

The Inside Track

April 2009 / May 2009

FORT WAYNE



TRACK CLUB

In This Issue:

President's Column

Column on Training Perspective

Coach's Corner, New Column Interviewing Area Coach

Runner Recognition at Banquet

Interesting Information on Nutrition

Notable Mileage by Area Runner

Points Rules

Running Groups

Results for Chris Brown, Fanny Freezer, Nutri Run

And More!

Visit our website at www.fwtc.org

Fort Wayne Track Club

Mission Statement: To organize and promote running, walking and all aspects thereof, and to educate the public to its benefits in improving and maintaining good health and for all other purposes as set for in the articles of incorporation, as amended from time to time.

Officers and Board Members

<i>President</i>	Bill Harris	657-5012	bharris@mossharris.com
<i>Vice President/Marketing Coordinator</i>	Kathy Burner	710-1703	katydid0512@yahoo.com
<i>Co-Treasurers</i>	Jim Berry	490-2219	jimberry22@yahoo.com
	Robin Dombrowski	492-7127	robin.dombrowski@live.com
<i>Secretary</i>	Craig Bobay	449-4035	judgecraig@alumni.iu.edu
<i>Points Race Coordinator/Youth Coordinator</i>	Phil Suelzer	486-1745	tri_kerl@yahoo.com
<i>Membership Coordinator</i>	Don Lindley	432-5998	lindley44@verizon.net
<i>Website</i>	Tom Digate	918-2888	tom@digate.us
<i>Publication Editor</i>	Bethany Beebe	749-8189	bethanylbeebe@gmail.com
	Tim Claxton	426-1300	tclaxton@burtblee.com
	Terry Diller	637-6344	terry.diller@starfinancial.com
	Mike Fruchey	627-5147	frucheym@ipfw.edu
	Alan Gilbert	625-4139	albarb@aol.com
	Sarah Kleinknight	456-3261	kleinknight1@aol.com
	Mac McAvoy	824-5158	macmcavoy@gmail.com
	Judy Tillapaugh	456-3277	tillapau@ipfw.edu
	Michael Yann	414-8995	michael.yann@yahoo.com
<i>Publication Editor</i>	Bethany Beebe	749-8189	bethanylbeebe@gmail.com
<i>Equipment Coordinator</i>	Don Lindley	432-5998	lindley44@verizon.net

More information?

Feel free to contact the Fort Wayne Track Club

P.O. Box 11703, Fort Wayne, IN 46806-1703.

(260) 436-2234

www.fwtc.org

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

All FWTC members are welcome to attend board meetings, held in the Royal Dons Room in the Gates Sports Center, IPFW at 7 pm. on the 2nd Wednesday of each month.

President's Column

The track club has a mission, a mission important enough to print on the inside cover of the newsletter as well as discuss in this space. As a club, we want to organize and promote running and walking. In doing so, we hope to educate the public about the benefits of aerobic exercise so as to encourage and promote good health. Our primary focus as runners is to organize club races such as the Fanny Freezer, NutriRun and Runners on Parade. We also encourage our club members to run other races by including a number of said races as a part of our points competition. In early February, we host our annual awards banquet to recognize age group winners in the points series and to recognize high school runners of the year. This coming June, we are planning a member's picnic, complete with a prediction run. This is new, but gives us another opportunity to meet and socialize.

While running is our priority, our efforts generated monies and in kind contributions last year including: YMCA Children's Fund (\$4,000), YMCA Wellness Center (\$1,000), IPFW Cross Country (\$2,000), Allen County Parks (\$440), more than 100 running shirts donated to children's groups, and cash prizes to participants in excess of \$3,000.

There is room for improvement, however, in our efforts to assist charitable groups in the community in organizing their run/walk events. While we do have race equipment to rent and offer limited services in timing events, we still lack a large body of volunteers available to assist, as well as manage, races. Each issue of our newsletter contains a listing of volunteer opportunities. Consider volunteering at one or two races this season and don't say "no" if you're asked to help.

So long, I gotta run.

Bill

The End and the Means

Maintenance runs and walks help us stay in shape through the difficult winter weather months. Casey Shafer of Three Rivers Running Company helps us psychologically prepare for the training the upcoming season of warmth brings. By looking back at the beginning of his training, Casey's example reminds us that even the seasoned runner has difficulties, but perseveres. That perseverance leads to results.

Today, like many others who started 2009 off on the right foot, was the first day I started training. When you start training again, you learn to know the subtle differences between running and having a goal. There will always be points you need to run. Fewer times, though, focus that effort into training. After my inaugural run for this year, my body ached, from my joints to my feet, but my mind forced me to just keep going.

Many times we let the fears of starting prevent us from reaching our goals. We get out and it hurts, especially for those of us who haven't trained in a long time. But running isn't about the negative. Countless people run with a new goal every year. At the heart of it, running can be about the chance to make ourselves healthier, faster, stronger. We use running to calm our minds, spend time with friends, but regardless of why we do it, running makes us better as people. But this article isn't just about the beauty of running, it's also about training. Training takes all the reasons we run and defines it into a specific goal.

This year the FWTC and 3 River's Running Company started up an old tradition, bringing back speed workouts. They will be hosted at North Side High school starting at 5:30 every Monday, starting March 16th and extending currently to the week of the Three River's 12k, May 24. The FWTC wants to give its members opportunities, and training gives you an opportunity to mock the fear of regression, by lacing up your shoes and getting out there with a goal.

For more information on the workouts contact: ghanishrunner@hotmail.com.

Coaches Corner

.....with Brett Hess

Barrie Peterson concentrated on "the total package" of his student-athletes

Brett Hess, regular contributor for Fort Wayne Newspapers and CBS Sportsline gives FWTC members a glimpse at a recent conversation he had with coach Barrie Peterson. Peterson's words and Hess' time give readers the opportunity to hear directly from a local great. Brett plans to spread advice from notable pros in a regular column here on the pages of this publication. Be sure to look for his recaps in future issues.

Barrie Peterson is an Indiana High School Hall of Fame coach. Most notable is his time at Northrop High School career, spanning from 1971 through 2007. (He was at IPFW 1983-84 and Concordia High School from 1985-1991.) His Bruins cross country teams placed second at the state meet four times and the track team won a state championship in 1997. He coached dozens of all-state performers through the years, most recently state champ Bobby Moldovan (3,200 meter run in 2006).

Peterson was a sprinter for Moline Central (Illinois), graduating in 1960. He competed for three years in college, graduating from Augustana College in 1964.

Peterson's coaching philosophy:

My coaching philosophy -- and teaching, too -- was the same: based on Christian principles that treated the athletes the way I would want to be treated. It was also very individualized: taking each athlete and train[ing] them not just athletically but in their character and spiritually, too. I don't mean preaching, because I couldn't do that in the public school, but in leadership. Athletics is just a short part of someone's life.

Peterson's training philosophy:

Our workouts were highly individualized. No matter what we were doing, repeat miles or 400s, each runner had goal times.

I learned by trial and error over time. In the late 60s and early 70s, long slow distance was popular and I had a guy, Rick Magley, who was a true stud. But then I had the spidery Ruich twins and it seems they were never healthy at the same time. I realized they couldn't do the same workouts the same way Magley did.

Like everyone else, we liked to build a base in the summer and winter. We liked to test them each week. We had a rotation where one week we'd do repeat 1600s, the next week 800s and the third week 400s. Then we'd start over and the kids could see how they progressed, even in the off-season. Once the season started, we pretty much do the same thing but with more intensity.

Peterson's staple workout:

We'd do a six-mile ladder and the kids would really get pumped for it. We'd go 800, 1200, 1600, 2000, 1600, 1200, 800 and finish with an all-out 400.

Peterson's coaching highlight:

The relationships I had and still have. I'm still great friends with Rick Magley; we see each other a lot. There are so many kids, probably 20 or so that would be in my favorites.

Also, the first time we placed second at the state (cross country) meet, back in the mid-70s [was memorable]. We thought we were third and went on our warm-down. When we came back, we found out we were second. Chuck Deford (now North Side's principal) said we should go on another warm-down and when we come back we might be champs. Also, the state track championship (1997) and taking Bobby Moldovan to the Footlocker Finals my last cross country season (2006).

Peterson's running career:

I was a sprinter, a 10.3/10.4 100 meter guy in high school. So, add .9 of a second for 100 meters. I ran a 9.9 once in college, but there was a gale-force 50 miles per hour wind at my back! I was an alternate my senior year in high school for a team that won the state championship.

Why coaching?

I really got into coaching because of my high school coach, Gene Shipley. He's still around and we keep in touch.

Peterson's coaching lesson:

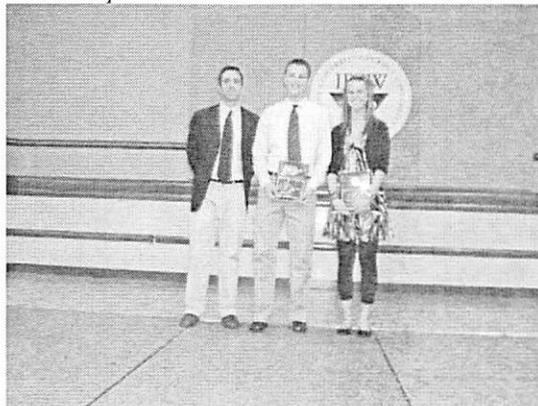
My senior year I was the lead-off on the 880 relay and we had the second-best time in the state. But after our district meet, our coach did a time trial and I was fifth, so I got bumped to alternate after being lead-off all year. The team didn't run any faster at state and Coach Shipley apologized for bumping me. That stuck with me: I don't like time trials in this type of situation.

The Few, the Proud, the Runners

Everyone counts, but a few choice individuals whose points in the track club had added up were recognized at February's Awards Banquet. Honored were Fort Wayne Track Club points winners (listed last issue) and the high school boys' and girls' runners of the year. Kathy Burner offered her skills as photographer for these glimpses of the event. Zach Raber, the coach of the high school award winners, offered his commentary on the running careers of the Carroll High School picks honored as top high school runners.



Robby Kleber has been an outstanding member of our distance program for the last four years. He really made improvements this last track season, finishing 5th in the state championship in the 1600. He followed that up with a great cross country campaign last fall. During the season, he ran up front in all of the meets and gained the confidence he needed as the tournament season approached. He finished second at the NHC meet, second at sectionals, fourth at the West Noble Regional, eighth at the New Haven Semi-state, and fourteenth at the state meet. He was also a captain on our cross country team and is currently a captain of our track team. His work ethic and attitude toward training have helped develop Robby's talent as a distance runner. He will attend Miami University (Ohio) next fall and compete on their track and cross country teams.



Samantha Ginther has been a part of our distance program for the last four seasons. Last spring in track, she qualified individually in the 1600 and 800. She placed ninth in the 1600 and was the sectional and regional runner-up. She followed up her great track season with an even better cross country season. As the captain of our team, she worked hard to make sure that although we had some injuries and illness, we would still be competitive with anyone in the state. She was our #3 runner early in the season, but battled back to lead our team throughout the second half of the year. She was the NHC runner-up, sectional champion, regional champion, and fourth place at the Semi-state. After making her way up to ninth place at the state meet, she succumbed to dehydration a mere 40 meters from the finish line. Her efforts on our team have been outstanding. The teams she's competed on in cross country have won four consecutive NHC meets, four consecutive sectionals and four consecutive regionals, with four consecutive state meet appearances. She was also a member of our sectional and regional girls track teams last season. Samantha will continue her running career at Indiana University next season as a member of their cross country and track teams.

Nutritious Choices For Busy Living

An old cliché says that the only constant is change. That cliché is true more today than ever. Our busy lives seem, some days, like a treadmill with a mind of its own! Local nutritionist and runner Judy Tillapaugh, RD, IPFW Wellness and Fitness Coordinator, gives us an opportunity to look at our own fast-paced lives and choices for the food fuel on which we run.

Each day we make meal and snack choices to fit our busy schedules. Though we may feel this to be a mission impossible, with a bit of planning, the challenge can be boiled down to size. With a little planning and preparation we can nourish ourselves for fitness, health, and disease prevention every day. Consider these included questions to assess your own meal-based choices.

