

The *New* Inside Track

FORT WAYNE



TRACK CLUB

APRIL 2011 / MAY 2011

A publication of the Fort Wayne Track Club

Rec'd
5/11/11

NUTRI-RUN



Above, the field sets off on the Nutri-Run 20K/5M. At left, kids race at The Mastodon 400M. To the right, a hot and sweaty field competes in the 5K.



Photos courtesy of Jed Pearson/RunIndiana.com.

RACES

FACES

PACES

Travel column.....pg. 11 Nutrition & Wellness.....pg. 6 Race calendar.....pg. 5
Mastodon Stomp.....pg. 16 On the Mark.....pg. 10 2011 Points Races.....pg. 9

*Good ole' days? The time is **NOW!***

The **GOLDEN AGE**

of distance running

BY BRETT HESS

This is the golden age of distance running in northeastern Indiana.

There, I said it.

It's human nature to look back with fondness on earlier times. And conversely, to remark about present day with disrespect. Sayings like "They don't make 'em now like they used to" or "if he (or she) were here today, they would dominate," roll off our tongues very easily.

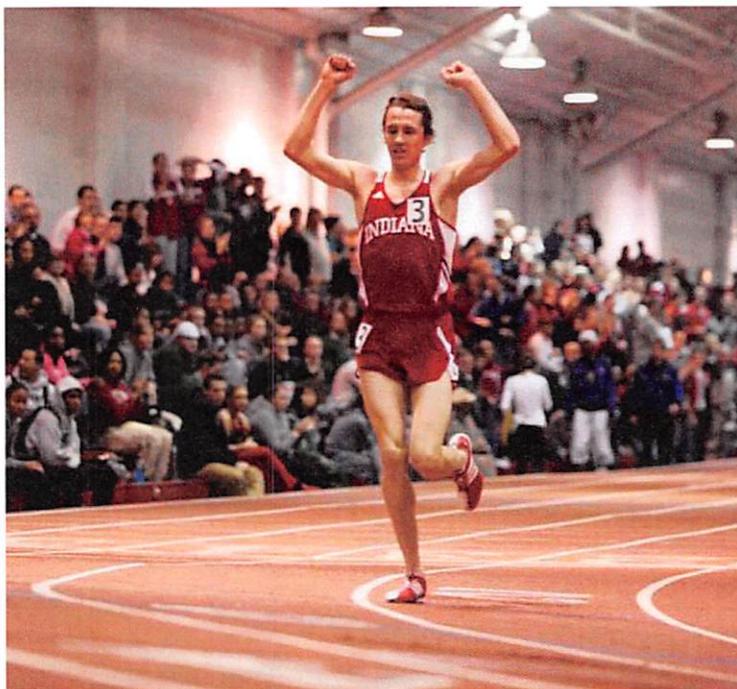
That may be the case with other sports, but with distance running, here's the appropriate phrase: "it doesn't get any better than this."

We are truly living in the best of distance running times. I argue that right now northeast Indiana has its greatest boys high school runner, collegiate runner and professional

runners in its history. And it's a solid history at that.

I base my statement not by looking at a stopwatch, but on race results against peers.

This past cross country season Carroll's James Martin concluded his amazing career with the highest finish ever (12th) by an area boy at the Footlocker National Championships. A week before he also made all-American at the Nike Championships. Martin is only the second northeast Indiana boy



Recent performances by Andy Bayer (above), James Martin (left) and Alissa McKaig (below) are of historical importance.



See **GOLDEN AGE** on page 27

CHAMPIONS

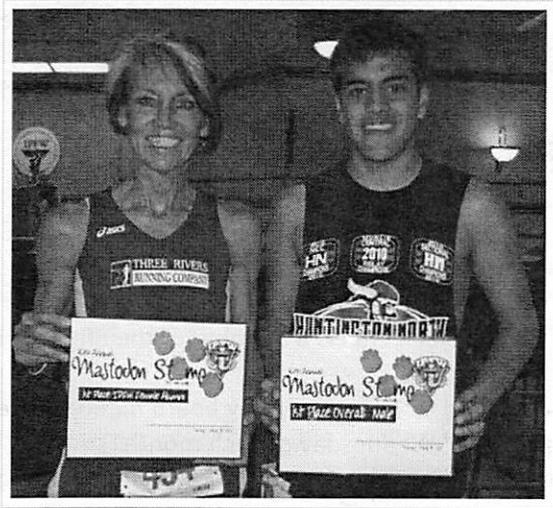
At right are the NutriRun 20K winners: Tammy Behrens (2nd overall), Jim Stockman (masters winner), Denise Conrad (overall women), Eric Ade (overall male) and Linda Wyss (women's masters).



Below, a trio of former IPFW teammates went 1-2-3 in the 5-miler. From left are Cristina Ridenour (2nd), Ashley Ade (3rd) and Crystal Reichert (1st). Photos courtesy of Jeff Steinberg.



Below are the overall winners at the Mastodon Stomp: Denise Conrad and Paul Hernandez.



From the editor: Check out the new features in this issue

By Brett Hess

This issue of "The Inside Track" has one particularly new feature worth mentioning. It is a health-medical column written by Dr. Mark O'Shaughnessy.

For those of you who do not recognize the O'Shaughnessy name, take my word for it when I say it is synonymous with matters of the heart. So, I took the liberty to name the column "On

The Mark". It debuts on Page 10 and is a follow-up to the recent health "event" experienced by local runner Jim McKinnon.

Dr. O'Shaughnessy has been a well-known cardiologist in our area for many years and, in fact, always been a key source for my weekly running column with the Fort Wayne News-Sentinel over the past 10 years.

Also, this doctor practices what he preaches; he is one of us! An

experienced distance runner for over two decades, O'Shaughnessy got his start as a 400-meter runner for South Side High School back in the 70s. But ask him now if he is more proud of his all-state performance as an Archer or for his 50 States accomplishment.

Another feature worth noting is Sarah Kleinknight's photo series on her interesting 10K run while in Paris. Recently retired, Klein-

knight is doing some interesting travels. Last year she spent time in Peru. And experienced the earthquake.

Speaking of traveling, the next issue should have a report from The Plains of Marathon. That's right, yours truly will be heading to Italy and Greece and while I won't be participating in an organized race, neither did Phidippides? I hope to have a more lengthy report than he.

FORT WAYNE TRACK CLUB

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

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

Notices to all members:

All are encouraged to attend monthly board meetings, held at the Royal Dons Room in the Gates Sports Center, IPFW, at 7 p.m. on the 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/	Race Information
Apr 16, 1:30 Fun Run 2:00 5K	Grabill Bank Sports Complex 5K/Kids 1 Mile Fun Run - 5K / Kids 1 Mile Fun Run Grabill Bank Sports Complex 14218 Main St. Grabill, Indiana 46765, Grabill, IN <i>Contact:</i> Scott Detter, 14735 Trappers Cove Leo, In 46765, 260-444-9393 <i>Info/Fees:</i> \$15 with T-shirt and \$10 without prior to April 1st \$20 after April 1st shirts available while supplies last \$15 Kids fun run Prizes for overall Male/Female and top 3 in each age group Something for all
Apr 16, 9:00 am	2nd Annual Discover Roanoke 10K/5K - 10K/5K Main Street, Roanoke, IN <i>Contact:</i> John Nelson, 426 North LaFontaine, Huntington IN 46750, (260) 494-2651 <i>Info/Fees:</i> # Chip timing for each participant. # The event will be held rain or shine. # \$17 entry fee if received by April 2, 2011. After April 2nd, the entry fee will be \$22 # Entry will be closed at 8:30 A.M. on the day of the race. # There will be NO entry fee refunds. # A fee of \$25 will be charged for all returned checks. # Race registration will close once the maximum field is reached, regardless of the date. # Registrations are NOT accepted by phone or by fax. # Only one participant per application. The application may be photocopied. # Waiver MUST be signed in order to process application. # All participants MUST finish within the time limit established for each event. <i>Email:</i> johnnelson7@frontier.com <i>Web site:</i> http://www.onturfsports.com/Runners/10k-5kRun-Walk.htm <i>Registration:</i> http://
May 14, 8:30	Dr.Ken Arnt 5K Walk/Run - 5K 106 East Green St, Butler, IN <i>Contact:</i> Mary Diehl, 106 East Green Street, Butler IN 46721, 260.868.2221 or 260.249.5523 <i>Info/Fees:</i> Proceeds will benefit the "Riverdale Community Playground Project" T-shirts and Goody bags to all who register by April 15th \$15 to register. <i>Email:</i> marydiehl37@gmail.com <i>Web site:</i> http://www.dramt.com/userfiles/5039/pdf/Dr.pdf
May 21, Sat 8:30am	Lapper 2011 & Survivors Day Foster Park Pavilion #2, Fort Wayne, IN <i>Contact:</i> Cancer Services of Northeast Indiana Inc c/o Linda Bewley, 6316 Mutual Dr. Fort Wayne IN 46825, 260-484-9560 <i>Info/Fees:</i> An annual spring walk held at Foster Park to support all those affected by cancer in northeast Indiana. This walk is a fundraiser to honor or memorialize a loved one touched by cancer. <i>Email:</i> lbewley@cancer-services.org <i>Web site:</i> http://www.cancer-services.org <i>Registration:</i> http://www.lapper2011.kintera.org/faf/home/default.asp?ievent=445985
May 21, 10:00A M	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@bharrisjdlaw.com
May 28, 8:30am Sat	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.
	Date/Time@Race Information <i>Web site:</i> http://www.threeriversrunning.com/page002.aspx
Mar 12, 2011 9:30am Sat Register Online!	2nd Annual 5 Kilt Run/Walk & Get Green - 5K Calhoun St, Fort Wayne, IN <i>Contact:</i> Rod Salway, 260-609-5970

Nutrition and Wellness by Judy Tillapaugh, R.D.

News you can use!

From diet tips to exercise planning and herbs/spices

Recently the Sports, Cardiovascular, and Wellness Nutritionist (SCAN) group of the American Dietetic Association had their annual meeting in Chicago. Several registered dietitians shared their knowledge and recommendations. Here is a some news you can use!

1. Eat what you need when you need it. Fuel the needs of your training. Mentioned by Louise Burke, PhD, APD, FACSM, Head of Sports Nutrition at the Australian Institute of Sport

2. When exercising more than 1 to 3 hours plan to incorporate carbohydrate replacement foods or beverages during the fitness time. Aim for at least 30 to 60 grams of carbohydrate per hour or 10 to 20 grams carbohydrate every 20 minutes.

Mentioned by Louise Burke, PhD, APD, FACSM, Head of Sports Nutrition at the Australian Institute of Sport

3. Alcohol is the 2nd highest contributor of beverage calories. Since 1978 alcohol intake has doubled. The new American Dietary Guidelines recommend no more than 5.5 ounces of alcohol daily. Moderation is defined as no more than two drinks for men and one drink for women per day. One drink is 12 ounces beer, 5 ounces wine, and 1.5 ounces liquor. Each of these is about 100-150 calories.

Comment from Sharon Smalling, MPH, RD, LD, Clinical Dietitian Specialist for the Wellness Center at Memorial Hermann Hospital –Texas Medical Center

4. The new American Dietary Guidelines recommend adults have 14 grams of fiber per 1000 calories consumed. So if your calorie needs are 2500 to 3000 calories daily (like most runners and walkers) , aim for 35 to 42 grams fiber daily. Plan to have fresh fruits, vegetables, and whole grain foods at meals and snacks to give the body adequate fiber daily.

Comment from Sharon Smalling, MPH, RD, LD, Clinical Dietitian Specialist for the Wellness Center at Memorial Hermann Hospital –Texas Medical Center

5. Use herbs and spices to flavor foods to help reduce daily sodium intake. One teaspoon of a dry herb is the same as 1 tablespoon of a fresh herb. Hot seasonings like chilli pepper especially can decrease the desire for fat and sugar flavoring.

Comments from Hope Barkoukis, PhD, RD, LD, Associate Professor at Case Western Reserve Univeristy

6. The average family makes 12 to 14 standard recipes for day by day meals. Instead of having all new recipes for more nutritious meals, consider making healthy ingredient substitutions. For example Instead of bacon use a lean ham, instead of whole milk us skim or 1% milk, and instead of Crisco shortening use canola oil.

Comments from Hope Barkoukis, PhD, RD, LD, Associate Professor at Case Western Reserve Univeristy

7. For a healthy heart, focus on using nutrient dense foods and beverages at meals and snacks. The DASH (NHLBI's Dietary Approach To Stop Hypertension), mediterranean, and vegetarian styles of eating are all established healthy eating patterns. Each one is plant based, limits simple sugars, limits salt, limits animal fats, includes vegetables, includes fruits, and includes nuts daily.

Please see TILLAPPAUGH, on Page 24.

GET-UP-AND-GO SNACKS

Strawberry Smoothie

Smart Start: Prep this breakfast before you go to bed and store in a blender jar in the fridge. When morning rolls around, all you need to do is blend and go.

Makes 2 servings

Ingredients

1 cup strawberries (frozen or fresh)

1 cup vanilla yogurt

2 tablespoons skim milk

Honey or sugar –if desired (1 tablespoon)

Directions

Combine in a blender all ingredients until smooth. Pour into four glasses and serve.

Smart start: Store-bought muffins are loaded with more fat and sugar than most people realize. Make this healthy homemade version handy instead. Pair with 8 oz. of low-fat yogurt for a meal. Makes 8 servings

