

The *New* Inside Track

FORT WAYNE

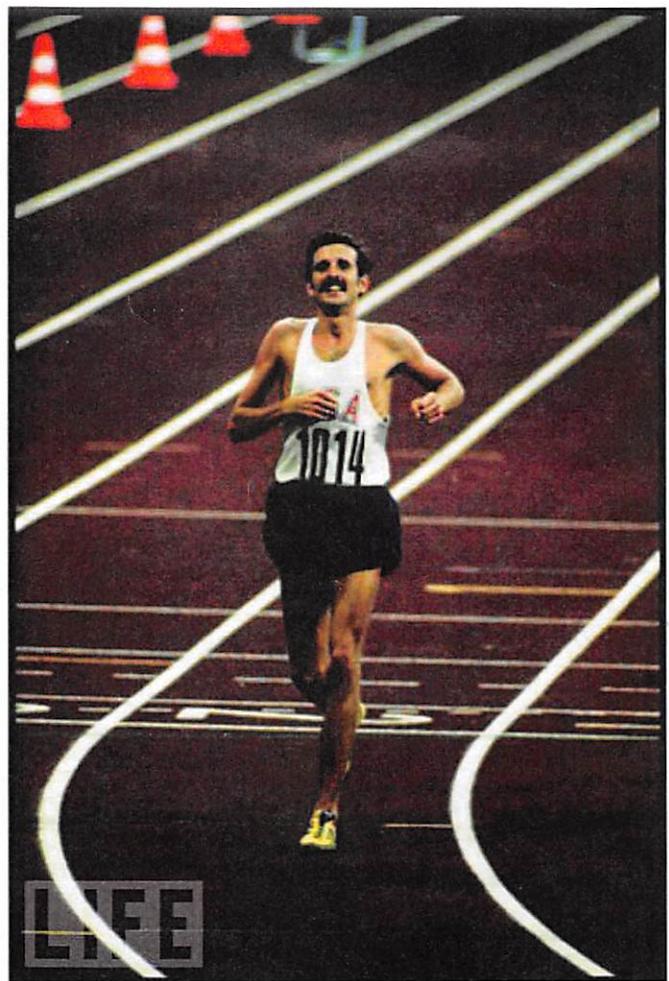
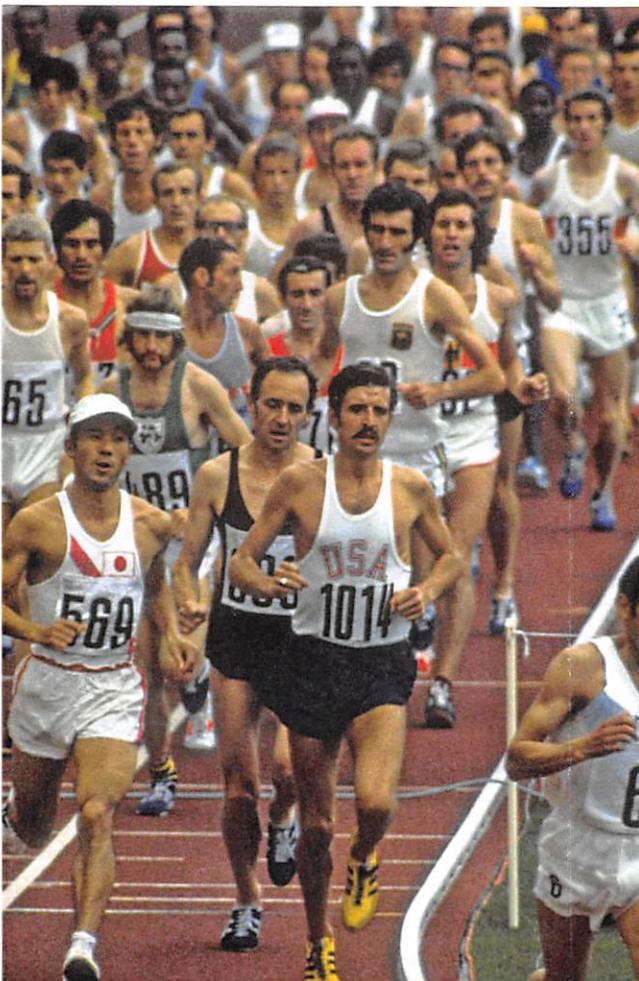


TRACK CLUB

DECEMBER 2010 / JANUARY 2011

A publication of the Fort Wayne Track Club

OLYMPIC GOLD HERE JAN. 30TH



Photos courtesy Life Magazine

1972 Olympic Marathon gold medalist Frank Shorter will be the guest speaker at the FWTC awards banquet on Jan. 30, 2011. Look for the flier inside this issue for details!

RACES

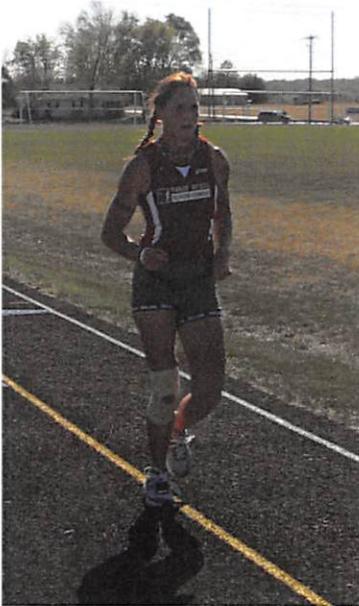
FACES

PACES

Run for Riley.....pg. 8 Nutrition & Wellness.....pg. 6 Race calendar.....pgs. 5, 23
River City Rat Race.....pg.16 Race Report.....pg. 27 2011 Points Races.....pg. 24



^The field takes off at the New Haven Boys Semi-state Cross Country Championships at The Plex on October 23. Bishop Dwenger won.



^Diana Schowe won the women's masters at the Run for Riley.

Come see Olympic Gold Medalist Frank Shorter (below) at the FWTC awards banquet on January 30.



^Brad Altevogt crosses the finish line at the Run for Riley 5-Miler.



<The back of the pack takes off in the Run for Riley 5-Miler.



^Girls teams huddle up before a middle school cross country invitational.

The Prez says: So long!

It's been an honor serving you

By **BILL HARRIS**

My short two years as President ends with my participation and presentations at the annual banquet January 30th. With Frank Shorter as featured speaker, we can expect a crowd equal to or exceeding last year's event with Bill Rodgers. More information on the banquet appears elsewhere in this issue of The Inside Track. Check it out, as all FWTC members receive discounts on banquet tickets.

If you were at the Fox Island Turkey Trot for the last of the 2010 Points Races, you witnessed a fantastic turnout of over 200 runners enjoying one of the last of the warmer days of Fall. What amazed me was the enthusiasm of the children ages 10 and under who participated in the 15,000 cm race before the main event. Thirty-five children raced to receive Wendy's coupons and Monster Cookies supplied by Cindy McGovern. Ron Zartman and his Fox Island staff were very welcoming hosts and gracious with their time and space. There were volunteers! I mean there were really a lot of volunteers who lightened the load and made race-directing easy for Brett and me. This popular race will be even more popular next year as there will be MORE pies as door prizes.

Speaking of Points, the 2011 Points Races have been selected and are reported in this issue. (See page 24.) Alert readers will notice several new races, including the Frontier Run n'Fun 10K scheduled for May 21, so it is after the Indy Mini and before the 3 Rivers 12K. The individuals who brought runners the War Bird 10K are in charge of planning this race, which will be run downtown. Early information from the organizers suggests the race strategy



to be "Run for an hour or so and then party for two or more." More details on the event will be released later.

You may recall the recent article Craig Bobay did on his team's recent relay from Madison to Chicago. If you're not yet sufficiently excited about doing an extended relay, be sure to read Angie Lockwood's article about her experiences in the 197-mile Hood to Coast Relay from Oregon's Mt. Hood to the Pacific Ocean. She says another relay may be in her future. (*The article and team photo is on Page 27.*)

Mac McAvoy is the incoming FWTC President and inherits a club in good fiscal health, thanks to the financial assistance of Co-Treasurers Robin Dombrowski and Jim Berry who will continue to serve. Craig Bobay, an excellent Secretary, is the new Vice-President. Casey Shafer will serve as the new Secretary. As for me, I am going off the Board but will remain active assisting with The New Inside Track and volunteering at club races. It's been fun serving as President, and

Rundown to 50/50

My quest for 50 marathons in 50 states continues, but at a slower pace. Why? My choices are more limited now, with only California, Alaska and Hawaii remaining.

Big Sur, CA will occupy my training attention until May 1, 2011 which will be state #48. Alaska will be #49 in August with Humpy's Marathon. #50 will be run, fittingly, in Hawaii, our 50th state, January 2012.

During training for my marathons, I have enjoyed encouragement from club members. This encouragement is very much appreciated and has made my goal even more satisfying. Want to do a marathon? How about Maui in January, 2012? Think about it!

I am pleased to report that running is very much alive and well on the streets, greenways and trails in and near Fort Wayne.

See you around, gotta run long.

Bill



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.

Officers, Coordinators and Board Members

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Feel free to contact the Fort Wayne Track Club at:

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 (260) 436-2234
www.fwtc.org

A NEW BOARD TAKES OVER IN JANUARY. SEE THE NEXT ISSUE OF THE INSIDE TRACK FOR DETAILS.

