00
162	Heather Cheesebrew	Fort Wayne IN	34	29:54:00
163	Megan Zink	Fort Wayne IN	40	30:00:00
164	Bobbi Jo Howard	Auburn IN	31	30:04:00
165	Karen Arnold	Fort Wayne IN	35	30:07:00
166	Katie Petracich	Southfield MI	26	30:11:00
167	Elissa McGauley	Fort Wayne IN	39	30:20:00
168	Erica Bieniek	Bellaire MI	26	30:23:00
169	Dick Harnly	Fort Wayne IN	70	30:43:00
170	Ronald Gill	Pleasant Lake MI	71	31:11:00
171	Todd Sullivan	Fort Wayne IN	34	31:12:00
172	Sherry Nidlinger	Fort Wayne IN	57	31:13:00
173	Aaron Hartsock	Fort Wayne IN	38	31:54:00
174	Kerri Piekarsk	Fort Wayne IN	47	32:06:00
175	Mike Wolfe	Fort Wayne IN	38	32:07:00
176	Mark H Smith	Corunna IN	40	32:10:00
177	Karl Dietsch	Fort Wayne IN	70	32:16:00
178	Robert C Loomis	Monroe IN	75	32:17:00
179	Troy Degitz	Fort Wayne IN	37	32:21:00
180	Robert Lawson	Fort Wayne IN	60	32:22:00
181	Bodil Rasmussen	Fort Wayne IN	63	32:26:00
182	Johni Rasmussen	Fort Wayne IN	67	32:36:00
183	Melissa Degroot	Fort Wayne IN	28	32:37:00
184	Bill Fribley	New Castle IN	51	33:14:00
185	Travis Blanchette	Fort Wayne IN	23	33:56:00
186	Robin Wersler	Larwill IN	42	34:05:00
187	Jason Bell	Fort Wayne IN	37	34:05:00
188	Michell White	Fort Wayne IN	26	34:08:00
189	Nichole Giloy	Fort Wayne IN	28	34:18:00
190	John Fribley	Auburn IN	44	34:25:00
191	Nikki Barr	Waterloo IN	23	34:27:00
192	Kathleen Cagle	Fort Wayne IN	35	34:37:00
193	Marcy Beth Page	Fort Wayne IN	29	34:45:00
194	Michael Page	Fort Wayne IN	55	35:20:00
195	Bernie Huesing	Fort Wayne IN	75	36:00:00
196	Randi Obenauer	Garrett IN	31	36:08:00
197	Laura Emrick	Columbia City	42	36:33:00
198	John O'Rourke	Fort Wayne IN	46	36:33:00
199	Lisa Sandstrom	Fort Wayne IN	39	36:37:00
200	Rebecca Heminger	Auburn IN	28	36:51:00
201	Janet Kiess	Fort Wayne IN	35	36:55:00
202	Margie Morris-Parker	Fort Wayne IN	49	36:59:00
203	John Feiertag	Fort Wayne IN	60	37:04:00
204	Robin Maggert	Garrett IN	39	37:05:00
205	Kalissa Blanchette	Fort Wayne IN	20	39:28:00
206	Regina Blanchette	Fort Wayne IN	53	40:11:00
207	Kathy Burner	Auburn IN	39	40:46:00
208	Jennifer Lutz	Fort Wayne IN	33	43:44:00
209	Betty Greider	Fort Wayne IN	47	43:53:00

210	Kathy Fribley	Auburn IN	43	44:23:00
211	Jamie Ziegler	Fort Wayne IN	7	44:23:00
212	Elaine Kolvoord	Fort Wayne IN	36	45:10:00
213	Dennis Doyle	Fort Wayne IN	58	45:22:00
214	Erin Doyle	Fort Wayne IN	22	49:36:00

Nutri-Run 20K

March 22, 2008

Place	Name	City	Age	Time
1	Mike Cole	Corunna IN	32	1:06:57
2	Ron Sharp	Fort Wayne IN	42	1:15:07
3	Dan Timm-Zimmerman	Fort Wayne IN	23	1:16:12
4	Dave Devoe	Bluffton IN	40	1:17:12
5	Ashley Ritchey	Spencerville IN	23	1:20:27
6	Nick Sloffer	Fort Wayne IN	29	1:20:45
7	Chuck Deford	Fort Wayne IN	49	1:21:07
8	Jay Prichard	Van Wert OH	50	1:21:44
9	Edward Fisk	Fort Wayne IN	28	1:22:30
10	Dave Bussard	Elkhart IN	47	1:22:59
11	Ward Moya	Fort Wayne IN	44	1:23:08
12	Grant Stieglitz	Fort Wayne IN	23	1:23:49
13	Errin Tribble	Goshen IN	30	1:24:18
14	Brian Kopack	Van Wert OH	37	1:25:12
15	Phillip Salisbury	Fort Wayne IN	33	1:25:46
16	David Boyer	Fort Wayne IN	20	1:26:07
17	Brad A Thomas	Fort Wayne IN	33	1:27:52
18	Andrew Smith	Fort Wayne IN	23	1:29:12
19	Anthony Juliano	Fort Wayne IN	38	1:29:20
20	Laurissa Dalrymple	Bluffton IN	25	1:29:22
21	Mike Fream	Fort Wayne IN	39	1:30:58
22	Doug Dark	Fort Wayne IN	47	1:32:20
23	Jeff Shoemaker	Fort Wayne IN	39	1:32:41
24	Steve Gorsuch	Mishawaka IN	55	1:32:52
25	Jeff Pritchard	Winona Lake	46	1:33:14
26	Tom Trent	Fort Wayne IN	31	1:33:30
27	Christian Arnold	Fremont IN	25	1:33:45
28	Katherine Welch	Kentwood MI	36	1:33:54
29	Troy McArthy	Huntertown IN	38	1:33:56
30	Tammy Behrens	Fort Wayne IN	37	1:34:13
31	Jeff Steinberg	Fort Wayne IN	46	1:34:44
32	Mark Linn	Goshen IN	43	1:35:25
33	Matt Scott	Warsaw IN	39	1:35:56
34	Todd Sullivan	Fort Wayne IN	34	1:36:04
35	Mike Soat	Fort Wayne IN	44	1:36:37
36	Mike Else	Fort Wayne IN	38	1:37:14
37	Jean Lesterance	Fort Wayne IN	48	1:37:18
38	James McKinnon	Waterloo IN	52	1:37:20
39	Jason Brooks	Fort Wayne IN	36	1:37:34
40	Judy White	Fort Wayne IN	49	1:37:34
41	Brian Loucks	Fort Wayne IN	38	1:38:59
42	Paula Henry	Fort Wayne IN	38	1:39:08
43	Tracy Brooks	Fort Wayne IN	38	1:39:24
44	John Silcox	Fort Wayne IN	32	1:39:27
45	Nathan Arata	Fort Wayne IN	31	1:39:56

