

# The *New* Inside Track

FORT WAYNE



TRACK CLUB

OCTOBER / NOVEMBER 2010

A publication of the Fort Wayne Track Club



## The Girls of Fall



This month is the 30th Indiana High School Athletic Association (IHSAA) girls cross country state tournament series. That's right: in 1980 girls cross country was not an official sport, it was a "club sport". Fort Wayne Harding's Kristi Walker won both the last unofficial title (1980) and the first official title (1981). Good luck to today's "The Girls of Fall."

Photo illustration by Jed Pearson, RunIndiana.com

### RACES

### FACES

### 2011 Banquet

Harlan Days 10K.....pg. 8 Nutrition & Wellness.....pg. 6 Olympic Gold: Frank Shorter  
Parlor City Trot.....pg.16 Race Report.....pg. 2 January 30, The Marriott

Illustrations by Jed Pearson, RunIndiana.com

# Moya reaches the summit

## Track Club member finishes The Pikes Peak Marathon

BY WARD MOYA

There is a defining point in every race where things get tough and how you respond determines the outcome of the race.

This is what racing is all about.

My race from Manitou Springs, Colorado, elevation 6300', to the summit of Pikes Peak, elevation 14,110', and back started at 7:00 a.m. Sunday August 22, 2010 and ended 6 hours and 15 minutes and 31 seconds later.

The details of those 6+ hours are typically what would be contained in a race report, but this race was less about my race day and more about my journey.

It's hard to say when my preparations for the Pikes Peak Marathon began; it's possible they started when I first took those first few steps shortly after I turned 9 months old and have never stopped. In reality, I decided very early on this year that I was going to run this marathon. Registration opened up on-line in March and vigorously sold out the 800 spots available in 45 minutes. This is one of those marathons where the weak need not apply less you find yourself walking back down the mountain because you didn't make the cutoff times.

If there was ever a marathon where you couldn't cut corners in training, then this was it. I had to deal with 7800' of uphill climbing and the same amount of descent. Then there was the altitude. The race starts at 6300' and tops out at over 14,000 where there's 43% less oxygen than at sea level. How was I going to handle all of this?

Right away I starting hitting the treadmill and upping the incline, 6, 7, 8, 9%.... this was tough. I had to slow my speed way down or I would redline pretty quick.

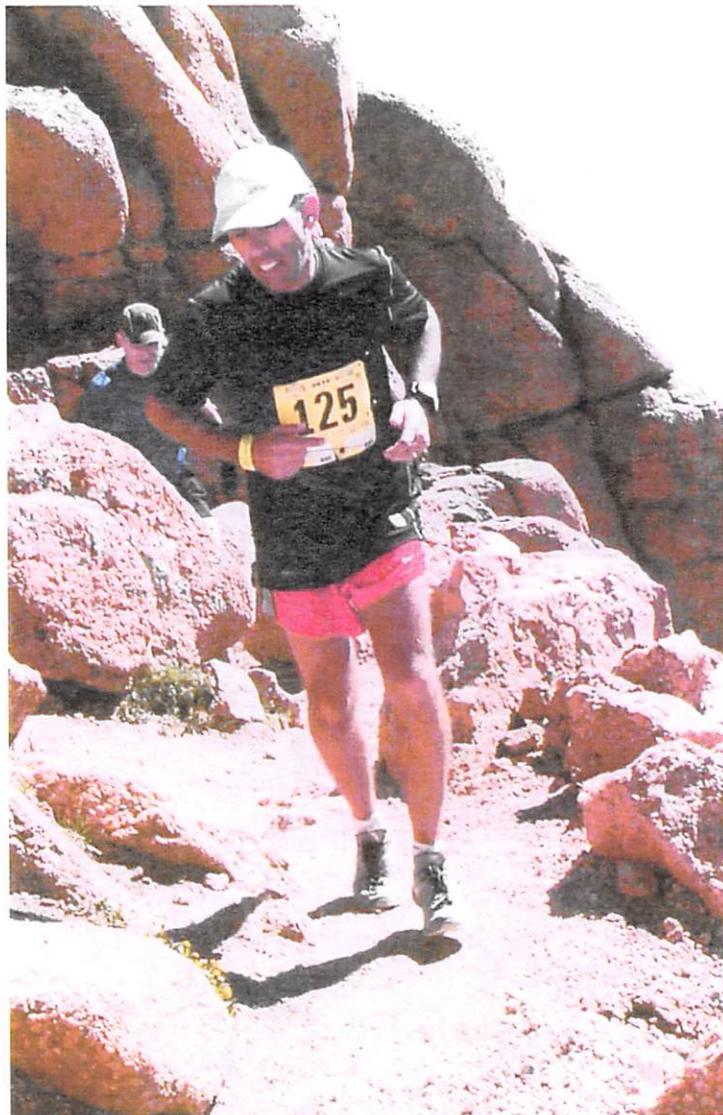
Early on I would get frustrated as to how I was going to get through this. After a couple months of this, things started to change. Incline of 8, 9 and 10% started feeling easy and I was increasing my speed to keep my heart rate up.

Now I was training at 12, 13 and up to 15% now. Things got tougher again, but I knew if I kept at it, I would get to a point where I would adapt.

Another obstacle I had to deal with was the lack of miles I was running because I was running all my miles on the treadmill albeit at a pace quick for 15% but not very quick for a flat road run, so I was only getting around 5-6 miles a day during my lunch hour during those early weeks of training.

Around mid March I started putting in two-a-days a couple of times a week, 5-6 during lunch and maybe another 6-7 after work. Sometimes I was getting up early before work for 8-10.

Weekends were almost always spent out at the HUFF in Huntington. One loop minimum, if not two.



**Ward Moya nears the summit of The Pikes Peak Marathon this past August. Moya finished in 6 hours, 15 minutes, 31 seconds. He placed 191st out of 689 finishers.**

I still had to deal with the issue of Altitude. I really wasn't sure how I was going to handle it. I did some searching on-line for articles and information on the best way to acclimate.

Other than actually living out there for 4-6 weeks prior to the race, the only other way was to use a thing called an Altitude tent. Altitude tents regulate the amount of O2 you breathe similar to living at altitude thus letting you sleep at the higher altitudes and train low, almost the ideal situation. But these tents, as I found out, cost an arm and leg (seriously..). So that was out of the question.

**Please see MOYA, Page 27**

The Prez says

## New president and banquet plans

It is hard for me to believe we are looking ahead to the Fox Island Turkey Trot, the last of our Club points races. The year has passed quickly and new officers have been elected. Mac McAvoy is incoming President, Craig Bobay will be Vice-President, Casey Shafer is Secretary while Jim Berry and Robin Dombrowski remain as Co-Treasurers. There will be new board members as well but at this writing they are not yet selected.

The big buzz as we wind down the year, is planning for the annual banquet honoring runners, both club and high school. Frank Shorter, a superb marathoner, is our featured speaker. As with last year's speaker, Bill Rodgers, there will be autograph opportunities. Judy Tillapaugh and her committee are working with The Marriott to make this even special as well as memorable.

One of the highlights of the banquet is announcement of special awards: Golden Shoe, etc. If you wish to nominate a Club member for a special award, get that nomination to me ASAP for the Golden Shoe, Spirit of Running, President's Award and Vol-

### #46: Connecticut

New England in early Fall is a special time and in Connecticut the leaves were just beginning to change to red, yellow and orange. Orange was certainly the prevailing color at the Hartford Marathon, with leaves, ING Lion (main sponsor) as well as bibs, banners, posters and mile markers. The weather was perfect for a marathon, starting in the low 50s, barely reaching the 70s and with a slight breeze. Essentially flat, the course featured a few hills including The Bridge, traversed initially at mile 6 and finally at mile 25. Traffic control was excellent as were water stops. Porta potties were ample for this urban race run on streets and through several city parks. Runners were entertained by many musical



unteer of the Year. (A complete nomination form can be found on Page 21 of this issue.)

