

The Inside Track

December 2008/January 2009

FORT WAYNE



TRACK CLUB

Fort Wayne Track Club Banquet

Sunday, February 15, 2009

5:00 pm Social/5:30 pm Dinner

IPFW Walb Student Union (ballroom)

“Being a runner means you are now ‘free’ to win and lose and live life to its fullest.”

--Bill Rodgers

In this edition:

- Farewell/Thanks
- Create Your Own Peace

Full Results:

- Turkey Trot 5K

Brennon Plotner

- A 2004 Northrop graduate who ran 4 state meets in high school cross-country and 4 state track meets. He earned All-State honors 4 times.
- Recently finished his 4th Cross Country Season at Indiana University

Dick Shenfeld

- He has coached Homestead High School Men's Cross Country Team for 34 years.
- He will share highlights of his successful coaching career.

Pam Wolfe

- “Rats in Training” member and future Rat Race Director.
- Running has changed her life with friendships + better health.

Night also includes:

- 2008 Points Awards
- Chris Brown Outstanding Senior Male and Female High School Running Awards
- Special FWTC Awards and Door Prizes like 1996 Boston Marathon Jacket
- Catering by Kevin Conrad from Tiggs Dining

Sign Up Today!! Deadline is February 7, 2009

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	bylndave@netscape.net
Kathy Burner	710-1703	katydid0512@yahoo.com
Tom Digate	918-2888	tom@digate.us
Lynne Feiertag	637-2793	runalonglynn72@verizon.net
Mike Fruchey	627-5147	frucheym@ipfw.edu
James P. Jones	745-9724	jamespjones@verizon.net
Sarah Kleinknight	456-3261	skleinknight@fssa.state.in.us
Tom Landis	693-3526	ltg541tl@gmail.com
Mac McAvoy	824-5158	macmcavoy@gmail.com
Jim McKinnon	433-7088	jim.mckinnon@vfpfire.us
Mike Slaubaugh	481-6465	slaubau@ipfw.edu
Phil Suelzer	486-1745	tri_kerl@yahoo.com
Judy Tillapaugh	456-3277	tillapau@ipfw.edu
Michael Yann	414-8995	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
• 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

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_ker@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 46860-1703
(260) 436-2234
www.fwtc.org

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

Inside this Issue

Create Your Own Peace

FAREWELL/THANKS

President's Column

By

Barrie Peterson

They say that "Time flies when you're having fun". Well, I must be having fun, because I can hardly believe that my second tenure as President of the Fort Wayne Track Club is about to come to an end at 12:00 midnight on December 31, 2008. At exactly 12:01 a.m. on January 1, 2009, Bill Harris will assume his second 2-year term as President. Both he and I have given eight years of vice-president and president duties for this club that we love so well, along with several other years of board service. I am certain that I can speak for Bill when I say that these are years of service in which we are extremely proud. With some 500 FWTC members, I would like to encourage more of you to get involved with the so-called management of this organization. This is possible in a number of different ways: i.e., board service, road race director, road race volunteer, hosting training sessions, committee work, etc. As I leave office for the final time, I want to thank my board members in general and specifically the other officers who have served along side me: Bill Harris, Vice President; Tammy Behrens and Mike Thurston, Secretary; and Don Lindley, Treasurer. You have all been great to work with!

I certainly will be leaving the club in good hands with our tentative 2009-2011 slate of officers as follows: Bill Harris, President; Kathy Burner, Vice President; Mike Thurston, Secretary; and Jim Berry, Treasurer. Please notify any of these officers if you are interested in serving on the new board or in any other club capacity.

As I ride off into the sunset, I want to express my appreciation for all 500 plus members of the Fort Wayne Track Club. You are, indeed, the backbone of our organization. I have been blessed to call many of you my friends. In fact, I have met many new friends through my association with the club over the years.

In closing, I wish all of you the very best in the future and hope that the FWTC continues to prosper, grow, and flourish. May God bless you all!

FWTC Board Meeting Minutes

October 8, 2008

Board Members Present: Barrie Peterson, Bill Harris, Don Lindley, Mac McAvoy, Tom Landis, Phil Suelzer, Dave Boylan, Michael Yann, Judy Tillapaugh, Sarah Kleinknight, Mike Slaubaugh, Mike Thurston.

1. The meeting was called to order by Barrie Peterson at 7pm.
2. September minutes were given by Mike Thurston and unanimously approved.
3. Don Lindley presented the treasurer's report. Barrie Peterson motioned to accept and Sarah Kleinknight motioned a second, and the report was unanimously approved.
4. November 15th is the deadline for the Dec/Jan FWTC issue.
5. The Run for Riley is scheduled for Sunday October 19th at 2:pm. We will support with timing. There will be a 1 mile kids race.
6. The Turkey Trot is scheduled for November 22nd. We need volunteers.
7. The FWTC Picnic is planned for 2009. It might include a prediction race. A tentative date of June 28th, Sunday, at 2:pm is set. This event and race will be open to all. Barrie Peterson and Cathy Burner will co-direct.
8. The Fanny Freezer race directors will be Sara Kleinknight and Mac McAvoy this year.
9. Front page web links to FWTC races on the FWTC website was suggested. Unanimous approval was given.
10. Don Lindley requests help with timing at the Semi State meet, November 25th.
11. The FWTC 2009 Banquet will be Sunday, February 15th, at 5:pm. Assistance is requested.
12. Phil Suelzer would like to promote more kids sponsorship in racing.
13. The FWTC will explore an Aboite Trails relationship and benefits.
14. Voting for FWTC officers and board members will be at November's board meeting.
15. FWTC Officers meeting will be October 30th, noon, at the YMCA. The next FWTC Board meeting will be held November 12th at 7p.m. at IPFW in the Royal Dons room.

Create Your Own Peace

Christmas gatherings, reunion runs, neighborhood walks, New Year celebrations, and other festive activities are here for us to enjoy during the upcoming weeks. They give us more than money can buy.

As you ponder the upcoming schedule think **PEACE!** Use **PEACE** to keep the real reasons of the season alive in you.

PEACE:

Pause and plan key priorities each day during the week. Plan time for family time, balanced meals, nutritious snacks, running and walking, calling friends, cleaning, shopping, church, work, school, and sleep. Write out your plan and carry it with you in a calendar or log book. This will decrease your chance of extra stress and feeling unorganized. It will give you more peace of mind.

