

The Inside Track

February 2009 / March 2009

FORT WAYNE



TRACK CLUB

This Edition:

- * **New President's Commentary**
- * **Local Nutritionist Weighs in on the Fork vs Fuel Debate**
- * **Points Policies for the Club**
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- * **...and More!**

Visit our website at www.fwtc.org

Officers and Board Members

All FWTC members are welcome to attend board meetings: they are held in the Royal Dons Room, Gates Sports Center, IPFW at 7 p.m.

Officers

President: Bill Harris, 657-5012,
bharris@mossharris.com
Vice President: Kathy Burner, 710-1703,
katydid0512@yahoo.com
Co-Treasurers: Jim Berry, 490-2219,
JimBerry22@yahoo.com; Robin
Dombrowski, 492-7127,
robindombrowski@live.com
Secretary: Mike Thurston, 418-9013,
thursma@hotmail.com

Board Members

Bethany Beebe, 749-8189,
bethanylbeebe@gmail.com
Craig Bobay, 484-0149,
judgecraig@alumni.iu.edu
Kathy Burner, 710-1703,
katydid0512@yahoo.com
Tim Claxton, 426-1300,
tclaxton@burtblee.com
Greg Cranston, 755-0301,
gcranston3@aol.com
Terry Diller, 637-6344,
terry.diller@starfinancial.com
Mike Fruchey, 627-5147,
frucheym@ipfw.edu
Sarah Kleinknight, 456-3261,
skleinknight@fssa.state.in.us
Mac McAvoy, 824-5158,
macmcavoy@gmail.com
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Phil Suelzer, 486-1745,
tri_ker1@yahoo.com
Judy Tillapaugh, 456-3277,
tillapau@ipfw.edu
Michal Yann, 414-8995,
michael.yann@yahoo.com

FWTC Coordinators

Points Race Coordinators

Phil Suezler, 486-1745,
tri_ker@yahoo.com
Greg Cranston, 755-0301,
gcranston3@aol.com

Membership Coordinator

Don Lindley, 432-5998,
lindleyd44@verizon.net

Equipment Coordinators

Don Lindley 432-5998,
lindley44@verizon.net

Newsletter

Bethany Beebe, 749-8189,
bethanylbeebe@gmail.com

Website

Tom Digate, 918-2888,
tom@digate.us

Race Directors Coordinator

Steve Hilker, 434-1745,
smhilker@verizon.net

Youth Coordinator

Phil Suelzer, 486-1745,
tri_ker@yahoo.com

Marketing Coordinator

Kathy Burner, 710-1703,
katydid0512@yahoo.com

Contact Us!

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

The FWTC is a member of the RRCA
(Road Runners Club of America), Club
#23

Membership Dues

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

President's Column

New Beginnings

First of all, many thanks to the retiring officers, Barrie Peterson and Don Lindley. Barrie retires as president and remains on the board to input his wisdom and expertise. Don retires as treasurer and board member, but continues to assist as needed as coordinator of membership and equipment. His service as treasurer--for 30 years with two additional years helping others--is unsurpassed and much appreciated. Several other board members are leaving: Kerry Blanchette, Dave Boylan, Tom Digate, Lynne Feiertag, J. P. Jones, Tom Landis and Mike Slaubaugh. We will miss their appreciated counsel and assistance. Fortunately, we are in the process of adding replacements to the board.

At the time this column is being written, I am anticipating the Fanny Freezer, the club's first points race of the year on Saturday, February 14, followed by the annual club banquet Sunday, February 15 in the IPFW Walb Student Union. This banquet is our club's time to announce age group point winners, to present special FWTC awards and door prizes and recognize the outstanding high school male and female runners. In addition, there is an excellent program planned featuring Brennon Plotner, 2004 Northrop graduate, Pam Wolfe, future Rat Race director, and Dick Shenfeld, men's cross country coach at Homestead for the past 34 years.

Elsewhere in this issue look for the designation of points races. There will be a revised method for calculation of points which will be posted on the web site shortly and printed in the March-April newsletter. This revised method will place more weight on quality and placement in the races, but will still reward runners who compete in many races. Finally, with this new year, I am looking forward to working actively to promote running in Fort Wayne and the surrounding area.

Right now, I gotta' run!

Bill Harris

Future Fuel

Local Nutritionist Judy Tillapaugh offers a professional's take on being ready for your next big race.

Before meals and snacks what statements do you say to yourself?

What food comments influence your food choices?

Self talk is the collection of conversations we have with ourselves. It causes us to make decisions and choose actions that are either positive or negative for overall health and well being.

Get to know your self talk related to food and beverages choices.

Do you say any of these comments to yourself?

