

# The *New* Inside Track

FORT WAYNE



TRACK CLUB

**AUGUST / SEPTEMBER 2010**

**A publication of the Fort Wayne Track Club**

## HEATING UP THE ROADS



If you ran in a race recently, you will not be surprised to learn that the summer of 2010 will go down as one of the hottest on record. Above, participants in the Runners on Parade 5K face a blazing sun on the morning of July 10. Of special note is No. 8, Linda Keuneke, a long-time member of the FWTC who recently moved away. Good luck, Linda!

### RACES

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# 200 miles, 27 hours = 27th out of 203

By Craig Bobay

On June 11 and 12, nine Fort Wayne area runners (most of whom are members of the FWTC) joined forces for a 205 mile road and trail run from central Wisconsin to Chicago, in a relay race known as the Madison-Chicago 200, or the MC 200.

Over 220 teams, and approximately 2500 runners participated in this event. The Fort Wayne nine took on the name of the Tincaps Ale Club ("TAC"), and travelled together in a 15 passenger van, decorated with photos of the team members and with Tincaps memorabilia. The course took participants on a scenic tour of the Madison-Milwaukee-Chicago corridor. The 205 (or so) mile course is divided into 36 legs that teams of up to 12 members navigated over a two day period.

Teams gathered in Wisconsin's capital city of Madison on Thursday and Friday. The relay began with a wave start at 7:00 a.m. on Friday. Groups of teams started the relay each hour thereafter, with the last group leaving around 4:00 p.m. Team start times were assigned based on the estimated finish time that all team captains/"czars" submitted prior to the race. Although the TAC had 9 runners in just one van, most teams consisted of 12 members in 2 vans, a few teams of six also entered, and one team of three ultras competed as well.

The first leg of the relay circled around Madison's beautiful Lake Monona, with a hot and humid 12 noon start for the TAC and 19 other teams assigned to that group.

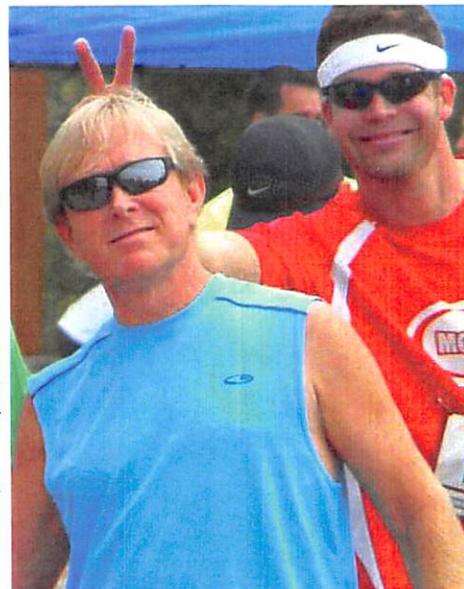
Team "Czar" Craig Bobay got the team off to a respectable start by being the 6<sup>th</sup> of the 20 runners to reach the first exchange location. The Czar passed the "baton/wrist bracelet" to one of the team's "young guns," Trent Diller, who made his dad Terry proud when Trent passed the other 5 teams, and was first at the second exchange location. After Tom Felts took over at Leg 4, the course joined the rolling Glacial-Drumlin Trail (an abandoned railway line that has been given new life as a linear State Park) of rural eastern Wisconsin, heading towards the parkways of Waukesha and Milwaukee Counties.

Seventy percent of the relay was on designated trails.

The race continued through the night, and although the heat subsided a little after sundown, the humidity stayed high through most of the night. About an hour before day break on Saturday, somewhere south of Milwaukee, the heat and humidity did finally break, and the air turned quite chilly – which was great for the runners.



**Tincaps Ale Club (TAC) members Terry Diller , Phil Houk and Tim Claxton relax at a mid-morning exchange zone near Racine, Wisconsin.**



**Author and team member Craig Bobay left, poses before one of his relay legs.**

There were some amenities at certain designated exchange areas, such as food and showers, and teams of 12 could find places to take naps there. But, teams of less than 12, such as the TAC had to keep on the road all night to keep pace with their runners. No real rest for TAC members would come until after the celebratory pizza much later Saturday night.

By Saturday morning, teams ran through Racine and Kenosha, which included some beautiful lakefront views of Lake Michigan,

and then into Illinois via bike trails. In Waukegan, the race was delayed for over ninety minutes due to a severe storm passing through.

After the delay, the local team got back out on the course, with novice road runner Phil Houk taking on the longest race he had ever run. Phil's 8.6 mile leg began during the remnants of the down-pour. A few exchanges later, young gun #2, Nick Hursh took over for his last leg, a 7.5 miler north of Evanston, and the mid-day sun was back in full blaze.

After TAC navigated through the streets of Evanston and the final exchange at the Northwestern University football stadium, anchor man Tim Claxton took over, heading out on his final 8.8 mile leg towards Chicago's magnificent Lakefront Running Path, for the big finish at Montrose Harbor in Lincoln Park on Lake Michigan.

The entire team put on our blue FWTC shirts and joined Tim for the 100 yards of the 200+ mile route, running towards the Chicago skyline and the long-anticipated finish line.

The final results show that after adjusting for the storm delay, TAC finished in 27 hours and 25 minutes, with an 8:06 pace for the entire 205 miles. This placed the team 27<sup>th</sup> of the 203 teams that finished the relay.

The winning team finished in 21 hours and 38 minutes (6:24 pace), and the last team to make it to Chicago got there in 37 hours and 14 minutes.

**For team member reaction, please turn to page 21.**

**The Prez says**

## **Team effort great, but no sub for Sarah**

A great big welcome back is due for Sarah Kleinknight, board member and membership chair, who recently returned after spending five months in Chile. She went to teach, but one of her first adventures was the earthquake. I hope we're able to share some of her experiences in this newsletter. My personal thanks for picking up the slack goes to Kathy Burner, formerly Vice President, for assisting while Sarah was gone.

I believe many, if not most, of our difficulties with tabulation of our points standings have been resolved. Phil and Phyllis Suelzer have spent many hours to integrate our changing membership list with the race results. Thanks also goes to Paul Knott and especially Tom Landis who worked mightily in offering suggestions and making changes as well as to others who have helped also.

Speaking of points races, it's not too early to start planning (and registering) for: Parlor City 10-Mile, September; Run for Riley and River City Rat Race, October; and the Turkey Trot scheduled for November at Fox Island County Park.



The Board is continuing work on the details of our annual Banquet in January featuring Frank Shorter, renowned Olympic Marathon Gold Medalist, as featured guest. Last year's event with Bill Rodgers was a sell-out so make your plans early. Our date is January 30, 2011, and does not conflict with the Super Bowl.

Gotta Run, Bill

cheer squads from neighboring high schools who cheered and saluted the runners. Home to Starbucks, as well as Microsoft and allied industries, Seattle is an interesting city.

The Puget Sound Harbor area features the large Pike Place Farmers' Market where fresh fruits, vegetables, Salmon and Dungeness Crabs are sold daily. The Space Needle was present wherever I traveled and within easy walking distance from my hotel.

Through computer technology (as I learned later) my daughter and grandchildren in Chicago were able to see and hear my finish outside Q West Stadium. This was a great day in a great city.

### **Rundown to 50/50**

#### **#43: Wyoming**

5,180 feet above sea level, as Casper, Wyoming can be considered at altitude. Approximately 500 runners toed the starting line for the 6:30 start. Temperature was 45 degrees rising to the high 60s by 10:30. The course was relatively hot by Wyoming standards and run mostly on asphalt. Other than at the start and finish, the race featured scenic Park areas bordering the Platt River. The Casper Mountains, still snow covered, were prominent.

The water stops featured Gatorade, fruit and cold water. Volunteers were enthusiastic and supportive. Food at the Pasta Dinner included chicken and fresh fruit in addition to the pasta and meat sauce. The post-race buffet was outstanding with plenty of sandwiches, pizza, cookies, fruit, soft drinks and our choice of icy, cold beer.

On the way from Billings, Mont to Casper, I stopped at the Little Big Horn Memorial, site of the June, 1876 battle between 7th Cavalry troops (approximately 260) led by Lt. Colonel George Custer and more than 2000 Indian Warriors led by Sitting Bull, Chief of the Lakota Tribe. I spent a sobering time on Last Stand Hill contemplating the final charge of the Indians on the few remaining soldiers. Both warriors and soldiers are named on separate memorials on a battlefield dotted with white, as well as red, monuments marking spots where combatants, white and red, fell. This was a marathon trip I will not forget.

#### **#44: Washington**

Running is happy hour without the cocktails, which was certainly true in Seattle, site of my 44th state. A Rock n' Roll event, more than 27,000 runners competed, with more than wave starts. Weather was cool at the start (50s) and overcast: race-perfect for a marathon. The course was hilly, but most up-hills had a corresponding downhill. The race started in Tukwila and traversed back to Seattle along Lake Washington, with good views of the water and pines nearing Mercer Island.

Water stops were well-maintained and frequent. There were approximately 24 music groups. An added bonus were

**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 the articles of incorporation, as amended from time to time.

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\*The Fort Wayne Track Club is a member of the RRCA, Club #23.

Notices to all members:

All are encouraged to attend monthly board meetings, held at the Royal Dons Room in the Gates Sports Center, IPFW, at 7 p.m. on the 2<sup>nd</sup> Wednesday of each month.