Stay healthy until next time.

Gotta Run,

Bill

groups, enhanced greatly, in my opinion, by two groups of bag pipers and one church group doing Scottish dances to bagpipe accompaniment.

The Marathon Maniacs shirt I wore gave me a cheering section from both runners and spectators and I heard "go maniacs" many times. Between the Maniacs and the 50 States Club I see the same people at various events and enjoy exchanging stories about other races and courses.

Larry Macon, a patent attorney from San Antonio, has completed 50 States 11 times and was planning to run the Steamtown Marathon the next day. I see Larry at many of my races and he keeps me humble. The finish through the arch at Bushnell Park was a fitting conclusion to a great race. Keep running those roads and trails.

### Rundown to 50/50

#### #45: Little Grand Canyon

Mountains, altitude (up to 5,900 feet), then nine miles of stupendous canyon. The race began just outside Huntington, in Eastern Utah, and traversed an area generally known as the San Rafael Swell. Temperature at the start was 40. I wanted to run this race primarily for the scenery and was not disappointed. Buffalo Road, mostly gravel, became Buck Horn Draw Road and here runners were enveloped by countless valleys, canyons, buttes and peaks.

The San Rafael River flows through the Canyon and here there are signs warning of flash floods. This area also contains very clear and large dinosaur tracks, which I stopped to examine — after all, it was just a short uphill climb off the course. One of the Canyon Walls contained a pictograph panel longer than 130 feet, painted 2,000 years ago. The figures were painted onto the surface using a red pigment which contained powdered hematite mixed with other fluids, including animal fat.

A replica of this pictograph is incorporated into the finisher's medal. The finish line was at the swinging bridge built by the Civilian Conservation Corps in 1938. Food at the end included cookies, pretzels, fruit, chocolate milk and snow cones. Afterwards runners were bussed back over the course beyond the start to Huntington City Park for a lunch of Navajo tacos (a doughy pancake like base covered with tomatoes, lettuce, sour cream and hot sauce) and brownies. By now the temperature was in the low 70s and very pleasant in the afterglow of another completed marathon and the company of fellow runners.

**FORT WAYNE TRACK CLUB**

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

**Officers, Coordinators and Board Members**

- President.....Bill Harris.....657-5012.....bharris@mossharris.com
- Vice president.....vacated.....
- Co-treasurers.....Jim Berry.....490-2219.....jimberry22@yahoo.com  
Robin Dombrowski...492-7127.....robin.dombrowski@live.com
- Secretary.....Craig Bobay.....449-4035.....judgecraig@alumni.iu.edu
- Points race coordinator/youth coordinator.....Phil Suelzer.....486-1745.....tri\_kerl@yahoo.com
- Membership coordinator.....Sarah Kleinknight....456-3261.....kleinknight@aol.com
- Equipment coordinator.....Michael Yann.....414-8995.....michael.yann@yahoo.com
  
- Website.....Tom Digate.....918-2888.....tom@digate.us
- Publication editor.....Brett Hess.....637-3755.....superhess@msn.com
- Race calendar coordinator.....Don Lindley.....lindleyd44@verizon.net
- Board members.....Tim Claxton.....426-1300.....tclaxton@burtblee.com  
Terry Diller.....637-6344.....terry.diller@starfinancial.com  
Mike Fruchey.....627-5147.....frucheym@ipfw.edu  
Alan Gilbert.....625-4139.....albarb@aol.com  
Mac McAvoy.....824-5158.....macmcavoy@gmail.com  
Judy Tillapaugh.....456-3277.....tillapau@ipfw.edu

Feel free to contact the Fort Wayne Track Club at:

P.O. Box 11703  
Fort Wayne, IN 46806-1703  
(260) 436-2234  
[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**

	<b>Single issue</b>	<b>Three issues</b>	<b>Six issues (full year)</b>
<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** (more races on Page 23)

Date/Time	Race Information
Nov 06,2010 9am Sat <u>Brochure</u>	<b>Noble County Turkey Trot 5K Run &amp; 2M Walk - 5K &amp; 2M</b> Kendallville Public Library, Ligonier, IN <i>Contact:</i> Brian Shepherd, 700 Westfield Dr, Ligonier IN 46767, 260-894-4638 <i>Info/Fees:</i> \$12-pre-\$15-race day SEE ATTACHED BROCHURE. <i>Email:</i> <a href="mailto:shepherdb@westnoble.k12.in.us">shepherdb@westnoble.k12.in.us</a>
Nov 06,2010 10am Sat <u>Brochure</u> <u>Register Online!</u>	<b>W.O.O.F. Trail Runs - 5M, 15M, &amp; 15M Relay</b> <b>Quabache State Park Campground, Bluffton, IN</b> <i>Contact:</i> Mac McAvoy, Ouabache River Runners (O.R.R.), PO Box 513 Bluffton, IN 46714, 260-450-1071 <i>Info/Fees:</i> Participation is limited so REGISTER EARLY! Lunch is served, the menu includes: Bison Burgers Vegetable Stew Due to the narrowness of the trail, walkers and strollers cannot be allowed. New for 2010: Enjoy your bison burger with a cold beer from the Flying Bison Brewing Company! <i>Email:</i> <a href="mailto:macmcavoy@gmail.com">macmcavoy@gmail.com</a> <i>Web site:</i> <a href="http://teamorr.org">http://teamorr.org</a> Registration: <a href="http://www.runrace.net/findarace.php?id=10310IN1">http://www.runrace.net/findarace.php?id=10310IN1</a>
Nov 07,2010 2pm Sun <u>Register Online!</u>	<b>Fort Wayne Jingle Bell Run for Arthritis 5K Run/Walk - 5K</b> <b>Franke Park- Pavilion #1: 3411 Sherman Boulevard, Fort Wayne, IN</b> <i>Contact:</i> Marni Mastbaum, 11123 Parkview Plaza Drive, Suite 206/ Fort Wayne, IN 46845, (260) 672-6570/ Fax: (260) 672-6571 <i>Email:</i> <a href="mailto:mmastbaum@arthritis.org">mmastbaum@arthritis.org</a> <i>Web site:</i> <a href="http://jbrfortwayne.kintera.org/faf/home/default.asp?ievent=429125">http://jbrfortwayne.kintera.org/faf/home/default.asp?ievent=429125</a> Registration: <a href="http://jbrfortwayne.kintera.org/faf/home/default.asp?ievent=429125">http://jbrfortwayne.kintera.org/faf/home/default.asp?ievent=429125</a>
Nov 13,2010 8am Sat <u>Register Online!</u>	<b>Veterans Marathon (1500 Field Limited) - 5K,13.1M &amp; 26.2M</b> <b>Columbia City, Columbia City, IN</b> <i>Contact:</i> Gary Bird, 670 West Keiser Road Columbia City IN 46725, 260-244-4408 <i>Info/Fees:</i> Located in the heart of northeast Indiana, Columbia City is a small-town community with true Hoosier values. It's a community rooted in its agricultural heritage, strengthened by its commercial and residential development, and proud of its hometown heroes. In honor of those heroes and soldiers throughout the state and nation, the Columbia City Parks and Recreation Department, Time-to-Run professional chip timers, and long-time race director Gary Bird have teamed up to for the 2nd annual Veterans Marathon and Half-Marathon, new this year is th 5K. Only 20 miles west of Fort Wayne along US Highway 30, Columbia City is easy to find, easy to get to, easy to appreciate, and easy to enjoy. We can't promise the race is easy to run, but we promise you'll have fun. Come experience the challenge and excitement of running the Veterans Marathon,Half-Marathon and 5K Run/Walk and do so in honor of America's veterans. You'll be glad you did. Honor Veterans! <i>Email:</i> <a href="mailto:garylbird@earthlink.net">garylbird@earthlink.net</a> <i>Web site:</i> <a href="http://www.veteransmarathon.com/">http://www.veteransmarathon.com/</a> Registration: <a href="http://www.runrace.net/findarace.php?id=09317IN">http://www.runrace.net/findarace.php?id=09317IN</a>
Nov 20,2010 11am Sat <u>Brochure</u>	<b>Turkey Trot X-C (FWTC Points Race) - 5K</b> <b>Fox Island County Park, Fort Wayne, IN</b> <i>Contact:</i> Brett Hess or Bill Harris, 260-657-5012, <a href="mailto:bharris@mossharris.com">bharris@mossharris.com</a> , Fort Wayne Track Club, PO Box 11703, Fort Wayne, IN 46860-1703, 260-437-9660 <i>Info/Fees:</i> See Attached Brochure <i>Email:</i> <a href="mailto:superhess@msn.com">superhess@msn.com</a> <i>Web site:</i> <a href="http://www.fwtc.org">http://www.fwtc.org</a>

