

The Inside Track

October/November 2008

FORT WAYNE



TRACK CLUB

St. Joseph Hospital presents 9th Annual River City Rat Race



Sunday, October 26, 2008

"I know I can run
2:03"

--Haile Gebrselassie

(prior to setting a
2:03:59 world record
in the marathon)

In this edition:

- Retirement
- V-Tach: Are you at Risk?
- Super Soups for Fall and Winter

Full Results:

- Jorgensen's YMCA 5K

Visit our website at www.fwtc.org

2008 Fort Wayne Track Club Officers and Board Members

Officers

President: Barrie Peterson 637-5717 peterson63@verizon.net
 Vice-President: Bill Harris 657-5012 bharris@mossharris.com
 Treasurer: Don Lindley 432-5998 lindleyd44@verizon.net
 Secretary: Mike Thurston 418-9013 thursma@hotmail.com

Board Members

Kerry Blanchette 484-4620 blanchette932@comcast.net
 David Boylan 493-2383 byldave@netscape.net
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 Phil Suelzer 486-1745 tri_kerl@yahoo.com
 Judy Tillapaugh 456-3277 tillapau@ipfw.edu
 Michael Yann 414-8995 michael.yann@yahoo.com

FWTC Board Meetings

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

Upcoming meetings

- October 8
- November 12
- December 10

FORT WAYNE



TRACK CLUB

FWTC Coordinators

Points Race Coordinator

Tom Landis 693-3526 ltg541tl@gmail.com

Membership Coordinator

Don Lindley 432-5998 lindleyd44@verizon.net

Equipment Coordinators

JP Jones 745-7339 jamespjones@verizon.net

Don Lindley 432-5998 lindleyd44@verizon.net

Newsletter

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

Website

Tom Digate 918-2888 tom@digate.us

Race Directors Coordinator

Steve Hilker 434-1119 smhilker@verizon.net

Youth Coordinator

Phil Suelzer 486-1745 tri_kerl@yahoo.com

Marketing Coordinator

Kathy Burner 710-1703 katydid0512@yahoo.com

Membership Dues

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

FWTC Information

Fort Wayne Track Club
 PO Box 11703, Fort Wayne, IN 468601703
 (260) 436-2234
 www.fwtc.org

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

Inside this Issue

Retirement

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RETIREMENT?

President's Column
By
Barrie Peterson

In the spring of 2004, I officially retired from classroom teaching at the high school level after some 38 years in education. For the next three years (2004-2007), I continued to coach track and cross country at Northrop High School and did some substitute teaching. After the 2007 high school track season, I finally cut ties with high school coaching and teaching after 41 years—ready for “retirement”.

Then, in the fall of 2007, my youngest son Brad was offered the opportunity of establishing a track and cross country program at Indiana Tech here in Fort Wayne. The first assistant coach that he hired was yours truly. What a great ride this has thus far been!

In November of 2007, I was presented with the chance to work some morning hours in the Fitness Center at Pine Ridge Racquet & Fitness Club. My current schedule looks something like this:

Mondays thru Fridays—5:00 a.m. to 11:00 a.m. (Work the Fitness Center desk at Pine Ridge); 11:00 a.m. to 12:30 p.m. (Work out at Pine Ridge); 12:30 p.m. to 2:00 p.m. (lunch); 2:00 p.m. to 7:00 p.m. (Indiana Tech for checking e-mail, recruiting phone calls, practice, etc.) 7:30 p.m. to 9:30-10:30 p.m. (home to “relax”); and then to bed for 6-7 hours of sleep. Saturdays bring a combination of grandchildren activities, work at home, practice, working out, track or cross country meets (recruiting at high school meets or participating in Tech competitions), social activities, etc. Saturday night is typically “date night” for my wife and me. Sundays begin with a workout, followed by church and then catching up on reading, playing golf, attending a movie, etc., all before track or cross country practice at 5:30-8:30 p.m. In addition, on Wednesdays from 11:30 a.m. to 1:30 p.m. I attend Anthony Wayne Rotary where I currently serve as President-Elect. On the last Thursday of each month from 12:00 noon to 1:00 p.m., I chair the executive committee meeting for the Fort Wayne Track Club where I am currently serving as president; and on the second Wednesday of each month from 6:30 p.m. to 8:30 p.m. I preside over the FWTC Board Meetings. Whew!! So this is “retirement”?!

Yes, it is!! And I thoroughly enjoy EVERYTHING in which I am involved. After two more years of coaching at Tech, I will scale back my other activities and hopefully have more time for grandchildren, for travel, for golf, etc. In the meantime, I will continue to have fun with each and every day and make the most of what God serves up for me on a daily basis. And, oh by the way, I do NOT miss lesson plans, grading papers, and (although only a small percentage) bad attitudes and lack of respect and courtesy. Overall, my life is extremely blessed with a great wife of 45 years plus, three outstanding sons, two wonderful daughters-in-law, five super grandchildren, some 80 student-athletes at Indiana Tech, my Rotary Club family, and many other tremendous and loyal friends. Life is great!!

FORT WAYNE TRACK CLUB

5 KM TURKEY TROT

Saturday, November 22, 2008 11:00 am

To Benefit Fox Island County Park Nature Center

Distance: 15,000 cm Turkey Toddlers 10:45 am, 5K Trail Run 11:00 am

Course: Scenic Flat Trails

FORT WAYNE TRACK CLUB POINTS RACE

Awards: Top Overall Male & Female and Master Male & Female

Didier Award for 1st Place High School Male & Female runners.

12 Age Divisions: 1st Place Male & Female

Information: Don Lindley (260)436-2234 or lindleyd44@verizon.net

Please complete form and mail with correct entry fee to:

FWTC, PO Box 11703, Fort Wayne, IN 46860-1703

Make Checks Payable To: Fort Wayne Track Club

No Refunds or Transfers

Name _____

Address _____

City _____ State _____ Zip Code _____

Tele. No. _____ Date of Birth _____ Age _____ Sex _____
(race day)

E-Mail Address _____

Entry Fees: Pre-Registration

\$5.00 FWTC Member

\$7.00 Non-Members

Free - 15,000 cm for boys and girls, 10 years & Under

Race Day Registration

\$8.00 FWTC Member

\$10.00 Non-Members

Race Timing: Chip timing using IPICO tags. Participants must wear the tags to be timed. Tags issued on race day must be returned immediately after finishing. Failure to return a transponder will result in a \$35 lost charge.

Liability Waiver:

I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For the safety I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and re-lease the Fort Wayne Track Club, Allen County Park and Recreation, RRCA and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature _____ Date _____

Parents Signature if under 18 yrs _____ Date _____

**FORT WAYNE TRACK CLUB
JUST PLAIN 10K RUN & 3.3K WALK**

Saturday, December 6, 2008, 2:00 p.m.

Foster Park (south end of Hartman Road), Fort Wayne, Indiana



No Frills Race!

No Awards, No Aid Stations, No Toilet Facilities, So Come Prepared!

Course Description: accurately measured paved bike path around golf course with mile markers.

Day of race registration begins at 12:30 p.m. Results will be posted at www.fwtc.org.

Last Year's Winners: Men - Ron Sharp, 35:20; Women - Cindy McGovern, 46:53.

No Entry Fee!

Please bring gift-wrapped t-shirt(s) with size marked on the outside. The t-shirts will be donated to needy children at *Charis House, Crossroads, Youth for Christ, and Allen County Children's Home*

**Panera cookies, Gatorade, and, hot chocolate
(just in case) will be provided after the race!**

Information:

Mike Slaubaugh, (260) 481-6465, slaubau@ipfw.edu

Please complete form below and mail to:

FWTC, PO Box 11703, Fort Wayne, IN 46860-1703

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ DOB _____ Age _____ Sex _____
(race day)

E-Mail Address _____

Liability Waiver: I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For the safety I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Fort Wayne Track Club, Fort Wayne Parks and Recreation, RRCA and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature _____

Date _____

Parents Signature if under 18 yrs _____

Date _____

FWTC Board Meeting Minutes

July 9, 2008

Board Members Present: Barrie Peterson, Bill Harris, Kathy Burner, Tom Landis, Mac McAvoy, Judy Tillapaugh, Don Lindley, Sarah Kleinknight, Tom Digate, Mike Slaubaugh, Kerry Blanchette.