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

**ADVERTISING IN THE INSIDE TRACK**

Do business with another runner and support a fellow track club member by advertising in The "new" Inside Track. The publications is sent to 450 homes in northeast Indiana six times per year. Race applications may be inserted into the bi-monthly newsletter for \$75. Please contact newsletter editor, Brett Hess, for inquiries.

	ADVERTISING RATES		
	Single issue	Three issues	Six issues (full year)
Full page	\$75	\$200	\$325
Half page	\$40	\$110	\$175
Quarter page	\$25	\$65	\$100
Business card	n/a	n/a	\$50
Inside Cover (front or back)	\$300	\$750	\$1200

## **NORTHEAST INDIANA RACE CALENDAR**

Aug 21,2010 8:30am Sat <b>Brochure</b>	L	<b>2nd Annual Anthony Wayne Rotary 5K Run/Walk Challenge to Defeat Polio - 5K</b> Shoaff Park Boat Ramp Area, Fort Wayne, IN <i>Contact:</i> Barrie Peterson, 1637 Traders Crossing, Fort Wayne IN 46845, 260-637-5717 <i>Info/Fees:</i> Info/Fees: \$12.00 Pre, up to August 15, \$15.00 day of race. Kids 10&Under 1 mile Fun Run at 8:15am, \$5.00 (no shirt)(Kids entry day of only) Race day registration from 7:00am to 8:15am. Proceeds to help raise funds to eradicate the world of polio. This has been a major emphasis of Rotary International for many years. Progress has been incredible, but there are still four countries left in the world where there is still a battle against this dreaded disease
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Aug 28,2010 8am Sat <b>Brochure</b> <b>Register Online!</b>	L	<b>1st Annual Pufferbelly 5K Family Run/Walk - 5K</b> Salomon Farm, Fort Wayne, IN <i>Contact:</i> Chad Appleman <i>Info/Fees:</i> See attached brochure. Proceeds from this event to further our work in converting the former New York Railroad into a paved recreational path that, when completed, will link downtown Fort Wayne to Pokagon State Park. <i>Email:</i> <a href="mailto:appleman@hotmial.com">appleman@hotmial.com</a> <i>Web site:</i> <a href="http://www.northwestallentrails.org">http://www.northwestallentrails.org</a> <i>Registration:</i> <a href="http://www.northwestallentrails.org/puff.pdf">http://www.northwestallentrails.org/puff.pdf</a>
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Sep 04,2010 6:30pm Sat <b>Brochure</b>	R	<b>Summer Nights 5K &amp; 1 Mile - 5K &amp; 1 Mile</b> Ligonier Elementary, Ligonier, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier IN 46767, 260-894-4638 <i>Info/Fees:</i> \$12-pre-\$15-race day 1 Mile @ 7:00pm. SEE ATTACHED BROCHURE. <i>Email:</i> <a href="mailto:shepherdb@westnoble.k12.in.us">shepherdb@westnoble.k12.in.us</a>
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Sep 04,2010 7:30am Sat <b>Brochure</b> <b>Register Online!</b>	RP	<b>36th Annual Parlor City Trot (FWTC Points -10M) - 13.1 mile, 10 mile, 10 km (10 mile is FWTC Points Race)</b> City Hall Bldg, 128 E Market St, Bluffton, IN <i>Contact:</i> Mac MacAvoy, Quabache River Runners, PO Box 513, Bluffton, IN 46714, 260-450-1071 <i>Info/Fees:</i> All participants bring non-perishable food items for the Wells County Food Bank \$2,500 total prize money available at the 36th Annual PCT. <i>Email:</i> <a href="mailto:macmavoy@gmail.com">macmavoy@gmail.com</a> <i>Web site:</i> <a href="http://teamorr.org">http://teamorr.org</a> <i>Registration:</i> <a href="http://www.runrace.net/findarace.php?id=10247IN">http://www.runrace.net/findarace.php?id=10247IN</a>
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Sep 11,2010 8am Sat <b>Brochure</b>	R	<b>Ossian Days Dash - 5K Run/Walk, 1.25M Family Fun Dash</b> Ossian Elementary School, Ossian, IN <i>Contact:</i> Lisa House, 1003 Woodcreek Dr., Ossian, IN 46777, 260-760-2678 <i>Info/Fees:</i> See attached brochure. Proceeds benefits PSA IOTA XI GAMMA ZETA and Norwell Ele-
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Sep 11,2010 9:30am Sat <b>Brochure</b> <b>Register Online!</b>	L	<b>St. Therese Fall Festival 5K - "**** USATF Certified Course ****" - 5K</b> 2304 Lower Huntington Road (Waynedale), Fort Wayne, IN <i>Contact:</i> Jon Beasley, 2010 Lakewood Drive, Fort Wayne IN 46819, 260-413-3822 <i>Info/Fees:</i> Entry Fee: \$15 on or before 8/28; \$20 after 8/28. Race day registration 7:30am-9:00am at the tent in front of the gym. Age Groups: 10-under/11-14/15-19/20-29/30-34/35-39/40-44/45-49 /50-54/55-59/60-69/70+ <i>Email:</i> <a href="mailto:boilerbeas@yahoo.com">boilerbeas@yahoo.com</a> <i>Web site:</i> <a href="http://www.sttheresefw.org">http://www.sttheresefw.org</a> <i>Registration:</i> <a href="http://www.runrace.net/findarace.php?">http://www.runrace.net/findarace.php?</a>
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Sep 11,2010 7:30am Sat <b>Brochure</b>	R	<b>Parkview Noble Hospital Friends &amp; Family 5k Run/Walk - 5K</b> Parkview Noble Hospital Campus, Kendallville, IN <i>Contact:</i> Christina Blaskie, (260) 347-8140 <i>Info/Fees:</i> See attached brochure <i>Email:</i> <a href="mailto:christina.blaskie@parkview.com">christina.blaskie@parkview.com</a>
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**Nutrition and Wellness by Judy Tillapaugh, R.D.**

# Window of opportunity

## *Timing is everything: even when it comes to eating*

When you eat just as

Important as what you eat

Here's a fact that will give benefits: Meal timing is just as important as the type of food choices.

For body strength, endurance, speed, recovery, and overall health it is essential to eat nutritious foods at specific times to support fitness goals, work, school, and other activities on the schedule. If the windows of opportunities are missed, the mind and body will not be able to function up to par. Before, during, and right after workouts are especially crucial times for fuel and fluids.

These were key messages given by Jeffrey Stout, Ph.D, Associate Professor and Director of the Metabolic and Body Composition Laboratory in the Department of Health and Exercise Science at University of Oklahoma, as he provided a presentation June 3<sup>rd</sup> titled "Nutrition for Optimal Endurance Performance and Recovery.

Stout said "while eating a healthy, well balanced diet daily does not guarantee success, poor day to day eating habits can literally stop an athlete in their tracks.

"To protect health and lean muscle mass and maximize performance, athletes must consume adequate calories on a day to day basis to cover calories expended during exercise and calories needed for life activities. A deficiency of key macronutrients (carbohydrate, protein, and fat) may lead to loss of muscle mass, loss of body mass, and increased susceptibility to illness."

Best,

Judy Tillapaugh, RD

IPFW Wellness/Fitness Coordinator

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[www.ipfw.edu/health](http://www.ipfw.edu/health)

481-6647

### ***Nutrition strategies***

1. Plan for 3 meals and 3 to 4 snacks daily using a variety of foods
2. Build meals around nutritious carbohydrate foods. Make 50% of the meal plate fruits and vegetables and 25% of the meal plate potato, rice, cereal, or a bread.
3. Include protein sources at each meal like eggs, skin free poultry, fish, lean beef, yogurt, milk, soy milk, tofu, lean cheese, beans, and peanut butter
4. Choose some heart healthy fats at each meal. Examples: oil, peanut butter, salad dressings, olives, avocados, nuts, soft tub trans fat free palm oil free margarines, and mayonnaise.
5. For snacks combine a carbohydrate food with a high protein food. Examples: peanut butter toast, yogurt and fruit, yogurt and bagel, cereal and milk, nuts and dried fruit, turkey sandwich, yogurt smoothie, sports bar, or granola bar and nuts
6. Before a workout or competition eat a meal 4-5 hours before or a snack 1 ½ -2 hours before action. If you have a morning workout eat a snack and drink some water 1 ½ hours before exercising. If you have lunch between 11 -12 pm and your workout is at 4 or 5 pm, plan for a snack and water at 3 or 4 pm.
7. During a workout or a competition lasting more than an hour, every 15-20 minutes drink ½ -3/4 cup water PLUS eat or drink a carbohydrate replacement food like Gatorade, Power Ade, Accelerade, gel, sport beans, or sports bar.
8. Within 30 minutes after a workout or competition eat a carbohydrate food with a high protein food. Examples: re-look at the snack ideas above or .....think about having chocolate or vanilla milk!!
9. Drink 8 to 10 cups of water daily or more depending on how much is needed to replace sweat losses. NOTE.....1 # of sweat loss is 2 to 3 cups fluids. Weight yourself once in a while to learn your sweat rate! If you lose 2 pounds of sweat then drink 4- 6 cups of water during the 2 to 3 hours after the workout.
10. Plan your day! Plan eating times, meal ideas, and snacks.