Oatmeal Raisin mini-muffins

Ingredients

Nonstick cooking spray

½ cup raisins

½ cup all-purpose flour

½ cup quick oats

½ cup granulated sugar

1 teaspoon ground cinnamon

1 teaspoon baking powder

¼ teaspoon baking soda

¼ teaspoon salt

1 egg, lightly, beaten

¾ cup low fat vanilla yogurt

2 tablespoons canola oil

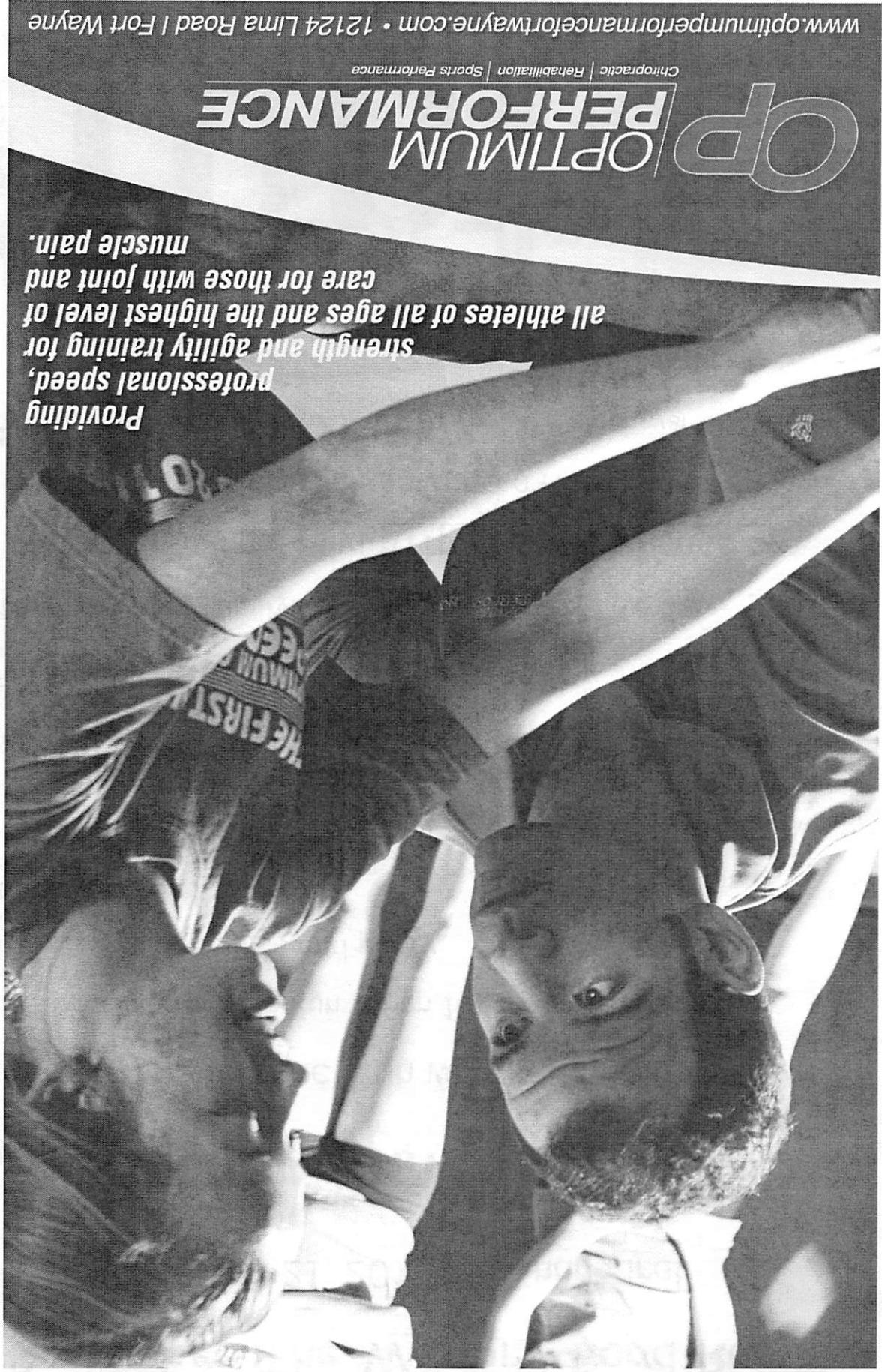
1 teaspoon vanilla extract

Directions

Preheat oven to 400 F. coat a 24-count mini-muffin tin with nonstick cooking spray. In a large bowl, combine raisins, flour, oats sugar, cinnamon, baking powder, baking soda and salt; set aside. In a separate bowl, whisk together the egg, yogurt, canola oil and vanilla. Add the wet ingredients to the dry ingredients and stir until just moistened. Using a tablespoon, divide the batter among the prepared muffin molds, Bake 12 to 14 minutes or until a wooden pick inserted in the muffin comes out clean. Cool on a rack.

Recipes Provided By, Julia Just, RD,

Parkview Hospital Nutrition Services.



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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.

A look back at McKinnon's story

By Dr. Mark O'Shaughnessy

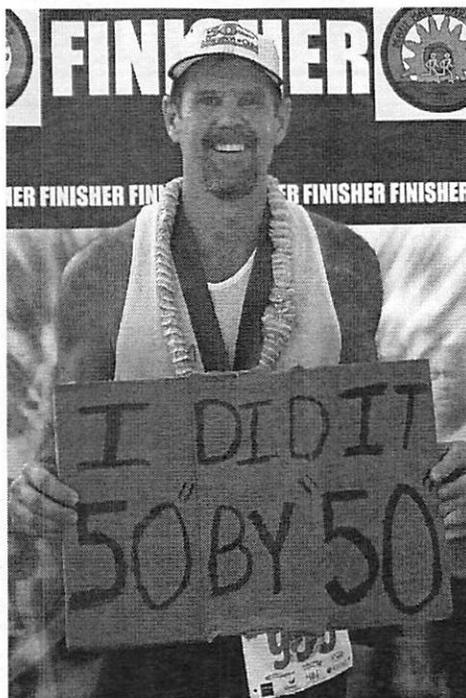
Brett Hess's excellent article about Jim McKinnon's recent "brush with death" (Track Club Newsletter Feb/March 2011) stimulated me to write a series of medically related columns for the Newsletter. Consider this column my first of many, or as many as you and the editors will allow, covering a variety of medical topics. Initially, I intend to stick with what I know best (cardiology) but in the future if you will allow I will occasionally stray into "unknown" territory to discuss other medical issues that may effect runners. Any and all feedback regarding these missives are welcome, but as my parents always told me "if you do not have anything nice to say, don't say anything at all."

So what really happened to Jim McKinnon and could this happen to any of us runners?

(By the way I have Jim's permission to use his story by way of illustration and on a personal note Jim is one of my Hero's but more on this in the future)

Isn't running supposed to protect us from heart disease? On that note, what is heart disease in the first place? If running is not protecting me from this dreaded disease what else can I do to make sure I am protected. All of these are excellent and natural questions and concerns. Hopefully in these columns I will attempt to answer all of these queries and offer advice on how you can prevent yourself from ever seeing me professionally.

Jim had an-out-of-hospital cardiac arrest, which means his heart for all intents and purposes stopped beating. Fortunately for him he had two paramedics right behind him who promptly started CPR and an ambulance crew was on the scene within minutes and defibrillated (shocked) his heart back to normal rhythm saving his life. The truth be told, less than 1% of patients survive an out of hospital cardiac



Cardiologist Dr. Mark O'Shaughnessy recently completed his 50-50 quest, running a marathon in all 50 states.

arrest so Jim is one lucky duck. Jim has one form of heart disease, atherosclerosis, which resulted in a Myocardial Infarction (heart attack) that caused a fatal heart rhythm (ventricular fibrillation).

Heart disease in the strictest sense in anything that goes wrong with the heart. There are many diseases that effect the heart, ones that people are born with (congenital heart disease), have a genetic defect (inherited) or many types of heart rhythm disturbances but the majority of the heart disease I see on a daily basis is preventable and due to atherosclerosis.

Stay tuned for information about other forms of heart disease in future installments.

Atherosclerosis or coronary artery disease is the most common form of heart disease and the most common thing that I see and treat every day. Basically, it is the build up of fat and cholesterol in the arteries (blood vessels) that supply the heart muscle. Think of this as corrosion in your pipes. As you plug up the pipes, you are unable to get the essential blood to the muscle below the area of blockage and the heart muscle begins to die. One very

On The Mark

important thing to know about the heart muscle is that it is an obligately aerobic organ, which means it must have oxygen in order to function.. We all know about oxygen debt, it's that feeling you are going to die at the end of a race when you have nothing left to give. Skeletal muscle has the ability to do work without oxygen, anaerobic metabolism, albeit for only a short time. The heart does not have the metabolic machinery to do anaerobic metabolism, it must have oxygen, and the only way to increase the oxygen flow to the heart muscle is to increase the blood flow to the muscle. If one has build up of fat and cholesterol in the arteries this prevents the blood flow to the muscle resulting in angina (heart pain) or myocardial infarction (heart attack).

The risk factors for the development of atherosclerotic heart disease are; Hypertension, Diabetes, Hyperlipidemia (high cholesterol), Male gender, Family History and Tobacco (cigarette smoking). Classically, we have added stress and obesity to this list but the hard science behind the proof is limited so although both may contribute to this disease process their exact nature is somewhat unclear.