46	Kristin Storer	Fort Wayne IN	25	1:40:20
47	Angie Lockwood	Bluffton IN	38	1:40:26
48	Gerhard Fussle	Winona Lake	53	1:40:26
49	Jason Matteson	Columbia City	35	1:41:32
50	Douglas Spare	Fort Wayne IN	38	1:41:46
51	Dave Reichwage	Fort Wayne IN	61	1:41:48
52	Corey Sellers	Fort Wayne IN	34	1:42:26
53	Charlie Schortgen	Churubusco IN	49	1:42:29
54	Bill Clauser	Woodburn IN	50	1:42:30
55	John Buchs	Waterloo IN	53	1:42:47
56	Steve Getts	Corunna IN	45	1:42:48
57	Anne Shank	Fort Wayne IN	41	1:42:58
58	Eugene Schmidt	Saint Charles IL	60	1:42:59
59	Erin Brady	Fort Wayne IN	36	1:43:03
60	Paul Camp	Fort Wayne IN	47	1:43:07
61	Brad Stoffer	Fort Wayne IN	38	1:43:13
62	Doug Ulmer	Leo IN	53	1:43:25
63	Matt Snyder	Fort Wayne IN	22	1:43:46
64	Doug Walter	Goshen IN	45	1:43:52
65	Don Ransome	Warsaw IN	57	1:44:02
66	Cindy McGovern	Fort Wayne IN	43	1:44:09
67	Art Mandelbaum	Fort Wayne IN	44	1:44:13
68	Mark Walden	Fort Wayne IN	34	1:44:14
69	Jessica Hayes	Fort Wayne IN	30	1:44:18
70	Craig Bobay	Fort Wayne IN	51	1:44:42
71	Julie Dinger	Fort Wayne IN	42	1:45:33
72	Jennifer Stevens	Greenville OH	40	1:45:42
73	Steve Zacher	Fort Wayne IN	46	1:45:45
74	Dallas Leatherman	Columbia City	52	1:46:03
75	Amy Crickmore	Columbia City	38	1:46:03
76	Kent Ennis	Fort Wayne IN	40	1:46:04
77	Evan Hyndman	Fort Wayne IN	27	1:46:05
78	Amber Hug	Auburn IN	26	1:46:29
79	Cathy Myers	Fort Wayne IN	48	1:46:45
80	Alex Honigford	New Haven IN	27	1:46:59
81	Thomas J Felts	Fort Wayne IN	53	1:47:13
82	Clinton Miller	Antwerp OH	25	1:47:25
83	Tony Cronk	Fort Wayne IN	36	1:47:29
84	Teri Huffman	Bluffton IN	45	1:47:31
85	Jim Pickett	Fort Wayne IN	58	1:47:35
86	Tim Chapman	Fort Wayne IN	27	1:47:38
87	Traci Barsantee	Fort Wayne IN	36	1:48:16
88	Monika Gibson	Winona Lake	40	1:48:45
89	Kevin Croy	Fort Wayne IN	51	1:48:54
90	Dan Cummiskey	Fort Wayne IN	46	1:49:19
91	E. Brian Foster	Fort Wayne IN	45	1:50:05
92	Ben Gensic	Fort Wayne IN	29	1:50:11
93	Allison Rinker	Churubusco IN	26	1:50:21
94	Amy Stephan	Fort Wayne IN	30	1:50:28
95	Bill Cook	Fort Wayne IN	46	1:50:42
96	Kevin Mann	Fort Wayne IN	41	1:51:07
97	Jeff Kintz	Fort Wayne IN	39	1:51:32
98	Abigail Brandenberger	Fort Wayne IN	27	1:51:35
99	Beth Schrader	Fort Wayne IN	34	1:51:45
100	Greg Wehling	Fort Wayne IN	45	1:52:19
101	Betty Nelson	Columbia City	61	1:53:02

102	Doug Breeden	Roanoke IN	52	1:53:25
103	Jim Miller	Columbus OH	66	1:53:33
104	Laurie Whisler	Fort Wayne IN	43	1:54:21
105	Cheri Steigmeyer	Fort Wayne IN	41	1:54:43
106	John Shire	Fort Wayne IN	53	1:55:05
107	Joseph M Astroski	Fort Wayne IN	51	1:55:50
108	Lori Faurote	Fort Wayne IN	27	1:55:50
109	Jake Gensic	Col Springs CO	30	1:56:38
110	Jeremy M Ogle	Fort Wayne IN	34	1:56:53
111	Bill Landgraf	Fort Wayne IN	37	1:57:01
112	Matt Georgi	Fort Wayne IN	42	1:58:32
113	Joel Harter	Fort Wayne IN	45	1:59:04
114	Linda Ianucilli	Fort Wayne IN	45	1:59:43
115	Danielle Sullivan	Fort Wayne IN	35	2:00:34
116	Sam Edwards	Fort Wayne IN	11	2:03:32
117	Anthony Petras	Fort Wayne IN	22	2:03:46
118	Fred Ross Jr	Warsaw IN	67	2:03:50
119	Megan Burzych	Fort Wayne IN	27	2:03:55
120	Dan Barnes	Fort Wayne IN	58	2:05:55
121	Christina Bowersock	Greenville OH	30	2:06:33
122	Jennifer Savage	Warsaw IN	37	2:06:40
123	John David McPherson	Fort Wayne IN	55	2:06:53
124	Megan Kelly	Fort Wayne IN	28	2:07:37
125	Brandi Duncan	Columbia City	31	2:08:45
126	Dan Bossard	Monroeville IN	57	2:10:01
127	Todd Werling	Fort Wayne IN	34	2:13:31
128	Troy Rambo	Columbus OH	38	2:26:05
129	Mike Fitzpatrick	Columbia City	68	2:38:02