- * I should never eat ___ since it is high in calories.
- * I am a good person for not eating ___.
- * If I eat ___, I will gain 2 pounds. Oh No!
- * I am either perfect with my choices or I am a failure.
- * If I eat ___ I will feel so guilty.
- * At dinner I can only have ___.
- * My friend will be upset if I do not eat ___.
- * That ___ is not on my diet.
- * It tasted good; it must be bad for me.
- * If I start eating ___ I will eat the whole bag. I can never eat it.
- * Bread is fattening.
- * If I eat ___ my coach or ___ will be mad at me.
- * Eating a bag ___ is my only answer to handling extra stress.
- * I should deny my desire to have a cookie.

If two or more of these statements (or similar statements) are frequently on your mind you have misconceptions about nutrition. They do not support an energizing pattern of eating.

So how can these problems be remedied?

Be more aware of all or nothing, good vs. bad, should vs. should not, critical, and judgmental comments you make. Commit to speaking to yourself differently. Make peace with life and you will probably also find yourself making peace with your food.

Try to keep these tried and true guidelines in mind when you pull up to the table after pulling up your shoe laces to work out.

Mindful Energizing Eating Guidelines:

- * Plan for balanced meals and snacks to feel fit and healthy.
- * Plan for favorite foods.

- * Shop for a variety of nutritious foods and beverages from all major food groups.
- * As meals are prepared, give yourself positive self talk.
- * Relax a little before you eat. Take a few deep breaths.

“The key to changing the way you eat is not discipline over what is on your fork, but mastery over the hungry mind.” Eating Mindfully by Susan Albers, Psy.D.

- * Take your time at meals and snacks. Eating is not a race.
- * Recognize the tastes, smell, and texture of all foods.
- * Limit use of alcohol and caffeine. These affect judgment and ability to think clearly.
- * Drink refreshing water throughout the day.
- * Be gentle on yourself; no one is perfect.
- * Be open to new recipes and new food choices.
- * Reinforce healthy choices with healthy thoughts.

Listen to yourself a bit more without judgment and hard rules and aim for a more mindful, energizing style of eating. Enjoy!

Best,

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

Just in Case You Wondered

Ever
 have
 one of
 those
 runs
 that
 makes
 you
 wonder
 why

“Mindful eating is choosing to eat food that is both pleasing to you and nourishing to your body using all senses to explore, savor, and taste. It is learning to be aware of physical hunger and satiety cues. It is also acknowledging responses to food (likes, dislikes, and neutral) without judgment.” The Center for Mindful Eating - www.tcme.org

you run? We all do. On those days, incentive to keep going can be the many calories burned that moving forward brings. The folks at runtheplanet.com offer a helpful guide to how much of that lovely Christmas cheese ball we can kiss goodbye!

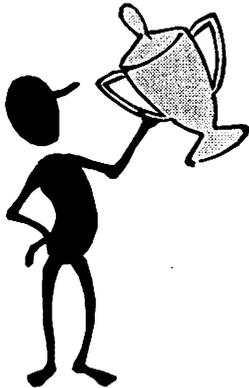
Calories Burned Walking, Jogging and Running

Sport	MpH	Calories Burned
Walking	2 mph	250 calories per hour
	3 mph	300 calories per hour
	4 mph	350 calories per hour
Jogging	5 mph	700 calories per hour
	6 mph	800 calories per hour
	7 mph	900 calories per hour
Running	8 mph	850 calories per hour
	9 mph	1050 calories per hour
	10 mph	1250 calories per hour

Save the date!

June 28, 2009

**The Fort Wayne Track Club's
Summer Picnic and Prediction Run**



Watch for further details about this event held at
Shoaff Park!

Count on Us!

As President Bill mentioned in his column, changes are being made in the FWTC that affect everyone. Change will be seen in both the number of points races and the way points are calculated. The points coordinators have promised to post the changes to the web site soon. Updated information will also appear in the next issue of the newsletter. Those with questions in the interim can feel free to contact Phil Suelzer or Greg Cranston. Until those changes are put into effect, you might want to prepare for a new year of running with a quick look over the rules as they stand now. FWTC members must pay dues by March 1.

Upcoming FWTC Points Races for the Coming Year
Fanny Freezer 5k in February
Nutri Challenge, both the 20k and 5 Miles in March
Warbird Brewing Co. 10k in May
Three Rivers Running Company 12k in May
Runners on Parade 5k in July
Harlan Days in August
Parlor City Trot Half Marathon in September
Parlor City Trot 10k in September
River City Rat Race 10k in October
Turkey Trot 5k in November

FWTC Age Groups

Age groups are divided by sex and into the following year categories:

Under 19

20-29 30-34 35-39 40-44 45-49 50-54 55-59 60-69 70 and over

Age group placement is determined by your age at the start of the race year (January 1). 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.

Points are awarded based on how a participant finishes in comparison to other FWTC members.

Special Note: Some race directors opt to use different age groups. Points are earned based on that race's specified age groups. This means two 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 one winner between ages 60-69. The FWTC board does not require race directors to use its age groupings.

