

The *New* Inside Track



FEBRUARY 2010 / MARCH 2010

A publication of the Fort Wayne Track Club

Don, Run Go Forever!



Rodgers at FWTC awards banquet



Rodgers receives a proclamation from the City of Fort Wayne.



Bill Rodgers 2010

Photos by

Jed Pearson,
Ron Martin and
Bernie Burgette

Coaches Mark Ardington of Canterbury (above) and Zach Raber of Carroll (right) celebrate the honors of their athletes, which won the Chris Brown Awards. Katie DeSimone (upper right) of Canterbury and James Martin (far right) are honored by Bill Rodgers.



RACES

FACES

LACES

The Gift.....pg. 5	Points winners.....pg. 9-12	Volunteer page.....pg. 22
The HUFF.....pg. 5	In Focus pictures.....pg. 27	Training groups.....pg. 25

Banquet a smashing success



Above, Jed Pearson and his wife Cindy enjoy the festivities. At right, the line awaits for a visit with Bill Rodgers.



The staff of Three Rivers Running Company poses with Rodgers.

*Photos by
Jed Pearson,
Ron Martin and
Bernie Burgette*

Below is the man who brought Rodgers to town: Mac McAvoy.



Below, Josh Graham poses with his coach, Curtis Hines.



Jade Hollenbaugh receives an honor in the name of his late wife, the late Becca Hollenbaugh.



The Prez says by Bill Harris

Membership has its benefits

Banquet, race discounts, newsletter...the list goes on for Fort Wayne Track Club members

"What do I get when I join the Track Club?" Joining the Track Club confers a number of benefits, tangible as well as intangible. So far this year: Bill Rodgers, four-time winner of both the Boston and New York City Marathons, was featured speaker at the annual banquet.

Members received an \$8 discount on dinner at The Marriott and were given plenty of face time with Bill and time for autographs. Members at the banquet also received a free tech shirt with the FWTC logo. As a member you can claim your shirt while supplies last at Three Rivers Running Company. Watch the newsletter for next year's celebrity speaker!

In addition, members who run points races will receive at least a \$2 discount on the entry fee. They will compete against each other and those in their age group for points awards and recognition at the annual banquet.

Members who run the Indy Mini in May can gather after the race at the hospitality tent co-sponsored by the Club and Three Rivers Running Company.



Six times a year the *New Inside Track*, the club newsletter, containing pictures, results, and commentaries will be sent to members.

Anything else? Members receive a 10% discount on all purchases at the Three Rivers Running Company.

Finally, a website maintained by FWTC features the Race Calendar and links to other sites.

Tangible savings, as well as intangible benefits more than equal the \$16 annual membership fee. Save more on the \$36 three-year membership.

Gotta Run,

Bill

Rundown to 50/50

FWTC President Bill Harris counts down his journey to 50 marathons in 50 states. Follow Bill's progress on Page 3 of each The Inside Track:

The November Route 66 Marathon in Tulsa (#37) was followed by Las Vegas in December (#38), which featured white tigers, show girls, and parachuting Elvi (Elvises) at the race start.

This Rock 'n Roll event had lots of music and crowd support. More than 22,000 runners traveled the strip during the race. One to remember!

I heard "good job, ya'll" frequently at the Mississippi Blues Marathon in early January (#39). Jackson, Mississippi normally has temperatures in the 40s and 50s this time of year but runners experienced 17 degrees at the start with a race-high in the low 20s.

The course was hilly for the most part with a slight downhill at the start past the Governor's mansion and federal buildings.

The goody bag included a blues CD and harmonica. It was a great race.

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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(260) 436-2234
www.fwtc.org

*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

Race reports

Over \$2,000 raised for Joe Ziegler at The Gift 5K



Race guides Linda Keuneke and Brett Hess pace Joe to the finish line.

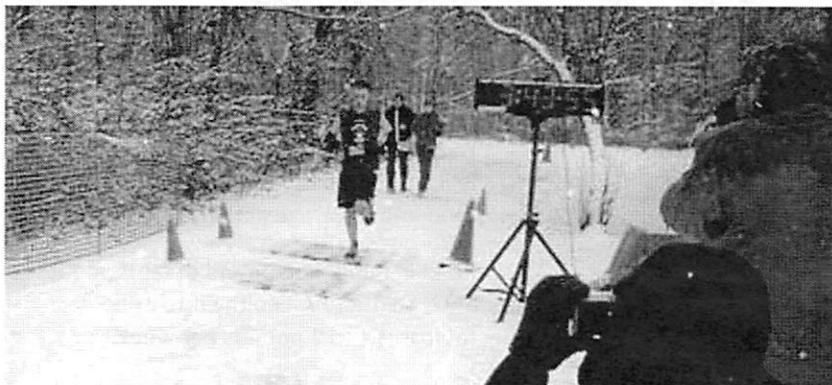


At right, race directors Brian Shepherd, Jed Pearson and Brett Hess present Joe with a donation. Joe will use the money towards a treadmill so he can resume training. At left is Joe helping others — even at his own benefit race!



Photos by Ron Martin

Zach Gingerich of Illinois wins HUFF 50K



Photos by Mitch Harper

Zach Gingerich of Aurora, Illinois cruises across the finish line at the December 19, 2009 HUFF 50K. Tara Kaminski of Ohio won the women's race in 5:01:57. The top local finishers were West Noble cross country and track coaches Chuck Schlemmer and Nichole Emmert. At left is Craig Bobay, FWTC Secretary, after triumphantly finishing in 6:39:53.

Nutrition and Wellness by Judy Tillapaugh, R.D.

Mac: Be mindful for Weight management

Judy is helping Mac lose 40 pounds by his 50th birthday this July

When shopping do you see people grabbing two to four bags or boxes of something because it's a buy one get one free deal? Or maybe 10 of something because it's 10 for \$10.00? Or maybe get a big chocolate bar since it's right there at the check out lane?

Likely yes!

Probably each of us make impulse purchases once, twice, or more times per week. We make many mindless choices without thinking.

Many foods and beverages we really don't need end up in our cupboards or refrigerator. Then we end up consuming them even though we really did not need the extra calorie, carbohydrate, protein, and fat.

For example, mindless purchases can lead to mindless munching on a whole bag of cookies, chips, or nuts. The initial intention of having a 100- 200 calorie handful of food becomes 500- 750 calories.

Mindless food choices time and again can automatically cause extra calorie intake for extra weight gain or another consequence of over eating like high blood pressure.