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

# Fall for the Super Three

## *Potassium, Vitamin A and Fiber a super combo*

Some foods have potassium and some do not. Some foods have vitamin A and some do not. Some foods have fiber and some do not. Butternut squash, pumpkin, and the sweet potato have all these plus much more like phytochemicals!! Fall for these nutrient packed bargains.

They are especially extremely rich in the health enhancing nutrients potassium, vitamin A, and phytochemicals.

Many everyday body functions depend on them.

### **Potassium Body Benefits:**

1. Maintenance of proper cellular fluid balance.
2. Achieving and maintaining proper muscle contraction and relaxation.
3. Achieving and maintaining proper nerve functions.

\*RDI Per Day: 4700 mgs.

### **Vitamin A Body Benefits:**

1. Achieving and maintaining proper vision.
2. Achieving and maintaining proper immune system.
3. Development of epithelial tissues

\*RDI Per Day: 5000 IU

### **Phytochemical (plant chemicals)**

#### **Body Benefits:**

1. Anti-cancer and anti-heart disease.
2. Achieving and maintaining proper immune system.
3. Protection from harmful free radicals.
4. Carotenoids (found in squash, pumpkin, and the sweet potato) reduce risk for macular degeneration.

As fitness enthusiasts we enjoy treating ourselves to regular walks and runs year round. Let's do the same with nutritious food and beverages.

Think orange when grocery shopping! Buy butternut squash, pumpkin and sweet potatoes...the fall super 3. They and other very colorful foods will give the mind and body what is needed for top performances and overall health.

Best, Judy!

### ***Adding butternut squash, pumpkin, sweet potato***

Such great news! Butternut squash, pumpkin and the sweet potato frequently deserve a place on our meal plates. Yet, the challenge is often...What to do with them? How to make them a part of the meals and snacks? No problem! Look over these ideas here!

1. Add pumpkin to muffin or quick bread recipes (1/2-3/4 cup pumpkin to a recipe that makes 12 muffins).
  2. Add pumpkin to hot cereals (stir 2-4 tablespoons of pumpkin into hot oatmeal or cream of wheat).
  3. Add pumpkin to tomato chili (stir 1 cup pumpkin into 3 cups favorite chili).
  4. Add pumpkin to favorite jarred or home-made pasta sauce (1 cup pumpkin into 3 cups pasta sauce).
  5. Combine pumpkin with applesauce (stir 3-4 tablespoons of pumpkin into 1/2 cup of applesauce).
  6. Add pumpkin to puddings.
  7. Roast or grill sliced pumpkin with other vegetables like mushrooms, green peppers, turnips or carrots.
  8. Bake sliced pumpkin till slightly toasted.
  9. Add pumpkin to a smoothie recipe.
  10. Add sliced or cubed pumpkin to a chicken, pork, or beef stew.
  11. Add sliced or cubed pumpkin to stuffing mixes.
  12. Just enjoy pumpkin itself. Peel, slice and then either bake, grill or boil till its tender.
- \*For any of these ideas, butternut squash or a sweet potato can be used in place of pumpkin.

### **Pumpkin Tomato Chili**

#### **Ingredients:**

1 tsp olive oil  
2lb extra lean ground turkey breast  
1 red pepper, diced  
1 onion, diced  
2 cans dark red kidney beans, rinsed and drained  
5 1/2 C tomato juice, use no salt if desired  
2-14 oz cans no salt, peeled and diced tomatoes, with juice  
1 1/4 C canned pumpkin

#### **Directions:**

Add oil to a large pot and cook the ground turkey on high heat until browned. Stir to cook meat evenly. Stir in red pepper, onion and cook for about 5 minutes. Stir in beans, tomato juice, diced tomatoes, pumpkin puree and maple syrup. Season with pumpkin pie spice, chili powder and/or nutmeg if desired. Simmer for one hour and then serve.

### **Oven Sweet Potatoes**

#### **Ingredients:**

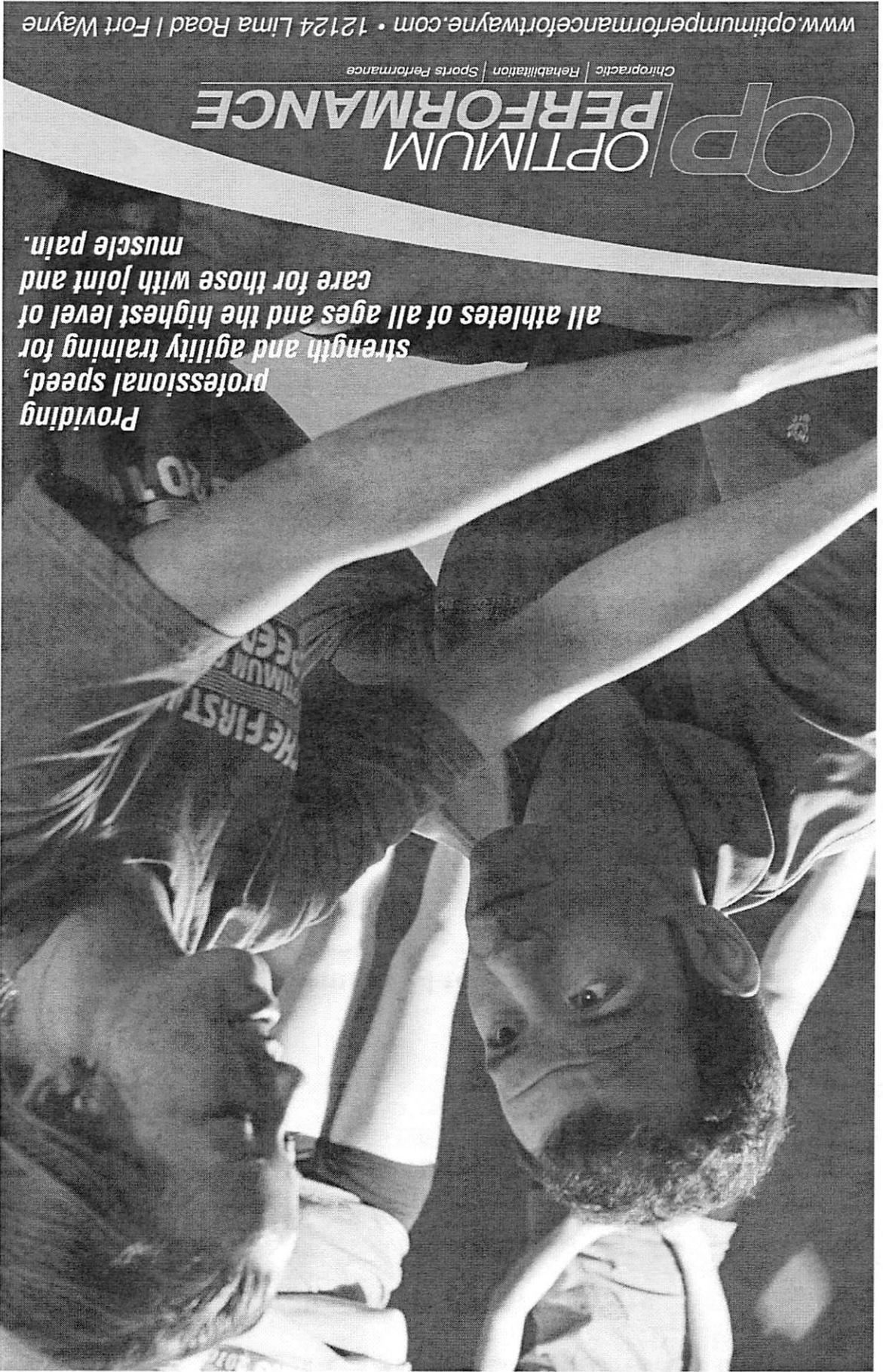
1 large sweet potato, peeled and cut into slices or wedges  
2 tsp canola oil  
1/4 tsp salt, optional  
Pinch cayenne pepper

#### **Directions:**

Preheat oven to 450°F. Toss sweet potato wedges with oil, salt, and pepper. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total. Serve at a meal or have as a snack.

