

# The *New* Inside Track

June 2010 - July 2010

A publication of the Fort Wayne Track Club



## The “Boom” is coming



Frank Shorter, shown above winning the 1972 Olympic Marathon, will be the Fort Wayne Track Club's guest at the 2011 award's banquet. Shorter's victory in Munich is widely considered the reason for The Running Boom. The banquet is set for January 30.

For the complete story, see Page 2...

### RACES

Shoe Sucker 7.....pg. 8  
TRRC 12K.....pg.16

### FACES

Nutrition & Wellness....pg. 6  
In Focus pictures.....pg. 27

### LACES

Volunteer page.....pg. 22  
Training groups.....pg. 25

# No Foolin': Shorter coming!

First, it was Bill Rodgers. Next up, it is Frank Shorter.

The Fort Wayne Track Club will be hosting its second distance running legend in two years when it welcomes Shorter to its annual awards banquet on January 30, 2011.

"The club is excited to bring in yet another legend from the golden era of American distance running," said FWTC board member Mac McAvoy.

It was McAvoy who secured the Rodgers appearance to the 2010 banquet this past January and has recently orchestrated Shorter's appearance.

Shorter won the marathon at the 1972 Munich Games. That performance was credited with setting off "the running boom", a period of time in which distance running not only became acceptable but extremely popular.

Shorter, now 62 and living in Boulder, Colo., could have made a living out of that historic 2 hour, 12 minute and 19 second run in Munich. But winning the gold medal was only the beginning for the Yale graduate. He would go on to earn a law degree from the University of Florida, win the silver medal at the 1976 Montreal Olympics, pave the way for amateur U.S. athletes to earn money and crack down on doping in



A photo of Frank Shorter

the sport.

But it is still that run nearly 40 years ago that comes to mind when Shorter's name is mentioned. And it is the reason he travels two weekends a month year round as a speaker and guest runner.

"I enjoy being part of it," Shorter said Monday of the running boom. "I'm not taking the sole credit for it. I was fortunate to come along at the right time."

Shorter is being modest, of course. He did the heavy work by running a 26.2-mile race faster than anyone else in the world on the biggest stage. And doing it on global television.

But Shorter is quick to point out the

## Bannister story was an April Fool's joke

The Page 2 story in the April-May issue of The Inside Track was an April Fool's joke.

Roger Bannister is not coming to Fort Wayne.

The story was a light-hearted attempt to further a journalistic tradition. And in keeping with such tradition, there was a clue that the story was a hoax: if you take only the first letter from each paragraph, the joke is revealed.

other factors that contributed to the running boom.

"It was right when the first studies of fitness were being published by people like Ken Cooper and the Cooper Institute, Dr. David Costill of Ball State and Coach Jack Daniels," Shorter said. "And it was when the results of the Framingham Heart Study first came out showing the long term benefits of fitness and an active life-style. The study began (in 1948) and it was around the time I won in Munich that the results of that first generation were being published."

Shorter still runs but recently endured major hip surgery that he refers to as "my 160,000 mile check-up". He has survived rehab and is just now resuming a solid training regimen. His goal now: be ready to run with Fort Wayne's running community.

"I travel all over and get to run with some amazing people," Shorter said. "I really enjoy meeting the younger runners, the high school cross country and track athletes."

More details of Shorter's visit and the FWTC banquet will be announced later this year.

At left, Frank Shorter (left) races against Bill Rodgers.



**The Prez says**

# ***FWTC off to a great start in 2010***

2010 has been a good year for FWTC and its members. Although it is hard to top the Annual Banquet featuring Bill Rodgers:

- the club races have had good support by runners.
- The website has a new look, thanks to committee input and Tom Digate for his efforts in the conversion to the new format.
- The race calendar receives good attention and is continually being updated thanks to Don Lindley. Anyone who wishes to add an item or modify an existing item should contact Don at:

[lindleyd44@verizon.net](mailto:lindleyd44@verizon.net).

FWTC exists for its members and the Board welcomes comments as well as suggestions for change and improvement. If we as a Board fail to address an area of concern, let us know. All of us, whether Board members or race directors, are members and volunteers who are giving our time to promote running.

Hopefully, some of you reading this

## ***#42: Rhode Island***

Providence is the capital of Rhode Island and the site of my 42nd marathon state. There were 5300 participants in the various road races on May 2 with 900 in the marathon. Starting temperature was in the high 50s which quickly climbed to the middle 70s. The out and back course was run in downtown East Providence, in residential sections and then on some well-maintained bike paths. While the race profile looks imposing with too many peaks and valleys, the only really big hills were at miles four through six with mostly rolling hills otherwise. The course was interesting and paralleled harbor areas in early and late stages of the race. Part



article will be motivated to give of your time to help with club activities and races. We trust membership means more than paying dues or running races. Give back to FWTC and the running community. Volunteer!

Gotta Run, Bill

of mile 24 was run across a bridge, down a concrete ramp with several turns before reaching ground level. Aid stations were frequent with plenty of water, Gatorade and bananas. Unfortunately, there were no cookies or pretzels.

The race was well-organized and the volunteers were friendly and enthusiastic. Crowd support, particularly in the downtown areas, was excellent. The final stretch was slightly uphill to the finish. Timing utilized the "B"Chip attached to the bib—no return was necessary, just with the Indy Mini.

I had to forego the food and beer at the finish because of the too-tight travel schedule. Next stop: Casper, WY!

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

### ***#41: Kansas***

Abilene, Kansas is home to many things: boyhood home of Five Star General and former President Dwight D. Eisenhower, Sheriff Wild Bill Hickcock, the Greyhound Hall of Fame and my 41st state. Race entry included a discount coupon for the Eisenhower Museum which traced Ike's life. Race entry also included pre-race brunch and post-race pancakes and sausage.