### **General Estimates for Carbohydrate, Protein, and Fat Needs For Athletes Engaged In Moderate or Heavy Training or Competition from Jeff Stout:**

#### **Carbohydrate: 7 to 12 grams/kg body weight per day**

\* 7 gms/kg body weight per day if training 1 hour per day

A 125 # (57 kg) person needs about 400 grams of carbohydrate daily

A 150# (68 kg) person needs about 475 grams of carbohydrate daily

A 200# (90 kg) person needs about 630 grams carbohydrate daily

\* 10 gms/kg body weight per day if training 3-4 hours per day

A 125 # (57 kg) person needs about 570 grams of carbohydrate daily

A 150# (68 kg) person needs about 680 grams of carbohydrate daily

A 200# (90 kg) person needs about 900 grams carbohydrate daily

#### **Protein: 1.2 to 1.5 grams/kg body weight per day**

A 125 # (57 kg) person needs about 68 to 86 grams of protein daily

A 150# (68 kg) person needs about 82 to 102 grams of protein daily

A 200# (90 kg) person needs about 109 to 135 grams protein daily

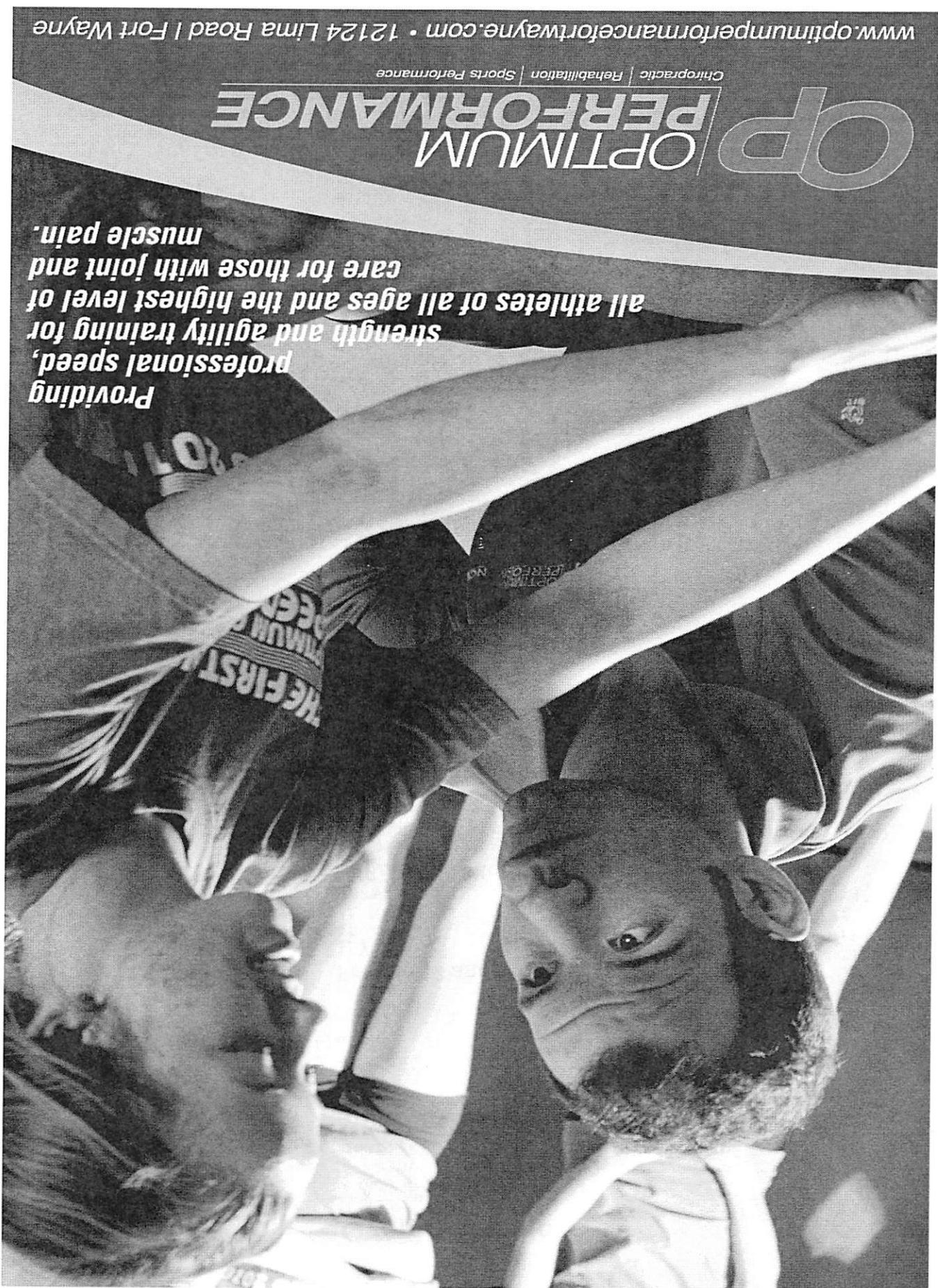
#### **Fat: 1 gm/kg body weight per day**

A 125 # (57 kg) person needs at least 57 grams of fat daily

A 150# (68 kg) person needs at least 68 grams of fat daily

A 200# (90 kg) person needs at least 90 grams fat daily

**For a sample menu, see JUDY on Page 21**



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# Deardorf defends Firecracker 4 title

## Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Ciersten Deardorf	Fort Wayne IN	231	18	25	24:54.0
2	Kimberly Matusik	Fort Wayne IN	236	21	31	25:52.0
3	Denise Conrad	Decatur IN	249	49	32	26:04.0

## Masters Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Linda Keuneke	Fort Wayne IN	141	46	54	28:04.0
2	Linda Wyss	Fort Wayne IN	79	47	55	28:13.0
3	Angie Lockwood	Bluffton IN	195	40	76	29:57.0

## Female 12 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Kate White	Roanoke IN	48	12	58	28:24.0
2	Cassie Pontius	Fort Wayne IN	78	12	73	29:25.0
3	Grace Hess	Fort Wayne IN	204	12	84	30:40.0

## Female 13 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Coral Whaley	Fort Wayne IN	122	14	43	27:05.0
2	Sydney Willis	Fort Wayne IN	81	13	49	27:39.0
3	Cendra Deardorf	Fort Wayne IN	234	13	71	29:20.0

## Female 15 to 16

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Halle Shine	Fort Wayne IN	214	16	62	28:37.0
2	Sarah Doerffler	Fort Wayne IN	199	15	95	31:27.0
3	Tori Barnard	Fort Wayne IN	10	15	118	32:58.0

## Female 17 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Kayla Patterson	Roanoke IN	215	17	60	28:32.0
2	Karen Trexler	Fort Wayne IN	216	17	75	29:48.0
3	Adrienne Lawson	Woodburn IN	279	18	123	33:20.0

## Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Liz Schloss	Fort Wayne IN	133	22	35	26:21.0
2	Jennifer Hollman	Spencerville IN	116	24	172	37:20.0
3	Allison Hoffman	Fort Wayne IN	208	20	255	1:00:49.0

## Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Jenny Robinson	Fort Wayne IN	72	29	56	28:16.0
2	Elizabeth Hartleroad	Fort Wayne IN	256	27	89	30:51.0
3	Lindsay Bowsher	Fort Wayne IN	267	26	113	32:42.0

## Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Karen Wylie	Fort Wayne IN	281	30	103	31:55.0
2	Jennifer Fosnaugh	Fort Wayne IN	95	31	109	32:15.0
3	Misty Wallin	Fort Wayne IN	53	32	127	33:43.0

## Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Erin Brady	Fort Wayne IN	181	38	65	28:56.0
2	Allison Brown	Columbia City IN	129	36	96	31:32.0
3	Kelly Kelly	Fort Wayne IN	61	37	124	33:27.0

## Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Donna Doerffler	Fort Wayne IN	200	43	147	35:45.0
2	Amy Bechtold	South Whitley IN	68	43	156	36:18.0
3	Anita Lehman	Decatur IN	302	44	171	37:14.0

## FIRECRACKER 4-MILER RESULTS

### Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Beth Watkins	Fort Wayne IN	171	45	117	32:51.0
2	Laurie Whisler	Fort Wayne IN	257	45	130	33:51.0
3	Marilyn Bradford	Warren IN	301	47	168	37:00.0

### Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Ann Linson	Fort Wayne IN	229	53	189	39:16.0
2	Christy Gripp	Fort Wayne IN	276	53	216	43:00.0
3	Mary Voors	Fort Wayne IN	27	54	243	55:01.0

### Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Lynne Feiertag	Fort Wayne IN	66	59	153	36:14.0
2	Pamela Wolfe	Fort Wayne IN	104	56	167	36:57.0
3	Susan Peterson	Albion IN	284	55	226	45:11.0

### Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Betty Nelson	Columbia City IN	71	64	159	36:37.0
2	Betsy Berry	Fort Wayne IN	271	64	245	56:45.0
3	Mary Berry	Fort Wayne IN	290	62	249	57:43.0

### Female 65 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Gloria J Nold	Fort Wayne IN	18	75	242	54:56.0

# 2011-2012 FWTC Officer & Board nominations

The Fort Wayne Track Club approved the nomination committees recommendations for the 2011-2012 Fort Wayne Track Club Officers. Note summary below. The board will accept additional nominations until Sept. 1. Individuals being nominated need to be FWTC members. FWTC members can submit nominations to Judy Tillapaugh by emailing [tillapaugh@ipfw.edu](mailto:tillapaugh@ipfw.edu).

Officers are elected by the FWTC board members. Election process will be at the FWTC September 8th board meeting, 7 p.m., IPFW Hilliard Gates Sports Center. Nominations for 2011-2012 FWTC board members will be accepted until Nov. 1. Send nominations to Judy Tillapaugh. Board member performance expectations: attend monthly meetings, participate in FWTC board decisions, commit to contributing to a FWTC need, and support and promote FWTC activities.

