

The *New* Inside Track



FEBRUARY 2011 / MARCH 2011

A publication of the Fort Wayne Track Club

FWTC BANQUET

Hats off
To
Frank Shorter



2011 Banquet guest speaker Frank Shorter was all we could have expected and more. The '72 Olympic Gold Medalist signed every autograph, posed for a thousand pictures (see pages 16-19) and spoke eloquently. He had great advice for our young runners and shared incredible stories with our old-timers. Flip through the pages of this Inside Track for all your Frank Shorter coverage.

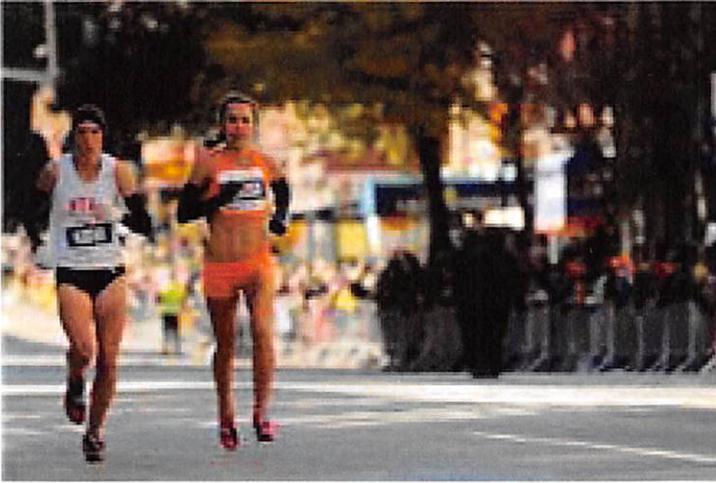
RACES

FACES

PACES

Fanny Freezer.....pg. 21 Nutrition & Wellness.....pg. 6 Race calendar.....pg. 5
Nutri-Run is on..... March 26 Race Report.....pg. 27 2011 Points Races.....pg. 9

Catching up with: Alissa McKaig



Alissa McKaig, the 2004 winner of the FWTC High School Distance Runner of the Year Award, is still running and running well. Over the past few months she has placed fifth at the U.S. Marathon Championships (in the New York City Marathon, left, orange singlet) and placed sixth at the USATF Cross Country Championships. The later qualified her for the U.S. team which will compete in the World Cross Country Championships March 20 in Spain.

McKaig won two state championships for Concordia High School (one each in cross country and track) before attending Michigan State where she was an NCAA All-American. She finished her collegiate career as a NAIA National Champion for Indiana Tech.

McKaig is now a professional runner training in North Carolina as part of Zap Fitness.

FWTC BANQUET: RUNNIN' WITH FRANK

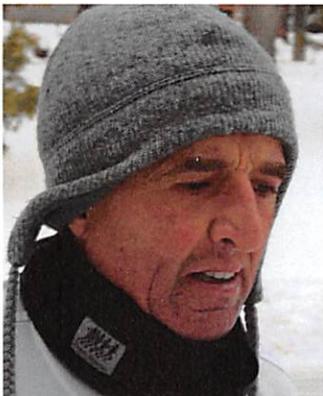


On the morning of the FWTC banquet, board members, sponsors, key contributors and local media met with Frank Shorter for a run and brunch.

Look inside for expansive coverage of the FWTC banquet complete with dozens of pictures, final points standings and results of the Chris Brown High School Distance Runners of the Year Awards.

Also, on page 20, read about Jim McKinnon, winner of The Spirit Award.

Photos by RunIndiana.com



The Prez says:

Looking back, looking forward

The annual FWTC banquet is perfectly positioned for us to look back and celebrate the year past and to look forward at the year to come. We invited another legend of the sport as our speaker and Frank gave us a great weekend of stories and remembrances.

The author John Brant was also with us that weekend and we invited him to all of our activities. Later, I received this email from John, "During a moment after the banquet on Sunday, Frank and I agreed that Ft. Wayne's running community was among the finest we'd seen...."

Great job, Fort Wayne Track Club!!

As for the looking forward, 2011 marks the 35th anniversary of the club. There have been a lot of changes with the club over the years, but there are also a good number of items that have remained the same (or will be returning). Case in point is the Hour Track Run that will be held at Concordia HS in mid-June. This was an event that was held annually but has not been around for maybe 15 years. Time to bring back the Golden Oldies!

Here are some additional items to look



President
Mac McAvoy

forward to:

1. DUES. This is not really new but just a sneaky way to remind everybody to check the mailing label on their newsletter. If the date 2010 is on the label then you need to renew now!

2. 2011 Points Series-some old races and some new. We have changed the scoring system (which usually occurs when a new volunteer steps forward to do the tabulations.)

Make sure you check out the rules and new prizes (which we have done before) including the Ironman and Iron-woman for those crazies that will do all of the events.

3. The website. Over the course of

the year, we plan to make various changes to the site. Eventually, like many things in our ever-changing world, we hope to make the website the center of all information regarding the FWTC. At this time, each of the club's races have their own printed information spread over the county.

4. The USATF Masters Track and Field Championships will be held in late July in Berea, Ohio (Baldwin-Wallace College). The FWTC board has allocated \$2,000 in order to take club members over to the event to compete. Details to follow but keep in mind several things:

You must be member of the USATF to compete. This can take a little bit of time so become a member now! Information can be found on the USATF website.

Masters age groups start at 35 years old.

No time qualifications are required. Yes, there will be some very fast individuals there but also folks running "mid-pack" times. Check out the past results on the website.

See you at the races!

Mac

From the editor: "The Inside Track" needs your contributions

By Brett Hess

When I took over the newsletter 18 months ago, it was a black-and-white publication filled with race results, a race calendar and not much else. I had grand plans to transform "The Inside Track" into a periodical worthy of our great club.

So I quickly introduced several changes such as adding color, digital photography and more articles including a race report

from a member. Also, we've sold some advertising ("THANK YOU" to our advertisers) so the cost has been partially under-written.

After 18 months, I can humbly say that this has been quite a challenge. I will be the first to admit that I'm an "idea guy" who is lacking a bit on the actual "doing" side of things. Many more of my ideas are still floating around in my head, unable

to be realized. And this is where you come in.

"The Inside Track" is the club's publication. It's not mine; it's not the board's. It is yours. And it needs your help if it is going to be a better product.

"The Inside Track" would benefit from more photos. So, if you take photos at a local race, send them in! We could also use more literary content, so if you would like to write a race report

or have a story idea, let me know. Finally, if you are a business owner or know a business that could benefit from the exposure of 400 households, let me know. I will gladly sell the advertising.

Also, if you have design skills (publisher, especially), that would be a great.

So, if you can help in any of these areas, contact me via email at superhess@msn.com.

