

The *New* Inside Track

FORT WAYNE



TRACK CLUB

JUNE 2011 / JULY 2011

A publication of the Fort Wayne Track Club

Rec'd
7/19/11

FRONTIER RUN N' FUN



First the "run", left, and then the "fun", below, on May 21 in downtown. The inaugural running was a success but look for much more next year!



RACES

Parade Run 5K ...July 9
Matthew 25 racesJuly 16

FACES

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PACES

Race calendar .pg. 5
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Running on hallowed grounds

By Brett Hess

I traveled all the way to Olympia, Greece, and all I got in was a three-mile run? Whatever happened to the Plains of Marathon? And Phidippides?

There went the planned 26-mile run!

I learned a lot last month on a tour of the Greek Isles, the highlight of which included a day in Olympia and another in Athens. As a runner, these sights have special meaning, like, say, a Christian going to Bethlehem.

But unlike Christians heading to the Holy Land, I didn't want to become an authority on my subject before being in the presence of God. I wanted to be surprised while learning about the god of victory (Nike), the first Olympics and Phidippides. I wanted a real, live Greek guide to educate me.

And it was worth it! For beginners, I did know Phidippides wasn't an Olympic athlete but rather a courier racing home to Athens to announce a Greek victory in war. I knew he ran over the Plains of Marathon, but perhaps he inspired the Olympics?

Yes and no.

Our guide, Thanos, told us the first Olympics were held in Olympia in 776 B.C. and that the only race was about 190 meters in length. There was boxing, wrestling, throwing things (discus and javelin) and even chariot racing.

So what about Phidippides, I asked? Thanos told me he served in the Persian and Greek Wars and made his infamous run in 490 B.C.

And there I was, expecting some sort of run, with a route laid out before me. But I just stood there, clad in my running attire, among 40 casually dressed tourists.

What to do now?

Thanos told me that the first Olympics (again, 776 B.C.) had only one race – the length of the stadia – but that later (the 14th Olympics in 724 B.C.) there was a longer race which ran “down and back.”

Still, I thought, 380 meters is no marathon.

Then Thanos saved the day. He said that for some unknown reason in the 15th Olympics (720 B.C.) they added a race of 24 laps, or 12 “down and backs.” I quickly figured that the race distance would be close to three miles. “The first distance race in the Olympics,” I suddenly realized.

Thanos, a bit bewildered, nodded as if to say, “Sure, whatever you say.”

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Wearing my red Boston Marathon hat, I tried to pace myself despite all the excitement of my locale.



IHSAA meet one for the ages

BY LARRY LEE

The 2011 Indiana State Boys and Girls High School Track and Field Championships in Bloomington, IN June 3-4 were two extraordinary events. They produced nine state records, the most in recent history. I would like to put all the record-setting performances, especially those involving the distance races, in a historic perspective.

On the boys' side, this year's competitions produced the most outstanding distance-running in the history of the state meet. Austin Mudd of Center Grove broke Hammond's fabled Rudy Chapa's 1600 meter record set in 1976 with a 4:03.00 time, fastest by a prep runner in the US this year.

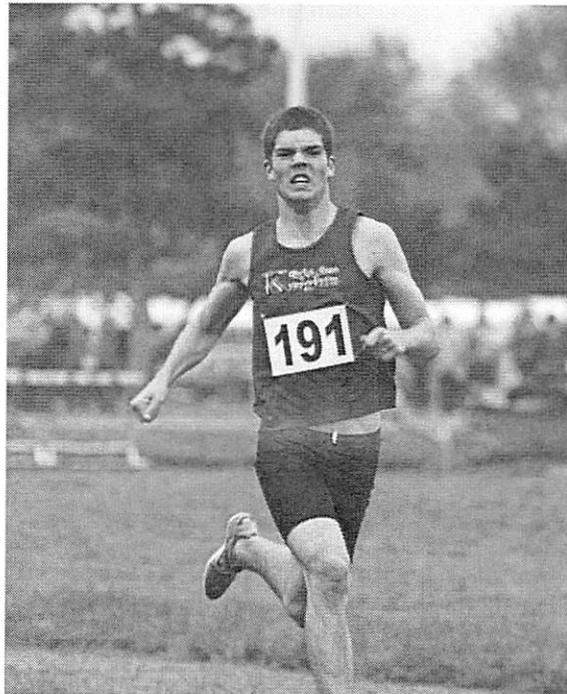
Futsum Zeinasellassie of Indianapolis North Central missed by 1.63 seconds Chapa's other state record, the oldest one on the books: his 3200-meter mark of 8:55.10 set in 1975. Mudd later broke the 800-meter record set in 1977 by Tom Martin, Evansville Memorial, with a 1:49.25 effort. Lawrence Central's record-setting 7:38.62 in the 3200 meter relay was the fourth exceptional distance-running performance.

On the girls side, Waverly Neer of Culver Academy was as impressive in her "distance-double" as was Mudd with his in the boys meet. She obliterated state marks in both the 1600 meters (4:43.46) and the 3200 meters (10:20.66). The latter was formerly held by East Noble's Amy Yoder (10:24.29). Yoder was a 2008 USA Olympian in the 10,000 meters.

Park Tudor's Abby Farley won her third consecutive title in the 800 meters in 2:08.91, breaking her own record set last year.

Skyler Carpenter from Westview, only a junior, was the boys and girls meets' only individual-events triple winner. She won both hurdles and also the long jump. Her 42.03 in the 300-meter hurdles broke Columbia City's Deb Sauer's state mark of 42.51 that had stood since 1987.

Portage's Tori Bliss broke the 13-year-old shot-put record by 14 inches with a 50-9 effort. Lawrence North's 1600-meter relay team set the sixth girls state record (3:47.37) in the dramatic conclusion to an extraordinary two days of competition. Ashley Spencer's eye-popping 52.29 anchor leg overcame Fort Wayne Northrop's anchor to help give her team the 10 points it needed to tie the Bruins for the girls team title. The record Lawrence North broke was Northrop's 2002 standard (3:47.89).



Area boys also shine at IHSAA

These pictures are all from the Wayne Regional meet but represent the best of our area. In the top photo, James Martin (115) and Brad Hess (114) went on to finish their spectacular careers with 5th and 8th place finishes at the state meet in the 3200.

At left, Billy McManus advanced to state in the 1,600 and below, Snider's Mitch Dutton (left) and Adam Williams (238) help Snider to second in the 3,200 relay.