*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 2nd 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 (more races on Page 23)

Dec 10,2010 6pm Fri <u>Register Online!</u>	R	Dashing Through the Snow - 5K Morsches Park, Columbia City, IN <i>Contact:</i> Melinda Wheeler, 260-248-5180 <i>Info/Fees:</i> The course will be throughout Morsches Park and during the annual Wonderland of Lights Christmas Light show. 10/28 - The Wonderland of lights has been cancelled this year. However the race is still on just not during the light show. The race will be throughout Morsches Park and the course will be lit. <i>Email:</i> ccparks@columbiacity.net <i>Web site:</i> http://www.columbiacityparks.us/5krace.htm <i>Registration:</i> http://www.runrace.net/findarace.php?id=10344IN
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Dec 11,2010 9am Sat	R	1st Annual Run For The Heart 5K Run/Walk - 5K Sacred Heart School/Church, Warsaw, IN <i>Contact:</i> Terry Powers, 574-268-9426 <i>Info/Fees:</i> Proceeds benefits The Tuition Assistance Fund @ Sacred Heart School <i>Email:</i> info@sacredheart.com
Dec 12,2010 2pm Sun <u>Brochure</u>	L	The Gift 5K - 5K & 1 Mile Walk/Run North Side High School, Fort Wayne, IN, E. State Blvd., Fort Wayne, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier IN 46767, 260-894-4638 <i>Info/Fees:</i> \$12-pre-\$15-race day. Benefits to Tyler Ball & Family. Donations excepted. See attached brochure. <i>Email:</i> shepherdb@westnoble.k12.in.us
Dec 18,2010 8am Sat <u>Brochure Register Online!</u>	R	14th Annual The Huff 50KM Trail Run - 50K, 3xRelay, & 1 Loop Fun Run (10.8 Miles) J.Edward Roush Lake - Kil-So-Quah Campground, Huntington, IN <i>Contact:</i> The Huff 50K c/o Mitch Harper, 5207 Hopkinton Dr, Fort Wayne, IN 46814, 260-436-4824 <i>Email:</i> mitchvharper@gmail.com <i>Web site:</i> http://www.HUFF50K.com <i>Registration:</i> http://www.signmeup.com/70398

Jan 01,2011 1pm Sat	R	Frigid 5K - 5K Kosciusko YMCA, 1401 East Smith Street, Warsaw, IN <i>Contact:</i> Tonya Welsh, 574-269-9622 x36. <i>Email:</i> twelsh@kcymca.org <i>Web site:</i> http://www.kcymca.org
Jan 08,2011 11am Sat	R	27th Annual Siberian Express - 7.55 Miles Trail Run Kickapoo State Park, Danville, IL <i>Contact:</i> Scott Hendren, Siberian Express PO Box 1701, Danville, IL 61834, (217) 469-2134 <i>Info/Fees:</i> Grand Slam 2011 A special award will be given to all individuals who complete the following four events in 2011: Siberian Express, Mountain Goat, Lake Mingo Trail Run, and Wild Wild Wilderness. The awards will be presented at the Wild Wild Wilderness 2011. <i>Email:</i> krr@kennekuk.com <i>Web site:</i> http://www.kennekuk.com

Jan 09,2011 2pm Sun	R	38th Annual Dave's Running Shop 10 Mile Shoe Run - 10 Miles Delta High School, Taylor St, Delta, OH <i>Contact:</i> , Dave's Performance Footgear, 5700 Monroe, Sylvania, OH 43560, (419) 822-3498 <i>Email:</i> jeff.taylor@davesrunning.com <i>Web site:</i> http://davesrunning.com/
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Nutrition and Wellness by Judy Tillapaugh, R.D.

Holiday Special: *Pound Prevention*

Who says you have to gain weight at this time of year?

Are you tired of dieting? Then stop! Reach out for new healthful habits during the holidays and every week during the year.

For weight management, plan for 3 meals and 2-3 small snacks most days during the week using a variety of foods. Limit alcohol servings to 1-2 per day.

One serving is 12 ounces (1 ½ cups) of beer, ½ cup of wine, and 1 ½ ounces of liquor. Eating balanced meals, having light snacks, limiting or avoiding alcohol, along with regular exercise can help you management weight well.

Do you need to lose some body fat weight? Do you know your percent body fat?

If not, have a certified fitness professional measure your percent body fat.

A healthy body fat range for a man is 15-20% of total body weight. For women, it is 20 -25%.

If you have a healthy percent body fat your at a healthy weight, aim to maintain a healthy range.

If you need to lose a few pounds of fat, know that one pound of fat is equal to about 3500 calories! To lose one pound of fat weight per week reduce calorie intake and increase calorie output by 500 calories per day.

Strive for 1-2 pounds of fat weight loss per week till you achieve your healthy weight range.\

Have a healthy holiday season!

Best,
Judy Tillapaugh, RD
IPFW Wellness/Fitness Coordinator

tillapau@ipfw.edu

SUPER EIGHT

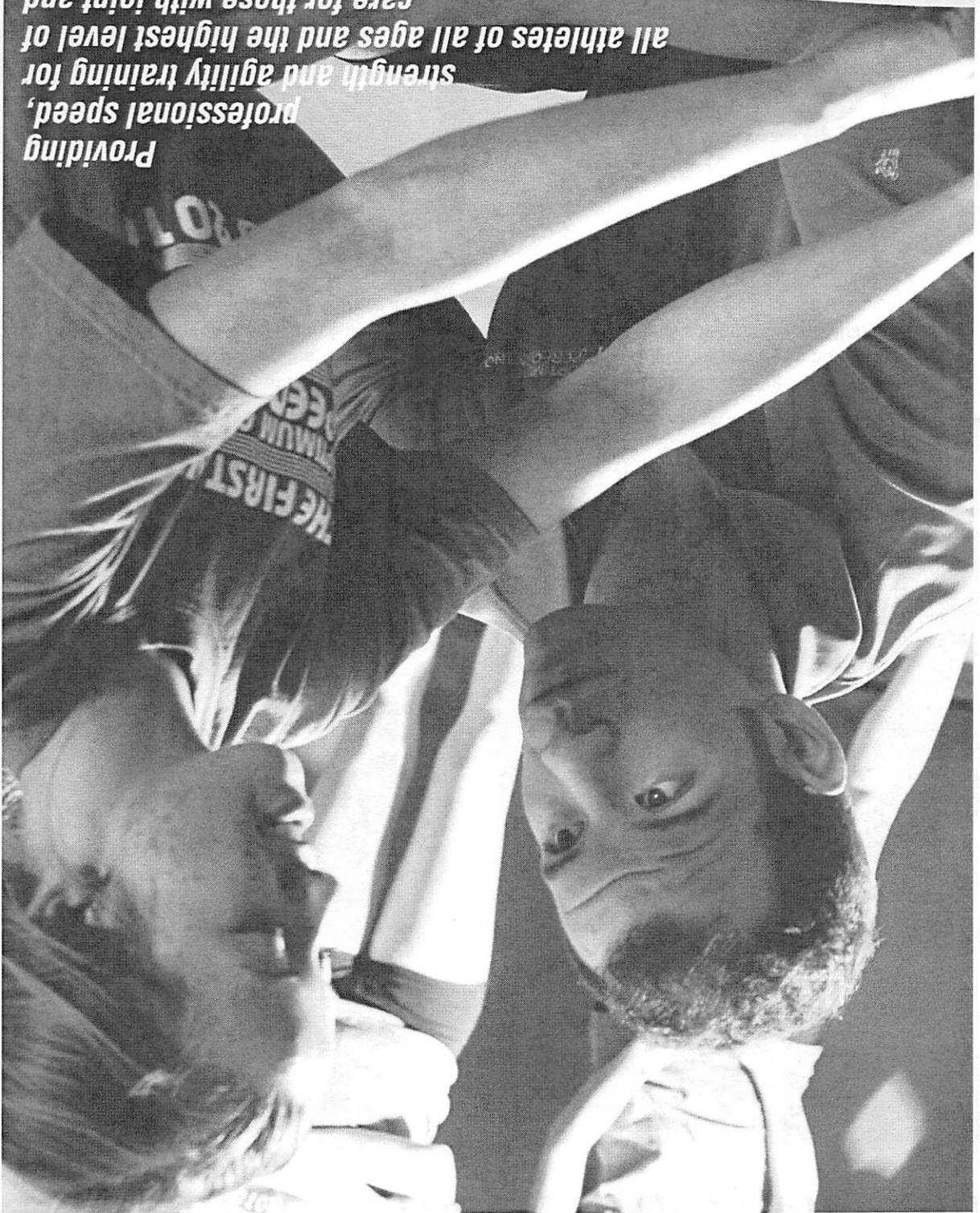
1. Always eat breakfast and never skip meals to avoid ravenous hunger pains.
2. Shop the parameters of the grocery store and fill your cart with produce, lean meat, low fat dairy, and whole grain bread.
3. Limit sugary beverages, desserts, and snacks! Just by limiting 250 calories of sugar foods everyday during the week can promote ½ pound weight loss a week.
4. Before you eat ask your self "Am I eating because I am hungry?" or for some other reason. Be mindful of you hunger and full feelings. Eat slowly and stop when full.
5. When eating out ask for sauces, dressings, and other high fat toppings to be put "on the side".
6. If at first you don't succeed try setting more realistic goals.
7. Losing weight is easy; its keeping it off that's the hard part! Therefore, don't think of what your doing as a diet or temporary fix. Think of it as a lifestyle change.
8. Those that have achieved and are maintaining a healthy percent body fat and weight range have one thing in common—they are aware of what they eat and drink. They keep track of food and beverage intake sometimes (even after reaching goals).

*Here are two websites to help you along the way:
www.fitday.com and www.sparkpeople.com.

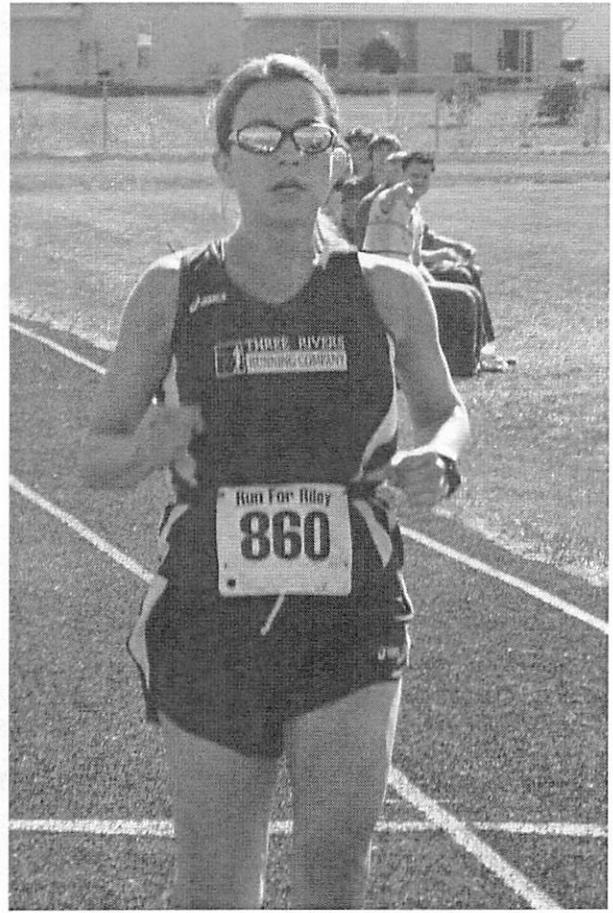
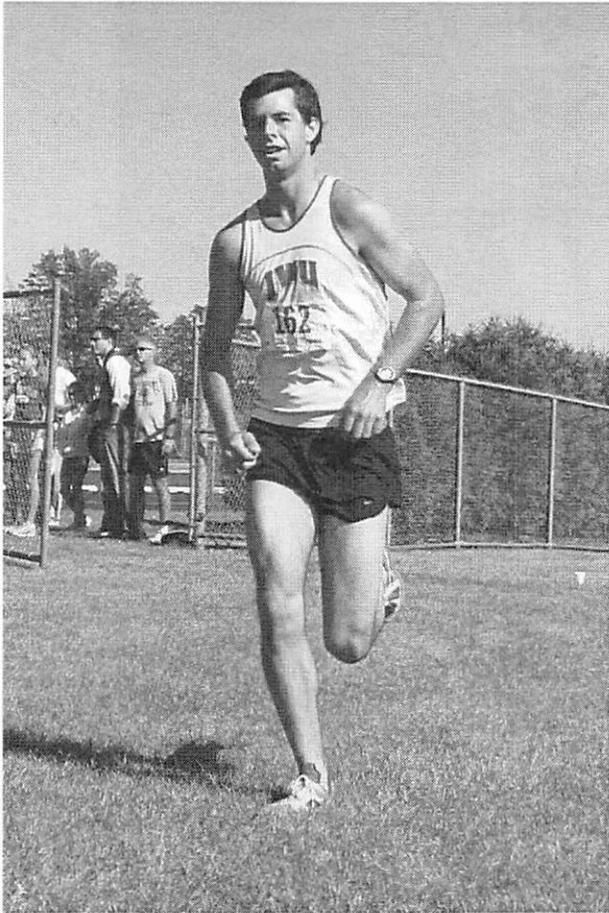
Chiropractic | Rehabilitation | Sports Performance