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.....Mac McAvoy.....824-5158.....macmcavoy@gmail.com
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Fort Wayne, IN 46806-1703

(260) 436-2234

www.fwtc.org

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

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

Notices to all members:

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

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

ADVERTISING IN THE INSIDE TRACK

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

ADVERTISING RATES

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

NORTHEAST INDIANA RACE CALENDAR

Date/Time	Race Information
<p>Mar 12,2011 9:30am Sat <u>Register Online!</u></p>	<p>2nd Annual 5 Kilt Run/Walk & Get Green - 5K Calhoun St, Fort Wayne, IN <i>Contact:</i> Rod Salway, 260-609-5970 <i>Info/Fees:</i> This will be a certified 5k course. Food and drink tent at post race party in conjunction with the Fire Fighters "Get Green" festival. All participants will receive a technical running shirt. <i>Email:</i> rod597@hotmail.com <i>Registration:</i> http://www.runrace.net/findarace.php?id=11071IN&tab=a3</p>
<p>Mar 26,2011 11:00 am <u>Register Online!</u></p>	<p>31st Annual FWTC Nutri-Run - 20k and 5 miler The Chapel 2505 West Hamilton Rd., Fort Wayne, IN <i>Contact:</i> Casey Shafer, 4227 N. Clinton, (260) 402-2514 <i>Info/Fees:</i> Entry Fee: \$13 FWTC members until 3/19/11 \$15 Non-FWTC members until 3/19/11 \$20 for all after 3/19/11 Top 300 finishers get commemorative glassware. Food, fun, and smoothies!!! <i>Email:</i> ghanishrunner@hotmail.com <i>Registration:</i> http://www.allsportcentral.com</p>
<p>Apr 02,2011 9:30am <u>Register Online!</u></p>	<p>Flight to Fight Blood Cancers - 5K/10K Ft. Wayne Metals 9307 Avionics Dr., Ft. Wayne, IN <i>Contact:</i> Jaime Becker, 7015 Bradbury Ave., (260)-433-4103 <i>Info/Fees:</i> Entry fees: 5K - \$20 on or before March 12 10K - \$25 on or before March 12 5K - \$25 March 13-March 27 10K - \$30 March 13-March 27 5K - \$30 March 28-April 1 10K - \$25 March 28 - April 1 Limited to 500 participants Awards: 1st place Overall M/F, Masters, top 3 in each age category Registration through www.runrace.net Direct link: http://www.runrace.net/findarace.php?id=11092IN1&tab=a3 <i>Email:</i> jbecker1003@hotmail.com <i>Web site:</i> http://www.runrace.net/findarace.php?id=11092IN1&tab=a2 <i>Registration:</i> http://www.runrace.net/findarace.php?id=11092IN1&tab=a3</p>
<p>May 21,2011 10:00AM <u>Brochure</u> <u>Register Online!</u></p>	<p>Frontier Run 'n Fun 10K - 10K Fort Wayne - downtown, Fort Wayne, IN <i>Contact:</i> Bill Harris, 260-657-5012 <i>Info/Fees:</i> \$25 until 3/31/11; \$35 until 5/7/11 when registration closes or reaches 1500-runner limit. Entry fee includes hi-tech colored race shirt, chip timing, and a great after-race party including food, adult beverages, and music! Live music along the course. Flat and accurate course runs through West Central and Osage St. neighborhoods, around Swinney Park, and back through West Central. <i>Email:</i> bharris@bharrisidlaw.com <i>Web site:</i> http://frontier10k.com/ <i>Registration:</i> http://www.runrace.net/findarace.php?id=11141IN1</p>
<p>May 28,2011 8:30am Sat <u>Brochure</u></p>	<p>2011 Inaugural Hare & Hounds XC Race - 5K & 1 Mile & Teams New Haven Semi-State course, Fort Wayne, IN <i>Contact:</i> Three Rivers Running Company, Casey Shafer, 4227 North Clinton St, Fort Wayne IN 46808, 260-402-2514 <i>Info/Fees:</i> This year on May 28, 2011 the Inaugural Hare & Hounds XC Race will be taking the place of the TRRC 12k. This will be an individual and TEAM event. So come and run a 5k on the New Haven Semi-State course! SEE ATTACHED BROCHURE. <i>Registration:</i> www.threeriversrunning.com <i>Web site:</i> http://www.threeriversrunning.com/page002.aspx</p>
<p>Mar 12,2011 9:30am Sat <u>Register Online!</u></p>	<p>2nd Annual 5 Kilt Run/Walk & Get Green - 5K Calhoun St, Fort Wayne, IN <i>Contact:</i> Rod Salway, 260-609-5970</p>

Nutrition and Wellness by Judy Tillapaugh, R.D.

Practice Positive Self Talk

Unhealthy thoughts lead to an unhealthy lifestyle

I wish my stomach was smaller.

Why can't I be like her/him?

She/he has a better body than me.

If only my weight was ?, I know I would be a better runner.

I will only be a better runner or walker when I look like him/her?

I can't eat that it will make me fat.

Have you ever made comments to yourself like these?

Any chance that you heard someone else say them?

It is highly likely that you have and very, very likely you hear them often since research indicates that more than 80% of us are dissatisfied with our appearance. Other alarming facts from the National Eating Disorders Association are: more than 80% of 10 year olds are afraid of being fat, 42% of 1st to 3rd grad girls want to be thinner, and over 1/2 of teenage girls and nearly 1/3 teenage boys use unhealthy weight control behaviors such as skipping meals, laxative use, vomiting, using cigarettes, or avoiding certain foods.

All of these unhealthy thoughts and behaviors can increase a person's risk of developing an eating disorder like anorexia nervosa, bulimia nervosa, compulsive overeating, or compulsive over exercising. These all are serious emotional and physical problems that can have life threatening consequences.

The restrictive food behaviors, extra over exercising, statements about food, negative body comments, and out of control eating or drinking actions are not the real problem. They are all symptoms to a treatable problem or life change that a person is trying to handle.

The nice news is that when unhealthy comments are challenged, talked about, addressed, and stopped the mind gets filled with many positive health enhancing thoughts. The positive thoughts naturally lead to enhanced self esteem and body image which is so powerful and makes all desires possible.

Make yourself better from the inside out! Practice positive self talk! You are your own special unique person with special abilities. Do not compare yourself to others. You are you! Others are who they are! Do not compare yourself to someone else or an unreal media image. Be the best you! Encourage and support others to rise and shine too. Have conversations with friends and team members where everyone benefits and NO one is put down.

Healthy Day,
Judy Tillapaugh, RD, ACSM HFS
IPFW Wellness/Fitness Coordinator
tillapau@ipfw.edu
www.ipfw.edu/health

481-6647

Six tips for Coaches, Trainers, Parents

1. If an athlete is chronically dieting or exhibits mildly abnormal eating, ask that the dieting STOP. Encourage the athlete to learn nutritious eating guidelines and use them. Refer athlete to a registered dietitian for a personal nutrition meal plan.

Early detection increases the likelihood of successful treatment; left untreated the problem may progress to an eating disorder.

2. De-emphasize weight by *not* weighing athletes and eliminate comments about weight. Instead, focus on areas in which athletes have more control in order to improve performance. For example, focus on strength and physical conditioning, as well as the mental and emotional components of performance. There is no risk in improving mental and emotional capacities.