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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 (260) 436-2234
www.fwtc.org

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

Notices to all members:

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

<p>Jul 09,2011 8:00am</p>	<p>Runners On Parade - 5K Headwater's Park/S. Calhoun, Fort Wayne, IN <i>Contact:</i> Mac McAvoy, PO Box 513, Bluffton, IN, 46714, 260-450-1071 <i>Info/Fees:</i> 1) No race day registration 2) Prize money \$1,000 total PLEASE NOTE There is a place on the registration form for you to contribute to the medical expenses of local runner Jim McKinnon. Please refer to the race website at FWTC.org for information regarding Jim. Thank you in advance for your generosity. MORE IMPORTANT INFORMATION As of early June 2011, a race course has not been able to be approved due to the ongoing road construction in downtown Fort Wayne. We anticipate having a full 5km race. Check fwtc.org for updates on race course. <i>Email:</i> macmcavoy@gmail.com <i>Web site:</i> http://www.fwtc.org/rop/index.html <i>Registration:</i> http://www.runrace.net/findarace.php?id=11190IN</p>
<p>Jul 16,2011 7:30 AM</p>	<p>Wells County 4-H 5K Fun Run/Walk - 5K Wells County 4-H Fairgrounds, Bluffton, IN <i>Contact:</i> Lora DeVoe, Susan Batdorff, 1240 South 4-H Road, Bluffton, IN 46714, 260-758-3248 <i>Info/Fees:</i> \$13 Preregistration fee before July 1. \$15 after July 1. 1 overall award for top Male and Female. 3 awards in each age group: 14 & under, 15-18, 19-29, 30-39, 40-49, 50 and over. The Wells County 4-H Fairgrounds are located approximately 1 mile south of downtown Bluffton. Bluffton is approximately 25 miles south of Fort Wayne. <i>Email:</i> ljdevoe@onlyinternet.net</p>
<p>Jul 16,2011 7:30am - 10K; 8:30am - 5K Sat</p>	<p>The Dr. Phillip O'Shaughnessy Walk/Run For Health - 10K & 5K Run/Walk Foster Park Pavilion #1, Fort Wayne, IN <i>Contact:</i> Jennie Rumschlag, 413 E Jefferson Blvd Fort Wayne IN 46802, 260-426-3250 x213 <i>Info/Fees:</i> \$15 pre-registration by July 10th \$20 race day registration Mail form to: Matthew 25 Health & Dental Clinic 413 E Jefferson Blvd Fort Wayne IN 46802 SEE ATTACHED BROCHURE <i>Email:</i> jrumtschlag@matthew25online.org</p>
<p>Jul 30,2011 8:00AM</p>	<p>Get Fit for Four - 5K Run/Walk Morsches Park: 1035 E State Road 205, Columbia City, IN <i>Contact:</i> Amanda Daniel, 407 W Market St, Columbia City, IN 46725, 513-464-2212 <i>Info/Fees:</i> \$20 pre-registration includes t-shirt and after race snacks. Age group and over-all winners will receive awards. <i>Email:</i> amandadaniel4@yahoo.com <i>Web site:</i> http://www.rvandanielformayor.com/5k-runwalk.html</p>
<p>Jul 30,2011 0700pm</p>	<p>St Aloysius Gator Gallop - 5 k St Aloysius School, Yoder, IN <i>Contact:</i> Chad or Kathy Ware, 1121 Cottage Ave Fort Wayne IN 46807, 260-466-4272 <i>Info/Fees:</i> EVENING RACE 7 P.M. <i>Email:</i> gatorgallop@juno.com <i>Web site:</i> http://www.orgsites.com/in/gatorgallop</p>
<p>August 6, 2011, 9 a.m.</p>	<p>Huntertown Heritage Days 5K (formerly The Charger 5K) and Elementary One-Mile run. Huntertown Elementary School, Huntertown. <i>Contact:</i> Brett or Debra Hess, 11816 Champagne Ct., Fort Wayne, IN 46845, 260-637-3755 <i>Info:</i> FWTC points race. <i>Entry fee:</i> \$12 for 5K, \$10 for FWTC members, \$15 race day. NOTE: Family cap of \$35.</p>

Nutrition and Wellness by Judy Tillapaugh, R.D.

Fruit n' veggie plate check!

Goodbye to 'The Pyramid' and hello to 'My plate'

Plate check! The next time you sit down for a meal take a look at the plate before the first bite. Analyze what you served yourself: What do you see?

How much of the plate is protein?

How much of the plate has fruits and vegetables?

How much plate space do breads, pasta, or grains occupy?

Now compare this to the new "My Plate",

www.choosemyplate.gov.

Yes Good-bye "Pyramid"! Hello "My Plate"!

This is the new nutritious food group visual from the United States Department of Agriculture. We all can use it to help us choose healthy meals. The key messages are: make half your plate fruits and vegetables, make half your grains whole grains, go lean with protein, and get your calcium rich foods.

All of these are possible for you and your whole family especially the next couple of months when farm fresh foods are abundant and the schedule is a little lighter.

The summer is prime time for produce, whole grains, and lean protein nutrition goals. Set the mind to practice specific nutrition improvement goals during July and August. Repeating a routine day by day and week by week will make real nutritious habits during the fall, next winter, and beyond.

Some changes could be; Instead of just toast at breakfast challenge yourself to add yogurt and fruit, instead of a sandwich, chips, and soda at lunch go for a sandwich, fresh fruit, fresh veggies, and water, instead of meat and potatoes for supper make a meal garden salad with 2-3 cups colorful vegetables topped with crushed bread sticks and sliced lean meat or chicken. Instead of candy for a snack pack a small baggie filled with dried fruit and nuts, and instead of a sports drink after an hour or two of exercise quench your thirst with a high protein fruit smoothie.

Nutritious produce is available at all local grocery stores and super stores yet they also are very plentiful at over 15 local Farmers Market located through out the Fort Wayne area and surrounding cities.

Indiana State Department of Agriculture Reasons Why We Should Shop At A Farmers' Market:

1. It can be a wonderful family experience.
2. There is a variety of locally grown crops picked at the peak of quality and freshness.
3. You can meet the farmer who grew the crops and they can tell you the best ways to preserve or prepare the produce.
4. You can save money especially on organic and naturally raised produce and animal foods.
5. Farmers' markets provide a livelihood for many farmers who might not otherwise be farming.
6. They give you a chance to share in the local crop diversity as it changes with the progression of the seasons.
7. You can visit with your neighbors.
8. It is good for you and the community.

***For three excellent recipes, see Page 21**

Some Local Farmers' Markets:

Barr Street Market
Saturdays 9 am – 1 pm
Corner of Wayne and Barr Streets

Clinton Street Market
Fridays 4-7 pm and Saturdays 8 am -- 1 pm
3030 North Clinton St. 260-441-6804

Country Garden and Farm Market
14110 US Hwy 24 West
Roanoke, IN 46783 260-672-1254

East State Village- Tecumseh Branch Library
Sundays Noon– 4 pm (June – October 17th)
260-312-0661

**Fort Wayne Parks and Recreation
Community Center**
Fridays 10 am – noon (July 8th – Sept. 3rd)
233 West Main St. 260-427-6466

Historic West Main Street Farmers' Market
Fridays 3-8 pm
1936 West Main St. 260-515-9700

Salomon Farm Market
Wednesdays 4-7 pm (June 8th- Oct. 5th)
817 West Dupont Rd.