Most of the above listed risk factors are alterable and with appropriate steps we can lower our risk of heart disease by adopting healthy choices in our daily living. In fact the only two factors that cannot be changed are our Family History, we cannot choose our parents, and our gender. One extremely important point that I will make over and over in these columns is that you cannot alter your risk factors if you do not know your numbers. It is imperative that we all know what our numbers are and that included knowing your cholesterol, blood pressure and blood sugar numbers.

Please see ON THE MARK, page 21

ON THE ROAD.....with Sarah Kleinknight

Boutique Marathon in Paris

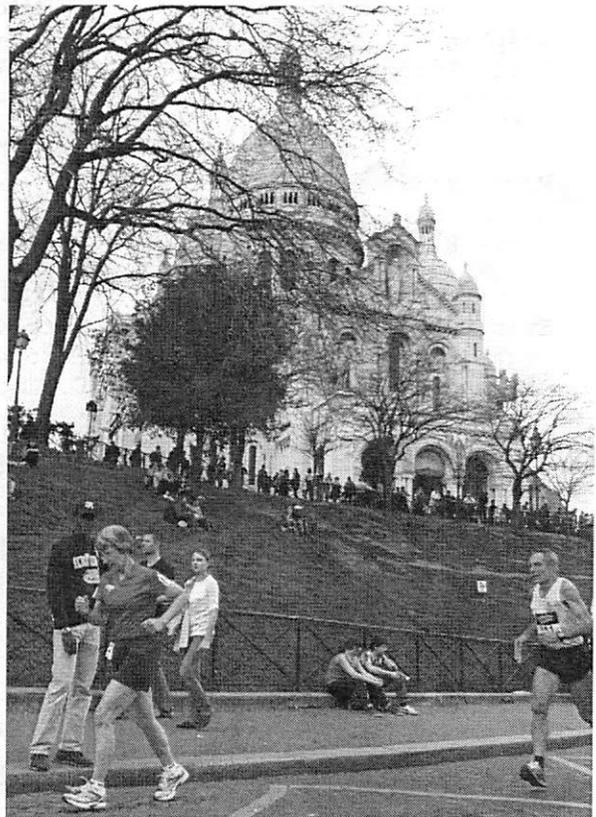


It was a 10 KM run in Montmartre. We started and finished at Sacre Coeur (the highest point in Paris).

The temperature was 60 degrees with no wind. There were 554 runners.

The course was three times down and back UP to Sacre Coeur. It almost broke my spirit when I had to pass by the finish line two times before I could cross it.

The Parisians were all along the course from bottom to top cheering us on (I think!). My time was pretty good considering the hills 1:18:24.



Conrad, Ade win Nutri-Run 20K titles

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Denise Conrad	Decatur IN	49	15	1:25:24.8	6:52/M
2	Karen Killian	Bryan OH	26	23	1:27:51.1	7:04/M
3	Tammy Behrens	Fort Wayne IN	40	36	1:33:10.7	7:30/M

Overall Female Masters Winners

1	Linda Wyss	Fort Wayne IN	48	51	1:35:29.2	7:41/M
2	Cindy McGovern	Fort Wayne IN	46	54	1:37:43.7	7:52/M
3	Diana Schowe	Auburn IN	46	67	1:40:26.8	8:05/M

Overall Male Open Winners

1	Eric Ade	Fort Wayne IN	32	1	1:12:32.9	5:50/M
2	Mike Cole	Corunna IN	35	2	1:12:43.6	5:51/M
3	Austen Davenport	Columbia City IN	25	3	1:14:57.4	6:02/M

Overall Male Masters Winners

1	jim stockman	Fort Wayne IN	45	8	1:21:54.8	6:35/M
2	Rowland Perez	Auburn IN	50	9	1:22:54.5	6:40/M
3	Greg Krider	Fort Wayne IN	42	11	1:23:55.7	6:45/M

Female 19 and under

1	Laura Donnell	Fort Wayne IN	18	87	1:52:18.9	9:02/M
2	Jamie Zeigler	Fort Wayne IN	10	127	2:51:56.5	13:50/M

Female 25 to 29

1	Stephanie Breeding	Roanoke IN	28	63	1:39:28.1	8:00/M
2	Katie Parrish	Fort Wayne IN	26	93	1:55:21.0	9:17/M
3	Sharon Christian	Fort Wayne IN	26	105	2:03:35.6	9:57/M

Female 30 to 34

1	Megan Yoder	Fort Wayne IN	31	44	1:34:27.0	7:36/M
2	Shalon Meyer	Auburn IN	31	73	1:43:03.4	8:17/M
3	Jodie Patrick	Fort Wayne IN	32	79	1:46:35.8	8:34/M

Female 35 to 39

1	Erin Brady	Fort Wayne IN	39	57	1:38:06.3	7:54/M
2	Megan Campbell	Fort Wayne IN	35	68	1:41:22.6	8:09/M
3	Allison Brown	Columbia City IN	37	90	1:53:55.2	9:10/M

Female 40 to 44

1	Tracy Brooks	Fort Wayne IN	41	77	1:45:24.5	8:29/M
2	Anita Lehman	Decatur IN	44	107	2:04:39.9	10:02/M

Female 45 to 49

1	Katheryn Bassett	Leo IN	45	81	1:49:19.1	8:48/M
2	Laurie Whisler	Fort Wayne IN	46	99	1:58:30.1	9:32/M
3	Mae Miller	Harlan IN	45	111	2:10:14.4	10:29/M

Female 50 to 54

1	Melinda Kinder	Fort Wayne IN	50	100	1:59:06.6	9:35/M
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Female 60 to 69

1	Barbie Scrogam	Fort Wayne IN	64	123	2:29:45.9	12:03/M
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Nutri-Run 20K results continued**Male 19 and under**

1	Cody Vervyncht		16	6	1:21:12.4	6:32/M
2	Richkard Saint-Victor	Fort Wayne IN	16	26	1:28:50.9	7:09/M
3	Sam Edwards	Fort Wayne IN	14	116	2:18:33.6	11:09/M

Male 20 to 24

1	David Lill	Fort Wayne IN	20	29	1:31:04.7	7:20/M
2	Justin Gould	Fort Wayne IN	23	86	1:51:41.7	8:59/M
3	Rachel Wilkinson	Warsaw IN	23	108	2:04:56.2	10:03/M

Male 25 to 29

1	Mark Doepner	Fort Wayne IN	28	5	1:18:25.5	6:19/M
2	Grant Stieglitz	Fort Wayne IN	26	7	1:21:45.2	6:35/M
3	Shane Oakleaf	Fort Wayne IN	28	10	1:23:26.6	6:43/M

Male 30 to 34

1	Josh Maple	Fort Wayne IN	34	4	1:16:04.5	6:07/M
2	Scott Heath	Fort Wayne IN	31	25	1:28:46.6	7:08/M
3	Joe York	Auburn IN	32	45	1:34:45.1	7:37/M

Male 35 to 39

1	Ben Heilman	Warsaw IN	35	12	1:24:30.1	6:48/M
2	Brad Thomas	Fort Wayne IN	36	16	1:26:21.0	6:57/M
3	Mark Mays	Fort Wayne IN	38	19	1:27:27.9	7:02/M

Male 40 to 44

1	Mike Fream	Fort Wayne IN	42	18	1:26:48.4	6:59/M
2	Paul McIntosh	Fort Wayne IN	42	24	1:28:29.8	7:07/M
3	David Martin	Fort Wayne IN	42	33	1:32:19.5	7:26/M

Male 45 to 49

1	Tom Hoffman	Arlington Heights	46	13	1:24:32.8	6:48/M
2	Ward Moya	Fort Wayne IN	47	14	1:25:08.3	6:51/M
3	Gregg Osborn	Fort Wayne IN	49	17	1:26:32.0	6:58/M