Be more mindful and less mindless! We can't control many parts of life yet we can control our personal food and beverage choices better by being mindful. Minute by minute we can be more conscious of grocery store purchases,

JUDY'S RECIPE IDEAS

BLACK BEAN BROWNIES

Source: *Jen Roherty, IPFW Wellness Specialist*

Prep Time: 15 minutes

Ingredients:

1 can black beans, drained and rinsed
1 package fat-free brownie mix

Directions:

1. Puree black beans in a blender or food processor until smooth.
2. Add brownie mix into blender or food processor and mix until two ingredients are combined.
3. Spread into a greased 8x8 baking dish.
4. Cook at temperature according to back of brownie box for 15-20 minutes and let brownies completely cool before cutting. Cut into 8 squares.

BLACK BEAN SALSA CHICKEN

Source: www.sparkpeople.com

Ingredients:

2 cans black beans or another bean of choice
16 oz. jar salsa
½ cup brown rice, uncooked
1 lb chicken breast

Directions:

- Place frozen chicken breasts in slow cooker.
- Pour beans, rice and salsa over chicken.
- Cook on low for 8-10 hours and serve.
- Serves four people.

meal selections at home, and restaurant selections for more adequate calorie and nutrient intakes. Being mindful will limit or possibly stop unnecessary food and beverage actions.

Keep in mind, one pound of fat is about 3500 calories. A healthy rate of body fat loss is 1 to 2 pounds per week.

To lose about one pound of extra fat per week consider reducing calories intake and increasing calories output by about 500 calories per day.

Do not diet! Often it's the simple changes here and there that will make

all the difference. Have 3 balanced meals and 1-2 small snacks daily...yet also cut back on the extras.

Mindfully Cut Out 200- 250 Calories A Day By:

- * Dropping the doughnut
- * Passing up the pop, wine, beer
- * Skipping the extra two cookies
- * Stopping at one handful of chips
- * Eating half the dessert

Please see DIET on Page 7

DIET: Mindful eating includes awareness

- * Not going nuts with nuts
- * Sharing a restaurant entrée
- * Keeping salad dressing to 1-2 table-spoons
- * Managing meat portions, choose to have 3-4 ounces instead of 6-8 ounces

The Center of Mindful Eating (www.tcme.org) states that mindfulness is deliberately paying attention, being non judgmental, being aware of present physical hunger signals, and freeing yourself of reactive, habitual patterns. It is allowing you to shop, prepare food, eat, and stop

eating with respect to personal physical hunger, likes, and dislikes. Environmental and social cues like music, advertisements, TV programs, stress, certain people, and packaging have little to no influence on food selections. A mindful eater enjoys meals and snacks by choice not by chance.

PAUSE TO Eat Mindfully:

Practice. Mindful eating takes practice. Slow down. Break out of "automatic eating."

Awareness. Take your hunger temperature on a scale of 1-10 before eating to determine your real physical hunger. Note – You may have to re-train your hunger signals if you have ignored them for awhile.

Understand. Identify how you feel. Are you emotionally or physically hungry? Check in with how you feel. Remember to: FEED THE NEED (Do I need to talk instead of eat? Do I need a hug instead of a candy?)

Savor: What do you smell, taste, and see? Notice the texture! Pay attention to each bite. Be very present by avoiding multitasking while you eat. When you eat, just eat.

Enjoy: Ask yourself, am I really enjoying this bit? Use non-judgmental, kind words to yourself.

Source: www.eatingmindfully.com, Eating Mindfully by Susan Albers, Psy.D.

Midwest Meet of Champions returns to FW in June

Meet's birthplace, Spuller Stadium, hosts all-star Meet on June 12

The most prestigious scholastic track championships in the Midwest _ and one of the nation's longest-held meets _ is returning to its birthplace next June. The Midwest Meet of Champions will bring the top high school senior athletes from three states to Spuller Stadium at Northrop High School on June 12, 2010.

This all-star event was founded by the late Bill Walker in 1973. Walker, a Indiana Hall of Fame coach most notably for his success at Fort Wayne South Side, and several other area track and field coaches developed the meet over the



ensuing years into a national-class event, drawing thousands of track enthusiasts to our city each June.

While the meet has continued for nearly 40 years, hosting such would-be Indiana-produced Olympians as pole vaulter

Dave Volz, sprinter Maciel Malone and distance runner Amy Yoder Begley, it hasn't been held in Indiana in over a decade. Please join us in brining the meet home!

A meet of this magnitude would not be possible without the full sponsorship opportunities available, ranging from title sponsors to individual event sponsors (100- meter, shot put, etc.). The economic impact of several thousand track and field fans visiting Fort Wayne for two days is tremendous.

If you or your company are interested in sponsorship information or more details, please contact Midwest Meet of Champions meet director Tom Knudson at Northrop High School, 260-467-2421.

Compton finishes 9th at Freedom Park New Year's Ultra 100M

FWTC member Brad Compton of Spencerville finished ninth overall at the Freedom Park New Year's Ultra held Dec. 31-Jan. 1 in Morganton, N.C.

The event is a timed event with 6, 12 and 24-hour options. Compton completed 106.18 miles (107 laps) in 23 hours, 46 minutes and 59 seconds.

According to FWTC historian Don Lindley, it is the furthest a club member has ever run in a 24-hour race or the quickest a member has completed a 100-mile race.

Compton is the Principal at East Noble High School and is 55 years old and was the third 50-plus runner to finish.

The race was won by Garth Peterson of Allenhurst, GA. With 133.10 miles (135 laps) in 23:53. The women's winner was also from Georgia. Liz Bauer of Plainville ran 118.55 miles (120 laps) in 23:26.

Look for a first-person account of the race from Compton in the April-May issue of The Inside Track.