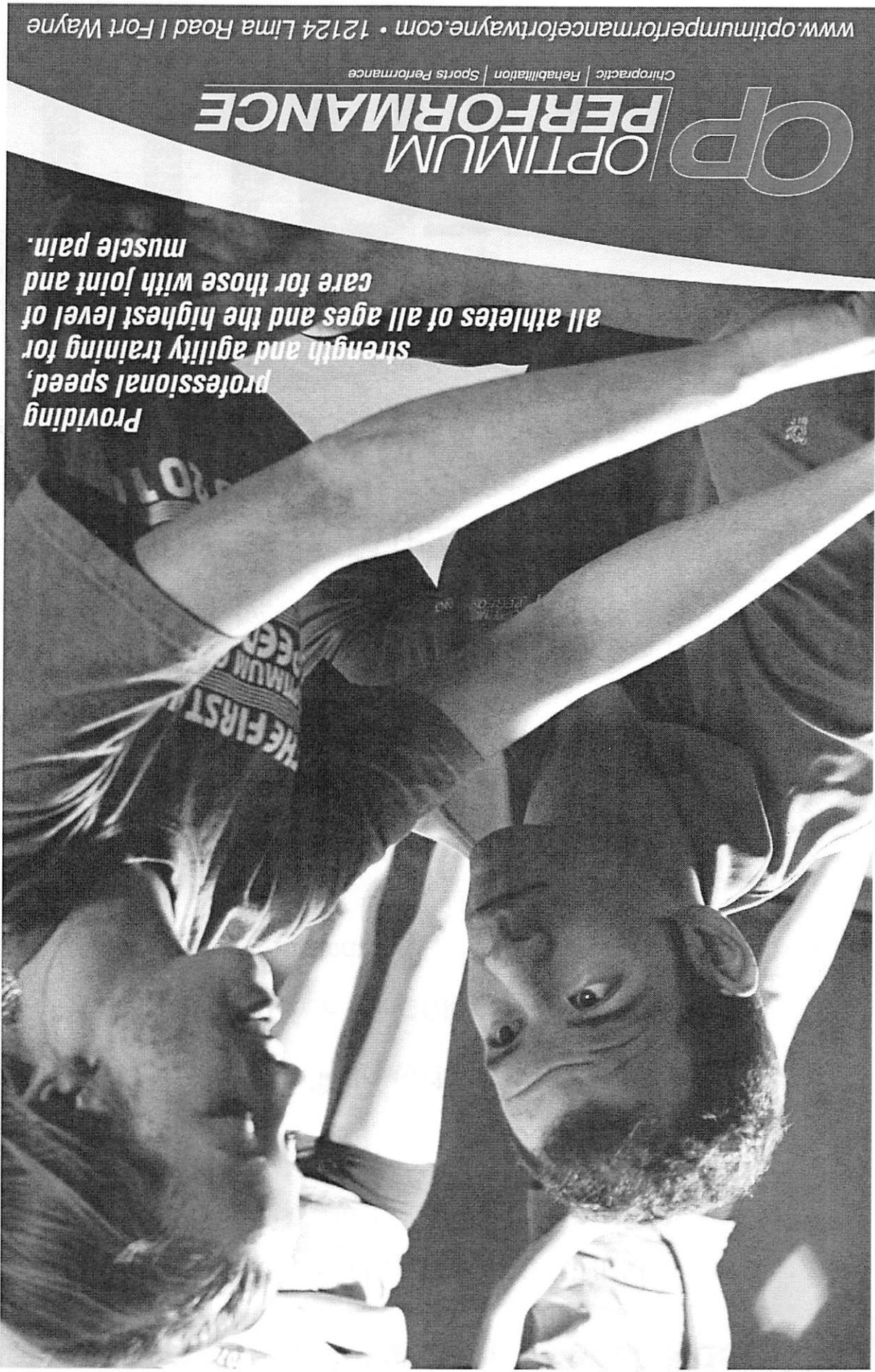
3. Instruct coaches and trainers to recognize signs and symptoms of eating disorders and understand their role in prevention and referral to a professional. Those with eating problems often hide their symptoms to avoid calling attention to them. They are often ashamed and aware that the behavior is abnormal.

4. Provide athletes with *accurate* information regarding weight, weight loss, body composition, nutrition, and sports performance to reduce misinformation and to challenge unhealthy practices. Be aware of local professionals who will help educate the athletes.

5. Eliminate derogatory comments or behaviors about weight—no matter how slight. If there is concern about an athlete's weight or health, the athlete should be referred to a health care professional for assessment, diagnosis, and proper treatment.

6. Coaches, trainers, and parents should explore their own values and attitudes regarding weight, dieting, and body image, and how their values and attitudes may inadvertently affect their athletes. They should understand their role in promoting a positive self image and self esteem in their athletes.

Source: Karin Kratina, PhD, MPE, RD, LD, writer for National Eating Disorders Association,
www.nationaleatingdisorders.org



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Remember The Warbird Road Race?

On May 21, 2011, the inaugural

Frontier Run 'n Fun 10K

brings back the 'Run with a Party' event!!!

Highlights of the Frontier Run 'n Fun 10K:

- Downtown venue -course and party
- Hi-tech shirt to all entrants
- Live band on course &at party - **Kiley and The Minnows**
- Lite lunch with adult beverages or pop/water
- Fort Wayne Track Club points race
- Traffic control by Fort Wayne Police Dept.
- Fun for the whole family!

Register online only: <http://www.runrace.net>

then click on 'Find a Race'

Field limited to 1500 or 5/7/11 -whichever occurs first



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Welcome to the New Frontier

2011 POINTS, POINTS, POINTS 2011

POINTS RULES

1. Eligibility for the points races begins once the current year's membership is paid.
2. Age group placement:
 - A. Age group placement is determined by your age at the start of the race year (January 1st). This is the group all your points will go into for the year.

Example: You are 44 on January 1st of 2011, in March you turn 45. Your points will continue to be calculated in the age group in which you start the year.
 - B. FWTC Age groups: Male and Female under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and over
3. **POINT DISTRIBUTION:**

1st place – 100, 2nd place – 80, 3rd place – 70, 4th place – 60, 5th place 50, etc.
An extra 50 pts. will be awarded for every **FIFTH** race you participate in.
4. An IRONMAN/IRONWOMAN award will be given to the individual that participates in all fifteen point races.
5. Will recognize the top overall male/female that accumulates the most overall points.

POINTS RACES

FEBRUARY

1. Fanny Freezer 5K, Shoaff Park

MARCH

2. Nutri-Run 20K, Aboite, The Chapel,
SW Fort Wayne. March 26.

APRIL

3. Mastodon Stomp 5K, IPFW. April 10.

MAY

4. Frontier Run n' Fun 10K, downtown. (New!)
May 21.
5. Hare & Hounds XC 5K by the Three Rivers
Running Company. (New!)
The Plex, IPFW, May 28.