1. The solution to preparing fast and delicious meals at home includes:

- A) Learn to shop for nutritious foods.
- B) Stock your refrigerator and pantry well.
- C) Schedule and plan for meals and snacks.
- D) All of the above

2. It is ideal to have 1 ½ to 2 cups of fruit and 2 to 3 cups of vegetables daily. Ways to increase intake of fruits and vegetable are:

- A) Clean and pre-cut fruit and vegetables for quick choices at a meals and snacks.
- B) Buy pre-cut frozen or fresh fruit and vegetables for easy snacks, meals, or additions to a recipe.
- C) Make these natural items conveniently available on the counter (as long as they are in a state of cooking whereby this follows the food safety basics).
- D) All of the above

3. For fast meal preparation:

- A) Cook two dinners at the same time. Serve one dinner tonight and save the rest for another meal.
- B) Instead of cooking one pound of pasta or one cup of rice, cook two pounds or two cups. Save the other for another meal.
- C) When eating out, save half of your meal for a future lunch or evening meal.
- D) All of the above

4. In addition to nuts and dried fruit as a healthy snack, you could also pack

- A) Fresh fruit
- B) Regular potato chips
- C) A peanut butter sandwich
- D) A and C

5. It is fine to have between-meal snacks since they can help maintain consistent energy throughout the day and balance blood sugar. Plan for snacks by:

- A) Not shopping for nutritious snacks
- B) Keeping a couple snack choices at work
- C) Packing a snack choice in your fitness bag for post workout food
- D) B and C

6. A cookie or ice cream should never be eaten as a snack.

- A) True
- B) False

7. Which fast meal is nutritious?

- A) Grilled chicken sandwich, fresh fruit, baked chips, and milk
- B) Fresh vegetables and wrap made with turkey or tuna, slice of cheese, lettuce, and fruit slices
- C) Chili or hearty bean soup with whole grain bread, fresh fruit, and yogurt
- D) All of the above

8. When eating out what tip would help you select a nutritious meal?

- A) Ask for topping to be put “on the side”
- B) Always go to a restaurant hungry
- C) Split a meal with a friend or family member
- D) A and C

9. Which menu description would indicate a healthy choice?

- A) Biggie or jumbo
- B) Grilled or broiled
- C) Steamed, poached, or stewed
- D) B and C

Answers:

1. D) All of the above

All of these options can make a difference. If nutritious choices are ready and waiting for you, healthy meals and snacks will more likely happen.

2. D) All of the above

Apples or bananas fresh from the grocery store, a bag of tender spinach in the fridge, or a bag of strawberries in the freezer that you got in the summer when they were in season for winter’s barren months are all great options.

3. D) All of the above

Think about your week. What evening or afternoon can you prepare a couple simple recipes to be consumed that day and another day? Maybe it would be easiest for you to set a date with yourself and, on one night, prepare many main courses for the freezer.

4. D) A and C

You are smart; you probably figured that out on your own. 😊

5. D) B and C

Plan for snacks! They give benefits, and with a little planning you can enjoy them and still do well by your health.

6. False

Favorite “bad” foods can be a part of a healthy lifestyle. If hungry for a cookie, piece of pie, dish of ice cream, or French fries, plan for them. What matters is what is eaten most of the time.

7. D) All of the above could be a nutritious meal

There are many options out there for nutritious foods that are fast to prepare. Yes, nutritious and fast can go hand in hand. Look over menus. Shop the outside aisles in the grocery store. Purchase lean meats, poultry, or fish and whole grain breads, rice, or another healthy starchy source. Also include a fruit and/or vegetable choice at the meal.

8. D) A and C

Tell the waitress or waiter you would like to make the meal as healthy as possible. Don’t compromise your health!

9. D) B and C

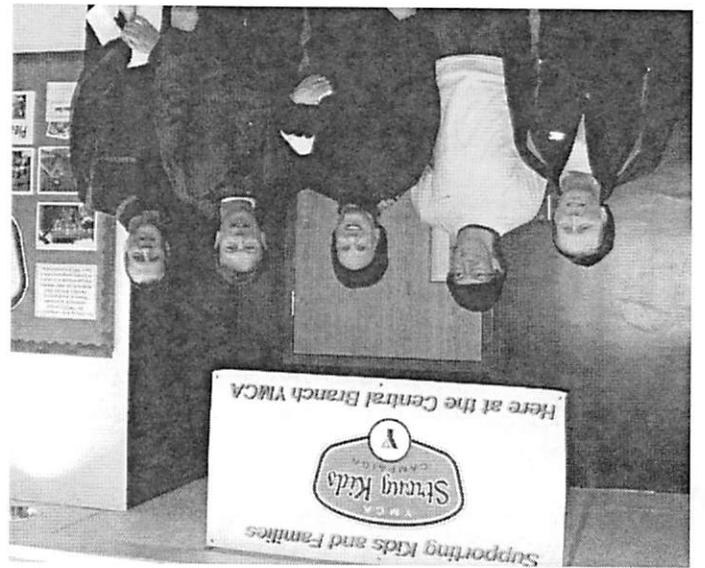
How a food is described on the menu tells a lot about the food. Be choosy. Pick choices that match your nutrition goals.

Nutritious choices are possible, even in our busy lives and worlds. You do not have to buy special foods. Choices are available at local grocery stores and restaurants. Plan, prepare, and enjoy!

Best,

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

Randy Roberts Logs Mile 43,000



The mail delivers in rain, snow, sleet, hail, and the dark of night. Local runner Randy Roberts likely met with many of those conditions as he logged mile 43,000 on a recent mid-day run in Fort Wayne. He was joined by running companions (from left to right) Craig Bobay, Steve Lundegan, Dave DeHaven, and Kirby Moss. Randy is in the middle of this shot. A special thanks goes to Craig Bobay who took the picture and provided the story.

On a cold and windy afternoon this February, local runner Randy Roberts chalked up mile number 43,000 in his training log book. With 20 degrees on the thermometer (5 degrees with the wind chill) and snow flurries in the air, Randy and several other regular Central Branch-
YMCA noon runners put in six miles along the Ft. Wayne Rivergreenway.

This running journey started in 1971, when Randy was 28 years old. For his first run, Roberts' goal was to run one mile on the indoor track at the old Y – which would have meant 27 laps. After 20 laps, he could not run another step. Since that first effort, Randy has logged every mile he has run.

Some of Randy's miles are from races almost as notable as his mileage achievement. At the Marine Corps Marathon in Washington D.C. he ran a 3:12. A hilly 10 miler in Greece along the Mediterranean is on that list. Rounding a corner in Paris and having the Eiffel Tower loom before him added a touch of culture to his log book. NYC's Central Park on a beautiful spring morning and a hail storm in Foster Park with runner Lynn Smith gave meteorological diversity to his feat. Randy's feat helped campaign one election day for Judge Tom Felts. Sporting a Felts campaign shirt, the noon runners trotted through the city.

As to Roberts' next running goal, he says, "I think we are always updating our running goals, whether it concerns speed, distance, or an upcoming race. But at this point my hope is that I can eventually get to mile 44,444." He says he runs for the reasons stated in the YMCA motto: "Body, mind, and spirit. Running tends to all three for me, plus the added benefit of camaraderie."

"Running may not add years to your life, but it adds life to your years."

Some of the life comes in the form of favorite run routes. The Rivergreenway and country roads in the Cedar Creek area are notable. Whether his favorite location or not, one thing is certain: Roberts reportedly gets nervous if he doesn't know a route's exact distance. Every mile counts in the log book.

If a running career were a book, Roberts could offer advice to the reader. Among the advice he may include is the frequent replacement of one's shoes. "This behavior helps reduce future knee problems. "Replace your shoes every 500 miles," he pleads.

Some of those miles on his safely replaced shoes have been logged with family. Roberts' daughter Kirsten said she remembers many stories about dogs chasing or befriending her dad, and about wildlife he'd spot while running. He always told his kids to cheer on runners they would see along the roads.

Roberts, 66, is the retired president of Lincoln Printing in Fort Wayne, and has served our community on many boards, including: YMCA, Study Connection, the Rotary, Associated Churches, United Way, Cancer Services, and the Cedar Creek Wildlife Project. He's been married to wife Carol for 43 years and has three children and multiple grandchildren.

Points Races/Rules for Points Calculations

Please take a moment to peruse the new point compilation rules the club will be using. Changes have been made, and the board hopes you feel comfortable in asking about any concerns or issues you may have. The changes were implemented to recognize the diverse background of strengths offered by members of the club.

Points Races

Fanny Freezer	5k	02/14/09
Nutri Run	20k	03/21/09
Shoe Sucker	7 mi	04/18/09
Warbird	10k	05/16/09
3 Rivers	12k	05/23/09
Firecracker	4 mi	07/04/09
Runners on Parade	5k	07/11/09
Matthew 25	10k	07/18/09
Harlan Days	10k	08/01/09
Parlor City	10 mi	09/05/09
Run for Riley	5 mi	10/18/09
River City Rat Race	10k	10/26/09
Turkey Trot	5k	11/21/09

Points Rules

1. FWTC members must pay dues by March 1st to be awarded points for the current year. We will allow a grace period up to March 22, 2009.
2. Age group placement:
 - a. 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.
 - b. FWTC age groups: Male and female, under 19, 20-29, 30-34, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over
 - c. Some race directors opt to use different age groups than those of the FWTC. Points are earned based on that race's specified age groups. This means two people may earn the same points in one age group. The FWTC board does not require race directors to use their age groupings.

The following significant change will be made:

The previous method of computing runner total points will be different. This was how points were compiled for many years: points are given based on how participant finishes compared to other FWTC members.

1 st place:	100 points
2 nd place:	85 points
3 rd place:	75 points
4 th place:	65 points
5 th place:	56 points
6 th place:	45 points
7 th place:	35 points

8th place: 25 points
9th place: 15 points
10th place: 10 points
Other finishers: 5 points

The new method will return to a point system that was in effect for many years as well. The new system places more weight on quality of placement, but still rewards those runners competing in as many races as possible.

A runner's rating within the age group will be the result of dividing the average finish position by the number of races run. For example, a runner who has totaled 47 points in five races would receive a rating of 1.88 (Average place=9.4 divided by 5). Had another runner in the same age group also averaged 9.4 but run in 6 races, the rating would be 1.57 (9.4 divided by 6), and that person would be leading with a 1.88 rating (the lower the ranking the better). There are currently 11 races that a person could complete with the above listed schedule (although a couple of others are under consideration). The best a person could do using the new system would be 11 first places (1.0 average place finish—divided by 11 races—with a rating of .091 (unbeatable!)).

Taken into account each age group, most results would have remained the same. Average finishing place did make for some changes.

Running/Training Groups in Fort Wayne

A little motivation from a sympathetic ear hurts no walker, runner, or individual in training for the race of life. Tammy Behrens offers the publication a compilation of groups meeting in the Fort Wayne area to run or walk. These groups recognize a variety of speed and experience levels. Many times of the day and week are represented. Anyone interested in adding a listing is welcome to contact Behrens at 625-3830 or via email at prtraining@comcast.net.

Saturdays:

YMCA Downtown –

This group welcomes all levels of athleticism. The 10 to 30 people who normally participate do eight to twelve miles, leaving at 7 am. Contact Steve Hilker at smhilker@verizon.net for more information.

PR Training -

Join the group for long runs/walks on Saturdays. It is open to anyone who would like to join. 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 6th, and start again on June 9th. 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 –

This group is meeting at Moser Park in New Haven. Distances will vary – usually eight to twelve miles. They meet on Saturdays at 7 am. For more information, contact David Swenson at 749-9366 or dswe456204@msn.com.

Born to Run – BTR

BTR is a distance training group that meets from December to May at various locations around the Ft. Wayne area. The group will be meeting at 8 am on Saturdays. Several people will be training for the marathon distance – notably Boston and 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

This group meets in the Main Lobby of the South Barr Street, YMCA Downtown. Mondays, they do five miles at 5:30 am; Wednesdays they do eight miles at 5:30 am, and Fridays they do eight miles (plus) at 5:30 am. Anyone with questions can call the Member Services desk at 422-6486.