*^Submitted by Sara Simpson, IPFW Psychology Department*

*<Source: Kachmann Mind and Body Institute.*



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# OP OPTIMUM PERFORMANCE

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# Cole, Ade win Harlan Days 10K titles

## 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	Ashley Ade	Fort Wayne IN	535	25	17	39:29.1	6:22/M

## Female 19 to 23

<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	Brittany Taylor	Hicksville OH	543	20	94	1:04:05.3	10:20/M
2	Jackie Juras	Fort Wayne IN	528	21	99	1:05:04.2	10:30/M

## Female 24 to 30

<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	Jenny Robinson	Fort Wayne IN	286	30	32	43:30.0	7:01/M
2	Jasmine Foust	Columbus OH	264	28	101	1:07:53.4	10:57/M
3	Trish Lake	New Haven IN	283	27	115	1:21:09.9	13:05/M
4	Charity Metcalf	Grabill IN	598	30	119	1:29:48.0	14:29/M

## Female 31 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	288	38	41	45:22.7	7:19/M
2	Katie Webb	Fort Wayne IN	575	31	54	48:58.5	7:54/M
3	Jennifer Fosnaugh	Fort Wayne IN	573	31	58	49:46.9	8:02/M
4	Kelly Kelly	Fort Wayne IN	296	38	69	53:18.9	8:36/M
5	Trisha Grohelski	Fort Wayne IN	272	35	73	55:21.1	8:56/M
6	Melinda Castle	Monroeville IN	558	32	78	57:18.8	9:15/M
7	Aimee Cretsinger	Churubusco IN	531	38	97	1:04:34.8	10:25/M
8	Janell Fuller	New Haven IN	265	38	98	1:04:36.6	10:25/M
9	Mary Diehl	Auburn IN	293	38	103	1:11:04.2	11:28/M
10	Heather Sipe	Fort Wayne IN	282	39	104	1:11:21.0	11:30/M
11	Jennifer Deckard	Fort Wayne IN	541	34	109	1:13:54.8	11:55/M
12	Nicole Singer	Spencerville IN	290	34	114	1:21:09.9	13:05/M

**HARLAN DAYS 10K RESULTS**

13	Rebekah Thomas	Fort Wayne	IN	588	33	116	1:28:37.0	14:18/M
14	Samantha Drudge	Fort Wayne	IN	586	31	117	1:28:45.6	14:19/M
15	Colleen Krohn	New Haven	IN	599	31	118	1:29:47.7	14:29/M

**Female 40 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	Paula Henry	Fort Wayne	IN	568	41	36	44:21.0	7:09/M	
2	Tracy Brooks	Fort Wayne	IN	507	41	42	45:58.7	7:25/M	
3	Julie Dinger	Leo	IN	475	45	48	46:39.3	7:31/M	
4	Deanna Cruz	Fort Wayne	IN	517	47	82	58:23.9	9:25/M	
5	Mae Miller	Harlan	IN	549	45	85	58:54.3	9:30/M	
6	Susan Morgan	Fort Wayne	IN	515	41	88	1:02:14.8	10:02/M	
7	Tracy Smallwood	Fort Wayne	IN	266	42	96	1:04:32.5	10:25/M	
8	Cheryl Shaw	Fort Wayne	IN	285	42	100	1:05:15.5	10:31/M	
9	Derinda Smith	Fort Wayne	IN	530	49	105	1:11:54.5	11:36/M	
10	Laura McFarland	Fort Wayne	IN	529	49	106	1:11:54.7	11:36/M	
11	Robin Strasser	Leo	IN	527	47	107	1:13:45.7	11:54/M	
12	Joy Geiger	Harlan	IN	576	43	108	1:13:45.7	11:54/M	
13	Dawn Widdifield	Harlan	IN	509	44	111	1:13:56.5	11:55/M	

**Female 50 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	Helen Best	New Haven	IN	299	51	79	57:47.8	9:19/M	
2	Ann Linson	Fort Wayne	IN	562	53	86	59:11.2	9:33/M	
3	Cheryl Stromski	Antwerp	OH	593	54	89	1:02:26.4	10:04/M	

**Female 60 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	Sarah Kleinknight	Fort Wayne	IN	577	67	110	1:13:56.3	11:55/M	

# Harlan Days 10K results continued

## 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 Cole	Corunna IN	510	35	1	33:51.3	5:28/M

## Male 14 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	Derek Gloudemans	Fort Wayne IN	563	14	33	43:37.9	7:02/M

## Male 15 to 18

<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	Cody Sengthong	Fort Wayne IN	546	18	11	38:04.5	6:08/M
2	Luke Miller	Fort Wayne IN	561	16	12	38:13.4	6:10/M
3	Daniel Niezer	Fort Wayne IN	569	18	13	38:24.5	6:12/M
4	Mike Gloudemans	Fort Wayne IN	564	17	14	38:40.7	6:14/M
5	Justin Fuelling	New Haven IN	512	15	40	45:16.3	7:18/M

## Male 19 to 23

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Thomas Crum	Fort Wayne IN	557	23	4	36:49.8	5:56/M
2	Chris Christoff	Fort Wayne IN	554	19	7	37:22.0	6:02/M
3	Alex Weaver	Rochester IN	545	19	9	37:53.2	6:07/M
4	Logan Brenneke	Woodburn IN	597	20	23	41:37.3	6:43/M
5	Justin Gould	Fort Wayne IN	551	23	30	43:24.1	7:00/M

## Male 24 to 30

<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	Jimmy Dueling	Fort Wayne IN	513	24	2	35:39.0	5:45/M
2	Brandon Talbert	Bluffton IN	520	26	3	35:45.6	5:46/M
3	Grant Stieglitz	Fort Wayne IN	270	25	8	37:30.7	6:03/M
4	Mark Doepner	Fort Wayne IN	548	28	16	39:03.6	6:18/M
5	Dashon Smith	Fort Wayne IN	550	24	18	39:29.7	6:22/M

**HARLAN DAYS 10K MENS RESULTS continued**

6	Dan Schaber	Harlan IN	508	26	22	41:26.6	6:41/M
7	Jonathon Gottschalk	Fort Wayne IN	596	29	28	42:49.0	6:54/M
8	Nate Heim	Winona Lake IN	262	25	35	44:10.9	7:07/M
9	Bret Miller	Harlan IN	571	28	83	58:29.6	9:26/M
10	James Lane		592	25	91	1:03:02.9	10:10/M
11	Greg Munster	Harlan IN	567	25	92	1:03:10.0	10:11/M