Nutri-Run 5 Miler

March 22, 2008

Place	Name	City	Age	Time
1	Eric Ade	Fort Wayne IN	29	27:22:00
2	Mark Herber	Roanoke IN	18	29:44:00
3	Brad Hess	Fort Wayne IN	15	29:54:00
4	Greg Howard	Fort Wayne IN	25	29:56:00
5	Austen Davenport	Fort Wayne IN	22	30:39:00
6	Jp Jackson	Solvang CA	20	31:22:00
7	Justin Glancy	Huntington IN	17	31:47:00
8	Rowland Perez	Auburn IN	47	31:52:00
9	Austin Roberts	Huntington IN	15	32:28:00
10	Taylor Allred	Huntington IN	16	32:39:00
11	Isaiah Laatsch	Huntington IN	17	32:50:00
12	Sean Lewis	Huntington IN	14	33:16:00
13	Zeth Baker	Waterloo IN	17	33:23:00
14	Shannon Bowles	Fort Wayne IN	32	33:29:00
15	Jake Crosley	Huntington IN	15	33:33:00
16	Garrett Humbert	Huntington IN	15	33:35:00
17	Dan Lillyman	Mahomet IL	51	33:50:00
18	Justin Miller	Huntington IN	15	33:59:00
19	Jaron Somers	Garrett IN	14	34:03:00
20	Adam Barton	Avilla IN	31	34:13:00
21	Kent Liechty	Berne IN	40	34:24:00
22	Andrew Blank	Burlington KY	15	34:30:00

23	Tony Galassini	Fort Wayne IN	37	34:47:00
24	David Sober	Huntington IN	16	35:05:00
25	Mark Walter	Garrett IN	43	35:15:00
26	Darlene Barton	Avilla IN	33	35:20:00
27	Ed P Reinhard	Poneto IN	50	35:24:00
28	Nick Yarger	Andrews IN	15	35:31:00
29	Chuck Brown	Bluffton IN	52	35:31:00
30	Evan Liechty	Berne IN	13	35:43:00
31	Dameon Rinehold	Fort Wayne IN	32	36:39:00
32	Jack Brenn	Fort Wayne IN	48	36:55:00
33	Lance Bowles	Fort Wayne IN	37	37:08:00
34	John Treleaven	Fort Wayne IN	56	37:26:00
35	Sheryle Braaten	Hoagland IN	48	37:33:00
36	Joshua McIntyre	Huntington IN	16	37:45:00
37	Bob Bruckner	Fort Wayne IN	62	37:49:00
38	Cory Kausch	Fort Wayne IN	16	38:04:00
39	Michael Overdahl	Fort Wayne IN	47	38:11:00
40	Jennifer Lee	Fort Wayne IN	25	38:24:00
41	Alex Hess	Fort Wayne IN	12	38:29:00
42	Jeff Maus	Van Wert OH	50	38:40:00
43	Joshua Bush	Huntington IN	16	38:52:00
44	Ryan Dalrymple	Bluffton IN	23	39:31:00
45	Joe Donnell	Fort Wayne IN	48	39:48:00
46	Steve Webb	Fort Wayne IN	42	39:52:00
47	Kerry Blanchette	Fort Wayne IN	54	40:02:00
48	Mike Wemhoff	Fort Wayne IN	46	40:26:00
49	Melissa Ludack	Fort Wayne IN	27	40:46:00
50	Dave Nelson	Fort Wayne IN	48	41:13:00
51	Steve Martinsky	Fort Wayne IN	34	42:37:00
52	Tony Galuoppo	Fort Wayne IN	49	42:43:00
53	Joe Ziegler	New Haven IN	72	43:05:00
54	Jim Bougher	Fort Wayne IN	45	43:11:00
55	Geoffrey Wladecki	Fort Wayne IN	51	43:30:00
56	Eric Edmiston	New Haven IN	17	43:35:00
57	Sam Gillie	Fort Wayne IN	37	43:41:00
58	Michael Variell	Convoy OH	51	43:44:00
59	Dave Kuker	Fort Wayne IN	41	43:54:00
60	Michael Powers	Winona Lake IN	44	43:59:00
61	Cheryl Pulver	Fort Wayne IN	38	44:03:00
62	Kara Gongwer	Fort Wayne IN	34	44:04:00
63	Becca Howard	Fort Wayne IN	17	44:06:00
64	Laura Kompara	Fort Wayne IN	17	44:08:00
65	Connie Gordon	Churubusco IN	45	44:16:00
66	David M Graney	Fort Wayne IN	48	44:25:00
67	Steve Edmiston	New Haven IN	49	44:37:00
68	Donald R Decook	Warsaw IN	55	44:58:00
69	Art Obregon	Pierceton IN	60	44:59:00
70	Terri Gross	Fort Wayne IN	52	45:19:00
71	David Craker	Fort Wayne IN	43	45:25:00
72	Tony Reinhard	Bluffton IN	47	45:58:00
73	Janel Force	Fort Wayne IN	36	45:59:00
74	Sarah Miller	Yoder IN	26	46:10:00
75	James Bage	Fort Wayne IN	43	46:32:00
76	Jason Sagan	Fort Wayne IN	36	46:33:00
77	Larry Lee	Fort Wayne IN	63	46:37:00
78	Karen Gillie	Fort Wayne IN	36	46:40:00