1. The meeting was called to order by Barrie Peterson at 6:10. Devotions and the opening prayer were given by Don Lindley.
2. June minutes were approved by Sarah Kleinknight and seconded by Dave Boylan. All present approved.
3. Don Lindley presented the July treasurer's report. Bill Harris motioned to accept and Mac McAvoy offered a second motion. All present approved.
4. Barrie Peterson suggested a FWTC parade entry for the Three Rivers Festival 2009. Mac McAvoy will check on the expense.
5. The Run for Riley is scheduled for Oct 19th at 2pm at the Maple Creek Middle School. This is a Non-FWTC event offering support only.
6. Mac McAvoy presented a Runners on Parade race report. Registration was up from 2007. Vera Bradley, and Hilton donated visitor gifts. A check made out to "Hot Cakes" for ROP t-shirts in the amount of \$8,183. Dollars for 1500 shirts was approved. The board approved the authorization of this expense.
7. Kathy Burner discussed discounted rates at races for FWTC members. Member discounts should be offered to FWTC members at Point races, with 2009 rates prepared by December 2008.
8. The FWTC Picnic will be at Shoaff Park on September 28th. Kathy Burner will direct with Sarah Kleinknight's and Barrie Peterson's help.
9. Don Lindley resigned as Treasurer effective 31 July 2008. Don has served 31 years. Candidates include Jim Berry and Gail Gerber. Membership duties should be separate from Treasurer duties. Mike Slaubaugh will consider co-treasurer duties. Bill Harris motioned to accept Don Lindley's on-going discussions with the candidates. No formal decisions were made.
10. FWTC Officers meeting will be August 28th, noon, at the FW YMCA. The next FWTC board meeting will be held Aug 13th at 7p.m. meeting at IPFW in the Royal Dons room.

2009 Fort Wayne Track Club Banquet

IPFW Walb Student Union Ballroom

5:00 PM Social

5:30 Dinner

Sponsored by IPFW Department of
Athletics, Recreation, and Intramural
Sports

FWTC Board Meeting Minutes

August 13, 2008

Board Members Present: Bill Harris, Mac McAvoy, Judy Tillapaugh, Don Lindley, Sarah Kleinknight, Mike Slaubaugh, Michael Yann, Mike Thurston

1. The meeting was called to order by Bill Harris at 7:07. Devotions and the opening prayer were given by Judy Tillapaugh.
2. July minutes were unanimously approved.
3. Don Lindley presented the August treasurer's report. The FWTC reports 492 members on a consistently healthy budget. Michael Yann motioned to accept and Mike Slaubaugh made a second motion. All present approved.
4. Mac McAvoy gave a Runners on Parade report. He wants a new course, better suited for next year. Brian Sell made a guest appearance. This is one of the biggest races lined up with the 3 Rivers Festival with a total of 1192 runners.
5. The newsletter update is due September 15th.
6. The benefits of the new "Race Run" application for web based FWTC events was tabled until the September board meeting.
7. Treasury candidacy includes Gail Gerber, Mike Slaubaugh, and Sheryl Braaten.
8. Judy Tillapaugh and Mike Slaubaugh will co-direct "The Just Plain 10k" in December 6th.
9. The FWTC is seeking storage options between permanent storage space and / or a mobile trailer.
10. Mike Thurston wants to assist with additional Kids races for 2009 at FWTC and YMCA events.
11. The president shall appoint a nominating committee for 2009 FWTC officer candidacy and elected board members.
12. The FWTC Banquet will be held in February at the Walb Student Union in 2009. Additional volunteers are requested to help Judy Tillapaugh with the event.

To Run or not to Run

An avid runner for nearly 6 decades, Gary Dexheimer was diagnosed with ARVD in March of 2008. In August of 2008, the following article was published in the newsletter of Gary's local track club. This article was a sequel to Gary's, *The Last Run* about which he wrote:

“Of course, this was about my diagnosis and the year of symptoms and various diagnoses leading up to this finding.

In trying to figure out why I am still here, I am hell bent on educating the masses.”

As a former president of his nearly 1500 member track club, one who had previously written training articles, and one who was once far more recognizable in his running circle, Gary wrote...

V-Tach Are You at Risk?

Gary Dexheimer © August 2008

Throughout my running career I have been a major proponent of the “no pain no gain” philosophy. Anyone who understands athletics or strives for some individual level of accomplishment whatever that level might be, knows that you can't just be an occasional runner and that determination and commitment are paramount. I didn't win a state championship or run through college without the understanding that I would be fully committed to this endeavor.

I can clearly recall most of the major injuries, some of the illnesses and the times that while I knew better, like the postman “neither rain, snow or sleet”, would keep me from my run. I am sure that I came back too soon from injuries and elective surgeries. I know that there were many occasions when I drug myself out of bed just to get in a run. Several years ago I recall running while moaning from the discomfort of breathing, when I very may well have had pneumonia. There simply are no shortcuts to success.

Craig Cook would agree. I read his blog on V-tach.blogspot.com. As an accomplished 39 year old elite cyclist who spent years racing in Europe he suddenly developed a ventricular arrhythmia. He wrote his blog as a resource for other endurance athletes who might have arrhythmias. Following two ablation procedures on his heart and the implanting of an ICD (internal cardioverter defibrillator) he no longer competes and is still alive to enjoy the remainder of his life.

He further notes that Gyorgy Kolonics, a 36 year old 2000 Olympic Gold medalist is no longer competing as he died of a sudden cardiac arrhythmia while training. There were no ablations or ICDs for this athlete.

Marco Villa, an Italian 39 year old elite cyclist was recently forced into retirement due to a sudden development of cardiac arrhythmias.

Our own running community was shocked when we heard the news that Ryan Shay passed away following a sudden cardiac arrest during the early miles of the past U.S. Olympic Trials Marathon. Running, canoeing, and cycling do not kill athletes. Not listening to your body, possibly training through illness and certainly not

recognizing the subtle signs of cardiac arrhythmia's, can kill athletes suddenly and right in the prime condition of their lives.

Twenty percent of sudden deaths may be attributed to a genetic condition called ARVD. I now know that this is most likely what caused my development of life threatening arrhythmias. I have now been to Johns Hopkins Hospital to review my case with the leading ARVD cardiology researchers in the U.S. I have done the requisite genetic testing to determine whether I have one of the four known genes. I was fortunate to be part of a continuing Ball State study initiated by Dr. David Costill on former collegiate athletes. I submitted an ECG to the staff at Johns Hopkins from 1991 and it showed the suspicious T wave inversion that is often found in ARVD patients.

In receiving the clinical notes following my review by the staff, I discovered that my cardiac arrhythmias were recorded while I wore a 24 hour holter monitor. During this period I jogged walked both days for four miles using my stubborn training philosophy to insure that anything of use would be recorded. The results showed over 63,000 premature ventricular contractions, almost 2200 runs of ventricular tachycardia one lasting almost 2500 beats and I encountered a maximum heart rate of 261. What doesn't kill you will certainly make you better!

I can't change one's will to train and the possible risks associated with this. I tasted success and loved every part of that. Success may be measured in just finishing your first marathon or for the least of a few it may mean making an Olympic team. For many of us it is about the waistline or the endorphins. We take the risks because they are small but for a few these can prove deadly. Johns Hopkins thinks ARVD in the general population is greater than assumed but that most people will never develop this because they are not testing themselves daily as athletes.

Research shows that desmosomes are defective in individuals with ARVD. These are the glue that keep cells adhered to each other. Strenuous exercise causes these cells to let go and as a result fat cells may fill in the voids leaving the ventricles scarred. The production of adrenaline is also thought to play a role in this development.

My rationale for writing this is to not justify or scare those novice exercisers or seasoned runners out of continuing their respective programs. In fact, logic would convince us that the risk associated with developing any life threatening arrhythmias would have to be very small. My reason for writing this is to “do as I say not as I do.” We logically know that running and training are long term propositions so pay attention to your body.

The symptoms I felt were very subtle but as an athlete that knows my body I knew that something was not right. Rethink the “I can't miss a day philosophy”. For all of the risks I took there is no specific reason to think that I contributed to my condition. In fact, I often helped in my injury recovery process by “getting back in the saddle” earlier than recommended. Johns Hopkins believes that the damage to my heart began around age 31. However, there are those before us that have died. Did they notice the subtle signs or did they simply believe that to achieve they needed to push beyond their pain?

I made another birthday so I am the lucky one. If you suspect that you might have an unusual breathing problem, slight chest pain, sudden change in your fitness level, subtle chest palpitations or any indications of an irregular heart rate do yourself a favor and see your doctor. A simple ECG, or if needed an echocardiogram and use of a holter monitor, may end up saving your life.

Without a problem you can ignore my recommendations and take your flu or cold ridden body and hit the track for some high energy intervals.

For additional information on ARVD visit www.ARVD.com.

For information on Sudden Cardiac Arrest visit <http://aahfn.org/assets/SCAA%20National%20Announcement.pdf>.

I would be happy to discuss what led to my discovery by email at Garyd8949@AOL.com.

Super Soups For Fall and Winter

Soups made with vegetables are a great way to give yourself vitamins, minerals, and phytochemicals from one pot. Scientists say eating a variety of vegetables supplies plenty of healthful substances that work together to reduce our risk for heart disease, stroke, and cancer. They also boost our immune system so we are less likely to get sick!

Another beauty of soups is they taste great and any water soluble nutrients that leach into the cooking water are consumed with the soup.