Male 50 to 54

1	Mike Slaubaugh	Fort Wayne IN	50	35	1:32:37.0	7:27/M
2	Ed Reinhard	Poneto IN	53	37	1:33:22.8	7:31/M
3	Tom Lill	Fort Wayne IN	54	39	1:33:40.0	7:32/M

Male 55 to 59

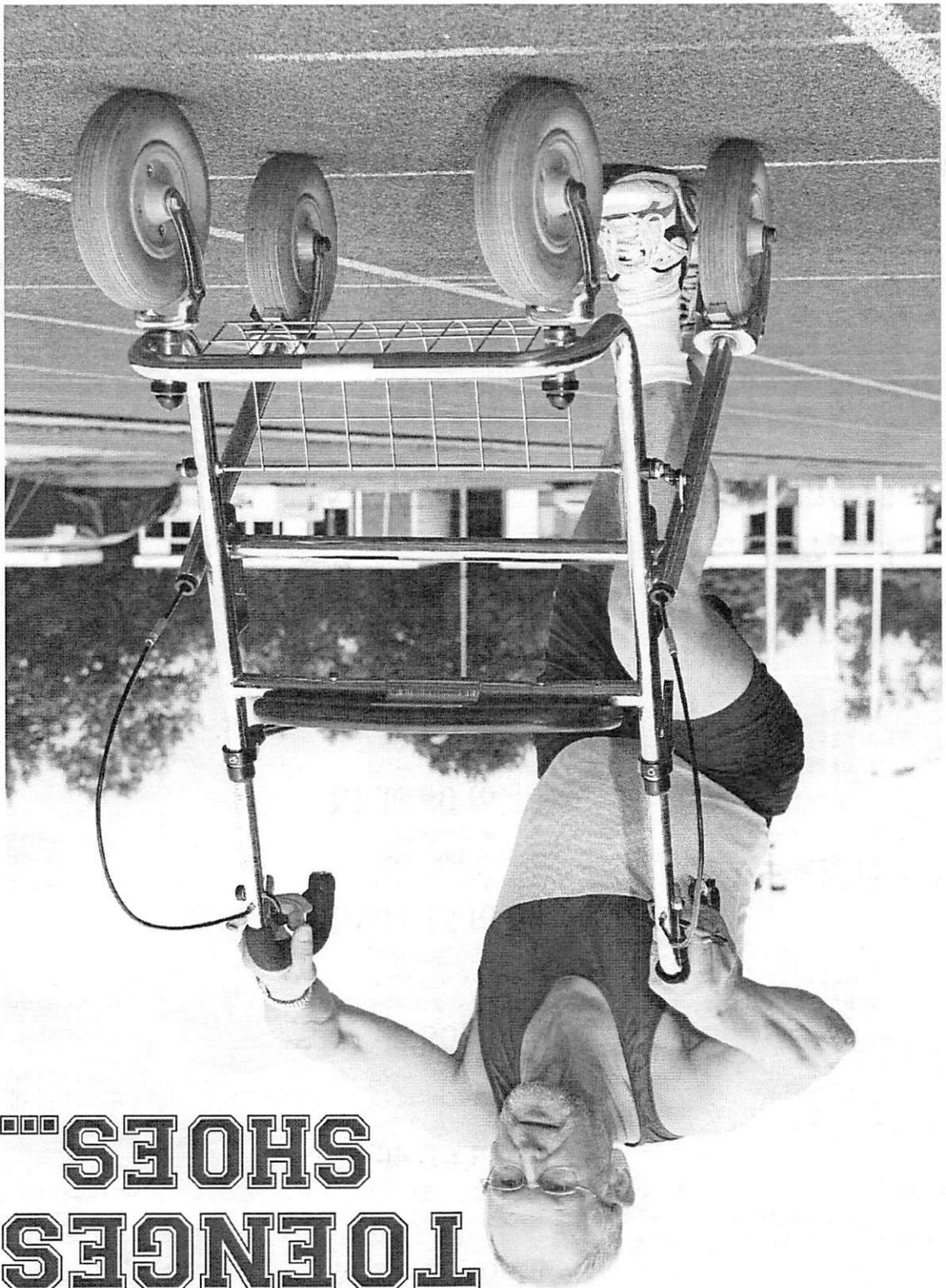
1	Jerry Steinhoff	Fort Wayne IN	56	30	1:31:24.4	7:21/M
2	Chuck Brown	Bluffton IN	55	49	1:35:20.0	7:40/M
3	Jim Braun	Fort Wayne IN	55	76	1:44:39.8	8:25/M

Male 60 to 69

1	Richard Vorick	Fort Wayne IN	60	28	1:30:12.0	7:15/M
2	Jed Pearson	Fort Wayne IN	60	32	1:31:52.1	7:23/M
3	Roger Kingsbery	Fort Wayne IN	61	41	1:34:04.8	7:34/M

Male 70 and over

1	Steve Getts	Corunna IN		74	1:43:03.6	8:17/M
2	Dave Bowden	New Haven IN	72	125	2:40:07.9	12:53/M



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Nutri-Run 5-Miler results

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Crystal Reichert	Fort Wayne	IN 24	1	29:12.0	5:50/M
2	Cristina Ridenour	Fort Wayne	IN 24	2	29:57.0	5:59/M
3	Ashley Ade	Fort Wayne	IN 26	5	31:53.3	6:23/M

Overall Female Masters Winners

1	Karen Dvorak	Fort Wayne	IN 47	36	42:05.5	8:25/M
2	Connie Gordon	Churubusco	IN 48	46	43:16.9	8:39/M
3	Anita Bultmeier	Leo	IN 51	71	48:30.4	9:42/M

Overall Male Open Winners

1	Jon Champion	Fort Wayne	IN 35	3	29:58.0	6:00/M
2	Brayden Law	Fort Wayne	IN 13	4	30:32.0	6:06/M
3	Dalton Atchison	Fort Wayne	IN 16	6	32:26.6	6:29/M

Overall Male Masters Winners

1	Paul Shaffer	Decatur	IN 53	7	33:05.2	6:37/M
2	Carl Hansen	Auburn	IN 54	10	34:45.3	6:57/M
3	Lawrence Kvznat	Albion	IN 48	14	36:40.5	7:20/M

Female 19 and under

1	Grace Bassett	Leo	IN 12	75	49:21.1	9:52/M
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Female 20 to 24

1	Brittany Shuler	Fort Wayne	IN 21	66	46:46.7	9:21/M
2	Tricia Neary	Columbia City	IN 24	86	54:18.7	10:52/M
3	Nancy Herron	Churubusco	IN 24	91	56:28.5	11:18/M

Female 25 to 29

1	Dianna Fox	Berne	IN 29	12	35:33.6	7:07/M
2	Ashley Anglin	Fort Wayne	IN 27	19	38:42.7	7:44/M
3	Allison Rahrig	Fort Wayne	IN 26	47	43:19.3	8:40/M

Female 30 to 34

1	Lori Bantz	Portland	IN 31	56	45:04.6	9:01/M
2	Angela Fix	Fort Wayne	IN 34	59	46:08.1	9:14/M
3	Jill Weber	Batesville	IN 34	61	46:17.2	9:15/M

Female 35 to 39

1	Lyticia Emery	Fort Wayne	IN 39	37	42:20.8	8:28/M
2	Nicole Mansmerger	Fort Wayne	IN 39	50	43:50.6	8:46/M
3	Kim Maetin	Fort Wayne	IN 36	58	45:59.7	9:12/M

Female 40 to 44

1	Nikki Hensel	Fort Wayne	IN 40	83	53:30.3	10:42/M
2	Heather Ostrowski	Churubusco	IN 41	87	55:42.3	11:08/M
3	Kimberly Martin	Fort Wayne	IN 43	101	1:03:57.5	12:47/M

