

# The Inside Track

June/July 2008

FORT WAYNE



TRACK CLUB

"Finland has produced so many brilliant distance runners because back home it costs \$2.50 a gallon for gas."  
Esa Tikkanen, 1979

## Summer Racing Season is Here!

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### In this edition:

- Memories
- Produce for Top Performances
- My Last Run

### Full Results:

- Warbird 10K and 5K



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ORTHOPAEDICS  
PRESENTS  
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ON PARADE**  
JULY 12, 2008

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**2008 Fort Wayne Track Club  
Officers and Board Members**

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 Vice-President: Bill Harris 657-5012 bharris@mossharris.com  
 Treasurer: Don Lindley 432-5998 lindleyd44@verizon.net  
 Secretary: Mike Thurston 418-9013 thursma@hotmail.com

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**FWTC Board Meetings**

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

**Upcoming meetings**

- June 11
- July 9
- August 13

# FORT WAYNE



# TRACK CLUB

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**Membership Dues**

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

**FWTC Information**

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 (260) 436-2234  
 www.fwtc.org

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

**Inside this Issue**

Memories  
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**MEMORIES**  
*By Barrie Peterson*  
*President's Column*

In preparing for this issue of the Fort Wayne Track Club Newsletter I thought, as I was approaching my 66<sup>th</sup> birthday and my wife's and my 45<sup>th</sup> wedding anniversary, I would write something on "memories". So, I sat down at my computer and began to write. . . and write. . .and write. . .and write. At last count, I had listed some 37 different items of memory on nearly four pages of single-spaced material; and I had barely touched the surface! The finished product may take me another week and another 4-5 pages minimum. (And I do plan to finish it—it is amazing the memories that are coming back to mind.)

Instead, however, of boring you the reader with these sometimes all too personal memories, I have decided to use what I have learned in the preparation of this project and write about that. Here goes. . . .

In the past few days, weeks, and months, our world has been inundated with tornadoes, typhoons, floods, earthquakes, volcanic eruptions, forest fires, bombings, and war-related incidents. So many inexplicable deaths, injuries, and displacements of individuals and families—and all so very sudden. At times, life can be cut short with so little warning. Without being overly maudlin about things, my suggestion is that each of us sit down and think of the memories that have been created in our lifetime. I had no idea the explosion of memories that would come back to mind once I got started on this project. As each new memory came to mind, it would bring to mind other memories that were related or semi-related to the previous and so forth. People, places, events, activities, etc., that I had not thought about for years came streaming back to mind. It was as though I was viewing a mental video of my life! I am certain that the same thing would happen to you.

To make a long story short, my trip down memory lane has included everything from birth to early childhood, to junior high and high school days, to college, to marriage, to family, to vocation and avocation, to outside interests, to athletics and academics, to the many moves that my family made, right up to my current situation. That current situation includes being a retired teacher with some 38 years of experience, retired coach with 42 years of experience at various levels (mainly high school track and cross country), Fort Wayne Track Club Board Member and Officer, member of Pathway Community Church, proud father of three super young men and two wonderful daughters-in-law, grandfather of 5 super grandchildren (ranging from 2<sup>nd</sup> grade to senior in high school), happily married (to wife, Judy) for nearly 45 years (in August), active member of Anthony Wayne Rotary (currently serving as Vice-President), blood donor (117 donations), assistant track and cross country coach (under my son, Brad) at Indiana Tech, and part-time worker in the Fitness Center at Pine Ridge Racquet and Fitness Club. My current outside interests include golf, working out daily, reading, word games, movies, and (of course) FAMILY.

Do take the time to wander down your own memory lane—it is a trip you won't regret!

## FWTC Board Meeting Minutes

April 9, 2008

Board Members Present: Barrie Peterson, Bill Harris, Kerry Blanchette, David Boylan, Kathy Burner, Tom Digate, JP Jones, Tom Landis, Mac McAvoy, Jeremy Schmidt, Judy Tillapaugh, Mike Slaubaugh, Matt Parker, Don Lindley, Mike Thurston

1. The meeting was called to order by Barrie Peterson at 7:00. Devotions and the opening prayer were given by David Boylan. Refreshments were provided by Kerry Blanchette.
2. The minutes from the March meeting were presented by JP Jones. Bill Harris made a motion to approve the March minutes. all present approved.
3. Treasurers Report: Don Lindley presented the March treasurers report and membership report. The club has 468 total memberships.
4. The next Newsletter Deadline is May 18. See Matt Parker for input.
5. Financial Signature Cards for club officers are complete at the 5<sup>th</sup> /3<sup>rd</sup> Bank.
6. Race Director software training will be held May 14, 6:pm, prior to the May board meeting.
7. Bill Harris and Barrie Peterson will attend the IPFW Scholar Banquet, April 27<sup>th</sup>.
8. Jeremy Schmidt has resigned the Board. This is with great thanks and certain regrets.
9. The RRCA Convention is in Cincinnati on May 2-4. Board members should let Don Lindley know if they would like to attend.
10. Mac McAvoy gave an update for the Run for Haley Chaney. June 22<sup>nd</sup>. The board voted unanimously to support this event.
11. Don Lindley and Tom Landis presented the IPICO Chip Timing Proposal. Extensive details into the technology and effectiveness of the system were reviewed. A solid amount of time was spent in question and answer by the board members. JP Jones motioned to simultaneously approve the sale of the old AMB timing system and the purchase of the new IPICO system. Kathy Burner made the second motion, and the board unanimously approved the sale of the AMB system and purchase of the new IPICO system.
12. A motion was made to adjourn the meeting, it was seconded, and all present approved.
13. The next FWTC officers meeting will be held May 22<sup>nd</sup>, noon, at the FW YMCA. The next FWTC board meeting will be held June 11<sup>th</sup>, at 7 p.m. and a social time of 6:45 p.m. at IPFW in the Royal Dons room.

Respectfully submitted,  
Mike Thurston – Secretary

## Produce for Top Performances

by Judy Tillapaugh

Need something to enhance your skills and boost your performances?

Plan for produce! Fruits and vegetables are packed with nutrients that can help your body and mind run well. They are great sources of carbohydrates to fuel working muscles plus their rich in vitamins, minerals, antioxidants, and phytochemicals that are necessary for proper body functions like hydration, muscle contraction/relaxation, nerve transmission, anemia prevention, bone health, waste elimination, thinking, and building and repairing body tissues. They also reduce the risk for lifestyle diseases like heart disease, diabetes type 2, and certain cancers

Fruits and vegetables can promote top fitness performances and help protect you from health problems.

How much is recommended daily?

“Fruits and Vegetables...More Matters” campaign from Produce for Better Health Foundation and Centers For Disease Control recommends 4 to 13 serving of fruits and vegetables everyday (that’s 2 to 6 1/2 cups) depending in your calorie needs. This sounds like a lot ...yet not if you space out the amount through out the day at meals and snacks.

Summer is a ripe time to initiate a healthy fruit and vegetable habit that will last a life time. Below are some action ideas!!

Shape Fruit and Vegetable Habit By:

1. Planting your own garden and/or plan to visit local produce places so nutritious choices are constantly available for you.
2. Freezing or canning fresh produce  
As certain produce is plentiful, plan to freeze or can fruit and/or vegetables for future meals and snacks. Garden grown produce in the fall and winter is so wonderful!
- 3- Keeping fruits and vegetables at home  
Buy 2-4 fruits and 2-4 vegetables during each food shopping trip. Berries, melon, oranges, bananas, carrots, broccoli, tomatoes, green peppers, salad greens, and just some possible purchases.
4. Buying frozen produce  
Use as much or as little as you want, then tie up the bag and save what’s left for another time. Consider shopping and sharing with a friend. Buying a bag of berries or vegetables can be hard to eat before spoil begins. To prevent waste and save money split a purchase with a friend.
5. Mixing vegetables into last night’s leftover pasta and creating a pasta salad.
6. Making extra salad and saving it for lunch the next day. Add beans, chicken, and/or cheese and make a meal salad or ...roll it into a tortilla for a wrap meal.
7. Making a meal out of a spud or sweet potato by topping the potato with steamed broccoli, carrots, asparagus, or other vegetables. Serve with cottage cheese or low fat cheese.
8. Perking up a take out or frozen pizza with pineapple, peach slices, chopped tomatoes, mushrooms, onion, peppers, eggplant, or another favorite vegetable.

9. Dressing up brown rice or couscous with diced tomatoes, green beans, shredded carrots, asparagus, raisins, cranberries, and/or another favorite fruit or vegetable.

10. Grilling vegetables and fill a bun, pita pocket, or tortilla for a meal.

11. Heating fat free refried beans, then spread on a tortilla, and top with vegetables and/or salsa

12. Topping pancakes, waffles, and cereal with dried or fresh fruit.

This is a short menu of fruit and vegetable ideas taken from Environmental Nutrition November 2007 article titled Fruits and Veggies: 17 Ways To Make "More Matter".

They recommend to support sustainable agriculture, eat in season by looking for produce that is locally grown. It is typically fresher, tastier, and definitely more environmentally friendly than foods transported long distances.

For more ideas for meals, snacks, and recipes go to [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) and [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Plan for produce at meals and snacks. A training ingredient that can work well for you!

Best,  
Judy Tillapaugh, RD  
IPFW Wellness/Fitness Coordinator  
[Tillapau@ipfw.edu](mailto:Tillapau@ipfw.edu)  
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## My Last Run by Gary Dexheimer

This title is not completely accurate. I do plan on running again. I simply have to accept the fact that I will never run the same again. I could say, "Been there done that" but that would be far from the truth. Sure, it has been a good run, as a former club President I put my time in for the club and there have been many runs, so many friends, and hundreds of races. There was a level of accomplishment. This began as a Class B Wisconsin State XC Champ with a second in the Class A mile. I went to state every year except my freshman year. I was a decent collegiate runner at BSU. I was top ten and invited back the following year as a top performer at the Grand Rapids Old Kent River Bank 25K. In the Diet Pepsi days I scored an expense paid trip to NYC for the finals. There were many races in between.

I would be lying if I said I didn't enjoy the recognition for those previous accomplishments. However, it was the training with friends, the fast intervals on the track, and the solitary runs that made this all special for me. In later years I loved the business travel and the opportunity to run on a beach, along a bike path, or in the middle of a forest on a trail. I often planned my travel stays in advance researching some place fun to run and explore. I have run in Germany, Yugoslavia, England, Wales, throughout Canada, Brazil and El Salvador. I became lost in Belgrade and had to use sign language to determine how to get back to the Metropol - my hotel. In San Salvador I ran long build-ups between military installation guard houses while soldiers peered at me over the top of their mounted machine guns. I was there in the 80s to visit with my brother and friends who were in the country to assist with human rights.

So what's the point? I have just been diagnosed with ARVD - Arrhythmogenic Right Ventricular Dysplasia. I have probably been dealing with this for years. My right ventricle is dysfunctional and my left has moderate dysfunction. I had struggled for eight months running daily but at best not feeling great and on bad days only able to run 400m before I was shot. All that know me also know that I am not one to back down, so I persevered trying to push through. I also persisted with my doctors and frankly had it not been for the frustration I felt with my running I would have given up on my chase for a diagnosis. Finally, after consulting with my buddy Charlie Brandt and another retired orthopedic that is a family friend, I requested that I be put on a halter monitor. By now friends and family were advising me to take some time away from running. In over forty years of running I have run through or come back from too many injuries and surgeries to count, so for me that seemed like giving up. Each day was a new day and I always began the day thinking that this is the day that I get back on track. I ran up the block with the monitor feeling exhausted and drained of oxygen after the first block. That simply meant I would have to deviate and walk jog the four miles I was planning on going. I wanted to insure that the device had recorded something. The rumor was that I had collapsed by a bush at the end of our street and had managed to get myself home. The truth is I only made it to the end of the street before I simply couldn't go any further. I did not collapse, there was no bush and I continued to walk and run as my body permitted for those four miles. Then I came home. I turned in the monitor on Monday, drove to Valparaiso for business and received a call from Fort Wayne Cardiology advising that I immediately return to Lutheran Hospital. Since I dealt with this for eight months I completed my business appointment and then drove back to Fort Wayne.

ARVD is called the "backwards" disease as it is the one time that being a couch potato can actually keep the disease from progressing. This is generally found in fit athletes. In cases where athletes have collapsed and died suddenly, in twenty percent of those cases an autopsy will find evidence of ARVD. The frequency is 1 in 5000 and it is usually diagnosed by age thirty. In my case while not really symptomatic I was experiencing long runs of rapid irregular arrhythmias - Ventricular Tachycardia. This is not good and if the heart goes into fibrillation there is a good chance the individual will die. There is now comfort in knowing that I should not crash if the unexpected happens, as I have an ICD (implantable cardio defibrillator) in my chest. This is genetic in 30 - 50% of cases. I will be part of a research study at John Hopkins. I am also on a medication called Amiodarone to reduce or eliminate the tachycardia.