So plan and make soups this fall and winter for tasty nutrient packed meals. Use what ever vegetables your desire like potatoes, sweet potatoes, parsnips, tomatoes, carrots, broccoli, asparagus, onions, garlic, peppers, celery, cabbage.....Select a soup of the week! Each week make a pot of soup and use leftovers for additional meals that week or freeze leftovers so you have a meal ready on those evening you do not want to cook.

AICR Nutrition and Health Guidelines For Cancer Prevention:

- 1- Choose meals and snacks rich in a variety of plant based foods
- 2- Eat plenty of colorful vegetables and fruits
- 3- Achieve and maintain a healthy weight and body fat for you
- 4- Enjoy physically activities
- 5- Select foods low in saturated fat (animal fats) and salt
- 6- If you choose to drink, drink alcohol in moderation. This is one drink per day for women and two drinks per day for men. One drink is 12 ounces beer, 4 -5 ounces wine, or 1 ½ ounce liquor
- 7- Prepare and store food safety....keep hot foods hot and cold foods cold

Source: American Institute For Cancer Research, www.aicr.org

Here are a couple recipes to try! Enjoy!!

Spicy Pumpkin Soup

Ingredients:

½ cup chopped onion	4 cups chicken broth
2 Tb sp minced garlic	1 (15 oz) can pure pumpkin
1 ½ Tbsp chili powder	1 can black beans; drained, rinsed
½ Tbsp cumin	1 cup frozen corn
½ tsp salt (optional)	¾ cup salsa (your heat preference)
½ tsp black pepper	pinch of sugar, optional

Directions:

1. Heat a large pot over medium-high heat. Spray with cooking spray. Add onion, garlic, chili powder, cumin, salt, and pepper. Sauté for 3-4 minutes.
2. Add remaining ingredients and bring to a boil. Reduce heat and simmer 15-20 minutes.

3. Optional: serve this soup with fat free sour cream and/or reduced fat shredded cheddar cheese.

Stephanie Yeadon, MS, RD, Lutheran Hospital Dietitian

30 minute Chili

With or without meat, this chili is a quick fix dinner!

1 pound of browned hamburger or soy alternative or leftover turkey
1 can chili beans
1 can white cannellini beans
1 package chili seasoning
1 can chili ready tomatoes
1-2 Tablespoons brown sugar, optional
Additional red pepper, cumin or spices as desired.
½ Vidalia onion
½ chopped green pepper
Additional red peppers, jalapeno, cumin or spices as desired

- 1- Brown hamburger, onions and green pepper. If using hamburger, drain excess fat in a skillet
- 2- In a medium sauce pan, combine beans, hamburger, seasonings, tomatoes, brown sugar, onion, and green peppers.
- 3- Heat on medium until chili begins to boil. Lower heat and let chili simmer 30-45 minutes.
- 4- Enjoy! Use leftovers for a quick meal the rest of the week

Source: Jennifer Roherty, IPFW Wellness Specialist

For more information on a lifestyle for health promotion and disease prevention consider going to any of these web pages: www.aicr.org, www.cancer.org, GoRedForWomen.org, www.americanheart.org, www.americaonthemove.org, and www.eatright.org.

Best,

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



July 31, 2008

Fort Wayne Track Club B C
Attn: Mr. Don Lindley, Treasurer
P.O. Box 11703
Fort Wayne, IN 46860

OFFICE OF THE CHANCELLOR

Dear Mr. Lindley:

Thank you for your support of IPFW Athletics and your investment in our student-athletes.

Two-thirds of IPFW student-athletes rely upon scholarship dollars to afford the cost of higher education. Nearly all our athletic teams rely upon the generous support of friends, fans and alumni to compete successfully in The Summit League.

We are grateful and proud to benefit from your partnership with us as we recruit and assist stellar student-athletes in pursuit of their educational goals and athletic dreams in Division I competition. Thank you for providing the margin of excellence needed to equip our students to succeed in competition and the classroom.

I encourage you to attend athletic events for men and women and to get to know our student-athletes. Complete schedules for each sport and other details are available online at www.gomastodons.com.

On behalf of the University and its many constituencies, I thank you for your support of our mission.

Sincerely yours,

Michael A. Wartell
Chancellor

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

- 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.
- Age group placement:
 - Age group placement is determined by your age at the start of the race year (January 1st). This is the group all your points will go into for the year.
Example: You are 44 on January 1st of 2007, in March you turn 45. Your points will continue to go into the age group that includes 44 until the end of the year.
 - FWTC Age groups: Male and Female under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over.
 - Some race directors opt to use different age groups than those of the FWTC. Points are earned based on that race's specified age groups. This means 2 people may earn the same points in one age group. Example: If a race director has a 60 - 64 age group and a 65 - 69 age group, the winners of each age group would receive 100 points. If the race director uses the FWTC age groups, there would be only 1 winner between ages 60-69. The FWTC board does not require race directors to use their age groupings.
 - Points are given based on how participant finishes compared to other FWTC members.

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

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

2008 Points Standings

Male 19 and Under				
Place	Name	City	Age	Points
1	Sam Edwards	Fort Wayne IN	11	300
2	Andrew Piropatto	Fort Wayne IN	18	200
3	Ben Devoe	Bluffton IN	15	100
4	Carter A Milleman	Fort Wayne IN	17	85
Men 20 to 29				
Place	Name	City	Age	Points
1	Grant Stieglitz	Fort Wayne IN	22	485
2	Edward Fisk	Fort Wayne IN	28	485

3	David Boyer	Fort Wayne IN	20	320
4	Evan Hyndman	Fort Wayne IN	27	320
5	Anthony Petras	Fort Wayne IN	22	160
6	Travis Blanchette	Fort Wayne IN	22	140
7	Stephen Clark	Fort Wayne IN	20	100
8	Derek Garcia	Fort Wayne IN	26	75
9	Ben Gensic	Fort Wayne IN	28	75
Men 30 to 34				
Place	Name	City	Age	Points
1	Brad A Thomas	Fort Wayne IN	33	395
2	Chris White	Granger IN	34	370
3	Mike Cole	Corunna IN	32	300
4	Dameon Rinehold	Fort Wayne IN	32	295
5	Jeremy M Ogle	Fort Wayne IN	33	255
6	Phillip Salisbury	Fort Wayne IN	33	235
7	Todd Sullivan	Fort Wayne IN	34	165
8	Ashley Wellman	Fort Wayne IN	33	130
9	Todd Werling	Fort Wayne IN	34	115
10	Scott Mehlberg	Warsaw IN	33	55
11	Jay Rozelle	Fort Wayne IN	30	55
Men 35 to 39				
Place	Name	City	Age	Points
1	Dave Devoe	Bluffton IN	39	430
2	Matt Scott	Warsaw IN	39	380
3	Mike Fream	Fort Wayne IN	39	360
4	Brad Stoffer	Fort Wayne IN	37	285
5	Anthony Juliano	Fort Wayne IN	38	270
6	Jason Sagan	Fort Wayne IN	36	190
7	Bill Landgraf	Fort Wayne IN	36	185
8	Brian Loucks	Fort Wayne IN	38	185
9	Mike Wolfe	Fort Wayne IN	38	160
10	Troy McArthy	Huntertown IN	38	140
11	Jared Newhard	Fort Wayne IN	35	125
12	John Bradley	Auburn IN	37	100
13	Mark H Wolf	Fort Wayne IN	38	65
14	Mark Pulver	Fort Wayne IN	39	55
15	Tim Maxson	Fort Wayne IN	36	55
16	Thomas Gilbert	Roanoke IN	39	45
17	Tony Cronk	Fort Wayne IN	36	35
18	John Drebenstedt	Fort Wayne IN	38	35
19	Troy Degitz	Fort Wayne IN	37	25
Men 40 to 44				
Place	Name	City	Age	Points
1	Ward Moya	Fort Wayne IN	44	400
2	Ron Sharp	Fort Wayne IN	42	300
3	Kyle Velasco	Berne IN	44	225
4	Dave Kuker	Fort Wayne IN	40	210
5	Scott Eberle	Fort Wayne IN	44	195
6	Steve Webb	Fort Wayne IN	42	150
7	David Craker	Fort Wayne IN	43	150
8	Kent Ennis	Fort Wayne IN	40	125
9	Rick Grieze	Fort Wayne IN	44	110
10	Tim Newlin	Fort Wayne IN	44	110
11	Mark Walter	Garrett IN	42	100
12	Jon Beasley	Fort Wayne IN	42	45

13	Santiago Martinez	Columbia City	40	45
14	Paul Sturm	Fort Wayne IN	42	35
15	Andrew Barry	Fort Wayne IN	43	30
16	Rick Sawyer	Fort Wayne IN	42	25
17	Kevin Gerber	New Haven IN	42	15
18	Doyle Steury	Leo IN	44	15
19	Dan Graney	Warsaw IN	43	5