79	Samir Shaikh	Huntington IN	15	46:45:00
80	Mike Holbrook	Yoder IN	38	46:52:00
81	Michael Hollis	Fort Wayne IN	41	47:05:00
82	Brooke Werstler	Larwill IN	12	47:06:00
83	Jena Marcuccilli	Warsaw IN	35	47:09:00
84	David E Boylan	Fort Wayne IN	65	47:15:00
85	Mark Pulver	Fort Wayne IN	40	47:38:00
86	Nancy Simmonds	Fort Wayne IN	54	47:43:00
87	Daniel Palmer	Fort Wayne IN	42	47:49:00
88	Lori Kuchmay	Fort Wayne IN	35	47:53:00
89	Emily Tumbleson	Ossian IN	25	48:09:00
90	Michael Fruth	Carthage IN	53	48:10:00
91	Jeremy Zuber	Antwerp OH	26	48:26:00
92	Ashley Wellman	Fort Wayne IN	33	48:36:00
93	Barb Scrogam	Fort Wayne IN	61	48:39:00
94	William Webb	Huntington IN	61	48:40:00
95	Jeff Wike	Fort Wayne IN	29	48:42:00
96	Alan Hernly	Fort Wayne IN	56	48:51:00
97	Dick Harnly	Fort Wayne IN	70	49:05:00
98	Carly Miller	New Haven IN	25	49:07:00
99	Frederick Schreiber	Fort Wayne IN	13	49:09:00
100	Charles Schreiber	Fort Wayne IN	50	49:09:00
101	Kelly Kelly	Fort Wayne IN	35	49:27:00
102	Wendy Fairchild	Warsaw IN	41	49:30:00
103	Mike Wolfe	Fort Wayne IN	38	49:40:00
104	Katie Manning	Muncie IN	24	49:42:00
105	Maria Blank	Burlington KY	43	50:32:00
106	Tom Fromm	Columbia City	48	51:02:00
107	Heather Fromm	Fort Wayne IN	32	51:03:00
108	Bud Stiffler	Anderson IN	69	51:51:00
109	Kevin Huffman	Bluffton IN	45	52:04:00
110	Robin Lewis	Huntington IN	45	52:07:00
111	Karen Arnold	Fort Wayne IN	35	52:30:00
112	Terry Powers	Winona Lake IN	45	53:03:00
113	Edward Gebhart	Albion IN	70	53:09:00
114	Tonya Welsh	Warsaw IN	26	53:15:00
115	Karen White	North Webster	28	53:16:00
116	Dana Budd	Churubusco IN	53	53:29:00
117	Debbie Yarger	Andrews IN	41	53:31:00
118	Robert C Loomis	Monroe IN	75	55:07:00
119	Lorraine Mussatti	Fort Wayne IN	51	55:28:00
120	Josh Farlee	Fort Wayne IN	29	55:34:00
121	Anne Korte	Fort Wayne IN	37	56:08:00
122	Ashley Lab	Champaign IL	25	57:48:00
123	Stephanie Lab	Aurora IL	27	57:48:00
124	Robin Werstler	Larwill IN	42	58:15:00
125	Stephanie House	Bradford OH	43	59:34:00
126	April Lass	Fort Wayne IN	36	1:00:47
127	Sarah Hayes	Fort Wayne IN	35	1:00:47
128	Kelly Asiala	Fort Wayne IN	8	1:02:04
129	Annamarie Asiala	Fort Wayne IN	35	1:02:04
130	Rosalie Hernly	Fort Wayne IN	55	1:02:23
131	Marcy Beth Page	Fort Wayne IN	29	1:02:59
132	Julie Page	Fort Wayne IN	24	1:03:02
133	Michael Page	Fort Wayne IN	55	1:03:02
134	Sandra Webb	Huntington IN	60	1:10:14

135	Eileen Oberlin	Fort Wayne IN	60	1:10:49
136	Bernie Huesing	Fort Wayne IN	75	1:10:52
137	Sherry Variell	Convoy OH	53	1:11:37
138	Starla Steckbeck	Roanoke IN	57	1:12:34
139	Lindsey Maksim	Fort Wayne IN	25	1:13:48
140	Janet Narsh	Fort Wayne IN	47	1:13:50
141	Liz Craker	Fort Wayne IN	42	1:14:28
142	Betty Greider	Fort Wayne IN	47	1:18:53
143	Jessie Voors	Fort Wayne IN	19	1:19:29
144	Mary Voors	Fort Wayne IN	52	1:19:37
145	Sherri Foster	Fort Wayne IN	43	1:20:01
146	Debra Duquette	Fort Wayne IN	44	1:20:02
147	Stacie Osburn	Fort Wayne IN	38	1:21:20
148	Michelle Bittner	Fort Wayne IN	34	1:21:20
149	Canmle Hamilton	Fort Wayne IN	57	1:28:12
150	Margaret Hamilton	Fort Wayne IN	27	1:28:12
151	Linda Thibault	Winona Lake IN	52	1:29:26
152	Katy Burger	Knox IN	10	1:29:27
153	Deb Overcash	Fort Wayne IN	55	1:31:16
154	Brad Bradshe	Fort Wayne IN	56	1:31:17

29	John Laatsch	Huntington IN	47	22:44
30	Dewain Cobbs	Warsaw IN	65	23:20
31	Tony Gatton	Columbia City	52	23:36
32	Michael Variell	Convoy OH	51	23:47
33	Shane Stezel	Huntington IN	34	23:57
34	Teri Huffman	Bluffton IN	45	24:12
35	Fred Stevens	Fort Wayne IN	39	24:15
36	Christian Jones	Roanoke IN	11	24:27
37	David Mould	Fort Wayne IN	48	24:33
38	Cordell Lewis	Huntington IN	12	24:39
39	Ashley Wellman	Fort Wayne IN	33	24:39
40	Robin Lewis	Huntington IN	45	24:40
41	Connie Gordon	Churubusco IN	45	24:41
42	Christopher Camp	Huntington IN	40	24:42
43	Jennifer Ennis	Fort Wayne IN	41	24:42
44	Tim Springer	Huntington IN	29	24:42
45	Tony Reinhard	Bluffton IN	47	24:43
46	Kathy Pleus	Fort Wayne IN	57	25:00
47	Stephanie Wilson	Larwill IN	37	25:04
48	Steve Martinsky	Fort Wayne IN	34	25:13
49	Grant Stoffer	Fort Wayne IN	25	25:42
50	Bill Schubert	Fort Wayne IN	33	26:10
51	Tammy Munro	Huntington IN	13	26:11
52	Aaron Riggars	Huntington IN	37	26:22
53	Art Obregon	Pierceton IN	60	26:45
54	David Gatton	Columbia City	19	26:46
55	Karen Kirby	Fort Wayne IN	42	26:58
56	Angie Schubert	Fort Wayne IN	29	27:06
57	Becky Nunn	Huntington IN	31	27:27
58	Nan Hammel	Huntington IN	34	27:27
59	Malcom Jones	Roanoke IN	33	27:27
60	Barb Scrogam	Fort Wayne IN	61	27:47
61	Kevin Huffman	Bluffton IN	45	27:49
62	Donald Kramer	Van Wert OH	54	27:58
63	Susan Okleshon	New Haven IN	49	29:13
64	Kevin Stone	Winona Lake IN	53	29:19
65	Tom Fromm	Columbia City	48	29:21
66	Sean Nolan	Fort Wayne IN	8	29:30
67	Dana Budd	Churubusco IN	53	29:48
68	Troy Degitz	Fort Wayne IN	37	32:12
69	Melissa Boothman	Huntington IN	27	34:47
70	Doyt Grossman	La Fontaine IN	50	38:22
71	Rachel Fox	Huntington IN	23	41:27
72	Marcia Kirby	Fort Wayne IN	67	47:47
73	Sandy Webb	Huntington IN	60	42:45
74	Susan Christman	Andrews IN	51	42:46
75	Mark Christman	Andrews IN	54	43:07
76	Vicki Bowman	Huntington IN	36	43:07
77	Joe Smelzer	Warren IN	37	43:08
78	Heath Pinkerton	Huntington IN	32	43:13
79	Mary Miller	Marion IN	27	43:14
80	Bryon Cripe	Huntington IN	26	45:43
81	Yahna Payne	Huntington IN	22	45:44