2009 FWTC age division points winners

MEN 19 and under

1. Sam Edwards
2. Kolin Behrens
3. Andrew Piropato

20 to 29

1. Grant Stieglitz
2. Evan Hyndman
3. Edward Fisk

30 to 34

1. Brad Thomas
2. Mike Cole
3. Ashley Wellman

35 to 39

1. Tom Hardin
2. Jared Newhard
3. Brad Stoffer

40 to 44

1. Matt Walter
2. Matt Scott
3. Ron Sharp

45 to 49

1. Chuck Deford
2. Ward Moya
3. Scott Eberle

50 to 54

1. Brad Altevogt
2. Paul Shaffer
3. Ed P Reinhard

55 to 59

1. Roger Wilson
2. Kerry Blanchette
3. Jed Pearson

60 to 64

1. Larry Lee
2. Rich Stephenson
3. Robert Lawson

65 to 69

1. Ray Casiano
2. Bernie Burgette
3. David Boylan

70 and over

1. Joe Ziegler
2. Bill Harris
3. Dick Harnly

WOMEN 19 and under

1. Brooke Werstler
2. Jamie Zeigler
3. Lauren Hamilton

20 to 29

1. Kalissa Blanchette
2. Courtney Jakacki
3. Gina Fairchild

30 to 34

1. Heather Fromm
2. Carmen Parker
3. Courtney Wennemar

35 to 39

1. Angie Lockwood
2. Kelly Kelly
3. Tracy Brooks

40 to 44

1. Cindy McGovern
2. Susan Morgan
3. Julie Dinger

45 to 49

1. Denise Conrad
2. Linda Wyss
3. Sheryle Braaten

50 to 54

1. Terri Gross
2. Regina Blanchette
3. Dori A Meighan

55 to 59

1. Lynne Feiertag
2. Pamela Wolfe
3. Phyllis Suelzer

60 to 64

1. Betty Nelson
2. Barb Scrogam
3. Bodil Rasmussen

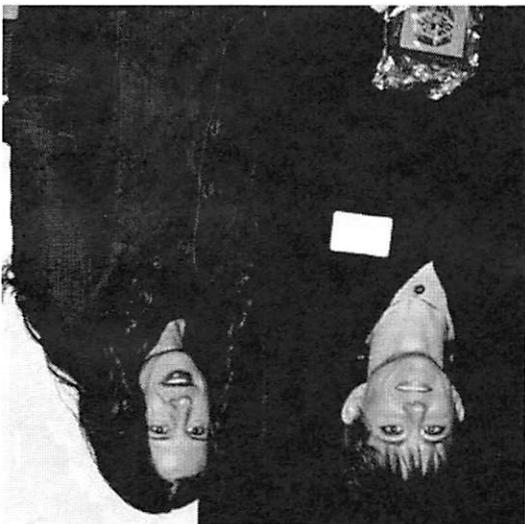
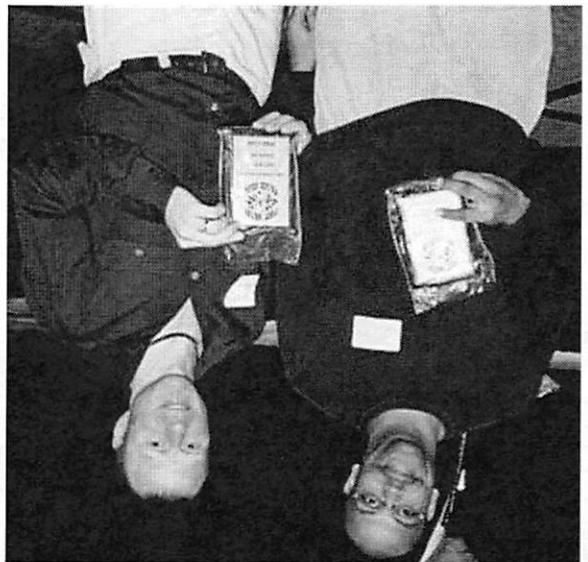
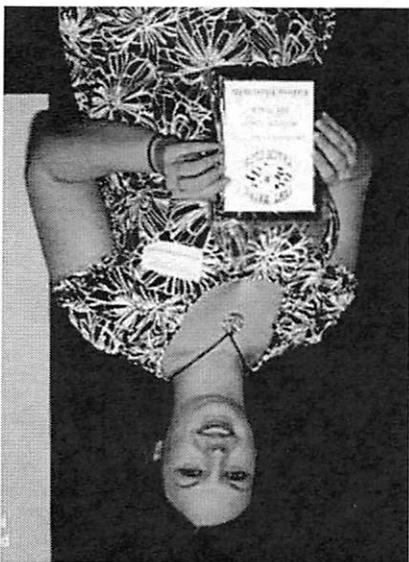
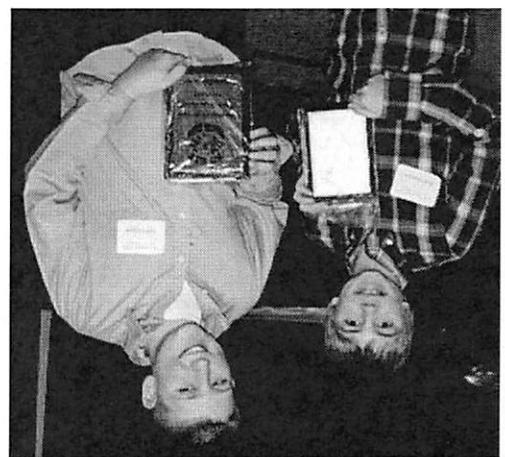
65 to 69