Eat balanced meals and a couple nutritious snacks daily. Drink 6-8 glasses of water each day. Fill ½ your plate with vegetables and fruit, make ¼ of your plate a starchy food like brown rice, pasta, or potato, and complete final ¼ of the plate with lean meat, poultry, fish, or a high protein soy product. Use these nutritious foods: oatmeal, brown rice, whole grain bread, pumpkin, squash, beans, broccoli, carrots, red cabbage, cranberries, apricots, blueberries, nuts, lean red meat, skin less poultry, fish, milk, and yogurt.

Accept your limitations, different opinions, and changes out of your control. Take another look at your plan and priorities. Is there anything that is not necessary? Can you smile and listen more than talk?

Celebrate Christmas as a time with family, friends, and helping a neighbor. It is a time for connecting, memory building, experiencing heart felt traditions, and spreading healthy cheer. A time to commit to be Christ like.

Exercise most days of the week, moderate intensity, and 30 to 60 minutes each time. Yet if there has been little fitness in the life begin at 10 to 15 minutes each time. Allow your body time to improve. Gradually increase the fitness time week by week. Also realize how much time is available for fitness. Something is always better than nothing. If you only have 10 to 15 minutes, use it for a walk, a run, or dance around the house. You deserve it! De-stress with fitness!

Peace To You!

Healthy Holidays,

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

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Brennon Plotner

- A 2004 Northrop graduate who ran 4 state meets in high school cross country a state track meets. He earned All State honors 4 times.
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Pam Wolfe

- "Rats in Training" member and future Rat Race Director.
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- 2008 Points Awards
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- Catering by Kevin Conrad from Tiggs Dining

Thanks to the IPFW Athletic Department for helping sponsor the banquet!

Sign Up Today!! Deadline is February 7, 2009

Name: _____
Address: _____
Phone () _____ FWTC Member Yes _____ No _____
Adult \$7.00 X _____ = \$ _____ Child (under 18) \$3.50 X _____ = \$ _____
TOTAL \$ _____ (\$20.00 Max per family!)

Make checks Payable to "FWTC"
Mail to: Bottom Line Solutions, Inc.
12844 Coldwater Rd., Suite B
Fort Wayne, IN 46845

Questions: e-mail Jim Berry
jimberry22@yahoo.com
or call 260-338-2676

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/Race	City	Age	Points
1	Sam Edwards	Fort Wayne IN	11	500
2	Andrew Piropato	Fort Wayne IN	18	200
3	Ben Devoe	Bluffton IN	15	200
4	Carter A Milleman	Fort Wayne IN	17	85
Men 20 to 29				
Place	Name/Race	City	Age	Points
1	Grant Stieglitz	Fort Wayne IN	22	685
2	Edward Fisk	Fort Wayne IN	28	585
3	Evan Hyndman	Fort Wayne IN	27	420

4	David Boyer	Fort Wayne IN	20	320
5	Anthony Petras	Fort Wayne IN	22	260
6	Travis Blanchette	Fort Wayne IN	22	225
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/Race	City	Age	Points
1	Chris White	Granger IN	34	670
2	Brad A Thomas	Fort Wayne IN	33	650
3	Phillip Salisbury	Fort Wayne IN	33	310
4	Mike Cole	Corunna IN	32	300
5	Dameon Rinehold	Fort Wayne IN	32	295
6	Jeremy M Ogle	Fort Wayne IN	33	255
7	Todd Werling	Fort Wayne IN	34	180
8	Todd Sullivan	Fort Wayne IN	34	165
9	Ashley Wellman	Fort Wayne IN	33	130
10	Scott Mehlberg	Warsaw IN	33	55
11	Jay Rozelle	Fort Wayne IN	30	55

Men 35 to 39

Place	Name/Race	City	Age	Points
1	Dave Devoe	Bluffton IN	39	685
2	Brad Stoffer	Fort Wayne IN	37	545
3	Matt Scott	Warsaw IN	39	545
4	Mike Fream	Fort Wayne IN	39	360
5	Mike Wolfe	Fort Wayne IN	38	300
6	Anthony Juliano	Fort Wayne IN	38	270
7	Jason Sagan	Fort Wayne IN	36	265
8	Troy McArthy	Huntertown IN	38	240
9	Bill Landgraf	Fort Wayne IN	36	185
10	Brian Loucks	Fort Wayne IN	38	185
11	Jared Newhard	Fort Wayne IN	35	125
12	Tony Cronk	Fort Wayne IN	36	120
13	John Bradley	Auburn IN	37	100
14	Mark Pulver	Fort Wayne IN	39	90
15	Aaron York	Fort Wayne IN	35	75
16	Mark H Wolf	Fort Wayne IN	38	65
17	Tim Maxson	Fort Wayne IN	36	55
18	Thomas Gilbert	Roanoke IN	39	45
19	John Drebenstedt	Fort Wayne IN	38	35
20	Troy Degitz	Fort Wayne IN	37	25

Men 40 to 44

Place	Name/Race	City	Age	Points
1	Ward Moya	Fort Wayne IN	44	640
2	Ron Sharp	Fort Wayne IN	42	600
3	Scott Eberle	Fort Wayne IN	44	420
4	Dave Kuker	Fort Wayne IN	40	275
5	Mark Walter	Garrett IN	42	275
6	David Craker	Fort Wayne IN	43	270
7	Kyle Velasco	Berne IN	44	225
8	Kevin Gerber	New Haven IN	42	175
9	Kent Ennis	Fort Wayne IN	40	170
10	Steve Webb	Fort Wayne IN	42	150
11	Jon Beasley	Fort Wayne IN	42	120
12	Rick Grieze	Fort Wayne IN	44	110
13	Tim Newlin	Fort Wayne IN	44	110

14	Rick Sawyer	Fort Wayne IN	42	80
15	Santiago Martinez	Columbia City	40	45
16	Paul Sturm	Fort Wayne IN	42	35
17	Andrew Barry	Fort Wayne IN	43	30
18	Doyle Steury	Leo IN	44	20
19	Dan Graney	Warsaw IN	43	5