SUMMER (date to be determined)

6. One Hour Track Run (midweek race in June).

JULY

7. Runners on Parade 5K. (July 9 or July 16).
8. Matthew 25 10K, Foster Park, (July 16 or July 23).

AUGUST

9. Hometown Heritage Days 5K, August 6.
10. New Haven 10K. Aug. 13. (New!)
11. Rotary 5K, Shoaff Park, Aug. 20.

SEPTEMBER

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

OCTOBER

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

NOVEMBER

14. WOOF 16-mile trail run, Ouabache St. Park.
15. Turkey Trot 5K, Fox Island, Nov. 19.

FWTC BANQUET



Top, a few FWTC board members listen to Frank Shorter (far right) tell a story. Above, Craig Bobay and Rowland Perez discuss the points winners. Right, Maple Creek cross country coach Dan Green talks with Brett Hess. Green was holding two "Spirit Sticks" that his runners had signed by Shorter. Green coached two of the high school honorees, Brad Hess and James Martin.

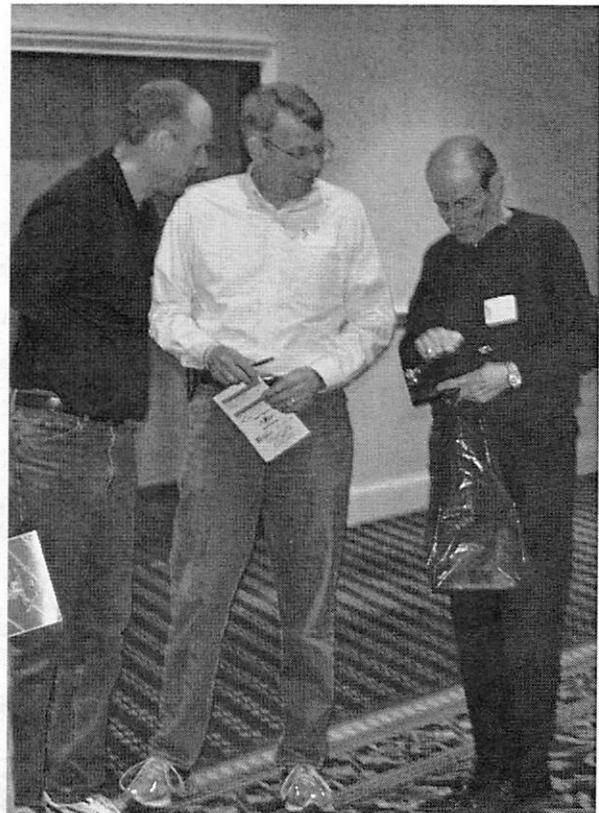


FWTC BANQUET



Above, Frank Shorter, far left, talks with FWTC President Mac McAvoy, Judy Tillapaugh and Barb Richards. Below, Shorter signs a cover of LIFE Magazine for Rowland Perez. Right, Bill Schmidt (far right) talks with Mike Clendenen and Steve Edmiston.

PHOTOS BY ERIN BRADY



FWTC BANQUET



The Fort Wayne Track Club recognized the top area high school distance runners at the banquet. From left are James Martin (Carroll), Brad Hess (Carroll), Kodi Mullins (Homestead), Frank Shorter, Brianna Johnson (Carroll), Renee Menzie (Columbia City) and Allissa Peterson (West Noble). PHOTOS BY RON MARTIN



At left, Martin and Johnson were honored with the Chris Brown High School Distance Runner of the Year Awards.

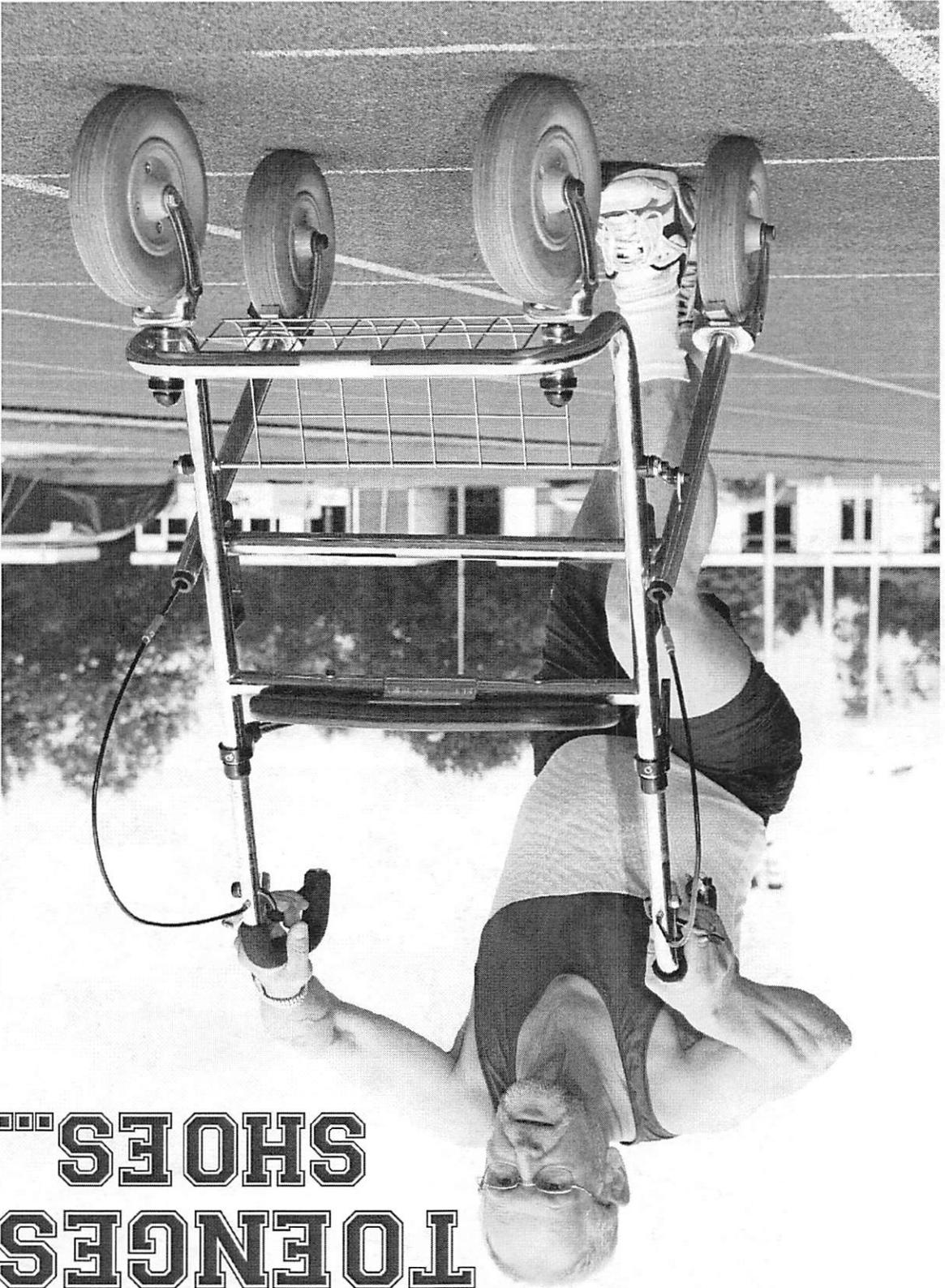
FWTC BANQUET



RunIndiana.com himself, Jed Pearson, sits with his wife, Cindy, before the banquet. Below, Casey Shafer and Brad Altevoigt catch up. Right, Judy Tillapaugh and Mike Yann sort member tech shirts.