Three Rivers Running Company

Call 496-8000 for more information about this training group or send an email to Eric Ade at eric@3riversrunning.com. The schedule for their practices is as follows:

Monday – 8 pm (3-7 miles @ 8-10 min/mi pace)

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

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

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 and/or Thursday evenings of every month. *The annual DNR 200 Permit to gain access to park is \$36 when the park opens.*

Train with experienced trail runners on easy (Trail 7) and moderate (Trails 1 & 2) pathways. No experience is necessary. During dark hours, a flashlight or headlamp is required. Running or walking can happen on trail 1 (1.5 miles), trail 2 (1.0 mile), or trail 7 (1.8 miles). Be sure to call or email for any updates.

Happy Birthday!

Warm wishes for a happy birthday to all the club members with April and May birthdays! We wish you a happy special day and a year of good health and happiness!

April Birthdays

Dameon Rinehold, 1st
Bill Harris, 4th
Tim Hamilton, 5th
Jay Haney, 5th
Sharon Pauley, 5th
Phillip Amburgey, 6th
Jacque Linder, 6th
Don Ransome, 6th
Don Ransome, 6th
Kathy Callen, 8th
Sonny Strack, 8th
Tom Yoder, 8th
Jerry Mazock, 9th
Tim Newlin, 9th
Ray Casiano, 11th
Joel Schartzler, 11th
Gloria Nold, 14th
Ken Long, 15th
Andres Kapocius, 17th
Chrisy Link, 17th
Lindsay Smith, 17th
Lynn Smith, 19
Fred Kendall, 22nd
Joe Desmone, 24th
Michael Overdahl, 24th
Jack Schmidt, 25th
Tracy Brooks, 27th
Robert Lawson, 27th
Edward Fisk, 28th

April Lass, 30th
Courtney Wennemar, 30th

May Birthdays

Nancy Boyer, 1st
Michael Peters, 2nd
Heather Drebenstedt, 3rd
Connie Herron, 4th
John Powell, 5th
Sara Stevens, 5th
Mike Cole, 7th
Gretchen Winkeljohn, 7th
Norman Bailey, 8th
Toby Joe Hullinger, 9th
Kurt Walborn, 10th
Lauren Hamilton, 11th
Terry Parker, 11th
Thomas Boyer, 14th
Melissa Ludack, 14th
Phillip Salisbury, 14th
Abbey Malloy, 16th
Carol Weide, 17th
Jim Weide, 17th
Tom Fromm, 18th
Mark Wolf, 19th
Kyle Milleman, 22nd
Mary Bullis, 23rd
John Drebenstedt, 28th
Naomi Fruchey, 30th
Jason Sagan, 30th

Second Annual Run It, Walk It for Chris Brown



The 2nd Annual Run It, Walk It for Chris Brown 5k on February 8th raised money for the Chris Brown Memorial Scholarship Fund and the spirits of local runners. The event, held at IPFW, gave locals an opportunity to fight the winter doldrums and find fellowship with fellow lay athletes. Holding the event at IPFW gave special meaning; Brown was a student in the School of Public and Environmental Affairs and a runner before losing his battle with cancer at the age of 23.

Place	First	Last	Time				
				22	Nick	Brand	19.42
1	Eric	Ade	16.18	23	Andrew	Eckrich	19.42
2	Randall	Quirk	16.19	24	Ben	Devoe	19.49
3	Jeff	Nidlinger	16.27	25	Dave	Devoe	19.49
4	Stefan	Bolger	16.35	26	Jonathon	Gottschald	20.13
5	Biruk	Deston	16.50	27	Mark	Doepner	20.25
6	Wes	Kuhn	17.08	28	James	Day	20.29
7	Jon	Nidlinger	17.28	29	Andrew	Nelson	20.33
8	Mike	Ridenour	17.32	30	Chris	Smurr	20.35
9	Mangina	Green	17.53	31	Jordan	Hull	20.36
10	Brad	Thomas	18.02	32	Mark	O'Shaughnessy	20.39
11	Mark	Furkis	18.08	33	Jed	Pearson	20.45
12	Bernie	Zoll	18.09	34	Ed	Reinhard	20.47
13	Nick	Sloffer	18.13	35	Laurissa	Dalrymple	20.52
14	Ashley	Ade	18.28	36	Doug	Sundling	20.53
15	Andrew	Gritzmaker	18.36	37	Chuck	Brown	21.03
16	Chip	LaRowe	18.47	38	Steve	Holloway	21.13
17	Grant	Stieglitz	18.47	39	Shane	Burge	21.34
18	Marcel	Garcia	18.51	40	Jeff	Steinberg	21.45
19	Erich	Campbell	18.52	41	Austin	Kilmer	22.01
20	Ian	Wilson	19.13	42	Robby	Kleber	22.01
21	Brett	Gordon	19.22	43	Michael	Nussa	22.01

44	Nick	Curd	22.01	92	Dan	Bossard	27.13
45	Tyler	Hoffman	22.07	93	Randy	Moeller	27.20
46	Corey	Frain	22.16	94	Rachel	Nelson	27.21
47	Jim	Bougher	22.46	95	Dan	Green	27.31
48	Jack	Brenn	22.50	96	Michael	Fruchey	27.32
49	David	Emery	22.53	97	Tony	Reinhard	27.34
50	Steve	McNulay	22.59	98	Madison	Fruchey	27.35
51	Larry	Bradtmueller	23.15	99	Lyticia	Emery	27.38
52	Julie	Dinger	23.20	100	Sara	Goff	27.39
53	Megan	Brown	23.21	101	Mike	Wolfe	27.39
54	Haley	Nelson	23.23	102	Gary	Bird	28.04
55	Jill	Price	23.35	103	Nick	Rudolph	28.24
56	Shelby	Allison	23.52	104	Aaron	Sowles	28.25
57	Lawrence	Kuznar	23.54	105	Dave	Rauch	28.25
58	Betty	Nelson	23.58	106	Barrie	Peterson	28.29
59	Carmen	Parker	23.58	107	Janel	Force	28.30
60	Rebecca	Downs	23.59	108	Lorrie	Sordelet	28.30
61	Brianna	Johnson	23.59	109	David	Force	28.36
62	Krista	Johnson	23.59	110	Jason	Blume	28.40
63	Janelle	Gordy	23.59	111	Bob	Fahl	28.48
64	Samantha	Ginther	23.59	112	Chris	Lochner	28.55
65	Jennifer	Lee	24.00	113	Andy	Stanfield	28.56
66	Steve	Florio	24.02	114	Tabitha	Howell	29.33
67	Kevin	Lochner	24.03	115	Beth	Peters	29.33
68	Jason	Klug	24.33	116	Katie	Heemsoth	30.00
69	Tony	Galuoppo	24.36	117	Laura	Hunter	30.29
70	Nick	Schaller	24.50	118	Cheryl	Stromski	30.32
71	Craig	Lenwell	24.56	119	Bob	Nelson	30.40
72	Brian	Dawson	25.01	120	Kerri	Prekanski	30.52
73	Christine	Simon	25.06	121	Allen	Albert	30.53
74	Grace	Hess	25.06	122	Shannon	Kuznar	31.02
75	Ryan	Dalrymple	25.32	123	Amber	Closson	31.05
76	Duston	Moore	25.35	124	Wendy	Vergon	31.07
77	Mike	Slaubaugh	25.47	125	Sarah	Amick	31.13
78	Aaron	Deardorf	25.52	126	David	Lefforge	31.50
79	Kelly	Johns	25.56	127	David	Young	32.45
80	Kelley	Hartley Hutton	26.02	128	Ken	Long	32.45
81	Joe	Obringer	26.10	129	Cherri	Adams	32.58
82	Peachy	Jankowski	26.13	130	Joe	Stoffel	32.59
83	Doyle	Steury	26.19	131	Sherry	Nidlinger	33.11
84	Valene	Pontius	26.24	132	Sarah	Lochner	33.15
85	Connie	Gordon	26.29	133	Gloria	Whitcraft	33.20
86	Barb	Price	26.33	134	Alan	Wietfoldf	33.20
87	Bernie	Burgette	26.34	135	Casey	Bowman	33.28
88	Todd	Thompson	26.41	136	Kevin	Crombie	33.28
89	Steve	Edmiston	26.50	137	Jonathan	Martell	33.58
90	Larry	Lee	26.55	138	Lauren	Wilson	33.58
91	Jean	Blankenship	27.10	139	Karen	Horner	33.58

140	Josh	Farrell	33.59	188	Cody	Brown	49.06
141	Kristin	Farrell	33.59	189	Lynn	Brown	49.31
142	Tim	Zumstein	34.30	190	Dana	Brown	49.32
143	Eric	Kuznar	34.43	191	Brittany	Connelly	49.32
144	Chris	Carter	34.48	192	Julie	Lefforge	49.48
145	Katie	Kobryn	35.05	193	Shannon	Reuter	50.29
146	Drew	Bunn	35.05	194	Ashley	Dillon	50.29
147	Ashley	Stoneburner	35.12	195	Terel	Lynn	50.40
148	Kim	Sutherland	35.12	196	Steve	Borkowski	50.49
149	Robin	Werstler	35.31	197	Craig	Brown	50.49
150	Christine	Kuznar	35.49	198	Oliver	Kook	51.53
151	Rebecca	McGauley	35.55	199	Jonathan	Meyer	51.54
152	Jacob	Gebhart	35.58	200	Trent	Hirschy	51.56
153	Bryan	Kammere	36.24	201	Jena	Hirschy	51.56
154	Alison	Rathsman	36.24	202	Brittany	Gary	51.59
155	Connie	Smyers	37.08	203	Monique	Robinson	51.59
156	Carmen	Gritzmaker	37.20	204	Connie	Arnold	52.00
157	Tony	Garton	37.38	205	Jamie	Schwartz	52.00
158	Mindy	Gamble	38.01	206	Harper	DeMay	52.11
159	Lori	Nelson	39.14	207	Carol	Kuhn	52.11
160	Kellie	Brown	39.19	208	Sharon	Eichman	52.12
161	Joy	Brown	39.20	209	Tim	Heffron	52.13
162	Elaine	Barth	39.22	210	M	Saurin	52.13
163	Dave	Barth	39.32	211	Mayara	Schindwein	52.23
164	Beverly	Metzger	40.49	212	Allison	Hook	52.26
165	Clem	Getty	41.00	213	Stephanie	Lamberti	52.26
166	Amy	Funk	41.31	214	Rebekah	Roehm	52.33
167	Kirsten	Grotemat	41.47	215	Taryn	Parker	52.36
168	Angela	Roberts	41.47	216	Penny	Buzzard	53.20
169	Donna	Funk	41.51	217	Keith	Frauhiger	53.20
170	Lisa	Palmer	44.00	218	Steven	Bates	53.20
171	Lisa	Braun	44.00	219	Dan	Zirkle	53.41
172	Dwight	Brautigam	45.20	220	Annette	Zirkle	53.41
173	Natalie	Brautigam	45.20	221	Lesley	Lykins	54.06
174	Brandon	Brown	45.35	222	Beverly	Ade	54.06
175	Jessica	Steward	45.41	223	Tom	Ade	54.14
176	Daniel	Martell	45.49	224	Amanda	Lenwell	54.27
177	Madelon	Martinez	46.47	225	Amber	Lenwell	54.27
178	Marilyn	Cassel	46.47	226	Mark	Kaszowski	54.30
179	Cesar	Martinez	46.48	227	Kim	Lenwell	54.31
180	Darryl	Shank	47.00	228	Melanie	Esposito	55.00
181	Bethany	Beebe	47.02	229	Mitchell	Haifley	55.01
182	Matt	Pliske	47.10	230	Diane	Getty	55.01
183	Donna	Beebe	47.27	231	Ben	Haifley	56.12
184	Junior	Gamble	47.35	232	Kristina	Karpun	56.13
185	Jessica	Conlay	48.06	233	Sarah	Swanson	56.13
186	Barb	Meadows	48.56	234	Beatrice	Pedraza	56.13
187	Stanword	S. Swanson	49.00	235	Dustin	Zachary	56.13

236	Cassie	Wolfe	56.15	247	Chris	Brigson	56.52
237	Heather	Genovese	56.15	248	Phil	Peterson	56.52
238	Lauren	McCracken	56.20	249	Patrick	Blubaugh	56.52
239	Kateri	Till	56.20	250	Eric	Hardek	56.52
240	Brittni	Roy	56.23	251	Garrett	Bitter	56.52
241	Kari	Gotschall	56.23	252	Daniel	Mader	56.52
242	Lisa	Underwood	56.23	253	Eric	Tomek	56.52
243	Ali	Okihiro	56.28	254	Anya	Martell	57.41
244	Rachael	Martinez	56.32	255	Karin-Faith	Martell	57.41
245	Justine	LeBlanc	56.38	256	David	Gensheimer	66.20
246	Michael	Morici	56.39				

Fanny Freezer 5k



The calendar may have said love was in the air on this Valentine run, but the February 14th event also proved dedication to athletic passion. The Fanny Freezer 5k, held in Fort Wayne's Shoaf Park, allowed one of the new year's first opportunities for communal test of running prowess. Kathy Burner lent her expertise as photographer for the above shot of the event's starting line.