Approximately ten miles of the course traversed north and south on State Road 15, formerly part of the Chrisolm Trail and route for millions of longhorn cattle driven from Texas to the railroad in Abilene. Our goodie bags contained red bandanas for protection against wind and possible cold.

Race temps at the start was in the mid 40s and climbed to high 60s by race end. Wind? Yes, there was a noticeable head-wind on the way out, which became a welcome tail-wind after the turn-around. The area is also home to many Greyhound Kennels along the race route. No wonder Abilene hosts the Greyhound Hall of Fame.

The medal for finishers and age group winners, as well as the attractive tech shirt, sported the General's five stars. Afterall, it WAS the Eisenhower Marathon.

It was a great race in a great little town.

## FORT WAYNE TRACK CLUB

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

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

Notices to all members:

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

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

## ADVERTISING IN THE INSIDE TRACK

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

### ADVERTISING RATES

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

**NORTHEAST INDIANA RACE CALENDAR**

Date/Time	Local -L Regional-R  FWTC	Race Information
Jul 03,2010 8am Sat	R	<b>PBNJ - 5K, 10K and 1M Fun Run</b> Town Park, Stroh, IN <i>Contact:</i> Chad Minier, PO Box 144, Hudson, IN 46747, 260-587-3639 <i>Info/Fees:</i> \$15-5k & 10k; \$10 for fun run and walkers <i>Email:</i> <a href="mailto:camblm@embarqmail.com">camblm@embarqmail.com</a>
Jul 03,2010 7:30am Sat	LP	<b>Firecracker 4 Mile Run/Walk (FWTC Point Race) - 4M</b> Franke Park, Fort Wayne, IN <i>Contact:</i> Mac McAvoy, Quabache River Runners, PO Box 513, Bluffton, IN 46714, 260-450-1071 <i>Info/Fees:</i> FEES: Pre-registered if post-marked by June 28, 2010 Race \$10.00 T-shirt \$5.00 (optional-while supplies last) RACE DAY Race \$15.00 T-shirt \$5.00 (optional-while supplies last) \$10.00 Fitness Walk Please bring non-perishable food items to donate to local food pantry <i>Email:</i> <a href="mailto:macmcavoy@gmail.com">macmcavoy@gmail.com</a> <i>Web site:</i> <a href="http://www.quabacheriverrunners.blogspot.com/">http://www.quabacheriverrunners.blogspot.com/</a>
Jul 03,2010 8am Sat	R	<b>33rd Annual Wawasee Flotilla Road Races - 8M Run, 3.3M Run/Walk</b> Lakeside Park, Syracuse, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier, IN 46767, 260-894-4638 <i>Info/Fees:</i> \$12Pre, \$15-Race Day. See attached brochure. <i>Email:</i> <a href="mailto:shepherdb@westnoble.k12.in.us">shepherdb@westnoble.k12.in.us</a>
Jul 03,2010 8am Sat	R	<b>Loon Lake 5.5K Run/Walk - 5.5K</b> Former campground eastside of Loon Lake, Columbia City, IN <i>Contact:</i> Garry Hill, 2342 W 700 N, Columbia City, IN 46725, 260-248-8471 <i>Info/Fees:</i> \$12-pre; \$15-race day. See attached brochure. <i>Email:</i> <a href="mailto:garry.j.hill@gmail.com">garry.j.hill@gmail.com</a>
Jul 03,2010 7:30am	R	<b>Hamilton Lake Road Classic - 5K Race &amp; 2 Mile Health Walk</b> Firestation/Town Hall, Hamilton, IN <i>Contact:</i> Brad Stevens or Colleen Karas, 900 Lane 201 Hamilton, IN 46742, 260-488-3153 or (260) 488-3653 <i>Info/Fees:</i> 2 Mile Health Walk 7:30a.m. 5K Road Race 8:00a.m. PeeWee Fun Race 9:00a.m. Scenic Course – Paved with moderate hills along Hamilton Lake, Water Stations & Timing Awards Male/Female Age Categories 5K – Top Male & Female 0-18,19-29,-30-39,-40-49,50-59, 60-69,70+ in each category Entry Fees \$13 entry postmarked before June 28, 2010 for 5K \$15 entry postmarked after June 28, 2010 or day of race \$3 entry for 2 mile Health Walk 5K entry includes T-Shirt Make Checks payable to: Hamilton Booster Club 900 Lane 201 Hamilton, IN 46742 <i>Email:</i> <a href="mailto:bradstevens@verizon.net">bradstevens@verizon.net</a> <i>Web site:</i> <a href="http://mysite.verizon.net/res7amiw/hamiltonlakeroadclassic/">http://mysite.verizon.net/res7amiw/hamiltonlakeroadclassic/</a> <i>Registration:</i> <a href="http://mysite.verizon.net/">http://mysite.verizon.net/</a>
Jul 04,2010 12:50pm Sun	R	<b>Breenden YMCA Firecracker 4 Run/Walk - 4M &amp; 1 M Parade Walk</b> 613 W Maumee St.YMCA OF STEUBEN COUNTY, Angola, IN <i>Contact:</i> Tyler. Sports & Wellness Director, 500 E Harcourt Rd, Angola, IN 46703, 260-668-3607 <i>Info/Fees:</i> See attached brochure. <i>Email:</i> <a href="mailto:tyler@breedenymca.org">tyler@breedenymca.org</a> <i>Web site:</i> <a href="http://www.breedenymca.org">http://www.breedenymca.org</a>
Jul 10,2010 8am Sat	R	<b>Clear Lake Run - 10K &amp; 5K Run &amp; 2M Walk</b> Clear Lake Lutheran Church, 270 Outer Dr, Clear Lake, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier, IN 46767, Brian(260-894-4638) or Ken Goeckel (260-495-4875) <i>Info/Fees:</i> \$15-Pre, \$20-Race Day - Benefits the Clear Lake Lions Club This is a great race! It is an easy (except for the last hill) course. Very scenic run around Clear Lake. Prizes for all categories. Please consider it as a good training or fun run. Great for the high school kids looking to get into shape! See you there! See attached brochure

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

# Are you eating out tonight?

## *Eating out doesn't mean pigging out*

### Take The "Small Steps" Challenge

How often do you eat away from home? What do you order when you're at a restaurant? Beverage choices? Entrée choices? Dessert Choices?