PHOTOS BY ERIN BRADY





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TONGUES
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FWTC BANQUET



<19 and under: Grace (left) and Lauren Hamilton.
Not pictured, Isabella Wiseman.



30-34: Jennifer Deckard (left) and Jennifer Fosnaugh.
Not pictured, Carmen Parker.



35-39: From left, Kelly Kelly, Allison Brown and Erin Brady.



<40-44: Winners were Angie Lockwood (far right), Michelle Phipps and Julie Dinger.
PHOTOS BY RON MARTIN

FWTC BANQUET

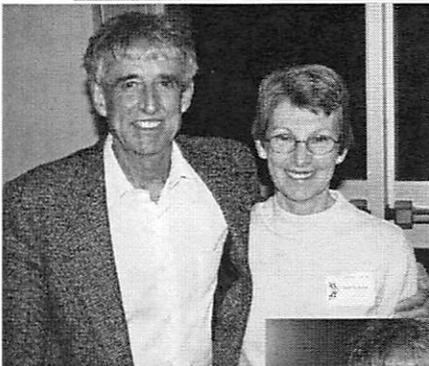
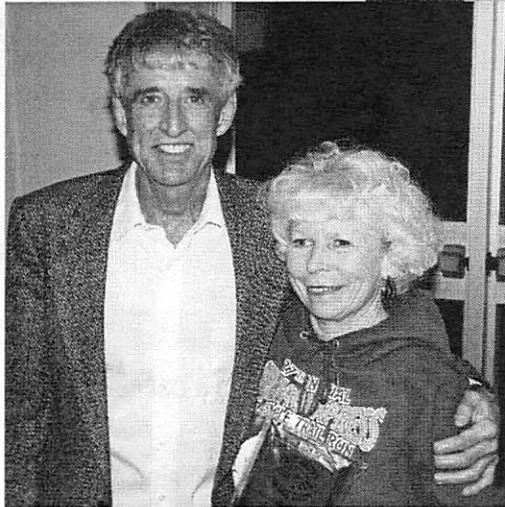


60-64: Barb Scrogam

<45-49: Denise Conrad



^55-59: Lynee Feiertag, Pam Wolfe and Regina Blanchette.



<65-69: Sarah Kleinknight.

70+ Gloria Nold>



Female 19 + Under

- 1. Lauren Hamilton
- 2. Grace Hess
- 3. Isabella Wiseman

Female 20-29

- 1. Jenny Robinson
- 2. Karen Killian
- 3. Kalissa Blanchette

Female 30-34

- 1. Jennifer Fosnaugh
- 2. Jennifer Deckard
- 3. Carmen Parker

Female 35-39

- 1. Erin Brady
- 2. Allison Brown
- 3. Kelly Kelly

Female 40-44

- 1. Angie Lockwood
- 2. Michelle Phipps
- 3. Julie Dinger

Female 45-49

- 1. Denise Conrad
- 2. Linda Keuneke
- 3. Linda Wyss

Female 50-54

- 1. Ann Linson
- 2. Terri Gross
- 3. Cheryl Stromski

Female 55-59

- 1. Lynne Feiertag
- 2. Pamela Wolfe
- 3. Regina Blanchette

Female 60-64

- 1. Betty Nelson
- 2. Barb Scrogam

Female 65-69

- 1. Sarah Kleinknight
- 2. Marcia Kirby

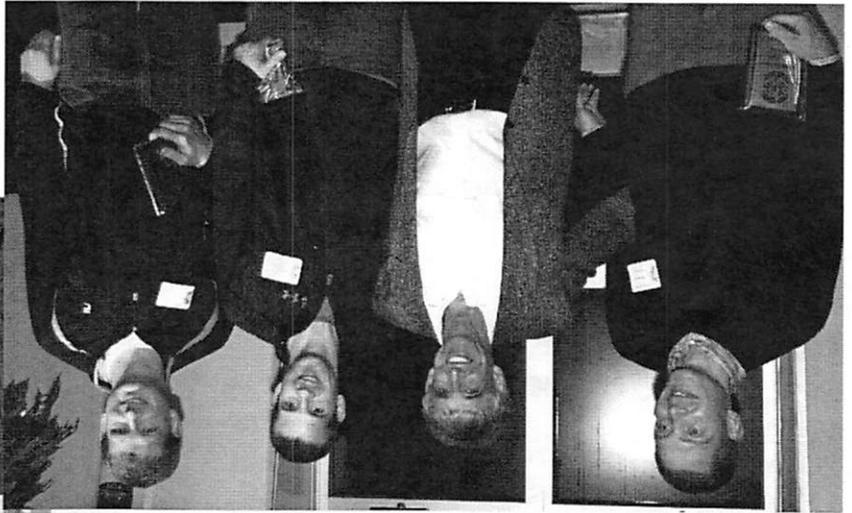
Female 70 + Over

- 1. Gloria J Nold

FWTC BANQUET



^19-and-under: Sam Edwards, Josh Ware and Chris Meyer



^20-29: Grant Stieglitz and Dashon Smith.
<30-34: Andrew Saal, Jon Champion and
Chris Kaufman.



^35-39: Matt Carney

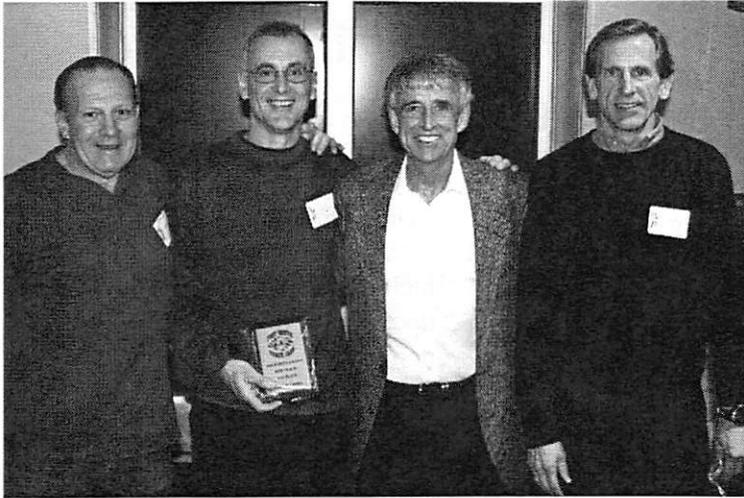


^40-44: Dave Devoe, Brett Hess and Matt Scott.



