

# The *New Inside Track*

APRIL 2010 / MAY 2010

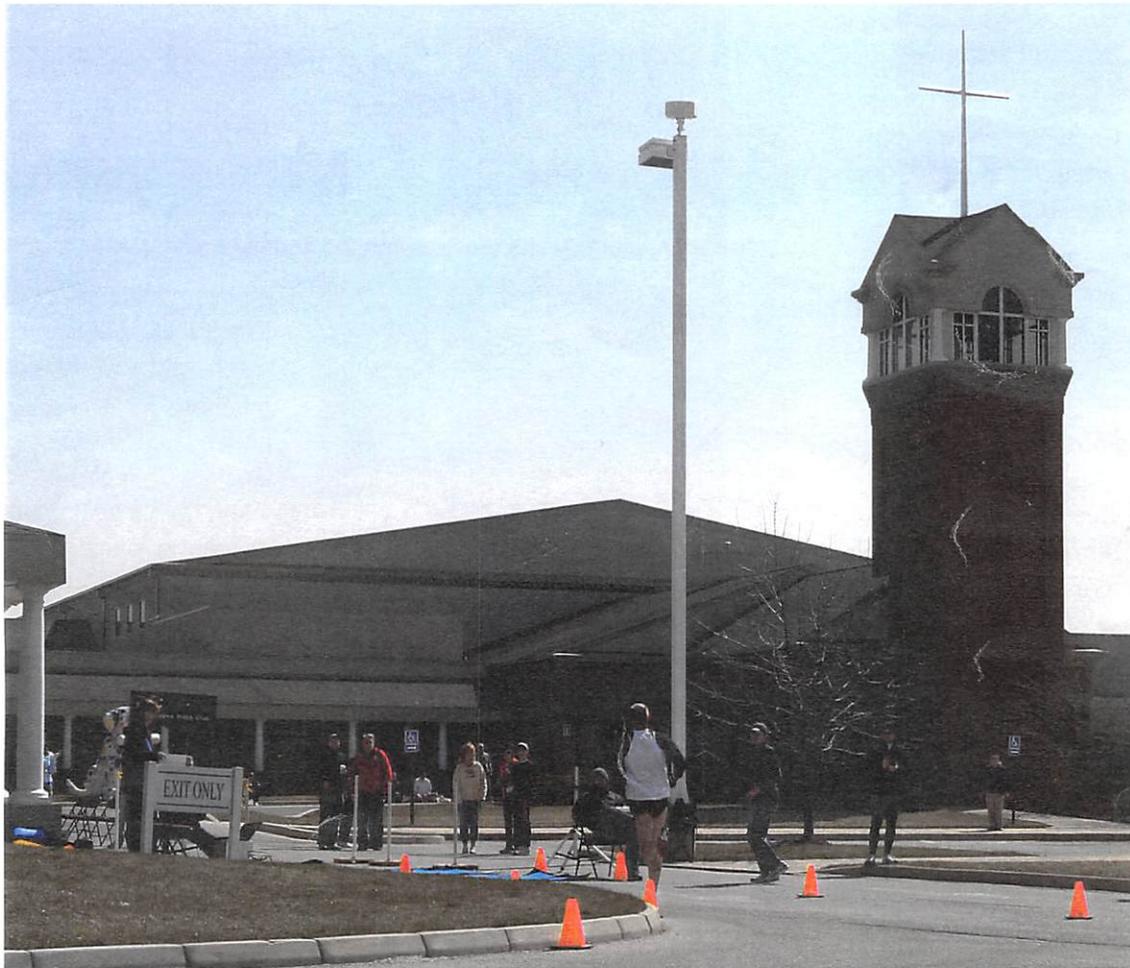
A publication of the Fort Wayne Track Club

FORT WAYNE



TRACK CLUB

## Steeplechase



With The Chapel's steeple serving as his beacon, Dave Bussard approaches the finish line of The NutriRun 20K on March 27. Photo by Brett Hess

### RACES

The Fanny Freezer....pg. 12

The NutriRun 5M/20K...pg. 14

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# Sir Roger Bannister coming For FWTC banquet in 2011

In 1954, Englishman was first to break the 4-minute mile barrier

BY BRETT HESS, Inside Track

Another running legend is coming to Fort Wayne to speak at the Fort Wayne Track Club banquet.

Previously, Boston Marathon champ Bill Rodgers came for the 2010 festivities and was well-received.

Roger Bannister, the English "gentleman" and noted doctor, will be coming for the FWTC banquet in 2011. Details on the banquet have not been released.

Insiders in the club are excited to be hosting Bannister, the first runner ever to break the 4-minute barrier in the mile. Bannister ran the mile in 3 minutes, 59.4 seconds on May 6, 1954.

"Let's just say this: There really isn't a bigger running star in the world," Fort Wayne Track Club officials said in a press release. "For us to bring in Sir Roger Bannister is beyond our wildest dreams. But we pulled it off."

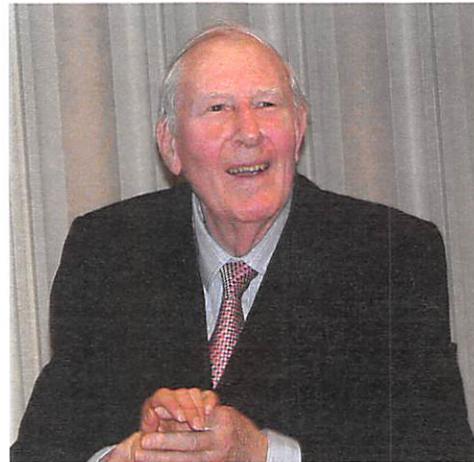
Further details of Bannister's visit have to be worked out. The distinguished neurologist turned 81 years old last month but is in fine health. He is planning a trip to the United States in 2011 and has several speaking engagements lined up.

Oxford University was the site of the famed mile as it hosted a meet with the British AAA at the Iffley Road Track.

Over 3000 spectators braved the cool and windy conditions on that fateful May afternoon. In fact, Bannister



Roger Bannister breaks the tape and the 4-minute mile barrier on May 6, 1954.



Bannister went on to become a noted neurologist in England after his running career.

twice called off the attempt only to ultimately change his mind.

Luckily, the winds died down and Bannister sprinted off to make history. He was paced by two runners and the race was broadcast over the BBC by Harold Abrahams of "Chariots of Fire" fame.

Seven weeks was all that Bannister had the world record and lone sub-four privilege to himself. Australian John Landy posted a 3:58 on June 21, 1954 at a meet in Finland. Later

Bannister would beat Landy in a race with a 3:58.8. But Bannister would never hold the world record again.

As famous as Bannister was for his running, his post-running career was even finer. In fact, he didn't wait long to hang up his spikes despite all the notoriety he received.

After winning the European Championships in the 1,500-meters on August 29, 1954, Bannister retired from competitive running.

He accomplished all his running accolades while attending medical school. In fact, Bannister would stop his rounds in mid-day for just 60 minutes so he could get his running in.

Just as the training at the track paid dividends, so did the medical school training. Bannister went on to make major contributions in the field of autoimmune failure, an area of neurology focusing on illnesses characterized by certain responses of the nervous system.

He later became the first Chairman of the Sports Council and was knighted for this service in 1975. Under his watch, funding increased dramatically and testing for steroids began.

**The Prez says**

## Let Spring spice up your running

Spring is definitely on the way! The Club points races are off to a great start. The Fanny Freezer February 20th had a record turnout and the Nutri Run (March 27) was also a great success.