OPTIMUM PERFORMANCE

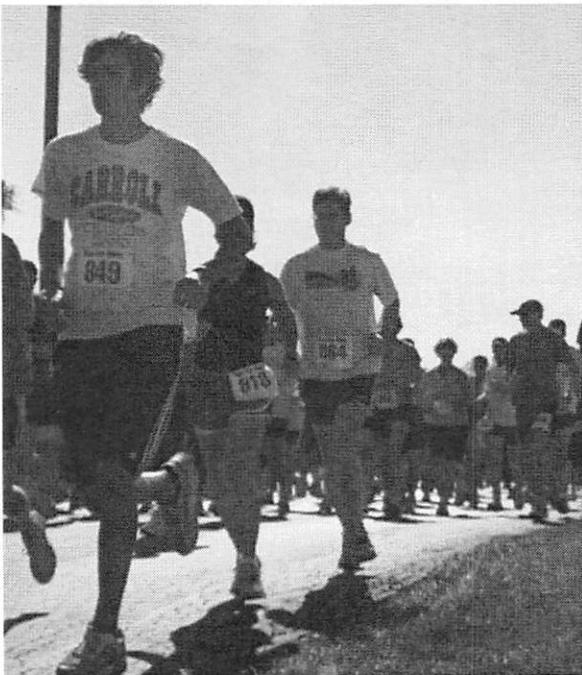
Providing professional speed, strength and agility training for all athletes of all ages and the highest level of care for those with joint and muscle pain.



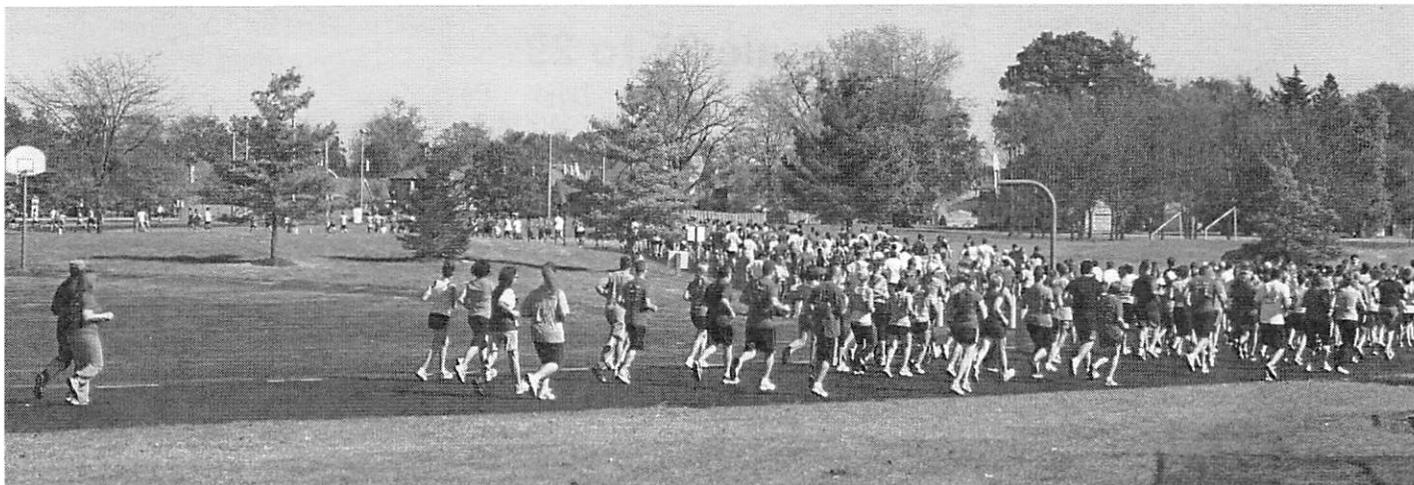
Alles, Robinson race to Riley victories



Doug Alles and Jenny Robinson, both of Fort Wayne, were the overall winners of the Run for Riley 5 Miler held at Maple Creek Middle School on Oct. 17. Alles, a former West Noble and Indiana Wesleyan standout, finished in 29 minutes and 7 seconds. Robinson finished in 34:46. There were 322 finishers. Masters winners were Michael Clay of Convoy, Ohio in 30:53 and Diana Schowe of Auburn in 38:21.



RUN FOR RILEY 5 MILER RESULTS



The field of 322 runners file through the Maple Creek and Perry Hill Elementary parking lots towards Coldwater Rd.

Female 14 and under

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Cendra Deardorf	Fort Wayne	IN 166	14	58	38:23.3	7:41/M
2	Abby Brelage	Fort Wayne	IN 933	11	61	38:47.8	7:45/M
3	Stacey Metzger	Fort Wayne	IN 821	13	75	40:08.8	8:02/M
4	Grace Hess	Fort Wayne	IN 970	12	76	40:08.9	8:02/M
5	Sarah Morris	Fort Wayne	IN 188	13	92	41:32.5	8:18/M
6	Megan Doty	Fort Wayne	IN 980	13	100	42:18.9	8:28/M
7	Megan Brelage	Fort Wayne	IN 943	13	102	42:39.5	8:32/M
8	Morgan Moiarity	Fort Wayne	IN 950	11	125	44:41.4	8:56/M
9	Mia DePillo	Fort Wayne	IN 652	13	175	47:53.0	9:35/M
10	Molly Brennan	Fort Wayne	IN 926	14	179	48:03.4	9:37/M
11	Miranda Bearman	Fort Wayne	IN 596	12	182	48:16.3	9:39/M
12	Alyssa Delpriore	Fort Wayne	IN 168	13	185	48:38.2	9:44/M
13	Makayla Shirey	Huntertown	IN 870	9	234	53:12.8	10:38/M
14	Abi Zollinger	Fort Wayne	IN 919	14	317	1:15:26.9	15:05/M

Female 15 to 19

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Jessie Limore	Fort Wayne	IN 805	16	117	44:03.7	8:49/M
2	Cecelia Nguyen	Fort Wayne	IN 829	16	212	51:06.9	10:13/M
3	Justine Parrot	Fort Wayne	IN 838	17	228	52:55.3	10:35/M

Female 20 to 24

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Jennifer Warner	Huntertown	IN 900	22	98	42:13.8	8:27/M
2	Becky Scheribel	Fort Wayne	IN 862	20	103	42:43.5	8:33/M
3	Brittany Cheviron	Huntertown	IN 641	24	184	48:27.6	9:41/M
4	Allison Green	Fort Wayne	IN 673	24	192	49:03.3	9:49/M
5	Kym Cossairt	Markle	IN 146	24	227	52:49.4	10:34/M
6	Brittany Parker	Fort Wayne	IN 837	24	259	55:49.6	11:10/M
7	Shelley McFarland	Fort Wayne	IN 816	20	284	1:01:11.5	12:14/M
8	Erin Hitt	Fort Wayne	IN 687	23	293	1:02:54.1	12:35/M
9	Amy Jacobs	Fort Wayne	IN 700	23	309	1:07:14.9	13:27/M
10	Britney Hiler	Fort Wayne	IN 684	21	310	1:07:15.1	13:27/M
11	Emily Liernan	Fort Wayne	IN 158	23	321	1:17:17.6	15:27/M

RUN FOR RILEY 5-MILER RESULTS

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>	<u>Pace</u>
1	Elizabeth Hartleroad	Fort Wayne IN	155	27	79	40:14.7	8:03/M
2	Sharon Christian	Fort Wayne IN	152	26	152	46:46.9	9:21/M
3	Sarah Branson	Fort Wayne IN	603	28	155	46:49.1	9:22/M
4	Yekaterina Khomyachenko	Chicago IL	972	27	157	46:55.0	9:23/M
5	Ashley Risner	Fort Wayne IN	966	27	171	47:44.3	9:33/M
6	Heidi Thieme	Fort Wayne IN	893	25	173	47:50.2	9:34/M
7	Angela Green	Fort Wayne IN	178	26	223	52:25.7	10:29/M
8	Lindsay Hurni	Fort Wayne IN	160	28	245	54:10.5	10:50/M
9	Sara Ervin	Fort Wayne IN	659	26	257	55:43.5	11:09/M
10	Annie Richardson	Fort Wayne IN	854	25	263	56:17.3	11:15/M
11	Nicole Smith	Virginia Beach VA	876	25	282	1:00:14.0	12:03/M
12	Andrea Dailey	Columbia City IN	651	26	292	1:02:53.9	12:35/M
13	Angie Patty	Fort Wayne IN	839	26	312	1:11:01.6	14:12/M

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>	<u>Pace</u>
1	Michelle Yoder	Huntertown IN	912	30	60	38:39.6	7:44/M
2	Cori Wagner	Huntertown IN	986	30	62	38:51.1	7:46/M
3	Angie Minich	Fort Wayne IN	824	30	65	39:03.8	7:49/M
4	Karen Wylie	Fort Wayne IN	174	30	83	40:25.6	8:05/M
5	Arden Robertson	Fort Wayne IN	856	33	87	41:02.2	8:12/M
6	Teri Garrelts	Fort Wayne IN	668	31	114	43:55.4	8:47/M
7	Kirsten Ziembo	Fort Wayne IN	935	31	134	45:39.2	9:08/M
8	Monica Gensic	Auburn IN	670	34	141	45:59.3	9:12/M
9	Valerie Armstrong	Auburn IN	594	32	164	47:21.8	9:28/M
10	Jessica Tate	Columbia City IN	890	34	181	48:05.3	9:37/M
11	Anna Allison	Huntertown IN	590	33	190	49:01.8	9:48/M
12	April Cary	Fort Wayne IN	974	30	215	51:46.5	10:21/M
13	Mendy Webb	Fort Wayne IN	173	30	231	53:04.9	10:37/M
14	Larae Haggard	Roanoke IN	675	32	240	53:41.4	10:44/M
15	Olivia Eppley	Warsaw IN	658	32	255	55:26.1	11:05/M