I am comforted by the fact that this appears to be working and am hopeful that there will be no further progression in my left ventricle. Over the years nothing has been a substitute for running but lately I am finding brisk walking to be pleasurable. I have returned to some easy jogging during my walks and am hopeful that I will eventually return to some easy running. With injuries the racing had become infrequent. Now you won't see me showing up to any local races unless it is to watch my daughter. Training of any magnitude is behind me. Throughout my life I always considered myself a runner first and everything else secondary. My marriage, my children, my friends and even some aspects of my career can be tied to my running. A friend inquired that if I had been diagnosed at 30, although this condition has only been known for about twenty years, I would have missed so much in my life. This is an easier proposition to deal with at 58.

I won't dwell or allow this to impact the quality of my life. I only wanted others to be aware that this disease exists. Should any of my fellow runners find themselves experiencing palpitations in their chest or the possibility of an arrhythmia seek out a cardiologist and have an EKG? This is especially significant for coaches, as this

can develop in childhood and can drop a young athlete in their tracks. While an EKG with athletic physicals might be a plan, this is probably unnecessary unless there is some indication that there is a concern.

In the meantime, I'll see some of you at the Y or on the bike paths southwest. I may be walking or I might just be jogging, but I will be doing something to retain my need to enjoy the outdoors and exercise a little. For those of you who have trounced me in previous races I am going to go back in my running logs and asterisk all those events, after-all I may have been running with half a heart? A close friend's wife once told my wife that I wasn't really an athlete because I had never participated in team sports. Okay, I am just a runner and so are you and there is a passion that comes with the cold, the heat, the long and the short so enjoy. I plan on doing the same!

## 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 1<sup>st</sup> 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 1<sup>st</sup>). This is the group all your points will go into for the year. **Example:** You are 44 on January 1<sup>st</sup> of 2007, in March you turn 45. Your points will continue to go into the age group that includes 44 until the end of the year.
  - 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	300
Men 20 to 29				
Place	Name	City	Age	Points
1	Grant Stieglitz	Fort Wayne IN	22	300
2	Edward Fisk	Fort Wayne IN	28	300
3	David Boyer	Fort Wayne IN	20	170
4	Evan Hyndman	Fort Wayne IN	27	170
5	Anthony Petras	Fort Wayne IN	22	160
6	Travis Blanchette	Fort Wayne IN	22	75
7	Ben Gensic	Fort Wayne IN	28	75
Men 30 to 34				
Place	Name	City	Age	Points
1	Brad A Thomas	Fort Wayne IN	33	235
2	Mike Cole	Corunna IN	32	200
3	Chris White	Granger IN	34	185
4	Jeremy M Ogle	Fort Wayne IN	33	165
5	Dameon Rinehold	Fort Wayne IN	32	165
6	Phillip Salisbury	Fort Wayne IN	33	160
7	Todd Sullivan	Fort Wayne IN	34	110
8	Ashley Wellman	Fort Wayne IN	33	85
9	Scott Mehlberg	Warsaw IN	33	55
10	Jay Rozelle	Fort Wayne IN	30	55
11	Todd Werling	Fort Wayne IN	34	45
Men 35 to 39				
Place	Name	City	Age	Points
1	Mike Fream	Fort Wayne IN	39	260
2	Dave Devoe	Bluffton IN	39	255
3	Matt Scott	Warsaw IN	39	205
4	Anthony Juliano	Fort Wayne IN	38	185
5	Brad Stoffer	Fort Wayne IN	37	145
6	Troy McArthy	Huntertown IN	38	140
7	Mike Wolfe	Fort Wayne IN	38	115
8	Jason Sagan	Fort Wayne IN	36	110
9	Brian Loucks	Fort Wayne IN	38	100
10	John Bradley	Auburn IN	37	100
11	Bill Landgraf	Fort Wayne IN	36	85
12	Mark H Wolf	Fort Wayne IN	38	65
13	Mark Pulver	Fort Wayne IN	39	55
14	Tim Maxson	Fort Wayne IN	36	55
15	Jared Newhard	Fort Wayne IN	35	35
16	Tony Cronk	Fort Wayne IN	36	35
17	John Drebenstedt	Fort Wayne IN	38	35
Men 40 to 44				
Place	Name	City	Age	Points
1	Ward Moya	Fort Wayne IN	44	250
2	Ron Sharp	Fort Wayne IN	42	200
3	Steve Webb	Fort Wayne IN	42	150
4	Dave Kuker	Fort Wayne IN	40	145

5	Rick Grieze	Fort Wayne IN	44	110
6	Kent Ennis	Fort Wayne IN	40	110
7	David Craker	Fort Wayne IN	43	105
8	Mark Walter	Garrett IN	42	100
9	Scott Eberle	Fort Wayne IN	44	75
10	Kyle Velasco	Berne IN	44	65
11	Tim Newlin	Fort Wayne IN	44	55
12	Santiago Martinez	Columbia City	40	45
13	Andrew Barry	Fort Wayne IN	43	30
14	Doyle Steury	Leo IN	44	15
15	Kevin Gerber	New Haven IN	42	10

**Men 45 to 49**

Place	Name	City	Age	Points
1	Chuck Deford	Fort Wayne IN	48	300
2	Rowland Perez	Auburn IN	47	270
3	Jeff Steinberg	Fort Wayne IN	46	235
4	Mike Wemhoff	Fort Wayne IN	46	175
5	David Roehling	Harlan IN	49	130
6	E. Brian Foster	Fort Wayne IN	45	115
7	Steve Edmiston	New Haven IN	48	100
8	Jim Bougher	Fort Wayne IN	45	100
9	Michael Overdahl	Fort Wayne IN	47	85
10	Jean Lesterance	Fort Wayne IN	48	75
11	Steve Zacher	Fort Wayne IN	46	65
12	Jeff Metzger	Fort Wayne IN	46	65
13	Dan Cummiskey	Fort Wayne IN	46	55
14	Joel Harter	Fort Wayne IN	45	50

**Men 50 to 54**

Place	Name	City	Age	Points
1	James McKinnon	Waterloo IN	51	230
2	Kerry Blanchette	Fort Wayne IN	54	185
3	Ed P Reinhard	Poneto IN	50	175
4	Doug Breeden	Roanoke IN	52	145
5	Donald R Decook	Warsaw IN	54	140
6	Chuck Brown	Bluffton IN	52	140
7	Thomas J Felts	Fort Wayne IN	53	130
8	Mark Furkis	Ligonier IN	52	100
9	Tim O'Connell	Fort Wayne IN	51	100
10	Doug Sundling	Bluffton IN	52	85
11	Carl A Risch	Decatur IN	50	65
12	Charles Schreiber	Fort Wayne IN	50	65
13	Terry Anderson	Fort Wayne IN	54	50
14	Len Piropatto	Fort Wayne IN	53	35
15	Stephen M Hilker	Fort Wayne IN	52	15
16	Steven E Ludwiski	Fort Wayne IN	51	10

**Men 55 to 59**

Place	Name	City	Age	Points
1	John Treleaven	Fort Wayne IN	55	270
2	Jed Pearson	Fort Wayne IN	56	200
3	John David McPherson	Fort Wayne IN	55	165
4	Jim Pickett	Fort Wayne IN	58	160
5	Dan Bossard	Monroeville IN	57	145
6	John Feiertag	Fort Wayne IN	59	130
7	Michael Page	Fort Wayne IN	55	120
8	Don Ransome	Warsaw IN	57	100
9	Dan Barnes	Fort Wayne IN	58	90

10	Ken Long	Fort Wayne IN	57	75
11	Dan Kaufman	Fort Wayne IN	57	65
12	David L Winters	Huntington IN	58	35

**Men 60 to 64**

Place	Name	City	Age	Points
1	Larry Lee	Fort Wayne IN	63	235
2	Bob Bruckner	Fort Wayne IN	62	200
3	Bob Michel	Fort Wayne IN	60	100
4	Rich Stephenson	Monroeville IN	61	85
5	Art Obregon	Pierceton IN	60	85
6	Robert Lawson	Fort Wayne IN	60	65

**Men 65 to 69**

Place	Name	City	Age	Points
1	David E Boylan	Fort Wayne IN	65	185
2	Karl Dietsch	Fort Wayne IN	69	170
3	Fred Ross Jr	Warsaw IN	66	100
4	Dewain Cobbs	Warsaw IN	65	100
5	Bud Stiffler	Anderson IN	69	85
6	Johni Rasmussen	Fort Wayne IN	67	75

**Men 70 and Over**

Place	Name	City	Age	Points
1	Robert C Loomis	Monroe IN	74	250
2	Joe Ziegler	New Haven IN	72	200
3	Dick Harnly	Fort Wayne IN	70	185
4	Bernie Huesing	Fort Wayne IN	75	150

**Female 19 and Under**

Place	Name	City	Age	Points
1	Brooke Werstler	Larwill IN	12	200
2	Jamie Ziegler	Fort Wayne IN	6	85

**Women 20 to 29**

Place	Name	City	Age	Points
1	Amy Stephan	Fort Wayne IN	29	165
2	Jennifer Lee	Fort Wayne IN	25	100
3	Kalissa Blanchette	Fort Wayne IN	20	100
4	Melissa Ludack	Fort Wayne IN	27	85

**Women 30 to 34**

Place	Name	City	Age	Points
1	Kara Gongwer	Fort Wayne IN	34	285
2	Heather Fromm	Fort Wayne IN	32	215
3	Wendy Kilbourne	Fort Wayne IN	31	100
4	Elizabeth Wolf	Fort Wayne IN	32	85
5	Carmen Parker	Fort Wayne IN	30	75

**Women 35 to 39**

Place	Name	City	Age	Points
1	Tracy Brooks	Fort Wayne IN	38	245
2	Erin Brady	Fort Wayne IN	36	230
3	Tammy Behrens	Fort Wayne IN	36	200
4	Kelly Kelly	Fort Wayne IN	35	195
5	Angie Lockwood	Bluffton IN	38	150
6	Traci Barsantee	Fort Wayne IN	36	120
7	Cheryl Pulver	Fort Wayne IN	37	100
8	Andrea Kropf	Roanoke IN	35	85
9	April Lass	Fort Wayne IN	36	75
10	Danielle Sullivan	Fort Wayne IN	35	45
11	Kathy Burner	Auburn IN	39	45

12	Elaine Kolvoord	Fort Wayne IN	36	35
<b>Women 40 to 44</b>				
Place	Name	City	Age	Points
1	Cindy McGovern	Fort Wayne IN	43	285
2	Robin Werstler	Larwill IN	42	185
3	Anne Shank	Fort Wayne IN	41	185
4	Gail Gerber	New Haven IN	44	75
5	Linette Barry	Fort Wayne IN	44	65
<b>Women 45 to 49</b>				
Place	Name	City	Age	Points
1	Sheryle Braaten	Hoagland IN	47	300
2	Betty Greider	Fort Wayne IN	47	130
3	Judy White	Fort Wayne IN	49	100
4	Julie Bossard	Monroeville IN	48	85
5	Dorthea Ruhl	Angola IN	48	85
6	Cathy Myers	Fort Wayne IN	48	85
7	Barbara Price	Huntertown IN	48	75
8	Margie Morris-Parker	Fort Wayne IN	49	55
<b>Women 50 to 54</b>				
Place	Name	City	Age	Points
1	Terri Gross	Fort Wayne IN	52	300
2	Jan Halter	Leo IN	51	85
3	Regina Blanchette	Fort Wayne IN	53	85
4	Nancy Simmonds	Fort Wayne IN	54	85
<b>Women 55 to 59</b>				
Place	Name	City	Age	Points
1	Lynne Feiertag	Fort Wayne IN	56	200
2	Jordan Yarde	Garrett IN	57	85
<b>Women 60 to 69</b>				
Place	Name	City	Age	Points
1	Betty Nelson	Columbia City	61	300
2	Barb Scrogam	Fort Wayne IN	61	270
3	Bodil Rasmussen	Fort Wayne IN	63	75
<b>Women 70 and Over</b>				
Place	Name	City	Age	Points
1	Gloria J Nold	Fort Wayne IN	72	100

<b>Warbird 10K</b>				
May 17, 2008				
Place	Name	City	Age	Time
1	Mike Cole	Corunna IN	33	34:36:00
2	Jeff Nidlinger	Fort Wayne IN	28	35:13:00
3	Chris White	Granger IN	34	36:18:00
4	Chuck Deford	Fort Wayne IN	49	37:17:00
5	Manuel Martinez	Fort Wayne IN	45	37:42:00
6	Ward Moya	Fort Wayne IN	44	37:57:00
7	Dave Devoe	Bluffton IN	40	38:04:00
8	Mark Watson	Fort Wayne IN	29	38:11:00
9	Aaron Lehman	Berne IN	17	38:23:00
10	Nick Sloffer	Fort Wayne IN	30	38:29:00
11	Michael Henry	Fort Wayne IN	44	38:40:00
12	Brad A Thomas	Fort Wayne IN	33	39:12:00
13	Grant Stieglitz	Fort Wayne IN	23	39:20:00
14	Rowland Perez	Auburn IN	47	39:30:00