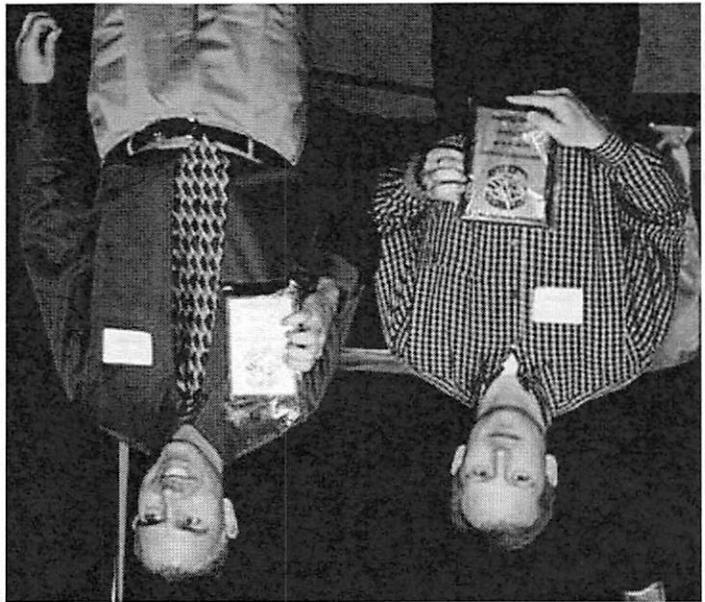
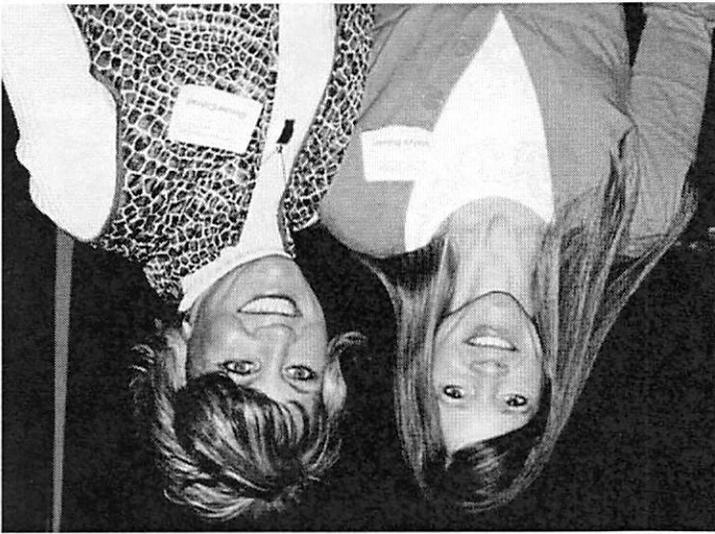
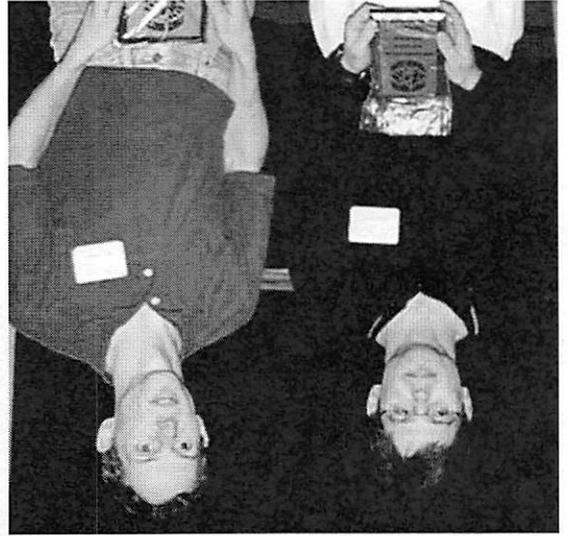
1. Delores Johns
2. Sarah Kleinknight

70 and over

1. Gloria J Nold

Photos of age division points winners

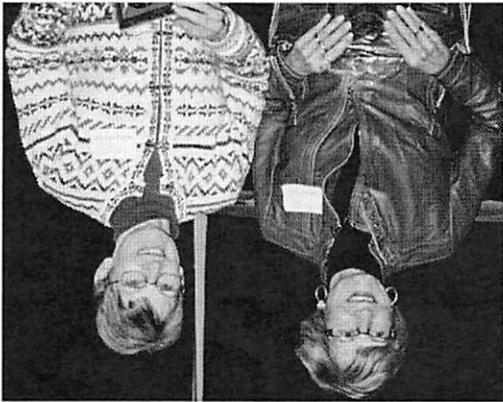
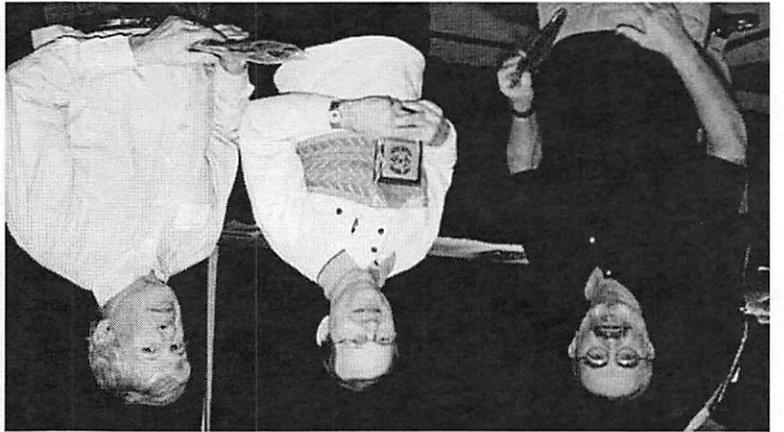
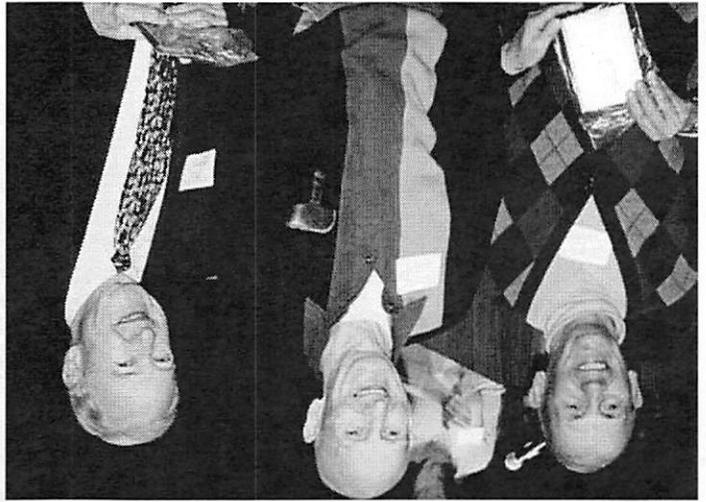




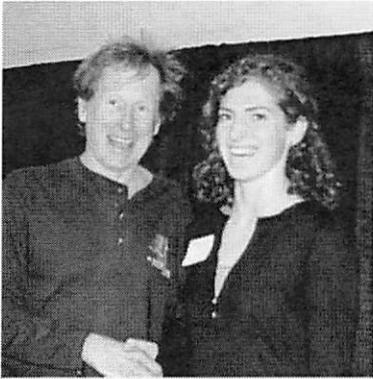
THE INSIDE TRACK

FEBRUARY-MARCH 2010





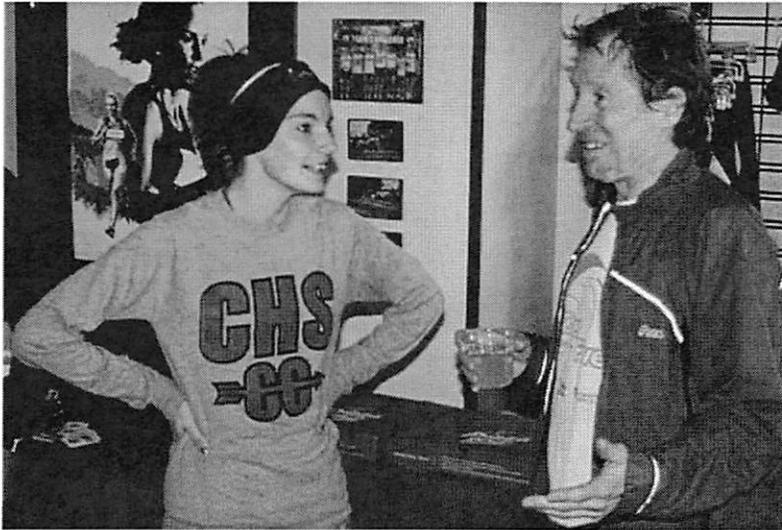
Chris Brown High School Distance Runners



Kate DeSimone accepts her honor from Bill Rodgers.