The next race on our points calendar is the Shoe Sucker 7 on April 17th. This is a 7.33 run in the Kil-So-Quah camp area near Huntington and an opportunity to test your conditioning on the hills of a trail. Wear your old shoes as the course has been known to be muddy \_ and with lots of rain can be really muddy. Even if you're addicted to road races, try this trail run.

If you are doing the Indy Mini Marathon in May, be sure to stop at the in-field tent sponsored by the FWTC and the Three Rivers Running Company. More information as well as the location will be available later in the Inside Track and at Three Rivers.

Check out our website and newsletters for upcoming races, points as well as local and regional races. You can run almost every weekend if you plan ahead.

So, now's the time to get into shape for summer running.



There are a lot of local running groups to help and they are also listed in the newsletter (page 29) and on the website ([www.fwtc.org](http://www.fwtc.org)).

Need running equipment or supplies? Patronize our advertisers.

'Till next time,

Gotta Run,

Bill

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

The Lower Potomac River Marathon (#40) begins and ends at the Henry Landeberg School of Seamanship in downtown Piney Point, Md. One knows its downtown because of the convenience store and a hand-lettered sign proclaiming "Downtown Piney Point".

Temperature for this race was in the low 50s with occasional sun. There was no rain — it had fallen the past few days, resulting in partial flooding and a minor re-routing of the course.

The first 13 miles were quite scenic with a trail along the Potomac and near the Piney Point Lighthouse, used now for only four hours. The aid stations (every 2 miles) were manned by enthusiastic volunteers offering water, Accelerade, M&Ms, gummy bears, Skittles and even cookies at one stop.

The course was well-monitored by bicycles and motorcycles. After the race a hot post-race buffet was served in the spacious dining room in the Seamanship School. While the race was small, it was well-organized.

Next race: Abilene, Kansas!

## Thanks for all the 'Inside Track' compliments

The redesign, reformation and literal rebirth of the Inside Track hasn't gone unnoticed. As editor, I want to thank all of you for the many compliments. It does make a tough job more rewarding when recognized for all the hard work.

But as I said when taking over The Inside Track last summer, this isn't anyone's newsletter but EVERYONE's newsletter. So thank you for all the contributions from race reports, photos, etc. No matter how much time one person spends putting out this

### From the editor: Brett Hess

newsletter, the results won't be as good as if there is support from many others.

Some of this "support" has been in the form of advertising. Among other goals for the publication, one was to make The Inside Track "worthy" of advertising. Well, at least some people/businesses feel that way.

We want to thank Fred Toenges Shoes for its generous support . Toenges is a Fort

Wayne institution, providing shoes here since 1878. No, that is not a misprint. And I am certainly not the only FWTC member who was fitted for their first shoes at Toenges. Born with a severe foot defect, I wore ONLY Toenges shoes for the first several years of my life.

We also want to thank Three Rivers Running Company which has become the "hub" of Fort Wayne running. And, what would be a training run without stopping at The Pizza Forum for post-race refreshments?

## 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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[www.fwtc.org](http://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 2<sup>nd</sup> Wednesday of each month.

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

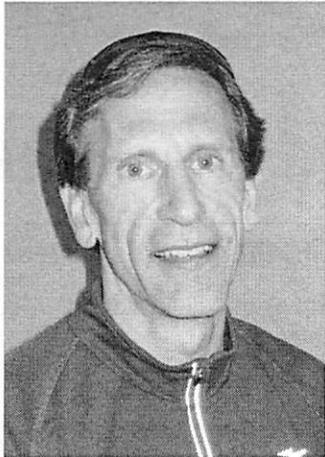
## ADVERTISING IN THE INSIDE TRACK

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

### ADVERTISING RATES

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

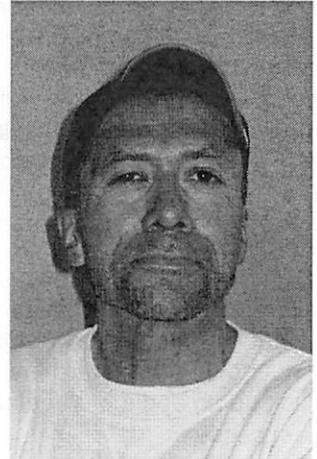
**People Poll: What are you training for?**



Brad Altevogt >  
The Three Rivers  
Running Company  
12K, of course!



<Chuck Brown  
Summer road races.



^Rowland Perez  
The Martian Half-  
Marathon in Michigan on  
April 10.



^Julie McNulty  
Maybe a fall marathon.



Suzi Eberle^  
A half-marathon this fall.



<Ashley Ade (new mom)  
To get back into racing shape!



Jon Beasley^  
The Parade Run 5K.

## Nutrition and Wellness by Judy Tillapaugh, R.D.

# Energy or Empty?

## Study your snack choices

A recent study on snacking at University of North Carolina, involving more than 30,000 children, found that on average the kids snacked at least three times a day on candy, salty chips, and other junk food. Unhealthy snacking added up to near 600 calories a day. This is above and beyond what was eaten at meals. In the 1970's snacks contributed only up to 170 calories per day.

Many children indicated in the study that they snacks continually throughout the day and that they were less likely to pick up an apple or vegetable than in past decades.

Wow! Such news! Study your snack choices more closely.

Do a snack log for 3-4 days and become more aware of what you actually eat and drink between meals. Look at food labels. Estimate about how many snack calories you intake. Estimate how nutritious your snacks are.

Do your snacks contribute to your vitamin, mineral, fiber, and protein needs or are they just pure empty calories with no nutrients? Are the snack calories giving you extra calories and causing weight gain? Do you snack like the children in the University of North Carolina study?

Between meal snacks can complement meals so we give our body and mind energy and nutrients needed to perform well at home, school, the office, and while exercising. They can help keep the blood sugar in the normal range so we feel energized.

The benefits of healthful snacking are numerous!

Yet regularly over-snacking and/or

### **Snacks with 200 calories or less**

- \* Fruit smoothie: blend 1 cup skim milk or yogurt, ½ cup frozen strawberries, and ½ banana
  - \* One tablespoon peanut butter spread on slices of a medium apple
  - \* One cup of tomato soup with 4-6 whole grain crackers
  - \* Three cups of air-popped popcorn sprinkled with a little parmesan cheese
  - \* Tri-color vegetable snack: 5 baby carrots, 10 sugar snap peas, 6 cherry tomatoes and 2 tablespoons of light ranch salad dressing
  - \* Small baked potato topped with salsa and 1 ounce low fat cheese
  - \* Toaster waffle topped with ½ cup blueberries and 2 tablespoons of yogurt
  - 4-6 whole grain crackers and one slice low fat cheese
  - \* One 6" tortilla with ¼ cup black beans and 2 tablespoons salsa
  - \* Quick to fix salad: 2 cups mixed greens with ½ cup mandarin oranges, 1 tablespoon sliced almonds, and 2 tablespoons light dressing
  - \* Mini sandwich: whole grain dinner roll with a slice of turkey, cheese, and mustard
- Small portion of a sweet treat. Do not deny yourself a favorite food.  
**\*For recipes of smoothies made at the NutriRun, see Page 20.**

picking poor snacks can harm health. Nutrient deficiencies might happen. It can lead to un-needed daily calories and an increase in body fat. Typically a 100 to 200 calorie snack a couple times a days a week can fit nicely into a persons overall eating plan. The average active adult needs 2000- 2500 calories a day. 200 to 400 of these calories could be from snacks.