**Male 31 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	Eric Ade	Fort Wayne IN	533	31	5	36:49.9	5:56/M
2	Chris Kaufman	Fort Wayne IN	538	34	10	38:00.2	6:08/M
3	Matt Carney	Fort Wayne IN	578	36	20	39:39.7	6:24/M
4	Andrew seal	Fort Wayne IN	478	35	25	42:08.6	6:48/M
5	William Landgraf	Fort Wayne IN	539	39	34	43:56.0	7:05/M
6	Dwayne Botttoms	Woodburn IN	536	35	46	46:28.0	7:30/M
7	Todd Harriman	Fort Wayne IN	518	38	56	49:36.0	8:00/M
8	Michael Mabee	Fort Wayne IN	552	34	57	49:38.4	8:00/M
9	Kevin Thomas	Fort Wayne IN	587	35	60	51:16.8	8:16/M
10	Matt Lee	Fort Wayne IN	594	32	61	51:36.6	8:19/M
11	Craig Dyer	Harlan IN	457	37	63	51:39.3	8:20/M
12	Jason Paxon	Fort Wayne IN	284	33	67	52:30.6	8:28/M
13	Ben Schrock	Grabill IN	542	35	71	54:44.2	8:50/M
14	Rodney Martin	New Haven IN	298	36	75	56:46.3	9:09/M
15	Jerriah Miller	Fort Wayne IN	519	35	76	56:52.7	9:10/M
16	Jeremy Sessions	Yoder IN	565	34	113	1:15:58.4	12:15/M

**Male 40 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	Jon Beasley	Fort Wayne IN	560	45	21	41:02.5	6:37/M

# Harlan Days 10K results continued

2	Mark Beals	Fort Wayne	IN	268	48	24	41:57.8	6:46/M
3	Rick Grieze	Fort Wayne	IN	479	46	27	42:26.8	6:51/M
4	Mark Walter	Garrett	IN	267	45	29	42:59.7	6:56/M
5	Matt Scott	Warsaw	IN	287	41	39	45:01.5	7:16/M
6	John Christensen	Fort Wayne	IN	595	41	43	46:09.3	7:27/M
7	Brad Stoffer	Fort Wayne	IN	540	40	44	46:18.1	7:28/M
8	Joe Savina	Ft. Wayne	IN	566	42	45	46:25.9	7:29/M
9	Randy Moeller	Fort Wayne	IN	291	48	47	46:36.0	7:31/M
10	John Rumpz	Fort Wayne	IN	281	41	53	48:51.7	7:53/M
11	Dave Millhouse	Fort Wayne	IN	572	44	55	49:35.6	8:00/M
12	Cecil Wallace	Harlan	IN	523	44	62	51:39.0	8:20/M
13	John Klingengerger	Fort Wayne	IN	522	43	64	51:45.6	8:21/M
14	Reggie Cretsinger	Churubusco	IN	532	40	66	52:16.0	8:26/M
15	Mark Handerson	Spencerville	IN	547	43	77	57:08.5	9:13/M
16	Pete Leblanc	Fort Wayne	IN	476	42	84	58:52.8	9:30/M

## Male 50 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	Dan Lillyman	Mahomet	IL	537	54	6	37:11.8	6:00/M
2	Brad Altevogt	Fort Wayne	IN	458	55	15	38:50.6	6:16/M
3	Carl Hansen	Auburn	IN	511	54	19	39:30.7	6:22/M
4	Gary Schmunk	Antwerp	OH	297	55	26	42:11.0	6:48/M
5	Philip Winkler	Fort Wayne	IN	570	58	37	44:32.0	7:11/M
6	Jed Pearson	Fort Wayne	IN	556	59	38	44:34.1	7:11/M
7	Joe Kableys	Auburn	IN	600	52	49	48:09.0	7:46/M
8	Terry Wooster	Angola	IN	292	53	51	48:22.2	7:48/M
9	David Heim	Leo	IN	261	57	52	48:27.2	7:49/M
10	Chuck Freck	Fort Wayne	IN	521	51	65	52:02.2	8:24/M

**HARLAN DAYS 10K RESULTS CONTINUED**

11	Jerry Gordon	Fort Wayne	IN	525	50	68	53:10.6	8:35/M
12	Rick Knuth	Fort Wayne	IN	591	51	70	53:27.4	8:37/M
13	John Heim	Fort Wayne	IN	473	52	72	55:10.0	8:54/M
14	Terry Foust	Antwerp	OH	263	56	74	55:49.9	9:00/M
15	John McPherson	Fort Wayne	IN	294	57	81	58:22.7	9:25/M
16	Dan Bossard	Monroeville	IN	526	59	90	1:02:39.4	10:06/M

**Male 60 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	Roger Kingsbery	Fort Wayne	IN	477	61	31	43:27.1	7:00/M	
2	Harry Ausderan	Bowling Green	OH	559	61	59	50:10.3	8:05/M	
3	John Brier	Fort Wayne	IN	269	65	87	1:00:39.9	9:47/M	
4	Larry Piano	Fort Wayne	IN	289	62	93	1:04:02.0	10:20/M	
5	David E Boylan	Fort Wayne	IN	553	67	95	1:04:11.1	10:21/M	
6	Robert Lawson	Fort Wayne	IN	544	63	102	1:09:33.7	11:13/M	
7	Steve Ostheimer	New Haven		574	60	112	1:15:13.6	12:08/M	

**Male 70 and over**

<u>Place</u>	<u>Name</u>	<u>City</u>		<u>Bib No</u>	<u>Age</u>		<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	William Schmidt	Fort Wayne	IN	514	75	50	48:12.7	7:46/M	
2	Dick Harnly	Fort Wayne	IN	555	72	80	58:02.8	9:22/M	

**BRETT HESS  
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*Brett Hess, Principal*

Home-Auto-Business-Life-Health



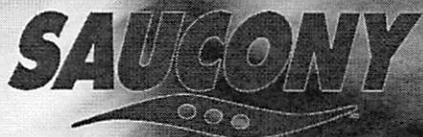
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# Robinson, Champion are Parlor City champs

## 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	Jenny Robinson	Fort Wayne IN	373	30	6	1:10:17.8	7:02/M
2	Erin Brady	Fort Wayne IN	335	39	11	1:15:02.4	7:30/M
3	Annelise Lehman	Fort Wayne IN	360	24	15	1:16:29.7	7:39/M

## Overall Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amy Bechtold	South Whitley IN	327	43	28	1:26:00.4	8:36/M
2	Katie Carpenter	Fort Wayne IN	338	41	31	1:29:44.8	8:58/M
3	Lisa Imbody	Bluffton IN	353	41	35	1:31:31.2	9:09/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	Kara Ballinger	Fort Wayne IN	325	24	48	1:38:41.1	9:52/M
2	Malinda Shelley	Markle IN	378	21	67	1:52:38.0	11:16/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	Diana Fox	Berne IN	346	28	16	1:16:39.3	7:40/M
2	Tasha Farris	Columbia City IN	345	25	39	1:34:09.7	9:25/M
3	Angela LaMar	Warren IN	356	26	70	2:11:10.0	13:07/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	Jennifer Fosnaugh	Fort Wayne IN	395	31	27	1:25:08.6	8:31/M
2	Brandy McDevitt	Columbia City IN	362	33	36	1:31:38.2	9:10/M
3	Lori Bantz	Portland IN	326	30	41	1:34:23.6	9:26/M
4	Lisa Mills	Decatur IN	403	34	43	1:34:48.2	9:29/M
5	Tabitha Suman	Bluffton IN	383	34	46	1:36:48.9	9:41/M
6	Heather Berkshire	Fort Wayne IN	331	32	52	1:40:44.9	10:04/M
7	Karen Bender	Roanoke IN	330	34	56	1:43:42.3	10:22/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	Lindsay Zimmer	Craigville IN	401	35	19	1:17:35.4	7:46/M
2	Kelly Kelly	Fort Wayne IN	391	38	30	1:29:03.2	8:54/M
3	Allison Brown	Columbia City IN	336	36	42	1:34:46.3	9:29/M
4	Becky Ruble	Decatur IN	404	37	47	1:37:54.5	9:47/M
5	Kelly Cady	Bluffton IN	337	35	51	1:40:04.2	10:00/M
6	Nikki Hensel	Fort Wayne IN	350	39	58	1:43:53.0	10:23/M
7	Janell Fuller	New Haven IN	347	38	60	1:48:12.4	10:49/M
8	Lisa Beck	Bluffton IN	328	35	73	2:18:28.2	13:51/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	Susan Morgan	Fort Wayne IN	367	41	57	1:43:42.4	10:22/M
2	Tracy Smallwood	Fort Wayne IN	379	42	61	1:48:16.8	10:50/M
3	Cheryl Shaw	Fort Wayne IN	377	42	62	1:49:11.2	10:55/M
4	Liz Craker	Fort Wayne IN	341	44	72	2:17:22.9	13:44/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	Joy Dunno	Decatur IN	344	49	40	1:34:21.1	9:26/M
2	Deanna Cruz	Fort Wayne IN	342	47	49	1:39:38.4	9:58/M
3	Tina Bennett	Fort Wayne IN	402	45	54	1:41:24.0	10:08/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	Julianne Houser	Fort Wayne IN	352	50	38	1:33:18.3	9:20/M
2	Ann Linson	Fort Wayne IN	361	53	53	1:41:15.2	10:08/M
3	Mary Voors	Fort Wayne IN	384	54	71	2:16:49.9	13:41/M
4	chris Cossairt	Markle IN	340	53	74	2:18:28.3	13:51/M
5	Louise Reynolds	Monroe IN	372	53	75	2:18:53.0	13:53/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	369	64	45	1:35:39.0	9:34/M
2	Barbie Scrogam	Fort Wayne IN	376	63	59	1:44:05.7	10:25/M