Huntington Baptist 5K				
March 29, 2008				
Place	Name	City	Age	Time
1	Josh Graham	Huntington IN	17	16:47
2	Sam Doughty	Huntington IN	15	16:50
3	Mark Herber	Roanoke IN	18	17:16
4	Isaiah Laatsch	Huntington IN	17	17:17
5	Jerry Williams Jr.	Fort Wayne IN	48	17:26
6	Brad A Thomas	Fort Wayne IN	33	17:31
7	David Sober	Huntington IN	16	17:45
8	Jake Crosley	Huntington IN	15	17:46
9	Jonathan Gidbey	Fort Wayne IN	25	17:49
10	Jay Prichard	Van Wert OH	50	17:54
11	Garrett Humbert	Huntington IN	15	17:55
12	Sean Lewis	Huntington IN	14	17:57
13	Michael Gatton	Columbia City	13	18:04
14	Taylor Allred	Huntington IN	16	18:19
15	Curtis Hines	Huntington IN	30	19:33
16	Brent Munro	Huntington IN	47	19:35
17	Ed Casper	Roanoke IN	29	19:44
18	Conrad Peterson	Markle IN	49	19:45
19	Dan Meyer	Huntington IN	48	19:47
20	Ed P Reinhard	Poneto IN	50	20:31
21	Jed Pearson	Fort Wayne IN	57	20:40
22	Alex Gatton	Columbia City	16	20:47
23	Carl A Risch	Decatur IN	50	20:52
24	Brody Wilson	Larwill IN	14	21:39
25	Kent Ennis	Fort Wayne IN	40	21:54
26	Brad Prather	Roanoke IN	35	21:59
27	Skyler Vogleman	Huntington IN	12	22:10
28	Daniel Hernandez	Fort Wayne IN	29	22:11

82	Lori Mickley	Huntington IN	36	45:56
83	Kathy Scott	Huntington IN	51	46:41
84	Marva Miller	Marion IN	55	47:39
85	Doug Ulmenstine	Huntington IN	24	47:39
86	Margarita Casey	Huntington IN	25	53:32
87	Lane Hoepfner	Huntington IN	12	53:35
88	Paige Hoepfner	Huntington IN	9	53:55
89	Yvonne Bynum	Huntington IN	43	53:55
90	Teresa Eisenhaver	Huntington IN	36	54:23
91	Laura Christman	Huntington IN	26	54:23
92	Melissa Thompson	Huntington IN	24	56:10
93	Tabitha Brown	Huntington IN	38	56:11
94	Danny Brown	Huntington IN	38	57:12
95	Kathy Tanner	Huntington IN	43	57:16
96	Karen Bartrom	Huntington IN	47	57:17

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.myprtraining.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.myprtraining.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 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 dsw456204@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.fortwaynebornorun.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!

To receive the FWTC membership discount, members must provide their membership card at purchase. If you have lost your membership card, contact Don Lindley to receive a new one.



Happy Birthday!



Amy	Archbold	4	-	1	Chrisy	Link	4	-	17	Heather	Drebenstedt	5	-	3
Dameon	Rinehold	4	-	1	Jared	Minnick	4	-	17	Mark	Kapocius	5	-	3
Karen	Gillie	4	-	3	Lindsay	Smith	4	-	17	Keith	White	5	-	3
Sam	Gillie	4	-	4	Lynn B	Smith	4	-	19	John	Powell	5	-	5
Bill	Harris	4	-	4	Lon R	Braun	4	-	21	Sara	Stevens	5	-	5
Jay	Haney	4	-	5	Joe	Desimone	4	-	24	Mike	Cole	5	-	7
Sharon	Pauley	4	-	5	Jerry	Diehl	4	-	24	Gretchen	Winkeljohn	5	-	7
Jacque	Linder	4	-	6	Mitch V	Harper	4	-	24	Bridget	Sullivan	5	-	8
Don	Ransome	4	-	6	Michael	Overdahl	4	-	24	Toby Jo	Hullinger	5	-	9
Michael	Skipper	4	-	7	Jack	Schmidt	4	-	25	Martha	May	5	-	9
Kathy	Callen	4	-	8	Bud	Stiffler	4	-	25	Kurt	Walborn	5	-	10
Sonny	Strack	4	-	8	Chad	Ware	4	-	26	Terry	Parker	5	-	11
Tom	Yoder	4	-	8	Kathleen	Ware	4	-	26	Thomas	Boyer	5	-	14
Matt	Foreman	4	-	9	Tracy	Brooks	4	-	27	Melissa	Ludack	5	-	14
Jerry	Mazock	4	-	9	Fred	Hannan, Jr.	4	-	27	Kent	Kiracofe	5	-	17
Tim	Newlin	4	-	9	Robert	Lawson	4	-	27	Carol	Weide	5	-	17
Ray	Casiano	4	-	11	Art	Obregon	4	-	27	Jim	Weide	5	-	17
David	Krabach	4	-	11	Edward	Fisk	4	-	28	Mark H	Wolf	5	-	19
Joel	Schartzer	4	-	11	Brea	Johnson	4	-	28	Kyle	Milleman	5	-	22
Sean	McManus	4	-	14	Gary L	Bird	4	-	29	Jennifer	Mayhall	5	-	24
Gloria J	Nold	4	-	14	Jeffery	Belknap	4	-	30	John	Drebenstedt	5	-	28
Ken	Long	4	-	15	Courtney	Wennemar	4	-	30	Santiago	Martinez	5	-	29
Rudy	Stimac	4	-	16	Nancy	Boyer	5	-	1	Naomi	Fruchey	5	-	30
Andrew	Kapocius	4	-	17	Tim	Dooley	5	-	3	Jason	Sagan	5	-	30
Mignon	Kowalski	4	-	17										

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.

Indy Mini-Marathon

You are invited to meet at the PR Training Tent in the rest and recovery area after the Indianapolis Mini Marathon on May 3rd! This will be a great way to meet family members and fellow runners following the race.