Female 45 to 49

1	Linda Bohde	New Haven	IN 46	72	48:32.6	9:42/M
2	Kym Crandell	Roanoke	IN 46	85	54:09.8	10:50/M
3	Cynthia Roffelsen	Fort Wayne	IN 48	99	1:02:36.2	12:31/M

Female 50 to 54

1	Susan Koenemann	Fort Wayne IN	53	81	53:12.1	10:38/M
2	Vickie Robertson	Fort Wayne IN	53	93	56:50.5	11:22/M
3	Janet Naish	Fort Wayne IN	50	102	1:04:07.0	12:49/M

Female 55 to 59

1	Malissa Cockman	Fort Wayne IN	56	89	55:48.6	11:10/M
2	Rosalie Hernly	Fort Wayne IN	59	100	1:03:06.0	12:37/M
3	Mary Voors	Fort Wayne IN	55	103	1:04:07.1	12:49/M

Male 19 and under

1	Ben Paul		16	9	34:40.6	6:56/M
2	Andrew Distelrath		16	11	34:45.3	6:57/M
3	Benjamin Burns	Fort Wayne IN	18	15	36:44.0	7:21/M

Male 20 to 24

1	Derrick Brinkley		24	8	33:50.1	6:46/M
2	Cody Gordon	Churubusco IN	23	45	43:12.5	8:38/M
3	Jason Van Horn	Camby IN	22	68	47:40.6	9:32/M

Male 25 to 29

1	Patrick Quinn	Fort Wayne IN	27	13	35:56.4	7:11/M
2	Phillip Amburgey	Fort Wayne IN	28	20	38:44.2	7:45/M
3	Eric Ervin	Fort Wayne IN	29	95	59:30.3	11:54/M

Male 30 to 34

1	Ryan Perkins	Fort Wayne IN	31	23	39:08.6	7:50/M
2	Steve McDonald	Fort Wayne IN	33	34	41:59.2	8:24/M
3	Steven Spagnolo	Fort Wayne IN	32	43	43:00.6	8:36/M

Male 35 to 39

1	Jim Heckman	Fort Wayne IN	38		40:22.5	8:04/M
2	Mick Steele	Fort Wayne IN	37	41	42:42.3	8:32/M
3	Todd Johnson	Van Wert OH	35	44	43:01.7	8:36/M

Male 40 to 44

1	Jim Coughlin	Fort Wayne IN	40	22	39:04.7	7:49/M
2	Berry Weaver	Fort Wayne IN	40	27	40:08.2	8:02/M
3	Scott Springer	Harlan IN	40	35	42:04.3	8:25/M

Male 45 to 49

1	Clif Hudson	Fort Wayne IN	45	32	41:23.9	8:17/M
2	David Emery	Fort Wayne IN	47	38	42:22.9	8:28/M
3	Darren Crandell	Roanoke IN	46	52	44:06.5	8:49/M

Male 50 to 54

1	David Geiger	Churubusco IN	50	21	38:56.7	7:47/M
2	tony Galwoppo	Fort Wayne IN	52	30	41:05.5	8:13/M
3	Michael Overdahl	Fort Wayne IN	50	40	42:37.2	8:31/M

Male 55 to 59

1	John Treleaven	Fort Wayne IN	59	29	40:44.7	8:09/M
2	Kevin Giant	Fort Wayne IN	57	31	41:15.6	8:15/M
3	Alan Hernly	Fort Wayne IN	59	77	51:19.6	10:16/M

Male 60 to 69

1	Bob Bruckner	Fort Wayne IN	65	25	39:40.1	7:56/M
2	Ken Nordin	Fort Wayne IN	65	33	41:55.2	8:23/M
3	James Smith	Fort Wayne IN	61	51	43:55.5	8:47/M

Male 70 and over

1	Dick Harnly	Fort Wayne IN	73	70	48:13.5	9:39/M
2	Karl Dietsch	Fort Wayne IN	73	94	59:10.7	11:50/M
3	Robert Loomis	Monroe IN	78	97	1:00:01.3	12:00/M

Conrad, Hernandez win Stomp

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Denise Conrad	Decatur	49	15	20:21.3	6:34/M

Overall Male Open Winners

1	Paul Hernandez	Huntington	IN	18	1	18:32.7	5:59/M
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Female 14 and under

1	Maddie Distelrath	Fort Wayne	IN	11	41	22:25.1	7:14/M
2	Grace Hess	Fort Wayne	IN	13	82	25:21.6	8:11/M
3	Avery Martin			12	106	27:02.5	8:43/M

Female 15 to 19

1	Amber Plummer	Claypool	IN	19	66	24:12.4	7:48/M
2	Bethany Plummer	Claypool	IN	19	90	25:47.0	8:19/M
3	Anna McCulfor	Fort Wayne	IN	19	160	31:06.6	10:02/M

Female 20 to 24

1	Yuka Kobayaski			22	51	23:17.5	7:31/M
2	Megan Terhune	Fort Wayne	IN	24	93	25:49.9	8:20/M
3	Brittany Shuler	Fort Wayne	IN	21	143	30:00.0	9:41/M

Female 25 to 29

1	Ashley Anglin	Fort Wayne	IN	27	68	24:21.9	7:51/M
2	Sharon Christian	Fort Wayne	IN	26	125	28:37.4	9:14/M
3	Tasha Dommer	New Haven	IN	26	133	29:21.2	9:28/M

Female 30 to 34

1	Jenny Robinson	Fort Wayne	IN	30	19	20:47.1	6:42/M
2	Janet Crawford	Fort Wayne	IN	31	55	23:24.7	7:33/M
3	Michelle Yoder	Huntertown	IN	30	70	24:24.2	7:52/M

Female 35 to 39

1	Erin Brady	Fort Wayne	IN	39	57	23:36.1	7:37/M
2	Allison Brown	Columbia City	IN	37	80	25:14.4	8:08/M
3	Kelly Kelly	Fort Wayne	IN	38	92	25:48.9	8:19/M

Female 40 to 44

1	Sandra Franklin	Fort Wayne	IN	43	131	29:15.9	9:26/M
2	Theresa Compton	Fort Wayne	IN	43	138	29:52.3	9:38/M
3	Cheri Steigmeyer	Fort Wayne	IN	44	142	30:00.0	9:41/M

Female 45 to 49

1	Linda Wyss	Fort Wayne	IN	48	39	22:21.5	7:13/M
2	Cindy McGovern	Fort Wayne	IN	46	46	22:46.2	7:21/M
3	Connie Gordon	Churubusco	IN	48	102	26:38.5	8:35/M

Female 50 to 54

1	Melinda Kinder	Fort Wayne	IN	50	126	28:45.5	9:16/M
2	Karen O'Connell	Fort Wayne	IN	54	156	30:53.4	9:58/M
3	Gina Lovell	Fort Wayne	IN	52	193	34:01.9	10:58/M

Female 55 to 59

1	Sandy Gaier			56	119	28:30.2	9:12/M
2	Annie Bobilya			56	210	34:35.6	11:09/M
3	Cheryl Stromski	Antwerp	OH	55	216	35:10.0	11:21/M

Mastodon Stomp results continued**Female 60 to 64**

1	Melissa Ulrich	Fort Wayne IN	61	172	32:09.1	10:22/M
2	linda ulrich	Fort Wayne IN	62	243	38:12.6	12:19/M
3	Carole Fuller	Fort Wayne IN	62	300	46:17.0	14:56/M

Female 65 to 69

1	Betty Nelson	Columbia City IN	65	111	27:49.1	8:58/M
2	Marcie Degitz	Fort Wayne IN	65	321	49:31.9	15:58/M

Male 14 and under

1	Chris Meyer	Fort Wayne IN	13	25	21:41.1	7:00/M
2	Nathan Garver	Ossian IN	14	34	22:05.8	7:07/M
3	Kolin Behrens	Fort Wayne IN	13	43	22:40.0	7:19/M