**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	Jon Champion	Fort Wayne IN	398	34	1	1:03:56.0	6:24/M
2	Grant Stieglitz	Fort Wayne IN	381	25	2	1:05:07.4	6:31/M
3	Ed Reinhard	Poneto IN	371	52	3	1:09:30.5	6:57/M

**Overall Male Masters Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Rick Grieze	Fort Wayne IN	348	47	4	1:09:40.5	6:58/M
2	Gary Schmunk	Antwerp OH	374	55	5	1:10:17.0	7:02/M
3	Roger Kingsbery	Fort Wayne IN	355	61	8	1:11:39.2	7:10/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	Trey Williams	Ossian IN	387	19	23	1:22:22.8	8:14/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	Ryan Detzner	Fort Wayne IN	389	25	17	1:16:56.7	7:42/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	Matt Bertsch	Bluffton IN	332	34	12	1:15:19.6	7:32/M
2	Nick Bertsch	Decatur IN	333	30	32	1:30:10.7	9:01/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	William Landgraf	Fort Wayne IN	392	39	7	1:11:16.7	7:08/M
2	William Langin	Fort Wayne IN	358	35	22	1:21:32.4	8:09/M
3	Jason Bender	Roanoke IN	329	35	29	1:27:24.8	8:44/M
4	Jerriah Miller	Fort Wayne IN	365	35	34	1:30:59.1	9:06/M
5	Todd Werling	Fort Wayne IN	385	37	44	1:35:20.2	9:32/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	Todd Findley	Fort Wayne IN	394	40	9	1:12:10.5	7:13/M
2	Matt Scott	Warsaw IN	375	41	13	1:15:20.5	7:32/M
3	Brad Stoffer	Fort Wayne IN	382	40	18	1:16:59.6	7:42/M
4	Mike Burch	Ossian IN	388	43	50	1:39:57.5	10:00/M
5	John McGauley	Fort Wayne IN	363	42	63	1:49:37.7	10:58/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	Randy Moeller	Fort Wayne IN	366	49	20	1:18:19.4	7:50/M
2	Rob Williams	Ossian IN	386	45	24	1:22:22.9	8:14/M
3	Mike Wemhoff	Fort Wayne IN	396	49	26	1:25:00.6	8:30/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	Chuck Brown	Bluffton IN	399	54	10	1:13:50.9	7:23/M
2	John Heim	Fort Wayne IN	349	52	25	1:24:26.6	8:27/M
3	jeffery Dearing	Fort Wayne IN	343	54	33	1:30:27.5	9:03/M
4	Rick Knuth	Fort Wayne IN	397	52	37	1:32:11.6	9:13/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	370	56	14	1:15:33.4	7:33/M
2	John David McPherson	Fort Wayne IN	364	57	55	1:41:41.0	10:10/M
3	Dan Bossard	Monroeville IN	334	59	66	1:51:28.4	11:09/M
4	Ray Paxson	Markle IN	400	56	68	1:54:00.0	11:24/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	Rich Stephenson	Monroeville IN	380	63	64	1:49:49.6	10:59/M
2	Robert Lawson	Fort Wayne IN	359	63	69	2:04:07.6	12:25/M

**Male 65 and over**

- 9-4-2010 - Paulon City TROT

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ray Casiano	New Haven IN	339	67	21	1:18:35.7	7:52/M
2	Don Lindley	Fort Wayne IN	393	66	65	1:49:59.5	11:00/M

FORT WAYNE *J.P. Jones*



# Just Plain 10K and 3.3K Run/Walk

Saturday December 4th, 2:00 pm

Foster Park-south end of Hartman Rd., Fort Wayne, IN

\* Bring a gift wrapped t-shirt(s) with size marked on the outside.

Bring as many wrapped t-shirts as you wish.

T-shirts will be donated to needy children and teens.

\* FREE! No entry fee.

\* No toilet facilities.

\* No awards...low key event.

\* Homemade soup and other refreshments for everyone.

\* All finishers will receive a honey bear.



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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age (day of race) \_\_\_\_\_ Sex \_\_\_\_\_

Email \_\_\_\_\_

Liability Waiver: I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For the safety of others, I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Fort Wayne Track Club, Fort Wayne Parks and Recreation, RRCA and all of their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature (if under 18 years) \_\_\_\_\_

Date \_\_\_\_\_

## **FWTC Board of Directors Minutes of Meetings: October 13**

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

**Beginning.** Meeting called to order 7:00 and Mac McAvoy gave the devotion.

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

**Treasurer's report.** Treasurer's Report was approved as submitted. The Club has a balance of approximately \$33,000.00 in its accounts.

October meeting snacks/devotion. Snacks: Mac McAvoy. Devotion: Casey Shafer.

### **OLD BUSINESS:**

1. **Newsletter.** Coming next week according to Brett. Bill to talk to Brett about pushing next issue out in order to inform members of two important club issues: Membership renewal and banquet registration/brochure.
2. **2011 and 2012 Banquets:**
  - a) Brochure for banquet coming in 4-6 weeks. Jim recommends \$15 member/\$20 non-member, Casey recommends \$10 student. Judy discusses issue with middle class income of most members in club. Discussion on membership costs vs. banquet costs vs. club revenues ensues. Club approves Jim's amended motion to do banquet costs of \$10 members/\$20 non-members, with a potential to increase costs in future years as club costs get more expensive in comparison to revenue changes in the club.
  - b) Brett Hess nominated to create a top 10 list for potential FWTC runner of the year award for banquet. Club will vote down to 3 candidates as done in previous year.
  - c) Race directors of FWTC events encouraged to donate door prizes for banquet. Minimum of 1 entry per FWTC points race donation. Mac also working on a Frank Shorter door prize.
  - d) Jim Berry offered to host a Sunday brunch run for Shorter at his house.
3. **Club Tent:** Mac reported on looking for cheaper versions of a tent on Ebay.
4. **Chip Timing and Equipment Sale:** Dave signed document and Bill is sending the final copy. Jim was paid the \$300 and Dave is now committed to two years of seven races a year.
5. **Requests for Equipment Waiver:**
  - a) Request for Canterbury Tin Can 5k waiver fee. Club voted to waive fee minus \$30 equipment manager fee to recoup cost.
  - b) Request for 1/2 waiver for Jorgenson Y race, Oct 30. Club voted to trade half waiver for 3 month membership door prize for the 2011 FWTC Banquet.
6. **Report on New Races:** Jon Beasley reported on new race to replace Warbird 10k. May 21st race with sponsors and business plan to make successful. Asked to be recommended as a points race for 2011. Needs help with ideas for race course and/or help finding business contacts for post race party downtown.