Men 45 to 49

Place	Name	City	Age	Points
1	Chuck Deford	Fort Wayne IN	48	500
2	Rowland Perez	Auburn IN	47	440
3	Jeff Steinberg	Fort Wayne IN	46	365
4	Mike Wernhoff	Fort Wayne IN	46	195
5	Jeff Metzger	Fort Wayne IN	46	155
6	E. Brian Foster	Fort Wayne IN	45	145
7	David Roehling	Harlan IN	49	130
8	Michael Overdahl	Fort Wayne IN	47	130
9	Steve Edmiston	New Haven IN	48	115
10	Steve Zacher	Fort Wayne IN	46	110
11	Jim Bougher	Fort Wayne IN	45	100
12	Dan Cummiskey	Fort Wayne IN	46	100
13	Mark O'Shaughnessy	Fort Wayne IN	48	75
14	Jean Lesterance	Fort Wayne IN	48	75
15	Mark Grose	Fort Wayne IN	49	65
16	Joel Harter	Fort Wayne IN	45	50
17	James E Bushey	Fort Wayne IN	49	35
18	Mark Beals	Fort Wayne IN	45	35
19	Quinn Farver	Fort Wayne IN	48	15
20	Jim Desimone	Fort Wayne IN	49	5
21	Sonny Strack	Fort Wayne IN	49	5

Men 50 to 54

Place	Name	City	Age	Points
1	Ed P Reinhard	Poneto IN	50	335
2	James McKinnon	Waterloo IN	51	260
3	Kerry Blanchette	Fort Wayne IN	54	240
4	Brad Altevogt	Fort Wayne IN	53	200
5	Donald R Decook	Warsaw IN	54	195
6	Chuck Brown	Bluffton IN	52	185
7	Doug Breeden	Roanoke IN	52	175
8	Thomas J Felts	Fort Wayne IN	53	155
9	Gary Schmunk	Antwerp OH	52	140
10	Mark Furkis	Ligonier IN	52	100
11	Tim O'Connell	Fort Wayne IN	51	100
12	Terry Anderson	Fort Wayne IN	54	85
13	Doug Sundling	Bluffton IN	52	85
14	Roger Wilson	Fort Wayne IN	54	85
15	Carl A Risch	Decatur IN	50	65
16	Charles Schreiber	Fort Wayne IN	50	65
17	Jim Braun	Fort Wayne IN	52	65
18	Terry Diller	Fort Wayne IN	50	55
19	Steve Nivens	Fort Wayne IN	51	55
20	Len Piropato	Fort Wayne IN	53	40
21	Stephen M Hilker	Fort Wayne IN	52	15
22	Dennis Klopfenstein	New Haven IN	50	10
23	Steven E Ludwiski	Fort Wayne IN	51	10
24	Timothy Ryan	Fort Wayne IN	52	5

25	Rick Hilker	Fort Wayne IN	52	5
26	John Lantz	Avilla IN	53	5
27	Joseph Nayarkas	Fort Wayne IN	53	5

Men 55 to 59

Place	Name	City	Age	Points
1	John Treleaven	Fort Wayne IN	55	430
2	Jed Pearson	Fort Wayne IN	56	385
3	John David McPherson	Fort Wayne IN	55	245
4	Jim Pickett	Fort Wayne IN	58	225
5	Dan Bossard	Monroeville IN	57	195
6	Ken Long	Fort Wayne IN	57	150
7	Dan Barnes	Fort Wayne IN	58	140
8	Dan Kaufman	Fort Wayne IN	57	130
9	John Feiertag	Fort Wayne IN	59	130
10	Michael Page	Fort Wayne IN	55	120
11	Phil Suelzer	Fort Wayne IN	56	100
12	Don Ransome	Warsaw IN	57	100
13	Jim Weide	Fort Wayne IN	55	55
14	Kelly D Clevenger	Fort Wayne IN	55	45
15	David L Winters	Huntington IN	58	35
16	Alan Geiger	Fort Wayne IN	59	25

Men 60 to 64

Place	Name	City	Age	Points
1	Bob Bruckner	Fort Wayne IN	62	400
2	Larry Lee	Fort Wayne IN	63	385
3	Bob Michel	Fort Wayne IN	60	175
4	Rich Stephenson	Monroeville IN	61	160
5	Robert Lawson	Fort Wayne IN	60	90
6	Dick Shenfeld	Fort Wayne IN	60	85
7	Art Obregon	Pierceton IN	60	85
8	Bernie Burgette	Fort Wayne IN	64	55
9	Dean Cutshall	Fort Wayne IN	64	45
10	John Brier	Fort Wayne IN	63	35

Men 65 to 69

Place	Name	City	Age	Points
1	David E Boylan	Fort Wayne IN	65	285
2	Karl Dietsch	Fort Wayne IN	69	245
3	Bud Stiffler	Anderson IN	69	170
4	Johni Rasmussen	Fort Wayne IN	67	140
5	Fred Ross Jr	Warsaw IN	66	100
6	Dewain Cobbs	Warsaw IN	65	100
7	Barrie Peterson	Fort Wayne IN	65	85
8	Noel Hupp	Fort Wayne IN	68	75

Men 70 and Over

Place	Name	City	Age	Points
1	Robert C Loomis	Monroe IN	74	415
2	Dick Harnly	Fort Wayne IN	70	370
3	Bernie Huesing	Fort Wayne IN	75	235
4	Joe Ziegler	New Haven IN	72	200
5	R William Schmidt	Fort Wayne IN	73	100
6	Kenneth E Disler	Fort Wayne IN	85	75

Female 19 and Under

Place	Name	City	Age	Points
1	Brooke Werstler	Larwill IN	12	400
2	Laken Lefever	Columbia City	15	100

3	Lynn Altevogt	Fort Wayne IN	19	100
4	Jamie Ziegler	Fort Wayne IN	6	85
Women 20 to 29				
Place	Name	City	Age	Points
1	Amy Stephan	Fort Wayne IN	29	240
2	Kalissa Blanchette	Fort Wayne IN	20	200
3	Jennifer Lee	Fort Wayne IN	25	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	385
2	Heather Fromm	Fort Wayne IN	32	315
3	Wendy Kilbourne	Fort Wayne IN	31	100
4	Rebecca Hollenbaugh	South Whitley	34	85
5	Elizabeth Wolf	Fort Wayne IN	32	85
6	Carmen Parker	Fort Wayne IN	30	75
Women 35 to 39				
Place	Name	City	Age	Points
1	Erin Brady	Fort Wayne IN	36	390
2	Tracy Brooks	Fort Wayne IN	38	345
3	Kelly Kelly	Fort Wayne IN	35	305
4	Tammy Behrens	Fort Wayne IN	36	265
5	Angie Lockwood	Bluffton IN	38	215
6	Traci Barsantee	Fort Wayne IN	36	205
7	Andrea Kropf	Roanoke IN	35	185
8	Cheryl Pulver	Fort Wayne IN	37	100
9	April Lass	Fort Wayne IN	36	75
10	Katrina Loucks	Fort Wayne IN	36	75
11	Danielle Sullivan	Fort Wayne IN	35	45
12	Kathy Burner	Auburn IN	39	45
13	Elaine Kolvoord	Fort Wayne IN	36	35
Women 40 to 44				
Place	Name	City	Age	Points
1	Cindy McGovern	Fort Wayne IN	43	485
2	Anne Shank	Fort Wayne IN	41	355
3	Robin Werstler	Larwill IN	42	315
4	Gail Gerber	New Haven IN	44	140
5	Robin Rizzo	Fort Wayne IN	41	75
6	Linette Barry	Fort Wayne IN	44	65
Women 45 to 49				
Place	Name	City	Age	Points
1	Sheryle Braaten	Hoagland IN	47	470
2	Betty Greider	Fort Wayne IN	47	250
3	Denise Conrad	Decatur IN	46	200
4	Julie Bossard	Monroeville IN	48	150
5	Judy White	Fort Wayne IN	49	100
6	Dorthea Ruhl	Angola IN	48	85
7	Cathy Myers	Fort Wayne IN	48	85
8	Gloria Craig	Cecil OH	45	75
9	Barbara Price	Huntertown IN	48	75
10	Beverly Metzger	Fort Wayne IN	45	55
11	Margie Morris-Parker	Fort Wayne IN	49	55
Women 50 to 54				
Place	Name	City	Age	Points
1	Terri Gross	Fort Wayne IN	52	400
2	Cheryl Stromski	Antwerp OH	52	175