15	Steve Leffers	Fort Wayne IN	47	40:06:00
16	Tim O'Connell	Fort Wayne IN	52	40:06:00
17	Larry England	Lima OH	45	40:16:00
18	Tim Claxton	Fort Wayne IN	44	40:40:00
19	Raymond Bramble	Cicero IN	31	41:24:00
20	Edward Fisk	Fort Wayne IN	29	41:49:00
21	Dameon Rinchold	Fort Wayne IN	33	42:21:00
22	Scott Eberle	Fort Wayne IN	44	42:26:00
23	David Boyer	Fort Wayne IN	20	42:28:00
24	Kyle Velasco	Berne IN	44	42:29:00
25	Mike Fream	Fort Wayne IN	39	42:33:00
26	Jeff Shoemaker	Fort Wayne IN	39	42:43:00
27	Brett Hess	Fort Wayne IN	42	43:03:00
28	Chris Kaufman	Fort Wayne IN	31	43:07:00
29	Andrew Smith	Fort Wayne IN	23	43:09:00
30	Jeff Motter	Lima OH	48	43:17:00
31	Jed Pearson	Fort Wayne IN	57	43:36:00
32	Clint Anderson	Bluffton IN	35	44:12:00
33	Andy Garcia	Fort Wayne IN	24	44:28:00
34	Nate Smith	Anderson IN	30	44:29:00
35	Steve Vankoski		39	44:29:00
36	Jeff Steinberg	Fort Wayne IN	46	44:35:00
37	Jay Rozelle	Fort Wayne IN	30	44:42:00
38	Tom Hardin	Fort Wayne IN	38	44:55:00
39	Carol Herndon	Fort Wayne IN	43	45:05:00
40	Kyle Elsworth	Fort Wayne IN	28	45:13:00
41	Evan Hyndman	Fort Wayne IN	27	45:17:00
42	David Bowers	Fort Wayne IN	35	45:24:00
43	Matt Mock	Decatur IN	34	45:27:00
44	John Treleaven	Fort Wayne IN	56	45:30:00
45	Tom Hare	Fort Wayne IN	33	45:37:00
46	Dave Arens	Sherwood OH	44	45:45:00
47	Tammy Behrens	Fort Wayne IN	37	45:52:00
48	Cynthia Probst	Fort Wayne IN	54	45:58:00
49	Andrew Giles	Fort Wayne IN	29	46:24:00
50	Rick Grieze	Fort Wayne IN	44	46:27:00
51	Cindy McGovern	Fort Wayne IN	43	46:32:00
52	Andrea Kropf	Roanoke IN	35	46:36:00
53	Max Silcox	Roanoke IN	13	46:41:00
54	Tracy Brooks	Fort Wayne IN	39	46:53:00
55	Jennifer Messer	Fort Wayne IN	37	47:19:00
56	Matt Scott	Warsaw IN	39	47:19:00
57	Janet Souder	Fort Wayne IN	28	47:35:00
58	Mike Soat	Fort Wayne IN	44	47:42:00
59	Brad Stoffer	Fort Wayne IN	38	47:48:00
60	Jerry Rex	Waynesfield OH	57	47:50:00
61	Stephen Sims	Fort Wayne IN	43	47:51:00
62	Ken Long	Fort Wayne IN	58	47:52:00
63	Ben Maggard	Columbia City	24	48:02:00
64	Tim Chapman	Fort Wayne IN	27	48:11:00
65	Chris Ruckman	Fort Wayne IN	42	48:13:00
66	Erin Brady	Fort Wayne IN	36	48:15:00
67	Katie Parrish	Fort Wayne IN	23	48:16:00
68	Mark H Wolf	Fort Wayne IN	38	48:48:00
69	James McKinnon	Waterloo IN	52	48:58:00
70	Tom Wuest	Fort Wayne IN	44	48:59:00

71	Kerry Blanchette	Fort Wayne IN	54	49:00:00
72	Sheryle Braaten	Hoagland IN	48	49:01:00
73	Kent Ennis	Fort Wayne IN	40	49:01:00
74	Karen Wylie	Fort Wayne IN	28	49:03:00
75	Randy Grote	Fort Wayne IN	44	49:06:00
76	David Roehling	Harlan IN	50	49:09:00
77	Joe Donnell	Fort Wayne IN	48	49:13:00
78	Josh Kumfer	Fort Wayne IN	28	49:17:00
79	Dave Reichwage	Fort Wayne IN	61	49:20:00
80	Monica Colbert	Lebanon OH	36	49:25:00
81	Megan Sliger	Fort Wayne IN	20	49:25:00
82	Geoffrey Wladecki	Fort Wayne IN	52	49:26:00
83	Bill Clauser	Woodburn IN	50	49:31:00
84	Mike Colligan	Fort Wayne IN	45	49:40:00
85	Jeff Metzger	Fort Wayne IN	47	49:52:00
86	Tim Newlin	Fort Wayne IN	45	49:52:00
87	R Scott Lawson	Fort Wayne IN	39	49:57:00
88	Anne Johnson	Fort Wayne IN	26	50:03:00
89	Tim Maxson	Fort Wayne IN	36	50:06:00
90	Kara Gongwer	Fort Wayne IN	34	50:12:00
91	Sam Edwards	Fort Wayne IN	11	50:13:00
92	David Edsall	Fort Wayne IN	50	50:15:00
93	Casey Mullins		30	50:16:00
94	Doug Breeden	Roanoke IN	52	50:20:00
95	Kim** Smith	Coldwater MI	55	50:22:00
96	Thomas J Felts	Fort Wayne IN	53	50:23:00
97	Brad Heyneman		39	50:27:00
98	Dan Kaufman	Fort Wayne IN	57	50:32:00
99	Erik Good	Fort Wayne IN	37	50:32:00
100	David Rauch	New Haven IN	46	50:32:00
101	Bob Trvovich	Fort Wayne IN	53	50:33:00
102	James Cronin	Fort Wayne IN	49	50:34:00
103	Chris Kumfer	Fort Wayne IN	23	50:35:00
104	Randall Lehman	Fort Wayne IN	48	50:36:00
105	Kevin Kurtz	Fort Wayne IN	44	50:43:00
106	Jeff Rude	Fort Wayne IN	39	50:43:00
107	Bill Landgraf	Fort Wayne IN	37	50:46:00
108	Shawn Demarest	Fort Wayne IN	38	50:53:00
109	Anne Shank	Fort Wayne IN	42	50:54:00
110	Len Piropato	Fort Wayne IN	53	50:54:00
111	Mike Wilson	Valparaiso IN	66	50:56:00
112	Michael Ahearn		46	50:59:00
113	Susie Motter	Lima OH	44	51:02:00
114	Nadya Glushko	Lima OH	22	51:03:00
115	Mike Wemhoff	Fort Wayne IN	47	51:12:00
116	Kevin Croy	Fort Wayne IN	51	51:26:00
117	Jason McMillan	Fort Wayne IN	31	51:30:00
118	Brian Watson	Valparaiso IN	27	51:30:00
119	David McGee	Fort Wayne IN	22	51:35:00
120	Michael Variell	Convoy OH	51	51:41:00
121	Brad Harruff	Fort Wayne IN	45	51:43:00
122	Sam Gillie	Fort Wayne IN	38	51:52:00
123	Elizabeth Wolf	Fort Wayne IN	32	51:53:00
124	Brandon Bivans		28	51:54:00
125	Tony Galuoppo	Fort Wayne IN	49	51:57:00
126	Tyler Hoffinan	Columbia City	27	52:01:00

127	Eric Gates	Fort Wayne IN	35	52:02:00
128	Joe Ziegler	New Haven IN	72	52:05:00
129	Nick Rich	Fort Wayne IN	30	52:10:00
130	Susan Miller	Lima OH	50	52:13:00
131	Jennica Klingaman	Larwill IN	26	52:18:00
132	Teresa Dyer	Harlan IN	34	52:18:00
133	Cortney Schwartz	Fort Wayne IN	39	52:19:00
134	Tim Beeman	Berrien MI	54	52:21:00
135	Allison Rinker	Churubusco IN	26	52:24:00
136	Renee Lockett		29	52:26:00
137	Chuck Gaff	Fort Wayne IN	55	52:27:00
138	Craig Crawford	Kendallville IN	28	52:27:00
139	Teri Huffman	Bluffton IN	45	52:31:00
140	Aaron Hull	Fort Wayne IN	29	52:38:00
141	Jim Bougher	Fort Wayne IN	45	52:42:00
142	Chris Sandels	Fort Wayne IN	20	52:45:00
143	Donald R Decook	Warsaw IN	55	52:53:00
144	E. Brian Foster	Fort Wayne IN	45	52:53:00
145	Jonathan Bernstein	Fort Wayne IN	43	52:53:00
146	Dawn Schuller	New Haven IN	33	52:57:00
147	Terry Anderson	Fort Wayne IN	54	52:59:00
148	Josh Mock	Logansport IN	31	53:12:00
149	Dave Kuker	Fort Wayne IN	41	53:12:00
150	Hannah Arthur	Fort Wayne IN	23	53:13:00
151	Howard J Klingler	Fort Wayne IN	53	53:16:00
152	Betty Nelson	Columbia City	62	53:23:00
153	James Mize	South Whitley	42	53:36:00
154	Jennifer Klug	Fort Wayne IN	32	53:42:00
155	Gail Gerber	New Haven IN	44	53:49:00
156	Stephen M Hilker	Fort Wayne IN	52	53:49:00
157	Dave Grancy	Fort Wayne IN	48	53:50:00
158	Carmen Parker	Fort Wayne IN	30	53:56:00
159	Joel Harter	Fort Wayne IN	45	53:56:00
160	Andy Scott	Leesburg IN	38	54:10:00
161	Amy Stephan	Fort Wayne IN	30	54:14:00
162	David Craker	Fort Wayne IN	43	54:16:00
163	Sarah Doerffler	Fort Wayne IN	13	54:17:00
164	Mike Krucina	Fort Wayne IN	37	54:20:00
165	Donna Doerffler	Fort Wayne IN	41	54:22:00
166	Darryl Cargo	Fort Wayne IN	46	54:26:00
167	Chad Mollema	Leo IN	36	54:29:00
168	Bob Michel	Fort Wayne IN	60	54:34:00
169	John Drebenstedt	Fort Wayne IN	38	54:36:00
170	Jeff Johanningsmeier	Fort Wayne IN	29	54:46:00
171	Jan Himmelein	Fort Wayne IN	49	54:50:00
172	Kim Larsen	Fort Wayne IN	46	54:55:00
173	Mick Wendt	Fort Wayne IN	44	55:00:00
174	Nancy Wellman	New Haven IN	42	55:07:00
175	Teri Powell	Fort Wayne IN	29	55:08:00
176	Jeremy M Ogle	Fort Wayne IN	34	55:11:00
177	Terri Gross	Fort Wayne IN	52	55:12:00
178	John David McPherson	Fort Wayne IN	55	55:12:00
179	Danette Von Guten	Berne IN	30	55:13:00
180	Larry Kelly	Fort Wayne IN	36	55:14:00
181	Nicole Lenhof	Fort Wayne IN	31	55:21:00
182	Mike Holbrook	Yoder IN	38	55:22:00

183	Doyle Steury	Leo IN	44	55:23:00
184	David Korte	Fort Wayne IN	43	55:25:00
185	Mark Dinius	Huntington IN	41	55:35:00
186	John Didier	Fort Wayne IN	43	55:37:00
187	Matt Wojewuczki	Fort Wayne IN	38	55:41:00
188	Lawrence Sak	Lake Orion MI	47	55:41:00
189	Tom Fromm	Columbia City	48	55:42:00
190	Lucia Sirova	Fort Wayne IN	18	55:43:00
191	Greta Graebner	New Haven IN	41	55:51:00
192	Anita O'Reilly	Fort Wayne IN	50	55:51:00
193	David L Winters	Huntington IN	58	55:52:00
194	Greg Kuhlman	Kokomo IN	42	55:57:00
195	Dennis Lombard	Tucson AZ	61	56:00:00
196	Lynne Feiertag	Fort Wayne IN	57	56:02:00
197	Jason Fest	Larwill IN	34	56:02:00
198	Steve Edmiston	New Haven IN	49	56:05:00
199	Rodney Harruff	Fort Wayne IN	42	56:11:00
200	Linda Ianucilli	Fort Wayne IN	45	56:12:00
201	Teisha Lapp	Fort Wayne IN	35	56:13:00
202	Erica Nodell	State College PA	47	56:15:00
203	Todd S Thompson	Fort Wayne IN	46	56:24:00
204	Katie Purdy	Fishers IN	22	56:25:00
205	Nathan Nix		32	56:34:00
206	John Schrader	Fort Wayne IN	41	56:37:00
207	Ray Montague	Oregon OH	59	56:37:00
208	Fred Stevens	Fort Wayne IN	39	56:42:00
209	Alan Hernly	Fort Wayne IN	56	56:44:00
210	Heather Fromm	Fort Wayne IN	32	56:48:00
211	Jennifer Henderson	Toledo OH	36	56:48:00
212	Beth Schrader	Fort Wayne IN	34	57:02:00
213	Sheldon Landgrave	Fort Wayne IN	47	57:03:00
214	Jim Platzer	Fort Wayne IN	53	57:04:00
215	Joe Ness	Fort Wayne IN	29	57:07:00
216	Dana Kinley	Fort Wayne IN	45	57:13:00
217	Jean Trippel	Centerville OH	30	57:14:00
218	Bill Schubert	Fort Wayne IN	33	57:20:00
219	Laura Hunter	Fort Wayne IN	25	57:25:00
220	Rick Fletcher	Fort Wayne IN	25	57:25:00
221	Marilyn S Bradford	Warren IN	45	57:26:00
222	Connie Gordon	Churubusco IN	45	57:27:00
223	Mike Donlan	Fort Wayne IN	58	57:37:00
224	Larry Lee	Fort Wayne IN	63	57:42:00
225	Ed Steenman	Fort Wayne IN	48	57:43:00
226	Daniel Ryan	Fort Wayne IN	16	57:45:00
227	Kevin Gerber	New Haven IN	42	57:52:00
228	Marc Fireoved	Fort Wayne IN	30	58:02:00
229	Derrick Smith	Fort Wayne IN	47	58:03:00
230	Marianne Glick	Fort Wayne IN	45	58:14:00
231	Michael Nichter	Fort Wayne IN	46	58:21:00
232	Jim Villers	Fort Wayne IN	49	58:22:00
233	William Pilgrim	Fort Wayne IN	39	58:32:00
234	Ellen McKinley	Fort Wayne IN	45	58:35:00
235	Andrew Barry	Fort Wayne IN	43	58:39:00
236	Kely Sandels	Fort Wayne IN	29	58:40:00
237	Barb Scrogam	Fort Wayne IN	61	58:41:00
238	Dan Bossard	Monroeville IN	57	58:43:00