Consider visiting with a registered dietitian to learn your total calorie need s and decide how much of the total you would like to save for snacks. Compare what you do now vs what your needs are. Then set personal healthy snack goals.

The American Dietetic Association recommends that we make snacks work for us by choosing nutrient rich snacks from all the MyPyramid food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals.

Plan and shop for between meal nutritious snacks. Do it for your overall health and well being. Big bonus... the kids are watch-

From the American Dietetic Association ([www.eatright.org](http://www.eatright.org)):

- # Think of snacks as mini meals that contribute nutrient rich foods.
- # Snack when hungry. Skip the urge to nibble when you are bored, frustrated, or stressed.
- # Feed the urge to do something by walking the dog, working in the garden, or calling a friend.
- # Keep portions in mind. For example, have a single serving container of yogurt or put a small handful of nuts in a bowl. Eating directly from a bag, box, or container can lead to overeating.
- # Plan snacks ahead of time. Keep a variety of nutritious ready to eat snacks on hand, such as fresh fruit and raw vegetables.

ing! You as a healthy role model will encourage your family and others to have healthy habits!

For more healthy meal and snack tips visit [www.eatright.org](http://www.eatright.org), click on "For The Public".

Best.....Judy

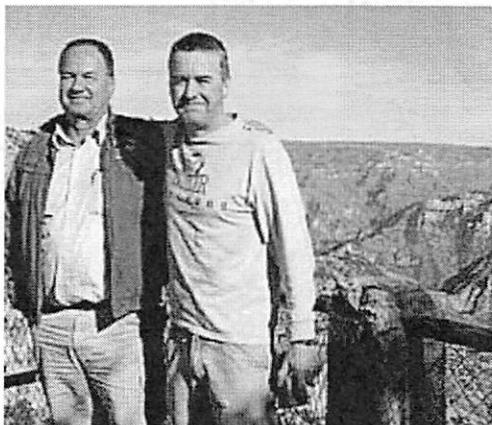
**RACE REPORT**

*....from the mountains of*

# Born To Run



Former FWTC member completes The Copper Canyon Ultra



Photos courtesy Scott Beasley

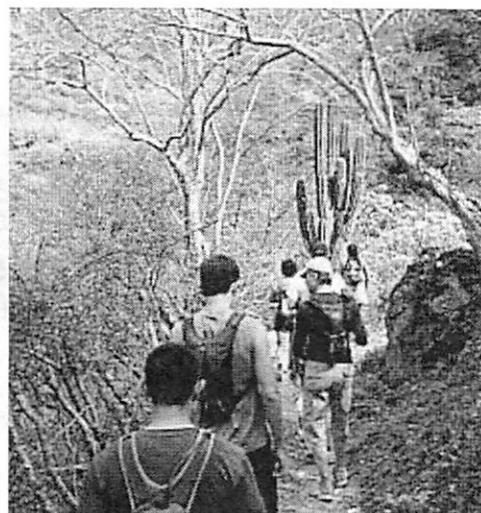
Scott Beasley has completed many ultramarathons, Ironman competitions and has even completed the Ultraman Canada, a three-day double-Ironman.

But last month the Carmel endurance athlete accomplished what he considers his greatest feat: The Copper Canyon Ultra in the mountains of Central Mexico. The 51-mile trail race inspired by the book "Born to Run" is the home course of the famed Raramuri Indians.

Beasley completed the race in 10 hours, 38 minutes. Less than half of the 360 entered runners finished at all. Beasley said the rocky terrain and the 9,000 feet of ascent (and 9,000 feet of descent) was the biggest challenge.

Beasley won 500 pounds of corn which he, according to custom, donated to the host tribe.

Scott Beasley, above right, poses at the top of a ridge. Lower left, runners make the 18-mile hike to the canyon a few days before.



**FANNY FREEZER FEBRUARY 20, 2010**

# Dueling Divas



The two best female masters runners in north-eastern Indiana went toe-to-toe for 3.1 miles around Shoaff Park and only 10 seconds separated them at the finish.

A rejuvenated Linda Keuneke (46 years old), far left, finished in 20:03 while last year's top runner, Denise Conrad (age 48) followed close behind.

If the rest of the racing season is anything like the Fanny Freezer, these two are in for an exciting 2010.

Photos by Kevin Meyer.

Don't let the closeness of the pictures to the right fool you: Mike Cole ran unchallenged in winning the Fanny Freezer, finishing in 15:31. Thirty seconds behind were places second thru fourth.

Jon Nidlinger (324) was second in 16:01 while his brother, Jeff (322) was second and Brandon Reichert (middle), was fourth.



# **FANNY FREEZER 5K AGE DIVISION RESULTS**

## **WOMEN**

Place	Runner	Overall place	Time
14 and under			
1.	Loren Hamilton	48	21:31
2.	Grace Hess	88	24:16
3.	Madison Swanson	113	26:04
15 to 19			
1.	Lauren Dispenza	72	23:07
2.	Olivia Allen	114	26:04
3.	Melanie Venderley	120	26:20
20 to 24			
1.	Tiffany Steinbrunner	98	24:55
2.	Judy Smith	109	25:32
3.	Brittany Shuler	143	28:07
25 to 29			
1.	Courtney Jakacki	78	23:33
2.	Jenny Robinson	79	23:35
3.	Sarah Stanton	121	26:22
30 to 34			
1.	Carmen Parker	63	22:46
2.	Jana Cvetkoski	116	26:10
3.	Jennifer Flynn	141	27:56
35 to 39			
1.	Kim Bolinger	47	21:31
2.	Allison Brown	73	23:13
3.	Nicole Carmody	86	24:10
40 to 44			
1.	Anne Wladecki	66	22:57
2.	Tammy Davis	84	23:57
3.	Karen Kirby	139	27:55
45 to 49			
1.	Cindy McGovern	50	21:40
2.	Linda Wyss	54	21:54
3.	Karen Kosberg	93	24:49
50 to 54			
1.	Sherry Venderley	160	29:10
2.	Susan Okleshen	50	29:32
3.	Helen Best	169	30:24
55 to 59			
1.	Lynne Feiertag	133	27:23
2.	Marty Alsgaar	231	40:21
3.	Regina Blanchette	234	41:08
60 to 69			
1.	Bodil Rasmussen	198	33:32
2.	Sharon Bieberich	201	34:00

## **MEN**

Place	Runner	Overall place	Time
14 and under			
1.	Dave Ehlers	27	20:16
2.	Alex Hess	32	20:31
3.	Justin Fuelling	35	20:44
20-24			
1.	Jimmy Dueling	5	17:05
2.	Grant Stieglitz	12	18:42
3.	James Day	40	21:02
25 to 29			
1.	Brandon Reichert	4	16:06
2.	Andy Garcia	6	17:35
3.	Shane Oakleaf	15	19:21
30 to 34			
1.	Jon Nidlinger	2	16:01
2.	Jeff Nidlinger	3	16:03
3.	Andrew Saal	25	20:11
35 to 39			
1.	Matt Hall	7	17:46
2.	Brad Thomas	9	18:16
3.	Matt Carney	13	18:47
40 to 44			
1.	Todd Findley	24	20:26
2.	Troy McCarthy	29	20:20
3.	Brett Hess	36	20:44
45 to 49			
1.	Manuel Martinez	10	18:29
2.	Daniel Campbell	11	18:33
3.	Scott Eberle	14	19:13
50 to 54			
1.	Paul Shaffer	16	19:24
2.	Michael Clay	19	19:40
3.	Ed Reinhard	31	20:30
55 to 59			
1.	Donald Bashor	45	21:28
2.	Len Piropatto	55	22:03
3.	John Sites	60	22:39
60 to 69			
1.	Dick Shenfeld	101	24:58
2.	Jack Seigel	124	26:36
3.	Bernie Burgette	128	26:50
70 to 79			
1.	Dick Hamly	164	29:40
2.	Joe Ziegler	178	31:16
3.	Kari Dietsch	202	34:01
4.	Robert Loomis	212	35:20

\*For complete results see [www.fwtc.org](http://www.fwtc.org).