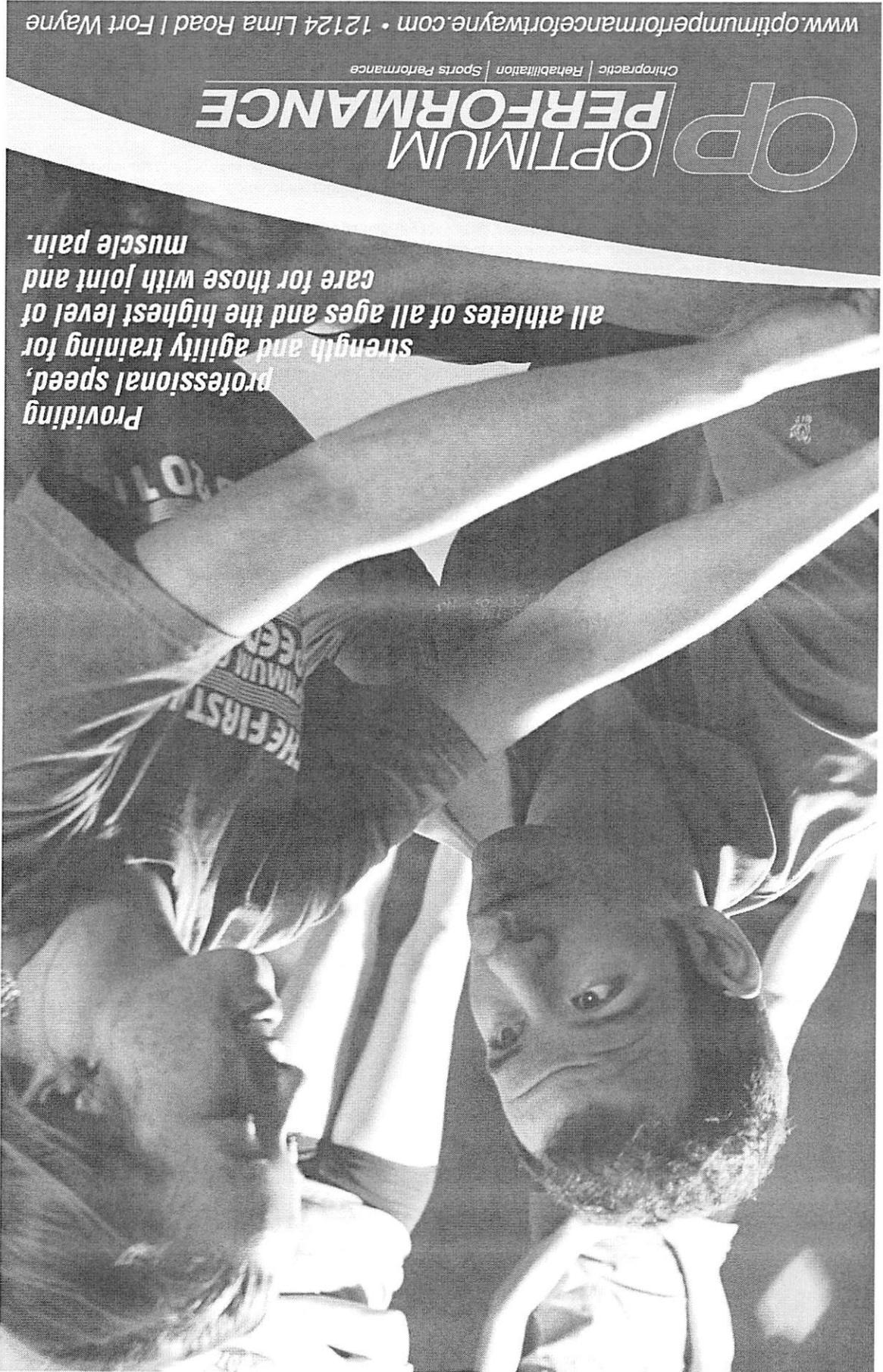
Schmucker's Produce Market
Monday- Saturday 9 am – 5 pm
12815 Doty Rd. New Haven, Indiana 46774

Southside Market- Fresh Farm Produce
Saturdays 7 am – 1 pm (April 23rd- Dec. 17th)
3300 Warsaw Street, FW, IN 46806

To learn more about local fruits, vegetables, herbs, and other produce choices contact your local county extension office by using the following web pages: www.extension.purdue.edu/ces/allen or <http://ohioline.osu.edu/lines/food.html>. The Allen County extension office is located at 4001 Crescent Ave, on the IPFW campus. Their number is 481-6826 and web page is www.extension.purdue.edu/ces/allen.

Plate yourself nutritious choices day by day! At each meal use "My Plate" as a guideline for a healthy balance of fruits, vegetables, lean protein, and grains. Aim to stay fueled for fitness! Enjoy!

Best,
Judy Tillapaugh, RD
IPFW Wellness/Fitness Coordinator, tillapau@ipfw.edu
www.ipfw.edu/health 481-6647



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FWTC MEMBERSHIP APPLICATION

Name: _____ Date of Birth ____/____/____ Sex ____

Address: _____ Home Phone _____

City/State/Zip: _____ Work Phone _____

E-mail address: _____

Occupation: _____ Business Affiliation: _____

Type of Membership: Single: ____ Family: ____ New Member: ____ Renewal: ____

Family Members:

Spouse: _____ Birthdate: _____ Sex: _____

Children: _____ Birthdate: _____ Sex: _____

Children: _____ Birthdate: _____ Sex: _____

Make checks to: Fort Wayne Track Club PO Box 11703, Fort Wayne IN 46860-1703

ANNUAL MEMBERSHIP DUES: January 1 – December 31

One Year: \$16

Two Years: \$28

Three Years: \$36

*New Members: first year only \$12

*If you join during the year you pay as follows:

100%: Jan, Feb, Mar-1st Qtr; 75%: Apr, May, Jun-2nd Qtr; 50%: July, Aug., Sept.-3rd Qtr. 125%: Oct., Nov., Dec. 4th Qtr.

*Members under 21: \$12

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

The Fort Wayne Track Club has obtained an insurance policy through the Road Runners Club of America which gives coverage of various events. Through this insurance we are covered for weekly runs, picnics, socials, and volunteers at races and other club functions. Please sign a waiver if you have not already done so. The waiver will be kept on file.

CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself and any other person named on this application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record for any legitimate purpose. I understand and will abide by the guidelines that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club races.

Signature: _____ Date _____

Parent Signature (if under 18) _____ Date _____

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.

Atherosclerosis: A Primer

By Dr. Mark O'Shaughnessy

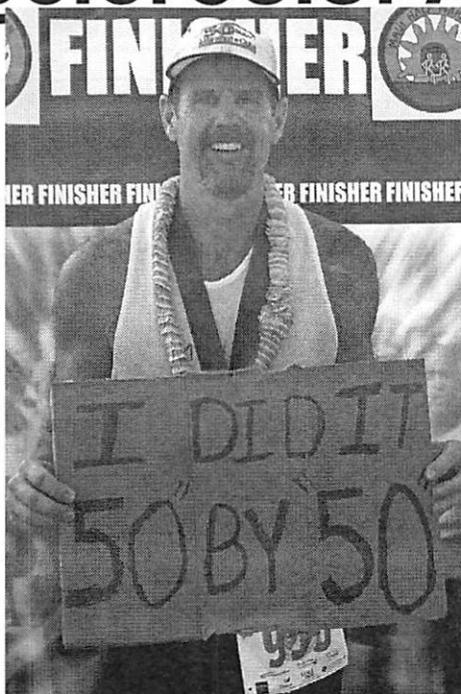
Last column we reviewed Jim McKinnon's story and briefly discussed definitions of heart disease and atherosclerosis. Having just completed the Salt Lake City Marathon last week for the second time I must admit my own thoughts turned to Jim McKinnon and his story at mile 16. Its only natural, heart attacks and atherosclerosis is not supposed to happen to us runners. We should be immune! Unfortunately, while running is protective it is not 100% and we are not completely immune. I remind you of Jim Fixx and most disturbing Alberto Salazar. In this installment, we will discuss atherosclerosis and how it results in the trouble the above mentioned encountered.