239	Doug Camp	Laotto IN	37	58:57:00
240	Aaron Clark	Liberty Center	32	59:00:00
241	Marilyn Koeneman	Fort Wayne IN	46	59:05:00
242	Susan Reid	Fort Wayne IN	45	59:06:00
243	Mike Hollis	Fort Wayne IN	41	59:16:00
244	Theresa Brough	Fort Wayne IN	30	59:21:00
245	Kelly Kelly	Fort Wayne IN	35	59:22:00
246	Ginger Fahrnow	Roanoke IN	35	59:34:00
247	Todd Thompson	Fort Wayne IN	27	59:39:00
248	Dan Barnes	Fort Wayne IN	58	59:46:00
249	Angela Brauneller	Fort Wayne IN	36	59:46:00
250	Caylie Cappelli	Fort Wayne IN	24	59:48:00
251	Angie Barchak	Fort Wayne IN	31	59:55:00
252	Marvin Eady Jr	Fort Wayne IN	45	1:00:00
253	Robert Kimmel	Columbia City	53	1:00:21
254	Angie Schubert	Fort Wayne IN	29	1:00:29
255	Kelly Mize	South Whitley	45	1:00:51
256	Jan Halter	Leo IN	51	1:00:52
257	Roby Kaufman	Fort Wayne IN	34	1:00:56
258	Mike Wolfe	Fort Wayne IN	38	1:01:02
259	Cindy Thompson	Fort Wayne IN	45	1:01:09
260	Ben Jolloff	Fremont IN	29	1:01:19
261	Lindsay Bowsher	Fort Wayne IN	24	1:01:19
262	Brenda Springer	Fort Wayne IN	46	1:01:28
263	Michael Fuller	New Haven IN	63	1:01:36
264	Kim Barker	Fort Wayne IN	34	1:01:36
265	Alyson Knoblauch	Harlan IN	15	1:01:39
266	Lynne Lombard	Tucson AZ	52	1:01:41
267	Sharon Maley	Laotto IN	42	1:01:46
268	Richard Craig	Lagrange IN	60	1:01:49
269	Lynnie Schlemmer	Auburn IN	46	1:01:52
270	Brandi Wallace	Fort Wayne IN	31	1:01:55
271	Hannah Michel	Fort Wayne IN	20	1:01:59
272	Susan Imler	Fort Wayne IN	41	1:02:00
273	Sarah Herd	Fort Wayne IN	29	1:02:07
274	Linda MacKey	Fort Wayne IN	53	1:02:13
275	Susan Okleshen	New Haven IN	49	1:02:46
276	Melinda Webb	Fort Wayne IN	28	1:02:55
277	Robin Scott	Fort Wayne IN	39	1:02:59
278	Dawn Kock	Huntertown IN	39	1:03:01
279	Beth Emrich	Huntertown IN	40	1:03:01
280	Paul Eggelston	Fort Wayne IN	52	1:03:09
281	Jordan Yarde	Garrett IN	57	1:03:26
282	Kim Hamrick	Fort Wayne IN	30	1:03:26
283	Stacy Mathys	Fort Wayne IN	32	1:03:26
284	Dana Budd	Churubusco IN	53	1:03:31
285	Debbie Krouse	Fort Wayne IN	44	1:03:44
286	Tony Ashley	Fort Wayne IN	48	1:03:53
287	Brian Hauer	Fort Wayne IN	26	1:04:55
288	Justin Ramsey	Fort Wayne IN	25	1:04:58
289	Andrew Kaminskis	Noblesville IN	24	1:05:06
290	Terry Garwood	Leo IN	60	1:05:17
291	Debby Leonard	Fort Wayne IN	57	1:05:25
292	Kent Hormann	Fort Wayne IN	54	1:05:35
293	Amy Scacr	Fort Wayne IN	39	1:05:41
294	David Williams	Fort Wayne IN	51	1:05:41

295	Karl Dietsch	Fort Wayne IN	70	1:05:52
296	Robert C Loomis	Monroe IN	75	1:06:49
297	Tyler Ellingwood	Fort Wayne IN	13	1:08:01
298	Amanda Lutter	Laotto IN	30	1:08:08
299	Roberta Brewer	Harrod OH	58	1:08:53
300	Elaine Barth	Bluffton IN	55	1:08:58
301	Edward Gebhart	Albion IN	70	1:09:03
302	Steven E Ludwiski	Fort Wayne IN	51	1:09:14
303	Mark Thoma	Fort Wayne IN	49	1:09:17
304	Chad Ware	Fort Wayne IN	41	1:09:17
305	Tammy Malone	Laotto IN	40	1:09:55
306	Corinna Askins	Fort Wayne IN	39	1:10:00
307	Julie Bossard	Monroeville IN	48	1:11:47
308	Gloria J Nold	Fort Wayne IN	73	1:11:47
309	John Feiertag	Fort Wayne IN	60	1:12:10
310	Emily Witte	Fort Wayne IN	32	1:12:11
311	Kathy Birch	Bluffton IN	50	1:12:42
312	Diane Kimmel	Columbia City	53	1:12:44
313	Alexandria Ellingwood	Fort Wayne IN	11	1:13:47
314	Randy Birch	Bluffton IN	50	1:14:00
315	Bill Neumann		39	1:14:33
316	Betsy Halley	Fort Wayne IN	24	1:14:58
317	Greg Bierbaum	Fort Wayne IN	28	1:14:58
318	Steve Gripp	Fort Wayne IN	54	1:15:04
319	Lorraine Mussatti	Fort Wayne IN	51	1:15:13
320	Eileen Oberlin	Fort Wayne IN	60	1:15:43
321	Tim McKeachie	Fort Wayne IN	40	1:18:53
322	Sandy Webb	Huntington IN	60	1:22:59
323	Connie Nichter	Bluffton IN	75	1:44:07

22	Michael Waters		25	25:05:00
23	April Gardner	Lima OH	32	25:11:00
24	Mark Bloom	Fort Wayne IN	37	25:13:00
25	Daniel Hines	Fort Wayne IN	31	25:15:00
26	Tyler Romine	Fort Wayne IN	28	25:16:00
27	Allison Brown	Columbia City	34	25:20:00
28	Kolin Behrens	Fort Wayne IN	10	25:27:00
29	Karl Behrens	Fort Wayne IN	38	25:28:00
30	Matthew Troyer	Fort Wayne IN	34	25:47:00
31	David Oberlin	Fort Wayne IN	32	25:48:00
32	Tim Rinker		27	25:58:00
33	Christopher Camp	Huntington IN	40	26:10:00
34	Harry Silcox	Roanoke IN	12	26:14:00
35	Libby Casper	Roanoke IN	27	26:14:00
36	Ryan Harris	Fort Wayne IN	30	26:15:00
37	Ryan Berger	Muncie IN	24	26:20:00
38	Jeff Wike	Fort Wayne IN	29	26:24:00
39	John Fortman	Columbia City	27	26:30:00
40	Zak Krinn	Uniondale IN	20	26:37:00
41	Wayne Doyle	Fort Wayne IN	23	26:55:00
42	Jennifer Miller	Fort Wayne IN	25	27:00:00
43	Don Nelson	Fort Wayne IN	35	27:02:00
44	Phil Lord	Fort Wayne IN	39	27:03:00
45	Russ Nelson	Fort Wayne IN	33	27:05:00
46	Jeff Suelzer		31	27:08:00
47	Jason Bender	Roanoke IN	32	27:08:00
48	Todd Armstrong	Fort Wayne IN	33	27:12:00
49	Tim Radcliff	Fort Wayne IN	32	27:19:00
50	Alison Elsworth	Fort Wayne IN	27	27:21:00
51	Shelbi Pierce	Fort Wayne IN	29	27:34:00
52	Mindy Bushee	Fort Wayne IN	28	27:39:00
53	Chad Bushee	Fort Wayne IN	28	27:41:00
54	Scott Aldrich	Auburn IN	38	27:44:00
55	Brandon Hirsch	Fort Wayne IN	33	27:48:00
56	Deanna Petcoff	Auburn IN	47	27:49:00
57	Mike Hollandsworth	Fort Wayne IN	31	27:52:00
58	Thomas Oliphant	Schoolcraft MI	58	27:58:00
59	Phyllis Suelzer	Fort Wayne IN	55	27:59:00
60	Sarah Miller	Fort Wayne IN	27	28:01:00
61	Steve Lanham	Fort Wayne IN	37	28:04:00
62	Melissa Porter	Fort Wayne IN	19	28:05:00
63	Tony Hackman	Fort Wayne IN	24	28:06:00
64	Madelon Martinez	Fort Wayne IN	24	28:09:00
65	Karen Gillie	Fort Wayne IN	37	28:10:00
66	Matt Byrd		33	28:10:00
67	Ryan Scott	Warsaw IN	15	28:11:00
68	Jason Eyanson	Fort Wayne IN	29	28:12:00
69	Michael Kerscher	Fort Wayne IN	50	28:13:00
70	John Adams	Fort Wayne IN	45	28:13:00
71	Heather Strader	Birmingham MI	24	28:14:00
72	Keli Hankee	Roanoke IN	35	28:19:00
73	Charles Decker	Kalamazoo MI	27	28:24:00
74	Laura Buford	Leo IN	30	28:27:00
75	Sarah Kerscher	Fort Wayne IN	14	28:29:00
76	Sue Kaufman	Fort Wayne IN	56	28:30:00
77	Kevin Huffman	Bluffton IN	46	28:30:00

Warbird 5K				
May 17, 2008				
Place	Name	City	Age	Time
1	Scott Reiling	Fort Wayne IN	45	19:15
2	John Bradley	Auburn IN	37	19:31
3	Ed Casper	Roanoke IN	29	19:52
4	Carl Hansen	Auburn IN	52	19:53
5	Jerry Williams Jr.	Fort Wayne IN	48	19:57
6	Linda Keuneke	Fort Wayne IN	44	20:39
7	Paul Shaffer	Decatur IN	50	20:39
8	Phil Suelzer	Fort Wayne IN	56	20:50
9	Joe Suelzer	Fort Wayne IN	23	21:15
10	Jerry Suelzer		28	21:40
11	Chris Bandemer	Fort Wayne IN	31	21:58
12	Dale Strang	Fort Wayne IN	55	21:58
13	Jackson Harter	Fort Wayne IN	13	22:13
14	Samuel Frank	Livonia MI	26	22:17
15	Craig Ashmore	Livonia MI	26	22:17
16	Michael Clendenen	New Haven IN	53	22:36
17	Phillip Towne	Markle IN	20	22:46
18	Scott Christman	Fort Wayne IN	37	23:01
19	Jim Braun	Fort Wayne IN	52	23:16
20	Ankone Bouke	Lima OH	26	23:28
21	Annic Lehman		21	23:40