## Northeastern Indiana race calendar

Apr 17,2010 9am Sat	L	<p><b>17th Annual St Jude's Spirit Run - 5K Run &amp; 1 Mile Run/Walk</b> St Jude School, Fort Wayne, IN <i>Contact:</i> St Jude School c/o Development Committee, 2130 Pemberton, Fort Wayne, IN 46805 <i>Info/Fees:</i> Race day registration starts at 8:00 a.m. \$8 - Pre Reg before April 10th, \$10 After to Race Day If 3 or more family members register together, it is \$8 per person even after April 10th. <i>Email:</i> <a href="mailto:mmeiwolfe@verizon.net">mmeiwolfe@verizon.net</a></p>
Apr 17,2010 10am Sat	L	<p><b>SBA Academy Annual 5K Run/Walk - 5K</b> Weisser Park Youth Center, Hanna &amp; Drexel, Fort Wayne, IN <i>Contact:</i> Linda Brooks, 260-456-5124 <i>Email:</i> <a href="mailto:stepuptofitness@verizon.net">stepuptofitness@verizon.net</a></p>
Apr 17,2010 9am Sat	L	<p><b>1st Annual Discover Roanoke 10K/5K Run/Walk - 10K/5K</b> 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> <a href="mailto:johannelson7@verizon.net">johannelson7@verizon.net</a> <i>Web site:</i> <a href="http://www.onturfsports.com/Runners/10k-5kRun-Walk.htm">http://www.onturfsports.com/Runners/10k-5kRun-Walk.htm</a></p>
Apr 25,2010 2pm Sun	L	<p><b>Lend A Hand 5K Walk - 5K Walk</b> IPFW Campus- Dicky Fountain, Fort Wayne, IN <i>Contact:</i> Judy Loomis or Amanda Cross, 260-423-4311 <i>Info/Fees:</i> 1:00 p.m. Registration. To Benefit the Fort Wayne Sexual Assault Treatment Center. A \$20 donation is required of all walkers over the age of 12. NAI Harding Dahm is spearheading this event. <i>Email:</i> <a href="mailto:fwsatc5k@verizon.net">fwsatc5k@verizon.net</a> <i>Web site:</i> <a href="http://www.fwsatc.com/5k_walk.htm">http://www.fwsatc.com/5k_walk.htm</a></p>
Apr 25,2010 2pm Sun	L	<p><b>Indiana Tech Warrior Run for One - 1 Mile Street Race</b> 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> <a href="mailto:mepeterson@indianatech.edu">mepeterson@indianatech.edu</a></p>
May 01,2010 9:00am	L	<p><b>2nd Annual "Run Over Violence" 5K Run/Walk/Family Stroll &amp; Kids Fun Run - 5K</b> Adams Memorial Hospital/ River Green Way, Decatur, IN <i>Contact:</i> Angie Gunsett, PO Box 253, 260-728-9800 <i>Info/Fees:</i> Registration begins at 7:30 am. With pre-race festivities Early Registration for ages 11 &amp; up is \$12.00 before April 19; t-shirt guaranteed. Registration after April 19 is \$15.00, t-shirt not guaranteed. Children 10 and under can walk for free. Kids Run; Participants gifts to all; cost 2.00 Each registrant will receive one raffle ticket for our Race Raffle. Additional tickets are \$1.00 each Bring a 3pk paper towel or 4pk toilet paper and receive 5 additional tickets. Drawings will be held after Awards on Race Day. The entire course is paved and a part of the River Green Way. <i>Email:</i> <a href="mailto:awcc@embarqmail.com">awcc@embarqmail.com</a> <i>Web site:</i> <a href="http://awcc.embarqspace.com">http://awcc.embarqspace.com</a></p>
May 02,2010 2pm Sun	L	<p><b>IPFW 15th Annual Mastodon Stomp - 5K Run/Walk &amp; 100 Meter Dash for Kids</b> IPFW Hilliard Gates Sports Center, Fort Wayne, IN <i>Contact:</i> Judy Tillapaugh, 2101 E Coliseum, Fort Wayne IN 46805, 260-481-6647 <i>Info/Fees:</i> This is a benefit the IPFW men's and women's cross country and track programs. <i>Email:</i> <a href="mailto:tillapau@ipfw.edu">tillapau@ipfw.edu</a></p>
May 08,2010 9am Sat	L	<p><b>Run with the KNIGHTS - 5K Run/Walk</b> Foster Park 3900 Old Mill Road, Fort Wayne, IN <i>Contact:</i> Sarah Shank, 333 E Paulding Rd, Fort Wayne, IN 46816, 260-456-1261 <i>Info/Fees:</i> Pre-\$15; \$20 after May 2nd T-shirts available to all who preregister and a limited # will be available at the race Age brackets for awards both male and female: Overall winners and Overall Masters, 10 &amp; under,11-14,15-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54, 55-59,60-69,70+ <i>Email:</i> <a href="mailto:sshank@bishoplurers.org">sshank@bishoplurers.org</a> <i>Web site:</i> <a href="http://www.bishoplurers.org">http://www.bishoplurers.org</a></p>
May 29,2010 8:30am Sat	LP	<p><b>3 River's Running Company 12K - 12k</b> Indiana Tech Campus 1600 E. Washington Blvd, Fort Wayne, IN <i>Contact:</i> Three Rivers Running Company, c/o Casey Shafer, 4227 N Clinton St. Fort Wayne, IN 46805, 260-496-8000 <i>Info/Fees:</i> Pre-registration \$15 until April 30th. Registration fee will be \$20 after April 30th. Overall top three male and female finishers. Awards to top three masters male and female. Age group awards in addition to overall and masters. You can drop off a completed registration at Fort Wayne's specialty run store--The Three Rivers Running Company, 4227 North Clinton just south of Coliseum Boulevard across from Scott's. <i>Email:</i> <a href="mailto:info@3riversrunning.com">info@3riversrunning.com</a> <i>Web site:</i> <a href="http://www.3riversrunning.com/page002.aspx">http://www.3riversrunning.com/page002.aspx</a></p>