Atherosclerosis (coronary artery disease-CAD) in simple terms is a build up of fat and cholesterol within the walls of our arteries causing a narrowing of the vessel lumen limiting blood flow to the muscle or organ below the level of blockage.

While this process can occur in any artery in the body we will limit our discussion to the arteries that supply the heart. An older term, "hardening of the arteries" while overly simplistic hits the nail directly on the head. The gunk (a proper medical term) that plugs up our vessels is an extremely complex gimish (another medical term) of fat and cholesterol, smooth muscle cells, inflammatory cells, scar tissue and calcium.

This complex substance contained within the wall of an artery is called an atherosclerotic plaque. Rupture of this plaque and subsequent thrombosis (a real medical term) or clotting of the vessel results in the events mentioned above.

Why does the fat and cholesterol get deposited in the vessel wall in the first place? Great question, the answer is, in short, we do not know. Early in the atherosclerotic disease process cho-



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

lesterol gets deposited in the innermost layer of the arterial wall (endothelial layer) forming what is known as a "fatty streak".

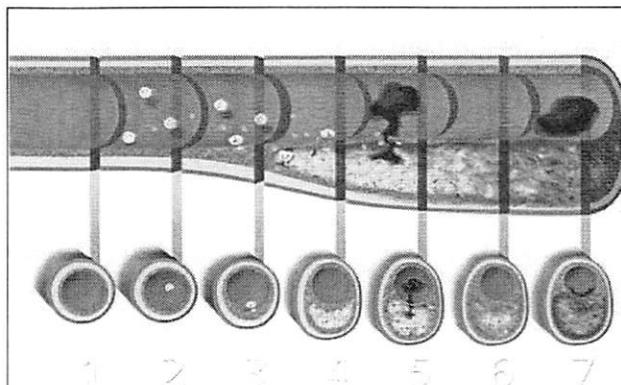
We do not know why fatty streaks form and why some people form them and others do not. The cholesterol within the vessel wall causes inflammation within the vessel and the body responds by sending in white blood cells (WBC), sundry other inflammatory substances, smooth muscle cells from other layers of the vessel (media) and ultimately fibroblasts (scar forming cells) and calcium.

Basically the body is trying to "heal" the injured or inflamed area in the vessel. We have all seen the amazing

On The Mark

body at work healing a cut or abrasion on our skin. Basically, the same thing is happening within the vessel. The major difference is that we can form a scar as big as a baseball on our hand but the vessels I am referring to are between 2-5 millimeters in diameter. (For the metrically challenged, that is about the same diameter as a #2 pencil.)

I refer to the diagram below for details of what I just tried to describe above, a picture is worth a 1000 words. (Given my rudimentary writing skills its worth a whole lot more than that.) Since oil and water do not mix very well together and the fact that cholesterol is an oil and most of your blood is water the body decides to sequester the offending cholesterol from the blood by covering it with a scar or more technically a fibrous cap.



Above are various stages of "athero", from 1-7.

Rupture or tearing of this fibrous cap results in an unstable artery that can close resulting in a heart attack or sudden death as in Jim's case. When one cuts oneself the first

thing that starts the healing process is that a blood clot forms to stop the bleeding. The same happens within tears or ulcerates, a blood clot (thrombus) forms over the tear to stop any bleeding and begin the healing process. As with the scar previously mentioned, one can form a blood clot as big as a baseball on ones hand and while unsightly it causes no prob-

See ON THE MARK, on Page 11

ON THE ROAD ...with Bill Harris

BIG SUR? Yes, sir!

"That which does not kill us makes us stronger," according to German philosopher Friedrich Nietzsche. Having just completed the May 1, 2011 Big Sur Marathon, I know he was right – I am much stronger.

The race is traditionally run on Route 1 along the rugged, but awesomely beautiful California coast from Point Big Sur to Carmel. Along the way at mile 10 is Hurricane Point which features a winding 2.25-mile climb to the peak. This is followed by a descent to the Bixby Bridge, the icon for this marathon. Mid-point for the race is the middle of the Bixby Bridge, after which follow a series of hills, thirteen (13) according to race organizers, with the last hill at mile 25. And finally, the gradual downhill to the finish.

BUT, a collapse of a 40-foot section on Route 1 north of Carmel on March 16 changed things from the tradition route. It isolated Hurricane Point and Bixby Bridge from the usual route. So, the race route was changed to an out-and-back from Carmel with a detour into Point Lobos State Park. This change meant two trips up and down the hills through the Carmel Highlands. Because of the increased difficulty with almost twice the number of hills, the race time limit was increased by one-half hour. The runners were bused to the starting line in Carmel with the last bus departing at 4:30 a.m.



for the 6:45 a.m. start. There were early temperatures in the 40s, warming to perhaps 50 at the race start.

Waiting for the start, conversation was about the early morning chill in "sunny" California, past marathons and the prospect of hills and hills, followed by more hills. Bart Yasso is quoted as saying that "if you can only do one marathon, do Big Sur". That's no exaggeration!

Scenery on the course is spectacular, even

RUNDOWN TO 50/50

minus Hurricane Point and Bixby Bridge. Color in the Pacific Ocean alternated by shades of blue, punctuated by prominences scattered near the rocky shores. There were no spectators, excepting only aid station volunteers and motorcycles of the California Highway Patrol. One of the featured highlights of the run was Michael Martinez, attired in formal coat and tails, playing the grand piano at miles 5 and 20 on the out-and-back course. The Sambahamian Drummers were resplendent in their costumes and provided a terrific side show at mile 21, along with high 5's at the finish. There was ample food at the finish – and more music. Busses returning runners to the hotels were frequent, requiring virtually no waiting. The event was extremely well-done and organized.

This race was well-populated with Marathon Maniacs who always greeted me (I'm a Maniac) with "Go Maniacs" as we met on the course. There were 50 States members also, but not quite so distinctive in their apparel.

Finishing Big Sur leaves only two states in my quest for marathons in all 50 states. Alaska remains for August followed by Hawaii, in Maui, next January.

ON THE MARK: Factors of athero are known

problems, the arteries being no bigger than a pencil presents a very different story. We will plan to discuss heart attacks in greater detail in the next column.

In review, atherosclerosis is the deposition of fat and cholesterol within the arterial wall creating an inflammatory response resulting in a complex biologic response that ultimately begins to narrow the vessel and limit blood flow below the blockage. This process actually begins in childhood or early adolescence and only becomes manifest decades later. Why this pro-

cess occurs in the first place is still a mystery but we do know that certain risk factors contribute. As per the previous column, it is extremely important that we all know our own risk factor profile; family history, cholesterol, blood pressure and blood sugar. We cannot modify our risk of any disease if we do not know our own numbers! Stay tuned, we will discuss risk factors and screening for atherosclerosis in future editions.

Keep running!