Men 45 to 49

Place	Name/Race	City	Age	Points
1	Chuck Deford	Fort Wayne IN	48	800
2	Rowland Perez	Auburn IN	47	610
3	Jeff Steinberg	Fort Wayne IN	46	520
4	Mike Wernhoff	Fort Wayne IN	46	295
5	Jeff Metzger	Fort Wayne IN	46	235
6	Steve Edmiston	New Haven IN	48	200
7	E. Brian Foster	Fort Wayne IN	45	195
8	Mark O'Shaughnessy	Fort Wayne IN	48	185
9	Dan Cummiskey	Fort Wayne IN	46	160
10	Michael Overdahl	Fort Wayne IN	47	140
11	David Roehling	Harlan IN	49	130
12	Jim Bougher	Fort Wayne IN	45	115
13	Steve Zacher	Fort Wayne IN	46	110
14	Jean Lesterance	Fort Wayne IN	48	90
15	Mark Grose	Fort Wayne IN	49	65
16	Michael A Davis	Greenfield IN	47	65
17	Jim Desimone	Fort Wayne IN	49	50
18	Joel Harter	Fort Wayne IN	45	50
19	James E Bushey	Fort Wayne IN	49	35
20	Mark Beals	Fort Wayne IN	45	35
21	Paul E Knott	Fort Wayne IN	45	25
22	Ted Van Antwerp	Fort Wayne IN	46	25
23	Quinn Farver	Fort Wayne IN	48	15
24	Steve Rhoades	Garrett IN	47	5
25	Mike Slaubaugh	Fort Wayne IN	47	5
26	Sonny Strack	Fort Wayne IN	49	5
27	Paulie Blankenship	Fort Wayne IN	47	5

Men 50 to 54

Place	Name/Race	City	Age	Points
1	Ed P Reinhard	Poneto IN	50	570
2	Brad Altevogt	Fort Wayne IN	53	475
3	Kerry Blanchette	Fort Wayne IN	54	465
4	James McKinnon	Waterloo IN	51	305
5	Chuck Brown	Bluffton IN	52	305
6	Terry Anderson	Fort Wayne IN	54	305
7	Gary Schmunk	Antwerp OH	52	290
8	Roger Wilson	Fort Wayne IN	54	270
9	Doug Breeden	Roanoke IN	52	230
10	Donald R Decook	Warsaw IN	54	210
11	Mark Furkis	Ligonier IN	52	200
12	Doug Sundling	Bluffton IN	52	185
13	Tim O'Connell	Fort Wayne IN	51	185
14	Thomas J Felts	Fort Wayne IN	53	155
15	Terry Diller	Fort Wayne IN	50	140
16	Michael Clendenen	New Haven IN	53	100
17	Steve Nivens	Fort Wayne IN	51	90
18	Charles Schreiber	Fort Wayne IN	50	80
19	Carl A Risch	Decatur IN	50	65

20	Brad Compton	Spencerville I	53	65
21	Jim Braun	Fort Wayne IN	52	65
22	Len Piropto	Fort Wayne IN	53	40
23	Stephen M Hilker	Fort Wayne IN	52	30
24	Kevin Truelove	Winona Lake	51	25
25	John Link	New Haven IN	51	25
26	Ron Zartman	Fort Wayne IN	51	15
27	Dennis Klopfenstein	New Haven IN	50	10
28	Steven E Ludwiski	Fort Wayne IN	51	10
29	John Lantz	Avilla IN	53	10
30	Timothy Ryan	Fort Wayne IN	52	5
31	Donald Kramer	Van Wert OH	53	5
32	Rick Hilker	Fort Wayne IN	52	5
33	Joseph Nayarkas	Fort Wayne IN	53	5

Men 55 to 59

Place	Name/Race	City	Age	Points
1	John Treleven	Fort Wayne IN	55	595
2	Jed Pearson	Fort Wayne IN	56	460
3	John David McPherson	Fort Wayne IN	55	315
4	Dan Bossard	Monroeville IN	57	280
5	Jim Pickett	Fort Wayne IN	58	250
6	Phil Suelzer	Fort Wayne IN	56	200
7	John Feiertag	Fort Wayne IN	59	195
8	Ken Long	Fort Wayne IN	57	150
9	Dan Barnes	Fort Wayne IN	58	145
10	Don Ransome	Warsaw IN	57	135
11	Dan Kaufman	Fort Wayne IN	57	130
12	Michael Page	Fort Wayne IN	55	120
13	Steven Greider	Fort Wayne IN	58	70
14	Jim Weide	Fort Wayne IN	55	55
15	Kelly D Clevenger	Fort Wayne IN	55	45
16	David L Winters	Huntington IN	58	35
17	Alan Geiger	Fort Wayne IN	59	25
18	Tom Fuelling	Fort Wayne IN	57	5

Men 60 to 64

Place	Name/Race	City	Age	Points
1	Bob Bruckner	Fort Wayne IN	62	600
2	Larry Lee	Fort Wayne IN	63	470
3	Rich Stephenson	Monroeville IN	61	400
4	Robert Lawson	Fort Wayne IN	60	285
5	John Brier	Fort Wayne IN	63	195
6	Bob Michel	Fort Wayne IN	60	175
7	Ray Casiano	New Haven IN	64	100
8	Dick Shenfeld	Fort Wayne IN	60	85
9	Art Obregon	Pierceton IN	60	85
10	Bernie Burgette	Fort Wayne IN	64	55
11	Dean Cutshall	Fort Wayne IN	64	45

Men 65 to 69

Place	Name/Race	City	Age	Points
1	David E Boylan	Fort Wayne IN	65	485
2	Bud Stiffler	Anderson IN	69	425
3	Karl Dietsch	Fort Wayne IN	69	245
4	Barrie Peterson	Fort Wayne IN	65	170
5	Noel Hupp	Fort Wayne IN	68	160
6	Johni Rasmussen	Fort Wayne IN	67	140
7	Fred Ross Jr	Warsaw IN	66	100