78	Charlie Fritz	Fort Wayne IN	21	28:36:00
79	Zachary Sheridan		31	28:41:00
80	Sarah Achenbach	Fort Wayne IN	11	28:48:00
81	Tyson Keyes	Auburn IN	31	28:48:00
82	Andrea McVicker	Fort Wayne IN	27	29:08:00
83	Casey McVicker	Fort Wayne IN	28	29:08:00
84	Jennifer Berger	Muncie IN	25	29:09:00
85	Nicole Hunt	Fort Wayne IN	36	29:14:00
86	Elissa McGauley	Fort Wayne IN	39	29:16:00
87	Andrea Moll	Harlan IN	28	29:22:00
88	Terra Schmidt	Harlan IN	36	29:22:00
89	Theresa Charlton	Kalamazoo MI	23	29:25:00
90	Matthew Brubaker	Uniondale IN	25	29:32:00
91	Tim Prentice	Fort Wayne IN	43	29:37:00
92	Kimberly Morgan	Logansport IN	20	29:38:00
93	Kendall Hoffman	Columbia City	24	29:54:00
94	Andrew Barnes	Fort Wayne IN	26	29:58:00
95	Stan Beer	Fort Wayne IN	61	30:01:00
96	Jennifer Johns	Fort Wayne IN	23	30:06:00
97	Paul Sermersheim	Fort Wayne IN	23	30:10:00
98	Kelly Johns	Fort Wayne IN	30	30:21:00
99	Molly O'Brian-adams	Fort Wayne IN	43	30:25:00
100	Dick Harnly	Fort Wayne IN	70	30:30:00
101	Jason Sagan	Fort Wayne IN	36	30:33:00
102	Cara Bearman	Hoagland IN	24	30:35:00
103	Amy Williams	Fort Wayne IN	51	30:35:00
104	Tony Miller	Fort Wayne IN	38	30:38:00
105	Cora Oberlin	Fort Wayne IN	29	30:38:00
106	Holly Raney	Fort Wayne IN	32	30:40:00
107	Cheri Bearman	Hoagland IN	51	30:45:00
108	Anthony Sliger	Fort Wayne IN	25	30:45:00
109	Stephanie Maxson	Fort Wayne IN	36	30:46:00
110	Don Pierce	Fort Wayne IN	33	30:47:00
111	Brandon Schall	Roanoke IN	26	30:48:00
112	Todd Mullins	Fort Wayne IN	37	30:48:00
113	Connor Johnston		14	30:49:00
114	Rick Bowerman	Lafayette IN	24	30:52:00
115	Carla Bowerman	Lafayette IN	25	30:52:00
116	Shanin Hall	Fort Wayne IN	29	30:56:00
117	Allister Fisher	Fort Wayne IN	10	31:02:00
118	Dinah Miller		25	31:12:00
119	Ashley Bell		25	31:12:00
120	John Key	Fort Wayne IN	38	31:15:00
121	Anne Korte	Fort Wayne IN	37	31:20:00
122	Kim Kerscher	Fort Wayne IN	45	31:22:00
123	Deb Glasper	Fort Wayne IN	55	31:25:00
124	Kay Armstrong		30	31:34:00
125	Monique Alderdice		33	31:36:00
126	Rochelle Feldheiser	New Haven IN	36	31:39:00
127	Molly Sliger	Fort Wayne IN	23	32:00:00
128	Mark Wenger	Bluffton IN	55	32:10:00
129	Rachel Loechner	Fort Wayne IN	30	32:13:00
130	Josh Farlee	Fort Wayne IN	29	32:30:00
131	Kerri Piekarski	Fort Wayne IN	47	32:33:00
132	Aaron Lanham	Fort Wayne IN	11	32:33:00
133	Erin Wenger	Bluffton IN	25	32:34:00

134	Kimberlie Ash	Fort Wayne IN	46	32:35:00
135	Stacie Osburn	Fort Wayne IN	38	32:38:00
136	Christy Leonard	Fort Wayne IN	22	32:44:00
137	Tara Hull	Fort Wayne IN	34	32:47:00
138	Angela Sprinkle	Huntington IN	36	32:48:00
139	Nick Pentsos	Huntertown IN	35	32:48:00
140	Karen Bender	Roanoke IN	32	32:54:00
141	Ben Oberlin	New Haven IN	29	32:58:00
142	Angie McCoy	Columbia City	35	33:00:00
143	Laura Clancy	Fort Wayne IN	38	33:01:00
144	Mikaela Frye	Fort Wayne IN	10	33:13:00
145	Justin Heminger	Fort Wayne IN	25	33:22:00
146	Julianne Houser	Fort Wayne IN	48	33:23:00
147	Ross Heironimus	Fort Wayne IN	38	33:28:00
148	Heather Drebenstedt	Fort Wayne IN	30	33:41:00
149	Barbara Pauly	Fort Wayne IN	45	33:42:00
150	Jean Prasuhn	Fort Wayne IN	55	33:46:00
151	Sherry Nidlinger	Fort Wayne IN	57	33:50:00
152	Niki Donlan	Fort Wayne IN	29	33:53:00
153	Alex Donlan	Fort Wayne IN	36	33:53:00
154	Jen Neher	Fort Wayne IN	27	34:12:00
155	Nancy Boyer	Fort Wayne IN	57	34:19:00
156	Preoshanique Smiley	Fort Wayne IN	11	34:34:00
157	Kelsey Marrow	Fort Wayne IN	10	34:34:00
158	Madyson Lauhome	Fort Wayne IN	11	34:35:00
159	Jamie Becker	Fort Wayne IN	31	34:35:00
160	Jennifer Gable	South Whitley	37	34:36:00
161	Barb Ehinger	Fort Wayne IN	53	34:38:00
162	Bridget Clements	Fort Wayne IN	35	34:40:00
163	Diane Wiffill	Fort Wayne IN	46	34:46:00
164	John Lantz	Avilla IN	54	34:47:00
165	Skyler Beard	Huntington IN	28	34:50:00
166	James Baldwin	Bluffton IN	25	34:51:00
167	Elaine Kolvoord	Fort Wayne IN	36	34:56:00
168	Doug Ulmer	Leo IN	53	34:58:00
169	Donna Fulkerson		39	34:58:00
170	Rebecca Baldwin	Bluffton IN	26	34:59:00
171	Erica Kenneck	Fort Wayne IN	36	35:04:00
172	Paul Kuras	Fort Wayne IN	41	35:09:00
173	Elizabeth Kuras	Fort Wayne IN	12	35:09:00
174	Fifi Nyein	Fort Wayne IN	10	35:18:00
175	Monique Hunley	Fort Wayne IN	11	35:19:00
176	Daniel Hinen	Fort Wayne IN	14	35:34:00
177	Teri Bruner	Fort Wayne IN	53	35:43:00
178	Kelly Shimmele	Fort Wayne IN	38	35:49:00
179	Connie Breeden	Roanoke IN	40	35:51:00
180	Danielle Tasker	Angola IN	15	35:54:00
181	Sonny Strack	Fort Wayne IN	50	35:58:00
182	Susan Reynolds		32	36:01:00
183	Courtney Waterman		37	36:01:00
184	Clem Getty	Yoder IN	73	36:03:00
185	Bill Prasuhn	Fort Wayne IN	59	36:03:00
186	Matthew Mills	Fort Wayne IN	32	36:09:00
187	Robin Mills	Fort Wayne IN	33	36:09:00
188	Michele Tamalunas	Granger IN	38	36:15:00
189	Katie Hoffman	Monroeville IN	32	36:17:00

190	Angela Cantu	Fort Wayne IN	31	36:19:00
191	Ashlie Petcoff	Auburn IN	23	36:19:00
192	Bobby Driver	Fort Wayne IN	26	36:20:00
193	Lisa Didier	Fort Wayne IN	42	36:23:00
194	Nicole Switzer	Fort Wayne IN	34	36:25:00
195	Mark King	Fort Wayne IN	45	36:36:00
196	Alexia Yelton	Fort Wayne IN	23	36:40:00
197	Nichole Gilg		28	36:42:00
198	Emily Adair	Fort Wayne IN	10	36:43:00
199	Meredith Hardin	Fort Wayne IN	10	36:43:00
200	Leatha Blazetic	Fort Wayne IN	63	36:53:00
201	Kelly Werth	Fort Wayne IN	34	37:04:00
202	Bill Smith	Coldwater MI	62	37:04:00
203	Michael Page	Fort Wayne IN	55	37:05:00
204	Julie Page	Fort Wayne IN	24	37:05:00
205	Jeb Balkema	Fort Wayne IN	31	37:25:00
206	Sue Buuck	Fort Wayne IN	52	37:26:00
207	Melissa Plumb	Fort Wayne IN	32	37:29:00
208	Sofia Hunley	Fort Wayne IN	10	37:31:00
209	Beth Laipple		50	37:32:00
210	Dave Plumb		31	37:32:00
211	Mike Roeger	Fort Wayne IN	49	37:38:00
212	Rachele Lord	Fort Wayne IN	39	37:39:00
213	Katie Pouch	Fort Wayne IN	26	37:46:00
214	Megan Hoover		24	37:50:00
215	Katie Kobryn	Fort Wayne IN	37	38:11:00
216	Shannon Simmons	Fort Wayne IN	28	38:28:00
217	Richelle Miller	Huntertown IN	41	38:31:00
218	Kalissa Blanchette	Fort Wayne IN	20	38:36:00
219	Randall Seaman	Fort Wayne IN	41	38:37:00
220	Alexis Ennis	Fort Wayne IN	9	38:39:00
221	Cari Hardin	Fort Wayne IN	37	38:39:00
222	Tim Berry	Fort Wayne IN	49	38:40:00
223	Peggy Sabine	Fort Wayne IN	42	38:41:00
224	Kevin Marshaus	New Haven IN	43	38:44:00
225	Demaree Gabby	Fort Wayne IN	11	39:00:00
226	Nathaniel Thompson	Fort Wayne IN	41	39:24:00
227	Arthur Schneider	Fort Wayne IN	48	39:24:00
228	Beverly Metzger	Fort Wayne IN	45	39:32:00
229	Jana Camp		36	39:52:00
230	Jasmine Ascencio	Fort Wayne IN	10	40:01:00
231	Collyn Goodwin	Fort Wayne IN	10	40:01:00
232	Bill McAlpin	Bunker Hill IN	58	40:13:00
233	Gary Gordon	Churubusco IN	46	40:16:00
234	Brianna Frye	Fort Wayne IN	11	40:25:00
235	Shayli Ankenbruck	Fort Wayne IN	10	40:30:00
236	Marlas Robrock		42	40:47:00
237	Taylor Marlow	Fort Wayne IN	11	40:48:00
238	Sue Wojewuczki	Fort Wayne IN	38	40:48:00
239	Meredith Wojewuczki	Fort Wayne IN	8	40:48:00
240	Makayla Bair	Fort Wayne IN	9	40:51:00
241	Betsy Springer	Fort Wayne IN	35	40:58:00
242	Kris Howard	Fort Wayne IN	34	41:15:00
243	Monique Flye	Fort Wayne IN	11	41:35:00
244	Jessica Coons	Berne IN	29	41:49:00
245	Gil Bearman	Hoagland IN	51	41:51:00

246	Heather Craker	Fort Wayne IN	8	41:54:00
247	Regina Blanchette	Fort Wayne IN	53	41:58:00
248	Katie Langel	Fort Wayne IN	26	42:07:00
249	Jennifer Barnes		22	42:16:00
250	Shelbi Ankenbruck	Fort Wayne IN	11	42:33:00
251	Amy Rhoades	Fort Wayne IN	31	42:37:00
252	Joe Platt	Fort Wayne IN	35	42:38:00
253	Shonda Ankenbruck	Fort Wayne IN	36	42:42:00
254	Kimberly Dupps	Fort Wayne IN	27	42:49:00
255	Mark Truesdell	Fort Wayne IN	28	42:49:00
256	Mike Bruner	Fort Wayne IN	55	43:15:00
257	Martin Petit	Fort Wayne IN	50	43:37:00
258	James Stuckey	Fort Wayne IN	49	43:37:00
259	Doug Schepper	Fort Wayne IN	46	43:38:00
260	Valencia Carter	Fort Wayne IN	11	43:53:00
261	Elaine Barth	Bluffton IN	52	43:55:00
262	Linda Lehman		54	44:13:00
263	Sue Billian	Fort Wayne IN	34	44:24:00
264	Madison Markley	Fort Wayne IN	11	44:29:00
265	Rhonda Kattau	Huntington IN	44	44:30:00
266	William Sewell	Columbus IN	65	44:48:00
267	Stefani Johnston	Fort Wayne IN	39	45:08:00
268	Barb Stany		32	45:19:00
269	Marva Miller	Huntington IN	55	45:32:00
270	Kathy Scott	Huntington IN	52	45:33:00
271	Brian Gongwer	Fort Wayne IN	34	45:35:00
272	Liz Craker	Fort Wayne IN	42	45:39:00
273	Jo Graney	Fort Wayne IN	44	45:39:00
274	Rebecca Carter	Fort Wayne IN	41	45:39:00
275	Esther Steffen	Fort Wayne IN	25	45:46:00
276	Thomas Wiles	Perrysburg OH	65	46:14:00
277	Juelie Thomas	Fort Wayne IN	33	46:41:00
278	Genie Wiles	Perrysburg OH	61	46:58:00
279	Kristen Sell		30	47:01:00
280	Deb Barnes	Fort Wayne IN	54	47:01:00
281	Barb Meadows	Fort Wayne IN	50	47:03:00
282	Jocelyn Harris	Fort Wayne IN	10	47:03:00
283	Unique Wesley	Fort Wayne IN	10	47:11:00
284	Daylynn Tanner	Fort Wayne IN	10	47:23:00
285	Kiandra McNair	Fort Wayne IN	9	47:23:00
286	Rachel Beasley	Fort Wayne IN	10	47:30:00
287	Melissa Thompson	Huntington IN	25	47:32:00
288	Cathy Strack	Fort Wayne IN	46	47:36:00
289	Beverly Taylor	Fort Wayne IN	48	47:36:00
290	Kevin Thompson	Huntington IN	25	47:49:00
291	Sharon Fouke	Fremont IN	50	48:02:00
292	Kiley Knoblauch	Woodburn IN	32	48:05:00
293	Adriana Arthur	Fort Wayne IN	10	48:07:00
294	Damionna Dunnigan	Fort Wayne IN	10	48:40:00
295	Shawna Bornman	North Webster	35	48:46:00
296	Leeann Richter	Columbia City	45	48:47:00
297	Chris Becker	North Webster	33	48:47:00
298	Todd Bornman	North Webster	39	48:47:00
299	Chelsea Blanchette	Fort Wayne IN	25	48:48:00
300	Ryan Ross	Roanoke IN	29	48:48:00
301	Carolyn White	Fort Wayne IN	46	49:03:00