So many delicious options are available for us within every one to two miles that we drive. Coffee shops, sidewalk carts, gas station food shelves, concession stands, family owned restaurants, elegant dining locations, and more are easy for us to access hour by hour! We constantly get cues on what to have for breakfast, lunch, dinner, and snacks. They can be just the right "busy day" answer to "What's for dinner?" Research indicates we eat out more than 4 times a week. The choices meet the need for calories and something comforting!

Yet, as active individuals we do need to be more careful. Extra meals out day by day can cause us to eat extra calories leading to increased body fat weight. It may also increase risk for high blood pressure, high blood sugar, and other health problems. In the June issue of Consumer Reports on Health an article mentioned "Weekend Overload". More than half of US adults consume 84 to 411 extra calories on Saturdays and Sundays and even more on holidays. This alone will promote a 10 to 40 pound weight gain per year.

The American Heart Association (AHA) recently raised the RED flag against sugar due to increased sugar use and the link to increased obesity rates. Two out of three Americans are either overweight or obese. They point out that sweetened soft drinks and other sweet beverages are among the chief culprits in the 19% rise in Americans' sugar consumption since 1970. The current average daily US intake of 22 teaspoons of added sugar totals 355 calories. The NEW AHA sugar recommendation states that sugar intake be no more than 100 calories for women and 150 calories for men. The most popular eating out beverage choice is soda!! Note: one 12 ounce can of soda has 150 calories with 9 teaspoons of sugar.

Weekend overload, excessive sugar use, and biggy "value" dining choices are the 1,

### **15 Ways To Cut 100 Calories When Eating Out:**

1. Seek and support restaurants that offer nutritious choices.
  2. Self talk yourself to success! Tell yourself before you enter a restaurant how you "CAN" make healthy choices.
  3. Study the menu before ordering and look for nutritious choices and smaller portion options.
  4. Ask for salad dressings, butter, sour cream, mayonnaise, and sauces to be served "on the side" so you can use just enough to enjoy the flavor.
  5. Limit yourself to one portion of bread, muffin, roll, or chips.
  6. Ask for food to be prepared how you would like it. Ask for "NO" butter on the vegetables and "NO" mayonnaise on a sandwich. Both 1 tablespoon of butter and mayonnaise has 100 calories.
  7. Order a small soda or beer instead of large mug. Both have 150 calories per 12 ounces (1 ½ cups).
  8. Use milk in coffee instead of cream.
  9. Ask for half an entrée portion or eat only half and take the rest home.
  10. Split a meal and/or dessert with a friend or family member.
  11. Order the small order of fries instead of the large order.
  12. Ask to substitute fruit or a salad in place of the fries.
  13. Use fresh lemon juice on fish instead of tartar sauce.
  14. Skip the super-size promotions and coupons.
  15. Eat slow, taste every bite, and enjoy your friends and/or family members.
- \* Bonus..... Listen to your stomach FULL signal. Stop eating when your full.

2, and 3 punch people face causing unneeded extra calories and gain weight. Just an extra 100 calories a day can lead to 10 extra pounds in a year. (Note 1 pound of fat is about 3500 calories.)

Now the great news is that the reverse can help people lose 10 pounds a year. America on the Move (AOM) and The US Department of Health and Human Services are advocating the "Small Steps" Challenge. Instead of trying to make a lot of changes at once, aim for one small goal day by day. One small change, like cutting out 100 calories a day, can add up over time to promote a yearly 10 pound loss.

IOM ([www.americaonthemove.org](http://www.americaonthemove.org)) healthy guidelines state "to stop weight gain and begin losing extra fat weight most Americans just have to do two simple steps": Add 2000 steps each day (such as walking or running a mile; or eat 100 fewer

calories each day. To shape up your away-from-home choices look over the list below and pick a couple to use. Put yourself in charge not the waitress or restaurant cook. You can be the one who decides what you eat and how much!

Ready to eat out and concerned about weight gain? No problem....Take the "Small Steps" Challenge.

Best,  
Judy Tillapaugh, RD  
IPFW Wellness/Fitness Coordinator  
[Tillapau@ipfw.edu](mailto:Tillapau@ipfw.edu)  
[www.ipfw.edu/health](http://www.ipfw.edu/health)

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# Running Injuries and Massage

BY GARY DEXHEIMER

## SPORTS MEDICINE

Throughout my running career I have battled a number of injuries. Over time I first needed a surgical repair on my left Achilles that somehow I had managed to split up the center. Years later I was faced with having scar tissue removed on my right Achilles tendon. Along the way I had an arthroscopy on my knee and a Lamnectomy on my lower back to correct a spinal stenosis. I never considered not running and simply accepted that this was all par for the course.

Now that my running has diminished I find it interesting that if you go slow and short enough injuries are no longer a risk. In my later running years I sought the assistance of a massage therapist to help me avoid the normal aches and pains and possibly prevent injuries. On those occasions when I did succumb to an injury I often approached the idea of massage with nervous optimism accepting that a trip to my therapist was like going on a picnic on a stormy cold day.

I was usually amazed that my encounter while not always pain free, in almost every instance allowed me to get

back to my running and significantly reduced the soreness or healing time.