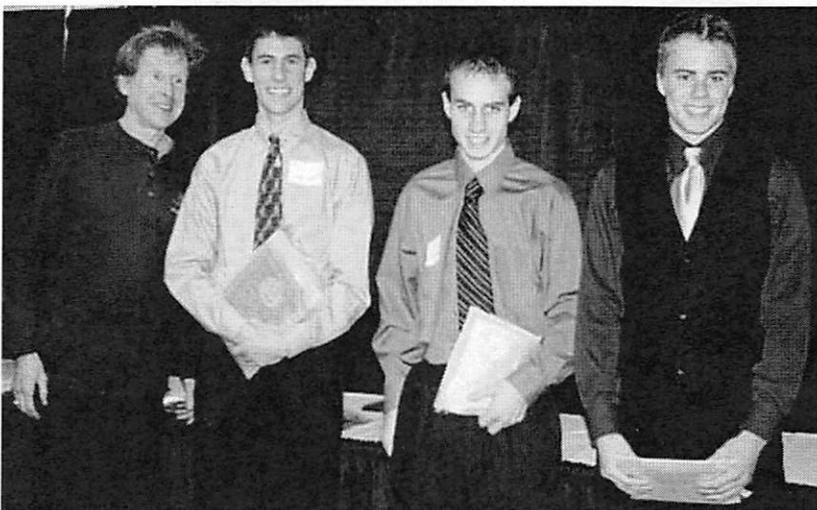
Above, Rodgers welcomes finalists DeSimone, Brianna Johnson and Kaylee McClanahan.



At left, Rodgers talks with McClanahan after Sunday's group run.



Above, Rodgers congratulates James Martin on his honor. At left, finalists Martin, Josh Graham and Brad Hess pose with Rodgers.



Photos by Ron Martin and Jed Pearson of RunIndiana.com

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Northeastern Indiana race calendar

Date/Time	Local/	Race Information
Mar 13,2010 9:30am Sat	L	<p>5 Kilt Run/Walk & Get Green - 5K Calhoun St, Fort Wayne, IN <i>Contact:</i> Fire Station 7 Attn: Rod Salway, 1602 Lindenwood Ave, Fort Wayne, IN 46808, 260-609-5970 <i>Info/Fees:</i> 1st annual 5 kilt run. Kilts not required, but strongly encouraged!!! \$12 on or before 2/26; \$15 after 2/27 or later. Race day registration begins 8am. Race starts at Calhoun St going west to Rivergreenway, then east on Greenway, and finishing at Calhoun/Headwaters Park West. Age Groups: Top 3 Overall Men & Women and 3 places in ea age group. See attached brochure for add't information. Checks made payable to: IAFF124 or register online. <i>Email:</i> rodnev.salway@ci.ft-wayne.in.us <i>Registration:</i> http://www.runrace.net/finderace.php?id=10072IN1</p>
Mar 17,2010 5:15pm Wed	L	<p>Shamrock Sprint - 600 yards more or less Deer Park Lodge across from University of St. Francis at the corner of Leesburg Rd and Spring St., Fort Wayne, IN <i>Contact:</i> Tony Henry, 1530 Leesburg Road, Fort Wayne IN 46808, 260-432-8966 <i>Info/Fees:</i> Race takes place on the parade route of "The World's Shortest St. Patrick's Day Parade". No entry fee; you sign up just before the race start. The winner's name is placed on the permanent plaque in the Deer Park Lodge. Watch the video of Casey Shafer after winning the first Shamrock Sprint in 2006: http://vimeo.com/55451 <i>Email:</i> contact@deerparkpub.com <i>Web site:</i> http://www.deerparkpub.com/news.asp</p>
Mar 24,2010 9am-3pm Wed	L	<p>21st Annual IPFW Health Fair - "Fit" Within Your Budget - Make "cents" of your health IPFW Walb Student Union, Fort Wayne, IN <i>Contact:</i> Judy Tillapaugh, 260-481-6647 <i>Info/Fees:</i> Free! Fitness Demo, Nutritious, Delicious Cooking Demo, Food, Gift Drawings, Health Edu and Screenings, etc. All Free! Over 100 vendors providing education and screenings. Star 88.3 and Parkview Health <i>Email:</i> tillapau@ipfw.edu <i>Web site:</i> http://www.ipfw.edu/health</p>
Mar 27,2010 11am Sat	LP	<p>30th Nutri Run 20K (FWTC Points Race) - 20K & 5M The Chapel, 2505 West Hamiton Rd, Fort Wayne, IN <i>Contact:</i> Three Rivers Running Company, Casey Shafer, 4227 North Clinton St, Fort Wayne IN 46808, 260-402-2514 <i>Info/Fees:</i> Bring non-perishable food donation for "In As Much Ministry" The 20K is the only fwtc points race. <i>Email:</i> info@3riversrunning.com <i>Web site:</i> http://www.3riversrunning.com/page002.aspx</p>
Apr 17,2010 9am Sat	L	<p>1st Annual Discover Roanoke 10K/5K Run/Walk - 10K/5K Roanoke, IN <i>Contact:</i> John Nelson, 426 North LaFontaine, Huntington IN 46750, (260) 494-2651 <i>Info/Fees:</i> 1st Annual Discover Roanoke 10K/5K benefitting the Roanoke Elementary PTO. \$15 registration fee if rec'd by 4/2/10. \$20 thereafter - race day entries available until 8 am. 5K course is hilly and 10K is slightly rolling. Event is open to runners or walkers. Perfect tune-up for the Mini in Indy! <i>Email:</i> johnnelson7@verizon.net <i>Web site:</i> http://www.onturfssports.com/Runners/10k-5kRun-Walk.htm</p>
Apr 25,2010 2pm Sun	L	<p>Indiana Tech Warrior Run for One - 1 Mile Street Race downtown Fort Wayne, from Barr Street to Howard, Fort Wayne, IN <i>Contact:</i> Mike Peterson, 260-422-5561, Dial 1, then Ext. 2418 <i>Info/Fees:</i> Benefits the Warrior Club and the Track and Cross-Country programs at Tech. This is a true One-mile street Race for competitive runners (6-minute mile time or better) as well as a non-competitive, healthy, one mile run or walk. Also, included with the event is a health fair sponsored by Fort Wayne Cardiology and a 100-yard Tot Trot. <i>Email:</i> mepeterson@indianatech.edu</p>