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Age Group</u>	<u>Time</u>	<u>Pace</u>
1	Mike Cole	Corunna IN	230	33	***** M 30-34	16:05	5:09/M
2	James Martin	Fort Wayne IN	481	16	1 M 16-17	16:31	5:18/M
3	Austen Davenport	Fort Wayne IN	218	23	1 M 18-24	16:36	5:19/M
4	Rick Hammer	North Manchester I	241	28	1 M 25-29	16:40	5:21/M
5	Luke Thompson	North Webster IN	215	16	2 M 16-17	17:01	5:27/M
6	Chuck Schlemmer	Ligonier IN	147	48	***** M 45-49	17:33	5:38/M
7	Brad Hess	Fort Wayne IN	344	16	3 M 16-17	17:34	5:38/M
8	Chris Leeuw	Fort Wayne IN	1329	26	2 M 25-29	17:41	5:40/M
9	Cyrus Brinegar	Fort Wayne IN	428	16	4 M 16-17	17:43	5:41/M
10	Brad A Thomas	Fort Wayne IN	462	34	1 M 30-34	18:06	5:48/M
11	Paul Richardson	Auburn IN	480	36	1 M 35-39	18:10	5:49/M
12	Ward Moya	Fort Wayne IN	219	45	1 M 45-49	18:13	5:50/M
13	Trent Prough	Bluffton IN	474	38	2 M 35-39	18:15	5:51/M
14	Rowland Perez	Auburn IN	212	48	2 M 45-49	18:16	5:51/M
15	Chuck Deford	Fort Wayne IN	203	49	3 M 45-49	18:18	5:52/M
16	Scott Eberle	Fort Wayne IN	442	45	4 M 45-49	18:48	6:02/M
17	Carl Hansen	Auburn IN	224	52	1 M 50-54	18:55	6:04/M
18	Grant Stieglitz	Fort Wayne IN	349	23	2 M 18-24	18:58	6:05/M
19	Tim Zuercher	New Haven IN	229	15	1 M 0-15	19:10	6:09/M

20	Edward Fisk	Fort Wayne	IN	217	29	3 M 25-29	19:38	6:18/M
21	James Day	Fort Wayne	IN	210	19	3 M 18-24	19:39	6:18/M
22	Shane Oakleaf	Fort Wayne	IN	1322	26	4 M 25-29	19:40	6:18/M
23	Andy Garcia	Fort Wayne	IN	152	25	5 M 25-29	19:45	6:20/M
24	Troy McArthur	Huntertown	IN	149	39	3 M 35-39	19:51	6:22/M
25	Tony Galassini	Fort Wayne	IN	473	38	4 M 35-39	19:52	6:22/M
26	Andrew Saal	Fort Wayne	IN	335	33	2 M 30-34	19:56	6:23/M
27	Paul Shaffer	Decatur	IN	338	51	2 M 50-54	20:12	6:28/M
28	David Gialamas	Fort Wayne	IN	459	17	5 M 16-17	20:18	6:30/M
29	Jeff Steinberg	Fort Wayne	IN	330	47	5 M 45-49	20:21	6:31/M
30	Matt Carney	Fort Wayne	IN	1369	34	3 M 30-34	20:27	6:33/M
31	Phillip Salisbury	Fort Wayne	IN	452	34	4 M 30-34	20:30	6:34/M
32	Matt Lauer	Leo	IN	318	36	5 M 35-39	20:33	6:35/M
33	Ed P Reinhard	Poneto	IN	1299	51	3 M 50-54	20:36	6:36/M
34	Carl A Risch	Decatur	IN	1358	51	4 M 50-54	20:37	6:36/M
35	Lauren Hamilton	Spencerville	IN	328	13	***** F 0-15	20:39	6:37/M
36	Chuck Brown	Bluffton	IN	1367	53	5 M 50-54	20:44	6:39/M
37	Michael Gatton	Columbia City	IN	472	14	2 M 0-15	20:45	6:39/M
38	Tony Baumgartner	Fort Wayne	IN	327	26	6 M 25-29	20:51	6:41/M
39	Todd Findley	Fort Wayne	IN	321	39	6 M 35-39	20:54	6:42/M
40	Mike Soat	Fort Wayne	IN	340	45	6 M 45-49	21:01	6:44/M
41	Mark Walter	Garrett	IN	238	43	1 M 40-44	21:09	6:47/M
42	Jonathan Harper	Fort Wayne	IN	1343	14	3 M 0-15	21:10	6:47/M
43	Abby Oliver	New Castle	IN	214	13	1 F 0-15	21:16	6:49/M
44	Kristian Lentz	Huntertown	IN	331	34	5 M 30-34	21:20	6:50/M
45	Phillip Amburgey	Fort Wayne	IN	319	26	7 M 25-29	21:22	6:51/M
46	Alex Gatton	Columbia City	IN	471	17	6 M 16-17	21:27	6:53/M
47	Andrew Pirocato	Fort Wayne	IN	448	19	4 M 18-24	21:31	6:54/M
48	Len Pirocato	Fort Wayne	IN	449	54	6 M 50-54	21:33	6:54/M
49	Ted Van Antwerp	Fort Wayne	IN	1289	47	7 M 45-49	21:33	6:54/M
50	Jared Newhard	Fort Wayne	IN	1357	36	7 M 35-39	21:42	6:57/M
51	Jeff Garr	Fort Wayne	IN	343	30	6 M 30-34	21:50	7:00/M
52	Cindy McGovern	Fort Wayne	IN	1327	44	***** F 40-44	21:52	7:01/M
53	David Swenson	New Haven	IN	441	46	8 M 45-49	21:55	7:01/M
54	Matt Scott	Warsaw	IN	478	40	2 M 40-44	21:57	7:02/M
55	Cullin Brinegar	Fort Wayne	IN	431	14	4 M 0-15	22:00	7:03/M
56	Rob Burns	Leo	IN	1332	40	3 M 40-44	22:00	7:03/M
57	Rick Grieze	Fort Wayne	IN	1373	45	9 M 45-49	22:02	7:04/M
58	Angie Lockwood	Bluffton	IN	234	39	1 F 35-39	22:04	7:04/M
59	Logan Pulver	Fort Wayne	IN	465	15	5 M 0-15	22:06	7:05/M
60	Vanessa Brockhouse	Fort Wayne	IN	482	15	2 F 0-15	22:10	7:06/M
61	Brad Stoffer	Fort Wayne	IN	427	38	8 M 35-39	22:11	7:07/M
62	Bryan Fairchild	Roanoke	IN	228	29	8 M 25-29	22:12	7:07/M
63	Robert Stambaugh III	Fort Wayne	IN	1287	28	9 M 25-29	22:15	7:08/M
64	Troy Fry	Garrett	IN	326	38	9 M 35-39	22:21	7:10/M
65	Margaret Reyling	Fort Wayne	IN	1370	25	1 F 25-29	22:24	7:11/M
66	Linda Wyss	Fort Wayne	IN	1353	46	1 F 45-49	22:27	7:12/M
67	Kent Ennis	Fort Wayne	IN	487	41	4 M 40-44	22:40	7:16/M
68	Denny Hatfield	Columbia City	IN	1294	53	7 M 50-54	22:47	7:18/M
69	Craig Bobay	Fort Wayne	IN	221	52	8 M 50-54	22:48	7:18/M
70	Ryan Hoover	Spencerville	IN	489	21	5 M 18-24	22:50	7:19/M
71	David Emery	Fort Wayne	IN	446	45	10 M 45-49	23:00	7:22/M
72	Erin Brady	Fort Wayne	IN	491	37	2 F 35-39	23:05	7:24/M
73	Brad Heyneman	Fort Wayne	IN	1295	39	10 M 35-39	23:07	7:25/M
74	Kerry Blanchette	Fort Wayne	IN	1331	55	1 M 55-59	23:08	7:25/M
75	Jim Bougher	Fort Wayne	IN	1296	46	11 M 45-49	23:13	7:26/M
76	Tom Lill	Fort Wayne	IN	432	51	9 M 50-54	23:20	7:29/M
77	Ray Casiano	New Haven	IN	209	65	1 M 65-69	23:23	7:30/M
78	Tracy Brooks	Fort Wayne	IN	1291	39	3 F 35-39	23:32	7:33/M
79	Grace Hess	Fort Wayne	IN	435	11	3 F 0-15	23:35	7:34/M
80	Brett Hess	Fort Wayne	IN	436	43	5 M 40-44	23:37	7:34/M
81	Betty Nelson	Columbia City	IN	332	62	1 F 60-99	23:38	7:34/M
82	James Berry	Fort Wayne	IN	231	46	12 M 45-49	23:44	7:36/M
83	Tony Galuoppo	Fort Wayne	IN	1364	50	10 M 50-54	23:46	7:37/M
84	Sherri Bradshaw	Fort Wayne	IN	488	52	1 F 50-54	23:54	7:40/M
85	Briann Smith	Fort Wayne	IN	148	17	1 F 16-19	23:57	7:41/M
86	Carol Carey	Fort Wayne	IN	490	38	4 F 35-39	23:58	7:41/M
87	Ken Nordin	Fort Wayne	IN	1356	63	1 M 60-64	23:58	7:41/M
88	Andrew Adams	Fort Wayne	IN	1368	38	11 M 35-39	24:00	7:42/M
89	Pat Herrick	Auburn	IN	1359	38	12 M 35-39	24:22	7:49/M
90	Guy Lamott	Fort Wayne	IN	325	45	13 M 45-49	24:28	7:51/M
91	Jeff Pruitt	Fort Wayne	IN	153	30	7 M 30-34	24:31	7:51/M
92	Tony Gatton	Columbia City	IN	433	52	11 M 50-54	24:33	7:52/M
93	Christine A Hutchins	Fort Wayne	IN	1365	45	2 F 45-49	24:35	7:53/M