8	Dewain Cobbs	Warsaw IN	65	100
9	Tom Felger	Fort Wayne IN	68	100
10	Bill Harris	Grabill IN	69	75
Men 70 and Over				
Place	Name/Race	City	Age	Points
1	Dick Hamly	Fort Wayne IN	70	570
2	Robert C Loomis	Monroe IN	74	415
3	Bernie Huesing	Fort Wayne IN	75	300
4	Joe Ziegler	New Haven IN	72	200
5	R William Schmidt	Fort Wayne IN	73	100
6	Dick Sive	Fort Wayne IN	72	75
7	Kenneth E Disler	Fort Wayne IN	85	75
8	Curtis Nold	Fort Wayne IN	76	55
Female 19 and Under				
Place	Name/Race	City	Age	Points
1	Brooke Werstler	Larwill IN	12	600
2	Laken Lefever	Columbia City	15	100
3	Kate Desimone	Fort Wayne IN	15	100
4	Lynn Altevogt	Fort Wayne IN	19	100
5	Jamie Ziegler	Fort Wayne IN	6	85
Women 20 to 29				
Place	Name/Race	City	Age	Points
1	Kalissa Blanchette	Fort Wayne IN	20	500
2	Amy Stephan	Fort Wayne IN	29	340
3	Michelle Molargik	Auburn IN	29	185
4	Jennifer Lee	Fort Wayne IN	25	100
5	Melissa Ludack	Fort Wayne IN	27	85
Women 30 to 34				
Place	Name/Race	City	Age	Points
1	Heather Fromm	Fort Wayne IN	32	575
2	Kara Gongwer	Fort Wayne IN	34	460
3	Carmen Parker	Fort Wayne IN	30	275
4	Wendy Kilbourne	Fort Wayne IN	31	100
5	Rebecca Hollenbaugh	South Whitley	IN 34	85
6	Elizabeth Wolf	Fort Wayne IN	32	85
Women 35 to 39				
Place	Name/Race	City	Age	Points
1	Erin Brady	Fort Wayne IN	36	560
2	Tracy Brooks	Fort Wayne IN	38	545
3	Kelly Kelly	Fort Wayne IN	35	535
4	Angie Lockwood	Bluffton IN	38	300
5	Andrea Kropf	Roanoke IN	35	285
6	Tammy Behrens	Fort Wayne IN	36	265
7	Traci Barsantee	Fort Wayne IN	36	205
8	Cheryl Pulver	Fort Wayne IN	37	165
9	Danielle Sullivan	Fort Wayne IN	35	120
10	April Lass	Fort Wayne IN	36	75
11	Katrina Loucks	Fort Wayne IN	36	75
12	Kathy Burner	Auburn IN	39	45
13	Elaine Kolvoord	Fort Wayne IN	36	35
Women 40 to 44				
Place	Name/Race	City	Age	Points
1	Cindy McGovern	Fort Wayne IN	43	785
2	Robin Werstler	Larwill IN	42	485
3	Gail Gerber	New Haven IN	44	400

4	Anne Shank	Fort Wayne IN	41	355
5	Robin Rizzo	Fort Wayne IN	41	75
6	Linette Barry	Fort Wayne IN	44	65
Women 45 to 49				
Place	Name/Race	City	Age	Points
1	Sheryle Braaten	Hoagland IN	47	670
2	Betty Greider	Fort Wayne IN	47	445
3	Denise Conrad	Decatur IN	46	300
4	Julie Bossard	Monroeville IN	48	215
5	Judy White	Fort Wayne IN	49	200
6	Beverly Metzger	Fort Wayne IN	45	185
7	Dorthea Ruhl	Angola IN	48	85
8	Cathy Myers	Fort Wayne IN	48	85
9	Judy Tillapaugh	Fort Wayne IN	49	85
10	Karen Kosberg	Fort Wayne IN	46	85
11	Gloria Craig	Cecil OH	45	75
12	Barbara Price	Huntertown IN	48	75
13	Paula McEachern	Leo IN	47	75
14	Margie Morris-Parker	Fort Wayne IN	49	55
Women 50 to 54				
Place	Name/Race	City	Age	Points
1	Terri Gross	Fort Wayne IN	52	700
2	Regina Blanchette	Fort Wayne IN	53	375
3	Phyllis Suelzer	Fort Wayne IN	54	300
4	Cheryl Stromski	Antwerp OH	52	260
5	Nancy Simmonds	Fort Wayne IN	54	170
6	Jan Halter	Leo IN	51	85
7	Susan Peterson	Albion IN	53	75
8	Peggy Hannan	Fort Wayne IN	52	65
Women 55 to 59				
Place	Name/Race	City	Age	Points
1	Lynne Feiertag	Fort Wayne IN	56	285
2	Jordan Yarde	Garrett IN	57	85
3	Nancy Boyer	Fort Wayne IN	56	85
Women 60 to 69				
Place	Name/Race	City	Age	Points
1	Barb Scrogam	Fort Wayne IN	61	755
2	Betty Nelson	Columbia City	61	500
3	Bodil Rasmussen	Fort Wayne IN	63	235
Women 70 and Over				
Place	Name/Race	City	Age	Points
1	Gloria J Nold	Fort Wayne IN	72	300