## More Freezing Fannies

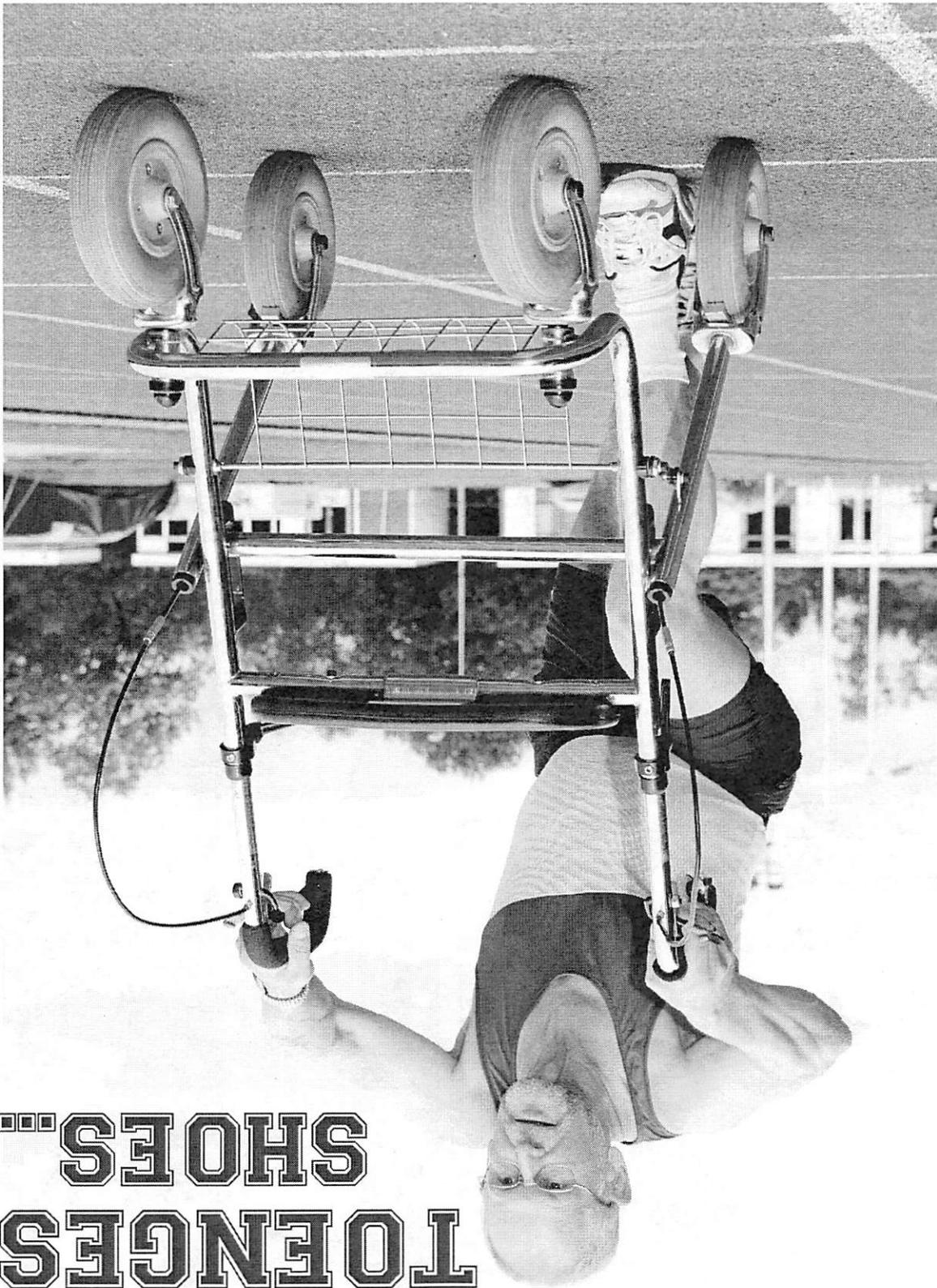


Photos by Kevin Meyer

Finished runners watch as Cheryl Braaten guides Joe Ziegler towards the finish. At left are Madison Swanson (452), Bahirv Ehlers (430), Olivia Allen (238) and Jana Cvetkoski (304).



Above, Christopher Meyer sprints towards the finish while at left are Tammy Davis (282) and Jade Hollenbaugh (281). There were 255 finishers this year.



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3-27-2010

APRIL/MAY 2010

THE INSIDE TRACK

# NUTRI RUN 20K AGE DIVISION RESULTS

## WOMEN

## MEN

PLACE	RUNNER	OVERALL PLACE	TIME	PLACE	RUNNER	OVERALL PLACE	TIME
<b>14 AND UNDER</b>				<b>14 AND UNDER</b>			
1	Christian Arnold	88	1:45:28.0	1	Donovan Randy Houser	18	1:23:25.0
2	Katie Parrish	108	1:52:21.0	2	Sam Edwards	136	2:05:23
3	denise trgovich	112	1:54:22.0	<b>15 to 19</b>			
<b>30 to 34</b>				1	Cody Verdink	31	1:27:11.0
1	Amy Stephan	98	1:48:29.0	2	Josh Ware	56	1:34:58.0
2	Megan Yoder	99	1:48:47.0	<b>20 to 24</b>			
3	Jennifer Fosnaugh	104	1:50:28.0	1	Silas Norris	20	1:23:47.0
<b>35 to 39</b>				2	Dashon Smith	32	1:27:11.0
1	Jennifer Trautmann	94	1:46:36.0	<b>25 to 29</b>			
2	Kelly Kelly	110	1:53:42.0	1	Chris Leeuw	5	1:17:07.0
3	Allison Brown	131	2:03:07.0	2	Grant Stieglitz	10	1:20:32.0
<b>40 to 44</b>				3	Shane Oakleaf	21	1:24:04.0
1	Tracy Brooks	65	1:37:11.0	<b>30 to 34</b>			
2	Julie Dinger	69	1:37:47.0	1	Jon Champion	6	1:17:55.0
3	Angie Lockwood	72	1:38:39.0	2	Matt Miller	9	1:20:07.0
<b>45 to 49</b>				3	Errin Tribble	24	1:24:19.0
1	Karen Kosberg	83	1:43:22.0	<b>35 to 39</b>			
2	Laurie Whisler	116	1:56:01.0	1	Matt Carney	7	1:18:17.0
3	Linda Ianucilli	120	1:57:01.0	2	Mark Miller	11	1:20:48.0
<b>50 to 54</b>				3	Brad A Thomas	30	1:27:07.0
1	Judy White	66	1:37:14.0	<b>45 to 49</b>			
<b>55 to 59</b>				1	Rowland Perez	13	1:21:06.0
1	Lynne Feiertag	121	1:59:13.0	2	Ward Moya	15	1:22:29.0
2	Deb Leonard	152	2:29:23.0	3	Tim Claxton	23	1:24:15.0
<b>60 to 64</b>				<b>50 to 54</b>			
1	Barbie Scrogam	143	2:12:17.0	1	Carl Hansen	29	1:26:39.0
<b>65 to 69</b>				2	Kim A Lefever	38	1:29:15.0
<b>70 and over</b>				3	Chuck Brown	41	1:30:34.0
<b>70 and over</b>				<b>55 to 59</b>			
<b>70 and over</b>				1	Brad Altevogt	17	1:23:06.0
<b>70 and over</b>				2	Gary Schmunk	42	1:30:44.0
<b>70 and over</b>				3	Jerry Steinhoff	46	1:31:10.0
<b>70 and over</b>				<b>60 to 64</b>			
<b>70 and over</b>				1	Roger Kingsbery	60	1:36:44.0
<b>70 and over</b>				2	Richard Panning	73	1:39:10.0
<b>70 and over</b>				3	Greg Purcell	106	1:51:22.0
<b>70 and over</b>				<b>65 to 69</b>			
<b>70 and over</b>				1	Johni Rasmussen	139	2:06:46.0
<b>70 and over</b>				2	Donald Lindley	155	2:47:31.0
<b>70 and over</b>				<b>70 and over</b>			
<b>70 and over</b>				1	Bill Harris	153	2:32:15.0

\*For complete race results, please visit

[www.fwtc.org](http://www.fwtc.org)