94	John Rolison	Huntertown	IN	454	34	8 M 30-34	24:37	7:53/M
95	Jim Pickett	Fort Wayne	IN	469	59	2 M 55-59	24:40	7:54/M
96	Michael Variell	Convoy	OH	233	52	12 M 50-54	24:47	7:57/M
97	Jim Braun	Fort Wayne	IN	496	53	13 M 50-54	24:49	7:57/M
98	Jordan Pulver	Fort Wayne	IN	1304	21	6 M 18-24	24:55	7:59/M
99	Timothy Hamilton	Spencerville	IN	324	43	6 M 40-44	25:05	8:02/M
100	Chad Voglewede	Hoagland	IN	347	38	13 M 35-39	25:09	8:04/M
101	Cheryl Reimund	Fort Wayne	IN	485	31	1 F 30-34	25:19	8:07/M
102	Tadd Boman	Auburn	IN	1360	48	14 M 45-49	25:27	8:09/M
103	Joe Ziegler	New Haven	IN	438	73	1 M 70-74	25:30	8:10/M
104	Tina Bell	Fort Wayne	IN	1298	34	2 F 30-34	25:31	8:11/M
105	Mike Wemhoff	Fort Wayne	IN	494	47	15 M 45-49	25:32	8:11/M
106	Shane Brinkman	Fort Wayne	IN	1302	21	7 M 18-24	25:33	8:11/M
107	Ashley Wellman	Fort Wayne	IN	236	34	9 M 30-34	25:34	8:12/M
108	Matt Byrd	Fort Wayne	IN	1350	34	10 M 30-34	25:42	8:14/M
109	David Stahl	Fort Wayne	IN	468	26	10 M 25-29	25:43	8:15/M
110	Abigail Harper	Fort Wayne	IN	1341	12	4 F 0-15	25:43	8:15/M
111	Joe Cavacini	Fort Wayne	IN	498	37	14 M 35-39	25:55	8:18/M
112	Randy Patterson	Fort Wayne	IN	422	40	7 M 40-44	25:59	8:20/M
113	Kelly Kelly	Fort Wayne	IN	345	36	5 F 35-39	26:02	8:21/M
114	Matt Brubaker	Uniondale	IN	1303	26	11 M 25-29	26:04	8:21/M
115	Sam Ladowski	Fort Wayne	IN	1342	24	8 M 18-24	26:07	8:22/M
116	Joe Ladowski	Fort Wayne	IN	1288	19	9 M 18-24	26:12	8:24/M
117	Connie Gordon	Churubusco	IN	320	46	3 F 45-49	26:13	8:24/M
118	Eric Misler	Fort Wayne	IN	429	29	12 M 25-29	26:14	8:24/M
119	Jim Silcox	Roanoke	IN	477	50	14 M 50-54	26:16	8:25/M
120	Larry Lee	Fort Wayne	IN	1297	64	2 M 60-64	26:21	8:27/M
121	Angie Owen	Fort Wayne	IN	154	45	4 F 45-49	26:22	8:27/M
122	Bernie Burgette	Fort Wayne	IN	460	65	2 M 65-69	26:23	8:27/M
123	Wayne Wells	Garrett	IN	348	32	11 M 30-34	26:24	8:28/M
124	Terri Gross	Fort Wayne	IN	1323	53	2 F 50-54	26:25	8:28/M
125	Mike Slaubaugh	Fort Wayne	IN	434	48	16 M 45-49	26:27	8:29/M
126	Doyle Steury	Leo	IN	437	45	17 M 45-49	26:30	8:30/M
127	Carol Harper	Fort Wayne	IN	1340	44	1 F 40-44	26:45	8:34/M
128	Steve Edmiston	New Haven	IN	323	50	15 M 50-54	26:49	8:36/M
129	Alex Federspiel	Fort Wayne	IN	1292	15	6 M 0-15	26:52	8:37/M
130	Carrie Cameron	Fort Wayne	IN	1344	31	3 F 30-34	26:53	8:37/M
131	John Federspiel	Fort Wayne	IN	1351	42	8 M 40-44	26:54	8:37/M
132	Wyatt Berthold	Fort Wayne	IN	223	13	7 M 0-15	26:55	8:38/M
133	Jack Seigel	Fort Wayne	IN	1293	63	3 M 60-64	26:56	8:38/M
134	Dennis Lessig	Leo	IN	235	44	9 M 40-44	26:57	8:38/M
135	John Klingengerger	Fort Wayne	IN	424	42	10 M 40-44	26:58	8:39/M
136	Tony Hackman	Fort Wayne	IN	1300	24	10 M 18-24	26:59	8:39/M
137	Mike Wolfe	Fort Wayne	IN	1362	39	15 M 35-39	27:00	8:39/M
138	Garrett Burns	Leo	IN	1330	12	8 M 0-15	27:02	8:40/M
139	Terry Anderson	Fort Wayne	IN	1301	55	3 M 55-59	27:05	8:41/M
140	Randy Moeller	Fort Wayne	IN	342	47	18 M 45-49	27:06	8:41/M
141	Karl Kline	Fort Wayne	IN	466	47	19 M 45-49	27:08	8:42/M
142	Kim Larsen	Fort Wayne	IN	1372	47	5 F 45-49	27:15	8:44/M
143	Carmen Parker	Fort Wayne	IN	456	31	4 F 30-34	27:16	8:44/M
144	Sara Goff	Columbia City	IN	426	36	6 F 35-39	27:17	8:45/M
145	Aaron York	Fort Wayne	IN	205	36	16 M 35-39	27:19	8:45/M
146	Matt Loraine	Leo	IN	1334	42	11 M 40-44	27:28	8:48/M
147	Billie Loraine	Leo	IN	1335	38	7 F 35-39	27:40	8:52/M
148	Amy Just	Fort Wayne	IN	444	41	2 F 40-44	27:41	8:52/M
149	Paul Meitz	Fort Wayne	IN	1345	35	17 M 35-39	27:45	8:54/M
150	Jennifer Emery	Fort Wayne	IN	447	13	5 F 0-15	27:49	8:55/M
151	Bruce Cook	Logansport	IN	208	56	4 M 55-59	28:02	8:59/M
152	Sonny Strack	Fort Wayne	IN	1338	50	16 M 50-54	28:08	9:01/M
153	Lyticia Emery	Fort Wayne	IN	350	37	8 F 35-39	28:12	9:02/M
154	Karen Arnold	Fort Wayne	IN	451	36	9 F 35-39	28:14	9:03/M
155	Tanya Vereeke	Huntington	IN	467	32	5 F 30-34	28:15	9:03/M
156	Nathan Niblick	Fort Wayne	IN	1324	28	13 M 25-29	28:16	9:04/M
157	Leeann Moeller	Fort Wayne	IN	339	14	6 F 0-15	28:18	9:04/M
158	Randi Oberauser	Garrett	IN	443	32	6 F 30-34	28:23	9:06/M
159	Maggie Saal	Fort Wayne	IN	334	31	7 F 30-34	28:28	9:07/M
160	Joe Keane	Fort Wayne	IN	1326	21	11 M 18-24	28:45	9:13/M
161	Brian Keane	Fort Wayne	IN	1325	48	20 M 45-49	28:47	9:14/M
162	Eddie Loraine	Leo	IN	1333	11	9 M 0-15	28:50	9:14/M
163	Scott Alpin	Fort Wayne	IN	1348	45	21 M 45-49	28:51	9:15/M
164	Bill Harris	Grabill	IN	207	70	2 M 70-74	28:51	9:15/M
165	Douglas Pulver	Fort Wayne	IN	463	45	22 M 45-49	28:52	9:15/M
166	Phillip Reimund	Fort Wayne	IN	484	33	12 M 30-34	28:56	9:16/M
167	Barrie Peterson	Fort Wayne	IN	225	66	3 M 65-69	29:00	9:18/M

168	John Powell	Fort Wayne	IN	1290	51	17 M	50-54	29:01	9:18/M
169	Rich Stephenson	Monroeville	IN	222	62	4 M	60-64	29:09	9:21/M
170	Kelli MacDonald	Grabill	IN	470	38	10 F	35-39	29:12	9:22/M
171	Todd Werling	Fort Wayne	IN	1321	35	18 M	35-39	29:22	9:25/M
172	Clint Plattner	Leo	IN	1347	33	13 M	30-34	29:23	9:25/M
173	Bethany Plattner	Leo	IN	1346	33	8 F	30-34	29:31	9:28/M
174	Heather Fromm	Fort Wayne	IN	445	33	9 F	30-34	29:31	9:28/M
175	Sarah Stanton	Dublin	OH	341	27	2 F	25-29	29:31	9:28/M
176	Monica Jehl	Fort Wayne	IN	1336	28	3 F	25-29	29:41	9:31/M
177	Kerri Piekarski	Fort Wayne	IN	1366	48	6 F	45-49	29:46	9:32/M
178	John David McPherson	Fort Wayne	IN	1349	56	5 M	55-59	29:48	9:33/M
179	Julie Edgell	Fort Wayne	IN	1339	30	10 F	30-34	29:53	9:35/M
180	Melanee Findley	Fort Wayne	IN	322	38	11 F	35-39	29:56	9:36/M
181	Dick Harnly	Fort Wayne	IN	216	71	3 M	70-74	30:05	9:39/M
182	Gina Fairchild	Roanoke	IN	232	29	4 F	25-29	30:13	9:41/M
183	David Stewart	Fort Wayne	IN	150	28	14 M	25-29	30:22	9:44/M
184	Alan Boyle	Fort Wayne	IN	499	46	23 M	45-49	30:31	9:47/M
185	Anne Korte	Fort Wayne	IN	450	38	12 F	35-39	30:36	9:48/M
186	Robert Lawson	Fort Wayne	IN	1328	61	5 M	60-64	30:40	9:50/M
187	Robin Dombrowski	Fort Wayne	IN	213	37	13 F	35-39	30:44	9:51/M
188	Kriston Hosler	Huntington	IN	464	34	11 F	30-34	30:49	9:53/M
189	Samantha Oakleaf	Fort Wayne	IN	1320	26	5 F	25-29	30:52	9:54/M
190	Delores Johns	Bluffton	IN	310	66	2 F	60-99	31:19	10:02/M
191	Melissa Kiser	Fort Wayne	IN	1355	43	3 F	40-44	31:20	10:03/M
192	Alexander Ramon	Auburn	IN	206	35	19 M	35-39	31:37	10:08/M
193	Dudley Berthold	Fort Wayne	IN	226	41	12 M	40-44	31:43	10:10/M
194	Aaron Makin	Fort Wayne	IN	1363	26	15 M	25-29	32:18	10:21/M
195	Shelby Barthold	Fort Wayne	IN	220	10	7 F	0-15	32:20	10:22/M
196	Elaine Kolvoord	Fort Wayne	IN	317	37	14 F	35-39	32:22	10:22/M
197	Sherry Nidlinger	Fort Wayne	IN	425	58	1 F	55-59	32:25	10:23/M
198	Lisa Duch	Grabill	IN	476	42	4 F	40-44	32:28	10:24/M
199	Susan Morgan	Fort Wayne	IN	333	40	5 F	40-44	32:52	10:32/M
200	Dan Bossard	Monroeville	IN	461	58	6 M	55-59	33:41	10:48/M
201	Jodi Harwood	Fort Wayne	IN	204	41	6 F	40-44	33:46	10:49/M
202	Mike Kjergaard	Spencerville	IN	151	43	13 M	40-44	33:53	10:52/M
203	Karl Dietsch	Fort Wayne	IN	475	71	4 M	70-74	34:09	10:57/M
204	Lucinda Fox	Fort Wayne	IN	1361	30	12 F	30-34	34:19	11:00/M
205	Ruthann Berthold	Fort Wayne	IN	227	39	15 F	35-39	34:32	11:04/M
206	Sharon Callender	Fort Wayne	IN	492	43	7 F	40-44	34:50	11:10/M
207	Chris Carter	Fort Wayne	IN	337	44	14 M	40-44	35:01	11:13/M
208	Deb Gavette	Fort Wayne	IN	430	43	8 F	40-44	35:16	11:18/M
209	Robert C Loomis	Monroe	IN	346	76	1 M	75-79	35:17	11:19/M
210	Kathy Wagner	Fort Wayne	IN	458	40	9 F	40-44	35:38	11:25/M
211	Tamara Peters	Auburn	IN	453	50	3 F	50-54	35:38	11:25/M
212	Kalissa Blanchette	Fort Wayne	IN	1337	21	1 F	20-24	36:49	11:48/M
213	Andrew Carter	Fort Wayne	IN	483	13	10 M	0-15	36:50	11:48/M
214	Laura Treace	New Haven	IN	329	19	2 F	16-19	37:28	12:01/M
215	Eric Lamott	Fort Wayne	IN	336	18	12 M	18-24	37:46	12:06/M
216	Tom Fromm	Columbia City	IN	1371	49	24 M	45-49	37:49	12:07/M
217	Jasmine Fizer	Fort Wayne	IN	439	26	6 F	25-29	37:50	12:08/M
218	Regina Blanchette	Fort Wayne	IN	1286	54	4 F	50-54	37:51	12:08/M
219	Trenton Boyle	Fort Wayne	IN	500	12	11 M	0-15	37:52	12:08/M
220	Jamie Zeigler	Fort Wayne	IN	316	8	8 F	0-15	38:02	12:11/M
221	John Fizer	Fort Wayne	IN	440	50	18 M	50-54	38:15	12:16/M
222	Betty Greider	Fort Wayne	IN	211	48	7 F	45-49	38:25	12:19/M
223	Beverly Hewitt	Fort Wayne	IN	497		9 F	0-15	38:38	12:23/M
224	David Hewitt	Fort Wayne	IN	495	59	7 M	55-59	38:52	12:27/M
225	Joe Federspiel	Fort Wayne	IN	1352	10	12 M	0-15	43:19	13:53/M
226	Donna Beebe	Fort Wayne	IN	455	57	2 F	55-59	43:20	13:53/M
227	Bethany Beebe	Fort Wayne	IN	457	30	13 F	30-34	43:45	14:01/M
228	Sharee Boyle	Fort Wayne	IN	146	41	10 F	40-44	45:33	14:36/M
229	Katie Reimund	Fort Wayne	IN	486	8	10 F	0-15	45:36	14:37/M
230	Diane Jones	Fort Wayne	IN	237	61	3 F	60-99	47:45	15:18/M