FWTC Points Rules/calculations

1. Fort Wayne Track Club members must pay the annual dues/membership by March 1 to be awarded points for the current year. We will allow a grace period up to March 22, 2010.

2. Age group placement:

A: Age group placement is determined by your age at the start of the year (January 1). This is the group all your points will go into for the year.

B: FWTC age groups: Male and female, under 19, 20-29, 30-34, 40-44, 45-49, 50-54, 55-59, 60-69, 70-and-over.

C: Some race directors opt to use different age groups than those of the FWTC. Points are earned based on that race's specified age groups. This means two people may earn the same points in one age group. The FWTC board does not require race directors to use their age groupings.

The following significant change will be made:

Points are given based on how participant finishes compared to other FWTC members.

First place: 100 points	Fifth place: 56 points	Ninth place: 15 points
Second place: 85 points	Sixth place: 45 points	Tenth place: 10 points
Third place: 75 points	Seventh place: 35 points	Other finishers: 5 points
Fourth place: 65 points	Eighth place: 25 points	

The new system places more weight on quality of placement, but still rewards those runners competing in as many races as possible.

A runner's rating within the age group will be the result of dividing the average finish position by the number of races run. For example, a runner who has totaled 47 points in five races would receive a rating of 1.88 (average place = 9.4 divided by 5). Had another runner in the same age group also averaged 9.4 but run in 6 races, the rating would be 1.57 (9.4 divided by 6), therefore beating the runner with a 1.88 rating.

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FWTC Board of Directors Minutes of Meetings: December 17

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

Beginning. The meeting was called to order by Treasurer Jim Berry at 7:05 pm. Mac provided the devotion.

Minutes. The minutes of the November meeting were approved as submitted.

Treasurer's report. The treasurer's report was made by Robin Dombrowski and Jim Berry. The club maintains a balance of approximately \$45,000 and basically remains on budget targets for the year. The club still needs to obtain insurance for specific items of equipment, with the serial numbers of those pieces being listed on an insurance policy. Bill will make recommendations about this next month. Jim asked that all FWTC race Race Directors, the FWTC newsletter editor, and FWTC annual banquet chair submit 2010 proposed budgets by the next meeting.

January meeting snacks/devotion. Brett will give the devotion. Mac will provide snacks.

OLD BUSINESS:

1. Newsletter. Editor Brett reported that the most recent edition was received by most members today. He estimates that he spends about 40 hours working as the editor per issue. The next issue deadline is mid January, with the goal to print by early February. At the request of a member, he will start to include a local/regional race calendar in each issue.

2. January 31, 2010 Banquet (at the Marriott): Judy reported that brochures have been printed and distributed. Barb Richards and WAJI is doing some promotion. The event is on FWTC and RunIndiana websites. Mac talked about emailing notice to members. Jim suggested a separate mailer be sent to all members. Brett advised that the award subcommittee recommended the finalists for the Club's annual high school awards be J. Martin, B. Hess and Graham (boys), and K. DiSimone, B. Johnson and K. McClanahan (girls). This was unanimously approved. The Board will select the winners at the January meeting.

3. Website: Mac reported that Tom Digate is willing to redesign the FWTCV website to make it easier to manage. This was approved unanimously.

4. Volunteers: The Club is 559 members strong at present. Membership lists were distributed. The Club needs 2-3 more people to step up to be race timers, who will be trained and reimbursed per the recently approved policy. Judy will be asked to coordinate this effort.

5. Club Shirt: Craig reported that he met with 3RRC re a FWTC shirt, and discussed distributing it as a member benefit at the banquet. The board approved purchasing 500 (up to \$9 per shirt) various sized short sleeve blue tech shirts with a white and green FWTC logo on the front. It will be distributed at the banquet, and otherwise available at 3RRC one per member, on a first come first served basis until gone. Mac will coordinate with Hotcakes and 3RRC to get the shirts printed.

NEW BUSINESS:

1. Race Updates: A. Nutri Run: Judy reported that Casey Shafer will be the RD, and the race will be March 27 at The Chapel, at 11 am. A \$2 discount will be provided all FWTC members.

B. Fanny Freezer: Mac reported the race will be Feb. 20 at Shoaff Park at 2pm.

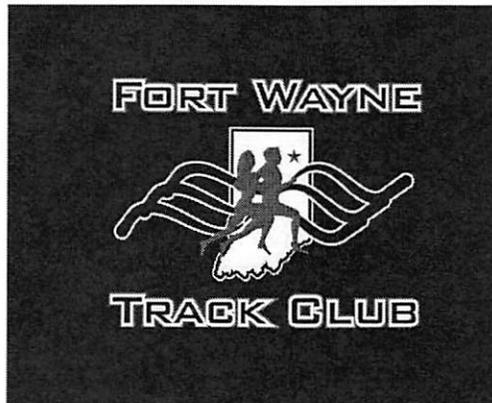
C. Runners On Parade: Mac showed samples of a technical sleeveless, muscle type shirt, which was approved.

2. Race Director Training: Deferred until next meeting

3. Gifts: The Board members concluded the meeting exchanging \$15 Christmas gifts each purchased.

Adjourn. The meeting adjourned at 8:35 pm.

**FORT WAYNE TRACK CLUB
MEMBERSHIP BENEFIT:
FREE FWTC
RUNNING SHIRT**



As a benefit of membership in the Fort Wayne Track Club, the Board of Directors of the Club is offering FWTC Club tech running shirts at no cost to FWTC members, on a "first come - first served, as long as the shirts are on the shelf" basis. The club shirts were initially made available at the FWTC 2010 annual banquet in January. The shirts are now available until the current supply is exhausted, one for each member, at the Three Rivers Running Company. If you did not get your FWTC Club tech running shirt at the banquet, hurry in to the Three Rivers Running Company to pick up your club shirt before the supply runs out. When current the supply of shirts is gone, no more shirts will be ordered or given away - sizes and quantities are limited. Being a member of the FWTC has its benefits!