**Current nominations: President: Mac McAvoy;**

**Vice President: Craig Bobay or Tim Claxton;**

**Treasurer: (co-treasurer) Jim Berry and Robin Dombrowski**

# Reichert strides to Firecracker 4 victory

## Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Brandon Reichert	Fort Wayne IN	139	28	1	21:16.0
2	Eric Ade	Fort Wayne IN	138	31	2	21:20.0
3	Thomas Crum	Fort Wayne IN	225	23	3	21:28.0

## Masters Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Ron Sharp	Fort Wayne IN	221	44	10	22:20.0
2	Kevin Brueck	Burlington IA	254	41	12	22:38.0
3	Manuel Martinez	Fort Wayne IN	286	47	20	23:34.0

## Male 12 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Jared Carpenter	Osseo MN	247	12	45	27:24.0

## Male 13 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Austin Carpenter	Fort Wayne IN	89	13	67	29:05.0
2	Yuri Burgard	Fort Wayne IN	260	14	81	30:21.0
3	Kyle Zelt	Fort Wayne IN	105	13	91	31:00.0

## Male 15 to 16

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Sean Lewis	Huntington IN	34	15	16	23:01.0
2	Cordell Lewis	Huntington IN	21	15	17	23:05.0
3	Jonathan Harper	Fort Wayne IN	92	15	19	23:16.0

## Male 17 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Brad Hess	Fort Wayne IN	205	17	5	21:52.0
2	Charlie Melton	Fort Wayne IN	212	17	7	22:00.0
3	Alex Cushman	Ossian IN	228	17	8	22:01.0

## Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Randall Quirk	Fort Wayne IN	240	21	4	21:33.0
2	Jimmy Dueling	Fort Wayne IN	230	24	6	21:56.0
3	Justin Clark	Huntington IN	235	24	14	22:56.0

## Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Casey Shafer	Fort Wayne IN	258	29	11	22:34.0
2	Mark Doepner	Fort Wayne IN	193	28	13	22:41.0
3	Vince Corona	Fort Wayne IN	134	26	15	23:00.0

## Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Ross Smith	Garrett IN	29	33	37	26:29.0
2	Adam Wylie	Fort Wayne IN	280	33	102	31:55.0
3	Marcus Bubp	Fort Wayne IN	126	34	138	34:54.0

## Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Brad A Thomas	Fort Wayne IN	241	35	24	24:23.0
2	Bruce Carpenter	Fort Wayne IN	90	38	39	26:45.0
3	Andrew Saal	Fort Wayne IN	26	35	40	26:55.0

**FIRECRACKER 4-MILER RESULTS****Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Robert Minnich Jr	Leo IN	217	43	26	25:00.0
2	Joe Dee	Berne IN	112	43	29	25:25.0
3	Dave Devoe	Bluffton IN	56	42	33	26:08.0

**Male 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Rick Grieze	Fort Wayne IN	64	46	36	26:24.0
2	Doug Dark	Fort Wayne IN	154	49	41	26:56.0
3	Eric White	Roanoke IN	49	45	59	28:26.0

**Male 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Rowland Perez	Auburn IN	100	50	22	24:04.0
2	Ed Reinhard	Poneto IN	103	52	38	26:35.0
3	Tom Lill	Fort Wayne IN	283	53	50	27:43.0

**Male 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Brad Altevogt	Fort Wayne IN	24	55	27	25:14.0
2	Gary Schmunk	Antwerp OH	39	55	48	27:32.0
3	Len Piropato	Fort Wayne IN	184	55	52	27:58.0

**Male 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Roger Kingsbery	Fort Wayne IN	220	60	53	28:00.0
2	Harry Ausderan	Bowling Green OH	213	60	129	33:49.0
3	Steve Corona	Fort Wayne IN	135	61	155	36:17.0

**Male 65 to 69**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Fred Kendall	Fort Wayne IN	224	68	107	32:12.0
2	Jack Seigel	Fort Wayne IN	62	65	119	33:07.0
3	David E Boylan	Fort Wayne IN	96	67	174	37:27.0

**Male 70 to 74**

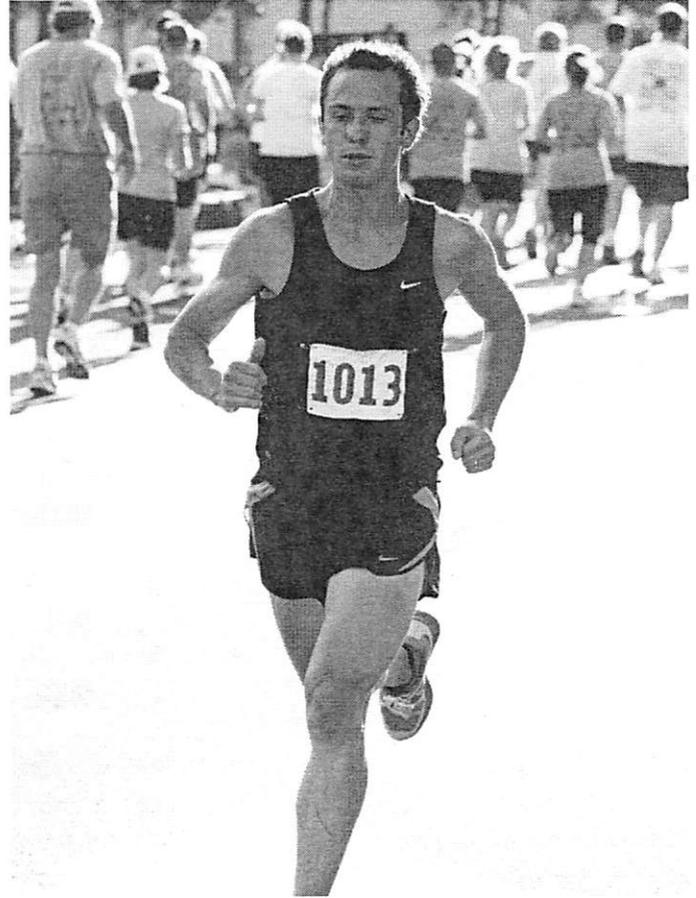
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Dick Harnly	Fort Wayne IN	87	72	166	36:55.0

**Male 75 and over**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	R William Schmidt	Fort Wayne IN	37	75	101	31:52.0
2	Robert C Loomis	Monroe IN	20	77	231	47:12.0
3	Bernie Huesing	Fort Wayne IN	291	77	241	53:58.0
4	Curtis Nold	Fort Wayne IN	19	79	244	55:09.0

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# Johnson & Johnson win RoP 5K



## Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Lauren Johnson	Beaverton OR	1014	23	52	17:39.0
2	Chelsea Blanchard	Fort Wayne IN	812	20	66	18:01.0
3	Petrana Petkova	Goshen IN	573	37	69	18:02.0

## Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Denise Conrad	Decatur IN	631	49	104	19:10.0
2	Linda Keuneke	Fort Wayne IN	8	46	188	20:58.0
3	Paula Henry	Fort Wayne IN	233	41	200	21:11.0

## Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Nicholas Johnson	Beaverton OR	1013	23	1	14:57.0
2	Craig Padgett	Mishawaka IN	572	20	2	15:03.0
3	James Kennedy	Fort Wayne IN	879	32	3	15:14.0

## Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Dave Bussard	Elkhart IN	385	50	23	16:29.0
2	Ron Sharp	Fort Wayne IN	238	44	30	16:49.0
3	Manuel Martinez	Fort Wayne IN	60	47	34	17:06.0

**Runners on Parade 5K results****Female 9 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Kailey Behrens	Fort Wayne IN	952	9	193	28:16.0
2	Valencia Placencia	Garrett IN	622	7	855	34:35.0
3	Kayla McCray	Fort Wayne IN	288	8	903	38:04.0

**Female Age 10**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Alexis Grider	Fort Wayne IN	961	10	492	26:19.0
2	Kelli Damman	Fort Wayne IN	992	10	788	32:20.0

**Female Age 11**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Hannah Martin	Fort Wayne IN	697	11	517	26:43.0
2	Cara Allen	Fort Wayne IN	824	11	720	30:48.0

**Female Age 12**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Kate White	Roanoke IN	837	12	181	20:51.0
2	Grace Hess	Fort Wayne IN	249	12	273	22:48.0
3	Abby Moore	Fort Wayne IN	434	12	284	22:54.0

**Female Age 13**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Samantha Roush	Columbia City IN	342	13	143	19:51.0
2	Shelby Allison	Columbia City IN	446	13	219	21:48.0
3	Morgan Von Seggern	Columbia City IN	807	13	267	22:43.0

**Female Age 14**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Coral Whaley	Fort Wayne IN	225	14	172	20:44.0
2	Alyssa Fisher	Fort Wayne IN	809	14	277	22:50.0
3	Abby Holbrook	Yoder IN	49	14	482	26:06.0

**Female Age 15**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Jordyn Rogers	Fort Wayne IN	803	15	190	20:59.0
2	Rachel Rabbitt	Poquoson VA	125	15	225	21:53.0
3	Lauren Hamilton	Spencerville IN	272	15	232	21:56.0