1st Place: 100 points 2nd Place: 85 points 3rd Place: 75 points 4th Place: 65 points
5th Place: 55 points 6th Place: 45 points 7th Place: 35 points 8th Place: 25 points
9th Place: 15 points 10th Place: 10 points Other finishes: 5 points

Please see the Fort Wayne Track Club's web page at www.fwtc.org or contact your favorite track club member for more details.

What happened at the last meetings?

Fort Wayne Track Club Board Meeting Minutes Nov 12, 2008

Board Members Present: Barrie Peterson, Bill Harris, Don Lindley, Tom Landis, Michael Yann, Judy Tillapaugh, Sarah Kleinknight, Mike Slaubaugh, Kerry Blanchette, Mike Thurston.

*Guests: Jim Berry and Robin Dombrowski

1. The meeting was called to order by Barrie Peterson at 7pm.
2. October minutes were given by Mike Thurston, Michael Yann moved to accept. A second was made by Sarah Kleinknight. The motion passed unanimously.
3. Don Lindley presented the treasurer's report. Jim Berry and Robin Dombrowski were introduced as co-Treasurer candidates and nominees for the Treasurer position. Mike Slaubaugh moved to accept. A second was made by Michael Yann. The motion passed unanimously.
4. Runners on Parade was reported by Don Lindley. A question about man-hours incurred for IPICO timing was raised. Additional volunteers are requested for timing all future events.
5. The Run for Riley was held October 19th. The race director Jim Berry, reported 271 runners. This charity event raised \$6,000.dollars, gifted to Riley Children's Hospital.
6. The Turkey Trot is scheduled for November 22nd. We need volunteers.
7. The Just Plain 10k is December 6th. Judy Tillapaugh and Mike Slaubaugh will co-direct. Barrie Peterson will distribute the t-shirts for charity.
8. Matt Parker has resigned as FWTC Newsletter editor and organizer. The board moved to consider a publisher or volunteer to organize the Newsletter for 2009.
9. The FWTC 2009 Banquet will be Sunday, February 15th, 5:pm, at IPFW Walb Student Union. Judy Tillapaugh will require assistance. The cost is to remain the same. The event includes: guest speakers, 2008 points awards, Male and Female Outstanding High School Runners, and Special FWTC awards to be given out.
10. The FWTC Picnic is Sunday, June 28th, at 2:pm, 2009. It might include a prediction race. This event and race will be open to all. Barrie Peterson and Kathy Burner will co-direct.
11. The board moved to continue looking into a storage trailer, paid for by Dr. O'Shaughnessy.

12. The December 10th board meeting will be a carry in. Drinks will be provided by Barrie Peterson. A gift exchange (wrapped and \$20. or less) will take place.

13. Barrie Peterson presented the slate of proposed officers for 2009-2010. There were no nominations from the floor and motions with seconds to close nominations (unanimously approved) were made by:

Mike Yann with Sarah Kleinknight second, as to Co-Treasurers;
Mike Yann with Don Lindley second, as to Secretary;
Sarah Kleinknight with Mike Yann second, as to Vice-President; and,
Kerry Blanchette with Don Lindley second, as to President.

After the closing of all Nominations the following were unanimously elected upon a motion by Sarah Kleinknight and Second by Barrie Peterson:

President, Bill Harris;
Vice-President, Kathy Burner;
Secretary, Mike Thurston; and,
Co-Treasurers, Jim Berry and Robin Dombrowski.

New board members for 2009 will be sought after via email. Bill Harris will direct.

15. A motion to close the board meeting was made by Don Lindley and Sarah Kleinknight seconded, and the board unanimously approved.

16. FWTC Officers meeting will be November 20th, noon, at the YMCA. The next FWTC Board meeting will be held December 10th at 7p.m. at IPFW in the Royal Dons room.

Respectfully submitted,
Mike Thurston – Secretary

Updated 11-20-08

**Fort Wayne Track Club
Board Meeting Minutes
December 10, 2008**

Board Members Present: Barrie Peterson, Don Lindley, Michael Yann, Judy Tillapaugh, Mike Slaubaugh, Mike Thurston, Jim Berry, Robin Dombrowski, Kathy Burner, Dave Boylan, Mac McAvoy. Guest: Bethany Beebe

1. The meeting was called to order by Barrie Peterson at 7:15pm. Devotions were given by Barrie, about the “Good and Faithful Servant.”
2. November minutes were given by Mike Thurston, Michael Yann moved to accept, the motion passed unanimously.
3. Don Lindley presented the treasurer’s report. Don highlighted the financials of the Turkey Trot and the River City Rat Race. Mac McAvoy moved to accept. A second was made by Michael Yann. The motion passed unanimously.
4. The board moved to accept a new volunteer for the newsletter. Bethany Beebe will be the new editor for the FWTC Newsletter. Options of email and hardcopy were discussed.