3	Nancy Simmonds	Fort Wayne IN	54	170
4	Regina Blanchette	Fort Wayne IN	53	140
5	Phyllis Suelzer	Fort Wayne IN	54	100
6	Jan Halter	Leo IN	51	85
7	Peggy Hannan	Fort Wayne IN	52	65
Women 55 to 59				
Place	Name	City	Age	Points
1	Lynne Feiertag	Fort Wayne IN	56	200
2	Jordan Yarde	Garrett IN	57	85
3	Nancy Boyer	Fort Wayne IN	56	85
Women 60 to 69				
Place	Name	City	Age	Points
1	Barb Scrogam	Fort Wayne IN	61	455
2	Betty Nelson	Columbia City	61	400
3	Bodil Rasmussen	Fort Wayne IN	63	150
Women 70 and Over				
Place	Name	City	Age	Points
1	Gloria J Nold	Fort Wayne IN	72	200

Jorgeensen YMCA 5K				
September 13, 2008				
Place	Name	City	Age	Time
1	Brad A Thomas	Fort Wayne IN	33	17:56
2	Phil Suelzer	Fort Wayne IN	56	20:26
3	George Kody		13	20:49
4	Erik Magner		44	20:52
5	Tom Grannon		38	21:08
6	Natos Ferries		17	21:52
7	Roger Kingsbery	Fort Wayne IN	59	21:59
8	Ben Dvorak	Fort Wayne IN	12	22:39
9	Felix Merz		21	22:44
10	Richard Taylor		50	22:47
11	Fabian Rohr		22	22:55
12	Dewain Cobbs	Warsaw IN	66	23:02
13	Ken Nordin	Fort Wayne IN	63	23:12
14	R William Schmidt	Fort Wayne IN	73	23:30
15	Rachel Taylor	Fort Wayne IN	18	23:41
16	David Threm	Fort Wayne IN	38	23:43
17	Brian Keiss		42	23:53
18	Jason Kuchmay		86	23:55
19	Eustace Fernandes		34	24:10:00
20	Adam Wylie	Fort Wayne IN	31	24:11:00
21	Karen Wylie	Fort Wayne IN	28	24:17:00
22	John Drebenstedt	Fort Wayne IN	43	24:51:00
23	Cory Martin		30	24:57:00
24	Amy Stanski		21	24:58:00
25	Andra Sumney	New Haven IN	30	25:00:00
26	Kristin Spoltman	Fort Wayne IN	27	25:03:00
27	Trisha Groholski		33	25:11:00
28	Greg Wehling	Fort Wayne IN	45	25:24:00
29	Jason Clagg	Fort Wayne IN	31	25:38:00
30	Rita Anderson		41	25:50:00
31	Greg Roth	Fort Wayne IN	44	26:34:00
32	Tonge Casper	Fort Wayne IN	39	26:35:00

33	Sam Dvorak	Fort Wayne IN	10	26:41:00
34	Jamie Martin		29	26:51:00
35	Casey Morgan		22	27:04:00
36	Ed Young	Fort Wayne IN	48	27:32:00
37	Dick Harnly	Fort Wayne IN	70	27:38:00
38	Jacinta Kindler	Huntertown IN	43	27:43:00
39	Angels Morgan		21	27:55:00
40	Phyllis Suelzer	Fort Wayne IN	55	27:58:00
41	Vicki Helton	Fort Wayne IN	51	28:00:00
42	Stacey Rhoades	New Haven IN	46	28:01:00
43	Neil Dickmeyer	Fort Wayne IN	51	28:12:00
44	Cassidy Sampson	New Haven IN	13	28:15:00
45	Mary Asland		53	28:19:00
46	Susan Steffy	Fort Wayne IN	42	28:20:00
47	Nicole Schaekel	Columbia City	33	28:57:00
48	Yolanda Stinchcomb	Fort Wayne IN	51	29:12:00
49	Heather Drebenstedt	Fort Wayne IN	30	29:15:00
50	Diann Solloway	Fort Wayne IN	43	29:47:00
51	Amy Olsen	Fort Wayne IN	29	30:13:00
52	Jennifer Gardner		34	30:14:00
53	Tina Keinsley		36	30:19:00
54	Rachel Loechner	Fort Wayne IN	30	30:24:00
55	Allen Loechner		31	30:26:00
56	Christy Gripp	Fort Wayne IN	51	30:49:00
57	Bruce Cook	Logansport IN	55	31:12:00
58	Daisha Ruhl	Fort Wayne IN	26	31:13:00
59	Courtney Todd	Fort Wayne IN	30	31:14:00
60	Steve Eckert	Fort Wayne IN	48	31:22:00
61	Kim Longstreth	Fort Wayne IN	50	31:28:00
62	Karen Dvorak		44	31:33:00
63	Gloria J Nold	Fort Wayne IN	73	32:57:00
64	Angela Detwiler	Fort Wayne IN	32	33:27:00
65	Diane Webb		44	34:19:00
66	Dick Sive	Fort Wayne IN	73	34:32:00
67	Tom Fuelling	Fort Wayne IN	58	35:44:00
68	Sarah Townsend	Fort Wayne IN	14	35:46:00
69	Madeline Henschen	Fort Wayne IN	14	36:00:00
70	Kinille George		15	36:30:00
71	Kindra George		36	36:46:00
72	Katherine Cocless		36	36:47:00
73	Sheri Davis		45	37:15:00
74	Katina Petroff		35	37:35:00
75	Tricia Koob	Fort Wayne IN	38	37:55:00
76	Karen Harkenrider		42	38:32:00
77	Anissa Hatch		39	40:25:00
78	Mark Petroff		35	40:26:00
79	Curtis Nold	Fort Wayne IN	77	40:35:00
80	Trena Jones	Fort Wayne IN	39	41:45:00
81	Molly Barrand		42	41:49:00
82	Beth Graves	Fort Wayne IN	44	41:53:00
83	Amy Vandyke		45	42:58:00
84	Denise Dickmeyer		55	43:50:00
85	Katy Silliman	Fort Wayne IN	31	43:57:00
86	Kathleen Silliman	Fort Wayne IN	60	44:24:00
87	Paula Ford		54	45:02:00
88	Patricia Leslie		44	45:04:00

89	Meagan Robinson		26	46:37:00
90	Angie Ritchart		29	47:38:00
91	Theresa Tassler		29	47:40:00
92	Jean Clagg		61	49:14:00
93	Sarita Rubrake		45	49:25:00
94	Margo Kyser	Fort Wayne IN	42	49:26:00
95	Bob Kyser	Fort Wayne IN	42	49:29:00
96	Jeanine Hockney	Fort Wayne IN	49	50:50:00
97	Jamie Olivieri		57	50:54:00
98	Kim Mills		42	50:58:00
99	Becky Deprey		45	52:59:00
100	Jessica Deprey		18	53:00:00
101	Megan Gearhart		8	53:16:00
102	Kevin Gearhart		46	53:17:00
103	Heather Seewald		30	56:10:00
104	Darlene Starbuck		59	56:29:00
105	James White		60	57:22:00
106	Tara Pelz		29	57:52:00

Running/Training Groups in Fort Wayne

Saturdays:

YMCA Downtown - 7AM - group leaves at 7AM

Usually 8-12 miles with 10-30 people - All levels welcome
Contact: Steve Hilker - smhilker@verizon.net

PR Training -

We do our long runs/walks on Saturdays, and are open to anyone who would like to join us. Check www.runprtraining.com for time/location. Many runners/walkers are 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.runprtraining.com. It is not too late to join! 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 -

The Leukemia & Lymphoma Society's Team In Training is the world's largest endurance sports training program. Most runners are beginners, but any level of runner or walker is welcome. The group meets for long runs on weekends at Foster Park. Contact Nathan Arata at nathan_arata@yahoo.com for more information. Thanks!
Nathan

New Haven -

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

Born to Run - BTR - Distance Training Group Meets Dec.-May

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

During the Week:

Rats in Training 2008 - Train for the River City Rat Race 10K or 5k walk - Oct. 26, 2008 - Free 8/12 weeks of training on Tuesdays

The initial meeting will be Aug. 25th, 2008 (6:30 pm) at the Central YMCA located at 1020 Barr Street. Our first running session will begin Tuesday, Aug. 26th. The group will meet once a week (on Tuesdays) at the Central YMCA. The first time the group will run/walk one mile and build up to the 5k (3.1 miles) or 10k (6.2 miles) distance.

For more information contact Stephen Hilker at smhilker@verizon.net or go to the River City Rat Race website at www.rivercityratrace.com.

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

Monday - 8 pm (8-12 miles @ 6:45-7:15 min/mi pace)

Wednesday - Beginners - 5:30 pm (3-6 miles @ 8-12 min/mi pace)

Saturday - 8 am (8-16 miles @ 7:00 pace)

Call for more information - 496-8000. or contact Eric Ade at eric@3riversrunning.com

Trail Running - Chain O Lakes - 6-8 miles

Chain-O-Lakes State Park - Dock Lake, Albion, IN Contact Don Lindley @ 260-436-2234 or lindleyd44@verizon.net. Annual DNR 2008 permit to gain access to park is \$36. Dock Lake at 6:30 pm - Join us Wednesday evenings except the 2nd Wed of every month. Carpool or meet at boat launch. Be sure to call or email for updates. Train with experienced trail runners on easy (Trail 7) and moderate (Trail 1 & 2) - no experience necessary. Dark hours, flashlight or headlamps required. Run/Walk Trail 1 (1/5 miles), Trail 2 (1.0 mile), or Trail 7 (1.8 miles)

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

Fort Wayne Orthopaedics Supports FWTC!