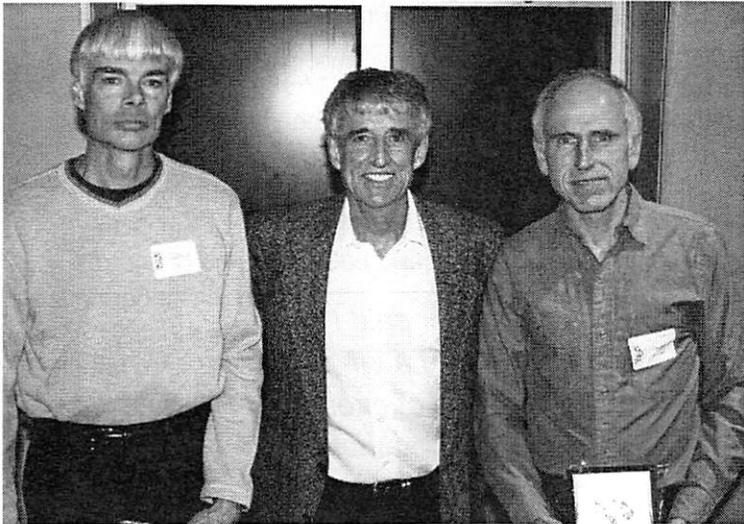
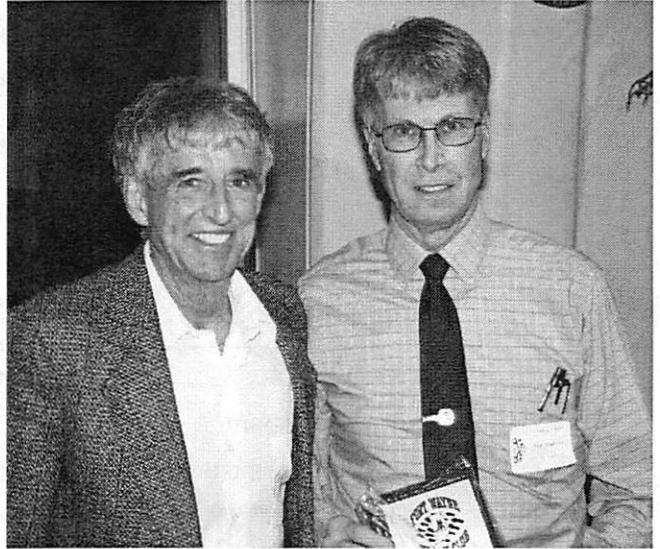
45-49: Manuel Martinez and Rick Grize.

FWTC BANQUET



<55-59: Dan Bossard, Len Pirocato and Brad Altevogt.

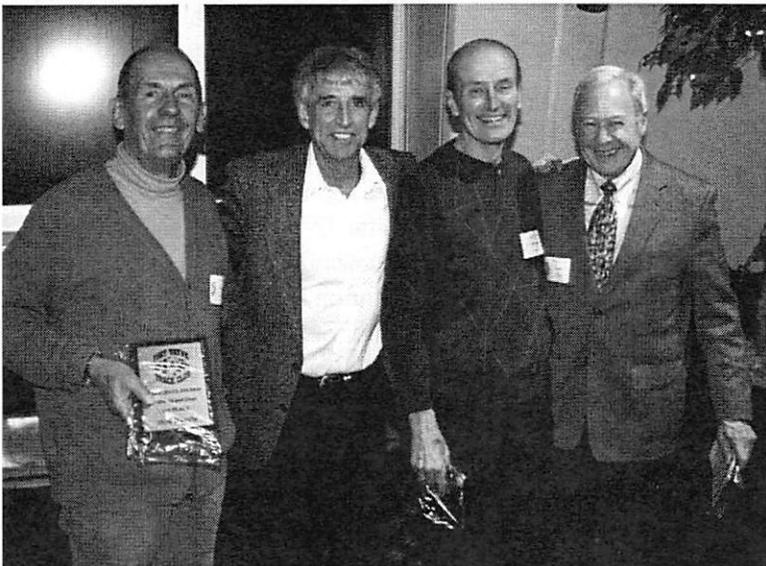
60-64: Roger Kingsbery, Jack Seigel, and Harry Ausderan.



<50-54: Ed Reinhard, Gary Schmunk and Paul Shaffer.

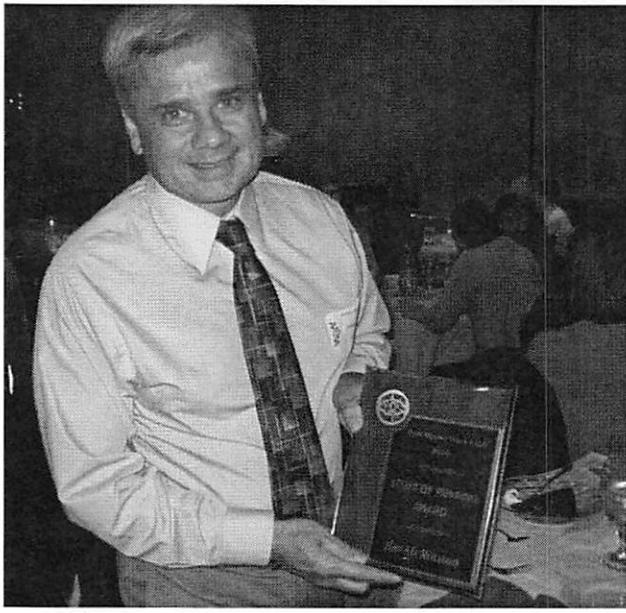


^65-69: Ray Casiano, Don Lindley and Dave Boylan.



<70+: Dick Harnly, Bill Schmidt and Bill Harris.

FWTC BANQUET



McKinnon wins 'Spirit' award then survives heart attack

He was running in Mardi Gras Marathon when paramedics saved his life

BY BRETT HESS

(reprinted from Fort Wayne News-Sentinel, Feb. 15)

When I opened the email Monday regarding Jim McKinnon, my first thoughts were of Jim Fixx. And how could they not be?

Before I go further: McKinnon is recuperating in a New Orleans hospital. Thankfully his parallel life with that of Fixx has veered sharply off course.

Whereas Fixx died after a run in 1984, McKinnon is still with us.

Sunday the 54-year-old McKinnon, of Corunna, was running Mardi Gras, his 30th marathon.

Near the 16-mile mark, he went down, suffering what he calls "a little cardiac arrest". He awoke later Sunday in the intensive care unit of a local hospital.

"They say a piece of plaque broke loose and it caused an artery to constrict," McKinnon said Monday from his hospital bed. "They put a stint in and I should be running again soon."

McKinnon did say that his return to running was a hot topic among the doctors there in New

Orleans.

"One doctor said I need to find a different form of exercise," McKinnon said. "But the other doctor, who is a runner, said don't stop. Running is why I'm still alive."

McKinnon was referring to his "second" life, that as a runner. Like the famed Jim Fixx, McKinnon suffered a heart attack in his early 40s before changing his lifestyle. And, like Fixx, McKinnon has a family history of heart disease.

McKinnon was 5-foot-7 and weighed 260 pounds when he had a heart attack in October, 2000 at the age of 44. Ironi-

"One doctor said I need to find a different form of exercise. But the other doctor, who is a runner, said don't stop. Running is why I'm still alive."

cally, his father had a heart attack at age 44. Jim's father didn't change his lifestyle and suffered a fatal heart attack at age 47. And that was the same again in which his father, Jim's grandfather, died of a heart at-

tack.

"I was determined that this wouldn't happen to me," McKinnon said. "I started walking as soon as I got out of the hospital. By winter I was jogging and walking."

McKinnon ran his first 5K in the summer of 2001 and his first marathon in 2002. He's run the last 8 Boston Marathons and completed an Ironman Triathlon.