2011 FWTC Points Standings

Male 19 and under

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>
1	Sam Edwards	Fort Wayne IN	14		300
2	Chris Meyer	Fort Wayne IN	13		270
3	Josh Ware	Fort Wayne IN	17		170

Male 20 to 29

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>
1	Grant Stieglitz	Fort Wayne	26		300
2	Phillip Amburgey	Fort Wayne IN	27		290
3	David Lill	Fort Wayne IN	20		280

Male 30 to 34

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>
1	Chris Kaufman	Fort Wayne IN	34		300
2	Josh Maple	Fort Wayne	34		
3	Lance Yoder	Hunertown IN	30		

Male 35 to 39

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>
1	Brad A Thomas	Fort Wayne IN	36		550
2	Winson Samarasingha	Fort Wayne IN	38		430
3	Todd Werling	Fort Wayne IN	37		290

Male 40 to 44

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>
1	Matt Scott	Warsaw IN	42		310
2	Todd Findley	Fort Wayne IN	41		300
3	Kevin Meyer	Fort Wayne IN	41		130

Male 45 to 49

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>
1	Ward Moya	Fort Wayne IN	47		500
2	Tim Hamilton	Spencerville IN	45		320
3	Jim Stockman	Fort Wayne IN	45		260

Male 50 to 54

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>
1	Rowland Perez	Auburn IN	50		550
2	Paul Shaffer	Decatur IN	53		240
3	Ed Reinhard	Poneto IN	53		220

Male 55 to 59

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>
1	Chuck Brown	Bluffton IN	55		360
2	Michael Yann	Fort Wayne IN	58		310
3	Joseph Kinder	Fort Wayne IN	55		200

Male 60 to 64

1	Roger Kingsbery	Fort Wayne IN	61		410
2	Dan Bossard	Monroeville IN	60		250
3	Richard Vorick	Fort Wayne IN	60		200

Male 65 to 69

1	Jack Seigel	Fort Wayne IN	66		180
2	Ray Casiano	New Haven IN	67		
3	Fred Kendall	Fort Wayne IN	69		

Male 70 and over

1	Dick Harnly	Fort Wayne IN	73		400
2	Ron Etzler	Payne OH	70		
3	Robert Loomis	Monroe IN	78		

2011 FWTC Points Standings

Female 19 and under

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Jamie Zeigler	Fort Wayne IN	10		450	
2	Grace Hess	Fort Wayne IN	13		180	
3	Maddie Distelrath	Fort Wayne IN	11		180	

Female 20 to 29

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Sharon Christian	Fort Wayne IN	26		480	
2	Ashley Anglin	Fort Wayne IN	27	280		
3	Kalissa Blanchette	Fort Wayne	23		210	

Female 30 to 34

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Beth Peters	Fort Wayne IN	31		260	
2	Jenny Robinson	Fort Wayne IN	30		200	
3	Michelle Yoder	Huntertown IN	30		180	

Female 35 to 39

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Erin Brady	Fort Wayne IN	39		550	
2	Kelly Kelly	Fort Wayne IN	38		400	
3	Allison Brown	Columbia City IN	37		320	

Female 40 to 44

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Tammy Behrens	Fort Wayne IN	40		200	
2	Lori Leatherman	Albion IN	43		180	
3	Michelle Phipps	Fort Wayne IN	42			

Female 45 to 49

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Linda Wyss	Fort Wayne IN	48		320	
2	Denise Conrad	Decatur IN	49		300	
3	Cindy McGovern	Fort Wayne IN	46		280	

Female 50 to 54

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Melinda Kinder	Fort Wayne IN	50		550	
2	Betty Greider	Fort Wayne IN	50		250	
3	Joy Brown	Bluffton IN	52		230	

Female 55 to 59

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Regina Blanchette	Fort Wayne IN	56		230	
2	Mary Voors	Fort Wayne IN	55		180	
3	Cheryl Stromski	Antwerp OH	55			

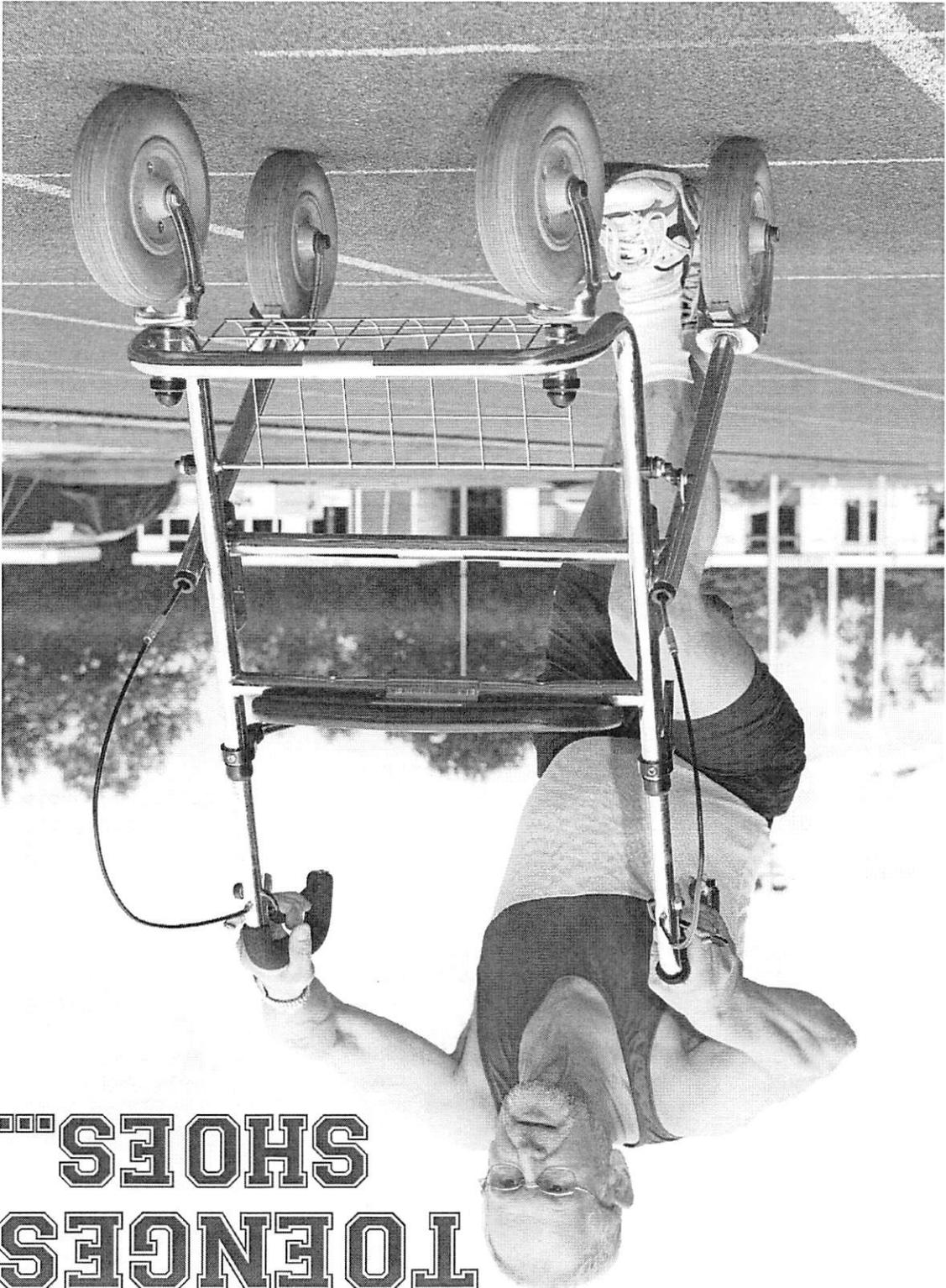
Female 60 to 64

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Barb Scrogam	Fort Wayne IN	64		360	
2	Betty Nelson	Columbia City IN	64		300	

Female 65 to 69

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>	<u>Time</u>
1	Sarah Kleinknight	Fort Wayne IN	67			