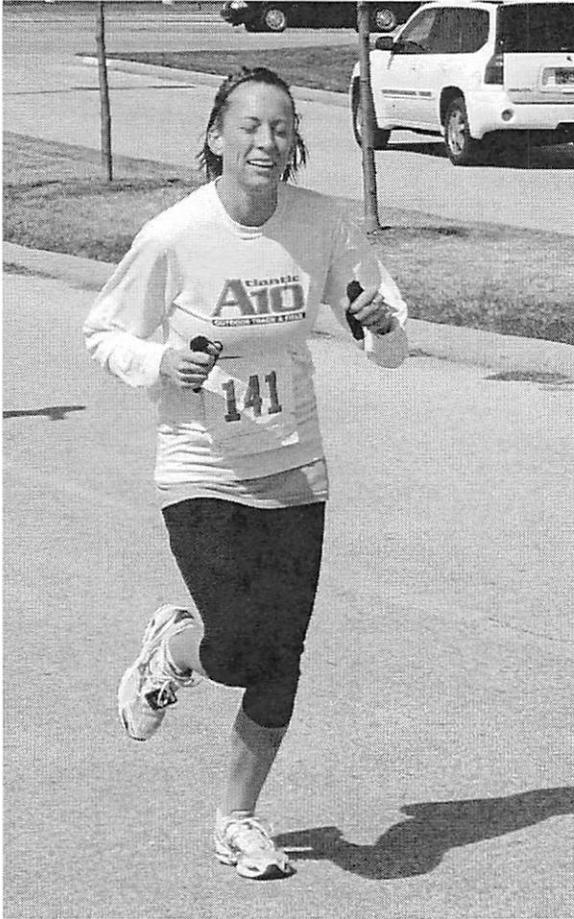
# NUTRI RUN 5M AGE DIVISION RESULTS

## WOMEN

## MEN

Place	Runner	Overall place	time	Place	Runner	Overall place	time
<b>14 and under</b>				<b>14 and under</b>			
1	Jamie Zeigler	108	56:38.0	1	Andrew Hershberger	5	32:21.0
2	Julie king	109	57:33.0	2	kollin stoltie	10	34:11.0
3	Ashtyn Robertson	117	1:02:03.0	3	Chris Meyer	30	39:08.0
<b>20 to 24</b>				<b>15 to 19</b>			
1	Brittany Shuler	60	45:32.0	1	Holden Kever	9	33:59.0
2	Jenna Mumaw	76	48:25.0	2	Michael Black	12	34:37.0
3	Kalissa Blanchette	124	1:05:53.0	3	Kyle Prichard	13	34:37.0
<b>25 to 29</b>				<b>20 to 24</b>			
1	Jenny Robinson	26	37:54.0	1	Corey Smith	49	43:04.0
2	Suzie Pattison	35	40:31.0	2	doug roop	58	44:58.0
3	Tiffany Esther	47	42:33.0	3	Ryan Cottrell	75	47:56.0
<b>30 to 34</b>				<b>25 to 29</b>			
1	Boni Fream	66	46:19.0	1	Phillip Amburgey	20	36:17.0
2	melissa bunting	78	48:31.0	2	Jason Markzon	23	37:35.0
3	Jessica Di Ianni	90	51:44.0	3	Kyle Pattison	34	40:30.0
<b>35 to 39</b>				<b>30 to 34</b>			
1	Suzie Swinehart	42	41:25.0	1	Shawn Maynard	24	37:37.0
2	Michelle Moore	55	44:22.0	2	Jason Bender	38	40:52.0
3	Jodi Kahlenbeck	56	44:24.0	3	Jeffrey Makarewich	63	45:49.0
<b>40 to 44</b>				<b>35 to 39</b>			
1	Jennifer Yergler	61	45:35.0	1	Jason Matteson	17	35:25.0
2	Lisa Marsh	62	45:45.0	2	Tony Marsh	18	35:47.0
3	Michelle Phipps	83	49:23.0	3	jim coughlin	27	38:03.0
<b>45 to 49</b>				<b>40 to 44</b>			
1	Connie Gordon	46	41:53.0	1	Jon Beasley	11	34:34.0
2	Suzi Eberle	85	50:37.0	2	Brett Hess	14	35:03.0
3	Diane Leone	104	55:29.0	3	Rick Sawyer	19	36:14.0
<b>50 to 54</b>				<b>45 to 49</b>			
1	Karen Tarkington	77	48:26.0	1	Michael Overdahl	25	37:54.0
2	Anita Bultemeier	93	52:35.0	2	David Geiger	37	40:45.0
3	Vickie Robertson	116	1:02:03.0	3	Mike Wernhoff	44	41:40.0
<b>55 to 59</b>				<b>50 to 54</b>			
1	Pamela Wolfe	81	48:40.0	1	Doug Breeden	65	46:15.0
2	Malissa Cockman	95	52:55.0	2	Kip MacKe	82	49:09.0
3	Jenni Etzler	115	1:00:58.0	3	John Hull	100	54:13.0
<b>60 to 64</b>				<b>55 to 59</b>			
1	Olga Birkner	128	1:08:41.0	1	Alan Hernly	69	46:34.0
<b>65 to 69</b>				<b>60 to 64</b>			
1	Bodil Rasmussen	107	56:35.0	1	Ken Nordin	22	36:58.0
2	Marcia Kirby	122	1:05:09.0	2	Bob Michel	32	40:03.0
<b>70 and over</b>				<b>65 to 69</b>			
				1	Jack Seigel	52	43:52.0
				2	Larry Lee	73	47:16.0
				3	Allen Albert	97	53:32.0
				1	Dick Harnly	64	46:09.0
				2	Robert Loomis	106	56:19.0
				3	Dave Bowden	113	1:00:26

# Kempf, Bussard cruise at Nutri

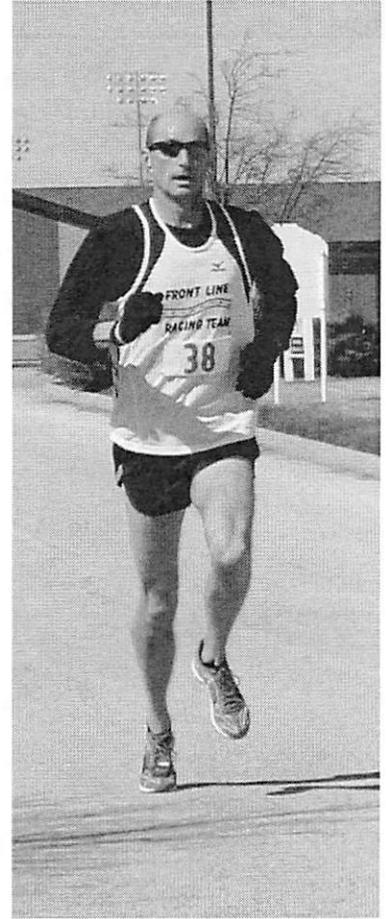


An "old man" and an old star claim 20K victories

Amy Kempf, a former Carroll High School distance running star, and Dave Bussard, of Elkhart, were the winners of the NutriRun 20K held March 27 at The Chapel. There were 157 finishers in the race.

Kempf, left, was a multi-time all-state performer for the Chargers before going on to run for the University of Dayton. She graduated last spring and now teaches in Huntington. The NutriRun was her first race in her return to the sport. She plans to run the Cleveland Marathon in May.

Bussard, right, is one of the best masters runners in the Midwest and he showed why in his easy victory. Bussard was not challenged in the race and his age-adjusted time was an amazing 1:03:17.