While massage therapists have been around for decades there have always been those sometimes negative connotations, fear of the unknown or simply uneasiness about seeking out a therapist. I now often think back to all of those miles and injuries and wonder why at the times that I was very competitive I didn't avail myself to this possibility.

Now this seems to be standard fare for most college programs and is a necessary practice for most of the world's elite athletes. My daughter ran for Butler University in the late 90's and a therapist was readily accessible.

Locating a therapist is not difficult and there are many in our area. However, I knew that I wanted to find someone who worked with and understood athletes. I was fortunate to locate Tom Seifert with Sports Massage One. It was his credentials and years of experience with top athletes that drew

me to him.

Tom has spent years working with a number of the world's top tennis professionals. Over the last several years he has personally traveled with one of the top tennis money players to championship events throughout the world. I also knew that he had an extensive background working with U.S. collegiate swimmers and track athletes.

It was my belief that if one of the world's best tennis players would pay Tom's expenses to be available 24/7 to help insure a big tournament pay day, then I too might benefit from his knowledge and expertise.

I have previously stated that in my opinion success in athletics is about training consistency. If this pattern is routinely interrupted by injuries then a runner's ability to maximize their potential is compromised.

In forty five years of being a runner I have lived that truth. Over time training methods including dietary enhancements and planned rest have allowed more runners to train consistently without injuries.

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*Brett Hess, Principal*

Home-Auto-Business-Health



**We Go The Distance...**

**Shoe Sucker 7 results - Women****Overall Female Open Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Linda Keuneke	Fort Wayne IN	25	46	13	52:08.0	6:52/M

**Female 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jill Wehrly	Warsaw IN	499	24	26	57:18.0	7:32/M

**Female 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Liane Falk	Huntington IN	24	25	14	52:19.0	6:53/M
2	Lindsay Bowsher	Fort Wayne IN	79	26	71	1:09:53.0	9:12/M
3	Elizabeth Hartleroad	Fort Wayne IN	460	27	81	1:15:54.0	9:59/M

**Female 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sarah Ringger	Decatur IN	483	32	41	1:02:23.0	8:13/M
2	Shelley Gaff	Laotto IN	486	34	44	1:02:39.0	8:15/M
3	Teri Garrelts	Fort Wayne IN	65	31	64	1:07:46.0	8:55/M

**Female 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ashley Cearbaugh	Larwill IN	76	41	36	1:00:27.0	7:57/M
2	Debbie Gillispie	Antwerp OH	461	40	80	1:15:54.0	9:59/M

**Female 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kim Larsen	Fort Wayne IN	480	48	77	1:13:22.0	9:39/M

**Female 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Christy Gripp	Fort Wayne IN	60	53	91	1:27:33.0	11:31/M

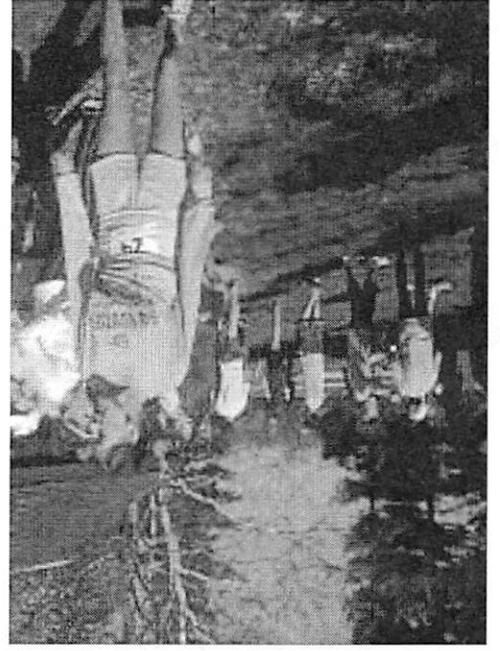
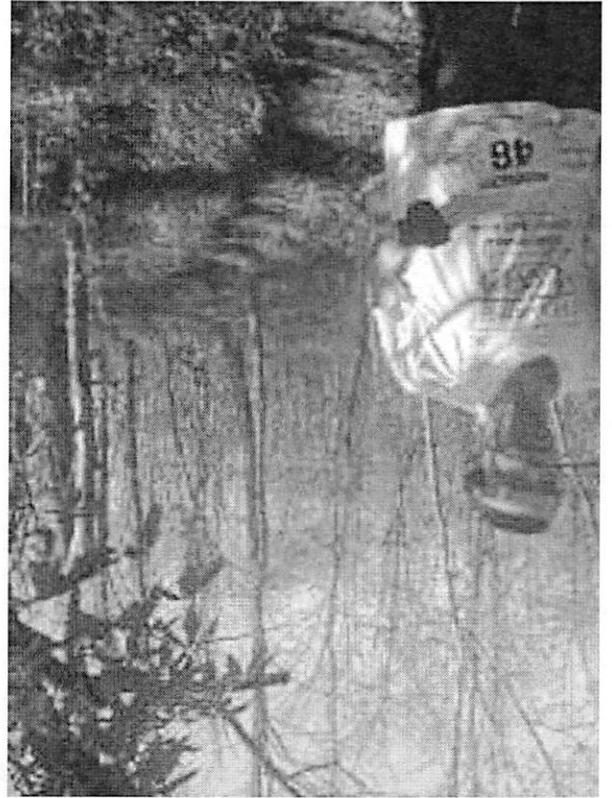
**Female 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lynne Feiertag	Fort Wayne IN	53	59	73	1:10:16.0	9:15/M

For full results, see [www.fwtc.org](http://www.fwtc.org)

# Henry, Keunneke win

## Shoe-Sucker 7 titles



*Photos by  
Don Lindley*



**Shoe Sucker 7 results - Men****Overall Male Open Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mike Henry	Fort Wayne IN	62	46	1	45:30.0	5:59/M