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>	<u>Pace</u>
1	Erin Brady	Fort Wayne IN	601	39	40	36:32.1	7:18/M
2	Eva Sagan	Fort Wayne IN	928	39	73	39:46.5	7:57/M
3	Vicki Shade	Leo IN	867	39	80	40:18.1	8:04/M
4	Kelly Kelly	Fort Wayne IN	787	38	99	42:16.8	8:27/M
5	Lyticia Emery	Fort Wayne IN	982	39	101	42:27.1	8:29/M
6	Teisha Lapp	Fort Wayne IN	999	38	107	43:24.1	8:41/M
7	Angie Chaffee	Fort Wayne IN	640	35	130	45:19.2	9:04/M
8	Janice Felger	Churubusco IN	664	37	139	45:50.7	9:10/M
9	Tina Stinson	Columbia City IN	885	37	149	46:35.7	9:19/M
10	Shannon Jones	Fort Wayne IN	782	38	167	47:27.9	9:29/M
11	Rhonda Stout	Fort Wayne IN	886	39	186	48:39.6	9:44/M
12	Chris DeWitt	Albion IN	653	38	208	50:41.1	10:08/M
13	Leslie Lawson	Fort Wayne IN	799	39	209	50:47.2	10:09/M
14	Kelly Hyder	Fort Wayne IN	693	36	216	51:54.2	10:23/M
15	Richelle Copper	Fort Wayne IN	922	39	221	52:22.2	10:28/M

RUN FOR RILEY 5-MILER RESULTS**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>	<u>Pace</u>
1	Angie Lockwood	Bluffton IN	995	40	81	40:18.7	8:04/M
2	Laurie Whister	Fort Wayne IN	904	44	111	43:49.8	8:46/M
3	Michelle Phipps	Fort Wayne IN	843	41	119	44:13.1	8:51/M
4	Karen Louis	Hoagland IN	143	41	123	44:35.0	8:55/M
5	Holly Huffine	Decatur IN	688	40	124	44:39.2	8:56/M
6	Anita Lehman	Decatur IN	802	44	165	47:22.5	9:28/M
7	Teri Walters	New Haven IN	899	44	180	48:03.7	9:37/M
8	Amy Juergens	Fort Wayne IN	784	40	200	49:57.9	9:59/M
9	Lori Leatherman	Albion IN	801	43	207	50:40.9	10:08/M
10	Amy Mason	Fort Wayne IN	812	40	213	51:10.2	10:14/M
11	Karen Smith	Huntington IN	877	40	219	52:09.2	10:26/M
12	Vickie Koenig	New Haven IN	795	42	225	52:44.7	10:33/M
13	Tracy Smallwood	Fort Wayne IN	874	42	236	53:21.8	10:40/M
14	Cheryl Shaw	Fort Wayne IN	868	42	238	53:32.5	10:42/M
15	Mindy Smith	Fort Wayne IN	878	43	242	53:48.2	10:46/M

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>	<u>Pace</u>
1	Gloria Hull	Leo IN	689	48	95	41:55.2	8:23/M
2	Christine Hutchins	Fort Wayne IN	917	47	104	42:48.3	8:34/M
3	Judy Wilkins	Fort Wayne IN	190	49	148	46:33.4	9:19/M
4	Ellen McKinley	Fort Wayne IN	818	48	150	46:41.0	9:20/M
5	Lisa Jackson	Fort Wayne IN	699	47	166	47:22.6	9:28/M
6	Theresa Gutierrez	Fort Wayne IN	177	47	178	48:02.5	9:36/M
7	Lisa Urschel	Andrews IN	897	47	220	52:09.3	10:26/M
8	Jill Delpriore	Fort Wayne IN	183	45	222	52:24.6	10:29/M
9	Derinda Smith	Fort Wayne IN	875	49	264	56:30.1	11:18/M
10	Jill Crebb	Fort Wayne IN	649	47	277	59:10.8	11:50/M
11	Cindy Kirkland	Fort Wayne IN	789	48	278	59:23.5	11:53/M
12	Laura McFarland	Fort Wayne IN	817	49	285	1:01:11.5	12:14/M
13	Sue Bender	Fort Wayne IN	942	47	295	1:03:09.2	12:38/M
14	Beverly Lubs	Fort Wayne IN	182	46	301	1:04:46.5	12:57/M
15	Sandy Bailey	Fort Wayne IN	181	46	302	1:04:46.6	12:57/M

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>	<u>Pace</u>
1	Sue Okleshen	New Haven IN	185	51	120	44:13.5	8:51/M
2	Barb Richardson	Fort Wayne IN	855	53	158	47:03.5	9:25/M
3	Marcia Kirlin	Fort Wayne IN	790	54	206	50:39.3	10:08/M
4	Vickie Robertson	Fort Wayne IN	858	52	251	54:44.9	10:57/M
5	Sarah Leonard	Fort Wayne IN	804	53	283	1:00:15.6	12:03/M
6	Chris Cossairt	Markle IN	647	53	305	1:05:40.6	13:08/M

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>	<u>Pace</u>
1	Pamela Wolfe	Fort Wayne IN	987	57	159	47:06.0	9:25/M
2	Cheryl Stromski	Antwerp OH	153	55	233	53:06.0	10:37/M
3	Amalia Quiroz-Kline	Huntertown IN	851	55	265	56:54.8	11:23/M
4	Joni Wyatt	Roanoke IN	910	57	290	1:02:32.4	12:30/M

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>	<u>Pace</u>
1	Barbie Scrogam	Fort Wayne IN	866	64	201	50:06.4	10:01/M

RUN FOR RILEY 5-MILER RESULTS

Male 14 and under

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Alex Lewis	Huntertown IN	159	14	5	31:24.3	6:17/M
2	Kevin Wuest	Fort Wayne IN	909	14	7	31:52.8	6:22/M
3	Kevin Salter	Fort Wayne IN	949	14	12	33:12.4	6:38/M
4	Cameron Clements	Fort Wayne IN	924	13	13	33:14.1	6:39/M
5	Wesley Garrison	Fort Wayne IN	964	12	15	33:19.2	6:40/M
6	Braden Clements	Fort Wayne IN	963	12	16	33:23.3	6:41/M
7	Chris Meyer	Fort Wayne IN	984	12	20	33:57.3	6:47/M
8	Ben Schwartz	Fort Wayne IN	156	13	21	34:04.5	6:49/M
9	Trevor Springer	Fort Wayne IN	960	14	22	34:06.1	6:49/M
10	Alex Cagle	Fort Wayne IN	958	13	27	34:30.7	6:54/M

Male 15 to 19

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Quinn Buck	Fort Wayne IN	606	17	23	34:17.1	6:51/M
2	Matt Klein	Fort Wayne IN	792	15	28	34:32.2	6:54/M
3	Kody Jones	Fort Wayne IN	783	16	41	36:32.2	7:18/M
4	Daniel Quade	Fort Wayne IN	849	15	97	42:07.8	8:25/M
5	Daniel Branson	Fort Wayne IN	602	15	271	58:35.0	11:43/M

Male 20 to 24

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Andrew Piropato	Fort Wayne IN	154	20	39	36:30.3	7:18/M
2	Russell Fought	Fort Wayne IN	667	22	115	43:55.7	8:47/M
3	Mike Oberlin	Auburn IN	161	23	145	46:07.2	9:13/M
4	David Morris	Avilla IN	827	24	146	46:12.9	9:14/M
5	Mike Klee	Fort Wayne IN	187	20	156	46:51.3	9:22/M
6	Tim Mcloy	Warren IN	145	22	226	52:49.4	10:34/M
7	Adam Guntle	Fort Wayne IN	189	23	235	53:20.6	10:40/M
8	James Ealing	Fort Wayne IN	656	24	262	56:12.7	11:14/M

Male 25 to 29

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Grant Stieglitz	Fort Wayne IN	883	25	3	30:59.2	6:12/M
2	Lance Yoder	Huntertown IN	911	29	10	32:45.2	6:33/M
3	Benjamin Ashby	Fort Wayne IN	979	28	17	33:24.3	6:41/M
4	Alan Branson	Fort Wayne IN	604	27	53	37:47.8	7:33/M
5	John Patty	Fort Wayne IN	947	25	56	38:03.1	7:37/M
6	Shawn Baker	Fort Wayne IN	967	27	59	38:38.2	7:44/M
7	Clay Eppley	Warsaw IN	930	25	63	38:52.7	7:46/M
8	Nick Vetter	Woodburn IN	969	25	112	43:52.5	8:46/M
9	Garrett Martz	Fort Wayne IN	811	29	160	47:06.1	9:25/M
10	Greg Keesling	Fort Wayne IN	962	27	170	47:43.9	9:33/M

Male 30 to 34

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Nick Sloffer	Fort Wayne IN	994	32	6	31:43.1	6:21/M
2	Jason Robertson	Fort Wayne IN	857	32	11	32:51.5	6:34/M
3	Steve Cuatt, Jr.	Hudson IN	921	33	29	34:42.2	6:56/M
4	Bill Toler	Fort Wayne IN	977	31	33	35:42.7	7:08/M
5	Michael Yoder	Huntertown IN	913	31	43	36:54.6	7:23/M
6	Matt Motz	Fort Wayne IN	955	30	70	39:19.2	7:52/M
7	Jason Paxson	Fort Wayne IN	841	33	72	39:27.9	7:53/M
8	Adrian Miller	Fort Wayne IN	945	34	74	39:58.1	8:00/M
9	Josh Snyder	Fort Wayne IN	879	31	82	40:19.5	8:04/M
10	Andrew O'Rourke	Fort Wayne IN	834	30	89	41:16.7	8:15/M

10/10/2010

RUN FOR RILEY 5-MILER RESULTS

Male 35 to 39

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Andy McCanna	Fort Wayne IN	813	35	8	31:54.5	6:23/M
2	Darren Stoodly	Fort Wayne IN	927	36	24	34:21.8	6:52/M
3	Brad Thomas	Fort Wayne IN	151	35	38	36:28.0	7:18/M
4	Brent Winebrenner	Auburn IN	905	39	46	37:07.5	7:25/M
5	Kadish Evans	Auburn IN	186	36	47	37:07.8	7:25/M