See MCKINNON, Page 24

Male 19 + Under

1. Chris Meyer
2. Josh Ware
3. Sam Edwards

Male 20-29

1. Grant Stieglitz
2. Andrew Piropatto
3. Dashon Smith

Male 30-34

1. Chris Kaufman
2. Jon Champion
3. Andrew Saal

Male 35-39

1. Brad A Thomas
2. Matt Carney
3. Todd Findley

Male 40-44

1. Matt Scott
2. Dave Devoe
3. Brett Hess

Male 45-49

1. Manuel Martinez
2. Rick Grieze
3. Rowland Perez

Male 50-54

1. Ed Reinhard
2. Gary Schmunk
3. Paul Shaffer

Male 55-59

1. Brad Altevogt
2. Len Piropatto
3. Dan Bossard

Male 60-64

1. Roger Kingsbery
2. Jack Seigel
3. Harry Ausderan

Male 65-69

1. Ray Casiano
2. Donald Lindley
3. David E Boylan

Male 70 + Over

1. Dick Harnly
2. Bill Harris
3. R William Schmidt

Five races completed:

A quest with Kerry Blanchette

BY CASEY SHAFER

When I heard Kerry talk about the races he ran last season I had to write an article for the FWTC highlighting his accomplishment last year.

He spoke about each event with such passion and he wanted to let our community know of his quest in 2010. The official name was the Indiana Distance Series. The races consisted of the Southern Indiana Classic half /marathon outside Evansville, the Geist Half at Indy, Sunburst Half/marathon in South Bend, Fort4Fitness Half here in town, and the Indianapolis Half/Marathon at Ft. Harrison State Park.

"There was some publicity in late 2009 and early 2010 about this running series, including an article in our Fort Wayne paper," Blanchette said. "I chose to run the series because it was billed as the first statewide distance series ever, for any state, and because I had never run 3 of the 5 races before. I ran all half marathons except for Sunburst, where I ran the full marathon."

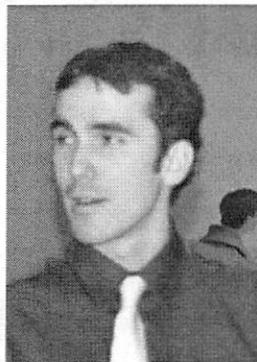
We talked about each race highlighting the negatives and the positives of participating in a series first for the state of Indiana.

"The first race, the Southern Indiana Classic, had some issues with pre-race parking. Cars lined up trying to park at the race start, and many runners either jumped barriers to make it into the starting field or were late for the start itself," Blanchette said.

Every runner has a pre-race routine and nothing can throw people for a loop more than a mishap before the gun goes off. Luckily this was the only race with problems and I assume they weren't prepared for the increased number of participants due to the running series.

"Another negative was some runners had issues with the points scoring," Blanchette said. "There were only two age groups for the series: under 40 and 40 and over. Bonus points were awarded after the series ended, but runners earned the same bonus

Racin' With Casey



whether they ran 2, 3, 4, or even all 5 races. Not to mention there was no update made to the website's point standing from summer until late in the year."

But the positives almost always outweigh the negatives and everyone has a reason on why they start a quest. Kerry's quest was personal as he accomplished something very few completed. Not only did a few people complete it, but he was given the opportunity to complete them with his brother, Tim.

"I really enjoyed training with him all year and running four races together," Blanchette said. "Tim ran four of the five races, and only missed the October Indy Half because his son Michael played in the Luers/Dwenger football game the night before. When I last checked the website, I had finished the series as the 105th Male. I was more proud of being one of only four runners to run in all five statewide races in 2010. Three male runners and one female completed this feat! "

Of course the question of which race was his favorite came up in the topic. And like a true Fort Wayne local he stated, "I am biased for our Fort4Fitness half marathon."

But when it came to 2010 his two actual favorites in the series were the Sunburst marathon in June and the Indianapolis half marathon in October.

"Sunburst was a favorite because I ran this with my brother-in-law, Tim Ryan. It was his first ever marathon. The Indy half at Ft.

Harrison was a favorite because of the scenic course, with the fall foliage in full color, and because of the challenging hills in miles 11 & 12. My fastest Half was our hometown Fort4Fitness, where I finished in 1:55:32."

Now I could see why he was biased to Fort4Fitness since it was his fastest! All kidding aside, it's amazing to think a guy who starting running eight years ago would find passion and fulfillment in life by running and sharing this gift with his family.

He said, "Ten years ago I would not have been able to run around the block, so I thank God for this gift of running. Both my wife Gina and my daughter Kalissa took up running before I did, and it is always great fun when we train or race together. Both our sons, Jason and Travis, do a little bit of running, and our daughter Chelsea ran like a gazelle when she played high school soccer several years ago. I hope and pray that someday all six of us will run a race together!"

Congratulations Kerry on accomplishing the Indiana Distance Series.

Those interested in participating in the second year of the series can visit www.IndianaRunningSeries.com for more information, or any of the individual Series races' websites.

2011 series races include:

Evansville-The Southern Indiana Classic Marathon & Half Marathon (April 10);

Fishers-Geist Half Marathon (May 21);

South Bend-Sunburst Races Marathon & Half Marathon (June 4);

Fort Wayne-Fort4Fitness Half Marathon (September 24);

Indianapolis-Indianapolis Marathon & Half Marathon (October 15).

Conrad, Crum kick butt at Fanny Freezer 5K

Denise Conrad led a parade of "experienced" women across the finish line at the Fanny Freezer 5K. Conrad, age 49, was the overall winner in the race with a 20 minutes, 21-second performance. Runner-up was Linda Wyss (22:04), age 44. Wyss was tabbed the Master's winner.

In third place was another "master" in Cindy McGovern with a time of 22:27.

On the men's side, youth ruled with recent Indiana State University graduate Thomas Crum (age 23) winning in 16:16. Cruising across the line with the same time, but in second place, was Eric Ade.

The men's masters winner was Gregg Osborn in 19:00.

There were 227 finishers in the race Shoaff Park and it kicked off the 2011 Fort Wayne Track Club's points series. For results, see www.fwtc.org.



Below left, Bob Loomis hits the finish line. Above Sherry Nidlinger placed second in the 60-69 age division. Above right a volunteer helps a runner at the finish. Below, Daniel (883) and Andrew (884) Gottfried battle down the homestretch.



Photos
By
RunIndiana.com



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FWTC Board of Directors Minutes of Meetings: December 8, 2010

Board members present: Bill Harris, Mac McAvoy, Judy Tillapaugh, Jim Berry, Robin Dombrowski, Alan Gilbert, Brett Hess, Sarah Kleinknight, Craig Bobay, Mike Yann and Casey Shafer. Absent Members: Tim Claxton, Terry Diller, and Phil Suelzer. Also present were: Erin Brady, Barb Richardson, Rowland Perez, Angie Lockwood, Jon Beasley, Joe Kinder, Mindy Kinder, and Cheryl Stromski.

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

Minutes. The minutes of the November meeting were approved, with typo corrected.