**Male 19 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Josh Ware	Fort Wayne IN	466	16	12	51:58.0	6:50/M
2	Sam Edwards	Fort Wayne IN	45	13	66	1:09:04.0	9:05/M

**Male 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nicholas Beemer	Huntington IN	48	21	18	53:54.0	7:06/M
2	Bret Grummert	Fort Wayne IN	80	24	70	1:09:52.0	9:12/M

**Male 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Grant Stieglitz	Fort Wayne IN	46	25	2	47:08.0	6:12/M
2	Tim Bliefnick	Huntington IN	34	26	24	56:48.0	7:28/M
3	Evan Hyndman	Fort Wayne IN	41	29	28	57:26.0	7:33/M

**Male 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stuart Neiswonger	Fort Wayne IN	64	34	11	51:40.0	6:48/M
2	Bryan Fairchild	Roanoke IN	30	30	19	55:01.0	7:14/M
3	Jared Krider	Churubusco IN	43	31	20	55:04.0	7:15/M

**Male 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brad A Thomas	Fort Wayne IN	59	35	4	47:59.0	6:19/M
2	Andrew Saal	Fort Wayne IN	471	35	7	50:43.0	6:40/M
3	Jason Stine	Fort Wayne IN	488	36	31	58:03.0	7:38/M

**Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Troy McArthur	Huntertown IN	72	40	5	49:04.0	6:27/M
2	Thomas Gilbert	Roanoke IN	73	41	8	50:57.0	6:42/M
3	Bob Winters	Huntington IN	27	43	27	57:21.0	7:33/M

## Coming and going



At left, runners lean forward and brace themselves for the start of the Shoe Sucker 7.

At right, race winner Mike Henry races toward the camera while Chad Ware heads out in the other direction.



PHOTOS BY DON  
LINDLEY

### Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Scott Eberle	Fort Wayne IN	33	46	3	47:17.0	6:13/M
2	Ward Moya	Fort Wayne IN	50	46	6	49:06.0	6:28/M
3	Chris Norris	Swayzee IN	61	47	10	51:26.0	6:46/M

### Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mark Hauptert	Peru IN	74	51	9	51:12.0	6:44/M
2	Chuck Brown	Bluffton IN	469	54	15	53:05.0	6:59/M
3	Ed P Reinhard	Poneto IN	467	52	16	53:07.0	6:59/M

### Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Len Piropato	Fort Wayne IN	484	55	23	56:24.0	7:25/M
2	Terry Anderson	Fort Wayne IN	481	56	43	1:02:29.0	8:13/M
3	Kerry Blanchette	Fort Wayne IN	478	56	45	1:02:46.0	8:16/M

### Male 60 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bill Harris	Grabill IN	463	72	74	1:10:32.0	9:17/M
2	Dick Harnly	Fort Wayne IN	36	72	78	1:14:57.0	9:52/M
3	Ed Beckner	Huntington IN	47	65	87	1:22:27.0	10:51/M

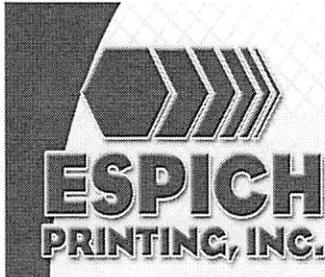
## **NORTHEAST INDIANA RACE CALENDAR**

Jul 10,2010 8am Sat	FWTC  POINTS  RACE	<b>16th Annual Runners on Parade 5K (FWTC Points Race) - 5K</b> Headwaters Park, Fort Wayne, IN <i>Contact:</i> Fort Wayne Track Club, c/o Mac McAvoy, PO Box 11703, Fort Wayne IN 46860-1703, 240-450-1071 <i>Info/Fees:</i> Runners on Parade 5km presented by FW Orthopaedics • No race day registration • Prize money 1,000 total • Extended hours on Friday, July 9th for registration and packet pick-up at Three Rivers Running Company (2-8pm) • A portion of the proceeds to benefit Riley's Childrens Hospital <i>Email:</i> <a href="mailto:macmcavoy@gmail.com">macmcavoy@gmail.com</a> <i>Web site:</i> <a href="http://www.fwtc.org">http://www.fwtc.org</a> <i>Registration:</i> <a href="http://www.runrace.net/finderace.php?id=101911N">http://www.runrace.net/finderace.php?id=101911N</a>
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Jul 16,2010 5:30pm Fri	R	<b>Whitley County 4-H - 4K Run/Walk</b> Whitley County Fairgrounds, Columbia Cty, IN <i>Contact:</i> Tara VanHouten, (260) 609-0773 <i>Info/Fees:</i> Proceeds Benefit Whitley County 4-H, Inc <i>Email:</i> <a href="mailto:vanhouten@ikcomm.com">vanhouten@ikcomm.com</a>
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Jul 17,2010 7:30am&8:30am Sat	FWTC  POINTS  RACE	<b>Dr. Phil O'Shaughnessy Walk/Run For Health(FWTC Points Race-10K) - 10K &amp; 5K</b> Foster Park Pavillion #1, Fort Wayne, IN <i>Contact:</i> Jennie Rumschlag, 413 E Jefferson Blvd Fort Wayne IN 46802, 260-426-3250 ext. 213 <i>Info/Fees:</i> \$15.00 Pre-Registration fee (Must be received before July 10) \$20.00 day of race fee. Awards ceremony after the race. <i>Email:</i> <a href="mailto:jrumtschlag@matthew25online.org">jrumtschlag@matthew25online.org</a> <i>Web site:</i> <a href="http://www.matthew25online.org">http://www.matthew25online.org</a> <i>Registration:</i> <a href="http://www.matthew25online.org/#/Events/WalkRun.aspx">http://www.matthew25online.org/#/Events/WalkRun.aspx</a>
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Jul 31,2010 7pm Sat	R	<b>10th Annual Gator Gallop 5K - 5K Run/Walk</b> St Aloysius Church - 14623 Bluffton Rd., Yoder, IN <i>Contact:</i> Chad Ware, 1121 Cottage Ave, Fort Wayne, IN, 46807, 260-744-0290 <i>Info/Fees:</i> Join us for our 10th annual 5K Run/Walk on Saturday July 31st, 2010. To beat the heat, this is an EVENING event. \$12-Pre, \$15-Race Day, Family Rate-\$30 Unique 1st place "Gator" plaques to the top male and top female overall AND to the top male and female masters. Trophies to the 2nd & 3rd place overall. Trophies to the 1st, 2nd, 3rd in each male and female age division. Gator Gallop T-shirts! Walker completion ribbons! Pre-Registration packet pickup 5:00pm-8:00pm 7/30/10 Three Rivers Running Company, Fort Wayne, IN. Registration/Package Pickup 6:00pm-7:00pm 7/31/10 in the school basement. Race/Walk starts at 7:00pm. Pre-Registrations are now being accepted! Visit website for Entry form and additional information. <i>Email:</i> <a href="mailto:gatorgallop@iuno.com">gatorgallop@iuno.com</a> <i>Web site:</i> <a href="http://www.orgsites.com/in/gatorgallop">http://www.orgsites.com/in/gatorgallop</a>
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## **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.