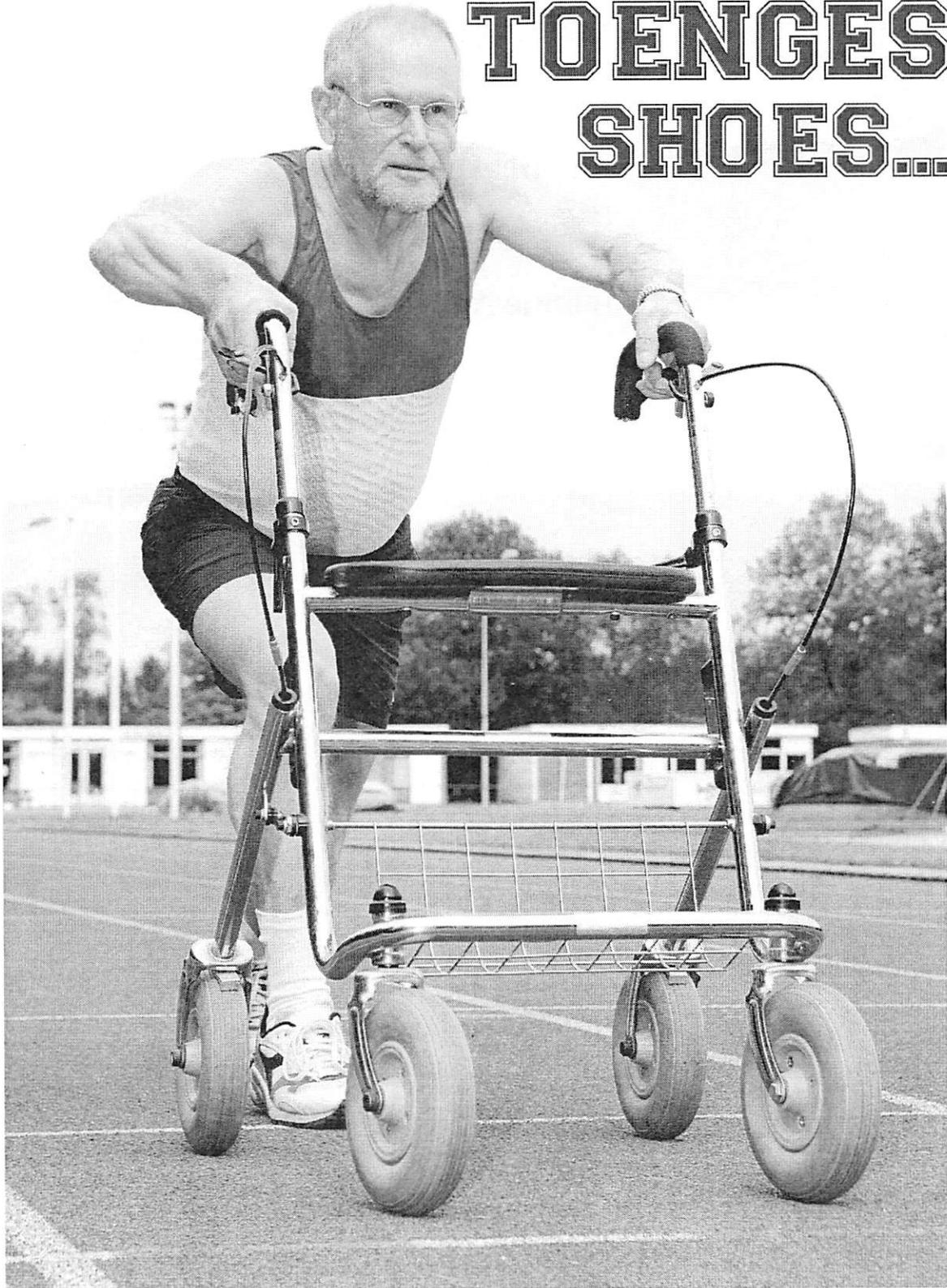
**Female Age 16**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Anna Reibs	Fort Wayne IN	314	16	166	20:30.0
2	Molly MacIejewski	Fort Wayne IN	1040	16	208	21:29.0
3	Payton Lill	Fort Wayne IN	932	16	252	22:18.0

**Female Age 17**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Kayla Konow	Fort Wayne IN	901	17	196	21:05.0
2	Kayla Patterson	Roanoke IN	600	17	202	21:21.0
3	Emily Johnson	Ft. Wayne IN	544	17	227	21:54.0

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**Female Age 18**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Ciersten Deardorf	Fort Wayne IN	505	18	82	18:35.0
2	Cayla Pusey	New Haven IN	317	18	184	20:53.0
3	Heidi Blocker	Huntington IN	731	18	251	22:17.0

**Female Age 19**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Samantha Ginther	Fort Wayne IN	954	19	74	18:14.0
2	Rebecca Downs	Fort Wayne IN	950	19	142	19:48.0
3	Kathryn Graham	Fort Wayne IN	895	19	238	22:00.0

**Female 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Crystina Ridenour	Fort Wayne IN	95	23	70	18:06.0
2	Crystal Reichert	Fort Wayne IN	96	23	86	18:38.0
3	Liz Schloss	Fort Wayne IN	78	22	114	19:21.0

**Female 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Ashley Ade	Fort Wayne IN	94	25	85	18:38.0
2	Karen Killian	Bryan OH	10	25	156	20:10.0
3	Jenny Robinson	Fort Wayne IN	347	29	191	20:59.0

**Female 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Janet Crawford	Fort Wayne IN	265	30	260	22:30.0
2	Jodie Patrick	Fort Wayne IN	431	32	268	22:44.0
3	Angie Minich	Fort Wayne IN	561	30	279	22:53.0

**Female 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Erin Brady	Fort Wayne IN	489	38	213	21:38.0
2	Allison Brown	Columbia City IN	15	36	286	22:55.0
3	Teresa Dyer	Harlan IN	340	36	293	23:00.0

**Female 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Julie Dinger	Leo IN	234	44	221	21:49.0
2	Angie Lockwood	Bluffton IN	949	40	261	22:30.0
3	Jane Meehan	Fort Wayne IN	959	42	396	24:21.0

**Female 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Bonnie McCray	Fort Wayne IN	285	46	205	21:24.0
2	Linda Anderson	Fort Wayne IN	882	48	295	23:02.0
3	Beth Watkins	Fort Wayne IN	1030	45	386	24:16.0

**Female 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Sheryle Braaten	Hoagland IN	214	50	257	22:24.0
2	Terri Gross	Fort Wayne IN	427	54	524	26:55.0
3	Debbie Hesterman	Fort Wayne IN	168	51	587	28:07.0

**Female 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overerall</u>	<u>Time</u>
1	Pamela Wolfe	Fort Wayne IN	227	57	562	27:35.0
2	Pam Corwin	Wakarusa IN	42	57	579	27:56.0
3	Tot O'Brien	Roanoke IN	32	58	648	29:29.0

**Female 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Barbie Scrogam	Fort Wayne IN	147	63	690	30:12.0
2	Sharon Bieberich	Fort Wayne IN	81	62	778	32:03.0
3	Linda Mock	Fort Wayne IN	686	63	845	34:08.0

**Female 65 and over**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Bodil Rasmussen	Fort Wayne IN	116	66	798	32:33.0
2	Sarah Kleinknight	Fort Wayne IN	947	67	876	35:49.0
3	Shirley Shoppell	Fort Wayne IN	73	71	977	49:25.0

**Male 9 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Logan Weaver	Fort Wayne IN	53	8	500	26:23.0
2	Logan Meyer	Fort Wayne IN	112	9	534	27:06.0
3	Henry Wartenberg	Fort Wayne IN	398	8	554	27:26.0

**Male Age 11**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Brett Slosarek	Carmel IN	930	11	354	23:47.0
2	Tim Hearld	Larwill IN	1011	11	402	24:26.0
3	Jackson Saylor	Fort Wayne IN	712	11	429	24:58.0

**Male Age 12**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Chris Meyer	Fort Wayne IN	109	12	233	21:56.0
2	Ben McGuire	Fort Wayne IN	244	12	329	23:31.0
3	Michael May	Huntington IN	784	12	440	25:10.0

**Male Age 13**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Alex Cagle	Fort Wayne IN	280	13	230	21:55.0
2	Josh Damman	Fort Wayne IN	991	13	255	22:21.0
3	Kyle Zelt	Ft. Wayne IN	376	13	271	22:47.0

**Male Age 14**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Michael Mangus	Hillsboro OH	241	14	59	17:54.0
2	Alex Lewis	Huntertown IN	472	14	90	18:42.0
3	Skyler Mikesell	Fort Wayne IN	183	14	103	19:10.0

**Male Age 15**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Blake Harris	Fort Wayne IN	462	15	46	17:24.0
2	Jonathan Harper	Fort Wayne IN	207	15	51	17:39.0
3	Ashec Scott	Fort Wayne IN	852	15	63	17:58.0

**Male Age 16**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	James Myers	Columbia City IN	296	16	39	17:09.0
2	Luke Miller	Fort Wayne IN	634	16	40	17:14.0
3	Austin Larowe	Auburn IN	970	16	55	17:46.0

**Male Age 17**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Evan Boucher	Markle IN	929	17	25	16:39.0
2	Alex Cushman	Ossian IN	404	17	27	16:45.0
3	Evan Beakas	Auburn IN	969	17	28	16:48.0

**Male Age 18**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Andrew McLain	Fort Wayne IN	598	18	13	16:03.0
2	Ryan James	Fort Wayne IN	1007	18	45	17:21.0
3	Nick Brand	Fort Wayne IN	305	18	47	17:24.0

**Male Age 19**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Josh Graham	Huntington IN	72	19	18	16:15.0
2	Zeth Baker	Waterloo IN	578	19	29	16:49.0
3	Cameron Miser	Fort Wayne IN	215	19	48	17:28.0