Treasurer's Report. Treasurer's Report was approved as submitted. The Club has a balance of approximately \$34,000.00 in its accounts.

January meeting snacks/devotion:

Snacks: Mac. Devotion: Mac.

OLD BUSINESS:

1. **Newsletter.** Brett has taken steps to reduce the printing and mailing costs. Bill H. is going to help Brett with the newsletter in 2011. Brett seeks race reports and photos from all club members for the newsletter.

2. **2011 Banquet:** Judy shared the brochures. The event is being advertized. Brett will host an event on the preceding Saturday night for the high school award nominees to meet Frank Shorter. Jim will host a Sunday brunch with Frank for the board and key contributors.

3. **2012 Banquet:** The Grand Wayne Center is interested in bidding for the club's 2012 banquet.

4. **Annual Club Awards.** Judy will email annual Club awards descriptions and past winners to all so we may make nominations by Jan. 7.

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

6. **Points Races:** Mac will notify all points races RD's of FWTC requirements, such as club member discounts, etc. Bill will contact Phil S. next week to determine the 2010 points race winners.

NEW BUSINESS:

1. **Appreciation of President Bill Harris:** Mac acknowledged the contributions made by outgoing president Bill Harris in guiding the club through many changes, and that Fort Wayne area running is much better for his leadership. Bill reflected that he is very pleased with the way that the club members and board responded to those challenges in the last 2 years.

2. **Race Report:** Judy reported that the Turkey Trot was well attended and organized, with many club volunteers helping out.

Adjourn. The meeting adjourned at 7:45 pm. The board members then enjoyed their traditional gift exchange, and much good fellowship was shared by all.

Next Meeting. The next meeting of the FWTC Board of Directors will be January 12, at 7:00 pm (6:45 social ¼ hour). Location: LTS CPA Group, 808 Ley Road, by Spiece.

UPCOMING 2011 FWTC POINTS RACE

MARCH 26

NUTRI RUN 20k

At The Chapel



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

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MCKINNON: Hopes to return to running soon

MCKINNON, from page 20.

In fact, McKinnon's reputation as "born again runner" was recently recognized by the Fort Wayne Track Club when it awarded him the "Spirit of Running" award, giving to the runner who has been a great inspiration. Needless to say, McKinnon has changed his lifestyle.

As did Fixx. After years of being obese and a heavy smoker, Fixx weighed 240 pounds in 1967 before taking up the sport. Fixx lost 60 pounds, quit smoking and went on to become one of the world's most famous runners thanks to his best-selling book, "The Complete Book of Running".

Yet, McKinnon and Fixx suffered second heart attacks. While running. What's the difference?

The difference is life and death. And heeding the warning signs.

Due to recent chest pains, McKinnon had undergone a stress test and ultrasound of his heart. He was subsequently treated for exercise-induced asthma.

As for Fixx, it is well-known that he ignored warning signs. This included rejecting an offer of a stress test by Dr. Kenneth Cooper that would have revealed three blocked arteries.

"I just had all these tests done, so I think this was kind of a fluke thing," McKinnon said. "They are talking about the electrolyte levels in my blood."



Austin paramedics Gerry Moreau, left, and George Gibbons were running closely behind McKinnon when he went down. They rushed to his aid and helped save his life.

RUNNING/TRAINING GROUPS IN THE FORT WAYNE AREA

Saturdays

Saturday at Seven:

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

Contact: Steve Hilker, smhilker@verizon.net.

Pr Training:

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

Born to Run:

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

Team in Training:

Where: Foster Park. Contact: Nathan Arata: nathan_arata@yahoo.com. Details: The Leukemia & Lymphoma Society's Team in Training is the world's largest endurance sports training program. Most runners/walkers are beginners but any level is welcome.

New Haven:

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

Runners of Faith:

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

Weekdays

YMCA Downtown:

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

Three Rivers Running Company:

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

Trail Running at Chain-O-Lakes:

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

**If you have a group you would like added to this list, contact Tammy Behrens at 625-3830 or prtraining@comcast.net.*

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(260) 482.1111

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Veterans Marathon

perfect for beginner

Staying close to home, having friendly volunteers results in a successful marathon debut

By **MIKE YATES**

I ran my first marathon last November 13 at age 62. I decided to start training for a marathon last April. Bill Harris suggested that I try a marathon and that the Columbia City Veterans Day Marathon would be a good one for a first marathon. I had lost about 50 lbs. over six months and had already been training for the Indy mini since the Fall of 2009. I figured I could use this as a base for a marathon training program.

I did a bit of research on marathon training and acquired several books on the subject paying particular attention to the challenges for older runners. I settled on a schedule of two shorter runs (4-9 mi.) on Tuesdays and Thursdays with a longer run (8-25 mi.) on Saturdays. I had a knee injury most of 2009 and could not run much that year.

I re-injured my knee in March, 2010 and had to settle for cross-training that month which was only two months before the Indy mini. I got back to running in April and made it through the Indy mini fine with my best time since the 80's when I first ran Indy.



I had run several mini's and 10K's in the early 80's but hadn't trained consistently since that time. I ran Indy in 2006 and 2007 while overweight and had a lot of trouble finishing those years.

I found Jeff Galloway's books very helpful and on my longer runs I would take 30 sec. walk breaks every mile or two per his suggestion.

In the 80's I would train 6 days a week alternating long and short runs so I was skeptical of only training 3 days a week but it worked out fine and I was able to avoid any injuries. I did most of the runs early in the morning which was important during the warmer weather. I would do some core exercises and light upper body strength training on my non-running days 2-3 times a week.

I trained on my own most of the time but would run with my son Patrick and friends on about half of the long runs. Most of my running routes are in my neighborhood which is close to the Maumee section of the River Greenway. I used <http://www.walkjogrun.net/> to map out my running routes and this was helpful for setting up routes if I traveled out of town on weekends



Dave Edsall, Bill Harris and, the author, Mike Yates, show off their marathon medals after the Veterans Day Marathon.

so I would not miss the long training runs.

A breakthrough was achieved when I did a 25 mi. run 3 weeks before the marathon. I followed Galloway's run-walk prescription and ran it in 4 min./1 min. run/walk intervals and I ran the 25 miles without too much trouble. This was a tremendous confidence builder since I figured I could squeeze one more mile out during the marathon.

I had done most of the other things runners do in training for a marathon and felt ready on November 13. I used an interval timer and stuck to the run/walk intervals the entire race. It got tedious between miles 16-23 but I felt a little boost the last couple of miles since I was close to the finish. Every race volunteer and spectator giving encouragement was very important and helpful. I was surprised how much this encouragement helped during the last few miles.

The Veterans Day Marathon was very well run event. How did I do? I finished in the middle of the pack in my age group at 5 hrs., 7 min., 58 sec. I did the first half much faster but my legs fatigued at about mile 15 and I slowed down. I would have liked to have gone faster but my goal was just to finish which I did.

Would I do it again? Sure, it was fun! I was stiff for 3-4 days but back to normal by the end of the week and back in training again.

Next marathon? I'm doing the Flying Pig and maybe 1 or 2 more later in 2011.

Have a race report to share? Send it to *The Inside Track* by emailing superhess@msn.com.



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