Male 15 to 19

1	Douglas Baker	Huntington IN	18	2	18:41.4	6:02/M
2	Alex Overby		18	17	20:30.5	6:37/M
3	Hunter Wilbanks	Fort Wayne IN	19	53	23:23.7	7:33/M

Male 20 to 24

1	Jordan Hull	Fort Wayne IN	22	6	19:03.5	6:09/M
2	David Lill	Fort Wayne IN	20	22	21:08.4	6:49/M
3	Justin Gould	Fort Wayne IN	23	29	21:54.9	7:04/M

Male 25 to 29

1	Benjamin Ashby	Fort Wayne IN	28	16	20:25.2	6:35/M
2	Patrick Quinn	Fort Wayne IN	27	23	21:10.4	6:50/M
3	Dashon Smith	Fort Wayne IN	25	35	22:06.8	7:08/M

Male 30 to 34

1	Jonathon Gottschalk	Fort Wayne IN	30	10	19:32.5	6:18/M
2	Michael Yoder	Huntertown IN	33	22:05.4	7:07/M	
3	Mitchell Shelton	Fort Wayne IN	30	58	23:40.4	7:38/M

Male 35 to 39

1	Brad Thomas	Fort Wayne	36	7	19:11.5	6:11/M
2	Winson Samarasingha	Fort Wayne	38	14	20:18.5	6:33/M
3	Scott Mullins	Fort Wayne	38	65	24:05.1	7:46/M

Male 40 to 44

1	Ashley Keny	New Haven	41	4	18:47.5	6:04/M
2	Greg Krider	Fort Wayne	42	8	19:13.3	6:12/M
3	Bill Myers	Fort Wayne	42	30	21:55.0	7:04/M

Male 45 to 49

1	Chip Larowe	Auburn	47	3	18:43.9	6:02/M
2	Ward Moya	Fort Wayne	47	9	19:24.2	6:15/M
3	jim stockman	Fort Wayne	45	11	19:39.1	6:20/M

Male 50 to 54

1	Rowland Perez	Auburn	50	5	18:58.0	6:07/M
2	Paul Shaffer	Decatur	53	12	19:43.9	6:22/M
3	Daniel Ashby	Churubusco	50	18	20:31.6	6:37/M

Male 55 to 59

1	Gary Schmunk	Antwerp	56	21	20:59.0	6:46/M
2	Chuck Brown	Bluffton	55	24	21:37.6	6:58/M
3	Bob Sedlmeyer	Fort Wayne	56	48	22:59.4	7:25/M

At right, with camera ever-ready, Jed Pearson takes a self-portrait. Below a very hot and sweaty field makes its way to the Mastodon Stomp finish line.



Photos
Courtesy
Of
Jed Pearson/
RunIndiana.com



Male 60 to 64

1	Roger Kingsbery	Fort Wayne	61	28	21:48.4	7:02/M
2	Jed Pearson	Fort Wayne	60	44	22:42.0	7:19/M
3	James Smith	Fort Wayne	61	100	26:16.5	8:28/M

Male 65 to 69

1	Ray Casiano	New Haven	67	62	23:51.2	7:42/M
2	Bob Brucker	Fort Wayne	65	67	24:16.2	7:50/M
3	Ken Nordin	Fort Wayne	65	72	25:01.6	8:04/M

Male 70 to 74

1	Dick Harnly	Fort Wayne	73	154	30:49.2	9:56/M
2	Ron Etzler	Payne OH	70	194	34:02.2	10:59/M
3	Karl Dietsch	Fort Wayne	73	234	37:30.0	12:06/M

Male 75 to 79

1	Robert Loomis	Monroe	78	230	36:52.3	11:54/M
2	Bernie Huesing	Fort Wayne	78	307	47:31.5	15:20/M

On The Mark: Running saved McKinnon

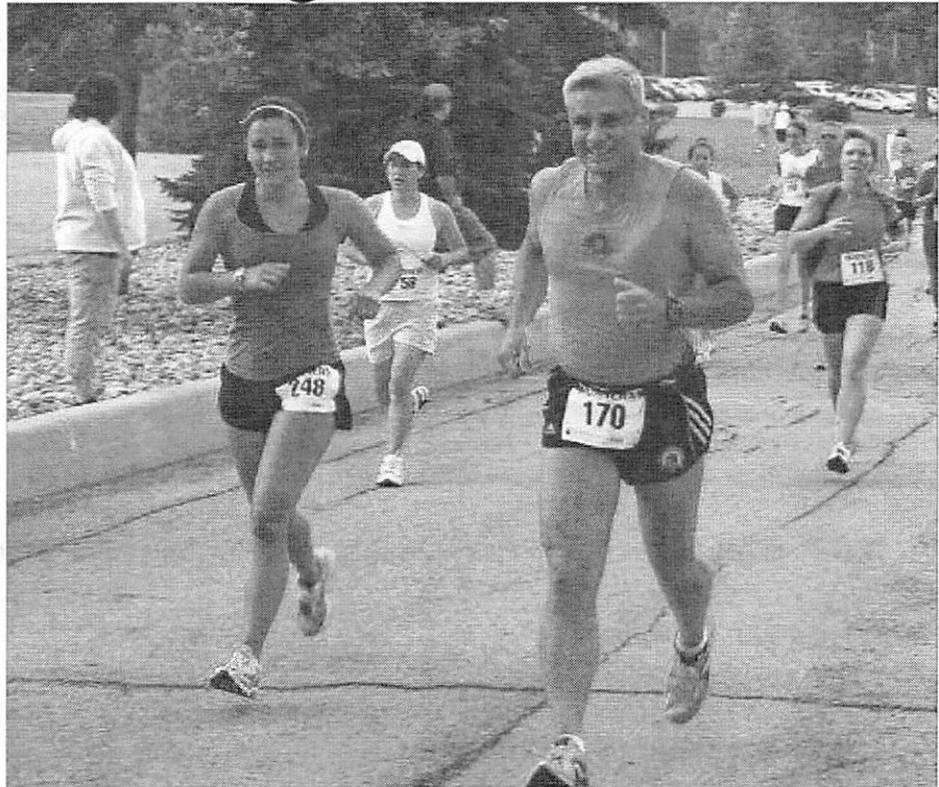
Continued from Page 10

I will discuss each of these risk factors in future editions but if you do not know what your numbers are I strongly encourage you to find out.

While running is indeed extremely beneficial in the prevention of atherosclerotic heart disease and it is extremely rare that runners die doing what we love, running is not completely protective and we all need to take stock of our health and do everything possible to prevent this devastating disease.

I would agree with Jim's physician in New Orleans that his running has indeed "saved" his life and would encourage him to continue to run.

Without running, Jim would have very likely succumbed to his heart disease long ago. To go from 260 pounds to running marathons in 10 years is remarkable and to continue to run after his recent event is phenomenal which makes Jim a true hero in my book. I preach prevention daily, Jim lives it!



Dr. Mark O'Shaughnessy writes that Jim McKinnon's (170) life-style changes have certainly extended his life.

Our club is full of inspiration stories and people and I feel honored and privileged to be a part of this and with their permission I will draw on some of these stories in future columns as illustration of the various cardiac diseases.

Stay tuned next month, as we will delve into atherosclerosis in much more detail.

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

Waiver or Reduction of Race Timing and Equipment Rental Fees:

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

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

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

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

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

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

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

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

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

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

FWTC Board of Directors Minutes of Meetings: February 9, 2011

Board members present: Mike Yann, Mac McAvoy, Judy Tillapaugh, Jim Berry, Jon Beasley, Casey Shafer, Sarah Kleinknight, Roger Wilson, Cheryl Stromski, Angie Lockwood, Erin Brady, Joe Kinder, Roland Perez, and Robin Dombrowski.