Turkey Trot 5K

November 22, 2008

Place	Name	City	Age	Time
1	Jeff Nidlinger	Fort Wayne IN	29	16:44
2	Dave Bussard	Elkhart IN	48	17:04
3	Mark Green	Fort Wayne IN	23	17:11
4	Ron Sharp	Fort Wayne IN	43	17:14
5	Wes Kuhn	Fort Wayne IN	22	17:18
6	Chris White	Granger IN	34	17:20
7	Godfrey Kibet	Fort Wayne IN	22	17:47
8	Biruk Deston	Fort Wayne IN	21	17:55
9	Mark Furkis	Ligonier IN	53	17:58
10	Jon* Nidlinger	Fort Wayne IN	29	18:09
11	Chuck Deford	Fort Wayne IN	49	18:20
12	Dave Devoe	Bluffton IN	40	18:25
13	Rowland Perez	Auburn IN	48	18:27
14	Andrew McLain	Fort Wayne IN	16	18:30
15	Brad A Thomas	Fort Wayne IN	33	18:31
16	Joshua Miller	Waterloo IN	20	18:32
17	Bisrat Desta	Fort Wayne IN	15	18:38
18	Alex Cushman	Ossian IN	15	18:41
19	Scott Eberle	Fort Wayne IN	45	19:12
20	John Schnieders	Decatur IN	44	19:15
21	Tim O'Connell	Fort Wayne IN	52	19:17
22	Luke Miller	Fort Wayne IN	14	19:31
23	Ward Moya	Fort Wayne IN	45	19:34
24	Brad Altevogt	Fort Wayne IN	53	19:36
25	Mark A Mays	Fort Wayne IN	36	19:53
26	Mark O'Shaughnessy	Fort Wayne IN	48	20:05
27	Grant Stieglitz	Fort Wayne IN	23	20:09
28	Ben Devoe	Bluffton IN	16	20:09
29	Roger Wilson	Fort Wayne IN	55	20:14
30	Riley Horn	Reading MI	12	20:18
31	Ed P Reinhard	Poneto IN	51	20:32
32	Max Silcox	Roanoke IN	14	20:39
33	James Furkis	Ligonier IN	31	20:41
34	Katherine Welch	Fort Wayne IN	37	20:49
35	Tim Stumph	Fort Wayne IN	44	20:51
36	Christian Clark	Fort Wayne IN	15	21:00
37	Jeff Metzger	Fort Wayne IN	47	21:06
38	Rachel Costin	Garrett IN	16	21:12
39	Chuck Brown	Bluffton IN	53	21:16
40	Jeff Steinberg	Fort Wayne IN	47	21:22
41	Linda Keuneke	Fort Wayne IN	45	21:27
42	Todd Findley	Fort Wayne IN	38	21:28
43	Emily Johnson	Fort Wayne IN	15	21:32
44	Lars Kuelling	Fort Wayne IN	37	21:34
45	Stephen Olson	Fort Wayne IN	32	21:37
46	Phillip Amburgey	Fort Wayne IN	26	21:37
47	Troy Fry	Garrett IN	38	21:39
48	Joshua Ware	Fort Wayne IN	14	21:40
49	Scott Trost	Lagrange IN	45	22:08
50	Kate Desimone	Fort Wayne IN	16	22:27
51	Hunter Winaer	Quincy MI	12	22:29
52	Cindy McGovern	Fort Wayne IN	44	22:31

53	Kayla Patterson	Roanoke IN	16	22:33
54	Barry Adams	Leo IN	42	22:34
55	Tyler Johnson	Fort Wayne IN	13	22:35
56	Loretta Horn	Reading MI	37	22:37
57	Paul E Knott	Fort Wayne IN	45	22:38
58	Michael Clendenen	New Haven IN	54	22:40
59	Tracy Brooks	Fort Wayne IN	39	22:47
60	John Christensen	Fort Wayne IN	39	22:52
61	Janet Souder	Fort Wayne IN	29	22:54
62	Evan Hyndman	Fort Wayne IN	28	23:01
63	Chris Miller	Fort Wayne IN	40	23:03
64	Ariel McCoy	Garrett IN	14	23:04
65	Karen Trexler	Fort Wayne IN	15	23:05
66	Scott Chrisman	Fort Wayne IN	37	23:07
67	Haley Havert	Fort Wayne IN	14	23:11
68	Brooke Werstler	Larwill IN	12	23:21
69	Brad Stoffer	Fort Wayne IN	38	23:21
70	Linda Wyss	Fort Wayne IN	46	23:22
71	Bob Bruckner	Fort Wayne IN	63	23:24
72	Tom Utley	Fort Wayne IN	46	23:35
73	Jim Bougher	Fort Wayne IN	46	23:41
74	Sheryle Braaten	Hoagland IN	48	23:42
75	Megan Karney	Quincy MI	14	23:43
76	Erin Brady	Fort Wayne IN	37	23:44
77	Bob Womack	Auburn IN	51	23:45
78	Kerry Blanchette	Fort Wayne IN	55	23:46
79	Ken Nordin	Fort Wayne IN	63	23:50
80	Logan Kestner	Quincy MI	13	23:52
81	Joe Donnell	Fort Wayne IN	48	23:54
82	Jim Silcox	Roanoke IN	50	23:59
83	David Geiger	Churubusco IN	47	24:00:00
84	Lisa Byanski	Fort Wayne IN	35	24:10:00
85	Mike Wemhoff	Fort Wayne IN	47	24:13:00
86	Kyle Sabo	Fort Wayne IN	17	24:16:00
87	Steve Ehinger	Fort Wayne IN	32	24:18:00
88	Alexis Godeke	Antwerp OH	17	24:22:00
89	Craig Crawford	Kendallville IN	28	24:23:00
90	Jerry Bougher	Sheboygan WI	38	24:28:00
91	Terry Anderson	Fort Wayne IN	55	24:31:00
92	Katie Parrish	Fort Wayne IN	24	24:50:00
93	Connor O'Shaughnessy	Fort Wayne IN	17	24:51:00
94	Ben Schneider	Fort Wayne IN	17	24:51:00
95	Kevin Kaplansky	Fort Wayne IN	15	24:51:00
96	Laura Donnell	Fort Wayne IN	16	24:56:00
97	Lindsae Gilbert	Garrett IN	27	24:57:00
98	Ryan Kestner	Quincy MI	9	25:04:00
99	Teri Huffman	Bluffton IN	46	25:10:00
100	Michael Variell	Convoy OH	52	25:11:00
101	Emma Weiler	Auburn IN	19	25:17:00
102	Jennifer Beakas	Auburn IN	20	25:17:00
103	Alyssa Bracy	Quincy MI	12	25:23:00
104	David Emery	Fort Wayne IN	45	25:30:00
105	Harry Silcox	Roanoke IN	12	25:33:00
106	Steve Rhoades	Garrett IN	48	25:35:00
107	Guy Lamott	Fort Wayne IN	44	25:38:00
108	Connie Gordon	Churubusco IN	46	25:55:00