FREE FWTC RUNNING SHIRT

This certificate entitles FWTC members to one* free FWTC Club tech running shirt.

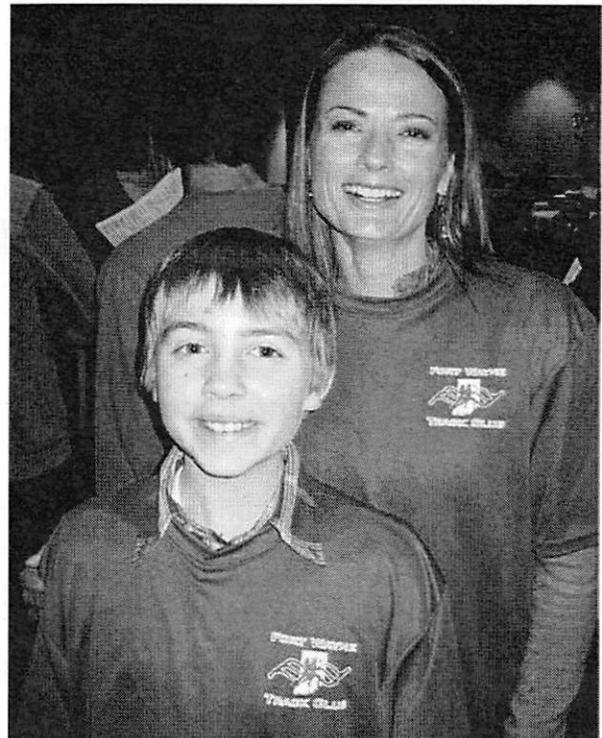
The Club shirts are available at the
Three Rivers Running Company
on a "first come - first served" basis.**



Only one shirt per member is permitted.

**For family memberships, this certificate is good for one shirt for each family member who is a registered member of the FWTC.*

***When the supply of shirts is gone, no more shirts will be ordered or given away. Sizes & quantities are limited.*



Tammy Behrens and her son, Kolin, model shirts.

FWTC Board of Directors Minutes of Meetings: January 13

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

Beginning. The meeting was called to order by President Bill Harris at 7:05 pm. Brett provided the devotion.

Minutes. The minutes of the December meeting were approved as submitted.

Treasurer's report. The treasurer's report was made by Robin Dombrowski and Jim Berry. The club maintains a balance of approximately \$45,000 and basically remains on budget targets for the year. At RD Pam's request, \$1000 will be set aside for start-up money for the 2010 Three Rivers Rat Race. Significant expenses will be paid next month, many related to the banquet and club shirts, and RRCA insurance. Terry Diller and Mac McAvoy will let Jim know where to send the RRCA premium.

February meeting snacks/devotion. Kathy will give the devotion and will provide snacks.

OLD BUSINESS:

1. Newsletter. Editor Brett reported he is obtaining several more ads for the newsletter. Each edition costs the club about \$1000. Kathy suggested we print tips for Race Directors in the next edition. The Board thanked Brett for his work.

2. January 31, 2010 Banquet / H.S. Runners of the Year: The agenda and media coverage was discussed. Mac reported that the club shirts will be ready, and he sought opinions regarding the club logo for the shirts. All present Board members except Brett (who abstained) voted among the finalists for the Club's annual high school awards by ballot. The winners will be announced at the banquet. Craig will collect questions for Bill Rodgers in advance from the Board, and will have question forms at the tables for guests, which he will collect, and Bill Harris will then ask of Bill Rodgers. Board members are asked to be there by 3:30 to help set up.

3. Website: Mac reported that Tom Digate is redesigning the FWTC website. A proto-type will be available for Board input soon. This will include the present race calendar and results features.

4. Volunteers: The Club still needs 2-3 more people to step up to be race timers, who will be trained and reimbursed per the recently approved policy. Rolland Perez will help Phil with the Points Races. Barrie Peterson has volunteered to help with PR. Judy will make phone calls to ask people to help with race timing.

NEW BUSINESS:

1. Race Updates: A. Nurtri Run: New Race Director Casey Shafer reported developments for the March 27 race at The Chapel, at 11 am. New awards have been designed, Panera Bread is on board as a sponsor, a healthy foods cookbook is in the works, pre-race packet pick up will be the day before at TRRC, a \$2 discount will be provided all FWTC members and for those donating non-perishable food. The majority of the Board voted to keep race day registration. Casey is recruiting people to be trained as race timers for the event. He is taking a poll re whether to go back to the old course or stay with the new (2009) course. The Board thanked Casey for stepping up to this challenge.

B. Fanny Freezer: Mac reported the race will be Feb. 20 at Shoaff Park at 2pm.

Please see **January Minutes** on Page 21

JANUARY MINUTES continued from Page 20

C. Runners On Parade: Mac reported problems with the 3 Rivers Festival committee.

D. Run It Walk It For Chris Brown - 5K Prediction Run/Walk: Feb. 14 at IPFW. Judy Tillapaugh submitted her written request for equipment rental fee waiver. Therein she reported that this race will need a limited amount of club equipment (print timer), not a full range of timing, and she detailed the history and purpose of the race. After discussion of the merits, the Board unanimously waived the race equipment rental fee.

2. Race Director Training: Deferred until next meeting

3. Huntington Baptist 5k fee waiver request: Deferred until next meeting

4. Warrior Run: Deferred until next meeting

5. Go for Green: Deferred until next meeting

6. Insurance recommendations: Deferred until next meeting

7. Three Rivers Rat Race: Craig and Robin need to meet with RD Pam to address Pam's questions/concerns.

8. Policy regarding timing fee waiver: The Board began discussions regarding setting parameters to address requests for waiving the race timing and equipment rental fees. Craig distributed a preliminary proposal. In addition to those suggestions, members added: whether the RD is trained as FWTC race timer; whether the RD has recruited others to be FWTC race timers; whether the RD and the race beneficiaries provide volunteer support at other FWTC events, and that the club should permit fee waivers only for equipment rentals involving youth and school races. Without taking action to approve any of these measures, the board was asked to consider these and add any other parameters for further discussion next month.

Adjourn. The meeting adjourned at 8:35 pm.