**Male 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Joseph Herber	Fremont IN	502	20	4	15:16.0
2	Adam Lenz	Montpelier IN	709	22	6	15:25.0
3	Justin Kowalski	Mishawaka IN	583	24	7	15:30.0

# Conrad, Kleber stride to Matt 25 10K wins

## Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Denise Conrad	Decatur IN	126	49	13	40:44.0

## Overall Female Master

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Linda L Wyss	Fort Wayne IN	128	47	29	45:31.0

## Female 18 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Rebecca Downs	Fort Wayne IN	129	19	19	43:34.0
2	Chelsea Hill	Fort Wayne IN	185	22	86	58:49.0
3	Heather Reeves		198	21	89	59:32.0

## Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Jenny Robinson	Fort Wayne IN	137	29	28	45:12.0
2	Karen Killian	Bryan OH	81	25	34	46:11.0
3	Lindsay Bowsher	Fort Wayne IN	191	27	50	51:26.0

## Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Jessica Hayes	Fort Wayne IN	73	32	45	49:46.0
2	Jennifer Fosnaugh	Fort Wayne IN	63	31	48	51:09.0
3	Shelley Gaff	Laotto IN	65	34	60	53:02.0

## Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Erin Brady	Fort Wayne IN	44	38	32	45:42.0
2	Allison Brown	Columbia City IN	131	36	59	52:54.0
3	Amanda McArdle	Fort Wayne IN	88	37	72	56:18.0

## Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Tracy Brooks	Fort Wayne IN	168	41	35	46:36.0
2	Angie Lockwood	Bluffton IN	145	40	41	49:03.0
3	Jenny Hogston	Fort Wayne IN	164	40	53	51:52.0

## Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Cindy McGovern	Fort Wayne IN	91	45	30	45:33.0
2	Ellen McKinley	Fort Wayne IN	201	47	94	1:00:19.0
3	Dianne Solloway	Fort Wayne IN	109	45	104	1:01:30.0

## Female 50 to 54

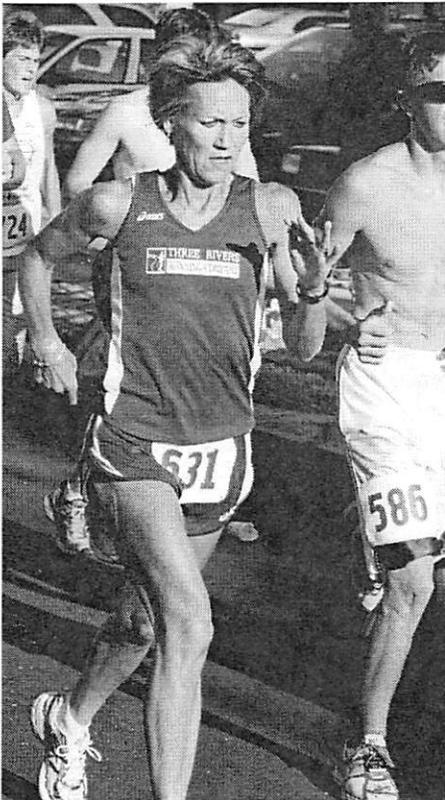
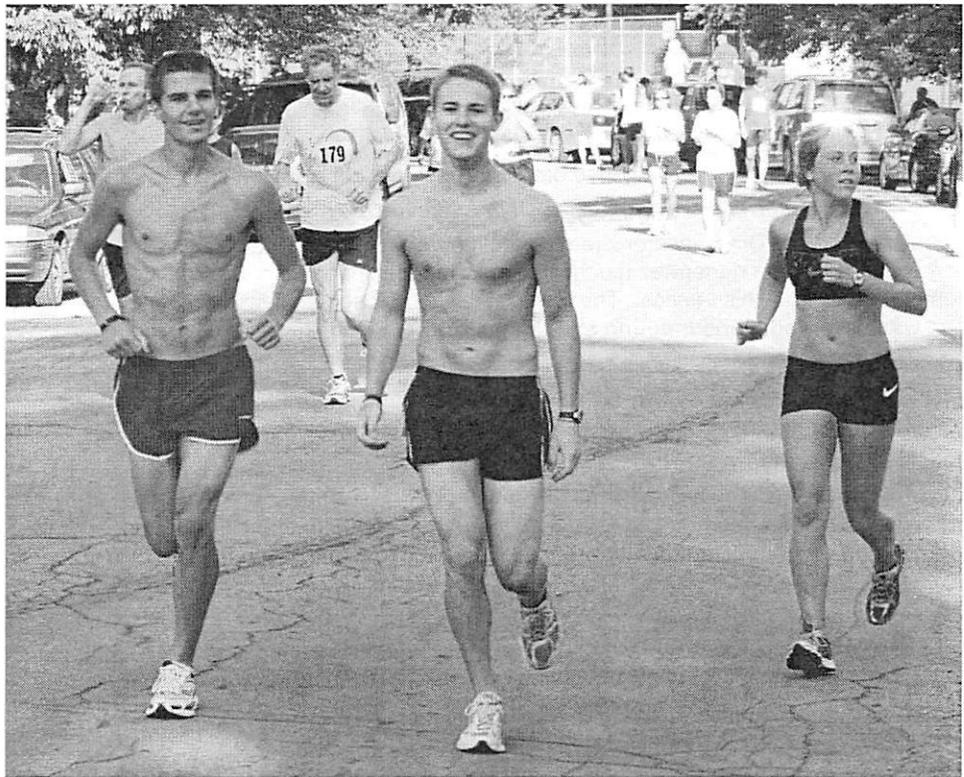
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Jan Himmelein	Fort Wayne IN	204	51	52	51:41.0
2	Terri Gross	Fort Wayne IN	167	54	74	56:51.0
3	Helen Best	New Haven IN	39	51	85	58:48.0

## Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Pamela Wolfe	Fort Wayne IN	135	57	81	58:35.0

# Matthew 25 10K

## At McMillan Park



Linda Conrad, left, (shown running in the Runners on Parade 5K earlier in July, cruised to victory at the Matthew 25 10K run held at McMillan Park on July 17. Above, Robby Kleber, center, was the men's winner. He is flanked by former Carroll H.S. teammate Michael Nussa, who was runner-up, and another Carroll alum, Becca Downs, who was runner-up to Conrad. Kleber will be running for Indiana University this fall and is a former FWTC High School Runner of the Year.

### Female 60 to 64

Place	Name	City	Bib No	Age	Overall	Time
1	Betty Nelson	Columbia City IN	96	64	107	1:01:55.0
2	Marg Knouff	Warsaw IN	84	64	147	1:33:33.0

### Overall Male Winner

Place	Name	City	Bib No	Age	Overall	Time
1	Robby Kleber	Fort Wayne IN	121	19	1	35:06.0

### Overall Male Master Winner

Place	Name	City	Bib No	Age	Overall	Time
1	Rowland Perez	Auburn IN	119	50	7	38:54.0

### Male - 17 and under

Place	Name	City	Bib No	Age	Overall	Time
1	Quinn Buck	Fort Wayne IN	48	17	24	44:48.0
2	Ryan O'Shaughnessy	Fort Wayne IN	125	16	36	47:04.0

### Male 18 to 24

Place	Name	City	Bib No	Age	Overall	Time
1	Michael Nussa	Fort Wayne IN	130	19	2	35:20
2	Quinn Ruich	Fort Wayne IN	104	19	5	38:14.0
3	Dave Boyer	Fort Wayne IN	189	22	9	39:37.0

Results continue on Page 23

## FWTC Board of Directors Minutes of Meetings: June 9

**Board members present:** Bill Harris, Craig Bobay, Jim Berry, Mike Yann, Judy Tillapaugh, Mac McAvoy, Alan Gilbert, and Robin Dombrowski. **Absent were:** Terry Diller, Tim Claxton, Sarah Kleinknight, Casey Shafer, Phil Suelzer, Kathy Burner, Brett Hess, and Mike Fruchey.

**Beginning.** The meeting was called to order by President Bill Harris at 7:00 pm. Mac provided the devotion.

**Minutes.** The minutes of the May meeting were approved.

**Treasurer's report.** The treasurer's report was made by Jim and Robin. The club maintains a balance of over \$31,000. Jim stated that the club no longer generates much income from race timing, and that any significant timing equipment purchases will negate all income benefits from this service. The Board resolved to begin reviewing contingencies for the future of FWTC timing efforts. The report was approved. **June meeting snacks/devotion.** Bill will give the devotion and Alan will provide snacks.

### **OLD BUSINESS:**

- 1. Newsletter.** The next edition will issue this week or next week.
- 2. Points Race Series Update:** Bill reported that Phil is attempting to resolve a computer problem caused by the date that runner data is entered into the points program.
- 3. 2011 Banquet:** The board confirmed Frank Shorter as the guest speaker at the 2011 club banquet, to be held Sunday, Jan. 30. Judy reported that the Marriott is delighted to keep the event with them. The board authorized Mr. Shorter's expenses. Judy will talk to the Marriott rep regarding the meal cost to keep the event affordable for club all members.