5. The Turkey Trot was reported by Don Lindley. A desperate need for volunteer data entry during registration is needed for events, prior to race day and race day.
10. Mike Slaubaugh reported on the Just Plain 10k. Twenty eight racers participated in chilly weather.
11. 2009 FWTC Picnic planning continues by Barrie Peterson and Kathy Burner.
12. 2009 FWTC Points Races were discussed.
 - *Phil Suelzer will be the points director, collecting and reporting for races.
 - *18 different races were possible candidates.
 - *The criteria of paying for data entry registration at races was discussed. We need 5 commitments.
 - *The idea of charging \$5 per club member in order to track progress was discussed.
 - *An analysis of how many points members vs. non-points members is essential.
15. A motion to close the board meeting was made by Don Lindley and Sarah Kleinknight seconded, and the board unanimously approved.
16. FWTC Officers meeting will be Dec 18th, noon, at the Pizza Forum. The next FWTC Board meeting will be held Jan 14th at 7p.m. at IPFW in the Royal Dons room.

Respectfully submitted,
Mike Thurston – Secretary

Updated 01-12-09

Fort Wayne Track Club

Age Division Points Awards

The Fort Wayne Track Club wishes to extend congratulations to the points winners for last year. Each of the winners, by category and the respective number of points he or she obtained are listed. Congratulations again and best of luck for a great upcoming year of health and mileage!

<u>FIRST</u>	<u>SECOND</u>	<u>THIRD</u>
19 & younger Sam Edwards, 500 points Brooke Werstler, 600 points	20 to 29 Edward Fisk, 585 points	20 to 29 Evan Hyndman, 420 points
20 to 29 Grant Stieglitz, 685 points Kalissa Blanchette, 500 points	30 to 34 Brad Thomas, 650 points Kara Gongwer, 460 points	35 to 39 Matt Scott, 545 points Kelly Kelly, 535 points
30 to 34 Chris White, 670 points Heather Fromm, 575 points	35 to 39 Brad Sloffer, 545 points Tracy Brooks, 545 points	40 to 44 Scott Eberle, 420 points Gail Gerber, 400 points
35 to 39 Dave Devoe, 685 points Erin Brady, 560 points	40 to 44 Ron Sharp, 600 points Robin Westler, 485 points	45 to 49 Jeff Steinberg, 520 points
40 to 44 Ward Moya, 640 points Cindy McGovern, 785 points	45 to 49 Rowland Perez, 610 points Betty Greider, 445 points	50 to 54 Kerry Blanchette, 465 points
45 to 49 Chuck Deford, 800 points Sheryle Braaten, 670 points	50 to 54 Brad Altevogt, 475 points	60 to 64 Rich Stephenson, 400 points
50 to 54 Ed P Reinard, 570 points Terri Gross, 700 points	55 to 59 Jed Pearson, 460 points	
55 to 59 John Treleaven, 595 points	60 to 64 Larry Lee, 470 points Betty Nelson, 500 points	
60 to 64 Bob Bruckner, 600 points Barb Scrogam, 755 points	65 to 69 Bud Stiffler, 425 points	
65 to 69 David Boylan, 485 points	70 & Over Robert Loomis, 415 points	
70 & Over Dick Harnly, 570 points		

Race Results

The weather outside may be frightful, but a group of diligent racers still made it out to the Just Plain 10k at Fort Wayne's Foster Park. The December 8, 2008 event found temperatures in the low 30s. The intrepid took the flurries and snowy pathway with stride, conquering the challenging conditions.

Just Plain 10k Results

1.	Jeff Nidlinger	29	M	Fort Wayne, IN	35:39.7
2.	Ward Moya	45	M	Fort Wayne, IN	39:30.6
3.	Manual Martinez	45	M	Fort Wayne, IN	40:05.0
4.	Brad Thomas	34	M	Fort Wayne, IN	40:27.7
5.	Matt Carney	34	M	Fort Wayne, IN	43:05.3
6.	Phillip Salisbury	34	M	Fort Wayne, IN	43:43.8
7.	Jeff Steinberg	47	M	Fort Wayne, IN	44:32.2
8.	Ed Reinhard	51	M	Poneto, IN	45:09.2
9.	Karen Miller	23	F	Montpelier, OH	45:13.6
10.	Mark Grose	50	M	Fort Wayne, IN	45:28.6
11.	John Treleaven	56	M	Fort Wayne, IN	45:45.4
12.	Katherine Welch	37	F	Fort Wayne, IN	46:32.5
13.	Cindy McGovern	44	F	Fort Wayne, IN	47:03.5
14.	Linda Wyss	46	F	Fort Wayne, IN	48:30.9
15.	Erin Brady	37	F	Fort Wayne, IN	48:57.5
16.	Jessica Hayes	31	F	Fort Wayne, IN	49:13.7
17.	Tom Lill	51	M	Fort Wayne, IN	49:57.5
18.	Jeff Metzger	47	M	Fort Wayne, IN	50:10.4
19.	Brad Stoffer	38	M	Fort Wayne, IN	50:24.3
20.	Art Manelbaum	44	M	Roanoke, IN	51:00.2
21.	Ellen Osborn	45	F	Fort Wayne, IN	51:29.2
22.	Jim Bougher	46	M	Fort Wayne, IN	51:46.8
23.	Rick Knuth	50	M	Fort Wayne, IN	53:09.7
24.	Connie Gordon	46	F	Churubusco, IN	55:43.2
25.	Sam Hadley	56	M	Fort Wayne, IN	56:41.7
26.	Steve Martinsky	34	M	Fort Wayne, IN	58:06.0
27.	Todd Werling	35	M	Fort Wayne, IN	58:56.6
28.	Sherry Nidlinger	57	F	Fort Wayne, IN	1:11:29.5