### **NEW BUSINESS:**

1. **Election of Board Members:** Judy reported on nominations of new board members: Tracy Brooks declined nomination; Barry Peterson, Rick Knuth, Jon Beasley, Erin Brady, Barb Richardson accepted nominations; and still waiting on response from Roland Perez, Joe Klinder, Chad Ware, Tim Hamilton, Linda Wyss, Chuck Deford, Angie Lockwood, Cheryl Stromski, and Roger Wilson.
  2. **Points Race Approval:** November meeting start process for approving points races for 2011. Recommended to only approve races that support the club with time (volunteering and/or on board) or money.
  3. **Memberships:** Casey volunteered to be a liaison for club membership contact and entry since Kathy is no longer involved with the FWTC. Club looking for disk with newly registered members from dates 6-1-10 through current to make sure all new members are accounted for and updated.
  4. **Race Reports:** Judy reported on JP 10k for coming month. Requested for approval for FWTC 2011 points series race.
  5. **FWTC Meeting location:** Jim motioned for future club meetings to be held at his new offices during the winter months and construction time at IPFW. An email will be circulating to board members informing of the new location.
- Adjourn.** The meeting adjourned at 9:00 pm.
- Next Meeting.** The next meeting of the FWTC Board of Directors will be November 10th, at 7:00 pm (6:45 social ¼ hour). Look for email regarding new location in the coming weeks.

## Fort Wayne Track Club 2010 Award Nomination Form

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

**Nomination deadline is January 7, 2011**

### Award Categories:

#### 1. Spirit of Running Award

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

Nomination: \_\_\_\_\_

#### 2. Volunteer of The Year

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

Nomination: \_\_\_\_\_

#### 3. Golden Shoe Award

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

Nomination: \_\_\_\_\_

#### 4. President's Award

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

Nomination: \_\_\_\_\_

Please send nominations to [Tillapau@ipfw.edu](mailto:Tillapau@ipfw.edu) or mail to  
J.Tillapaugh  
4635 Indiana Ave.  
Fort Wayne, Indiana 46807

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Running Therapist  
Tom Seifert  
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## **FWTC Board of Directors Minutes of Meetings: September 8**

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

**Beginning.** Meeting called to order 7:00 and Mac McAvoy gave the devotion. □

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

**Treasurer's report.** Treasurer's Report was approved as submitted. The Club has a balance of approximately \$32,500.00 in its accounts.

**October meeting snacks/devotion.** Snacks: Robin Dombrowski. Devotion: Mac McAvoy.

### **OLD BUSINESS:**

1. **Newsletter.** No report.

2. **2011 and 2012 Banquets:** Judy Tillapaugh submitted a contract for the Jan. 30, 2011 banquet at the Fort Wayne Marriott, featuring Frank Shorter. The board unanimously approved the contract with the Marriott. The cost for the Club will remain the same as last year, \$18 per person, all inclusive. The capacity at that facility is 400. Mac also reported on his efforts to obtain a guest speaker for 2012. The Board encouraged Mac to attempt to obtain Kara Goucher as the guest speaker.

3. **Club Tent:** Discussion deferred to next month.

4. **Chip Timing and Equipment Sale:** Craig Bobay will tweak the Purchase/ Sale Agreement between the Club and Dave Devoe, where Dave will pay the FWTC cash and will provide timing for the Club without charge for at least 7 specific races for each of the next 2 years in exchange for the Club's electronic chip timing equipment. This sale should be final by the next Board meeting.

### **NEW BUSINESS:**

1. **Election of Officers:** Judy reported that Kathy Burner resigned from the Board, and Tim Claxton withdrew his nomination. The following FWTC officers were unanimously elected for 2011-2012 term: President: Mac McAvoy; Vice President: Craig Bobay; Secretary Casey Shafer; Co-Treasurers: Jim Berry and Robin Dombrowski.

2. **New FWTC Board Members:** Judy and the committee will seek nominations for new Board membership, with a slate to be firm by Nov. 1, and selection of new Board members to occur at the Nov. 10 Board meeting.

3. **Club Computers:** Mac reported that Dave Devoe had a young man correct/repair 2 Club computers. The Board approved a note of thanks and giving the young man a gift certificate for his efforts.

4. **Fort For Fitness Expo Booth:** Judy asked Board members to help at the FWTC Fort For Fitness Expo booth. Bill, Mike, Jim, and Craig volunteered.

5. **Membership Application:** At Judy's request, the Board approved changes to the Club membership application.

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

**NORTHEAST INDIANA RACE CALENDAR** (more races on Page 5)

Nov 25,2010 8am Thur	<p><b>FWTC's Mazock's 34th Thanksgiving Day Run - Almost 6 miles</b> Emerald Lake subdivision, off Covington Rd, Fort Wayne, IN <i>Contact:</i> Jerry Mazock, 2828 Emerald Drive, Fort Wayne, IN 46804, 260-432-4755 <i>Info/Fees:</i> FWTC longest continuance run. No entry fee. No Awards, No Splits Also, Old coffee and stale donuts! Then come back and enjoy the evening while Jerry plugs in the spectacular thousands of lights! <i>Email:</i> <a href="mailto:foxdanadog@hotmail.com">foxdanadog@hotmail.com</a></p>
Nov 25,2010 8am Thur	<p><b>6th Annual Pathfinder Kids Kampus Turkey Trot 5K Run/Walk - 5K &amp; Fun Run</b> McDonald's on 60 Home Street, Huntington, IN <i>Contact:</i> Kids Kampus, 435 Campus St., Huntington, IN 46750, 260-356-0123 <i>Info/Fees:</i> Proceeds benefit the Kids Kampus Early Childhood Education Center. <i>Email:</i> <a href="mailto:jmeyer@pathfinderservices.org">jmeyer@pathfinderservices.org</a> <i>Web site:</i> <a href="http://www.kidskampus.org">http://www.kidskampus.org</a></p>
Nov 25,2010 8:30am Thu <a href="#">Brochure</a> <a href="#">Register</a> <a href="#">Online!</a>	<p><b>Galloping Gobbler 4 Miler - 4 miles</b> <b>University of St. Francis - Hutzell Athletic Center, Fort Wayne, IN</b> <i>Contact:</i> Mitch Harper, 5207 Hopkinton Dr Fort Wayne IN 46814, 260-436-4824 <i>Info/Fees:</i> \$15.00 entry. Packet pick-up on Wednesday night, November 24th from 6 to 8 PM at the Hutzell Center at St. Francis. Create a new family Thanksgiving tradition. Start from the campus of the University of St. Francis, then run approximately .5 mile to the entrance of the beautiful and historic Lindenwood Cemetery. Most of the race then takes place on the winding, wooded hills of the cemetery before exiting the cemetery and heading back to the start. Showers are available on campus; please bring your own towel. Route: You may view the route on the USATF mapping service at: <a href="http://www.usatf.org/routes/view.asp?rID=9656">http://www.usatf.org/routes/view.asp?rID=9656</a> <i>Email:</i> <a href="mailto:mitchvharper@gmail.com">mitchvharper@gmail.com</a> <i>Web site:</i> <a href="http://FortWayneGobbler.com">http://FortWayneGobbler.com</a> Registration: <a href="http://www.signmeup.com/70399">http://www.signmeup.com/70399</a></p>
Nov 27,2010 10am Sat <a href="#">Brochure</a>	<p><b>Rainbow Lake 5K - 5K</b> <b>Limberlost Cabin, Geneva, IN</b> <i>Contact:</i> Clint Anderson, 663 Sprunger Street, Berne, IN 46711, 260-589-2101 <i>Info/Fees:</i> Race field doubled from first year to second and we expect a similar surge this year. \$100 cash award to top overall male, \$100 cash award to top overall female, plus an additional \$100 cash award for setting a new course record (currently 15:18 for men and 17:37 for women). Second place cash award of \$50 to male and female runners-up. Expanded age group awards (14-under, 15-19, 20-29, 30-39, 40-49, 50-over) for male and female participants. \$15 registration fee with shirt for those registered by November 16; \$20 registration fee with shirt for those registering after November 16; \$10 registration with no shirt. Free food for all participants following the race. The Rainbow Lake 5K is proud to be the final race of the Adams County Community Foundation Run/Walk Challenge. <i>Email:</i> <a href="mailto:clint_anderson@bernetriweekly.com">clint_anderson@bernetriweekly.com</a></p>
Dec 04,2010 2pm Sat <a href="#">Register</a> <a href="#">Online!</a>	<p><b>Warsaw Jingle Bell Run for Arthritis 5K Run/ Walk - 5K</b> Winona Lake Senior Center: 1590 Park Avenue, Winona Lake, IN <i>Contact:</i> Marni Mastbaum, 11123 Parkview Plaza Drive, Suite 206/ Fort Wayne, IN 46845, 260-672-6570 <i>Email:</i> <a href="mailto:mmastbaum@arthritis.org">mmastbaum@arthritis.org</a> <i>Web site:</i> <a href="http://jinglebellrunwarsaw.kintera.org">http://jinglebellrunwarsaw.kintera.org</a> Registration: <a href="http://jinglebellrunwarsaw.kintera.org/faf/home/default.asp?ievent=429124">http://jinglebellrunwarsaw.kintera.org/faf/home/default.asp?ievent=429124</a></p>
Dec 18,2010 8am Sat <a href="#">Brochure</a> <a href="#">Register</a> <a href="#">Online!</a>	<p><b>14th Annual The Huff 50KM Trail Run - 50K, 3xRelay, &amp; 1 Loop Fun Run (10.8 Miles)</b> J.Edward Roush Lake - Kil-So-Quah Campground, Huntington, IN <i>Contact:</i> The Huff 50K c/o Mitch Harper, 5207 Hopkinton Dr, Fort Wayne, IN 46814, 260-436-4824 <i>Email:</i> <a href="mailto:mitchvharper@gmail.com">mitchvharper@gmail.com</a> <i>Web site:</i> <a href="http://www.HUFF50K.com">http://www.HUFF50K.com</a> Registration: <a href="http://www.signmeup.com/70398">http://www.signmeup.com/70398</a></p>