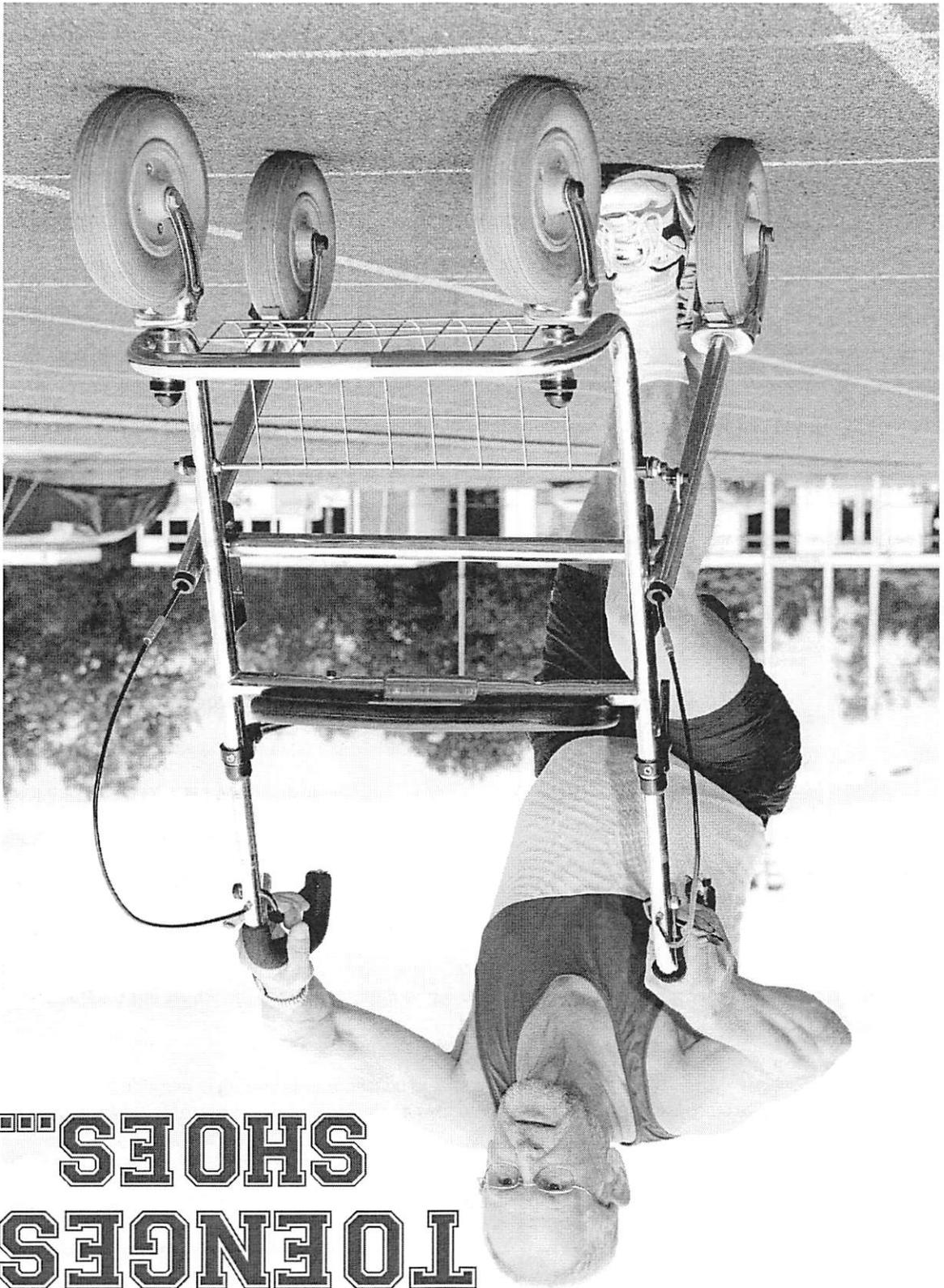
4. **In applying the factor of "the stated goals and beneficiaries of the race," the Board should consider matters such as:**

- 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.