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

Upcoming Races

Tuesday's At 6:30 PM	L	<p>Rats in Training for River City Rat Race - Varies - increase weekly Central YMCA, 1020 Barr Street, Fort Wayne, IN <i>Contact:</i> Steve Hilker <i>Info/Fees:</i> Train for the October 26 River City Rat Race 10k run and 5k walk. Mileage will increase weekly. No fee charged for participating in the training. <i>Email:</i> smhilker@verizon.net <i>Web site:</i> http://www.rivercityratrace.com</p>
Oct 08,2008 5pm Girls, 5:30pm Boys Wed	L	<p>13th Annual FWCS Elementary X-Country Meets - 4th Grade - 1 mile on grass Weisser Park Elementary School, Fort Wayne, IN <i>Contact:</i> Ron Long <i>Info/Fees:</i> \$1.00 all races. Finals Race - all grades - Lakeside Middle School, Oct 22. <i>Email:</i> tri_kerl@yahoo.com</p>
Oct 09,2008 5pm Girls, 5:30pm Boys Thu	L	<p>13th Annual FWCS Elementary X-Country Meets - 4th Grade - 1 mile on grass Concordia Seminary, Fort Wayne, IN <i>Contact:</i> Richard Texeira @ Croninger Elem. School <i>Info/Fees:</i> \$1.00 all races. Finals Race - all grades - Lakeside Middle School, Oct 22. <i>Email:</i> tri_kerl@yahoo.com</p>
Oct 11,2008 9am Sat, 5K; 8:45am Pee-Wee Run	L	<p>Canterbury School 5K Family Run Run/Walk ("Tin Can 5K") - 5K (3.1 miles) Canterbury High School, 3210 Smith Road, Fort Wayne, IN <i>Contact:</i> Anne Karr or Tim Newlin, Anne - 260-436-7464; Tim - 260-436-8567 <i>Info/Fees:</i> The Canterbury Family Fun Run/Walk is an annual fundraiser to support the Associated Churches Food Bank. Race-day registration: 8:00-8:45AM PeeWee Race: Starts at 8:45AM with childcare provided for PeeWee racers during 5K race Entry Fee: \$10 and a canned food donation (food barrels located at race site) Age Groups: 10&under/11-14/15-19/20-29/30-39/40-49/50-59/60-69/70&over Awards: Overall male & female winners/1st three age group finishers male & female T-shirts: First 120 to register Course: Mainly out-and-back on Canterbury High School grounds and new Rivergreenway section south of the school. First 3/4 mile on grass & remainder on pavement. <i>Email:</i> a.karr@verizon.net <i>Web site:</i> http://www.canterburyschool.org</p>
Oct 11,2008 9am Sat	L	<p>Bendix Huntington M.O.V.E. - 5K Homier Park (Evergreen Rd), Huntington, IN <i>Contact:</i> Ed Casper, 1850 Riverfork Dr, Huntington, IN 46570, 260358-4442 <i>Info/Fees:</i> \$10 PRE-REGISTRATION \$13 DAY OF RACE ALL PROCEEDS TO BENEFIT THE HUNTINGTON RED CROSS. Make checks payable to Bendix. Teeshirts for all pre-registrations, while supplies last day of race Awards for TOP 3 MALE & FEMALE OVERALL & TOP IN AGE GROUP <i>Email:</i> edward.casper@bendix.com</p>
Oct 11,2008 8am Sat		<p>1st Annual Payton's Pathway - 10K Run & 5K Run/Walk Elcona Country Club, Elkhart, IN <i>Contact:</i> Cara Stark, 574-875-6444 <i>Info/Fees:</i> \$20-Pre,\$25-Race Day. Proceeds will go to the Elkhart families of Jackie Jenkins, a 3-sport-varsity athlete, battling Hodgkin's Lymphoma, and a active 2-year old with an infectious smile, Kaitlyn Speed, fighting Leukemia. A portion of the monies will also go to The Leukemia & Lymphoma Society. <i>Email:</i> cstarzyk@elkhart.k12.in.us <i>Web site:</i> http://www.cockopalooza.com</p>
Oct 11,2008 9am Sat		<p>Spotlight On Nursing - 4M Run/ Walk Downtown, 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</p>
Oct 11,2008		<p>Vasque DINO Trail Run -Indy - 15k, 5k</p>

9am Sat		South Westway Park, Indianapolis, IN <i>Contact:</i> Brian Holzhausen, 317-336-7553 <i>Info/Fees:</i> Part of 7-race series of 15k and 5k trail run races in central Indiana. <i>Email:</i> brian08@dinoseries.com <i>Web site:</i> http://www.dinoseries.com/run
Oct 12,2008 8am Sun		BANK OF AMERICA CHICAGO MARATHON - 26.2 Miles Grant Park, Columbus and Jackson, Chicago, IL <i>Contact:</i> Carey Pinkowski, 312-904-9800 <i>Email:</i> carey.pinkowski@abnamro.com <i>Web site:</i> http://www.chicagomarathon.com/cms400min/chicago_marathon
Oct 12,2008 2pm Sun	R	Callithumpian Canter - 5K & 1 Mile Fun Run @ 1:30pm Bellmont High School - US 224E, Decatur, IN <i>Contact:</i> Mary Friedt, 325 N 9th St, Decatur, IN 46733, 260724-3410 <i>Info/Fees:</i> \$10-pre; @12-Race Day, 1-mile fun run \$6-Pre,\$8-Race Day <i>Email:</i> mfriedt@adamswells.com
Oct 13,2008 5pm Girls, 5:30pm Boys Mon	L	13th Annual FWCS Elementary X-Country Meets - 5th Grade - 1 mile on grass Shoaff Park, Fort Wayne, IN <i>Contact:</i> North Shoaff Park- Bring entry to race @ Shoaff Park <i>Info/Fees:</i> \$1.00 all races. Finals Race - all grades - Lakeside Middle School, Oct 22. <i>Email:</i> tri_kerl@yahoo.com
Oct 16,2008 5pm Girls, 5:30pm Boys Thu	L	13th Annual FWCS Elementary X-Country Meets - 5th Grade - 1 mile on grass Maplewood Elementary School, Fort Wayne, IN <i>Contact:</i> Krista Marcum <i>Info/Fees:</i> \$1.00 all races. Finals Race - all grades - Lakeside Middle School, Oct 22. <i>Email:</i> tri_kerl@yahoo.com
Oct 18,2008 8:15am Sat	R	5th Annual Beat BC 5K Run/Walk & 1M Fun Run - 5K Central Noble HS, Albion, IN <i>Contact:</i> Cancer Services of Northeast Indiana, 2925 E State Blvd. Fort Wayne, IN 46805, 260484-9560 <i>Info/Fees:</i> ENTRY FEE5K- \$15 1 mile Fun Run- \$7 AWARDSOverall Awards for both the 5K run and 5K walk races, in both men's and women's divisions will be made for first place.Age BracketAwards will be made by age and gender groups for the top three in each category. Below are the age categories for men and women:12 and under 50- 59 13 - 18 60 - 69 19 - 29 70+ 30 - 39 40 - 49 RECORD HOLDERS5K Run.....Male..... Cheston Coe 16:40 (2007)5K Run.....Female... Kim Ellis 19:55 (2005)5K Walk.....Male..... Jared Owen 36:58 (2007)5K Walk....Female.... Danielle Price 36:57 (2007) <i>Email:</i> info@beatbc5k.com <i>Web site:</i> http://www.beatbc5k.org
Oct 18,2008 8:30am Sat		13th Annual Indianapolis Marathon & Half Marathon - 26.2 Miles, Half Mar, 5K Run/Walk,Mar Relay, Kids Mar. Fort Benjamin Harrison State Park, Indianapolis, IN <i>Contact:</i> Joel Sauer. RD & Pres, Indpls Marathon Road Runners Club, PO Box 361074, Indianapolis, IN 46236, 317-826-1670 <i>Info/Fees:</i> \$45 - Marathon, \$35- Half Marathon by Aug 31st. <i>Email:</i> info@indianapolismarathon.com <i>Web site:</i> http://www.indianapolismarathon.com
Oct 19,2008 3pm Sun	R	Forgotten Children Int'l 5K Run/Walk & 1M Fun Run - 5k & 1m Hope Missionary Church, Bluffton, IN <i>Contact:</i> Laurie Baumgartner c/o Hope Missionary Church, 429 E Dustman Rd, Bluffton IN 46714, 26024-2042 <i>Info/Fees:</i> Race Day Registration \$20, \$15 Early Registration Registration begin at 2pm. Overall and age group awards for 5K, T-shirts to all participants. <i>Email:</i> kandl123@aol.com
Oct 19,2008	L	2nd Annual Run For Riley - 5 Mile Run/Fitness Walk, 1 Mile Children's Run