Overall Female Open Winners						
Place	Name	City	Bib No	Age	Overall	Time
1	Amy Kempf	Fort Wayne	141	23	33	1:27:19.0
2	Karen Killian	Bryan OH	89	25	37	1:28:31.0
3	Linda Keuneke	Fort Wayne	12	46	40	1:29:17.0

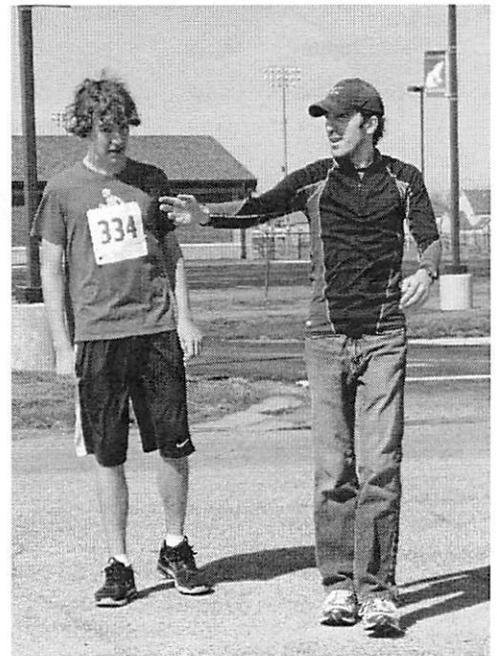
  

Overall Female Masters Winners						
Place	Name	City	Bib No	Age	Overall	Time
1	Cindy McGovern	Fort Wayne	19	45	54	1:33:12.0
2	Paula Henry	Fort Wayne	101	40	58	1:36:23.0
3	Linda Wyss	Fort Wayne	78	47	64	1:37:05.0

Overall Male Open Winners						
Place	Name	City	Bib No	Age	Overall	Time
1	Dave Bussard	Elkhart IN	38	49	1	1:10:25.0
2	Austen Davenport	Fort Wayne	128	24	2	1:12:54.0
3	Chris White	Granger IN	32	36	3	1:14:40.0

Overall Male Masters Winners						
Place	Name	City	Bib No	Age	Overall	Time
1	Manuel Martinez	Fort Wayne	170	47	4	1:15:12.0
2	Mike Henry	Ft Wayne	94	46	8	1:19:05.0
3	Scott Eberle	Fort Wayne	17	46	12	1:20:51.0



Photos by Brett Hess  
Race director Casey Shafer, right, directs traffic at the NutriRun. At left is Andrew Hershberger.

# Barton, Nidlinger win 5-mile titles

Darlene Barton won the women's 5-mile race at the NutriRun and performed well enough to place sixth overall. The Avilla runner finished over two minutes ahead of runner-up, Lauren Hamilton, a Leo H.S. runner.

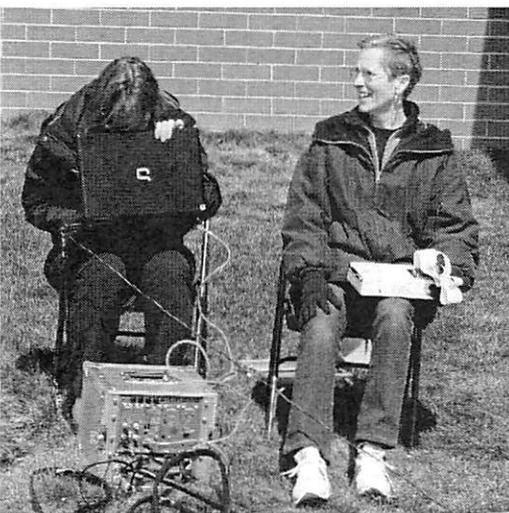
John Nidlinger had more of a battle on his hands in winning the men's race. He pulled away in the final mile to beat runner-up Alex Stoltie by just 17 seconds. There were 142 runners in the 5-mile event.



Linda Keuneke, middle-above, nears the finish line as she finished 2nd in the 20K.

Above right are the men's 20K winners. To the right are finish line volunteers Carmen Parker and Lana Beregszazi.

Below, Kathy Burner and Judy Tillapaugh work finish line.



### Overall Female Open Winners

Place	Name	City	Bib No	Age	Overall	Time
1	Darlene Barton	Avilla	319	35	6	32:57.0
2	Lauren Hamilton	Spencerville	225	14	16	35:19.0
3	Shelby Allison	Columbia City	338	13	21	36:51.0

### Overall Female Master Winners

Place	Name	City	Bib No	Age	Overall	Time
1	Gloria Hull	Leo	284	47	36	40:32.0
2	Gail Gerber	New Haven	92	46	40	41:02.0
3	Karen Dvorak	Fort Wayne	344	46	43	41:28.0

### Overall Male Open Winners

Place	Name	City	Bib No	Age	Overall	Time
1	Jon Nidlinger	Fort Wayne	287	30	1	27:13.0
2	Alex Stoltie	Garrett	316	19	2	27:30.0
3	Matthew Behrensmeyer		327	27	3	28:24.0

### Overall Male Master Winners

Place	Name	City	Bib No	Age	Overall	Time
1	Thomas Hoffman	Arlington Heights	266	45	4	31:34.0
2	Paul Shaffer	Decatur	241	52	7	33:05.0
3	Tim Rutter	Fort Wayne	242	47	8	33:38.0

## **FWTC Board of Directors Minutes of Meetings: March 10**

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

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

**Minutes.** The minutes of the January meeting were approved. No formal February meeting occurred.

**Treasurer's report.** The treasurer's report was made by Jim Berry. The club maintains a balance of approximately \$32,000. Significant recent expenditures primarily concern membership benefits such as the annual banquet and club shirts, and the RRCA dues. A proposed 2010 budget was discussed, anticipating club income of \$73,000, and expenses of \$77,000. This will be formalized in April.

**April meeting snacks/devotion.** Kathy will give the devotion, and Alan will provide snacks.

### **OLD BUSINESS:**

- 1. Newsletter.** Editor Brett is seeking more articles for future editions from club members and board members. These may be submitted to Brett at any time.
- 2. Website:** Mac will report on the new website development next month.
- 3. Volunteers:** Judy has a list of members who responded and are willing to help with race timing and other matters. Casey suggested the club hold a race timing clinic for volunteers.
- 4. Banquet Evaluation:** Judy reported a very positive response in the evaluations of the banquet. Brett reported that Bill Rodgers enjoyed the hospitality of the FWTC and enjoyed his time in Fort Wayne.

### **NEW BUSINESS:**

#### **1. Race Update:**

**Nurtri Run:** Director Casey reported developments for the March 27 race, including reversion to the pre-2009 course due to popular demand, fruit smoothies after the race, and a commemorative glass and Panera bread for all finishers

**2. Race Director Training:** Deferred until next meeting.

**3. Insurance recommendations:** Bill suggested the club purchase extra insurance via RRCA to cover the IPICO system and race clock. This was approved unanimously.

**4. Three Rivers Rat Race:** We are waiting to hear back from RD Pam Wolfe regarding the direction of the race and its affiliation with the club.

**5. Policy regarding fee waivers:** The Board discussed setting parameters to address requests for waiving the race timing and equipment rental fees. Craig distributed a proposal based on input from the last meeting. This proposal, as amended was unanimously approved, and is attached (see Page 23.)