Male 40 to 44

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Jeff Zimmerman	Auburn IN	914	44	31	34:58.9	7:00/M
2	Brian Clements	Fort Wayne IN	990	40	35	35:43.9	7:09/M
3	Kevin Meyer	Fort Wayne IN	985	41	49	37:19.2	7:28/M
4	Matt Scott	Warsaw IN	864	42	66	39:05.1	7:49/M
5	Bill Chastain	Fort Wayne IN	180	44	68	39:07.3	7:49/M

Male 45 to 49

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Rick Grieze	Fort Wayne IN	191	47	14	33:16.3	6:39/M
2	Daniel Ashby	Churubusco IN	595	49	19	33:36.0	6:43/M
3	Mike Soat	Fort Wayne IN	992	47	34	35:42.9	7:08/M
4	Phillip Houk	Fort Wayne IN	954	49	45	37:01.1	7:24/M
5	David Emery	Fort Wayne IN	983	47	67	39:06.4	7:49/M

Male 50 to 54

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Paul Shaffer	Decatur IN	991	52	9	32:30.8	6:30/M
2	Terry Wooster	Angola IN	923	53	36	35:44.5	7:09/M
3	Mark Harrison	Fort Wayne IN	946	53	85	40:52.4	8:10/M
4	Dennis Klopfenstein	New Haven IN	794	53	88	41:14.3	8:15/M
5	George Rowley	Fort Wayne IN	179	52	90	41:17.3	8:15/M

Male 55 to 59

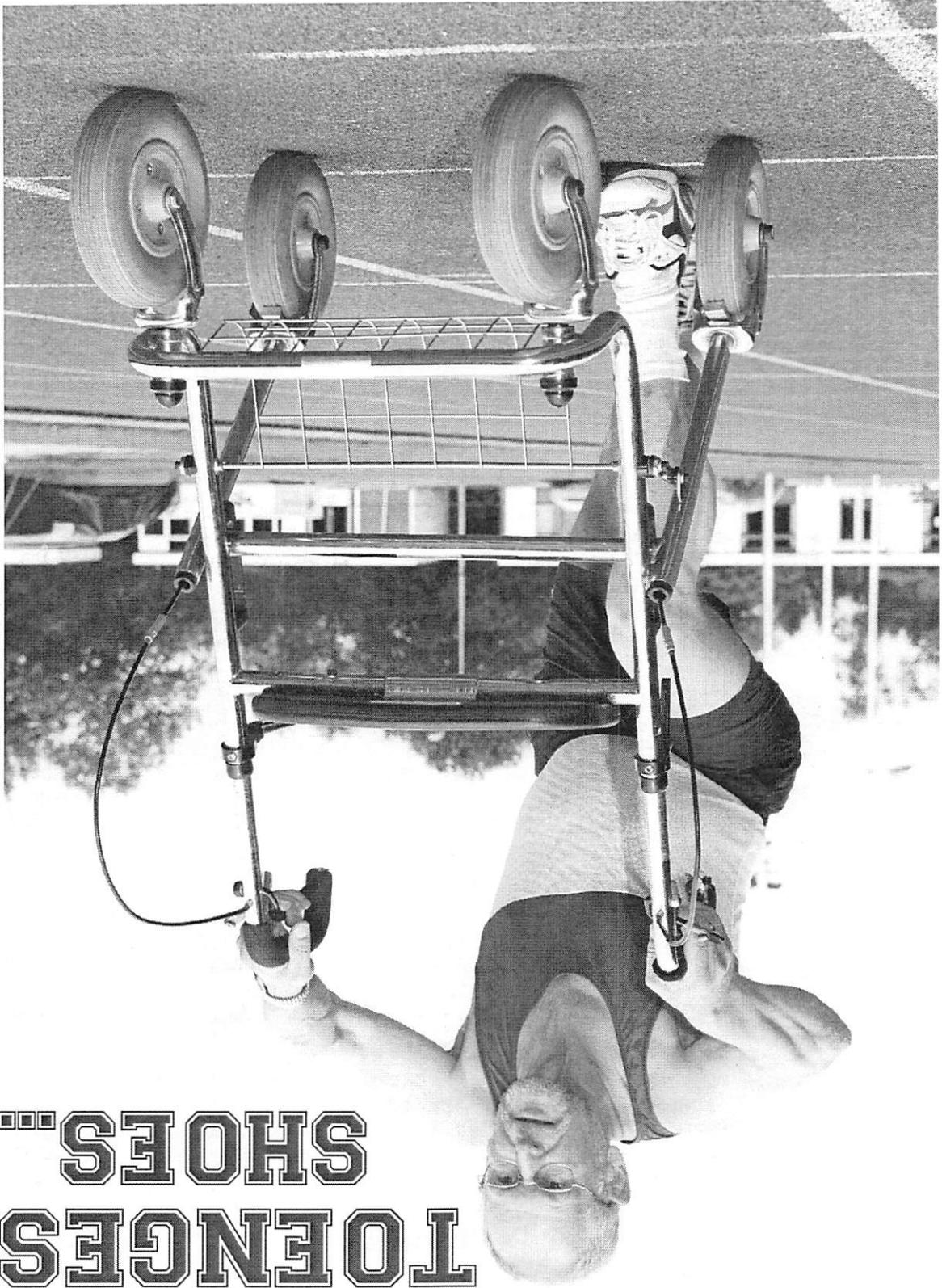
Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Brad Altevogt	Fort Wayne IN	592	55	4	31:17.6	6:15/M
2	Gary Schmunk	Antwerp OH	863	55	18	33:29.1	6:42/M
3	Daniel Green	Fort Wayne IN	674	55	25	34:22.8	6:52/M
4	Terry Coonan	Fort Wayne IN	646	59	32	35:41.2	7:08/M
5	Len Piropató	Fort Wayne IN	845	56	42	36:45.8	7:21/M

Male 60 to 64

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Roger Kingsbery	Fort Wayne IN	961	61	26	34:28.5	6:54/M
2	Jim Pickett	Fort Wayne IN	844	61	129	45:19.0	9:04/M
3	Phil Luttmann	Kendallville IN	944	63	188	48:57.0	9:47/M
4	Robb Robertson	Fort Wayne IN	859	62	214	51:26.4	10:17/M
5	Dan Bossard	Monroeville IN	600	60	218	52:06.4	10:25/M
6	Marlin Shoat	Wauseon OH	957	62	267	57:03.0	11:25/M
7	Steven Greider	Fort Wayne IN	998	61	316	1:14:52.0	14:58/M

Male 65 and over

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Ray Casiano	New Haven IN	612	67	54	37:52.6	7:34/M
2	Bernie Burgette	Fort Wayne IN	610	67	142	46:04.4	9:13/M
3	Dick Harnly	Fort Wayne IN	959	72	153	46:47.3	9:21/M
4	Freeman Hershberger	Goshen IN	683	72	183	48:23.8	9:41/M
5	Don Lindley	Fort Wayne IN	806	66	199	49:47.8	9:57/M



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Rat Race: Herron, Conrad women winners

Overall 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>	<u>Pace</u>
1	Camille Herron	West Lafayette IN	1277	28	10	37:40.54	6:05/M

Overall Female Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Denise Conrad	Decatur IN	1114	49	18	39:53.57	6:26/M

Female 15 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Alli Lauer	Leo IN	1686	14	70	45:57.51	7:25/M
2	Leeann Moeller	Fort Wayne IN	1431	15	217	53:55.18	8:42/M
3	Isabella Wiseman	Fort Wayne IN	1704	12	250	55:13.44	8:54/M
4	Cassidy Sampson	Fort Wayne IN	1518	15	446	1:04:50.84	10:27/M
5	Kelly Asiala	Fort Wayne IN	1014	11	493	1:07:54.74	10:57/M

Female 16 to 17

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Alyssa Hinderman	Fort Wayne IN	1284	16	556	1:13:07.23	11:48/M

Female 18 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lauren Greulich	Columbia City IN	1244	19	170	51:43.41	8:20/M
2	Chelsie Norris	Fort Wayne IN	1459	19	396	1:01:47.33	9:58/M
3	Dez Wilhelm	Hicksville OH	1635	18	450	1:05:05.57	10:30/M
4	Jaimi Osten	Fort Wayne IN	1470	18	479	1:06:47.08	10:46/M
5	Sarah Cummins	Fort Wayne IN	1132	18	537	1:11:30.67	11:32/M

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>	<u>Pace</u>
1	Erin Kingsbury	Fort Wayne IN	1345	24	39	42:45.30	6:54/M
2	Kelly Wehman	Fort Wayne IN	1631	23	96	47:27.55	7:39/M
3	Natalie Collar	North Manchester I	1112	21	106	47:56.93	7:44/M
4	Cara Greulich	Columbia City IN	1241	24	171	51:44.77	8:21/M
5	Danielle Norris	Fort Wayne IN	1460	24	177	51:52.43	8:22/M

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>	<u>Pace</u>
1	Karen Killian	Bryan OH	1342	25	30	41:55.95	6:46/M
2	Lauren Wilson	Fort Wayne IN	1679	27	35	42:14.71	6:49/M
3	Dianna Fox	Berne IN	1192	29	57	44:52.96	7:14/M
4	Brooke Morlan	Fort Wayne IN	1440	28	58	45:01.88	7:16/M
5	Megan Hood	Warsaw IN	1298	27	123	48:55.26	7:53/M

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>	<u>Pace</u>
1	Janet Crawford	Fort Wayne IN	1127	31	72	46:03.66	7:26/M
2	Megan Dexheimer-Yoder	Fort Wayne IN	1142	31	114	48:24.29	7:48/M
3	Shalon Meyer	Auburn IN	1413	31	116	48:26.26	7:49/M
4	Cori Wagner	Huntertown IN	1620	30	120	48:46.81	7:52/M
5	Angie Minich	Fort Wayne IN	1428	30	128	49:18.85	7:57/M

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>	<u>Pace</u>
1	Lori Cook	Spencerville IN	1117	37	24	41:14.12	6:39/M
2	Darlene Barton	Fort Wayne IN	1030	35	26	41:30.68	6:42/M
3	Kim Shearer	Fort Wayne IN	1552	35	44	42:58.30	6:56/M
4	Angie Amorini	Fort Wayne IN	1008	35	61	45:20.16	7:19/M
5	Erin Brady	Fort Wayne IN	1063	39	79	46:12.71	7:27/M

RIVER CITY RAT RACE 10K RESULTS

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>	<u>Pace</u>
1	Sherry Robertson	Pendleton IN	1509	42	43	42:57.91	6:56/M
2	Paula Henry	Fort Wayne IN	1274	41	65	45:32.79	7:21/M
3	Angie Lockwood	Bluffton IN	1378	40	112	48:13.50	7:47/M
4	Angela Derloshon	Fort Wayne IN	1663	41	133	49:29.23	7:59/M
5	Sonya Maldeney-Cull	Fort Wayne IN	1387	40	229	54:15.00	8:45/M