### **NEW BUSINESS:**

- 1. 3 Rivers Festival Runners On Parade 5k:** R.D. Mac reported the July 10 race plans are going well. He needs help with the Friday night registration event at 3RRC, to include pizza and distribution of FWTC shirts. IPFW & Carroll HS XC teams are helping. The July board meeting will be moved to July 7 to allow for the board to help with race packet organization.
- 2. 2012 Banquet:** Mac suggested the club consider inviting a likely 2012 Olympian as guest speaker for the 2012 banquet. The board authorized Mac to try to secure such a speaker.
- 3. Equipment:** Bill suggested board members be trained on how to use the defibrillator in case it becomes necessary at a race. Judy will look into that training.
- 4. Nominating Committee:** Judy was appointed chair of a committee to seek new officers and members for the board for the next year. Alan and Casey were appointed to the committee. **Adjourn.** The meeting adjourned at 8:40 pm.

## FWTC Board of Directors Minutes of Meetings: July 7

**Board members present:** Mike Yann, Bill Harris, Brett Hess, Alan Gilbert, Casey Shafer, Mac McAvoy, Judy Tillapaugh, Kathy Burner, Jim Berry, Robin Deombrowski. **Absent Members:** Terry Diller, Tim Claxton, Sarah Kleinknight, Mike Fruchey, Phil Suelzer, Craig Bobay.

**Beginning.** Meeting called to order 6:50 and Bill Harris devotion from the Runner's Guide to the Meaning of Life.

**Minutes.** The minutes of the June meeting were approved. Motion passed for Casey Shafer to substitute for Craig Bobay to keep minutes for July meeting.

**Treasurer's report.** Treasurer's Report: \$31,000+ in account, with little revenue coming in from timing/equipment rental and races. Questions asked about revenue for the club from timing and special mention of 60% is maximum billed amount can be taken by person timing the event for the club. Report approved. **August meeting snacks/devotion.** Snacks: Judy. Devotion: Casey.

### **OLD BUSINESS:**

- 1. Newsletter.** Report by Brett Hess for newsletter on presenting full results in each Newsletter. Only points race results can be posted in newsletter. A potential burden for Brett for posting because of time to change fonts and margins to fit results for bigger races. Board noted results posted on website and adding results made the newsletter tedious. Brett also noted lighter cover page/ less cost to ship. Advised he should reduce the number of newsletters printed based on households receiving not usual amount ordered. Jim and Robin asked to set up invoice structure and billing for newsletter ads to receive payment. One new full-page ad slated for next issue should arrive early to mid-August.
- 2. Points Race Series Update:** Bill commented on Phil's working with points race structure and seems he is getting it under control.
- 3. 2011 Banquet:** Motion approved for \$18.00 per person fee presented by Kevin Croy of Fort Wayne Marriott slated for 2011 Banquet, with 2012 banquet motion to look into the last Sunday in December for date of event.

### **NEW BUSINESS:**

- 1. 3 Rivers Festival Runners On Parade 5k:** ROP 2010 Mac asked for 2 time clocks which he is picking up, Kathy requested help on equipment haul.
- 2. Honorary Club Members:** motion made by board to approve. Bill Harris nominated Joe Ziegler and Don Lindley to be honorary members. Mac noted 15-17 members from 30th year anniversary who were giving lifetime membership awards and is looking into his files for the information.
- 3. Equipment:** Generator for races: Kathy suggests battery back up instead of generator, Bill suggests sell generator if we don't use. Mike commits to seeing if generator works and will re-visit this issue at a later time. Kathy reported reader rip on a mat where the hook came off the reader. May be fixable via a kit or may need sent back for repair. Expense for reader repair coming to the club soon.
- 4. Nominating Committee:** Nominating Committee will report at August meeting. **Adjourn:** Adjourned at 8:10 pm.

# Tincaps Ale Team rocks the Madison-Chicago 200

*Continued from Page 2:*

**Some other relay team members also share their thoughts:**

**Terry Diller:** The amazing thing to me when participating in one of these overnight relays is how nine guys with diverse beliefs and talent levels can work together for the common good. Although some are faster and younger than others, nobody really cares. The goal of finishing is all that matters. This year was especially satisfying for me as my son was also a participant in the relay. It has been fun to watch him get serious about training, drop a large amount of weight, and be able to run farther than he ever imagined he could. My sense of "passing the torch" becomes more of a reality each day. This was such a great group of guys, I have nothing but positive memories to take from this year's event

**Tim Claxton:** Confident in the goal of reaching the finish as the anchor man of the team, I loped out of the last exchange point at the Northwestern U. stadium and headed toward Lincoln Park and the finish line. After a mile of running hard, I became hopelessly lost. Eventually, I did make it in, but

my faux pas cost the team and myself a bit of pride. END OF STORY!

**Phil Houk:**

9 guys living in a van together for 27 hours. Sounds like the plot of a comedy flick doesn't it? I was one of the nine team members who participated in a relay race called the MC200, an over 200 mile run from Madison, Wisconsin to downtown Chicago. To say the experience was an interesting study of human behavior and interaction would be a vast understatement. To say that the experience broke new territory in my own development as a runner would be dead on accurate.

**Doug Ulmer:**

My favorite moment occurred when the race was temporarily suspended due to the weather - we had been running for about 24 hours at that point and we were miffed that a few clouds north of Chicago were preventing us from finishing the race. To a man, we all agreed we would keep running until we got to Lincoln Park whether the race was cancelled or not. Fortunately, our resolve was never tested as the weather soon cleared and the race

resumed. My most disturbing memory relates to a picture I took of Dil and Craig. After Dil's first leg, his back tightened up and there was concern that he may not be able to finish the race. The Czar took matters into his experienced hands and broke out some bio freeze and a massaging device, and then methodically went to work on Dil's lower back. Although it wasn't a pretty picture, Dil went on to run his best leg of the race.

**Trent Diller:**

The running of the MC200 was an incredible individual experience, as well as a team experience. I have never been involved in anything like this event, so going into it I was a little nervous about the unknown. I knew the team had trained well, and we were going to run a great race, but I was still unsure of what to expect. This feeling of uncertainty was short lived, as I was quickly introduced to the world of long relays. Although most teams were equipped with 12 runners, our team had only 9. This number gave us the ability to be together for the entire race, which in turn gave us the opportunity to encourage and support each individual at the beginning and end of their legs.

## JUDY: Sample menu will help you time your meals

\*Pre- Workout Snack (if your have a morning workout):  
peanut butter on crackers or toast  
or  
handful of cereal and yogurt.

\*Breakfast: cereal with milk or yogurt, muffin, and fresh fruit like berries or melon  
or  
scrambled eggs, toasted english muffin or bagel, juice, and banana.

\*Mid-Morning Snack: yogurt or cheese and crackers or handful dried fruit and nuts

\*Lunch: meat or poultry sandwich or wrap, carrot sticks or cherry tomatoes, graham crackers or pretzels, grapes.

\*Mid-Afternoon Snack: sports bar like Power Bar or banana bread or handful of crackers.

\*Post Workout Snack : chocolate or vanilla milk, yogurt, or soy milk.

\*Dinner: grilled chicken, corn on the cob, salad, dinner roll, milk or soy milk, and fresh peach.

\*\* Add water to all meals and snacks!

Make planning and meal/snack timing just as important as all foods and beverages you like.

If meals and snacks are irregular, hit and miss then this will be how the body will perform in practice and during competition.

It will NOT be ready for action. There will be no way a PR is possible! Instead pave the way for success by choosing nutritious foods and beverages during the windows of opportunities before, during , and after fitness times.

Give your self what is needed when it is needed and you will feel the benefits.

**Male 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Grant Stieglitz	Fort Wayne IN	110	25	8	39:14.0
2	Shane Oakleaf	Fort Wayne IN	172	28	14	41:16.0
3	Andy Garcia	Fort Wayne IN	166	26	18	43:22.0

**Male 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Josh Maple	Fort Wayne IN	118	34	3	36:11.0
2	Mark Watson	Angola IN	142	31	4	37:37.0
3	Chris Kaufman	Fort Wayne IN	162	34	6	38:29.0

**Male 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	William Langin	Fort Wayne IN	86	35	51	51:39.0
2	Kevin Thomas	Fort Wayne IN	209	35	70	55:51.0
3	Jerriah Miller	Fort Wayne IN	177	35	79	58:28.0

**Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Tom Gilbert	Fort Wayne IN	69	41	15	42:57.0
2	Matt Scott	Warsaw IN	106	41	38	47:26.0
3	Brad Stoffer	Fort Wayne IN	190	40	40	48:48.0

**Male 45-49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Rob Levitz	Ossian IN	134	45	12	40:06.0
2	Rick Grieze	Fort Wayne IN	71	46	21	43:47.0
3	Mark Beals	Fort Wayne IN	37	47	22	44:07.0

**Male 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Carl Hansen	Auburn IN	120	54	11	39:50.0
2	Ed Reinhard	Poneto IN	102	52	17	43:16.0
3	Joseph Astroski	Fort Wayne IN	179	53	49	51:22.0

**Male 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Brad Altevogt	Fort Wayne IN	33	55	10	39:41.0
2	Gary Schmunk	Antwerp OH	105	55	16	43:10.0
3	Chip Vandell	Fort Wayne IN	112	55	23	44:19.0

**Male 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Steve Knouff	Warsaw IN	85	60	25	44:54.0
2	Roger Kingsbery	Fort Wayne IN	83	60	26	45:06.0
3	Rex Surface		171	62	27	45:07.0

**Male 65 to 69**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Jack Seigel	Fort Wayne IN	107	65	62	53:26.0
2	John Brier	Fort Wayne IN	46	65	92	1:00:02.0
3	David Boylan	Fort Wayne IN	42	67	108	1:02:10.0