**6. Waivers:** Fee waivers were authorized for the mastodon Stomp, Huntington 5k, and Harlan Days 10k. Kathy will talk to the Warrior One RD re race timing.

**7. RRCA Convention expenses:** The board denied request of a member to pay for attendance at the annual RRCA convention in Orlando, FL. The board would consider such a request if the attendee is a board member. Board member Terry Diller is attending the 2010 convention, but is not seeking reimbursement.

**8. Indy mini marathon tent:** The board approved helping to pay expenses for a Fort Wayne tent at the Indy mini a marathon s a member benefit.

**Adjourn.** The meeting adjourned at 9:00 pm.

## **Fort Wayne Track Club Policy (as approved by the board March 10, 2010)**

### **Waiver or Reduction of Race Timing and Equipment Rental Fees:**

1. Any of the FWTC race timing and equipment rental fees may be waived or reduced by action of the FWTC Board upon application of the race director made prior to the FWTC acceptance of the contract. The FWTC policy states: **The Board shall consider the following factors in deciding whether to grant or deny any such application for waiver or reduction of the fees:**

- the relationship of the race to the FWTC;
- the stated goals and beneficiaries of the race;
- the number of expected race participants in relation to the anticipated fees; and
- other factors as deemed applicable by the FWTC Board.

2. That policy also provides: "Race Directors are expected to submit a detailed income and expense estimate to the FWTC Board along with their application for waiver or reduction of fees."

3. **In applying the factor of "the relationship of the race to the FWTC," the Board should consider matters such as:**

- whether the Race Director who makes the request is a member of the FWTC;
- how many FWTC members are expected to run the race;
- whether the race is a FWTC points race;
- whether the RD is trained as FWTC race timer;
- whether the RD has recruited others to be FWTC race timers; and
- whether the RD and the race beneficiaries provide volunteer support at other FWTC events.

4. **In applying the factor of "the stated goals and beneficiaries of the race," the Board should consider matters such as:**

- the club should further the goal of encouraging young runners by generally granting fee waivers for equipment rentals involving youth races.

5. **In applying the factor of "other factors as deemed applicable by the FWTC Board," the Board should consider matters such as:**

- whether the race participation is expected to significantly decline if the fees are not waived;
- the race budget;
- the reason why the RD does not want to simply increase the race registration fee by a small amount per person;
- whether any trained FWTC race timer is volunteering to time the race
- whether the club's budget can reasonably accommodate the request in light of all other financial commitments and goals of the club.

6. **Newsletter Race Application Inserts: FWTC points races** will not be charged a fee for race applications inserted into the FWTC newsletter as long as the application carries the FWTC logo.

# 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.

## NUTRI-FIC SMOOTHIE SNACKS *by Julia Just, R.D., Parkview Hospital*

### Strawberry-Banana

1 cup strawberry yogurt  
2 cups frozen strawberries  
2 ripe bananas  
2-3 Tbsp. Non-fat dry milk  
½ cup orange juice  
Toss all ingredients in blender and mix well. Can be made several hours in advance and chilled.

Makes 16 ounces

### Banana Strawberry Orange

1 banana  
1 handful of strawberries  
1 cup vanilla yogurt  
1/2 cup milk  
1/2 cup orange juice  
a handful of ice cubes  
Add all together in blender and blend until smooth.  
Serves 3.

### Banana Bananza

1 banana (cut into pieces)  
2 tablespoons of peanut butter  
1/3 cup of chocolate sauce  
1 cup of milk  
1 cup of ice  
Add all together in blender and blend until smooth.

### Best of Summer

1-10 oz. Package Frozen Berries  
1 pound cantaloupe or honeydew, cubed  
1 frozen banana  
1 cup skim milk or soy milk  
2 tbsp. Sugar or Honey  
Combine above ingredients in blender or food processor until smooth and frothy. Milk will give it the consistency of a shake. Pour into serving glasses. Tip: smoothies can be made with many different ingredients. Be creative. At least one ingredient must be frozen.

Serves 4.

### Crunchy Granola

1 cup 1% milk  
1 banana  
2 Tbsp. honey  
3/4 cup granola  
1/2 cup ice  
Add all together in blender and blend until smooth.

Serves 1.

### Orange I

2 oranges, peeled & sectioned  
1 frozen banana, chunked

1/4 c. orange juice

2 T. yogurt

1 tsp. vanilla

Add all together in blender and blend until smooth.

Serves 2.

### Yogurt Smoothie Recipe

1 Cup yogurt plain, vanilla or flavored  
1 banana or other fruit  
1 cup milk  
1/2 cup ice cubes  
Add all together in blender and blend until smooth.

### Blueberry Fruit

Carton of Blueberry yogurt  
1 Cup of milk  
1 Cup frozen or fresh blueberries, strawberries or peaches  
½ cup ice cubes  
Add all together in blender and blend until smooth.

### Banana Bananza

1 banana (cut into pieces)  
2 tablespoons of peanut butter  
1/3 cup of chocolate sauce  
1 cup of milk  
1 cup of ice  
Add all together in blender and blend until smooth.

*\*All recipes used at the NutriRun.*

# **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.

## **HELP WANTED**

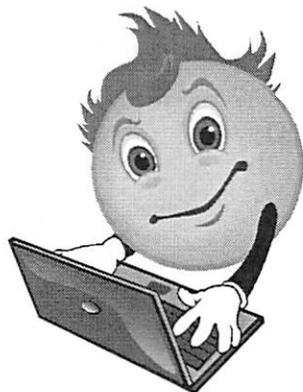
### **TECH-SAVVY RUNNER WHO WANTS TO PROMOTE RUNNING**

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](mailto: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
  - Finish Line                                       Course Setup
  - Timing     Aid Stations
  - Applications     Transportation
  - Advertising/Promotions                               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<sup>st</sup> Qtr; 75%: Apr, May, Jun-2<sup>nd</sup> Qtr; 50%: July, Aug., Sept.-3<sup>rd</sup> Qtr. 125%: Oct., Nov., Dec. 4<sup>th</sup> Qtr.

\*Members under 21: \$12

\*Family Rates: \$4 for each additional family member; \$8 maximum.

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

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

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

## **FWTC 2010 points race schedule**

### **FEBRUARY**

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

### **MARCH**

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

### **APRIL**

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

### **MAY**

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

### **JULY**

5. Firecracker 4, Franke Park, Fort Wayne.  
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](mailto:smhilker@verizon.net).

**Pr Training:**

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

**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](mailto:nathan_arata@yahoo.com). Details: The Leukemia & Lymphoma Society's Team in Training is the world's largest endurance sports training program. Most runners/walkers are beginners but any level is welcome.

**New Haven:**

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

**Runners of Faith:**

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

### Weekdays

**YMCA Downtown:**

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

**Three Rivers Running Company:**

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

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

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

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

# Established for 4 Decades



**It's Our Taste!**<sup>®</sup>

*"A Forum For Family & Friends"*<sup>®</sup>

**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)

**IN FOCUS**

At right, top women's finishers at the NutriRun 20K celebrate the spoils of success. From left are Linda Wyss, Amy Kempf, Linda Keuneke and Paula Henry.



Above and at right the field runs along the early, hilly portion of the NutriRun course.

*Photos by  
Jed Pearson*



Above, runners bow their heads as the invocation is read.

At right, Greg Purcell and Bill Harris joke around at the starting line.





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Fort Wayne IN 46804-8011



The middle of the pack surges past the starting line in the Fanny Freezer 5K, the first points race of the year.

Photo by Kevin Meyer.