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>	<u>Pace</u>
1	Gail Gerber	New Haven IN	1219	47	161	51:01.18	8:14/M
2	Connie Gordon	Churubusco IN	1224	48	212	53:41.30	8:40/M
3	Christine Hutchins	Fort Wayne IN	1310	47	231	54:20.23	8:46/M
4	Robin Cheney	Arlington TN	1102	49	260	55:26.17	8:56/M
5	Ellen McKinley	Fort Wayne IN	1408	48	300	57:10.32	9:13/M

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>	<u>Pace</u>
1	Ann Morris	Muncie IN	1441	52	222	54:03.19	8:43/M
2	Helen Best	New Haven IN	1044	51	268	55:43.98	8:59/M
3	Jennie McAllister	Fort Wayne IN	1400	52	324	57:56.89	9:21/M
4	Sandra Terrill	Claypool IN	1602	50	348	58:52.56	9:30/M
5	Kathy Markley	Fort Wayne IN	1392	50	349	58:59.37	9:31/M

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>	<u>Pace</u>
1	Terri Gross	Fort Wayne IN	1247	55	247	55:05.14	8:53/M
2	Roberta Craig	Lagrange IN	1124	55	577	1:15:39.96	12:12/M
3	Joni Wyatt	Roanoke IN	1647	57	597	1:19:37.19	12:50/M
4	Jenni Etzler	Fort Wayne IN	1173	59	604	1:21:19.41	13:07/M
5	Marty Alsgaard	Fort Wayne IN	1006	59	605	1:21:33.42	13:09/M

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>	<u>Pace</u>
1	Kathy Rowe	Fremont IN	1516	60	407	1:02:04.83	10:01/M
2	Barb Scrogam	Fort Wayne IN	1540	64	411	1:02:20.06	10:03/M
3	Beth Green	Tipton IN	1233	63	535	1:11:26.23	11:31/M
4	Margaret Malcolm	Colmbia City IN	1386	61	558	1:13:24.35	11:50/M
5	Gemma Sickafus	Uniondale IN	1557	61	612	1:26:45.24	14:00/M

Female 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>	<u>Pace</u>
1	Bodil Rasmussen	Fort Wayne IN	1497	66	516	1:09:51.98	11:16/M
2	Sarah Kleinknight	Fort Wayne IN	1703	67	576	1:15:26.89	12:10/M

Female 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Gloria Nold	Fort Wayne IN	1457	75	564	1:13:51.14	11:55/M

Crum, Bussard cruise in Rat Race victories

Overall 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>	<u>Pace</u>
1	Thomas Crum	Fort Wayne	IN 1130	23	1	34:23.96	5:33/M

Overall Male Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dave Bussard	Elkhart	IN 1092	50	3	35:00.48	5:39/M

Male - 15 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sam Showalter	Fort Wayne	IN 1687	14	27	41:42.72	6:44/M
2	Kody Detter	Leo	IN 1141	14	28	41:43.11	6:44/M
3	Tyler Koteskey	Fort Wayne	IN 1702	15	38	42:40.40	6:53/M
4	Kyle Zelt	Fort Wayne	IN 1656	13	74	46:06.54	7:26/M
5	Stone Miguel	Fort Wayne	IN 1419	14	77	46:11.53	7:27/M

Male - 16 to 17

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jaron Somers	Garrett	IN 1579	17	14	39:05.79	6:18/M
2	Quinn Buck	Fort Wayne	IN 1084	17	40	42:46.52	6:54/M
3	Connor Johnston	Fort Wayne	IN 1329	16	42	42:49.82	6:54/M
4	Connor Mickelini	Fort Wayne	IN 796	16	48	43:34.40	7:02/M
5	Peter Jacobs	Fort Wayne	IN 1317	17	566	1:13:58.26	11:56/M

Male - 18 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Gavin Hisner	Decatur	IN 1287	19	8	36:15.72	5:51/M
2	David Lill	Fort Wayne	IN 1375	19	59	45:08.29	7:17/M
3	Jeff Valliere	Fort Wayne	IN 1619	19	76	46:10.25	7:27/M
4	Cyrus Brinegar	Fort Wayne	IN 1071	18	118	48:38.29	7:51/M
5	Renato Perez-Loyola	Fort Wayne	IN 1479	18	147	50:28.81	8:08/M
6	Tanner Simerman	Fort Wayne	IN 1561	18	581	1:16:14.14	12:18/M

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>	<u>Pace</u>
1	Doug Alles	Fort Wayne	IN 1005	23	2	34:48.56	5:37/M
2	Casey Witzigreuter	Fort Wayne	IN 1641	22	29	41:48.20	6:45/M
3	Austin Lucas	Fort Wayne	IN 1382	23	83	46:26.05	7:29/M
4	Luke Norris	Fort Wayne	IN 1461	21	85	46:36.74	7:31/M
5	Nate Davidhizar	Fort Wayne	IN 1134	23	110	48:12.93	7:46/M

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>	<u>Pace</u>
1	Brandon Reichert	Fort Wayne	IN 1696	28	4	35:02.56	5:39/M
2	Brandon Talbert	Fort Wayne	IN 1697	26	6	35:46.78	5:46/M
3	Grant Stieglitz	Fort Wayne	IN 1592	25	19	40:02.48	6:27/M
4	Andy Mapes	Indianapolis	IN 1389	25	33	42:00.65	6:46/M
5	Dashon Smith	Fort Wayne	IN 1694	25	37	42:39.09	6:53/M

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>	<u>Pace</u>
1	Jon Champion	Fort Wayne	IN 653	34	11	37:48.51	6:06/M
2	Chris Kaufman	Fort Wayne	IN 1335	34	13	38:37.14	6:14/M
3	Jason Robertson	Fort Wayne	IN 1508	32	21	40:41.90	6:34/M
4	Joe Garcia	Fort Wayne	IN 1209	32	41	42:49.75	6:54/M
5	Tyler Hoffman	Columbia City	IN 1690	30	51	43:45.69	7:03/M

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>	<u>Pace</u>
1	Brad A Thomas	Fort Wayne	IN 1605	35	12	38:32.68	6:13/M
2	Trent Prough	Bluffton	IN 1698	39	20	40:29.69	6:32/M
3	Nermin Hairlahovic	Fort Wayne	IN 1252	35	22	41:03.58	6:37/M
4	Phillip Salisbury	Fort Wayne	IN 1517	36	32	42:00.20	6:46/M
5	Matthew Gerke	Huntertown	IN 1220	35	52	43:46.25	7:04/M

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>	<u>Pace</u>
1	Tim Delong	Fort Wayne	IN 1139	44	16	39:18.45	6:20/M
2	Jeffrey Stewart	Fort Wayne	IN 1591	40	17	39:43.78	6:24/M
3	Greg Krider	Fort Wayne	IN 1355	41	23	41:11.40	6:39/M
4	Chris Beck	Fort Wayne	IN 1034	42	34	42:05.85	6:47/M
5	Troy McArthy	Huntertown	IN 1401	41	49	43:38.33	7:02/M

RIVER CITY RAT RACE 10k RESULTS**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>	<u>Pace</u>
1	Ron Sharp	Fort Wayne	IN 1550	45	5	35:13.19	5:41/M
2	Manuel Martinez	Fort Wayne	IN 1395	47	7	36:06.66	5:49/M
3	Rick Grieze	Fort Wayne	IN 1660	47	36	42:17.77	6:49/M
4	Mark Walter	Garrett	IN 1623	45	45	42:58.79	6:56/M
5	Tim Hamilton	Spencerville	IN 1255	45	63	45:28.29	7:20/M

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>	<u>Pace</u>
1	Richard Kempf	Fort Wayne	IN 1340	54	9	37:33.01	6:03/M
2	Mark Oshaughnessy	Fort Wayne	IN 1469	50	25	41:14.73	6:39/M
3	Ed Reinhard	Poneto	IN 1500	52	31	41:59.72	6:46/M
4	Chuck Brown	Bluffton	IN 1074	54	55	44:39.88	7:12/M
5	Bryan Gross	Fort Wayne	IN 1670	53	67	45:34.79	7:21/M

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>	<u>Pace</u>
1	Brad Altevogt	Fort Wayne	IN 1007	55	15	39:08.53	6:19/M
2	Jerry Steinhof	Fort Wayne	IN 1693	56	47	43:06.74	6:57/M
3	David Heim	Leo	IN 1270	57	109	48:10.03	7:46/M
4	Dave Reichwage	Fort Wayne	IN 1675	59	150	50:30.79	8:09/M
5	Bill Moord	New Haven	IN 1689	56	166	51:28.21	8:18/M

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>	<u>Pace</u>
1	Roger Kingsbery	Fort Wayne	IN 1344	61	54	43:47.37	7:04/M
2	Steve Corona	Fort Wayne	IN 1121	61	279	56:16.04	9:05/M
3	Jim Pickett	Fort Wayne	IN 1485	61	298	57:06.41	9:13/M
4	Richard Craig	Lagrange	IN 1123	63	302	57:13.75	9:14/M
5	Hamdia Hairlahovic	Fort Wayne	IN 1251	61	328	58:04.39	9:22/M

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>	<u>Pace</u>
1	Ray Casiano	New Haven	IN 1671	67	101	47:41.31	7:41/M
2	Larry Lee	Fort Wayne	IN 1665	66	286	56:34.74	9:07/M
3	Steve Adkinson	Fort Wayne	IN 1677	66	299	57:07.88	9:13/M
4	Bernie Burgette	Fort Wayne	IN 1089	67	323	57:53.29	9:20/M
5	Thomas Elyea	Fort Wayne	IN 682	65	392	1:01:39.58	9:57/M

Male 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jim Kane	Fort Wayne	IN 1333	70	485	1:07:14.07	10:51/M
2	Edward Gebhart	Albion	IN 1216	73	561	1:13:36.34	11:52/M
3	Dave Bowden	New Haven	IN 1060	71	570	1:14:34.59	12:02/M
4	Robert C Loomis	Monroe	IN 1381	77	572	1:14:50.06	12:04/M
5	Curtis Nold	Fort Wayne	IN 1456	79	622	1:33:10.49	15:02/M

Fruchey, Wilson win Turkey Trot Fox Island

Overall Female Open Winners

Place	Name	City	Age	Overall	Time
1	Madison Fruchey	Huntertown	12	16	19:46.7

Overall Female Masters Winners

Place	Name	City	Age	Overall	Time
1	Denise Conrad	Decatur	49	20	20:15.4

Female 10 and under

Place	Name	City	Age	Overall	Time
1	Monroe Fruchey	Huntertown	8	85	25:29.3
2	Emma Newhard	Fort Wayne	10	141	30:05.4
3	Hailee York	Ft Wayne	10	181	36:22.0