109	Rob Burns	Leo IN	40	26:03:00
110	Andrew Hershberger	Fort Wayne IN	12	26:09:00
111	Christian Arnold	Fremont IN	25	26:10:00
112	Jacob Ware	Fort Wayne IN	17	26:15:00
113	Kevin Lochner	North Manchester	53	26:16:00
114	Kimberly Summers	Fort Wayne IN	40	26:18:00
115	Morgan Carroll	Fort Wayne IN	16	26:19:00
116	Jim Desimone	Fort Wayne IN	50	26:22:00
117	Christopher Meyer	Fort Wayne IN	10	26:26:00
118	Colin Gallagher	Fort Wayne IN	25	26:28:00
119	Kelly Kelly	Fort Wayne IN	36	26:33:00
120	Terri Gross	Fort Wayne IN	53	26:35:00
121	Joe Obringer	Decatur IN	43	26:36:00
122	Randy Moeller	Fort Wayne IN	47	26:39:00
123	Chris Robinson	Fort Wayne IN	13	26:41:00
124	Bill Colter	Harlan IN	53	26:41:00
125	E. Brian Foster	Fort Wayne IN	46	26:45:00
126	Tricia Rzepka	Quincy MI	34	26:46:00
127	Lena Yarian	Garrett IN	45	26:48:00
128	Kim Larsen	Fort Wayne IN	47	26:56:00
129	Kevin Truelove	Winona Lake IN	51	27:03:00
130	Stephen M Hilker	Fort Wayne IN	53	27:06:00
131	Gail Gerber	New Haven IN	45	27:17:00
132	Heather Fromm	Fort Wayne IN	32	27:27:00
133	Ron Zartman	Fort Wayne IN	52	27:32:00
134	Jennifer Emery	Fort Wayne IN	13	27:49:00
135	Chalise Steffen	Leo IN	26	27:49:00
136	Phyllis Suelzer	Fort Wayne IN	55	27:50:00
137	Mike Wolfe	Fort Wayne IN	39	27:58:00
138	Bethany Plattner	Leo IN	33	28:10:00
139	Joel Shellabarger	Leo IN	13	28:12:00
140	Steve Edmiston	New Haven IN	49	28:12:00
141	Jean Blankenship	Bryan OH	40	28:14:00
142	Kevin Gerber	New Haven IN	43	28:17:00
143	Mark Jones	North Manchester	55	28:19:00
144	Anne Ehinger	Fort Wayne IN	46	28:20:00
145	Sue Ehinger	Fort Wayne IN	34	28:28:00
146	Derek Horn	Reading MI	38	28:32:00
147	Lynne Feiertag	Fort Wayne IN	57	28:33:00
148	Donald Kramer	Van Wert OH	54	28:35:00
149	Sam Hadley	Grabill IN	56	28:43:00
150	Mike Slaubaugh	Fort Wayne IN	48	28:49:00
151	John Brier	Fort Wayne IN	64	28:49:00
152	Sara Goff	Columbia City IN	36	28:49:00
153	J R Ankenbruck	Fort Wayne IN	30	28:59:00
154	Tommie Ankenbruck	Roanoke IN	23	28:59:00
155	Sue Kaufman	Fort Wayne IN	57	29:09:00
156	Garrett Burns	Leo IN	12	29:17:00
157	Dick Harnly	Fort Wayne IN	71	29:27:00
158	Isaac Ramey	Fort Wayne IN	9	29:33:00
159	Rich Stephenson	Monroeville IN	61	29:36:00
160	David E Boylan	Fort Wayne IN	66	29:38:00
161	Kelly McLendon	New Haven IN	18	29:40:00
162	Lisa Clark	Fort Wayne IN	45	29:51:00
163	Sarah Beadenkopf	Jackson MI	29	29:59:00
164	Erica Bailey	South Bend IN	29	30:00:00

165	Amanda Iacone	Fort Wayne IN	28	30:07:00
166	Cheryl Stromski	Antwerp OH	53	30:09:00
167	Bud Stiffler	Anderson IN	70	30:10:00
168	Angie Fix	Fort Wayne IN	31	30:20:00
169	Shannon Didier	Fort Wayne IN	12	30:20:00
170	David Craker	Fort Wayne IN	43	30:47:00
171	Andrea Moll	Harlan IN	29	30:47:00
172	Jeremy Jones	North Manchester	32	30:52:00
173	Barb Scroggum	Fort Wayne IN	62	30:54:00
174	Thomas Lochner	Fort Wayne IN	59	30:58:00
175	Jesse Shellabarger	Leo IN	14	30:59:00
176	Klayton Hinshaw	Geneva IN	12	31:23:00
177	April Steinacker	Fort Wayne IN	33	31:24:00
178	McKenzie Hinshaw	Geneva IN	28	31:27:00
179	John David McPherson	Fort Wayne IN	55	31:34:00
180	Kerri Piekarski	Fort Wayne IN	48	31:44:00
181	Terra Schmidt	Harlan IN	37	31:51:00
182	Kevin Huffman	Bluffton IN	46	31:55:00
183	John Feiertag	Fort Wayne IN	60	32:12:00
184	Robert Lawson	Fort Wayne IN	61	32:19:00
185	Cindy Bockelman	Columbia City IN	32	32:36:00
186	Tracy Shellabarger	Leo IN	51	32:55:00
187	Dana Budd	Churubusco IN	54	33:04:00
188	Sherry Nidlinger	Fort Wayne IN	57	33:12:00
189	Gretchen Shellabarger	Leo IN	42	33:16:00
190	Jennifer Williams	Fort Wayne IN	25	34:40:00
191	Emily Williams	Fort Wayne IN	23	34:40:00
192	Amy Weiler	Auburn IN	48	34:48:00
193	Dick Sive	Fort Wayne IN	73	35:33:00
194	Susan Peterson	Albion IN	54	35:41:00
195	Robin Werstler	Larwill IN	43	35:50:00
196	Travis Blanchette	Fort Wayne IN	23	36:42:00
197	John Fribley	Auburn IN	45	36:55:00
198	Kelly Beakas	Auburn IN	44	37:33:00
199	Noah Obringer	Decatur IN	12	39:27:00
200	Beverly Metzger	Fort Wayne IN	46	39:49:00
201	Katie Kobryn	Fort Wayne IN	37	39:57:00
202	Noah Kobryn	Fort Wayne IN	12	39:59:00
203	Kalissa Blanchette	Fort Wayne IN	21	40:26:00
204	Amy E Henderson	Columbia City IN	28	40:37:00
205	Regina Blanchette	Fort Wayne IN	54	40:56:00
206	Betty Greider	Fort Wayne IN	47	41:05:00
207	Kate Peterson	Fort Wayne IN	48	41:30:00
208	Sabrina York	Fort Wayne IN	10	41:42:00
209	Aaron York	Fort Wayne IN	36	41:42:00
210	Jamie Hibbard	Fort Wayne IN	27	42:36:00
211	Crystal Haberkorn	Fort Wayne IN	32	42:38:00

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.



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!