Nutri Challenge 20k & 5m

Tasty and timely took center stage as area runners donated food and their time to either a 20k, 5 mile run/walk, or kids' event. More hills made the event more challenging as runners and walkers gave their all to their physical performance. The physical well-being of others will be better as participants were asked to bring food items as donations to the less fortunate. The kids' event started the Kids Marathon, a series of events totalling a full marathon of performance through area running events this spring; the final event will culminate in the new baseball stadium.

NUTRI-RUN 20K

Place	Name	City	Bib No	Age	Age Group	Time	Pace	Time Back
1	Eric Ade	Fort Wayne IN	458	30	1 M 30-34	1:08:53.11	5:33/M	
2	Mike Cole	Corunna IN	463	33	1 M 30-34	1:09:24.08	5:36/M	00:30.97
3	Jeff Nidlinger	Fort Wayne IN	473	29	1 M 25-29	1:11:13.17	5:44/M	02:20.06
4	Austen Davenport	Fort Wayne IN	459	23	1 M 20-24	1:12:46.79	5:52/M	03:53.68
5	Manuel Martinez	Fort Wayne IN	489	46	1 M 45-49	1:16:41.93	6:11/M	07:48.82
6	Scott Eberle	Fort Wayne IN	439	45	1 M 45-49	1:17:30.58	6:15/M	08:37.47
7	Jon Champion	Fishers IN	467	33	2 M 30-34	1:17:44.38	6:16/M	08:51.27
8	Benjamin Ashby	Fort Wayne IN	625	26	2 M 25-29	1:18:33.13	6:20/M	09:40.02
9	Trent Sinnett	Homewood IL	455	47	2 M 45-49	1:18:47.87	6:21/M	09:54.76
10	Rowland Perez	Auburn IN	434	48	3 M 45-49	1:18:54.93	6:21/M	10:01.82
11	Ashley Ade	Fort Wayne IN	457	24	1 F 20-24	1:21:05.70	6:32/M	
12	Paul Richardson	Auburn IN	611	36	1 M 35-39	1:22:09.68	6:37/M	13:16.57
13	Paul Panning	Noblesville IN	464	27	3 M 25-29	1:22:43.13	6:40/M	13:50.02
14	Grant Stieglitz	Fort Wayne IN	402	24	2 M 20-24	1:24:12.67	6:47/M	15:19.56
15	Edward Fisk	Fort Wayne IN	424	29	4 M 25-29	1:24:34.56	6:49/M	15:41.45
16	Brad A Thomas	Fort Wayne IN	606	34	3 M 30-34	1:24:53.45	6:50/M	16:00.34
17	Cody Hannie	Arcola IN	619	24	3 M 20-24	1:24:58.11	6:51/M	16:05.00
18	Andy Garcia	Fort Wayne IN	469	25	5 M 25-29	1:25:05.35	6:51/M	16:12.24
19	Shane Oakleaf	Fort Wayne IN	481	26	6 M 25-29	1:25:47.04	6:55/M	16:53.93
20	Jeff Shoemaker	Fort Wayne IN	460	40	1 M 40-44	1:27:03.59	7:01/M	18:10.48
21	Tony Baumgartner	Fort Wayne IN	447	26	7 M 25-29	1:27:10.29	7:01/M	18:17.18
22	John Rajca	Muncie IN	441	50	1 M 50-54	1:27:13.24	7:02/M	18:20.13
23	Phillip Salisbury	Fort Wayne IN	454	34	4 M 30-34	1:27:33.61	7:03/M	18:40.50
24	Eliza Eshelman	Columbia City IN	471	23	1 F 20-24	1:27:41.79	7:04/M	06:36.09
25	Stephanie Breeding	Roanoke IN	614	26	1 F 25-29	1:28:21.42	7:07/M	07:15.72
26	Andrew Saal	Fort Wayne IN	617	34	5 M 30-34	1:28:39.54	7:09/M	19:46.43
27	Paul McIntosh	Fort Wayne IN	478	40	2 M 40-44	1:28:41.81	7:09/M	19:48.70
28	Steve Davis	Fort Wayne IN	603	51	2 M 50-54	1:28:48.87	7:09/M	19:55.76
29	Jed Pearson	Fort Wayne IN	484	57	1 M 55-59	1:29:06.72	7:11/M	20:13.61
30	Thomas Gilbert	Roanoke IN	613	40	3 M 40-44	1:30:06.79	7:16/M	21:13.68
31	Mark O'Shaughnessy	Fort Wayne IN	438	49	4 M 45-49	1:30:18.67	7:17/M	21:25.56
32	Dameon Rinehold	Fort Wayne IN	477	33	6 M 30-34	1:31:13.20	7:21/M	22:20.09
33	David Bowers	Fort Wayne IN	620	36	2 M 35-39	1:31:19.79	7:21/M	22:26.68
34	Mike Soat	Fort Wayne IN	475	45	5 M 45-49	1:32:58.67	7:29/M	24:05.56
35	Garett Carolus	Milford IN	602	43	4 M 40-44	1:33:24.19	7:32/M	24:31.08
36	Todd Sullivan	Fort Wayne IN	628	35	3 M 35-39	1:34:12.81	7:35/M	25:19.70
37	James McKinnon	Waterloo IN	445	53	3 M 50-54	1:34:38.97	7:38/M	25:45.86
38	Suzie Swinehart	Fort Wayne IN	623	36	1 F 35-39	1:34:59.10	7:39/M	13:53.40
39	Shane Allan Maynard	New Haven IN	423	31	7 M 30-34	1:35:43.85	7:43/M	26:50.74
40	Shawn Maynard	Fort Wayne IN	426	31	8 M 30-34	1:35:44.11	7:43/M	26:51.00
41	Matt Scott	Warsaw IN	485	40	5 M 40-44	1:35:45.44	7:43/M	26:52.33
42	Jerry Steinhoff	Fort Wayne IN	497	54	4 M 50-54	1:36:08.85	7:45/M	27:15.74
43	Tammy Behrens	Fort Wayne IN	468	38	2 F 35-39	1:36:22.32	7:46/M	15:16.62
44	Jill Wieman	Indianapolis IN	425	25	2 F 25-29	1:36:29.40	7:46/M	15:23.70
45	Julie Dinger	Fort Wayne IN	442	43	1 F 40-44	1:36:34.13	7:47/M	15:28.43
46	Judy White	Fort Wayne IN	444	50	1 F 50-54	1:36:40.35	7:47/M	15:34.65
47	Tom Hardin	Fort Wayne IN	411	39	4 M 35-39	1:36:52.89	7:48/M	27:59.78
48	Dashon Smith	Fort Wayne IN	618	23	4 M 20-24	1:37:04.39	7:49/M	28:11.28
49	Mike Else	Fort Wayne IN	428	39	5 M 35-39	1:37:12.29	7:50/M	28:19.18
50	Chris Adang	Ann Arbor MI	607	34	9 M 30-34	1:37:26.71	7:51/M	28:33.60
51	Cindy McGovern	Fort Wayne IN	430	44	1 F 40-44	1:37:31.93	7:51/M	16:26.23
52	Angie M. Lockwood	Bluffton IN	422	39	3 F 35-39	1:37:44.37	7:53/M	16:38.67
53	Brad Sloffer	Fort Wayne IN	408	39	6 M 35-39	1:37:58.42	7:54/M	29:05.31
54	Len Piropatto	Fort Wayne IN	496	54	5 M 50-54	1:38:14.20	7:55/M	29:21.09
55	Charlie Schortgen	Churubusco IN	436	50	6 M 50-54	1:38:31.19	7:56/M	29:38.08
56	Erin Brady	Fort Wayne IN	486	37	4 F 35-39	1:38:39.87	7:57/M	17:34.17
57	Doug Ulmer	Leo IN	414	54	7 M 50-54	1:38:46.11	7:58/M	29:53.00
58	Eric Easterday	Spencerville IN	626	52	8 M 50-54	1:39:06.87	7:59/M	30:13.76
59	Tony Cronk	Fort Wayne IN	610	37	7 M 35-39	1:39:57.99	8:03/M	31:04.88
60	Joe York	Auburn IN	605	30	10 M 30-34	1:40:12.53	8:04/M	31:19.42
61	Steve Getts	Corunna IN	451	46	6 M 45-49	1:40:16.39	8:05/M	31:23.28
62	Angela Derloshon	Fort Wayne IN	453	39	5 F 35-39	1:40:17.37	8:05/M	19:11.67
63	Steve Nivens	Fort Wayne IN	440	53	9 M 50-54	1:40:25.95	8:05/M	31:32.84