For questions or concerns contact Tammy Behrens at prtraining@comcast.net

Upcoming Races

Date/Time	Local Points	Race Information
Apr 12,2008 9am Sat	R	<p>Pizza Hut Shoe-Sucker 7 - 7.6 Mile Trails Roush Lake (Huntington Reservoir), Huntington, IN <i>Contact:</i> Richard G Beemer, 997 N 300 W, Huntington IN 46750, 260-356-6338 <i>Info/Fees:</i> \$10-pre before April 5th, \$15-race day, the first 125 will receive a race day tangible, yet to be determined. Cookies, bananas, and beverages. Age Division winners receive medium pizza from Pizza Hut. Age Groups: 19&Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60+. <i>Email:</i> rickybeemer@yahoo.com <i>Web site:</i> http://www.rgbeemer.com</p>
Apr 12,2008 8:30am Sat		<p>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</p>
Apr 12,2008 8:30am Sat		<p>Taltree Ten - 10M (Street/Trail) Aberdeen Manor, 216 Ballantrae, Valparaiso, IN <i>Contact:</i> Todd Henderlong, 219-916-3159 <i>Email:</i> todd.henderlong@ctt.com <i>Web site:</i> http://thtiming.com/Taltree/2008/Taltree%20Ten.htm</p>
Apr 13,2008 8am Sun		<p>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</p>
Apr 13,2008 2:00 pm	L	<p>Relay for Life 7 miler & 3 mile run/walk South Whitley Public Library 201 E Front Street, South Whitley, IN <i>Contact:</i> Rebecca Hollenbaugh, 305 S Main St South Whitley IN 46787, 260-723-6729 <i>Info/Fees:</i> Free Will donation, each participant gets a one week pass to the YMCA and one free luminary that can be in honor of or in memory of the person of your choice. The luminary will be on display June 7 & 8th at the 24 hour Whitley County Relay for Life (normally costs \$10). Course winds out past Amish homes and winds back along the beautiful Eel River. The link below is a map of the course. Great refreshments following race! <i>Email:</i> jadebecca@embarqmail.com <i>Web site:</i> http://traininglog.runnersworld.com/maps/3bcd61df343045c89430d3a467b283ee</p>
Apr 19,2008 8:00 am	L	<p>PR Training 10 Mile Goal Run - 10 Miles Sweeny Park, Fort Wayne, IN <i>Contact:</i> Tammy Behrens, 11827 Crossway Drive, 260-625-3830 <i>Info/Fees:</i> Come out and run or walk a 10 mile course in preparation for the Indy Mini or the Cincinnati Flying Pig Half Marathon. Gatorade and water will be available along the course. Miles will be marked - it is a 5 mile out and back course on the greenway. There is not a fee for this run/walk. Anyone is welcome to attend. There will not be any official timing or prizes. Just come early to sign in and record your time after the run/walk. <i>Email:</i> prtraining@comcast.net <i>Web site:</i> http://www.myprtraining.com</p>

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, Zionville, 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 19,2008 9am Sat	L	15th Annual St Jude's Spirit Run - 5K Run & 1 Mile Run/Walk St Jude School, Fort Wayne, IN <i>Contact:</i> St Jude School c/o Development Committee, 2130 Pemberton, Fort Wayne, IN 46805 <i>Info/Fees:</i> Race day registration starts at 8:00 a.m. \$8 - Pre Reg before April 4th, \$10 After to Race Day If 3 or more family members register together, it is \$8 per person even after April 4th. <i>Email:</i> mmejwolfe@verizon.net
Apr 19,2008 7:30am Sat	L	Valpo Mini Marathon - 13 Miles Lincolnway & Lafayette, Valparaiso, IN <i>Contact:</i> Bob Paulsson, 219-462-2144 <i>Email:</i> info@hrsevents.com <i>Web site:</i> http://www.valpominimarathon.com/pdf/application.pdf
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 9am Sat	R	Run The Greenway 5K Run?Walk - 5K Wysor Street Depot, Muncie, IN <i>Contact:</i> Jerall Ross, 700 E Wysor St, Muncie, IN 47305 <i>Info/Fees:</i> Reg 7:30 - 8:30am \$10 before April 18, \$15, thereafter. <i>Email:</i> jerall.ross@gmail.com
Apr 26,2008 Sat		Z Run & Walk - 5 Mile Run/ 1 Mile Walk Zionsville 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

<p>Apr 26,2008 9am Sat</p>	<p>R</p>	<p>Meeckeway 5K Trail Run & 1 Mile Fun Run - 5K & 1 Mile Camp Lakota is located at 2180 Ginter Rd. off of Rt.66, Defiance, OH <i>Contact:</i> Meeckeway 5K, Phil Constein, Black Walnut Area Council, 2100 Broad Ave, Findlay, OH 45840 <i>Info/Fees:</i> Registration from 8 to 8:30 AM. Cost is \$12 for early registration and \$15 for registration received after April 23rd or day of run. The first 150 in attendance are guaranteed a T-shirt. <i>Email:</i> p_constein@roadrunner.com</p>
<p>Apr 26,2008 9am Sat</p>	<p>R</p>	<p>Lakeside Fitness 5K Run - Prediction 5K Lakeside Fitness, Syracuse, IN <i>Contact:</i> Kyle Pitt, Lakeside Fitness, 1309 S Harkless Dr, Syracuse, IN 46567, (574) 457-8562 <i>Info/Fees:</i> Entry Fee: Pre-race entry fee is \$10.00 if received by Friday, April 18. After April 18 and on race day, the registration fee will be \$15.00. T-shirt: All pre-registered participants will receive a T-shirt on race day. Race Day Registration You may register on race day at Lakeside Fitness from 7:30-8:45 am. Awards: The top three closest to their predicted finishing time will receive a cash award. First Place: \$200, Second Place: \$100, Third Place: \$50. Plus lots of door prizes!!! <i>Email:</i> kyle1pitt@gmail.com</p>
<p>Apr 26,2008 9am Sat</p>		<p>Spring Fling 5K Ramp Run - 5K Purdue University Calumet, SUL Bldg, 2300 W 173rd St, Hammond, IN <i>Contact:</i> John Babalik, 219-989-2175 <i>Email:</i> jbobali@calumet.purdue.edu <i>Web site:</i> http://www.pucraces.com/</p>
<p>Apr 27,2008 7am Sun</p>		<p>John Byran 50K - 50K (Trails) John Bryan State Park, Enon, OH <i>Contact:</i> Garry Blair, 3862 Schenley St., Enon, OH 45323, 937-864-1625 <i>Info/Fees:</i> Course will consist of two loops that will be repeated four times. One loop through Clifton Gorge and one loop through part of the mountain bike trails in the park. Fee: \$20.00 for pre-registered. \$25.00 race day. Awards: First Overall Male/Female First Male/Female Masters (over 40) First Grand Master Male/Female (over 50) First Male/Female Senior (over 60) Recipients of overall awards are not eligible for age group awards Age group categories : 9 and under (non-competitive, all finishers are winners), 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & up <i>Email:</i> garryblair@woh.rr.com</p>
<p>Apr 27,2008 2pm Sun</p>	<p>L</p>	<p>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 4/21/98. \$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</p>
<p>May 01,2008 Thu - Sun</p>		<p>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</p>