2pm Sun		<p>Maple Creek Middle School (Corner of Union Chapel and Coldwater Roads), Fort Wayne, IN <i>Contact:</i> Jim Berry (Steppin' Out Studio of Dance), 12844 Coldwater Road, Suite D, Fort Wayne, IN 46845, 260-637-9660 <i>Info/Fees:</i> All proceeds go directly to benefit Riley Hospital for Children. Entry fee of \$20.00. race (FunRun no charge). Prizes awarded to top 3 male & female in each category for the 5 mile run (14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+). Door prizes and Casa Pasta Dinner. RACE DAY REGISTRATION 12:30pm-1:45pm) <i>Email:</i> jimberry22@yahoo.com <i>Web site:</i> http://www.steppinoutstudioofdance.com/</p>
Oct 19,2008 8am Sun		<p>6th Annual Stone Steps 50K Trail Race - 50K Mt. Airy Forest, Cincinnati, OH <i>Contact:</i> David Corfman <i>Info/Fees:</i> Trekkers starting at 7:00am. The course is a single track loop course, with lots of hills, roots, rocks and, of course, stone steps. <i>Email:</i> rd@stonesteps50k.com <i>Web site:</i> http://www.stonesteps50k.com</p>
Oct 22,2008 5pm Girls, 5:30pm Boys Wed	L	<p>13th Annual FWCS Elementary X-Country Meets - 3rd, 4th, 5th Grade - 1 mile on grass Lakeside Middle School, Fort Wayne, IN <i>Contact:</i> Phil Suelzer, Cell 260-413-7157 or Home 260-486-1745 <i>Info/Fees:</i> \$1.00 all races. Entry blanks for the finals will be available at each of the 6 qualifying races. <i>Email:</i> tri_kerl@yahoo.com</p>
Oct 25,2008 8am Sat		<p>Norris Insurance - 5 Mile Run/ 5K Walk Bunker Hill, IN <i>Contact:</i> John Norris, Norris Ins Co, PO Box 157, Amboy, IN 46911, 765-395-7761 <i>Email:</i> none@aol.com</p>
Oct 25,2008 9am Sat		<p>Run for the Roses - 5K Campagna Academy, 7403 Cline Ave, Schereville, IN <i>Contact:</i> Pat Cordray, Training Coordinator/System SW, 219-322-8614 ext 397 <i>Email:</i> pcordray@cahope.org <i>Web site:</i> http://www.campagnaacademy.org/newsevents.html</p>
Oct 25,2008 10am Sat		<p>Pleasant Run Run - 5M Run& Racewalk/3M Walk Historic Irvington, 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</p>
Oct 26,2008 2pm Sun	LP	<p>9th Annual River City Rat Race,Sponsored by St.Joseph Hospital - 10K Run(FWTC Points Race)& 5K Walk Arts United Center- Downtown - Main St, Finish Line at The Old Fort for both races, Fort Wayne, IN <i>Contact:</i> Steve Hilker or Nathan Miller, FWTC, PO Box 11703, Fort Wayne IN 468601703, 260-422-6486 ext 207 <i>Info/Fees:</i> 10K - FWTC Points Race: Pre-\$13, Race Day-\$20. 10K Awards: Gold, Silver,& Bronze medals to the top three in each of the 14 male & female age groups. First place awards to the top master male & female. Special Awards to the top three runners in costume. <i>Email:</i> smhilker@verizon.net <i>Web site:</i> http://www.rivercityratrace.com</p>
Oct 26,2008 2pm Sun		<p>CKRR - 5 Mile Run & 3M Walk Nickel Plate Trail, Peru, IN <i>Email:</i> ckrr@comcast.net <i>Web site:</i> http://wwwckrr.us</p>
Oct 31,2008		<p>Run Like Hell - 3M Run/ Walk</p>

7pm Fri		Downtown, 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
Nov 01,2008 9am Sat		Panther Pounce - 5K (XC) Purdue University North Central, 1401 S USHwy 421, Westville, IN <i>Contact:</i> John Weber, 219-785-5273 <i>Email:</i> jweber@pnc.edu <i>Web site:</i> http://www.pnc.edu/athletics/
Nov 01,2008 7am Sat	R	16th Annual OPSF 50/50 Trail Run - 50K & 50M & 13.2M "Fun Run" Owen-Putnam County State Forest, Spencer, IN <i>Contact:</i> David Glass, 1080 Hancock School Rd., Spencer IN 47460, David (812-829-1646) or Norm Carlson (812-829-3543) <i>Info/Fees:</i> Entry fee 50M, \$60; 50K, \$45, Fun Run \$25 prior 10/13, after Oct 13, \$65, \$50 & \$30 limit 100. <i>Email:</i> glass1646@earthlink.net <i>Web site:</i> http://www.opsfultramarathon.com/
Nov 01,2008 10am Sat	R	Mayflower 5K Run/Walk - 5K KCH Health & Wellness Center, Warsaw, IN <i>Contact:</i> Kyle Pitt, 1500 Provident Dr, Warsaw, IN, 574-372-7890 <i>Info/Fees:</i> Pre-\$15, Race Day-\$20; T-shirt sizes: YS YM YL S M L XL XXL; Awards: Overall Men & Women, top three in 13 age groups. <i>Email:</i> kpitt@kch.com
Nov 01,2008 9am Sat	R	Run Baby Baby Run - 10K/5K Run, 5K Competative, Kids Fun Run Plymouth Centennial Park, Plymouth, IN <i>Contact:</i> Jami Holm, 574-936-2284 <i>Info/Fees:</i> All proceeds benefits the Newborn Intensive Care Unit at Memorial Hospital, South Bend, IN. <i>Email:</i> jamiholm@yahoo.com <i>Web site:</i> http://www.runbabybabyrun.com
Nov 02,2008 2pm Sun	R	Run the Mounds - 5 Mile Run & 5K Walk Mounds State Park, Anderson, IN <i>Contact:</i> Greg Smith, ARRC, PO Box 282, Anderson IN 46015, 765778-7087 <i>Info/Fees:</i> Race with Brooks Shirt \$25 Pre-registered by October 20, 2008 (size available) ARRC Members \$22 – Pre-Registered by October 20, 2008 (size available) Race Without Shirt \$15 Pre-Registered by October 28, 2008 \$20 after 10/29 and on race day \$5 High School/ Middle School XC Runners– No Shirt <i>Email:</i> gbsmith@insightbb.com <i>Web site:</i> http://www.andersonroadrunners.org
Nov 08,2008 9am Sat		CKRR - 4 Mile Run & 5K Walk McKinley School, 1217 W Carter St, Kokomo, IN <i>Email:</i> ray@ckrr.us <i>Web site:</i> http://www.ckrr.us
Nov 08,2008 9am Sat	R	3rd Annual Red Regiment 5K Run/Walk - 5K NorthWood HS, Nappanee, IN <i>Contact:</i> Mark Riege, 28819 CR 42, Wakarusa IN 46573 <i>Info/Fees:</i> The race cost is \$20 for entries received by October 31, 2008. The cost is \$25 for all entries made after October 31, including those made on race day. All proceeds from this event go to support the band and its members <i>Email:</i> cavermark@hotmail.com
Nov		Outback Scramble - Wacky 5M X-C