# THREE RIVERS RUNNING COMPANY

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

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

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

## **FWTC 2010 points race schedule**

### **FEBRUARY**

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

### **MARCH**

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

### **APRIL**

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

### **MAY**

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

### **JULY**

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

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

### **AUGUST**

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

### **SEPTEMBER**

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

### **OCTOBER**

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

### **NOVEMBER**

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

## RUNNING/TRAINING GROUPS IN THE FORT WAYNE AREA

### Saturdays

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

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

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

#### **Pr Training:**

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

#### **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).*

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(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)

# MOYA: Survives Pikes Peak

Then one day I got a message from an old friend from Ohio who saw a posting I made on Facebook about my upcoming Pikes adventure and mentioned that he had one of these tents he could let me use. BONUS! So I eagerly took him up on his generosity. The tent he had, had a max altitude setting of 10,000', I guess that was going to be better than nothing at all.

Week after week, month after month I was putting in more miles than I had in a long time. There was a three week span in July where I put in 101, 106, 103 miles/week and a total of 352 miles for that month. Since March my monthly total were as follows:

March 193...April 215...May 231...June 301...July 352

In June I ran the Sunburst Marathon in 3:17 just for kicks to measure my fitness. Good race on a hot day. In August I started to dial it down a notch in prep for race day on the 22<sup>nd</sup>.

## So goes my journey...

August 26<sup>th</sup> I left Fort Wayne on a 6:00am flight to Colorado Springs. I arrived at 11:15am. After getting my rental car, I proceeded make the short drive to Manitou Springs and do a little scouting. The only thing I could say when I got there and looked up at the peak was, "what have I got myself into?!" The peak looked so far away and so high. It was absolutely beautiful and downright frightening at the same time.

I got to meet up with an old friend from Indiana and run that afternoon. The next day I went back out to the trailhead and ran up about a mile and then back down, this is going to be harder than I thought. Saturday I met up with some other friends and watched the start of the Ascent and then drove with them to the peak and watched the first few hundred finishers struggle and wheeze to the summit. The air at the top was thin and it was around 45 degrees and the views of the surrounding Rockies were better than I've ever imagined. I can see how easily Katharine Lee Bates got the inspiration to write the song America the Beautiful after being there.

The following day came quick and I found myself lining up at the start line on a cool and crisp morning. It was around 63 degrees and warming up fast.

On August 22<sup>nd</sup> I set out to run a smart race. I'd be lying if I said I wasn't going out to run hard, but I knew that going out too

PIKES PEAK  
MARATHON  
FINISH



hard in the early stages of the race could mean certain disaster. My race would have to be exactly that, my race. The course immediately starts off at a 3% incline and gradually increases to around 16.5% around the 3<sup>rd</sup> mile then levels off around 12.5% until around the 7-1/2 mile mark where there is some actual downhill sections, but not for long. From the start through this section I went out very conservative knowing that if I went out too hard, I would surely blow a gasket once I hit the treeline.

Once you hit the treeline, around 12,000' (the section where trees and plants don't grow, because they can't) your right back to over 10%, then as you get closer to the summit, the incline increases to 12, then 13 then finally a 16% grind to the summit. This section was the hardest of the course and it was difficult in places just to keep your legs moving. The terrain goes from

pavement during the first mile, to loose gravel and the occasional root and rock, then to bigger rocks and more gravel, then to just mostly rocks and the occasional gravel.

My breathing really started to suffer after I hit 12,000'. The altitude tent can only do so much and I was above the max setting on the tent. I started getting nauseous and a splitting headache, and this would last from 12,000' all the way to the summit and back down to 12,000'.

As I approached the summit, the mountain erupted with cheers from a plethora of fans that gathered to watch the race and as terrible as I felt, the final switchbacks felt effortless with the ringing of claps and cheers echoing there support.

Once at the summit, I was glad to be going back down. It took about ten minutes, but I finally got my legs back. Below 10,000 feet the heat started to become a major factor. Granted mid-80's doesn't seem like crippling heat, but after 20 miles of Pikes Peak, it seems like the surface of the sun.

Although I had anticipated the heat and hydrated in preparation for the lower sections of the race, the heat and fatigue seem to affect my pace and balance. Approaching the Barr Camp Aid Station, I tripped somehow and ended up sliding down the mountain on my palms and hips. Minutes later I was again on the ground, this time on my forearms and my other hip on a rocky turn while smashing the back of my left hand on a rock.

The fall left me stunned for a few and bleeding from my left hand, but I again worked from slow steps back into a regular stride, this time the process taking a little more time. I stopped at the Barr Camp aid station and had them bandage up two of my fingers that were bloody and gashed. One of the aid station workers asked me if I wanted to continue, "Ah.. is the Pope Catholic?"

The last couple miles were an all out slugfest between my mind and my body, knowing that I was not physically or mentally firing on all cylinders. I finished with a smile on my face and blood scattered across my body in several places, but I couldn't help to think about what I could do next year to improve on this race.

For now that my journey up the mountain and back is complete, I'm going to take some time off, enjoy life and get hungry for maybe another shot next year.



Photo illustrations by Jed Pearson, RunIndiana.com



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