Heather	Fromm	12	-	1	Betty	Greider	12	-	22	Steve	Eyers	1	-	14
Bob	Michel	12	-	1	Mark	O'Shaughnessy	12	-	22	Linette	Barry	1	-	15
Jim D	Stamper	12	-	2	Julie	Page	12	-	22	Donald	Lindley	1	-	15
Jim	Martin	12	-	3	Linda	Brooks	12	-	23	Steve	Nivens	1	-	15
Eugene	Striggle	12	-	4	Robert	Esparza	12	-	23	Amy	Stephan	1	-	15
Brad	Altevoigt	12	-	5	Mike	Fream	12	-	23	Steve	Creighton	1	-	18
Kevin	Truelove	12	-	5	Jan	Halter	12	-	23	Madison	Fruchey	1	-	19
Dean	Cutshall	12	-	6	Tyler	Wemhoff	12	-	23	Robert	Snow	1	-	19
Diana	Schowe	12	-	6	Sue	McGrew	12	-	24	Travis	Blanchette	1	-	21
Dan	Roy	12	-	7	Joe	Ziegler	12	-	24	James	Bushey	1	-	21
Judy	Tillapaugh	12	-	8	Aaron	Landis	12	-	27	Jim	Desimone	1	-	21
Rhonda	Winkeljohn	12	-	8	Angie	Lockwood	12	-	28	Don	Ashton	1	-	22
Steven E	Ludwiski	12	-	9	Bev	Hullinger	12	-	30	Karl	Dietsch	1	-	22
Robby	Parkhurst	12	-	9	Diane	Post	12	-	30	Rick	Martell	1	-	22
Rich	Stephenson	12	-	10	Brooke	Werstler	12	-	31	Paul	Sturm	1	-	22
Andrea	Wolf	12	-	10	Gloria	Craig	1	-	1	Tammy	Behrens	1	-	26
David	Craker	12	-	12	Randy	Lavine	1	-	1	Tony	Galuoppo	1	-	26
John	Klingenberger	12	-	12	Gregg	Pollander	1	-	1	Dave	Kuker	1	-	26
Jennifer	Lee	12	-	12	Dave	Devoe	1	-	3	Michael	Pulver	1	-	26
Joel	Harter	12	-	13	Wendy	Federoff	1	-	3	Carla	Brames	1	-	27
Chris	White	12	-	13	Paul	Shaffer	1	-	3	Jeremy	Ogle	1	-	28
Christina	Bard	12	-	14	Jacqueline	Konkle	1	-	4	Katrina	Bard	1	-	29
Jim	Braun	12	-	14	Steven	Summers	1	-	4	Rachel	Berry	1	-	29
Roseann	Simmons	12	-	14	Katie	Grieze	1	-	5	Ben	Gensic	1	-	29
R William	Schmidt	12	-	15	Jeff	Metzger	1	-	5	Kerry	Huffman	1	-	29
Phil	Suelzer	12	-	15	Kate	Desimone	1	-	6	Noel	Hupp	1	-	29
Kenneth	Disler	12	-	16	Logan	Pollander	1	-	7	John	Lantz	1	-	29
Ann	Linson	12	-	16	Steven A	West	1	-	8	John	Feiertag	1	-	30
Bobbie	Ashton	12	-	18	Scott	Mehlberg	1	-	10	Cecil	Johnson	1	-	30
Lorraine	Brattoli	12	-	19	Carter A	Milleman	1	-	11	Robert	Loomis	1	-	30
John David	McPherson	12	-	19	Donald	Kramer	1	-	12	Fred	Ross Jr	1	-	31
Ashley	Wellman	12	-	20	Scott A	Miller	1	-	12	Theo	Van Antwerp	1	-	31
Jeannie	Giese	12	-	21	Cheryl	Pulver	1	-	13	Jamie	Ziegler	1	-	31
Denny	Logan	12	-	21										

Upcoming Races

Date/Time	Local Points	Race Information
Dec 13,2008 9:00AM	R	Jingle Bell Run - 5K Defiance Area YMCA (1599 Palmer Drive, Defiance, OH), Defiance, OH <i>Contact:</i> Curt Foust <i>Info/Fees:</i> Proceeds benefit the Arthritis Foundation Entry fee- \$20.00 <i>Email:</i> cdfoust@hotmail.com <i>Web site:</i> http://www.defiancecountyranner.com
Dec 13,2008 8am Sat	R	32th Annual Rocket City Marathon - 26.2 Miles Holiday Inn, Huntsville, AL <i>Contact:</i> Suzanne & Dink Taylor, 2722 Carl T Jones Suite 2B, Huntsville, AL 35802, 256-650-7063 <i>Info/Fees:</i> 6 hour time limit, No Race Registration, Registration closes at 1500 runners. <i>Email:</i> suzanne@fleetfeethuntsville.com <i>Web site:</i> http://www.runrocketcity.com/
Dec 13,2008 10:30am Sat	L	Reindeer Run 5K - 5K Botanical Conservatory downtown - Calhoun at Jefferson, Fort Wayne, IN <i>Contact:</i> Mitch Harper, 5207 Hopkinton Drive, Fort Wayne, IN 46814, 260-436-4824 <i>Info/Fees:</i> \$15 Registration before race day. Meet live reindeer. Greet Santa Claus. Win an award for best holiday themed running costume in addition to overall and age group awards. Best male and female adult costumes, best couple, best parent and child; best kids' costume. <i>Email:</i> mitchvharper@gmail.com <i>Web site:</i> http://Reindeer5K.com <i>Registration:</i> http://allsportcentral.com/EventInfo.cfm?EventID=19973
Dec 13,2008 9am Sat	R	Jingle Bell Run for Arthritis - 5K Run/Walk Downtown-IUPUI Track/NIFS, Indianapolis, IN <i>Contact:</i> Tuxedo Brothers, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Dec 14,2008 2pm Sun	L	The Gift 5K - 5K Hickory Center(behind Carroll HS), Fort Wayne, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier IN 46767, 260-894-4638 <i>Info/Fees:</i> \$12-pre-\$15-race day. Benefits the Dave Knopp Family <i>Email:</i> shepherdb@westnoble.k12.in.us
Dec 19,2008 6pm Fri	R	Dashing Thru the Snow - 5K Morches Park, Columbia City, IN <i>Contact:</i> Melinda, 260-248-5180 <i>Info/Fees:</i> \$20 Race Day <i>Email:</i> ccparks@columbiacity.net <i>Web site:</i> http://www.columbiacityparks.us
Dec 27,2008 9am Sat		Run to the New Year - 5K Run/Walk Cool Creek Park, Westfield, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com