HELP WANTED

TECH-SAVVY RUNNER WHO WANTS TO PROMOTE RUNNING

Your FWTC Needs a Few Brave Runners to Lend a Hand With Race Timing and Website Management.

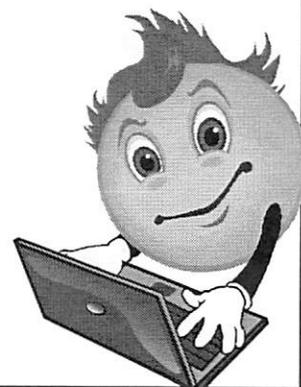
Both Positions Are Currently Open!

Race timers will be trained in using the club timing equipment, and will be reimbursed for their efforts. If you like attending races, get along well with others and can use a computer, this may be the mission/job/hobby for you.

The club website is in need of an upgrade and maintenance. Any club members who are familiar with design and operation of websites could be of great benefit to our club.

Please Contact FWTC President Bill Harris for more info. Phone: 657-5012

Email: bharris@mossharis.com



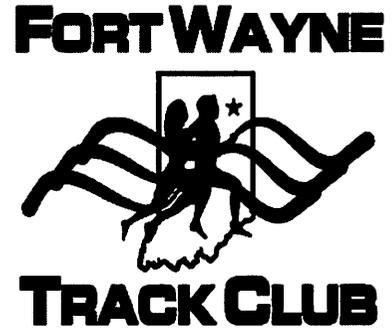
Fort Wayne Track Club Means Volunteers!

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

Name: _____

Phone: _____

Email: _____



- Board Member
- Race Director Assistant Race Director
- Races
- | | |
|---|---|
| <input type="checkbox"/> Finish Line | <input type="checkbox"/> Course Setup |
| <input type="checkbox"/> Timing | <input type="checkbox"/> Aid Stations |
| <input type="checkbox"/> Applications | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Advertising/Promotions | <input type="checkbox"/> Results |
- Equipment Coordinator
Timing equipment, finish line, course markers
- Newsletter
Production, Editing, Graphics, Articles, Photos, Advertising
- Website
Maintenance, Graphics, Articles, Photos, Email, Advertising
- Membership
- FWTC Banquet
- Advertising/Promotions (race sponsors, flyers)
- Anywhere
- Other: _____

Show your support for your Fort Wayne Track Club

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

Or contact any board member!

FWTC MEMBERSHIP APPLICATION

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

Address: _____ Home Phone _____

City/State/Zip: _____ Work Phone _____

E-mail address: _____

Occupation: _____ Business Affiliation: _____

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

Family Members:

Spouse: _____ Birthdate: _____ Sex: _____

Children: _____ Birthdate: _____ Sex: _____

Children: _____ Birthdate: _____ Sex: _____

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

ANNUAL MEMBERSHIP DUES: January 1 – December 31

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

New Members: first year only \$12	If you join during the year you pay as follows:	100% Jan, Feb, Mar-1 st Qtr
Members under 21: \$12		75% Apr, May, Jun-2 nd Qtr
Family Rates: \$4 for ea. add'l family member (\$8 max)		50% Jul, Aug, Sep-3 rd Qtr
		125% Oct, Nov, Dec-4 th Qtr

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

CLUB MEMBERSHIP APPLICATION WAIVER

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

I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record for any legitimate purpose. I understand and will abide by the guidelines that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club races.

Signature: _____ Date _____

Parent Signature (if under 18) _____ Date _____



THREE RIVERS RUNNING COMPANY

Since 2004, Three Rivers Running Company has taken pride in serving as the North-east 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.
6. Runners on Parade 5K, Fort Wayne

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

AUGUST

8. Harlan Days 10K, Harlan

SEPTEMBER

9. Parlor City Trot 10-Miler, Bluffton

OCTOBER

10. River City Rat Race 10K, Fort Wayne
11. Run for Riley 5-Miler, Maple Creek M.S.
Fort Wayne, Oct. 17.

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.

Pr Training:

Contact: www.runprtraining.com for time/location. Who: Runners and walkers. Currently: Training for various spring 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.

BTR:

Where: Perry Hill Elementary on Coldwater Rd. and Union Chapel Rd. or 3 miles north at Bicentennial Woods. When: 8 a.m. What: Long runs for spring marathon/half-marathon training.

Contact: Brett Hess at 437-9660.

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.*

Established for 4 Decades



It's Our Taste![®]

"A Forum For Family & Friends"[®]

Muncie
1600 W University
(765) 284.4900

Fishers
8800 E. 116th Street
(317) 915.9111

Angola
60 N Public Square
(260) 665.6888

Bloomington
211 N Walnut
(812) 323.0044

Broad Ripple
834 E 64th Street
(317) 465.9111

Fort Wayne
1019 E Collesium Blvd
(260) 482.1111

Evansville
240 S Green River Road
(812) 402.4733

Auburn
215 S Main Street
(260) 920.1111

Kendallville
120 S Main Street
(260) 343.9699

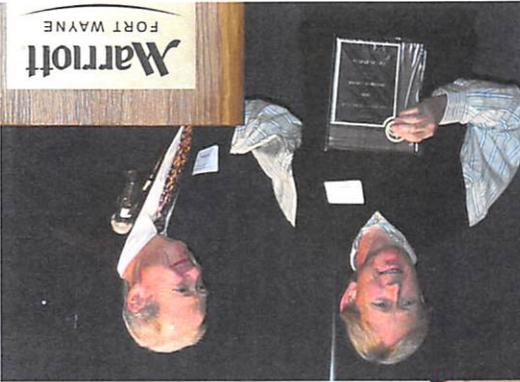
MIKE COLE - OWNER

Please present this advertisement on days of 2010 FWTC Points Races to receive 25% off your entire order. (At participating locations only)

The Marriott provided a great setting for this year's banquet. This photo by BERNIE BURGETTE captures that beauty.



On the left, Volunteer of the Year, Kathy Burner gets a hug from Mac McAvoy. At right, Craig Bobay receives the President's Award from Bill Harris.



Editor's choice: Bill Rodgers autographs a recent issue of The New Inside Track.

IN FOCUS

FEBRUARY/MARCH 2010

THE INSIDE TRACK



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Fort Wayne, IN 46860

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FWTC board members, high school honorees, club sponsors and Three Rivers Running Company employees pose with Bill Rodgers before going on a fun run with the marathon legend.

Photo by Ron Martin.