Female 11 to 12

Place	Name	City	Age	Overall	Time
1	Maddie Distelrach	Fort Wayne	11	56	22:51.4
2	Morgan Moriarity	Fort Wayne	11	118	28:16.5
3	Sabrina York	Fort Wayne	12	180	36:19.2

Female 13 to 14

Place	Name	City	Age	Overall	Time
1	Sydney Willis	Fort Wayne	14	33	21:19.4
2	Bailey Beery	Decatur	13	35	21:28.6
3	Emily Gunsett	Decatur	13	54	22:37.9

Female 15 to 16

Place	Name	City	Age	Overall	Time
1	Taylor Busch	Fort Wayne	15	27	20:48.9
2	Lauren Hamilton	Spencerville	15	29	20:58.5
3	Mariah Jordan	Fort Wayne	15	53	22:37.6

Female 17 to 19

Place	Name	City	Age	Overall	Time
1	Kayla Patterson	Roanoke	645	18	20:49.2

Female 20 to 24

Place	Name	City	Age	Overall	Time
1	Natalie Stieglitz	New Haven	23	75	24:47.6
2	Kalissa Blanchette	Fort Wayne	23	191	39:08.8

Female 25 to 29

Place	Name	City	Age	Overall	Time
1	Lauren Wilson	Fort Wayne	27	22	20:32.9
2	Lisa Zaagman	Grabill	27	124	28:37.7
3	Leah Dwire	Fort Wayne	25	136	29:35.4

Female 30 to 34

Place	Name	City	Age	Overall	Time
1	Jenny Robinson	Fort Wayne	30	42	21:44.8
2	Janet Crawford	Fort Wayne	31	45	22:12.2
3	Megan Yoder-Dexheimer	Fort Wayne	31	57	23:05.6

Female 35 to 39

Place	Name	City	Age	Overall	Time
1	Tammy Behrens	Fort Wayne	39	40	21:43.3
2	Erin Brady	Fort Wayne	39	52	22:29.1
3	Allison Brown	Columbia City	37	74	24:26.4

Female 40 to 44

Place	Name	City	Age	Overall	Time
1	Angie Lockwood	Bluffton	40	67	23:53.1
2	Barb Bleke	Fort Wayne	42	115	28:07.4
3	Michelle Phipps	Fort Wayne	41	117	28:15.7

Female 45 to 49

Place	Name	City	Age	Overall	Time
1	Connie Gordon	Churubusco	48	78	24:57.8
2	Lisa Collins	Fort Wayne	45	97	25:59.5
3	Carol Harper	Fort Wayne	45	123	28:31.8

Female 50 to 54

Place	Name	City	Age	Overall	Time
1	Ann Gill	Darlington	50	109	26:58.9
2	Helen Best	New Haven	51	111	27:11.0
3	Sue Okleshen	New Haven	51	113	27:52.3

Female 55 to 59

Place	Name	City	Age	Overall	Time	Pace
1	Susan Berghoff	Fort Wayne	57	98	26:01.0	8:24/M
2	Susan Peterson	Albion	56	171	33:48.6	10:54/M
3	Regina Blanchette	Fort Wayne	56	192	40:03.9	12:55

Female 60 to 64

Place	Name	City	Age	Overall	Time	Pace
1	Betty Nelson	Columbia City	64	106	26:38.6	8:35/M
2	Barb Scrogam	Fort Wayne	64	53	31:14.6	10:05/M

Female 65 to 69

Place	Name	City	Age	Overall	Time	Pace
1	Marcia Kirby	Fort Wayne	69	190	38:49.1	12:31/M

Overall Male Open Winners

Place	Name	City	Age	Overall	Time	Pace
1	Ian Wilson	Fort Wayne	28	1	16:51.0	5:26/M

Overall Male Masters Winners

Place	Name	City	Age	Overall	Time	Pace
1	Roland Perez	Auburn IN	50	7	19:01.2	6:08/M

Male 10 and under

1	Logan Meyer	Fort Wayne	10	107	26:47.9	8:38/M
2	Carson Newhard	Fort Wayne	8	138	29:56.4	9:39/M
3	Brendan Ware	Fort Wayne	7	195	44:01.9	14:12/M

Male 11 to 12

1	Chris Meyer	Fort Wayne	12	24	20:36.1	6:39/M
2	Ben McGuire	Fort Wayne	12	36	21:30.1	6:56/M
3	Trey Springer	Churubusco	11	46	22:13.3	7:10/M

Male 13 to 14

1	Brayden Law	Fort Wayne	13	4	17:57.8	5:47/M
2	Alex Cagle	Fort Wayne	13	32	21:10.7	6:50/M
3	Harry Silcox	Roanoke	76	24:50.4	8:01/M	

Male 15 to 16

1	Max Silcox	Roanoke	16	3	17:08.3	5:32/M
2	Josh Ware	Fort Wayne	16	30	20:58.9	6:46/M

Male 17 to 19

1	Evan Beakas	Auburn	17	13	19:29.0	6:17/M
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Male 20 to 24

1	Wes Kuhn	Fort Wayne	24	2	16:59.6	5:29/M
2	Matt Tutwiler	Yoder	23	203	1:06:12.5	21:21/M

Male 25 to 29

1	Grant Stieglitz	Fort Wayne	25	8	19:06.0	6:10/M
2	Ryan Wright	Fort Wayne	27	39	21:41.7	7:00/M
3	Chris Lochner	North Manchester	28	101	26:05.6	8:25/M

Male 30 to 34

1	Chris Kaufman	Fort Wayne	34	5	18:30.8	5:58/M
2	Craig Crawford	Fort Wayne	30	66	23:48.3	7:41/M
3	Steve Ehinger	Fort Wayne	33	93	25:52.1	8:21/M

Male 35 to 39

1	Brad Thomas	Fort Wayne	35	6	18:33.7	5:59/M
2	Mark Mays	Fort Wayne	38	19	20:01.6	6:27/M
3	Winston Samara	Fort Wayne	37	26	20:45.5	6:42/M

Male 40 to 44

1	David Martin	Fort Wayne	42	14	19:40.8	6:21/M
2	Michael Fruchey	Huntertown	41	17	19:46.8	6:23/M
3	Matt Scott	Warsaw	42	44	22:12.2	7:10/M

Male 45 to 49

1	Jim Stockman	Fort Wayne	45	11	19:20.4	6:14/M
2	Rick Grieze	Fort Wayne	47	18	19:58.8	6:26/M
3	Tim Rutter	Fort Wayne	47	23	20:35.1	6:38/M

Male 50 to 54

1	Steve Leffers	Fort Wayne	50	10	19:11.2	6:11/M
2	Michael Clay	Convoy	51	12	19:27.2	6:16/M

Male 55 to 59

1	Brad Altevogt	Fort Wayne	55	9	19:09.0	6:11/M
2	Gary Schmunk	Antwerp	55	31	21:09.2	6:49/M
3	Chuck Brown	Bluffton	55	34	21:21.4	6:53/M

Male 60 to 64

1	Roger Kingsbery	Fort Wayne	61	37	21:30.7	6:56/M
2	Dan Kaufman	Fort Wayne	60	69	23:54.3	7:43/M
3	Jim Pickett	Fort Wayne	61	112	27:21.5	8:49/M

Male 65 to 69

1	Bob Bruckner	Fort Wayne	65	68	23:53.7	7:42/M
2	Jack Seigel	Fort Wayne	65	104	26:26.1	8:32/M
3	Donald Lindley	Fort Wayne	66	137	29:51.9	9:38/M

Male 70 and over

1	Dick Harnly	Fort Wayne	73	126	28:49.4	9:18/M
2	Bud Stiffler	Anderson	72	154	31:16.1	10:05/M
3	Robert Loomis	Monroe	77	186	36:43.7	11:51/M

11-15-2010

Fort Wayne Track Club 2010 Award Nomination Form

Help the Fort Wayne Track Club recognize the achievements of club members and supporters by nominating them for a club award. People nominated must be a FWTC member. Awards will be given at the banquet on Sunday January 31st.

Nomination deadline is January 7, 2011

Award Categories:

1. Spirit of Running Award

This award celebrates the contribution of a member who takes time both to run, walk, volunteer, and cheer on others at races and club events. His/her ever present positive attitude and constant smile send a healthy message to everyone about the benefits of all running for fitness and fellowship.

Nomination: _____

2. Volunteer of The Year

Volunteers truly help the FWTC keep running well! Every activity, event, and service is accomplished by volunteers. We are very, very fortunate to have a core group of dedicated people who help make things happen. Our recipient this year definitely has given many hours to the FWTC.

Nomination: _____

3. Golden Shoe Award

This award is given to recognize a member who has given generously in time, effort, and financially. The recipient finds time to contribute his time, talents, and finances to FWTC. The FWTC officers select this winner.

Nomination: _____

4. President's Award

This award is an award, subject to the whims of the President and can be anything the President makes it.

Nomination: _____

Please send nominations to Tillapau@ipfw.edu or mail to

J.Tillapaugh

4635 Indiana Ave.

Fort Wayne, Indiana 46807

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FWTC Board of Directors Minutes of Meetings: November 10

Board members present: Bill Harris, Mac McAvoy, Judy Tillapaugh, Jim Berry, Robin Dombrowski, Alan Gilbert, Brett Hess, Sarah Kleinknight, Craig Bobay, Mike Fruchey, Mike Yann and Casey Shafer. **Absent Members:** Tim Claxton, Terry Diller, and Phil Suelzer. Also present were: Barrie Peterson, Rick Knuth, Erin Brady, Barb Richardson, Roland Perez, and Cheryl Stromski.

Beginning. Meeting called to order 7:00 and Casey gave the devotion.

Minutes. The minutes of the October meeting were approved, corrected to show that Jon Beasley attended, but was not a board member.

Treasurer's Report. Treasurer's Report was approved as submitted. The Club has a balance of approximately \$33,000.00 in its accounts. Robin asked Mac and Mike to submit a report in December re the value of Club equipment, so the Treasurer's report and books will be up to date.

December meeting snacks/devotion: Snacks: Everyone bring a dish. Devotion: Alan.

December Board Meeting Gift Exchange: ALL ARE ASKED TO BRING GIFT VALUED AT \$15.00, FOR THIS ANNUAL EXCHANGE.

OLD BUSINESS:

1. **Newsletter.** Brett is targeting Dec. 1 for next edition. Brett asked Board members to submit articles and seek advertisers. Barb Richards asked if the Club has a Facebook page, and was informed "not yet." Any club member wishing to start one should contact Mac.