64	Joe Donnell	Fort Wayne IN	427	49	7 M 45-49	1:41:03.32	8:09/M	32:10.21
65	Dallas C Leatherman	Columbia City IN	420	53	10 M 50-54	1:41:07.27	8:09/M	32:14.16
66	Craig Bobay	Fort Wayne IN	604	52	11 M 50-54	1:41:41.13	8:12/M	32:48.02
67	Rick Panning	Angola IN	465	60	1 M 60-64	1:41:47.38	8:12/M	32:54.27
68	Brad Heyneman	Fort Wayne IN	488	40	6 M 40-44	1:41:54.35	8:13/M	33:01.24
69	Dave Reichwage	Fort Wayne IN	448	62	2 M 60-64	1:42:49.29	8:17/M	33:56.18
70	Bryan Fairchild	Roanoke IN	494	29	8 M 25-29	1:44:07.33	8:23/M	35:14.22
71	Malcom Jones	Roanoke IN	499	34	11 M 30-34	1:44:07.57	8:23/M	35:14.46
72	Greg Childers	Fort Wayne IN	616	45	8 M 45-49	1:44:38.88	8:26/M	35:45.77
73	Betty Nelson	Columbia City IN	415	62	1 F 60-64	1:44:40.31	8:26/M	23:34.61
74	John Buchs	Waterloo IN	452	54	12 M 50-54	1:45:08.11	8:28/M	36:15.00
75	Tracy Brooks	Fort Wayne IN	403	39	6 F 35-39	1:46:42.75	8:36/M	25:37.05
76	Tim Longenbaugh	Columbia City IN	479	37	8 M 35-39	1:46:44.14	8:36/M	37:51.03
77	Ric Poorman	Fort Wayne IN	482	49	9 M 45-49	1:47:15.09	8:39/M	38:21.98
78	Greg Wehling	Fort Wayne IN	612	46	10 M 45-49	1:47:20.48	8:39/M	38:27.37
79	David Threm	Fort Wayne IN	490	39	9 M 35-39	1:47:43.59	8:41/M	38:50.48
80	Kerry Blanchette	Fort Wayne IN	435	55	2 M 55-59	1:48:03.67	8:42/M	39:10.56
81	Evan Hyndman	Fort Wayne IN	417	28	9 M 25-29	1:48:48.22	8:46/M	39:55.11
82	Richard Taylor	Fort Wayne IN	621	40	7 M 40-44	1:49:13.49	8:48/M	40:20.38
83	Sam Ladowski	Fort Wayne IN	622	24	5 M 20-24	1:49:22.72	8:49/M	40:29.61
84	Ray Casiano	New Haven IN	480	65	1 M 65-69	1:49:26.97	8:49/M	40:33.86
85	Jim Pickett	Fort Wayne IN	419	59	3 M 55-59	1:49:43.19	8:50/M	40:50.08
86	Cheryl Pulver	Fort Wayne IN	609	39	7 F 35-39	1:49:55.85	8:51/M	28:50.15
87	Doug Breedren	Fort Wayne IN	631	53	13 M 50-54	1:50:06.46	8:52/M	41:13.35
88	James S Braun	Fort Wayne IN	433	53	14 M 50-54	1:50:08.25	8:52/M	41:15.14
89	Joe Ladowski	Fort Wayne IN	627	53	15 M 50-54	1:50:25.54	8:54/M	41:32.43
90	Bill Parker	Fort Wayne IN	476	49	11 M 45-49	1:50:50.03	8:56/M	41:56.92
91	Kathryn Bassett	Leo IN	404	43	2 F 40-44	1:50:50.34	8:56/M	29:44.64
92	Amy Stephan	Fort Wayne IN	407	31	1 F 30-34	1:51:01.43	8:57/M	29:55.73
93	Mike Barasch	Fort Wayne IN	466	40	8 M 40-44	1:51:09.37	8:57/M	42:16.26
94	Brandi Duncan	Columbia City IN	498	32	2 F 30-34	1:51:20.88	8:58/M	30:15.18
95	Kent Ennis	Fort Wayne IN	437	41	9 M 40-44	1:51:36.93	9:00/M	42:43.82
96	Jason Sagan	Fort Wayne IN	470	37	10 M 35-39	1:52:08.10	9:02/M	43:14.99
97	Quinn Farver	Fort Wayne IN	487	49	12 M 45-49	1:52:30.84	9:04/M	43:37.73
98	Steve Zacher	Fort Wayne IN	624	47	13 M 45-49	1:52:39.48	9:05/M	43:46.37
99	Kevin Croy	Fort Wayne IN	493	52	16 M 50-54	1:53:26.80	9:08/M	44:33.69
100	Howard J Klinger	Fort Wayne IN	418	54	17 M 50-54	1:53:27.82	9:09/M	44:34.71
101	Melinda Kinder	Fort Wayne IN	474	48	1 F 45-49	1:53:28.62	9:09/M	32:22.92
102	Karla Barnhart	South Whitley IN	491	33	3 F 30-34	1:53:45.92	9:10/M	32:40.22
103	Bill Clauser	Woodburn IN	449	51	18 M 50-54	1:53:46.17	9:10/M	44:53.06
104	Jerra Myers	Columbia City IN	492	29	3 F 25-29	1:53:59.00	9:11/M	32:53.30
105	Jonathan Bernstein	Fort Wayne IN	615	44	10 M 40-44	1:54:49.64	9:15/M	45:56.53
106	Jason L Bell	Auburn IN	429	38	11 M 35-39	1:55:26.34	9:18/M	46:33.23
107	E. Brian Foster	Fort Wayne IN	421	46	14 M 45-49	1:55:57.96	9:21/M	47:04.85
108	Laurie Whisler	Fort Wayne IN	500	44	3 F 40-44	1:56:16.96	9:22/M	35:11.26
109	Joseph M Astroski	Fort Wayne IN	632	52	19 M 50-54	1:56:41.41	9:24/M	47:48.30
110	Katrina Newman	Columbia City IN	456	33	4 F 30-34	1:57:20.45	9:27/M	36:14.75
111	Andrew Hufford	Fort Wayne IN	608	43	11 M 40-44	1:57:51.04	9:30/M	48:57.93
112	Linda Lanucilli	Fort Wayne IN	495	46	2 F 45-49	1:58:20.76	9:32/M	37:15.06
113	Beth Schrader	Fort Wayne IN	450	35	8 F 35-39	1:59:01.18	9:35/M	37:55.48
114	Dave Kuker	Fort Wayne IN	483	42	12 M 40-44	1:59:01.18	9:35/M	50:08.07
115	Joseph Walburn	Fort Wayne IN	629	34	12 M 30-34	1:59:42.32	9:39/M	50:49.21
116	Bradley Mills	Roanoke IN	472	43	13 M 40-44	2:00:37.49	9:43/M	51:44.38
117	Lynne Feiertag	Fort Wayne IN	406	58	1 F 55-59	2:02:31.40	9:52/M	41:25.70
118	Cari Hardin	Fort Wayne IN	443	37	9 F 35-39	2:07:45.16	10:18/M	46:39.46
119	Cort Chilian	Fort Wayne IN	461	43	14 M 40-44	2:08:19.98	10:20/M	59:26.87
120	Kathleen Anderson	Fort Wayne IN	462	41	4 F 40-44	2:08:20.02	10:20/M	47:14.32
121	Jennifer Savage	Warsaw IN	446	38	10 F 35-39	2:09:43.31	10:27/M	48:37.61
122	Brian Yee	Fort Wayne IN	630	35	12 M 35-39	2:10:31.44	10:31/M	1:01:38.33
123	Rich Stephenson	Monroeville IN	413	62	3 M 60-64	2:13:23.56	10:45/M	1:04:30.45
124	Sheryle Braaten	Hoagland IN	601	49	3 F 45-49	2:42:11.51	13:04/M	1:21:05.81
125	Joe Ziegler	New Haven IN	416	73	1 M 70-99	2:42:14.46	13:04/M	1:33:21.35

NUTRISM

Place	Name	City	Bib No	Age	Age Group	Time	Pace	Time Back
1	Matt Blume	Fort Wayne IN	47	27	1 M 25-29	26:15.16	5:15/M	
2	Brad Hess	Fort Wayne IN	81	16	1 M 15-19	29:29.47	5:54/M	03:14.31
3	Chuck Deford	Fort Wayne IN	113	50	1 M 50-54	30:33.53	6:07/M	04:18.37
4	Carl Hansen	Auburn IN	44	52	1 M 50-54	31:26.68	6:17/M	05:11.52
5	Tony Galassini	Fort Wayne IN	119	38	1 M 35-39	32:16.78	6:27/M	06:01.62
6	Mark Walter	Garrett IN	108	44	1 M 40-44	32:57.28	6:35/M	06:42.12
7	Paul Shaffer	Decatur IN	65	51	2 M 50-54	33:00.81	6:36/M	06:45.65
8	Roger Wilson	Fort Wayne IN	99	55	1 M 55-59	33:15.61	6:39/M	07:00.45
9	Erik Magner	Fort Wayne IN	67	45	1 M 45-49	33:31.58	6:42/M	07:16.42
10	Lauren Hamilton	Spencerville IN	61	13	1 F 0-14	33:32.57	6:42/M	
11	Ed P Reinhard	Poneto IN	131	51	3 M 50-54	33:37.44	6:43/M	07:22.28
12	Greg Wemhoff	Hillsboro MO	52	51	4 M 50-54	34:02.88	6:48/M	07:47.72
13	Gary Schmunk	Antwerp OH	89	54	5 M 50-54	34:04.34	6:49/M	07:49.18
14	Dustin Wilhelm	Hudson IN	88	28	1 M 25-29	36:46.96	7:21/M	10:31.80
15	John Treleven	Fort Wayne IN	112	57	2 M 55-59	36:58.58	7:24/M	10:43.42
16	Nate Miller	Fort Wayne IN	15	35	2 M 35-39	37:08.04	7:26/M	10:52.88
17	Kristin Rajca	Muncie IN	42	52	1 F 50-54	37:10.68	7:26/M	03:38.11
18	Gregg Circle	Leo IN	16	45	2 M 45-49	37:17.17	7:27/M	11:02.01
19	Rick Sawyer	Fort Wayne IN	23	43	2 M 40-44	37:27.10	7:29/M	11:11.94