*Points calculated thru the Hare and Hounds 5K, held May 28, 2011



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Frontier 10K results

Overall Female Open Winners

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Jenny Robinson	Fort Wayne IN	274	30	17	43:23.2	7:00/M
2	Megan Yoder	Fort Wayne IN	353	31	21	45:04.7	7:16/M
3	Dianna Fox	Berne IN	116	29	22	45:10.7	7:17/M

Overall Female Masters Winners

1	Cindy McGovern	Fort Wayne IN	217	46	29	46:22.5	7:29/M
2	Linda Wyss	Fort Wayne IN	351	48	32	46:45.2	7:32/M
3	Sheryle Braaten	Hoagland IN	43	51	53	49:45.4	8:01/M

Female 12 and under

1	Jamie Zeigler	Fort Wayne IN	354	10	238	1:11:55.4	11:36/M
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Female 16 to 19

1	Laura Donnell	Fort Wayne IN	100	19	148	59:32.0	9:36/M
2	Kayley Colvin	Fort Wayne IN	73	18	254	1:14:54.6	12:05/M
3	Emily Schafer	Roanoke IN	282	18	255	1:14:54.7	12:05/M

Female 20 to 24

1	WHITNEY OLER	CHURUBUSCO IN	244	24	44	48:44.7	7:52/M
2	Sarah Bobay	Fort Wayne IN	35	23	115	56:44.4	9:09/M
3	Tricia Neary	Columbia City IN	230	24	183	1:03:52.0	10:18/M

Female 25 to 29

1	Lana Beregszazi	Fort Wayne IN	23	27	36	47:43.8	7:42/M
2	Elizabeth Hartleroad	Fort Wayne IN	148	28	65	51:06.3	8:15/M
3	Ashley Anglin	Fort Wayne IN	11	27	74	52:03.3	8:24/M

Female 30 to 34

1	Janet Crawford	Fort Wayne IN	80	31	27	45:59.5	7:25/M
2	Karen Wylie	Fort Wayne IN	350	31	63	51:01.2	8:14/M
3	Jodie Patrick	Fort Wayne IN	251	32	66	51:10.0	8:15/M

Female 35 to 39

1	Erin Brady	Fort Wayne IN	44	39	37	47:52.5	7:43/M
2	Teresa Dyer	Harlan IN	106	37	62	50:49.3	8:12/M
3	Heidi Kissner	Leo IN	182	39	77	52:12.4	8:25/M

Female 40 to 44

1	Amy Bechtold	South Whitley IN	22	44	83	53:39.1	8:39/M
2	Kammi Barrett	Churubusco IN	17	43	95	54:46.7	8:50/M
3	Karen Gillie	Fort Wayne IN	131	40	129	58:21.8	9:25/M

Female 45 to 49

1	Lisa Collins	Fort Wayne IN	71	45	76	52:12.3	8:25/M
2	Karen Rank	Van Wert OH	265	48	127	58:13.6	9:23/M
3	Mae Miller	Harlan IN	221	45	141	59:07.7	9:32/M

Female 50 to 54

1	Elizabeth Wladecki	Fort Wayne IN	348	53	130	58:23.6	9:25/M
2	Tamyra Humes	Antwerp OH	158	50	134	58:47.5	9:29/M
3	Melinda Kinder	Fort Wayne IN	179	50	152	59:54.2	9:40/M

Female 55 to 59

1	Julie Manger	Kendallville IN	213	57	92	54:33.3	8:48/M
2	Terri Gross	Fort Wayne IN	139	55	140	59:00.9	9:31/M
3	Jenny Sanders	Fort Wayne IN	280	56	155	1:00:11.5	9:42/M

Female 60 to 64

1	Barbie Scrogam	Fort Wayne IN	289	64	201	1:06:27.0	10:43/M
2	Jordan Yarde	Fort Wayne IN	352	60	244	1:13:13.5	11:49/M
3	Margaret Malcom	Columbia City IN	212	62	270	1:17:11.0	12:27/M

Female 65 to 69

1	Sarah Kleinknight	Fort Wayne IN	183	67	260	1:15:41.2	12:12/M
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Overall Male Open Winners

Place	Name	City	Bib No	Age	Overall	Time	Pace
1	Chris Kaufman	Fort Wayne	IN 173	34	1	37:28.7	6:03/M
2	Dave Boyer	Fort Wayne	IN 41	23	2	38:17.3	6:10/M
3	Brad Thomas	Fort Wayne	IN 314	36	4	40:09.5	6:29/M

Overall Male Masters Winners

1	Ward Moya	Fort Wayne	IN 223	47	3	39:19.8	6:20/M
2	Tim Claxton	Fort Wayne	IN 69	47	5	40:09.6	6:29/M
3	John Schnieders	Decatur	IN 285	47	6	40:25.8	6:31/M
Male 12 and under							
1	Gavin Neyman	Fort Wayne	IN 232	12	211	1:07:42.4	10:55/M
Male 13 to 15							
1	Sam Edwards	Fort Wayne	IN 108	14	131	58:32.3	9:26/M
Male 16 to 19							
1	Quinn Buck	Fort Wayne	IN 54	18	28	46:14.2	7:27/M
Male 20 to 24							
1	Tyson Seiss	Auburn	IN 292	22	114	56:42.1	9:09/M
Male 25 to 29							
1	Grant Stieglitz	Fort Wayne	IN 361	26	7	40:36.3	6:33/M
2	Shane Oakleaf	Fort Wayne	IN 239	28	9	40:50.8	6:35/M
3	Tyler Smith	Fort Wayne	IN 300	26	26	45:59.3	7:25/M
Male 30 to 34							
1	Matt Meyer	Auburn	IN 220	34	12	42:28.1	6:51/M
2	Lonnie Heck	Fort Wayne	IN 150	30	39	48:09.6	7:46/M
3	Jake Gensic	Angola	IN 127	33	42	48:23.2	7:48/M
Male 35 to 39							
1	Andrew Saal	Fort Wayne	IN 277	36	13	42:32.8	6:52/M
2	Winson Samarasingha	Fort Wayne	IN 279	38	15	42:57.6	6:56/M
3	Mike Brown	Fort Wayne	IN 197	39	20	44:39.6	7:12/M
Male 40 to 44							
1	Tracy Blocker	Huntington	IN 359	40	10	41:16.4	6:39/M
2	Tony Galassini	Fort Wayne	IN 122	40	18	43:44.5	7:03/M
3	William Myers	Fort Wayne	IN 228	42	23	45:14.6	7:18/M
Male 45 to 49							
1	Rick Grieze	Fort Wayne	IN 137	47	14	42:42.0	6:53/M
2	BRAD KNAPP	CHURUBUSCO	IN 187	49	38	47:54.4	7:44/M
3	Steve Steiger	Fort Wayne	IN 306	49	47	48:49.6	7:52/M
Male 50 to 54							
1	Rowland Perez	Auburn	IN 253	50	8	40:42.3	6:34/M
2	Paul Shaffer	Decatur	IN 293	53	11	41:38.5	6:43/M
3	Mike Slaubaugh	Fort Wayne	IN 296	50	19	44:32.2	7:11/M
Male 55 to 59							
1	Chuck Brown	Bluffton	IN 51	55	24	45:36.7	7:21/M
2	Tom Felts	Fort Wayne	IN 113	56	43	48:36.0	7:50/M
3	Jim Braun	Fort Wayne	IN 45	55	50	49:21.1	7:58/M
Male 60 to 64							
1	Roger Kingsbery	Fort Wayne	IN 181	61	16	43:18.5	6:59/M
2	Jim Krisher	Fort Wayne	IN 193	62	105	55:54.2	9:01/M
3	Richard Craig	Lagrange	IN 77	63	146	59:24.4	9:35/M
Male 65 to 69							
1	Jack Seigel	Fort Wayne	IN 290	66	91	54:19.8	8:46/M
2	Bernie Burgette	Fort Wayne	IN 57	67	153	1:00:02.3	9:41/M
3	Allen Albert	Fort Wayne	IN 4	67	205	1:06:51.3	10:47/M
Male 70 to 79							
1	Dick Harnly	Fort Wayne	IN 147	73	164	1:01:15.1	9:53/M
2	Clem Getty	Yoder	IN 130	76	246	1:13:51.1	11:55/M
3	Edward Gebhart	Albion	IN 126	73	250	1:14:36.1	12:02/M