08,2008 9:34am Sat		Eagle's Crest, 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
Nov 09,2008 2:00pm Sun	L	Jingle Bell Run for Arthritis - 5K Run/Walk Franke Park, Fort Wayne, IN <i>Contact:</i> Ginger Dodd, 11119 Parkview Plaza Drive, Suite 103, Ft Wayne IN 46845, (260)672-6570 <i>Info/Fees:</i> Ages 14 & Under: \$10; Ages 15-18: \$20; Ages 19+: \$25 Canine Companion registration fee is an additional \$10. <i>Email:</i> gdodd@arthritis.org <i>Web site:</i> http://www.arthritis.org/communities/chapters/JingleBellRun/overview.asp?chapid=22
Nov 09,2008 9am Sun		Fall Frolic - 4 Mile 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.puraces.com/
Nov 15,2008 9am Sat		Vasque DINO Trail Run - Fort Harrison - 15k, 5k Fort Harrison State Park, Indianapolis, IN <i>Contact:</i> Brian Holzhausen, 317-336-7553 <i>Info/Fees:</i> Part of 7-race series of 15k and 5k trail run races in central Indiana. <i>Email:</i> brian08@dinoseries.com <i>Web site:</i> http://www.dinoseries.com/run
Nov 15,2008 10am Sat	R	W.O.O.F. Trail Runs - 5M, 15M, & 15M Relay Quabache State Park Campground, Bluffton, IN <i>Contact:</i> Mac McAvoy, 260-450-1071 <i>Info/Fees:</i> By 11/8, 5M-\$20, 15M-\$30, 15M Relay -\$60; Race Day: 5M-\$30, 15M-\$45, 15-Relay-\$90 Relay Teams - Limited to 50; 5 milers - Limited to 150; 15 milers - Limited to 150. Price includes post event cookout: Bison Burgers, Bison Stew. <i>Email:</i> teamorr1@gmail.com <i>Web site:</i> http://teamorr.ning.com
Nov 22,2008 11am Sat	LP	Turkey Trot X-C - 5K (FWTC-Pts Race) Fox Island County Park, Fort Wayne, IN <i>Contact:</i> Don Lindley, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860 703, 260-436-2234 <i>Email:</i> lindleyd44@verizon.net <i>Web site:</i> http://www.fwtc.org
Nov 27,2008 8am Thur	L	FWTC's Mazock's 32th Thanksgiving Day Run - Almost 6 miles Emerald Lake subdivision, Fort Wayne, IN <i>Contact:</i> Jerry Mazock, 2828 Emerald Drive, Fort Wayne, IN 46804, 260432-4755 <i>Info/Fees:</i> No entry fee. No Awards, No Splits Also, come and enjoy the evening when Jerry plugs in thousands of lights! <i>Email:</i> foxdanadog@hotmail.com
Nov 27,2008 8am Thu	R	4th Annual Kids Kampus Turkey Trot 5K Run & Fun Walk - 5K McDonald's on 60 Home Street, Huntington, IN <i>Contact:</i> Kids Kampus, 435 Campus St., Huntington, IN 46750, 260356-0123 <i>Info/Fees:</i> Registration begins at 7am. 5k run at 8am. 1 mile fun walk at 8:30am, \$15 prereg, \$20 - race day. Cash prizes for winner in each category and trophies for top 3 finishers in each category. Proceeds benefit the Kids Kampus Early Childhood Education Center. <i>Email:</i> jmeyer@pathfinderservices.org <i>Web site:</i> http://www.kidskampus.org
Nov		CKRR Thanksgiving Day Fun Run - Fun Run

27,2008 8am Thu		Highland Park, Kokomo, IN <i>Email:</i> runckrr@aol.com <i>Web site:</i> http://www.ckrr.us
Nov 27,2008 9am Thu		Drumstick Dash - 4.5 Miles 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
Nov 29,2008 9am Sat	R	1st Annual Rainbow Run 5K - 5k Historic Gene Stratton Porter Limberlost Cabin, Geneva, IN <i>Contact:</i> Clint Anderson, 1000 Parkway St., Berne IN 46711 <i>Info/Fees:</i> Awards for the top three male, top three female, top three male masters and top three female masters finishers. \$50 cash award to top overall male and female runners. Post-race amenities (including hot chili!) and restrooms available in the Community Room of the Pyle Building (Line Street downtown). Come join us as we begin a new holiday weekend tradition. All proceeds benefit the cross country and track programs at South Adams Jr.-Sr. High School. Shirts for all pre-registered runners paying \$12, no shirts guaranteed for those registering after Nov. 21. Entry fees: \$12 by Nov. 21 \$15 after Nov. 21 \$8 no shirt <i>Email:</i> sports@bermetriweekly.com
Dec 06,2008 10am Sat		6th Annual Tecumseh Trail Marathon - 26.2 miles Yellowwood State Forest, Bloomington, IN <i>Contact:</i> Brian Holzhausen, 317-336-7553 <i>Info/Fees:</i> Field limit to 500 runners, point to point, 3500 vertical feet of climbing, multiple small streams, logs and other obstacles. <i>Email:</i> brian08@dinoseries.com <i>Web site:</i> http://www.dinoseries.com/marathon
Dec 06,2008 2pm Sat	L	Just Plain 10K - 10K Run & 3.3K Walk Foster Park (Hartman & Fosterparkway), Fort Wayne, IN <i>Contact:</i> MikeSlaubaugh, Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860, 260-481-6465 <i>Info/Fees:</i> No entry fee, bring gift wrapped t-shirt to be donated to Allen County Children's Home, Charis House, Crossroads, & Youth for Christ. <i>Email:</i> slaubau@ipfw.edu <i>Web site:</i> http://www.fwtc.org



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!



Ron Zartman	10 / 1	Ron Sharp	10 / 19	Ty Murphy	11 / 8
Eric Brooks	10 / 2	Alan Geiger	10 / 20	Cathy Myers	11 / 8
Tom Digate	10 / 3	Katie Schenkel	10 / 21	Terry Diller	11 / 12
Steve Zacher	10 / 3	Charles Schreiber	10 / 21	David Hornback	11 / 12
Michele Kadenko-Monirian	10 / 6	Michelle Molargik	10 / 22	Pat Schenkel	11 / 12
Adrienne Berry	10 / 7	Andrew Piropato	10 / 22	Michael Clendenen	11 / 13
Mark Giese	10 / 7	Verton L Troyer	10 / 22	David L Winters	11 / 13
Jeff Taner	10 / 7	Chris Croy	10 / 23	Helen Ryan	11 / 15
Matt Scott	10 / 8	Maria Atkinson	10 / 26	Kalissa Blanchette	11 / 16
Sarah Winkeljohn	10 / 8	Andrew Barry	10 / 27	Bernie Huesing	11 / 17
Dan Bossard	10 / 9	Ed P Reinhard	10 / 27	Todd Seiman	11 / 18
Daniel Martell	10 / 9	Chuck Brown	10 / 28	Claire Powell	11 / 19
Rob Winkeljohn	10 / 11	Kathy Moran	10 / 30	Dan Kaufman	11 / 20
Ben Devoe	10 / 12	Jack Hilker	11 / 1	Rebecca Hollenbaugh	11 / 22
Mark Furkis	10 / 12	Johni Rasmussen	11 / 3	Lynn Altevogt	11 / 23
Susan Peterson	10 / 12	Tony Cronk	11 / 4	David M Czapor	11 / 23
Marta Desimone	10 / 14	Daniel Leffers	11 / 4	Paul E Knott	11 / 23
Mike Thurston	10 / 14	Lane Sawyer	11 / 4	Hannah Weide	11 / 23
Michael Yoder	10 / 14	Dick Harnly	11 / 5	Merrill Joslin	11 / 25
Cheryl Stromski	10 / 15	Fred Stoffel	11 / 5	Scott Karr	11 / 25
Tom Felger	10 / 16	Cindy McGovern	11 / 6	Anya Martell	11 / 26
Kevin Gerber	10 / 16	Mary Crane	11 / 7	Doug Breeden	11 / 27
Evan Hyndman	10 / 16	Mary McManus	11 / 7	Freeman Hershberger	11 / 28
Mark Brattoli	10 / 18	Dan Schenkel	11 / 7	Peggy Hannan	11 / 30
Bob Bruckner	10 / 18	Thomas Gilbert	11 / 8	Brad A Thomas	11 / 30

Fort Wayne Track Club Member Profile

Name Pamela R. Wolfe

Occupation FWFD (Safety Education), Concordia HS Alumni Director, FW Outfitters & Bike Depot (sales)

Birth Date July 6, 1953

Family Erin (28), Ashley (26), Abby (23), Adrienne (20)

Pets 2 cats & 1 dog

Hobbies or Interests Kayaking, camping, hiking

Favorite Family Activities camping

Running Shoe Brand: Years running/walking Brooks Radius (been running for 2 years)

Favorite distance to run/walk & PR 5K (27:00), 10K (60:00)

Favorite after racing/training food Pasta

Favorite place to train/race Three Rivers Running Company (Wednesday group)

Why do you run/walk Started running when my husband got cancer in 2006 as a stress reliever and time for myself

Favorite item of clothing Nike shorts

Favorite movie/TV show/book Peter Jenkins Travel Novels

Favorite Music oldies, country, and Michael Buble'

Collections antiques

Favorite vacation destinations Rocky Mts./Smoky Mts. & Hilton Head

Most prized possession 1977 MGB

Has there been an inspiration to your running/walking Not really, it has just been fun to finally become athletic in my 50s. Especially after all those years watching my girls in sports

Do you have a dream? Successfully complete the Fort 4 Fitness in Spet. The first of many, I hope!

Editor's Note: Pamela finished the 2008 Fort 4 Fitness Half-Marathon in 2:21:35. Way to go!

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:
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 (260) 432-5998 or (260) 436-2234 or
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 PO Box 11703
 Fort Wayne, IN 46860-1703

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 Minimum \$35.00

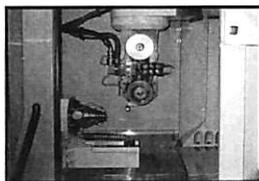
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