Let's Go!

Ample opportunities exist for working out in the Fort Wayne area. Here are some local training groups to provide you with companionship as you prepare for your next personal victory.

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 -

Join the group for long runs/walks on Saturdays - open to anyone who would like to join us. Check www.runprtraining.com for time/location. Many runners/walkers are training for a spring half or full marathon. Speed workout will continue until May. It is not too late to join! See www.runprtraining.com for more information. If you would like to be invited to the PR Training Yahoo Group, email prtraining@comcast.net. This group provides weekly emails with 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.

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

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 (3-7 miles @ 8-10 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

Carpool or meet at boat launch, Dock Lake at 6:30pm. Join us on Wednesday evenings except the 2nd Wed of every month. Annual DNR 200 Permit to gain access to park is \$36.

Train with experienced trail runners on easy (Trail 7) and moderate (Trails 1 & 2) - no experience necessary. Dark hours, flashlight or headlamps required. Run/Walk trail 1(1.5 miles); trail 2(1.0 mile); trail 7(1.8 miles). Be sure to call or email for any updates.

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

Last Updated 1-14-09

Upcoming Races

Below are some upcoming races. Get in touch with the race directors for more information or to volunteer for these outstanding local events.

Race	Date	Race Director	Ph. #(s)
Fanny Freezer 5k	Feb. 14	Mac McAvoy	260-450-1071
Nutri Challenge	March 21	Mike Thurston	260-418-9013
Shoe Sucker 7 mile	April	Richard Beemer	260-356-6338
Warbird 10k	May 16	Jon Beasley	260-413-3822
3 River's 12k	May	Casey Shafer	260-402-2514
Firecracker 4 Miles	July 4	Mac McAvoy	260-450-1071
Runners on Parade 5k	July	Mac McAvoy	260-450-1071
Matthew 25 – 10k	July	Jennie Rumschlag,	260-426-3250
Harland Days 10k	August	Thomas/Tricia Bunner	260-486-4800
River City Rat Race 10k	Oct.	Pam Wolfe	260-704-4064
Run for Riley 5 Miles	Oct.	Jim Berry	260-637-9660
Turkey Trot 5k	Nov.	Don Lindley	260-436-2234

The track club would like to extend wishes for a happy and healthy upcoming year to the following February and March babies. We hope you have many personal bests on the running course and in life in general throughout the coming year! Enjoy your special day!

Happy Birthday!

March

Jack Seigel, 3rd
 Denise Martinez, 4th
 Mark Pulver, 4th
 David Roehling, 6th
 Sheryle Braaten, 7th
 Steven Greider, 7th
 James Stevens, 7th
 Paul Offerle, 8th
 Chuck Deford, 10th
 Lynne Feiertag, 10th
 Carson Powell, 10th
 Mark Walter, 10th
 Mervin Koelinger, 11th
 Andrew Saal, 11th
 Brad Stoffler, 11th
 Sarah Van Antwerp, 11th
 Tricia Van Antwerp, 13th
 Sean McAvoy, 16th
 Geoff Randolph, 16th
 Gary Schmunk, 17th
 Trent Hullinger, 19th
 Robin Rizzo, 19th
 Paul Sabrack, 20th
 Jennifer Steigmeier, 20th
 John Treleaven, 20th
 Erica Dekko, 21st
 Emily McManus, 21st
 Jed Pearson, 23rd
 Kathy Burner, 25th
 Dan Cummings, 25th
 Michael Frueh, 25th
 Betty Nelson, 25th Jr.
 Keith Koteskey, 27th
 Michelle Ludwiski, 28th
 Mike Wemhoff, 28th
 Rick Phillips, 29th
 George Kirby, 30th
 Tom Landis, 30th
 Kim Lefever, 30th
 Rick Sawyer, 30th
 John Link, 31st