Reichert, Nelson take Hare & Hound 5K

Female Open Winners

Place	Name	City	Bib No	Age	Overall	Chip	Gun	Time	Time	Pace
1	Crystal Reichert	Fort Wayne	INDIANA	347	24	1		18:23.19	18:23.19	5:56/M

Female Master Winners

Place	Name	City	Bib No	Age	Overall	Chip	Gun	Time	Time	Pace
1	Susan Hamilton	Spencerville	INDIA	140	44	9		22:07.76	22:07.76	7:08/M
19 and under										
1	Sammy Mandry	Fort Wayne	INDIANA	327	19	3		19:18.17	19:18.17	6:14/M
2	Madison Fruchey	Huntertown	IN	201	13	6		20:04.79	20:04.79	6:28/M
3	Maddie Distelrath	Fort Wayne	INDIANA	138	12	7		20:43.92	20:43.92	6:41/M
4	Jolena Hansbarger	Auburn	IN	383	17	13		23:10.98	23:10.98	7:28/M
5	Baleigh Haynes	Fort Wayne	INDIANA	317	16	16		23:25.20	23:25.20	7:33/M
20 to 29										
1	Felicia Mondry	Grandville	INDIANA	326	22	2		18:35.98	18:35.98	6:00/M
2	Ashley Ade	Fort Wayne	INDIANA	372	26	4		19:29.03	19:29.03	6:17/M
3	Leann Nord			217	25	5		19:31.50	19:31.50	6:18/M
4	Wendy Mahlan	Fort Wayne	INDIANA	308	23	12		23:10.00	23:10.00	7:28/M
5	Catherine Pinkston	Fort Wayne	INDIANA	351	26	20		24:29.24	24:29.24	7:54/M
30 to 34										
1	Jenny Robinson	Fort Wayne	INDIANA	353	30	8		21:47.55	21:47.55	7:02/M
2	Jessica Hayes	Fort Wayne	INDIANA	366	33	24		25:18.43	25:18.43	8:10/M
3	Beth Peters	Fort Wayne	INDIANA	369	31	47		30:14.95	30:14.95	9:45/M
35 to 39										
1	Erin Brady	Fort Wayne	INDIANA	367	39	18		23:57.90	23:57.90	7:44/M
2	Lyticia Emery	Fort Wayne	INDIANA	172	39	28		26:34.87	26:34.87	8:34/M
3	Kelly Kelly	Fort Wayne	INDIANA	110	38	30		26:50.55	26:50.55	8:39/M
4	Elaine Kolvoord	Fort Wayne	INDIANA	165	39	59		35:34.66	35:34.66	11:28/M
5	Jennifer Deckard	Fort Wayne	INDIANA	137	35	67		38:28.07	38:28.07	12:25/M
40 to 44										
1	Tammy Behrens	Fort Wayne	IN	381	40	11		22:51.75	22:51.75	7:22/M
2	Jennifer Messer	Fort Wayne	INDIANA	339	40	27		26:16.99	26:16.99	8:28/M
3	Rhonda Phillips	Markle	INDIANA	116	42	57		33:35.91	33:35.91	10:50/M
45 to 49										
1	Linda Keuneke	West Lafayette	IND	305	47	10		22:50.79	22:50.79	7:22/M
2	Linda Wyss	Fort Wayne	IN	215	48	14		23:13.32	23:13.32	7:29/M
3	Cindy McGovern	Fort Wayne	IN	221	46	15		23:19.69	23:19.69	7:31/M
4	Connie Gordon	Churubusco	INDIANA	133	48	29		26:40.60	26:40.60	8:36/M
5	Laurie Whisler	Fort Wayne	IN	188	46	38		29:02.78	29:02.78	9:22/M
50 to 54										
1	Melinda Kinder	Fort Wayne	INDIANA	175	50	39		29:04.83	29:04.83	9:23/M
2	Helen Best	New Haven	INDIANA	131	52	42		29:19.30	29:19.30	9:27/M
3	Libby Wladecki	Fort Wayne	INDIANA	146	53	44		29:40.16	29:40.16	9:34/M
4	Debbie Hesterman	Fort Wayne	INDIANA	368	52	50		30:56.73	30:56.73	9:59/M
5	Shawn Quinn			190	50	65		37:24.27	37:24.27	12:04/M
Female 55 to 59										
1	Janice Peters	Fort Wayne	INDIANA	360	55	26		26:15.25	26:15.25	8:28/M
2	Diane Dickson	Fort Wayne	INDIANA	355	57	41		29:18.12	29:18.12	9:27/M
3	Pam Wolfe	Fort Wayne	INDIANA	349	57	46		29:54.43	29:54.43	9:39/M
4	Regina Blanchette	Fort Wayne	INDIANA	125	56	68		43:24.31	43:24.31	14:00/M
Female 60 to 64										
1	Barbie Scrogam	Fort Wayne	INDIANA	118	64	54		33:14.34	33:14.34	10:43/M
Female 65 to 69										
1	Betty Nelson	Columbia City	INDI	105	65	33		27:35.30	27:35.30	8:54/M