302	Kathleen Wisel	Roanoke IN	54	49:28:00
303	Janet Markley	Fort Wayne IN	46	49:28:00
304	Katy Sauerwine	Fort Wayne IN	27	49:31:00
305	Beverly Cox	Millersburg OH	55	49:31:00
306	Donna Hitzeman	Hicksville OH	59	49:31:00
307	Janalynn Miller	Fort Wayne IN	39	49:57:00
308	Gary Bosselman	Fort Wayne IN	45	50:16:00
309	Brett Beer	Fort Wayne IN	33	50:32:00
310	Emily Lawson		10	50:35:00
311	Tina Lawson	Fort Wayne IN	40	50:43:00
312	Rhonda Enterline	Fort Wayne IN	42	51:08:00
313	Rose Bywater	Fort Wayne IN	40	51:08:00
314	Jennifer Nutter	Fort Wayne IN	39	51:30:00
315	Paul Nutter	Fort Wayne IN	39	51:31:00
316	Bob Gibson	Fort Wayne IN	62	51:31:00
317	Nancy Louraine	Fort Wayne IN	55	51:32:00
318	Karl Schneider	Fort Wayne IN	10	52:02:00
319	Krista Dawson	Fort Wayne IN	30	52:03:00
320	Kristi Armstrong	Fort Wayne IN	32	52:03:00
321	Anne Schneider	Fort Wayne IN	45	52:04:00
322	Sue Hauck	Fort Wayne IN	52	52:14:00
323	Jennifer Carroll	Fort Wayne IN	32	52:15:00
324	Tim Tasker	Angola IN	44	53:05:00
325	Jason Bebout	Berne IN	32	53:19:00
326	Chad Von Gunten	Berne IN	32	53:20:00
327	Christine Branch	Fort Wayne IN	11	53:51:00
328	Destiney Kyles	Fort Wayne IN	11	53:52:00
329	Courtney Schinbeckler	Fort Wayne IN	29	54:16:00
330	Mia Ehinger	Fort Wayne IN	10	54:20:00
331	Nathan Sak	Lake Orion MI	53	54:24:00
332	Hannah Schneider	Fort Wayne IN	12	55:00:00
333	Sara Fox	Fort Wayne IN	28	55:01:00
334	Ben Slater	Fort Wayne IN	25	55:01:00
335	William Spice	Fort Wayne IN	45	55:09:00
336	Tammy Habegger-Spice	Fort Wayne IN	35	55:09:00
337	Nate Busch	Fort Wayne IN	32	55:42:00
338	Lukas Sak	Lake Orion MI	10	55:45:00
339	Cheryl Allen	Hicksville OH	59	56:23:00
340	Jada Guerra	Fort Wayne IN	10	56:26:00
341	Shawnyce Williams	Fort Wayne IN	10	56:26:00
342	Debra Sak	Lake Orion MI	43	57:12:00
343	Diane Getty	Yoder IN	73	57:55:00
344	Laura Christman	Huntington IN	26	58:19:00
345	Tony Karst	Huntington IN	27	58:19:00
346	Karen Bartrom	Huntington IN	47	58:20:00
347	Angela Miller	Fort Wayne IN	26	59:46:00
348	Sandy Miller	Fort Wayne IN	56	59:46:00
349	Doris Martinez	Fort Wayne IN	56	1:03:34
350	Chris Jonas	Fort Wayne IN	58	1:03:40
351	David Gensheimer	Fort Wayne IN	49	1:14:57

## 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 are open to anyone who would like to join us. Check [www.myprtraining.com](http://www.myprtraining.com) for time/location. Many runners/walkers are thinking ahead to training for the Fort 4 Fitness half marathon or 4 mile in September. For a brochure of the 14 week class offered starting in June visit [www.myprtraining.com](http://www.myprtraining.com). If you would like to be invited to the PR Training Yahoo Group, email [prtraining@comcast.net](mailto: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](mailto: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 [dswe456204@msn.com](mailto:dswe456204@msn.com).

### **Born to Run - BTR - Distance Training Group**

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

### **Achilles Track Club-**

Saturday morning group runs at Foster Park.

### 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](mailto:eric@3riversrunning.com)

Casey Shafer 402-2541 [ghanishrunner@hotmail.com](mailto:ghanishrunner@hotmail.com)

Matt Blume [matt.blume@itt.com](mailto: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](mailto:prtraining@comcast.net).



# THREE RIVERS RUNNING COMPANY

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

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

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!



Michael	McManus	6	-	1	Wayne	Kolvoord	6	-	22	Dewain	Cobbs	7	-	15
Anne	Schenkel	6	-	1	Mark	Waldron	6	-	22	Samantha	Lee	7	-	16
John	Peterson	6	-	2	Sam	Edwards	6	-	23	Quinn	Farver	7	-	17
Olivia	Ennis	6	-	2	Steve	Liskey	6	-	23	Deanie	Bright-Johnson	7	-	18
Conrad	Satala	6	-	4	Jean	Lesterance	6	-	23	Billy	McManus	7	-	18
Denise	Conrad	6	-	6	John	Bradley	6	-	24	Jeff	Gray	7	-	20
Beth	Niner	6	-	7	Stacey	Clark	6	-	25	Carmen	Parker	7	-	20
Jennifer	Ennis	6	-	9	JP	Jones	6	-	26	Timothy	Ryan	7	-	20
Scott	McCauley	6	-	9	Joseph	Navarkas	6	-	26	Mike	Slaubaugh	7	-	20
Kim	Milleman	6	-	9	Terrin	Dietrich	6	-	28	Nancy	Simmonds	7	-	21
James	Berry	6	-	9	Doug	Sundling	6	-	30	Chris	Schenkel	7	-	22
Jack	Ade	6	-	11	Lynn E	Armstrong	7	-	3	Regina	Blanchette	7	-	25
Jared	Newhard	6	-	11	Alexa	Ennis	7	-	3	Kelly D	Clevenger	7	-	25
Judy	White	6	-	13	Katrina	Loucks	7	-	5	Carl A	Risch	7	-	26
Courtney	Jakacki	6	-	13	Kent	Ennis	7	-	6	Wendy	Kilbourne	7	-	26
Rowland	Perez	6	-	14	Sarah	Kleinknight	7	-	6	Joe	Kuhn	7	-	27
Dennis	Klopfenstein	6	-	15	Margie	Morris-Parker	7	-	6	Anne M	Karr	7	-	28
Jon	Beasley	6	-	16	Troy	McCarthy	7	-	7	Len	Piropato	7	-	28
Michael	Page	6	-	16	Dick	Sive	7	-	10	Eva	Sagan	7	-	28
Dawn	Mabry	6	-	19	Elaine	Kolvoord	7	-	10	Anthony	Petras	7	-	29
Lisa	House	6	-	20	Beverly	Metzger	7	-	11	Dean A	Slavens	7	-	29
Troy	Degitz	6	-	21	Logan	House	7	-	13	Mike	Wolfe	7	-	30
Steve	Webb	6	-	21	Jay	Rozelle	7	-	13	Mik	McAvoy	7	-	30
Cynthia	Sabrack	6	-	21	Bernie	Burgette	7	-	14	Terry	Anderson	7	-	31
										Michael	Yann	7		31

### 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.

## Races from 06/01/2008 to 08/26/2008

Date/Time	Local Points	Race Information
Jun 09,2008 6pm Mon <u>Brochure</u>	R	<b>Beefcake XC series - 4K</b> DeKalb High School cross country course, Auburn, IN <i>Contact:</i> Rowland Perez, Three Stripes Track Club, 814 Lakeview Dr, Auburn, IN 46706 <i>Info/Fees:</i> \$20 for all three races(includes a t-shirt)or \$15 w/o t-shirt, or \$10 for individual races. <b>**In case of bad weather, run on TUES**</b> <i>Email:</i> <a href="mailto:ibrunnin60@hotmail.com">ibrunnin60@hotmail.com</a>
Jun 11,2008 7 pm <u>Brochure</u>	L	<b>Train to run a fall marathon with PR Training - 26.2</b> Fort Wayne, IN <i>Contact:</i> Tammy Behrens, 11827 Crossway Drive, 260-625-3830 <i>Info/Fees:</i> PR Training is holding a meeting to help runners/walkers create a training schedule for a fall marathon. There is no fee to attend this meeting. Two coaching options are available. See attached brochure. <i>Email:</i> <a href="mailto:prtraining@comcast.net">prtraining@comcast.net</a> <i>Web site:</i> <a href="http://www.myprtraining.com">http://www.myprtraining.com</a>
Jun 14,2008 7{30am Sat	R	<b>Run for the Season - 10K &amp; 5K Walk</b> Wysor Street Depot, Muncie, IN <i>Contact:</i> Lenette Freeman, 700 E Wysor St., Muncie, IN 47305, 765-287-0399 <i>Info/Fees:</i> \$10-Pre; \$15-after June 6th <i>Email:</i> <a href="mailto:lenette@cardinalgreenways.org">lenette@cardinalgreenways.org</a> <i>Web site:</i> <a href="http://www.delgreenways.org">http://www.delgreenways.org</a>
Jun 14,2008 8:00AM <u>Brochure</u>	L	<b>Family Fun 5K Run/Walk Classic - 5K</b> 533 North St, Auburn, IN <i>Contact:</i> Lynn Shonka, 310 North Main St,Auburn,IN 46706, 260-925-9622 <i>Info/Fees:</i> Age Groups:14 and under, 15-19, ten years, men & women Pre-registered receive T-shirt Pre-register by June 1st \$15.00 pre-registered, \$18.00 day of race, \$32.00 family <i>Email:</i> <a href="mailto:shonka@ymcadedekalb.org">shonka@ymcadedekalb.org</a> <i>Web site:</i> <a href="http://www.ymcadedekalb.org">http://www.ymcadedekalb.org</a>
Jun 14,2008 8:05am Sat <u>Brochure</u>	R	<b>11th Annual Strawberry Stomp - 5K Run &amp; 1 Mile Fun Run</b> Downtown, Wabash, IN <i>Contact:</i> Julie Echard, 275 W.Market Street, Wabash, IN 46992, 260-563-9622 <i>Info/Fees:</i> \$13-Pre, \$15-Race Day, Fun Run(7:45am)- Free to kids 12& Under, First 100 entrants will receive a race t-shirt. Wabash County YMCA - information - 260-563-1917. Start and Finish at the corner of Wabash & Canal St. <i>Email:</i> <a href="mailto:jechard@wabashcountymca.org">jechard@wabashcountymca.org</a>
Jun 14,2008 9am Sat	R	<b>Lake Mingo Trail Run - 7.1 Miles Trails</b> Kennekuk Cove County Park, Danville, IL <i>Contact:</i> Bub Norgaar, PO Box 1701, Danville, IL 61834 <i>Info/Fees:</i> Grand Slam Event - Trail run on the difficult Lake Mingo Trail, Post-Race party w/food, drink, prizes & music. <i>Email:</i> <a href="mailto:krr@kennekuk.com">krr@kennekuk.com</a> <i>Web site:</i> <a href="http://www.kennekuk.com">http://www.kennekuk.com</a>
Jun 14,2008 8am Sat		<b>Norris Insurance - 5M Run &amp; 5K Walk</b> Greentown, IN <i>Contact:</i> John Norris, Norris Ins Co, PO Box 157, Amboy, IN 46911, 765-395-7761 <i>Email:</i> <a href="mailto:none@aol.com">none@aol.com</a>