February

Dori Meighan, 2nd
 Dick Shenfeld 2nd
 Parker Pollander, 3rd
 Bill Sohaski, 3rd
 Hal Atkinson, 4th
 Kelly Landis, 4th
 Renee Pulver, 6th
 Dawn Ritchie, 6th
 Alan Elliott, 8th
 Holly Niner, 9th
 Jeremy Schmidt, 10th
 David Dale, 11th
 Steve Edmiston, 12th
 Donald Decook, 13th
 Leslie Trabel, 14th
 Kent Pyle, 15th
 Kelly Karr, 16th
 Greg Ridenour, 16th
 Rick Hilliker, 17th
 Tom Lill, 17th
 Cecelia Snow, 17th
 Jeff Jones, 18th
 Ryne Wemhoff, 18th
 Curtis Nold, 19th
 Kim Smith, 20th
 Dan Graney, 22nd
 Tim O'Connell, 23rd
 Grant Stieglitz, 24th
 Bill Landgraf, 26th
 Doug Lehman, 26th
 Bodil Rasmussen, 26th
 J. David Reimischisel, 27th
 Phyllis Suelzer, 27th
 James McKinnon, 29th

Norris Insurance 5k Run/Walk

Mar. 7, 2009, 9 a.m.

Amboy, IN

Contact: John Norris, Norris Ins Co, PO Box 157, Amboy, IN 46911, 765-395-7761 or 765-395-7730

Email: none@aol.com

Old Ben - 5k

Mar. 14, 2009, 9 a.m.

Highland Park, Kokomo, IN

Contact: Catherine Hightower, Indiana University, Kokomo, IN, 765-455-9411

Email: chightow@iuk.edu

Web site: <http://www.ckrr.us>

31st Beer Bottle Open - 4 Mile

Mar. 14, 2009, 2 p.m.

Columbus Grove High School, near Lima, OH, off US 30 East of Fort Wayne, Columbus Grove, OH

Contact: Terry Schnipke, 2615 Begg Rd., Columbus Grove OH 45830, 419-659-5139

Info/Fees: There will be many awards given and all proceeds benefit the Columbus Grove Cross Country program.

Email: cg_schnipke@cg.noacsc.org

Vasque DINO Trail Run -Indy - 15k, 5k

Mar 14, 2009, 9 a.m.

Eagle Creek Park, Indianapolis, IN

Contact: Brian Holzhausen, 317-336-7553

Info/Fees: Part of 7-race series of 15k and 5k trail run races in central Indiana.

Email: brian09@dinoseries.com

Web site: <http://www.dinoseries.com/run>

42nd Churchill's Half Marathon - 13.1 Miles & 6k

Mar. 15, 2009, 1 p.m.

Monclova Community Center, Moncolva, OH

Contact: Toledo Road Runners Club, PO Box 1021, Maumee, OH 43537, 419-360-3709

Email: glassmarathon@aol.com

Web site: <http://www.toledoroadrunners.org>

29th Annual Nutri Challenge - 20k & 5 Miles Run

Mar 21, 2009, 11 a.m.

The Chapel, Fort Wayne, IN

Contact: Fort Wayne Track Club, c/o Mike Thurston, PO Box 11703, Fort Wayne IN 46860-1703, 260-418-9013

Info/Fees: 20K AND 5M NEW COURSES! Challenge #1 MORE HILLS!HILLS!HILLS! Challenge #2: Net proceeds benefit Charis House and the YMCA Women's Shelters of Fort Wayne, Challenge #3: Please bring non-perishable food items for "In As Much Ministry" of Broadway Christian Church, Fort Wayne.

Race director: Mike Thurston, thursma@hotmail.com, 260-418-9013, course:

<http://www.usatf.org/routes/view.asp?rID=241684>

Email: thursma@hotmail.com

Web site: <http://www.fwtrc.org> Registration: http://www.active.com/event_detail.cfm?event_id=1690314

Rocket Run Ten Miler - 10 Miles

Mar. 21, 2009, 10 a.m.

Mooreville, AL

Contact: Valerie Connaughton, PO Box 43, Mooreville AL 35649, (256) 337-1947

Email: connavx@yahoo.com

Web site: <http://www.huntsvilletrackclub.org/index2.htm>

Upcoming Races

Bop to the Top - 37 Floor Stairclimb

Feb. 7, 2009, 9 a.m.

One America Bldg, Downtown Indianapolis, Indianapolis, IN

Contact: Don Carr, Tuxedo Brothers, 6265 Boone Ridge, Zionsville, IN 46077, 317-733-3300

Info/Fees: NO RACE DAY REGISTRATION! This year marks the 26th annual Bop to the Top stair-climb event. Each year, through your pledges and donations, we RAISE a great amount of money for the Riley Hospital for Children

Email: tuxbro@indy.rr.com

Web site: <http://www.tuxbro.com>

Registration: <http://www.tuxbro.com/Bop%20to%20Top%20entry%20info.htm>

Run It Walk It For Chris Brown - 5K Prediction Run/Walk

Feb. 8, 2009, 1 p.m.