May 03,2008	L	10th Annual Cincinnati Flying Pig Marathon - 10K, 5K, Kid's Fun Run Cincinnati, OH <i>Contact:</i> Flying Pig Marathon, 644 Linn Street, Suite 626, Cincinnati, OH 45203 <i>Email:</i> www.flypigmarathon.com <i>Web site:</i> http://www.flyingpigmarathon.com
May 03,2008 7:30am Sat	R	2008 32th Annual Indpls 500 Mini-Marathon(Sold Out 11/30) - 13.1 Miles & 5K (Sold Out) Downtown Indpls, Indpls, IN <i>Contact:</i> Jeff Graves, PO Box 6, Indpls, IN 46206, 1-800-638-4296 <i>Info/Fees:</i> Limit: Entries May Be Closed (12/1/2007) <i>Email:</i> raceinfo@500festival.com <i>Web site:</i> http://www.500festival.com/mini/index.cfm
May 03,2008 8am Sat	R	4th Annual Mayfest Road Race - 4M road & trail, 1M Walk, 1M Kids Fun Run Shipshewana, IN <i>Contact:</i> Lyle & Erin Bontrager, 6250 N 550 W, Shipshewana, IN 46565, 260-562-9286 <i>Info/Fees:</i> Great looking logo and cash prizes. <i>Email:</i> runshipshewana@hotmail.com <i>Web site:</i> http://cbsicorp.com/runshipshewana/
May 03,2008 8:30am Sat		10th Annual Lighthouse Half Marathon & 5K - 13.1M & 5K Huron High School, Huron, OH <i>Contact:</i> Huron Chamber of Commerce, PO Box 43, Huron OH 44839, 419-433-5700 <i>Info/Fees:</i> An annual rite of Spring in Huron, the flat, fast course winds near the shores of Lake Erie, starting and finishing at Huron High School Memorial Stadium. Huron is located midway between Toledo and Cleveland, right on the lake. Note: Race date changed from May 10th to May 3rd. <i>Email:</i> chamber@huron.net <i>Web site:</i> http://www.huron.net
May 04,2008	L	10th Annual Cincinnati Flying Pig Marathon - Wheelchair, Marathon, Half Marathon,Relay Cincinnati, OH <i>Contact:</i> Flying Pig Marathon, 644 Linn Street, Suite 626, Cincinnati, OH 45203 <i>Email:</i> www.flypigmarathon.com <i>Web site:</i> http://www.flyingpigmarathon.com
May 10,2008 8am Sat	R	Run For The Rams 5K and One-Mile Fun Run - 5K & One Mile Fun Run Huntington Catholic School, 820 Cherry Street, Huntington, IN <i>Contact:</i> Race Director, 260-358-1570 <i>Info/Fees:</i> Entry fee - \$15. Trophies; age groups 10 and under, 11-15, etc. up to 70 and older; T-shirt; Please call phone number for form rather than using the e-mail address. Thank you <i>Email:</i> rickybeemer@yahoo.com
May 10,2008 9:30am Sat		4th Annual Head for the Cure - 5K FunRun/FunWalk West Park, Carmel, IN <i>Contact:</i> FWTC - JP Jones or Michael Sapper 317-507-4800, 6433 S Harrison St., Fort Wayne, IN 46807, 260-745-9724 <i>Info/Fees:</i> \$15 - Run/Walk, T-shirts available to all paid entries. Info/Michael Sapper 317-507-4800. 100% of the proceeds to benefit the American Brain Tumor Association <i>Email:</i> jamespjones@verizon.net <i>Web site:</i> http://www.braincure.homestead.com

May 10,2008 9:00am	L	<p>Run with the KNIGHTS - 5k Run/Walk Foster Park 3900 Old Mill Road, Fort Wayne, IN <i>Contact:</i> Sarah Shank, 333 East Paulding Road, 260-456-1261 <i>Info/Fees:</i> Cost of run/walk: \$15/person \$20 after May 2 Packet Pickup: Friday, May 9 from 3-6pm in the front Lobby at Bishop Luers High School OR on the day of the race. T-shirts available to all who preregister and a limited # will be available at the race Age brackets for awards both male and female: Overall winners and Overall Masters, 10 and under,11-14,15-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54, 55-59,60-69,70+ <i>Email:</i> sshank@bishopluers.org <i>Web site:</i> http://www.bishopluers.org</p>
May 10,2008 8am Sat		<p>CCA Celebrate Families Run For Shelter - 5K First Presbyterian Church, 3401 Valparaiso St, Vaparaiso, IN <i>Contact:</i> RG Skadberg, 219-548-2379 <i>Email:</i> run@valpoevents.com <i>Web site:</i> http://www.valpoevents.com/run/</p>
May 17,2008 2:45pm Sat	L	<p>21st Annual Victim Rights Run/Walk - 3K Franke Park, Fort Wayne, IN <i>Contact:</i> Bea Williams-Tevis, Volunteer Coordinator, 1320 E Creighton St, Fort Wayne, IN 46803, 260-427-5232 <i>Info/Fees:</i> Check-in is 1:30pm and the opening ceremony begins at 2:45. Building 1 at Franke Park. Entry Fee: \$15, \$10 Children/Students <i>Email:</i> bea.williams-tevis@ci.ft-wayne.in.us</p>
May 17,2008 8am Sat		<p>Norris Insurance 4 Mile Run & 3 Mile Walk Jackson Morrow Park, Kokomo, IN <i>Contact:</i> John Norris, Norris Ins Co, PO Box 157, Amboy, IN 46911, 765-395-7761 or 765-395-7730 <i>Info/Fees:</i> inno <i>Email:</i> none@aol.com <i>Web site:</i> http://www.ckrr.us</p>
May 17,2008 8:30am Sat		<p>Talk Walk Run - 5K Run/Walk Fort Harrison State Park, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Info/Fees:</i> Benefits Hear Indiana, The Association for Children with Hearing and Impairment <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com</p>
May 17,2008 6:30pm Sat		<p>!5th Annual Gallery Gallop - 5.5 Mile (Beach/Street/Dune) Lake Street Beach, Gary, IN <i>Contact:</i> Joyce Davis, 219-938-4566 <i>Email:</i> gallopinglisa@msn.com</p>
May 17,2008 7:30am Sat		<p>Inaugural Geist Half Marathon - Half-Marathon & 5K Geist Reservoir, Fisher, IN <i>Contact:</i> Geist Half Marathon, Inc., PO Box 361313, Indianapolis, IN 46236 <i>Info/Fees:</i> Half \$40-Pre, \$45 after 3/31; 5K \$20-Pre, \$25 after 4/1 <i>Email:</i> none <i>Web site:</i> http://www.geisthalf.com</p>