FWTC member present: Sharon Christian.

Beginning. Meeting called to order 7:00 and Roland gave the devotion. Snacks by Cheryl.

Minutes. The minutes of the December meeting were approved amending edit to strike name from bounced check.

Treasurer's report. Emailed before the meeting.

OLD BUSINESS:

1. 2011 and 2012 Banquets:

a) Invitations to high school runners must go out sooner and to include a paragraph on high school honorees attending.

b) Jim recommends keeping the precedence high.

c) Have the speaker use a key topic focused toward the club.

d) Solidify the speaker so we can advertise at races in the months prior to the event to create a bigger buzz.

2. Points Races for 2011: Ironman award back for 2011 if anyone runs all 15 races- award still needs to be determined. Overall winner is highest points. Roland emailing Mac and Brett to solidify 2011 points system.

NEW BUSINESS:

Board Members:

Find a way to email expired members to inform them they need to renew. Casey looking into it.

Banquet speaker ideas. Board needs to solidify list of names from Mac by April. Prefer female speaker for 2011.

Lifetime members added to club: Joe Zeigler and Don Lindley.

Name change for the club? Potential vote coming in future meetings. Also consider new membership costs (start thinking of pros and cons).

Club Activity:

Website- need to find a better website or a moderator. Push to move more information from the club online to get away from paper. Beasley working on finding contact person.

Cheryl putting together club water station for Fort-4-Fitness. Could be a fundraiser for the club along with a social event.

Radio exposure on Kent Horman program for 13 weeks. \$460 cost to FWTC. Partnering with 3 River's Running and Fort-4 Fitness in the program to gain more exposure.

Race Reports:

Fanny Freezer Saturday 2:00pm.

Frontier race \$6.50 for tech t-shirts, race promotions coming soon.

Run it walk it for Chris Brown (prediction run) coming soon.

Nutri-Run coming soon.

Adjourn. The meeting adjourned at 9:00 pm.

****Next Meeting.** The next meeting of the FWTC Board of Directors will be March 9th, at 7:00 pm (6:45 social ¼ hour).



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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

TILLAPAUGH: News you can use

TILLAPAUGH, from page 6.

Cardiovascular disease is a deficiency disease...not enough low processed plant foods.

Comments by Joan Sabate, MD, Dr.Ph., currently co-investigator of the Adventist Health Study-2, was a principal investigator in a nutrition study that directly linked walnuts to decreasing serum cholesterol.

8. Four factors that cause 75% of chronic diseases are tobacco use, poor eating habits, inactivity, and stress. Many diseases are preventable, treatable, and reversible. Do not sit by and not take action. Live well by avoiding tobacco, meditating 15 minutes twice a day, walking 10,000 steps a day or an equal activity level, and by avoiding unhealthy foods like foods high in trans fatty acids, animal fats, and simple sugars.

Comments by Michael F. Roizen, MD, Cleveland Clinic Wellness Institute

9. Emotion initially promotes a person to improve their lifestyle. Environmental factors trigger long term change. Yes, our behaviors are governed by our environment and culture. At the Cleveland Clinic policies and procedures have changed to encourage everyone to work and live well. Some initiatives are: tobacco is banned, people that smoke are not hired, most all the food options are healthy, health education is available, and it is easy to be active.

Comments by Michael F. Roizen, MD, Cleveland Clinic Wellness Institute

10. Emotions or moods can play a role to trigger behavioral responses such as binge eating, night feeding, and "snack attacks". Of particular concern, moods such as depression, boredom, and sadness are associated with disordered eating patterns.

Chocolate, Peanut Butter & Banana Smoothie

Ingredients:

2 cups chocolate milk, chocolate soy milk, or chocolate yogurt

2 ripe bananas

2 -3 tbsp natural peanut butter

1/2 - 1 cup ice cubes (about 5-10 cubes)

Place the chocolate milk, bananas, peanut butter and ice cubes in a blender and blend until smooth. A great high protein, high carbohydrate, high potassium after workout snack!

Makes about 2 Servings

1 serving : 380 calories, 56 gms, carbohydrate, 14 gms protein, and 14 gms fat, and 1000 mgs potassium

Source: Courtney Jakacki, RD

Shift from denial to awareness. Self monitor eating patterns. Do they support health and wellness or maybe a change would be beneficial? Tanis Vye Mihalynuk, BSc, PhD, Rd, PDt,

Great news! So use the news! Think about what would help make you a better you!

Best, Judy Tillapaugh, RD. IPFW Wellness/Fitness Coordinator

Tillapau@ipfw.edu 481-6647

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

Golden Age is now

Continued from Page 2

ever to be a four-time all state cross country runner and his total places (2nd, 3rd, 10th and 17th) give him an average place of 8 for the third-best in state history.

We have a rich tradition of high school cross country in northeast Indiana, full of top-five state meet placers and even a few state champs. But no boy has had a four-year run like Martin.

**It all started here:
Five of the athletes
mentioned in the story
_ Bayer, Martin,
McKaig, VanOrt and
Moldovan _ won the
FWTC High School
award.**

There have been several girls who have won state titles, including Harding's Kristi Walker, who won two state "invitationals" and the very first official state meet in 1981. Even Martin finished better at Footlockers than Walker did. Walker, now Kristi Zoltek, contributes to today's "golden age" as a coach at Columbia City and Northrop.

Collegiately, Leo graduate Andy Bayer last year became the fifth former Indiana prep to break 4 minutes in the mile. Now a junior at Indiana University, Bayer has garnered two NCAA All-America honors and looks to claim two more this weekend at the indoor national meet in Texas. He has six seasons total (two each in cross country, indoor and outdoor track) to add to his total. Earlier this season Bayer had world-best times in the mile and the 3,000. This past fall, Bayer narrowly missed NCAA all-America honors in cross country.

In addition to Bayer, two years ago Northrop graduate Bobby Moldovan

(now at North Carolina State) made the United States team for the World Cross Country Championships.

Again, we've had many runners go on to have successful careers collegiately but other than Amy Yoder (more on her later), I'm having a hard time coming up with someone who had the national impact that Bayer has and I think WILL have by the time he's done at IU.

Professionally, Alissa McKaig, a Concordia Lutheran graduate, just made the United States World Cross Country team and will compete later this month in Spain. And at last November's U.S. Marathon Championships, McKaig finished fifth in a time of 2 hours, 37 minutes and 29 seconds. McKaig was a two-time state champ for the Cadets and was an NCAA All-America for Michigan State.

Two other professional runners to keep an eye on are Huntington native Lauren (Davenport) Johnson and DeKalb product Kaleb Van Ort. Johnson didn't start her competitive distance running career until her college basketball eligibility was up two years ago. She quickly earned a spot in Oregon under the Nike banner. Johnson recently ran a 4:33 indoor mile, just a second slower than the record for an Indiana high school graduate. A hurdler in high school, Johnson is building toward a career in the steeplechase.

VanOrt was an Indiana high school all-star for the Barons who went on to run for Notre Dame. He has since embarked on a professional triathlon career and is training as an Olympic hopeful.

Last, but not least, East Noble graduate Amy Yoder Begley continues her career as a pro (also for Nike in Oregon). She has enjoyed quite a run from a state champ to multi-time all-America at Arkansas and most recently as a professional. Begley competed in the 2008 Olympics and then won the 2009 US Championships in the 10,000.



Kaleb VanOrt, above, and Amy Yoder Begley, below right, contribute to this Golden Age of distance running in Northeast Indiana.





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SARAH KLEINKNIGHT RACES IN PARIS

Sarah Kleinknight, left in red top and black shorts, cruises down a hill during the Boutique Marathon, a 10K in Paris last month. For a race report and more photos, please turn to page 11.

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