IPFW Hilliard Gates Sports Center, Fort Wayne, IN

Contact: Judy Tillapaugh, 2101 East Coliseum Blvd. Fort Wayne IN 46805, 260-481-6647

Email: tillapau@ipfw.edu

19th Annual Valentine 5k - 5k

Feb. 8, 2009, 10 a.m.

Valparaiso High School, Valparaiso, IN

Contact: Mike Prow, 2727 N Campbell St, Valparaiso IN 46385, 219-548-3694

Info/Fees: Starts in the North parking lot VHS and finishes indoors in the VHS fieldhouse.

Email: mprow@mail.valpo.k12.in.us

Web site: <http://www.calstrider.org> Registration:

<http://www.calstrider.org/raceinfo/2009/Sponsored%20Races%20Schedule.htm>

6th Annual Louisville's Lovin' The Hills 50k & 15M Trail Runs - 50k & 15 Miles

Feb. 14, 2009, 8 a.m.

Jefferson Memorial Forest, Louisville, KY

Contact: Headfirst Performance c/o Cynthia, 7024 Buckcreek Rd., Finchville, KY 40022, (www.active.com -on line)

Info/Fees: \$50-Pre - Online Registration closes 2/9/09

Email: cynthia@headperformance.com

Web site: <http://www.headperformance.com>

Registration: http://www.active.com/page/Event_Details.htm?event_id=1658943&assetId=99b1865d-cc40-4acf-ba15-0d554ff0459b

Fanny Freezer - 5k

Feb. 14, 2009, 2:00 p.m.

Shoaff Park, Fort Wayne, IN

Contact: Mac McAvoy, 260-450-1071

Info/Fees: \$3 for FWTC members; \$4 for non-members. Race day registration ONLY starting at 1:00 pm. 1st place male/female overall; Top 2 places in each age group.

Email: macmcavoy@gmail.com

Web site: <http://www.fwtc.org>

Mercedes Marathon - Marathon, Half Marathon, 5k, Relay

Feb. 15, 2009, 7 a.m.

Birmingham, AL

Contact: Mercedes Marathon, P.O. Box 59260, Birmingham, AL 35259, Fax: 205-870-7729

Email: info@mercedesmarathon

Web site: <http://www.mercedesmarathon.com/>

Soaring Eagle - 4 Miles & 8 Miles, 2 Miles Walk

Mar. 21, 2009, 10:30 a.m.

Kennekuk Cove County Park, Danville, IL

Contact: Deb Reddy, PO Box 1701, Danville, IL 61834, 217-431-4243

Info/Fees: Event Two of Grand Slam 2009

Email: krr@kennekuk.com

Web site: <http://www.kennekuk.com>

Vasque DINO Trail Run - Anderson - 15k, 5k

Mar. 28, 2009, 9 a.m.

Mounds State Park, Anderson, IN

Contact: Brian Holzhausen, 317-336-7553

Info/Fees: Part of 7-race series of 15k and 5k trail run races in central Indiana from March to November. \$12 for 5k, \$17 for 15k (pre-register by Wed prior to race \$15/\$20 on race day).

Email: brian09@dinoseries.com

Web site: <http://www.dinoseries.com/run>

40th Annual Sam Costa Half Marathon & Quarter-Marathon - 13.1 Miles & 6.55 Miles

Mar. 28, 2009, 9 a.m.

Northview Christian Life Church, 5535 E 131st St., Carmel, IN 46033, Carmel, IN

Contact: Terry Townsend

Email: samcosta@indyrunners.org

Web site: <http://www.indyrunners.org>

Huntington Baptist 5k Run/Walk - 5k

Mar. 28, 2009, 9 a.m.

2435 Waterworks Road, Huntington, IN

Contact: Steve Eyers, 7984 S 350 W., South. Whitley, IN 46787, 260-723-6494

Info/Fees: No Entry Fee (Free) Free T-shirts to the first 50 entries, many door prizes. Age Groups Awards: 14 divisions for each gender.

Email: seyers@earthlink.net

Web site: <http://www.huntingtonbaptist.org>

Ultimate 10 Mile & 5 Mile Run/Walk - 10 Miles, 5 Miles

Apr. 4, 2009, 9 a.m.

Tierney Warehouse, Logansport, IN

Contact: Charlie Skoog, 1401 W Cliff Dr., Logansport, IN 46947, 765-457-2607

Email: runckrr@aol.com

Web site: <http://www.ckrr.com>

42nd Annual & 19th Annual Athens Marathon & Half Marathon - 26.2 Miles & 13.1 Miles

Apr. 5, 2009, 9 a.m.