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# THREE RIVERS RUNNING COMPANY 12K RESULTS

## Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Elizabeth Herndon	State College PA	204	24	19	46:23.0	6:06/M
2	Denise Conrad	Decatur IN	133	48	33	50:22.0	6:38/M
3	Valerie Hardesty	Fort Wayne IN	108	24	39	51:32.0	6:47/M

## Overall Female Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Linda L Wyss	Fort Wayne IN	254	47	74	56:48.0	7:28/M
2	Tracy Brooks	Fort Wayne IN	68	41	81	57:44.0	7:36/M
3	Dawn Mabry	Fort Wayne IN	237	50	105	1:00:39.0	7:59/M

## Female 19 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Cayla Pusey	New Haven IN	221	18	48	53:11.0	7:00/M
2	Brooke Werstler	Larwill IN	209	14	88	58:31.0	7:42/M
3	Katie Delbello	Fort Wayne IN	251	18	114	1:01:18.0	8:04/M

## Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jacklun Talbert	Mount Carmel TN	173	23	47	53:03.0	6:59/M
2	Brittany Ade	Fort Wayne IN	146	22	80	57:36.0	7:35/M
3	Lynn Altevogt	Fort Wayne IN	131	21	170	1:08:40.0	9:02/M

## Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Karen Killian	Bryan OH	34	25	41	51:57.0	6:50/M
2	Ashley Ade	Fort Wayne IN	145	25	55	54:10.0	7:08/M
3	Laurissa Dalrymple	Bluffton IN	93	27	56	54:10.0	7:08/M

For complete results, see [www.fwtrc.org](http://www.fwtrc.org)

**Female 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nora Castaneda	Defiance OH	218	33	111	1:01:06.0	8:02/M
2	Jessica Hayes	Fort Wayne IN	147	32	125	1:02:08.0	8:11/M
3	Jennifer Fosnaugh	Fort Wayne IN	152	31	129	1:02:31.0	8:14/M

**Female 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Erin Brady	Fort Wayne IN	144	38	82	58:01.0	7:38/M
2	Tammy Behrens	Fort Wayne IN	141	39	87	58:24.0	7:41/M
3	Kelly Kelly	Fort Wayne IN	165	37	151	1:05:32.0	8:37/M

**Female 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Robin Rizzo	Fort Wayne IN	268	44	163	1:06:57.0	8:49/M
2	Donna Doerffler	Fort Wayne IN	121	43	174	1:08:47.0	9:03/M
3	Mae Miller	Harlan IN	19	44	200	1:14:38.0	9:49/M

**Female 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Gail Gerber	New Haven IN	65	46	110	1:01:02.0	8:02/M
2	Gloria Hull	Leo IN	58	47	122	1:01:55.0	8:09/M
3	Lisa Vedder	Fort Wayne IN	180	45	138	1:03:46.0	8:23/M

**Female 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Helen Best	New Haven IN	21	51	211	1:15:55.0	9:59/M

**Female 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lynne Feiertag	Fort Wayne IN	48	59	175	1:08:48.0	9:03/M
2	Pamela Wolfe	Fort Wayne IN	85	56	205	1:15:20.0	9:55/M
3	Sherry Nidlinger	Fort Wayne IN	161	59	248	1:32:03.0	12:07/M

**Female 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Betty Nelson	Columbia City IN	100	64	197	1:13:55.0	9:44/M
2	Barbie Scrogam	Fort Wayne IN	39	63	218	1:17:10.0	10:09/M

**Overall Male Master Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Manuel Martinez	Fort Wayne IN	87	47	11	44:54.0	5:54/M
2	Mike Henry	Fort Wayne IN	172	46	18	46:17.0	6:05/M
3	Chip Larowe	Auburn IN	117	46	20	46:29.0	6:07/M

**Male 19 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nick Brand	Fort Wayne IN	150	18	15	45:27.0	5:59/M
2	Cody Sengthong	Fort Wayne IN	206	18	24	47:33.0	6:15/M
3	Ben Devoe	Bluffton IN	234	17	45	52:51.0	6:57/M

**Male 20 to 24**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Thomas Crum	Fort Wayne	277	23	4	40:32.0	5:20/M
2	Austin Davenport	Columbia City IN	90	24	10	43:46.0	5:46/M
3	Andrew Piropato	Fort Wayne IN	164	20	16	45:53.0	6:02/M

**Male 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brandon Reichert	Fort Wayne IN	103	28	7	42:04.0	5:32/M
2	Jared Mann	Fort Wayne IN	129	26	12	45:01.0	5:55/M
3	Jeremy Paul		239	26	14	45:23.0	5:58/M

**Male 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Eric Ade	Fort Wayne IN	62	31	5	40:55.0	5:23/M
2	Jon Nidlinger	Fort Wayne IN	157	30	8	42:05.0	5:32/M
3	Chris Kaufman	Fort Wayne IN	134	33	17	46:08.0	6:04/M

**Male 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mike Cole	Corunna IN	126	35	6	41:28.0	5:27/M
2	Chris White	Granger IN	5	36	9	43:01.0	5:40/M
3	Matt Carney	Fort Wayne IN	368	36	13	45:17.0	5:58/M

**Male 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jim Stockman	Fort Wayne IN	128	44	27	48:33.0	6:23/M
2	Dave Devoe	Bluffton IN	233	42	44	52:51.0	6:57/M
3	Brett Hess	Fort Wayne IN	258	44	67	55:49.0	7:21/M

**Male 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Roland Perez	Auburn IN	109	49	26	47:48.0	6:17/M
2	Scott Eberle	Fort Wayne IN	89	46	35	51:07.0	6:44/M
3	Rick Grieze	Fort Wayne IN	22	46	53	53:40.0	7:04/M

**Male 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Carl Hansen	Auburn IN	240	54	32	49:50.0	6:33/M
2	Ed Reinhard	Peneto IN	63	52	40	51:41.0	6:48/M
3	Chip Vandell	Fort Wayne IN	178	54	52	53:39.0	7:04/M