20	Rick Grieze	Fort Wayne	IN	141	45	3 M 45-49	37:33.50	7:31/M	11:18.34
21	Linda Wyss	Fort Wayne	IN	66	46	1 F 45-49	37:52.69	7:34/M	04:20.12
22	Brooke Werstler	Larwill	IN	38	13	1 F 0-14	37:59.34	7:36/M	04:26.77
23	Tony Galuoppo	Fort Wayne	IN	12	50	6 M 50-54	38:04.68	7:37/M	11:49.52
24	Wendell Aldrich	Columbia City	IN	72	41	3 M 40-44	38:25.28	7:41/M	12:10.12
25	Courtney Jakacki	Fort Wayne	IN	73	25	1 F 25-29	38:40.02	7:44/M	05:07.45
26	Corey Sellers	Fort Wayne	IN	137	35	3 M 35-39	38:41.67	7:44/M	12:26.51
27	Grace Hess	Fort Wayne	IN	82	11	2 F 0-14	38:54.22	7:47/M	05:21.65
28	Bernie Fischer	Avilla	IN	63	38	4 M 35-39	39:19.62	7:52/M	13:04.46
29	Tom Lill	Fort Wayne	IN	87	52	7 M 50-54	39:22.65	7:52/M	13:07.49
30	Jeff Johanningsmeier	Fort Wayne	IN	86	30	1 M 30-34	39:28.12	7:54/M	13:12.96
31	Mike Wemhoff	Fort Wayne	IN	51	47	4 M 45-49	39:49.88	7:58/M	13:34.72
32	Carmen Parker	Fort Wayne	IN	70	31	1 F 30-34	39:56.04	7:59/M	06:23.47
33	Doug Meyer	Bluffton	IN	43	45	5 M 45-49	40:08.18	8:02/M	13:53.02
34	Michael Yoder	Leo	IN	29	29	2 M 25-29	40:25.93	8:05/M	14:10.77
35	Michael Variell	Convoy	OH	50	52	8 M 50-54	40:26.11	8:05/M	14:10.95
36	Jim Weide	Fort Wayne	IN	109	56	3 M 55-59	40:33.53	8:07/M	14:18.37
37	Richard Sereno	Huntington	IN	83	46	6 M 45-49	40:34.71	8:07/M	14:19.55
38	Ashley Wellman	Fort Wayne	IN	54	34	2 M 30-34	41:19.11	8:16/M	15:03.95
39	Clark Shepherd	Warsaw	IN	92	38	5 M 35-39	41:31.00	8:18/M	15:15.84
40	Dawn Mabry	Fort Wayne	IN	36	49	2 F 45-49	41:32.40	8:18/M	07:59.83
41	Timothy Hamilton	Spencerville	IN	62	43	4 M 40-44	41:46.84	8:21/M	15:31.68
42	Chris Didier	Fort Wayne	IN	59	47	7 M 45-49	41:54.10	8:23/M	15:38.94
43	Christopher Meyer	Fort Wayne	IN	53	11	1 M 0-14	41:59.53	8:24/M	15:44.37
44	Lola Giese	Fort Wayne	IN	68	36	1 F 35-39	42:00.36	8:24/M	08:27.79
45	James Berry	Fort Wayne	IN	134	46	8 M 45-49	42:05.39	8:25/M	15:50.23
46	Kevin Giant	Fort Wayne	IN	118	55	4 M 55-59	42:11.01	8:26/M	15:55.85
47	Tina M. Pinkerton	Fort Wayne	IN	30	39	2 F 35-39	42:16.02	8:27/M	08:43.45
48	Boni Fream	Fort Wayne	IN	126	33	2 F 30-34	42:17.58	8:27/M	08:45.01
49	Heather Carter	Fort Wayne	IN	127	27	2 F 25-29	42:17.81	8:27/M	08:45.24
50	Matthew Brubaker	Uniondale	IN	25	26	3 M 25-29	42:19.90	8:28/M	16:04.74
51	Troy Carolus	Milford	IN	98	13	2 M 0-14	42:20.59	8:28/M	16:05.43
52	Sam Gillie	Fort Wayne	IN	45	38	6 M 35-39	42:33.74	8:31/M	16:18.58
53	Shelby Allison	Columbia City	IN	85	11	3 F 0-14	42:36.06	8:31/M	09:03.49
54	Karen Dvorak	Fort Wayne	IN	57	45	3 F 45-49	42:39.00	8:32/M	09:06.43
55	Mark Pulver	Fort Wayne	IN	107	41	5 M 40-44	42:57.42	8:35/M	16:42.26
56	Larry Lee	Fort Wayne	IN	140	64	1 M 60-64	42:59.68	8:36/M	16:44.52
57	Connie Gordon	Churubusco	IN	4	46	4 F 45-49	43:04.28	8:37/M	09:31.71
58	Scott Allison	Columbia City	IN	84	37	7 M 35-39	43:22.98	8:40/M	17:07.82
59	Tina Bell	Fort Wayne	IN	143	34	3 F 30-34	43:58.41	8:48/M	10:25.84
60	Scott Springer	Harlan	IN	104	38	8 M 35-39	44:05.57	8:49/M	17:50.41
61	Bernie Burgette	Fort Wayne	IN	33	65	1 M 65-69	44:12.78	8:50/M	17:57.62
62	Gary Hahn	Woodburn	IN	105	39	9 M 35-39	44:18.13	8:52/M	18:02.97
63	Kelly Kelly	Fort Wayne	IN	6	36	3 F 35-39	44:44.51	8:57/M	11:11.94
64	Cecil Wallace	Harlan	IN	103	42	6 M 40-44	44:56.96	8:59/M	18:41.80
65	Adrian Lowrance	Fort Wayne	IN	17	37	10 M 35-39	45:00.30	9:00/M	18:45.14
66	Dick Harnly	Fort Wayne	IN	60	71	1 M 70-99	45:15.05	9:03/M	18:59.89
67	Kristin Panning	Noblesville	IN	58	27	3 F 25-29	45:22.98	9:04/M	11:50.41
68	Michael Difilippantonio	Fort Wayne	IN	90	53	9 M 50-54	45:26.78	9:05/M	19:11.62
69	Sara Goff	Columbia City	IN	69	36	4 F 35-39	45:39.62	9:08/M	12:07.05
70	David E Boylan	Fort Wayne	IN	41	66	2 M 65-69	45:46.60	9:09/M	19:31.44
71	Heather Fromm	Fort Wayne	IN	95	33	4 F 30-34	45:56.01	9:11/M	12:23.44
72	Sarah Stanton	Dublin	OH	130	27	4 F 25-29	45:56.98	9:11/M	12:24.41
73	Joe Obringer	Decatur	IN	28	44	7 M 40-44	46:00.19	9:12/M	19:45.03
74	Alan Hernly	Fort Wayne	IN	2	57	5 M 55-59	46:09.95	9:14/M	19:54.79
75	Dan Bossard	Monroeville	IN	37	58	6 M 55-59	46:15.78	9:15/M	20:00.62
76	John David McPherson	Fort Wayne	IN	40	56	7 M 55-59	46:34.69	9:19/M	20:19.53
77	Mark Stock	Laramie	WY	97	51	10 M 50-54	46:38.12	9:20/M	20:22.96
78	Rob Stanbaugh	Fort Wayne	IN	116	28	4 M 25-29	47:00.44	9:24/M	20:45.28
79	Maggie Saal	Fort Wayne	IN	129	31	5 F 30-34	47:00.86	9:24/M	13:28.29
80	Jeff Wike	Fort Wayne	IN	21	30	3 M 30-34	47:09.72	9:26/M	20:54.56
81	Julia Olry	Monroeville	IN	117	27	5 F 25-29	47:32.90	9:30/M	14:00.33
82	Bill Harris	Grabill	IN	11	70	2 M 70-99	47:49.39	9:34/M	21:34.23
83	Donald Kramer	Van Wert	OH	49	55	8 M 55-59	48:19.31	9:40/M	22:04.15
84	Tony Reinhard	Bluffton	IN	133	48	9 M 45-49	48:20.33	9:40/M	22:05.17
85	Shelly Dix	Fort Wayne	IN	120	37	5 F 35-39	48:39.62	9:44/M	15:07.05
86	Lindsay Brown	Fort Wayne	IN	56	25	6 F 25-29	49:07.68	9:49/M	15:35.11
87	Susan Winslow	Salem	IN	55	19	1 F 15-19	49:08.07	9:50/M	15:35.50
88	Mollie Cripe	Fort Wayne	IN	142	29	7 F 25-29	49:14.29	9:51/M	15:41.72
89	Teresa Stephens	Fort Wayne	IN	144	43	1 F 40-44	49:15.92	9:51/M	15:43.35
90	Trent Shepherd	Warsaw	IN	93	10	3 M 0-14	49:58.01	10:00/M	23:42.85
91	Mary Shepherd	Warsaw	IN	94	35	6 F 35-39	49:59.86	10:00/M	16:27.29
92	Samantha Oakleaf	Fort Wayne	IN	78	26	8 F 25-29	50:11.96	10:02/M	16:39.39
93	Hilary Andersen	Fort Wayne	IN	135	24	1 F 20-24	50:48.42	10:10/M	17:15.85
94	Robinette Dombrowski	Fort Wayne	IN	100	37	7 F 35-39	50:52.13	10:10/M	17:19.56
95	Allen Albert	Fort Wayne	IN	48	65	3 M 65-69	50:55.88	10:11/M	24:40.72
96	Todd Werling	Fort Wayne	IN	27	35	11 M 35-39	51:08.13	10:14/M	24:52.97
97	Delores Johns	Bluffton	IN	7	66	1 F 65-69	51:22.65	10:16/M	17:50.08
98	Bart Landen	Churubusco	IN	64	59	9 M 55-59	51:32.33	10:18/M	25:17.17
99	Susan Stoneburner	Fort Wayne	IN	110	50	1 F 50-54	51:43.53	10:21/M	18:10.96
100	Robert Lawson	Fort Wayne	IN	80	61	2 M 60-64	52:19.02	10:28/M	26:03.86
101	Elaine Kolvoord	Fort Wayne	IN	77	37	8 F 35-39	52:42.30	10:32/M	19:09.73
102	Paarthasaarathy Seshadr	Fort Wayne	IN	106	27	5 M 25-29	53:15.41	10:39/M	27:00.25
103	John E Klingenberg	Ft. Wayne	IN	32	42	8 M 40-44	53:15.94	10:39/M	27:00.78

104	Brian Keane	Fort Wayne IN	39	48	10 M 45-49	53:16.66	10:39/M	27:01.50
105	Sherry Nidlinger	Fort Wayne IN	71	58	1 F 55-59	53:33.86	10:43/M	20:01.29
106	April Lass	Fort Wayne IN	22	37	9 F 35-39	54:14.88	10:51/M	20:42.31
107	Sarah Hayes	Fort Wayne IN	132	36	10 F 35-39	54:17.06	10:51/M	20:44.49
108	Susan Morgan	Fort Wayne IN	19	40	2 F 40-44	54:40.52	10:56/M	21:07.95
109	Kriston Hosler	Huntington IN	111	34	6 F 30-34	55:15.86	11:03/M	21:43.29
110	Sharon Callender	Fort Wayne IN	114	43	3 F 40-44	55:50.10	11:10/M	22:17.53
111	Rosalie Hernly	Fort Wayne IN	3	56	2 F 55-59	56:01.73	11:12/M	22:29.16
112	Noah Obringer	Decatur IN	26	12	4 M 0-14	56:36.03	11:19/M	30:20.87
113	Bernie Huesing	Fort Wayne IN	10	76	3 M 70-99	57:01.91	11:24/M	30:46.75
114	John Feiertag	Fort Wayne IN	5	61	3 M 60-64	57:13.31	11:27/M	30:58.15
115	Kristie Laird	Huntington IN	115	26	9 F 25-29	58:08.44	11:38/M	24:35.87
116	Robert C Loomis	Monroe IN	20	76	4 M 70-99	58:18.96	11:40/M	32:03.80
117	Jamie Zeigler	Fort Wayne IN	76	8	4 F 0-14	58:41.79	11:44/M	25:09.22
118	Dori A Meighan	Fort Wayne IN	136	51	2 F 50-54	1:00:16.31	12:03/M	26:43.74
119	Joseph Kinder	Fort Wayne IN	79	53	11 M 50-54	1:00:18.11	12:04/M	34:02.95
120	Kalissa Blanchette	Fort Wayne IN	35	21	2 F 20-24	1:01:59.31	12:24/M	28:26.74
121	Jennifer Dornself	Fort Wayne IN	128	36	11 F 35-39	1:02:11.68	12:26/M	28:39.11
122	Regina Blanchette	Fort Wayne IN	34	54	3 F 50-54	1:03:23.54	12:41/M	29:50.97
123	Betty Greider	Fort Wayne IN	46	48	5 F 45-49	1:06:17.56	13:15/M	32:44.99
124	Mary Voors	Fort Wayne IN	91	53	4 F 50-54	1:06:32.97	13:18/M	33:00.40
125	Kelly L Pearsall	Fort Wayne IN	13	47	6 F 45-49	1:08:52.30	13:46/M	35:19.73
126	Becky Steinhoff	Fort Wayne IN	96	53	5 F 50-54	1:12:39.94	14:32/M	39:07.37
127	Erik Watson	New Haven IN	75	38	12 M 35-39	1:16:41.21	15:20/M	50:26.05
128	Ralph Watson	Fort Wayne IN	74	64	4 M 60-64	1:16:41.97	15:20/M	50:26.81
129	Patricia Leslie	Fort Wayne IN	138	45	7 F 45-49	1:18:58.04	15:48/M	45:25.47
130	Deb Overcash	Fort Wayne IN	123	56	3 F 55-59	1:20:27.93	16:05/M	46:55.36
131	Lindsey Maksim	Fort Wayne IN	121	26	10 F 25-29	1:22:21.96	16:28/M	48:49.39
132	Mary Bradshaw	Fort Wayne IN	122	57	4 F 55-59	1:22:22.07	16:28/M	48:49.50
133	Kyle Davis	Fort Wayne IN	125	10	5 M 0-14	1:31:35.22	18:19/M	1:05:20.06
134	Angela Miguez	Fort Wayne IN	124	35	12 F 35-39	1:31:52.27	18:22/M	58:19.70
135	Nan Miller	Fort Wayne IN	102	57	5 F 55-59	1:32:43.02	18:33/M	59:10.45
136	Darlene Kyler	Columbia City IN	101	57	6 F 55-59	1:32:43.12	18:33/M	59:10.55

Attention Track Club Members

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

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

Advertising Rates

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

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

Inside Track publishes 450 issues bi-monthly

Brett Hess Insurance Services

We Go The Distance...

969-6610

www.bhessinsurance.com
bhessinsurance@msn.com

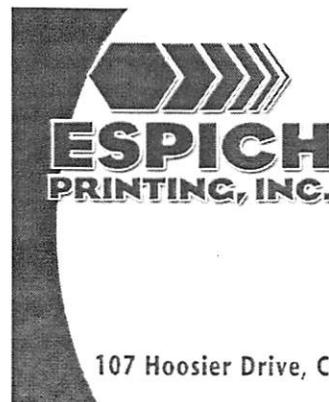
Home – Auto – Business
Life - Health



Memory Quilts by Jean

*Eco-friendly custom quilts
made from your memories.*

Jean Kaste
9625 Reindeer Road
Fort Wayne, IN 46804
260-436-9306
jeankaste@comcast.net



phone: 260-248-2446
fax: 260-248-8001
sales@espichprinting.com
www.espichprinting.com

*Serving the Midwest
Since 1986*

MARK ESPICH

107 Hoosier Drive, Columbia City, IN 46725

FORT WAYNE



TRACK CLUB

FWTC Newsletter
PO Box 11703
Fort Wayne, IN 46860



PRSR STD
U.S. POSTAGE
PAID
Ft. Wayne, IN
Permit No. 1799