Downtown, Athens, OH

Contact: Arnie Lagraff, PO Box 5780, Athens, OH 45701, 740-594-3825

Email: pbmullins@columbus.rr.com

Web site: <http://www.athensmarathon.org/register.htm> Registration:

http://www.active.com/page/Event_Details.htm?event_id=1498862

2009 McNaughton Park Trail Runs, April 10-12 - 50 Miles, 100 Miles, 150 Miles

Apr. 10, 2009, 12 p.m.

McNaughton Park, Pekin, IL

Contact: Andy Weinberg, Race Director, 708 Washington, Pekin, IL 61554, (H) 309-346-3601 (W) 309-347-4101 x6380

Info/Fees: 50 miles is the shortest distance. 50M & 100M, 34 hour time limit; 150M, 52 hour time limit.

Email: pittsfieldultra@yahoo.com

Web site: <http://www.mcnaughtonparktrailruns.com>

Vasque DINO Trail Run -Avon - 15k, 5k

Apr. 11, 2009, 9 a.m.

Washington Township Park, Avon, IN

Contact: Brian Holzhausen, 317-336-7553

Info/Fees: Part of 7-race series of 15k and 5k trail run races in central Indiana.

Email: brian09@dinoseries.com

Web site: <http://www.dinoseries.com/run>

Shoe-Sucker Seven - 7.3 Miles

Apr. 18, 2009, 9 a.m.

Kilsoquah Campgrounds, Roush Lake (Huntington Reservoir), Huntington, IN

Contact: Rick Beemer, 997 North 300 West, Huntington, IN 46750, 260-224-7166

Info/Fees: \$10 day of race until April 11; after, \$15 and on race day; long-sleeve shirts; medium pizzas, free advice to age-division winners.

Email: rickybeemer@yahoo.com

Web site: <http://www.rgbeemer.com> -- click on Shoe-Sucker Seven

GO! St. Louis Marathon & Family Fitness Weekend - 26.2 Miles, 13.1 Miles, 5K, Marathon Relay, Children's Fun Runs

Apr. 19, 2009, 7:00 a.m.

14th & Market Street, St. Louis, MO

Contact: Jeff Trammel, 7727 Clayton Road, 314-727-0800

Info/Fees: Join us for Missouri's largest road race, which includes one the largest half marathon's fields in the U.S. Top quality runner amenities and services are offered. In addition, a challenging course that includes views of the Gateway Arch, Busch Stadium and beautiful Forest Park. Prize money and awards to the top finishers.

Email: info@gostlouis.org

Web site: <http://www.gostlouis.org>

Forget The PR - Mohican 50k - 50k Trails

Apr. 19, 2009, 8 a.m.

Mohican State Park Campgrounds, Loudonville, OH

Info/Fees: 8:00 AM race start – 5:00 PM last finisher time cut off. (a 9 hour finish time) NUMBER OF

PARTICIPANTS: 150 limit The Mohican 50K, Forget the PR is currently being planned and is under construction.

This will be the official web site for all of your Forget the PR, Mohican 50k race information. Mark your calendars as this race is going to happen! But we have to wait for the permits to be approved before we proceed with advertisement. Registration will be coming soon. Check back for weekly updates and progress. The race promises to fit the name "Forget the PR". This will be a challenging, hill infested, technical running, lake side, river side, covered bridge and resort-style packed race. Basically, this race is going to work you.

Email: lindleyd44@verizon.net

Web site: <http://mohican50k.blogspot.com/>

IPFW 14th Annual Mastodon Stomp - 5k run/walk and 100m dash for kids

Apr. 25, 2009, 9 a.m.

IPFW Hilliard Gates Sports Center, Fort Wayne, IN

Contact: Judy Tillapaugh, 2101 Coliseum Blvd. East, 260-481-6647

Info/Fees: This is a benefit the IPFW men's and women's cross country and track programs.

Registration/check in begins at 7:30 a.m. 5k run/walk will begin at 9 a.m. Age group awards will be given.

Email: tillapau@ipfw.edu

33rd Annual Glass City Marathon - 26.2 Miles, 5k, Relay, Kids 1 Mile

Apr. 26, 2009, 8 a.m.

Downtown, Toledo, OH

Contact: Edward O'Reilly, PO Box 1021, Maumee OH 43547, 419-360-3709

Info/Fees: 2009 RRCA Ohio Marathon Championship

Email: glassmarathon@aol.com

Web site: <http://www.glasscitymarathon.org/Home.aspx>

Registration: http://www.active.com/page/Event_Details.htm?event_id=1609938

FWTC Runners, Walkers, Volunteers, and Spectators

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

Name _____

Race & Distance _____ Date _____

Your Time _____ Number of Runners _____

Weather Conditions _____

What you liked about the race _____

Other FWTC members attending _____

Other comments _____

The Fort Wayne Track Club Newsletter Wants You!

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

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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 FWTC
 PO Box 11703
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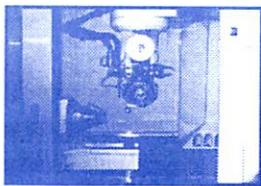
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