May 17,2008 10:00am Sat	LP	2nd Annual Warbird 10K & 5K (FWTC Point Race) - 10K & 5K Run/Walk 10515 Majic Port Lane (SE corner of Ferguson Rd. & Bluffton Rd. - just east of FW International Airport), Fort Wayne, IN <i>Contact:</i> Jon Beasley, 2010 Lakewood Drive, 260-413-3822 <i>Info/Fees:</i> All races: \$20 before April 24, \$25 on or after April 24; Warbird bottle prizes for 10k & 5k runs; after-race gumbo served by Joseph Decuis; both courses to be USTAF certified <i>Email:</i> luv4beer99@yahoo.com <i>Web site:</i> http://www.active.com/event_detail.cfm?event_id=1499878
May 17,2008 9am Sat	R	13th Annual Run For Fun - 5K & 10K Kosciusko County Fair Grounds, Warsaw, IN <i>Contact:</i> Bill Crane, 827 South Union St - Suite 130, (888) 268-1236 <i>Email:</i> runcrane@hotmail.com <i>Web site:</i> http://www.runkra.com
May 17,2008 9:00AM	R	Run For Your Health 5K Prediction Run/Walk - 5K Fairview Elementary School (14060 Blosser Road, Sherwood, OH 43556, Sherwood, OH <i>Contact:</i> Curt Foust, 913 South Beech Street, (419) 636-0542 <i>Info/Fees:</i> All profits benefit the Fairview Elementary Running/Walking Club. <i>Email:</i> cdfoust@hotmail.com <i>Web site:</i> http://www.defiancecountyrunner.com
May 24,2008 9am(CDT)Sat		2 Big Heart Foundation Run - 5K Long Beach Community Ctr, 2400 Oriole Trail, Long Beach, IN <i>Contact:</i> Jim Clarke, 773-975-9976 <i>Email:</i> jclarke@2bighearts.com <i>Web site:</i> http://www.2bighearts.org
May 24,2008 Sat	R	Jim Ryun Mile/One Mile Swim - Great Race XXVIII Elkhart, IN <i>Contact:</i> Ron Schmanke, Administrator/Director, PO Box 682, Elkhart, IN 46515, 574-296-5890 or 800-585-5416 (weekdays only 9am-4pm EST) <i>Info/Fees:</i> Experience Elkhart County gentle, rolling Amish farm countryside, historical homes and barns. Enjoy accomdations at gracious bed and breakfast inns and enjoy Amish cooking. Also, Don't miss the Great Race Basketball Tournment(Concord Mall) 3 on 3 and 4 on 4. <i>Email:</i> wow@michiana.org <i>Web site:</i> http://www.thegreatrace.net
May 24,2008 8:30am Sat	LP	THREE RIVERS 12K - 12K Start and Finish Indiana Tech, Fort Wayne, IN <i>Contact:</i> Three Rivers Running Company, 4227 North Clinton, Fort Wayne, IN 46805, 260-498-8000 <i>Info/Fees:</i> The Indiana Tech campus located at the intersection of Anthony and East Washington Blvds. Cost: \$12 through May 20nd, \$15 from May 21st through race day More information, and sign up, at Three Rivers Running Company; or get information and register online at www.allsportcentral.com 12K road course; traffic control provided by Fort Wayne Police Department; Sponsored by Indiana Physical Therapy, Three Rivers Running Company; Indiana Tech; and Mizuno. The Three Rivers 12K is a Fort Wayne Track Club Points Series Race. <i>Email:</i> info@3riversrunning.com <i>Web site:</i> http://www.3riversrunning.com
May 24,2008 9am Sat		14th Kokomo Symphony Composer Classic - 5K Run/Walk & Melodic Mile Fun Run Rogers Pavillion, Highland Park, Kokomo, IN <i>Contact:</i> Beth Gentry, 765-236-0251 <i>Email:</i> kokomosymphony@sbcglobal.net

May 25,2008 Sun	R	The Great Race XXVIII - 10K IN-Line Skate, ABR Bike Criterium, 8M Canoe/Kayak Marathon/Sprints Various locations, Elkhart, IN <i>Contact:</i> Ron Schmanske, Administrator/Director, P.O. Box 682, Elkhart, IN 46515, (574)296-5890(24 Hotline), 800-585-5416 (weekdays only 9am-4pm EST) <i>Info/Fees:</i> New - 10K In-Line Skate"Criterium"(downtown Elkhart); ABR Bike Criterium(downtown Elkhart); 8 Mile Canoe/Kayak Marathon/Sprints on St.Joe River <i>Email:</i> wow@michiana.org <i>Web site:</i> http://www.thegreatrace.net
May 26,2008 Mon	R	The Great Race XXVIII - 5K/10K /Half-marathon Various locations, Elkhart, IN <i>Contact:</i> Ron Schmanske, Adminstrator/Director, P.O. Box 682, Elkhart, IN 46515, (574) 296-5890 (24 hr Hortline), 800-585-5416(weekdays only 9am - 4pm EST) <i>Info/Fees:</i> 1/2 Marathon Events-Run,In-Line Skate, Hand Cycle; 10K events-Run/Powerwalk/Wheelchair; 5K Events-Run/Powerwalk/Fun Walk; ABR Road Race & Citizens 50K Bike Races, Bistrol, IN; New Course: 25K Citizens Bike Race <i>Email:</i> wow@michiana.org <i>Web site:</i> http://www.thegreatrace.com
May 26,2008 9am Mon		Memorial Day Trail Run Xtreme - 12 K (Trails) Imagination Glen Park, Portage, IN <i>Contact:</i> Jeff Emmons, 219-763-7370 <i>Email:</i> jle1991@gmail.com <i>Web site:</i> http://www.oerunners.org/
May 31,2008 9am Sat	R	Whitley County YMCA 5K - 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 May 26, 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. More prizes will be announced later. <i>Email:</i> gstrack77@embarqmail.com
May 31,2008 6am Sat	R	2008 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
May 31,2008 8am Sat		Cancer Suvivors Run/Walk - 4M Run, 1 Mile Walk Broad Ripple Area, 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
May 31,2008 8:30am Sat		Field Station Frenzy 5K - 5K (Trails) Coffee Creek, 1050 N & Dickinson Rd, Chesterton, IN <i>Contact:</i> Deana Lecy, 219-730-4413 <i>Email:</i> deanalecy@comcast.net <i>Web site:</i> http://www.fieldstationkids.org

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!



FWTC NEWSLETTER
P. O. BOX 11703
FORT WAYNE, IN 46860

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