<p>Jun 14,2008 5K-9:00AM, Fun Run-8:30AM</p>	<p>R</p>	<p><b>Ninth Annual Hubbard Company Apache Run 5K and Alex's One Mile Fun Run - 5K and One Mile Fun Run</b> Fairview Elementary School (14060 Blosser Road), Sherwood, OH <i>Contact:</i> Curt Foust, 913 South Beech Street, Bryan, OH 43506, (419) 636-0542 <i>Info/Fees:</i> Fast, accurate 5K course. All profits go to help the Fairview Athletic Boosters pay off our all-weather track. We are very close and hope you can help us make this the year we pay it completely off. <i>Email:</i> <a href="mailto:cdfoust@hotmail.com">cdfoust@hotmail.com</a> <i>Web site:</i> <a href="http://www.defiancecountyrunner.com">http://www.defiancecountyrunner.com</a></p>
<p>Jun 14,2008 9am Sat</p>	<p>R</p>	<p><b>Auglaize Township Historical Society 5K Run/Walk - 5K &amp; 1K Fun Run(Child 13&amp;U)</b> Veterans Memorial Park, Harrod, OH <i>Contact:</i> Roberta Brewer, PO Box 302, Harrod, OH 45850, 419-648-2701 <i>Info/Fees:</i> Pre-\$12, Race Day-\$15, 1K children's run begins at 8:30am. Door prizes, Awards to the top three overall men and women. Medals to the top three men in all 13 age groups. 1K Fun Run begins at 8:30am <i>Email:</i> <a href="mailto:none">none</a></p>
<p>Jun 14,2008 6:30am Sat <u>Brochure</u></p>	<p>R</p>	<p><b>Indian-Celina Challenge Trail Run - Half &amp; Full Marathon</b> Rickenbaugh House, banks of Lake Celina, Perry County, IN <i>Contact:</i> Chris Hollinden, 2819 Tell Street, Tell City, IN 47586, 812-547-4154 <i>Info/Fees:</i> Indiana Toughest - elevation gain - 6,300 feet, see attached brochure <i>Email:</i> <a href="mailto:chrishollinden@gmail.com">chrishollinden@gmail.com</a></p>
<p>Jun 14,2008 9am Sat <u>Brochure</u></p>	<p>R</p>	<p><b>1st Annual Masonic Charities for Children 5K - 5K Run/Walk</b> Winona Lake, Warsaw, IN <i>Contact:</i> Warsaw Lodge #73, 1620 W Center St, Warsaw, IN 46580-2404, 574-267-7073 <i>Info/Fees:</i> Benefits the Masonic Awareness in the community as well as raising funds for Masonic Charities such as the Shrine Hospitals for children. USAT&amp;F Sanctioned Event. United States Marine Corps will provide a color guard and motivational activities to open the event. Multiple activities for children and spectators. <i>Email:</i> <a href="mailto:jedurma@comcast.net">jedurma@comcast.net</a> <i>Web site:</i> <a href="http://www.warsawlodge73.com">http://www.warsawlodge73.com</a></p>
<p>Jun 14,2008 8:30am Sat</p>		<p><b>Munster Rotary Run A Round - 10K</b> Munster High School Football Field, Munster, IN <i>Contact:</i> Jean Van Keppel, 219-933-3755 <i>Email:</i> <a href="mailto:jean.vankeppel@harrisbank.com">jean.vankeppel@harrisbank.com</a> <i>Web site:</i> <a href="http://www.munster-rotary.org">http://www.munster-rotary.org</a></p>
<p>Jun 14,2008 8am Sat</p>		<p><b>Father's Day Four - 4M Run/Walk</b> Broad Ripple Area, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> <a href="mailto:tuxbro@indy.rr.com">tuxbro@indy.rr.com</a> <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a></p>
<p>Jun 14,2008 9:00 am <u>Brochure</u></p>	<p>R</p>	<p><b>Husky 5K Run/Walk - 1 Mile Fun Run - Pee Wee Classic - 5K Run Walk</b> Harrison Elementary School, 1300 Husky Trail, Warsaw, IN <i>Contact:</i> Dan Graney, c/o Harrison Elementary, 1300 Husky Trail, Warsaw, IN 46582, 574-269-7533 <i>Info/Fees:</i> \$10 pre-registration (prior to June 6); \$12 after June 6. Registration 8:00 - 8:45 am. 9:00 am - 5K race; 9:45 am - 1 mile fun run; 10:00 am - Pee Wee Classic (.25 mile). Awards to first three places in each age category, and 1st overall male/female. <i>Email:</i> <a href="mailto:dgraney@warsaw.k12.in.us">dgraney@warsaw.k12.in.us</a></p>

Jun 16,2008 6pm Mon <u>Brochure</u>	R	<b>Beefcake XC series - 4K</b> DeKalb High School cross country course, Auburn, IN <i>Contact:</i> Rowland Perez, Three Stripes Track Club, 814 Lakeview Dr, Auburn, IN 46706 <i>Info/Fees:</i> \$20 for all three races(includes a t-shirt)or \$15 w/o t-shirt, or \$10 for individual races. <b>**In case of bad weather, run on TUES**</b> <i>Email:</i> <a href="mailto:ibrunnin60@hotmail.com">ibrunnin60@hotmail.com</a>
Jun 21,2008 Fri/Sat/Sun		<b>19th Annual 2007 Mohican Trail 100 - 100 miles</b> Mohican State Park, Loudenville, OH <i>Contact:</i> Volunteers needed for Rock Point - 5m,10m,51m,90m aid stations., Don Lindley, Don(260)(432-5998)or 436-2234 <i>Info/Fees:</i> Fri Nite Free Pasta Dinner for volunteers. Rock Point aid station is open from 5am Sat., to 11am Sun. <i>Email:</i> <a href="mailto:lindleyd44@verizon.net">lindleyd44@verizon.net</a> <i>Web site:</i> <a href="http://www.fwtc.org">http://www.fwtc.org</a>
Jun 21,2008 8m Sat	R	<b>Indiana Sprint Triathlon Series - 500M Swim, 10M Bike, 3M Run</b> Eagle Creek Park, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Email:</i> <a href="mailto:tuxbro@indy.rr.com">tuxbro@indy.rr.com</a> <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Jun 21,2008 8am Sat		<b>8th Annual Courthouse Classic 5K - 5K &amp; 1 Mile Fun Run</b> State road 9 in the center of town at the courthouse, LaGrange, IN <i>Contact:</i> Connie Richards, 1195E 250N LaGrange, In 46761, (260) 463-4962 Ex 101 <i>Info/Fees:</i> Info/Fees: This is benefit run for Lakeland running programs. 5K entry fee is \$12 prior to June 19th and \$15 after, 1 mile fun run is \$8. The 5K is run first. Our race gives out the best "goodie bag" around and over 75 awards.Please make some changes to the Courthouse Classic road race. <i>Email:</i> <a href="mailto:info@courthouseclassic.com">info@courthouseclassic.com</a> <i>Web site:</i> <a href="http://www.courthouseclassic.com">http://www.courthouseclassic.com</a>
Jun 21,2008 8am Sat	R	<b>Turtle Days 5K - 5K Run/Walk</b> Churubusco HS, Churubusco, IN <i>Contact:</i> Connie Gordon, 3499 N US HWY 33, Churubusco, IN 46723, 260-693-2000 <i>Info/Fees:</i> \$10-Pre,\$12-Race Day. Age Divisions: 12&Under,13-19,20-29,30-39,40-49,50-59,60-69,70&Over;Walker Top three overall. <i>Email:</i> <a href="mailto:garygordo@wmconnect.com">garygordo@wmconnect.com</a>
Jun 21,2008 9:50am Sat	R	<b>Heritage Days 5K - 5K</b> Kriegbaun Field, Huntington, IN <i>Contact:</i> Curtis Ray Hine, 6071 N 250 E, Huntington, IN 46750, 260-417-1138 <i>Info/Fees:</i> \$10-Adult, \$8-18&Under, \$20-Family; 6/17 or after,\$15-Adult, \$10-18&Under. T-shirts first 100 only. <i>Email:</i> <a href="mailto:hertiagedays5k@yahoo.com">hertiagedays5k@yahoo.com</a>
Jun 23,2008 6pm Mon <u>Brochure</u>	R	<b>Beefcake XC series - 4K</b> DeKalb High School cross country course, Auburn, IN <i>Contact:</i> Rowland Perez, Three Stripes Track Club, 814 Lakeview Dr, Auburn, IN 46706 <i>Info/Fees:</i> \$20 for all three races(includes a t-shirt)or \$15 w/o t-shirt, or \$10 for individual races. <b>**In case of bad weather, run on TUES**</b> <i>Email:</i> <a href="mailto:ibrunnin60@hotmail.com">ibrunnin60@hotmail.com</a>
Jun 27,2008 6:30pm Fri <u>Brochure</u>	R	<b>Old Settler's Day - 4 Miles</b> Church of the Nazarene, Columbia City, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier IN 46767, 260-894-4638 <i>Info/Fees:</i> \$10-pre-\$12-race day <i>Email:</i> <u>none</u>

Jun 28,2008 7:30am Sat		<b>Firecraker Run - 5K</b> Duneland Health & Wellness Institute, Chesterton, IN <i>Contact:</i> Jill Schneider, 219-983-9832 ext 278 <i>Email:</i> <a href="mailto:jill.schneider@ssfhs.org">jill.schneider@ssfhs.org</a> <i>Web site:</i> <a href="http://www.dhwi.org/DesktopDefault.aspx?tabindex=0&amp;tabid=1">http://www.dhwi.org/DesktopDefault.aspx?tabindex=0&amp;tabid=1</a>
Jun 28,2008 8am Sat	R	<b>1st Annual Spartan Streak 5K - 5K</b> Manchester College, North Manchester, IN <i>Contact:</i> Rick Hammer, 604 E College Ave, North Manchester, IN 46962 <i>Info/Fees:</i> Registration begins at 6:45am at Manchester College Gym. Awards: 1st Male&Female. Age Div Male&Female: 12&under, 13-16, 17-20, 21-25, 26-30, 31-40, 41-50, 51-60, 61&Over. <i>Email:</i> <a href="mailto:rickalanhammer@hotmail.com">rickalanhammer@hotmail.com</a>
Jun 28,2008 8am Sat	L	<b>Race for Grace 5K Run - 5K Run</b> Calvary Presbyterian Church, 7th & Spencer Streets, Logansport, IN <i>Contact:</i> , 574-753-0505 <i>Email:</i> <a href="mailto:none@aol.com">none@aol.com</a>
Jul 04,2008 8:30am Fri	R	<b>Coldwater Independence Day 5K - 5K</b> Heritage Park, Coldwater, MI <i>Contact:</i> Deb Zakrzewski, 517-639-4370 <i>Info/Fees:</i> \$12-Pre, \$15-Race Day, Registration begins 7:30am. Registration is also on Active.com <i>Email:</i> <a href="mailto:zqnc@aol.com">zqnc@aol.com</a>
Jul 04,2008 8am Fri		<b>CarmelFest Freedom Run - 4M Run/Walk</b> Carmel High School, Carmel, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> <a href="mailto:tuxbro@indy.rr.com">tuxbro@indy.rr.com</a> <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Jul 04,2008 7:30am Fri		<b>Brickyard Run - 5 Mile</b> Trinity Lutheran School, 900 Luther Dr, Hobart, IN <i>Contact:</i> Dale Polomchak, 219-942-2183 <i>Email:</i> <a href="mailto:dpolomchak@hobartymca.org">dpolomchak@hobartymca.org</a> <i>Web site:</i> <a href="http://www.hobartymca.org/">http://www.hobartymca.org/</a>
Jul 04,2008 1pm Fri	R	<b>Breenden YMCA Firecracker 4 - 4 Mile Run &amp; 1 Mile Parade Walk</b> Angola, IN <i>Contact:</i> Tyler, Sports & Wellness Director, 500 E Harcourt Rd., Angola, IN 46703, 260-668-3607 <i>Info/Fees:</i> \$10-Pre, \$12-Race Day. \$8-Parade walk. Awards to top 2 finishers: 12-19, 20-29, 30-39, 40-49, 50-59, 60-69. <i>Email:</i> <a href="mailto:info@breedenymca.com">info@breedenymca.com</a>
Jul 05,2008 8:00am	R	<b>Hamilton Lake Road Classic - 5K</b> Downtown Hamilton, Hamilton, IN <i>Contact:</i> Brad Stevens/ Colleen Karas, 900 Lane 201 Hamilton, IN 46742, 260-488-3153 <i>Info/Fees:</i> Applications are on website above 2 Mile Health Walk 7:30a.m. 5K Road Race 8:00a.m. PeeWee Fun Race 9:00a.m. Scenic Course – Paved with moderate hills along Hamilton Lake, Water Stations & Timing Awards Male/Female Age Categories 5K – Top Male & Female 0-18,19-29,-30-39,-40-49,50-59, 60-69,70+ in each category Entry Fees \$13 entry postmarked before June 28, 2008 for 5K \$15 entry postmarked after June 28, 2008 or day of race \$3 entry for 2 mile Health Walk 5K entry includes 20" x 17" Sports Pack <i>Email:</i> <a href="mailto:brad.stevens@kxinc.com">brad.stevens@kxinc.com</a> <i>Web site:</i> <a href="http://mysite.verizon.net/res7amjw/hamiltonlakeroadclassic/">http://mysite.verizon.net/res7amjw/hamiltonlakeroadclassic/</a>