**Male 70 to 74**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Dick Harnly	Fort Wayne IN	140	72	80	58:31.0
2	Bill Harris	Grabill IN	160	72	95	1:00:20.0
3	Edward Gebhart	Albion IN	66	72	141	1:15:15.0

**Male 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Brandon Reichert	Fort Wayne	IN	7	28	11	15:46.0
2	Mark Green	Fort Wayne	IN	979	25	14	16:07.0
3	Mark Doepner	Fort Wayne	IN	995	28	49	17:30.0

**Male 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Eric Ade	Fort Wayne	IN	93	31	5	15:23.0
2	Antony Kariuki	Fort Wayne	IN	885	30	32	16:59.0
3	Chris Kaufman	Fort Wayne	IN	220	34	67	18:02.0

**Male 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Mike Cole	Corunna	IN	9	35	9	15:37.0
2	Peter Casaletto	Goshen	IN	261	39	19	16:21.0
3	Chris White	Granger	IN	783	36	21	16:26.0

**Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Bill Mangus	Hillsboro	OH	242	44	117	19:22.0
2	Dave Devoe	Bluffton	IN	161	42	131	19:37.0
3	Daniel Brooks	Fort Wayne	IN	224	43	135	19:42.0

**Male 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Scott Eberle	Fort Wayne	IN	276	46	93	18:45.0
2	Matt Foreman	Fort Wayne	IN	368	48	112	19:19.0
3	Gregg Pollander	Fort Wayne	IN	1038	45	124	19:30.0

**Male 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Jerry Williams Jr	Fort Wayne	IN	206	50	53	17:42.0
2	Rowland Perez	Auburn	IN	83	50	57	17:50.0
3	Rich Kempf	Fort Wayne	IN	338	54	58	17:50.0

**Male 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Brad Altevogt	Fort Wayne	IN	66	55	91	18:43.0
2	Gary Schmunk	Antwerp	OH	181	55	158	20:13.0
3	Chip Vandell	Fort Wayne	IN	793	55	160	20:21.0

**Male 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Roger Kingsbery	Fort Wayne	IN	223	60	178	20:49.0
2	Rolly Badorek	Syracuse	IN	579	60	204	21:23.0
3	Sean Collentine	Fort Wayne	IN	884	60	250	22:15.0

**Male 65 to 69**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Ray Casiano	New Haven	IN	229	67	236	21:59.0
2	Ken Nordin	Fort Wayne	IN	788	65	248	22:10.0
3	Jack Seigel	Fort Wayne	IN	123	65	350	23:43.0

**Male 70 to 74**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	Dick Harnly	Fort Wayne	IN	667	72	632	29:09.0
2	Terry Parker	Auburn	IN	642	70	677	29:56.0

**Male 75 to 77**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>
1	R William Schmidt	Fort Wayne	IN	36	75	370	24:02.0
2	Robert C Loomis	Monroe	IN	175	77	850	34:17.0
3	Bernie Huesing	Fort Wayne	IN	26	77	904	38:05.0



# THREE RIVERS RUNNING COMPANY

Since 2004, Three Rivers Running Company has taken pride in serving as the Northeast Indiana's premier running and triathlon specialty retailer. We are staffed by experienced and knowledgeable runners and triathletes who are committed to helping you select the best product based on your history, needs, and goals. We stock the industry's leading shoes, apparel, and accessories. Our shoe fitting process includes gait analysis and is focused on finding the right product for your mechanics during activity. Thank you to the Fort Wayne Track Club for your continued support.

FWTC members can bring their membership card for discounts on their purchases.

Three Rivers Running Company  
4227 North Clinton Street; Fort Wayne, IN 46805  
260-496-8000

## **FWTC 2010 points race schedule**

### **FEBRUARY**

1. Fanny Freezer 5K, Shoaff Park, Feb. 20.

### **MARCH**

2. Nutri-Run 20K, Aboite, The Chapel, SW Fort Wayne, March 27.

### **APRIL**

3. Shoe Sucker 7-miler, Huntington, April 17.

### **MAY**

4. Three Rivers Running Company 12K, Indiana Tech, Fort Wayne

### **JULY**

5. Firecracker 4, Franke Park, Fort Wayne July 4.
6. Runners on Parade 5K, Fort Wayne, July 10.

7. Matthew 25 10K, Foster Park, Fort Wayne, July 17.

### **AUGUST**

8. Harlan Days 10K, Harlan, August 7.

### **SEPTEMBER**

9. Parlor City Trot 10-Miler, Bluffton, Sept. 4

### **OCTOBER**

10. Run for Riley, Maple Creek M.S. Oct. 17.
11. River City Rat Race 10K, Fort Wayne, Oct. 24.

### **NOVEMBER**

12. Turkey Trot 5K, Fox Island County Park, Fort Wayne, November 20.

## RUNNING/TRAINING GROUPS IN THE FORT WAYNE AREA

### Saturdays

#### **Saturday at Seven:**

Where: Downtown YMCA. When: 7 a.m. Distance: 8-12 miles, flexible. Who: All levels.

Contact: Steve Hilker, [smhilker@verizon.net](mailto:smhilker@verizon.net).

#### **Pr Training:**

Contact: [www.runprtraining.com](http://www.runprtraining.com) for time/location. Who: Runners and walkers. Currently: Training for various half and full marathons. If you would like to be invited to the PR Training Yahoo Group, email: [prtraining@comcast.net](mailto:prtraining@comcast.net). This group provides weekly emails with current information on weekly running groups.

#### **Rats in Training:**

Where: Central YMCA (Downtown). When: Beginning Aug. 30 at 6:30 p.m. Details: An 8-week training program free to the public. Training is geared toward the River City Rat Race 5K/10K on October 24. Visit [www.rivercityratrace.com](http://www.rivercityratrace.com) or contact Race Director Pamela Wolfe at 260-704-4064.

#### **Team in Training:**

Where: Foster Park. Contact: Nathan Arata: [nathan\\_arata@yahoo.com](mailto:nathan_arata@yahoo.com). Details: The Leukemia & Lymphoma Society's Team in Training is the world's largest endurance sports training program. Most runners/walkers are beginners but any level is welcome.

#### **New Haven:**

Where: Moser Park, New Haven. When: 7 a.m. Distance: 8-12 miles, flexible. Contact: David Swenson, 749-9366 or by emailing: [dswe456204@msn.com](mailto:dswe456204@msn.com).

#### **Runners of Faith:**

Where: Foster Park Pavilion #1. When: Every other Saturday, 8 a.m. Contact: Mike Else, 348-9455 or [else57@aol.com](mailto:else57@aol.com). Purpose: Allowing runners/walkers to fellowship and become better educated about running. Else is a certified run coach.

### Weekdays

#### **YMCA Downtown:**

Where: Downtown YMCA. When: 5:30 a.m. Mondays-Wednesday-Fridays. Distance: Typically 8 miles. Contact: YMCA member services desk in mornings, 422-6486.

#### **Three Rivers Running Company:**

Monday: 8 p.m. (3-7 miles at 8-10 minute per mile pace.) Wednesdays: 5:30 p.m. Beginners (3-6 miles at 8-12 minute pace.) Saturday: 8 a.m. (8-16 miles at 7 minute pace.) Contact: 496-8000.

#### **Trail Running at Chain-O-Lakes:**

When: 6:30 p.m. Wednesday and/or Thursday, Chain-O-Lakes State Park - Dock Lake, Albion, IN. Contact: Don Lindley, 260-432-5998 or [lindleyd44@verizon.net](mailto:lindleyd44@verizon.net) During winters, flashlights or headlamps required. Several trails, distances available.

*\*If you have a group you would like added to this list, contact Tammy Behrens at 625-3830 or [prtraining@comcast.net](mailto:prtraining@comcast.net).*

# Established for 4 Decades



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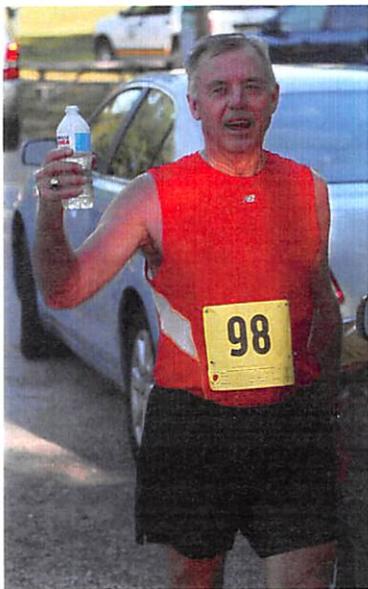
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**IN FOCUS**



Above, former FWTC President Barrie Peterson refreshes after the Matthew 25 race at McMillan Park.



Above, center, Tracy Brooks finishes the Matthew 25 10K.

Above, John David McPherson hits the mile mark in the Runners on Parade.



Below, Ron Sharp (238) and Manuel Martinez (60) are at the front of the master's pack in the Runners on Parade.

At left, Brad Thomas (883) and Rich Kempf (338) stride towards the two-miler mark in the Runners on Parade.



At right, Runners on Parade runner-up Petrana Petkova (573) chases Crystina Ridenour (95).



# Madison-Chicago 200



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Fort Wayne runners including Trent Diller, Terry Diller, Craig Bobay, Tim Claxton, Tom Felts, Phil Houk, Doug Ulmer, Nick Hursh competed in the Madison-Chicago 200 Mile Relay race. For Craig's story, turn to page 2.

\*\*\*\*\*5-DIGIT 46804  
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Donald Lindley  
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