2. **2011 Banquet:** Judy shared the brochure for the banquet, which was then approved.

3. **Annual Club Awards.** Judy will email annual Club awards descriptions and past winners to all so we may make nominations by Dec. 7, and vote at the next meeting.

4. **High School Awards:** The Board selected 3 finalists from the list of nominees. Brett abstained from the voting. Boys finalists: Kodi Mullins, Brad Hess, James Martin. Girls finalists: Brianna Johnson, Allissa Peterson, Renee Menzie. The Banquet Committee will invite these 6 finalists and their parents to the banquet, at the Club's cost.

5. **Club Tent:** Deferred to next month.

6. **Chip Timing / Equipment Sale:** The contract with Dave has been executed.

NEW BUSINESS:

1. **Election of Board Members:** Judy submitted a list of 16 nominations (not including the 4 previously elected 2011-12 Club Officers). This was for 10 new board members, and 6 members to continue an additional term. Craig questioned whether there would be too for the board to be effective. After discussion, the slate was approved unanimously. The 10 newly elected members are: Barrie Peterson, Rick Knuth, Jon Beasley, Erin Brady, Barb Richardson, Roland Perez, Joe Kinder, Angie Lockwood, Cheryl Stromski, and Roger Wilson. Continuing another term are: Judy Tillapaugh, Alan Gilbert, Brett Hess, Sarah Kleinknight, and Mike Yann. Mike Fruchey was also approved to stay on the Board, but upon further discussions with Mac, and considering his schedule, Mike will not be a Board member for 2011-12.

2. **Points Race Approval:** Mac submitted a list of proposed 2011 FWTC Points Races. Those selected by the Board (11-1 vote) after discussion were: Fanny Freezer, Nutri Run 20 k, Mastodon Stomp (April 9), Frontier Run n' Fun (new - May), TRRC 12k (date tbd), One Hour Track Run (new - mid week, summer), Runners On Parade (July), Hometown Heritage Days 5k (Aug. 6), Matthew 25, New Haven 10k (new - Aug. 13), Rotary 5k (Aug. 20), Parlor City Trot (Sept.), Run For Riley, WOOF 16 mi., FWTC Turkey Trot (Nov.)

3. **Race Reports:** Judy reported that the JP Jones 10k will be Dec. 4. at 2:00 pm.

Adjourn. The meeting adjourned at 8:45 pm.

****Next Meeting.** The next meeting of the FWTC Board of Directors will be December 8, at 7:00 pm.

NORTHEAST INDIANA RACE CALENDAR (more races on Page 5)

Jan 22,2011 8am Sat	R	Mountain Mist 50K Trail Run 2011 - 50K (31 miles) Monte Sano Park Lodge, Huntsville, AL <i>Contact:</i> Dink & Suzanne Taylor, Fleet Feet Sports, 2750 Carl T Jones Dr Ste 1200T, Huntsville AL 35802, 256-650-7063 <i>Info/Fees:</i> Limit of 350 runners. <i>Email:</i> suzanne@fleetfeethuntsville.com
Jan 22,2011 9am Sat	R	Bigfoot Snowshoe Race - 5k,10k Timber Ridge Campground, Traverse City, MI <i>Contact:</i> Jeff Gaft, 734-929-9027 <i>Info/Fees:</i> Bring your snowshoes or rent them from the charming Timber Ridge Lodge resort. No experience is necessary <i>Email:</i> events@runningfit.com <i>Web site:</i> http://www.runsnow.com
Jan 30,2011 4:30pm - 5:30pm Sun Bro-	L	2011 Fort Wayne Track Club Annual Banquet Marriott, Fort Wayne, IN <i>Contact:</i> Jim Berry, 260-387-7700 ext 302 <i>Info/Fees:</i> Social and Meet & Greet with Frank Shorter. Space is limited. No day of event registration. Registration deadline is Monday, January 24, 2011. See attached "Brochure". Discount to Fort Wayne Track Club members to join, go to the fwtc website: www.fwtc.org and click on the tab "Join Us" <i>Email:</i> jim@ltscpagroup.com <i>Web site:</i> http://www.fwtc.org
Feb 12,2011 8am Sat Register Online!	R	8th Annual Louisville's Lovin' The Hills 50K & 15M Trail Runs - 50K & 15M Jefferson Memorial Forest, Louisville, KY <i>Contact:</i> Headfirst Performance c/o Cynthia, 7024 Buckcreek Rd., Finchville, KY 40022 <i>Info/Fees:</i> Ken Combs Running Store 4137 Shelbyville Road Louisville, KY 40207 (502) 895-3410 announcements@kencombsrunningstore.com <i>Email:</i> cynthia@headfirstperformance.com <i>Web site:</i> http://lth50.blogspot.com/ <i>Registration:</i> http://www.active.com/running/fairdale-ky/louisville-lovin-the-hills-2011
Feb 26,2011 9am Sat Brochure	R	Forester Freezer 5K - 5K Huntington University, Huntington, IN <i>Contact:</i> Mark Green, 260-359-4212 <i>Info/Fees:</i> See attached brochure. <i>Email:</i> mgreen@huntington.edu
April 2, 2011 9:30 a.m. Saturday		1st annual Flight to Fight Blood Cancer 5K run/walk and 10K run 9307 Avionics Dr. Ft. Wayne, IN 46809 (Fort Wayne Metals) Look for info. on www.runindiana.com soon. Registration on www.runrace.net coming soon. No race-day registration. Strollers welcome. For more info call Jamie Becker jbecker1003@hotmail.com (260) 433-4103.

2011 FWTC POINTS RACE

BEGINS IN FEBRUARY

WITH THE

FANNY FREEZER 5K

At Shoaff Park



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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 2011 points race schedule

FEBRUARY

1. Fanny Freezer 5K, Shoaff Park

MARCH

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

APRIL

3. Mastodon Stomp 5K, IPFW.

MAY

4. Frontier Run n'Fun 10K, downtown. *(New!)*
5. Three Rivers Running Company 12K,
Indiana Tech, Fort Wayne

SUMMER (date to be determined)

6. One Hour Track Run (midweek race).

JULY

7. Runners on Parade 5K, Fort Wayne.

8. Matthew 25 10K, Foster Park, Fort Wayne.

AUGUST

9. Hometown Heritage Days 5K, August 6.

10. New Haven 10K. Aug. 13. *(New!)*

11. Rotary 5K, Shoaff Park, Aug. 20.

SEPTEMBER

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

OCTOBER

13. Run for Riley 5-Miler, Maple Creek M.S.

NOVEMBER

14. WOOF 16-mile trail run, Ouabache St. Park.

15. Turkey Trot 5K, Fox Island County Park.

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.

Pr Training:

Contact: 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. This group provides weekly emails with current information on weekly running groups.

Born to Run:

Where: Bicentennial Woods, Shoaff Rd. just west of Coldwater Rd. When: 8 a.m. Distance: 10-miles plus. Who: Those training for a spring marathon or half-marathon. Contact: Brett Hess, superhess@msn.com.

Team in Training:

Where: Foster Park. Contact: Nathan Arata: 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.

Runners of Faith:

Where: Foster Park Pavilion #1. When: Every other Saturday, 8 a.m. Contact: Mike Else, 348-9455 or 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 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.*

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Hood to Coast: Mother of all Relays

BY ANGIE LOCKWOOD

Running marathons has been a challenge I've come to very much enjoy since I started running in 2005. After completing #8 this last fall in Indianapolis I can't help but compare a very unique challenge yet similar adventure in running.

In August of 2009 I was asked to join a team of 10 others to run the "Mother of All Relays" in Oregon. The Hood to Coast Nike event is the largest relay in the world consisting of 1,000 teams which takes off from Mt. Hood and finishes on the coast of Oregon in Seaside. The distance is 197 miles and each runner runs 3-4 legs of various distances of 4-8 miles.

I was apprehensive yet excited to try something different but running on a "team" seemed foreign to me. Our team consisted of Kevin Kurtz (team organizer), Art Mandelbaum, Kevin Croy, Jim McKinnon, Del Culver, Kelly Croy, Amy Archbold, Traci Barsantee, Greta Graebner and myself along with 2 driving volunteers.

It amazed me how the whole "team" concept came into play as we stood at the start line at the top of Mt. Hood. The descent from Mt. Hood was steep and fast, and having the second leg thrilled me! That section of the race was my favorite but my quads were burning the rest of the way.

The handing off of the baton was also a memorable experience as the team concept grew stronger with each transfer and the inching closer to our final destination.

We had our challenges after losing one of our runners after her first leg which brought us to 9 runners. With only minimal complaints from a certain one person, our team captain re-structured the legs to best suit remaining runners as well as taking on the most difficult leg himself. I couldn't help relate the physical and mental challenges in running to life in general and being reminded that we are never alone no matter what happens or what obstacles come our way.

The humorous experiences we shared were many and the coed team van experiences also provided interesting discussions. I still believe men smell worse after running than women.

We were blessed with perfect weather and our van drivers were also so much a part of the group and did an excellent job of encouraging everyone and getting us exactly where we needed to be as well as suffering along with us having no sleep.. My 3rd leg was at 1:30 am running a wooded greenway trail into the city of Portland and across a river.

The street lights along the way into the city made me comfortable even though not seeing any other runners around, I remember thinking this is why I run, to get to the finish, the next transition point, to see my teammate waiting and handing off the baton.



My next leg was about 7:30 am and I remember calculating that we still had more running to do, in fact we would still be running at least till 7 pm that night. I also remember feeling sick thinking I would still be eating bagels, apples and power bars for the next several hours. Those challenges of lack of real food and lack of sleep were the most difficult but then again what doesn't kill you will make you stronger and everyone was feeling the same way..so there is comfort knowing others are suffering right along with you.

My final leg was an early afternoon run on a wooded and winding road, it was peaceful and I compared my final leg to the last 2 miles of a marathon with an on-edge type of anticipation of the finish and my contribution to an even greater finish as a team.

As we approached the end, Art ran the final leg in onto the beach and we were all exhausted and hungry and sore and quite frankly feeling the worst we have ever felt yet standing together for a picture we were so proud of what we accomplished together and I felt like an Olympian at the end of a very long journey.

The relay experience was so much more than just running and the finish so much beyond each one of us as individuals. Reaching the finish line on the beach as nightfall approached and the fog setting in was a tearful experience, speaking as a female of course, and knowing how far we came 27 hrs prior, made the end really the beginning for me in another type of running quest.

The memories will always be there and the bonds of friendships as well, even though a year has gone by I still relay those "moments" and stories about the trip we took out West as our running group members finish a Saturday morning run and talk over breakfast. Life is good and keeps getting better!



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