Jul 05,2008 8am Sat <b><u>Brochure</u></b>	R	<b>31st Annual Wawasee Flotilla Road Races - 8M &amp; 3.3M</b> Lakeside Park, Syracuse, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier, IN 46767, 260-894-4638 <i>Info/Fees:</i> \$10-Pre, \$12-Race Day <i>Email:</i> <a href="#">none</a>
Jul 12,2008 Sat <b><u>Brochure</u></b>		<b>American Heart Assoc 5K -Detroit Bus Trip - 5K</b> Belle Isle, Detroit, IN <i>Contact:</i> Linda Brooks, 260-456-5124 <i>Info/Fees:</i> The Perfecting Community Development Corp(PCDC)is inviting you to join at Belle Park for a fun and healthy heart cause. MUST REGISTER BEFORE APRIL 30, 2008. Cost includes T-Shirt. BUS TRIP: call Linda Brooks, FWTC, leave Saturday, 12th of July 2008 from Fort Wayne, 5:00am. <i>Email:</i> <a href="mailto:stepuptofitness@verizon.net">stepuptofitness@verizon.net</a> <i>Web site:</i> <a href="http://www.perfectingchurch.org/ron5k">http://www.perfectingchurch.org/ron5k</a>
Jul 12,2008 9am Sat		<b>Running Wild for The Washington Park Zoo - 5K</b> Washington Park Zoo, 115 Lakeshore Dr, Michigan City, IN <i>Contact:</i> Johnny Stimley, 219-870-1859 <i>Email:</i> <a href="mailto:juliew@adsint.com">juliew@adsint.com</a> <i>Web site:</i> <a href="http://www.emichigancity.com/">http://www.emichigancity.com/</a>
Jul 12,2008 8am Sat	LP	<b>FWO presents the 14th Annual Runners on Parade 5 km Race &amp; Fitness Walk (FWTC Point Race) - 5K</b> Meijer Event Tent Headwaters Park, Fort Wayne, IN <i>Contact:</i> Mac McAvoy, FWTC, PO Box 11703, Fort Wayne, IN, 46860, 260-450-1071 <i>Info/Fees:</i> FWTC Point Race. <i>Email:</i> <a href="mailto:clanmac@adamswells.com">clanmac@adamswells.com</a> <i>Web site:</i> <a href="http://www.fwtc.org">http://www.fwtc.org</a>
Jul 12,2008 8am Sat		<b>Unite 2 Fight (Race Against Prostate Cancer 5K) - 5K Run/Walk</b> Indiana War Memorial, Downtown, Indianapolis, IN <i>Contact:</i> Dan Carr, Tuxedo Bros, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> <a href="mailto:tuxbro@indy.rr.com">tuxbro@indy.rr.com</a> <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a>
Jul 12,2008 8am Sat		<b>Iron Horse - 4 Mile Run/Walk</b> Cass County Family Y, 905 E Broadway, Logansport, IN <i>Contact:</i> Cass County Familyn Y, 905 East Broadway, Loganspoert, IN <i>Email:</i> <a href="mailto:none@aol.com">none@aol.com</a>
Jul 12,2008 8am Sat <b><u>Brochure</u></b>	R	<b>Bristol Fruit Hills Classic - 4.7 Miles</b> D&S Industries Corner of St. Joseph and Apollo Street, Bristol, IN <i>Contact:</i> Gary Kruse, 2616 Martin Manor Drive Goshen, IN 46526, 574-534-1910 <i>Info/Fees:</i> Registration begins at 7am. Fee: \$18 (race shirt to each entrant)Make checks payable to Bristol Homecoming Festival. <i>Email:</i> <a href="mailto:garycubfan@verizon.net">garycubfan@verizon.net</a>
Jul 19,2008 8am Sat		<b>Panther Prowl - 5K Run/Walk</b> Western HS, Russiaville, IN <i>Contact:</i> David Britton, 765-883-7360 <i>Email:</i> <a href="mailto:none@aol.com">none@aol.com</a>

<p>Jul 19,2008 Sat 10K 7:30am, 5K 8:30am, 5K Fun Walk 9:00am <b><u>Brochure</u></b></p>	<p>L</p>	<p><b>Matthew 25 Health &amp; Dental Clinic - 10K, 5K &amp; 5K Walk</b> Foster Park Pavilion #1, Fort Wayne, IN <i>Contact:</i> Jennie Rumschlag, Matthew 25 Health and Dental Clinic, 413 E Jefferson Blvd, Fort Wayne, IN 46802, 260-426-3250 Fax 260-426-0443 <i>Info/Fees:</i> \$15 Pre-race before July 12th, Race day \$20. Registration: 7:00am to 9:00am 10k Run 7:30am; 5k Run 8:30am; 5k Fun Run 9am. Proceeds benefits the Matthew 25 Health and Dental Clinic. <i>Email:</i> <a href="mailto:jrumschlag@matthew25online.org">jrumschlag@matthew25online.org</a> <i>Web site:</i> <a href="http://www.matthew25online.org">http://www.matthew25online.org</a></p>
<p>Jul 19,2008 8m Sat</p>	<p>R</p>	<p><b>Indiana Sprint Triathlon Series - 500M Swim, 10M Bike, 3M Run</b> Eagle Creek Park, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Email:</i> <a href="mailto:tuxbro@indy.rr.com">tuxbro@indy.rr.com</a> <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a></p>
<p>Jul 26,2008 7:30 Registration 8:30 Race Start</p>	<p>R</p>	<p><b>Second Annual Bryan Volunteer Fire Department Co. #1 Blazin' Race 5K Run/Walk 1 Mile Fun Run - 5K</b> Registration at Ice Rink 601 Townline Rd. Bryan, OH Race Starts and finishes close to Ice Rink, Bryan, OH <i>Contact:</i> Joel DeLong, 304 W. High St., 419-636-4232 ext. 223 <i>Info/Fees:</i> Race begins with a siren start. The entry fee is \$12 preregister and \$15 day of event. T-shirts guaranteed to preregister. T-shirts first come, first serve day of race. Awards go to top three overall male/female, top three age group male/female runner, top three age group male/female walker, and top firefighter male/female. Free Fun Run for ages 12 and under. <i>Email:</i> <a href="mailto:blazinrunner@hotmail.com">blazinrunner@hotmail.com</a></p>
<p>Jul 26,2008 8am Sat</p>		<p><b>You Can Call Me Al - 5M Run/ 5KWalk</b> St. Al's Church, Zionsville, IN <i>Contact:</i> Don Carr, Tuxedo Bros, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300 <i>Email:</i> <a href="mailto:tuxbro@indy.rr.com">tuxbro@indy.rr.com</a> <i>Web site:</i> <a href="http://www.tuxbro.com">http://www.tuxbro.com</a></p>
<p>Jul 26,2008 7:30am Sat</p>		<p><b>Buckley 5 Miler - 5 Miles (Street/Trail)</b> Buckley Homestead County Park,3606 Belshaw Rd, Lowell, IN <i>Contact:</i> Adam Hudak, 219-743-2232 <i>Email:</i> <a href="mailto:hbomb11@hotmail.com">hbomb11@hotmail.com</a></p>
<p>Jul 26,2008 9am Sat (MI Time)</p>	<p>R</p>	<p><b>34th Annual STEVE'S RUN The Original Road &amp; Trail Race - 10K &amp; 5K Race 5K Competitive Walk &amp; 1K Fun Run</b> Dowagiac., Dowagiac, MI <i>Contact:</i> Ron Gunn, Southwestern Michigan , 58900 Cherry Grove Rd, Dowagiac, MI 49047 <i>Info/Fees:</i> \$16-Online,\$18-Mail,(Cancer Survivors rec'd Special T-Shirt and Race Number) \$5-buy a special "Fire Up" Sign, race tradition to pay tribute to cancer victims or survivors. <i>Email:</i> <a href="mailto:rgunn@swmich.edu">rgunn@swmich.edu</a> <i>Web site:</i> <a href="http://www.swmich.edu/fireup/stevesrun">http://www.swmich.edu/fireup/stevesrun</a></p>
<p>Jul 27,2008 1pm Sun <b><u>Brochure</u></b></p>	<p>L</p>	<p><b>Fort Wayne Wizards Home Run 5K - 5K</b> Memorial Stadium, Fort Wayne, IN <i>Contact:</i> Fort Wayne Wizards - Home Run 5K, 1616 E Coliseum Blvd, Fort Wayne, IN 46805, 260-407-2804 <i>Info/Fees:</i> Registration: 11:30-12:45,Race Time: 1pm, then followed by: Wizards vs Peoria Chiefs, Game Time 2pm. Race/Game ticket \$15; after 7/21, \$20; Game Ticket Only \$7 Participants will be able to have their race t-shirts autographed after the game. <i>Email:</i> <a href="mailto:mhuffman@fortwaynewizards.com">mhuffman@fortwaynewizards.com</a> <i>Web site:</i> <a href="http://www.fortwaynewizards.com">http://www.fortwaynewizards.com</a></p>

## **Roger Wilson Member Profile**

**Occupation:** Concrete Contractor

**Birth Date:** 9-10-53

**Family:** Elizabeth (wife), Elise (daughter), Nathan (son)

**Hobbies or Interests:** Volunteering in Mexico and New Orleans to rebuild

**Running Shoe Brand:** Adidas for 30 years

**Favorite distance to run/walk & PR:** 17:20 5K and 2:52 Marathon

**Favorite after racing/training food:** Bananas

**Favorite place to train/race:** New outside loop at Dupont YMCA

**Why do you run/walk:** Stress relief, just enjoy

**Favorite item of clothing:** Birkenstock sandals

**Favorite movie/TV show/book:** Lost

**Favorite music:** Blues

**Favorite vacation destination:** Colorado and Florida

**Most Prized Possession:** Health

**Has there been an inspiration to your running/walking:** Modern medical procedures: Achilles tendon surgery, spinal cord injury from bike accident and surgery

**Do you have a dream? If so, explain:** Try to get back to competitive running after Achilles tendon surgery and having 4 discs taken out of neck and Titanium plate put in to stabilize neck

## **FWTC In Memorium-Fred Hannan, Jr**



**Hannan**

FRED B. HANNAN JR., 53, died Saturday, April 12, 2008, at Parkview Hospital, Fort Wayne. Born in Portsmouth, England, he was a Patient Care Sitter with Parkview Hospital for 28 years and a "Right to Life" activist. He was a U.S. Army veteran and a 1987 graduate of the University of Saint Francis. He was an avid marathon runner, fundraiser and enjoyed writing poetry. Survivors include his wife of 20 years, Peggy Hannan of Fort Wayne; mother, Edith Hannan of Fort Wayne; brothers, Mike (Jeanine) Hannan and Paul Hannan, both of Indianapolis, Joseph (Stephanie) Hannan of Fort Wayne; and sisters, Catherine (Robert) Guska of Glenwood Springs, Colo., Theresa (Rick) Sharpe of Decatur, and Susan (Mark) McDonald of Fort Wayne. He was preceded in death by his father, Frederick B. Hannan Sr.

## Fort Wayne Track Club Member Profile

The Inside Track Newsletter would like to hear from our FWTC members! Please fill out this profile form and return to: FWTC Newsletter, PO Box 11703, Fort Wayne, IN 46860, or email us at [matthew.c.parker@hotmail.com](mailto:matthew.c.parker@hotmail.com). We would like to hear from as many members as possible.

Name \_\_\_\_\_

Occupation \_\_\_\_\_

Birth date \_\_\_\_\_

Family \_\_\_\_\_

Pets \_\_\_\_\_

Hobbies or Interests \_\_\_\_\_

Favorite Family Activities \_\_\_\_\_

Running shoe brand: Years running/walking \_\_\_\_\_

Favorite distance to run/walk & PR \_\_\_\_\_

Favorite after racing/training food \_\_\_\_\_

Favorite place to train/race \_\_\_\_\_

Why do you run/walk \_\_\_\_\_

Favorite item of clothing \_\_\_\_\_

Favorite movie/TV show/book \_\_\_\_\_

Favorite music \_\_\_\_\_

Collections \_\_\_\_\_

Favorite vacation destinations \_\_\_\_\_

Most prized possession \_\_\_\_\_

Has there been an inspiration to your running/walking? \_\_\_\_\_

Do you have a dream? If so, explain \_\_\_\_\_

## **FWTC Runners, Walkers, Volunteers, and Spectators**

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

Name \_\_\_\_\_

Race & Distance \_\_\_\_\_ Date \_\_\_\_\_

Your Time \_\_\_\_\_ Number of Runners \_\_\_\_\_

Weather Conditions \_\_\_\_\_

What you liked about the race \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other FWTC members attending \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other comments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **The Fort Wayne Track Club Newsletter Wants You!**

The Fort Wayne Track Club Newsletter is published 6 times a year on the first of February, April, June, August, October, and December. Members are encouraged to submit articles, photographs, event announcements, and other items of interest to the local running community. The deadline for submitting materials is approximately two weeks before publication. Help with the newsletter is always needed and appreciated! If you are interested in writing or soliciting articles, taking photographs at local events, or helping with graphic layout and design, call Matt Parker at 489-0541 or email at [matthew.c.parker@hotmail.com](mailto:matthew.c.parker@hotmail.com)!



# Fort Wayne Track Club Means Volunteers!

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



Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

Show your support for your Fort Wayne Track Club

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

Or contact any board member!

# Attention Track Club Members

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

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

## Advertising Rates

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

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

*Inside Track publishes 450 issues bi-monthly*

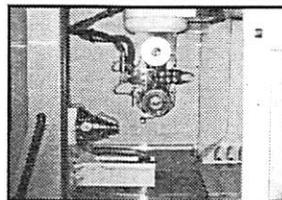
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