Dec 27,2008 8am Sat	L	12th Annual The Huff 50KM Trail Run - 50K, 3xRelay, & 1 Loop Fun Run (10.8 Miles) J.Edward Roush Lake - Kil-So-Quah Campground, Huntington, IN <i>Contact:</i> The Huff 50K c/o Mitch Harper, 5207 Hopkinton Dr. Fort Wayne, IN 46814, 260-436-4824 <i>Info/Fees:</i> \$45(11/30) \$55(12/15) \$65 (12/22): Teams: \$115(11/10) \$145(12/15) \$175(12/23) !!!There is no day-of-registration!!!! All entries must be postmarked by DECEMBER 20th. Entry Limit: 50K-300; 3-Person Relay - 70 Teams; 1-Loop - 200. Three loops(10.8 miles), gently rolling, wooded on the Kekionga Trail. <i>Email:</i> mitchvharper@gmail.com <i>Web site:</i> http://www.HUFF50K.com <i>Registration:</i> http://allsportcentral.com/EventInfo.cfm?EventID=18678
Dec 31,2008 2pm Wed	R	CKRR New Year's Eve 5K - 5K Run/Walk UAW 292, Alto & Park Roads, Kokomo, IN <i>Contact:</i> Charlie Skoog, CKRR, 2936 Congress Dr., Kokomo, IN 46902, 765-457-2607 <i>Email:</i> runckrr@aol.com <i>Web site:</i> http://www.ckrr.us
Jan 03,2009 11am Sat		25th Annual Siberian Express - 7.1 Miles Trail Run (New Course) Lake Mingo Trail, Danville, IL <i>Contact:</i> Scott Hendren, Siberian Express PO Box 1701, Danville, IL 61834, (217) 469-2134 <i>Info/Fees:</i> 7th year in a row, no price change! \$15 postmarked by 11/21 <i>Email:</i> krr@kennekuk.com <i>Web site:</i> http://www.kennekuk.com
Feb 07,2009 9am Sat		Bop to the Top - 37 Floor Stairclimb One America Bldg, downtown Indy, Indianapolis, IN <i>Contact:</i> Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionville, IN 46077, 317-733-3300 <i>Email:</i> tuxbro@indy.rr.com <i>Web site:</i> http://www.tuxbro.com
Feb 14,2009 2pm Sat	L	Fanny Freezer 5K - 5K Shoaff Park, Fort Wayne, IN <i>Contact:</i> Mac McAvoy <i>Email:</i> macmcavoy@gmail.com <i>Web site:</i> http://www.fwtc.org
Mar 14,2009 9am Sat		Vasque DINO Trail Run -Indy - 15k, 5k Eagle Creek 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> brian09@dinoserries.com <i>Web site:</i> http://www.dinoserries.com/run
Mar 21,2009 11am Sat	L	29th Annual Nutri Challenge - 20K & 5M Run The Chapel, Fort Wayne, IN <i>Contact:</i> Fort Wayne Track Club, c/o Mike Thurston, PO Box 11703, Fort Wayne IN 46860-1703, 260-418-9013 <i>Info/Fees:</i> 20K AND 5M NEW COURSES! MORE HILLS! Race director: Mike Thurston, thursma@hotmail.com, 260-418-9013, course: http://www.usatf.org/routes/view.asp?rID=241684 <i>Email:</i> thursma@hotmail.com <i>Web site:</i> http://www.fwtc.org

FWTC MEMBERSHIP APPLICATION

Name: _____ Date of Birth _____ / _____ / _____ Sex _____

Address: _____ Home Phone _____

City/State/Zip: _____ Work Phone _____

E-mail address: _____

Occupation: _____ Business Affiliation: _____

Type of Membership: Single:_____ Family:_____ New Member:_____ Renewal:_____

Family Members:

Spouse: _____ Birthdate: _____ Sex: _____

Children: _____ Birthdate: _____ Sex _____

Children: _____ Birthdate: _____ Sex _____

Make checks to: Fort Wayne Track Club, PO Box 11703, Fort Wayne IN 46860-1703

ANNUAL MEMBERSHIP DUES: January 1 - December 31

One year: \$16 Two Years: \$28 Three Years: \$36

New Members: first year only \$12 If you join during the year you pay as follows: 100%- Jan,Feb,Mar- 1st Qtr.

Members under 21: \$12

Family rates: \$4 for ea. add'l family member (\$8 - max)

75%- Apr, May, Jun- 2nd Qtr.

50%- Jul.Aug.Sep- 3rd Qtr.

125%- Oct, Nov, Dec- 4th Qtr.

The Fort Wayne Track Club has obtained an insurance policy through the Road Runners Club of America which gives coverage for various events. Through this insurance we are covered for weekly runs, picnics, socials, and volunteers at races and other club functions. Please sign a waiver if you have not already done so. The waiver will be kept on file.

CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself, and any other person named on this application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record for any legitimate purpose. I understand and will abide by the guidelines that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club races.

Signature: _____ Date _____

Parents Signature(if under age 18)_____ Date _____

Fort Wayne Track Club Means Volunteers!

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



Name: _____

Phone: _____

Email: _____

☐ Board Member

☐ Race Director

☐ Assistant Race Director

☐ Races

☐ Finish Line

☐ Course Setup

☐ Timing

☐ Aid Stations

☐ Applications

☐ Transportation

☐ Advertising/Promotions

☐ Results

☐ Equipment Coordinator

Timing equipment, finish line, course markers

☐ Newsletter

Production, Editing, Graphics, Articles, Photos, Advertising

☐ Website

Maintenance, Graphics, Articles, Photos, Email, Advertising

☐ Membership

☐ FWTC Banquet

☐ Advertising/Promotions (race sponsors, flyers)

☐ Anywhere

☐ Other: _____

Show your support for your Fort Wayne Track Club

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

Or contact any board member!

Attention Track Club Members

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

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

Advertising Rates

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

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

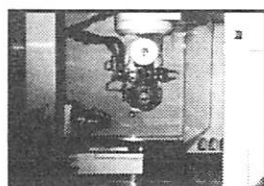
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