**Male 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brad Altevoigt	Fort Wayne IN	18	55	28	48:53.0	6:26/M
2	Gary Schmunk	Antwerp OH	12	55	38	51:30.0	6:47/M
3	Roger Wilson	Fort Wayne IN	156	56	42	52:13.0	6:52/M

**Male 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Roger Kingsbery	Fort Wayne IN	169	60	50	53:20.0	7:01/M
2	Bob Michel	Fort Wayne IN	247	62	130	1:02:41.0	8:15/M
3	Harry Ausderan	Bowling Green OH	230	60	141	1:04:07.0	8:26/M

**Male 65 to 69**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Barrie Peterson	Fort Wayne IN	124	67	207	1:15:21.0	9:55/M
2	Steve Adkison		276	65	217	1:17:04.0	10:08/M
3	Allen Albert	Fort Wayne IN	142	66	238	1:23:29.0	10:59/M

**Male 70 to 79**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bill Harris	Grabill IN	72	72	182	1:10:37.0	9:18/M
2	Dick Harnly	Fort Wayne IN	235	72	184	1:10:57.0	9:20/M
3	Freeman Hershberger	Goshen IN	279	72	221	1:17:28.0	10:12/M

## **FWTC Board of Directors Minutes of Meetings: April 14**

**Board members present:** Bill Harris, Robin Dombrowski, Jim Berry, Judy Tillapaugh, Mac McAlvoy, Mike Yann, Kathy Burner, Alan Gilbert.

**Absent:** Phil Suelzer, Sarah Kleinknight, Mike Fruchey, Brett Hess, Terry Diller, Craig Bobay, Tim Claxton.

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

**March Minutes:** The minutes of the March meeting were approved as submitted.

**Treasurers' report:** Jim Berry presented the treasurers report. The 2010 budget was discussed. Jim raised the issue as to whether additional member benefits should be budgeted. The budget was approved as presented at the March meeting.

**May meeting:** Jim will give the devotion and Robin will provide snacks. The date is set for May 12.

### **OLD BUSINESS:**

**Website:** Mac discussed the template for the website. Tom Digate is willing to continue as webmaster. A motion to this effect was passed.

### **NEW BUSINESS:**

1. Race Director Training: Mac recommended the Club join the Association of Race Directors @ an annual fee of \$75.00 for a one year trial. Motion passed.
2. Membership in USATRF: Board members felt it was not wise to join at this time.
3. North Side Relays: The meet is set for Saturday, April 17th.
4. Grace Gathering 5K (Craig not sure if this is correct name). A motion was passed to waive the \$75.00 fee for inclusion of the flyer in our newsletter.
5. The club's checking account at Fifth/Third was discussed.
6. Runners on Parade: Mac announced that a date is not set yet.
7. A race is being proposed to replace the Warbird in August.

The meeting was adjourned at 8:05 p.m.

## **FWTC Board of Directors Minutes of Meetings: May 12**

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

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

**Minutes.** The minutes of the April meeting were approved with a correction regarding the fee reduction, not waiver for the Grace Church.

**Treasurer's report.** The treasurer's report was made by Jim and Robin. The club maintains a balance of over \$31,000. The Rat Race balance was paid to the Y. The previous income projection should be reduced by \$2,000 due to no income from that race. The report was approved.

**May meeting snacks/devotion.** Mac will give the devotion and will provide snacks.

### **OLD BUSINESS:**

**Newsletter:** The "April fools" joke in the Feb./March edition was requested to be explained in the next edition.

### **NEW BUSINESS:**

**Points Race Series Update:** Phil reported that Tom Landis is helping him tabulate the points. The board questioned why a person had to be a club member by the Fanny Freezer to be eligible for the points series. Phil will look into the logic of this rule.

**2011 Banquet:** The board agreed to keep the banquet on the Sunday before the Superbowl, so the banquet will be Jan. 30, 2011. Possible guest speakers were identified, and Mac was authorized to contact them. The board would like the event to stay at the Marriott.

**Rivers Festival Runners On Parade 5k:** R.D. Mac reported the race will be July 10, at 8:00 am. He needs help with the Friday night registration event.

**Adjourn.** The meeting adjourned at 8:00 pm.

## 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

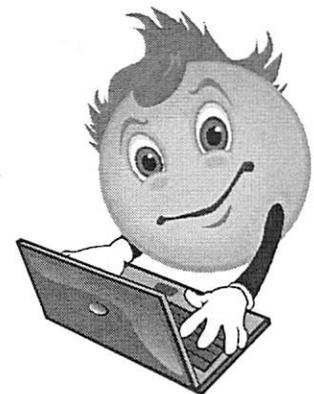
### TECH-SAVVY RUNNER WHO WANTS TO PROMOTE RUNNING

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
- |   |   |
|---|---|
| <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<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  
July 4.  
6. Runners on Parade 5K, Fort Wayne,  
July 10.

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

### **AUGUST**

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

### **SEPTEMBER**

9. Parlor City Trot 10-Miler, Bluffton

### **OCTOBER**

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

### **NOVEMBER**

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

## RUNNING/TRAINING GROUPS IN THE FORT WAYNE AREA

### Saturdays

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

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

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

#### **Pr Training:**

Contact: [www.runprtraining.com](http://www.runprtraining.com) for time/location. Who: Runners and walkers. Currently: Training for various 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



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*"A Forum For Family & Friends"*

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(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)

*Photos by  
Don Lindley*



## Shoe Sucker 7



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Donald Lindley  
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Fort Wayne IN 46804-8011

# Shoe Sucker 7 Tradition



Photo by Richard G. Beemer

As per tradition, all finishers of the Shoe Sucker 7 posed for a post-race photo. This year 95 runners completed the 23rd running of the race.