Hare & Hounds 5K results continued**Overall Male Open Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Braden Nelson	Angola IN	210	22	1	16:13.11	16:13.11	5:14/M
Overall Male Master Winners								
1	Dave Bussard	Elkhart INDIANA	313	51	10	17:21.06	17:21.06	5:36/M
Male 19 and under								
1	Ryan Smith	Albion IN	213	16	5	16:48.24	16:48.24	5:25/M
2	Mark Beckmann	Auburn IN	384	14	9	17:19.00	17:19.00	5:35/M
3	Chris Christoff	Fort Wayne INDIANA	330	19	12	17:42.77	17:42.77	5:43/M
4	James Dillinger		382	16	13	17:43.86	17:43.86	5:43/M
5	James Ryan	Fort Wayne INDIANA	374	19	14	17:53.59	17:53.59	5:46/M
25 to 29								
1	Joe Ryan	Fort Wayne INDIANA	373	22	3	16:44.36	16:44.36	5:24/M
2	Ben Reifenberg	Fort Wayne INDIANA	375	22	4	16:46.50	16:46.50	5:25/M
3	Thomas Crum	Bluffton INDIANA	350	24	6	16:59.46	16:59.46	5:29/M
4	Hunter Paris	Fort Wayne IN	207	26	7	17:05.70	17:05.70	5:31/M
5	Wes Kuhn	Fort Wayne IN	218	25	8	17:16.63	17:16.63	5:34/M
30 to 34								
1	Eric Ade	Fort Wayne INDIANA	377	32	2	16:38.88	16:38.88	5:22/M
2	Chris Kaufman	Fort Wayne INDIANA	144	34	29	18:37.10	18:37.10	6:00/M
3	Tyler Hoffman	Columbia City INDI	130	30	53	21:02.54	21:02.54	6:47/M
4	Evan Hyndman	Fort Wayne INDIANA	341	30	62	21:35.37	21:35.37	6:58/M
5	Joe Garcia	Fort Wayne INDIANA	371	33	66	21:59.57	21:59.57	7:05/M
35 to 39								
1	Brad A Thomas	Fort Wayne IN	184	36	36	19:22.16	19:22.16	6:15/M
2	Samaraingha Winston		232	38	44	20:11.17	20:11.17	6:31/M
3	Daniel King		203	35	48	20:31.01	20:31.01	6:37/M
4	Mark Miller	Fort Wayne INDIANA	176	37	68	22:18.53	22:18.53	7:12/M
5	Jared Newhard	Fort Wayne INDIANA	123	38	71	22:32.31	22:32.31	7:16/M
40 to 44								
1	Kevin Pennsinger	Fort Wayne INDIANA	314	44	27	18:31.18	18:31.18	5:58/M
2	Michael Fruchey	Huntertown IN	200	42	43	20:04.77	20:04.77	6:28/M
3	Cortney Schwartz	Fort Wayne IN	193	42	103	27:56.42	27:56.42	9:01/M
4	Chad Ware	In 46807	204	44	124	34:07.97	34:07.97	11:00/M
45 to 49								
1	Tom Hoffman	Arlington Hts ILLI	302	46	20	18:17.92	18:17.92	5:54/M
2	Michael Henry	Ft. Wayne IN	189	47	22	18:22.92	18:22.92	5:55/M
3	Chip Larowe	Auburn IN	119	47	24	18:25.56	18:25.56	5:56/M
4	Manuel Martinez	Fort Wayne INDIANA	312	48	26	18:28.17	18:28.17	5:57/M
5	Ward Moya	Fort Wayne INDIANA	311	47	35	19:13.64	19:13.64	6:12/M
50 to 54								
1	Rowland Perez	Auburn INDIANA	315	50	39	19:44.52	19:44.52	6:22/M
2	Damon Clements	Crawfordsville IND	161	54	65	21:51.15	21:51.15	7:03/M
3	David Geiger	Churubusco INDIANA	135	50	79	23:49.50	23:49.50	7:41/M
4	David Edsall	Fort Wayne INDIANA	342	52	90	25:54.61	25:54.61	8:21/M
5	John Mickelini	Fort Wayne IN	182	52	91	25:57.83	25:57.83	8:22/M
55 to 59								
1	Gary Schmunk	Antwerp OHIO	132	56	63	21:40.08	21:40.08	6:59/M
2	Patrick Ryan	Fort Wayne INDIANA	340	56	93	26:16.80	26:16.80	8:28/M
3	John Treleaven	Fort Wayne IN	227	59	101	27:06.97	27:06.97	8:45/M
4	Kerry Blanchette	Fort Wayne INDIANA	124	57	105	28:14.24	28:14.24	9:06/M
5	Dave Brelage		224	57	115	30:38.76	30:38.76	9:53/M
60 to 64								
1	Roger Kingsberry	Fort Wayne INDIANA	107	61	64	21:40.67	21:40.67	6:59/M
2	Jed Pearson	Fort Wayne INDIANA	162	60	69	22:19.45	22:19.45	7:12/M
3	Dan Kaufman	Fort Wayne IN	220	60	86	25:13.07	25:13.07	8:08/M
4	Mike Yates	Fort Wayne INDIANA	157	63	109	29:33.92	29:33.92	9:32/M
5	Lon Braun	Fort Wayne INDIANA	338	60	122	33:07.30	33:07.30	10:41/M
65 to 69								
1	Fred Kendall	Fort Wayne IN	199	69	95	26:30.25	26:30.25	8:33/M
70 and over								
1	Dick Harnly	Fort Wayne INDIANA	113	73	110	29:42.51	29:42.51	9:35/M
2	Bill Harris	Grabill INDIANA	337	73	111	30:03.17	30:03.17	9:42/M

Goofy FWTC runners enjoy Disney races

FWTC Vice President **Craig Bobay** recently interviewed FWTC members **Jack Buck** and **Paul Sturm**, who ran the Walt Disney World Marathon and Half Marathon, back to back on January 8 and 9, 2011. For their efforts of running both races one day after another in what Disney calls the "Goofy Race and a Half Challenge," Buck and Sturm earned the famous "Goofy Medal." About 22,000 finished the half marathon on Jan. 8, while over 13,500 finished the marathon the next day. Of those, 4,656 runners claimed the Goofy Medal for running both races. Each race started with fireworks in the pre-dawn darkness at 5:30 am. Conditions for both races were good, with starlit and sunny skies, and starting temperatures of about 50 degrees. Race results show that 14 people who listed Fort Wayne addresses finished the marathon, and 30 Fort Wayneers finished the half. Below is the interview with veteran marathoner Sturm, and rookie marathoner Buck:

What motivated you to run a half marathon one day and a full marathon the next day?

BUCK: My wife Ellen wanted to run a marathon for quite some time. But I was reluctant, saying I would run one only if it was a vacation/destination race. We decided on Disney, and for some "Goofy" reason, I was intrigued by the challenge of running both races.

STURM: The challenge. I had heard about the Goofy Challenge, and after talking with a couple of other runners, we decided to go for it. It was running in the event with some buddies that motivated me more than anything.

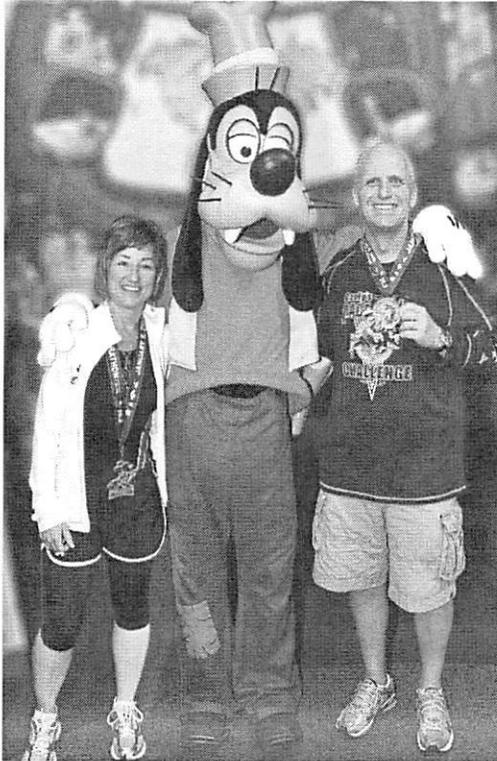
How did you train for this event?

BUCK: Ellen and I trained together, following plans laid out by several experts. One flaw was underestimating how tough the Fort Wayne December weather was going to be. We trained in snow storms, frigid cold, and even a thunder storm.

STURM: I cross-trained. I trained as I would for a marathon, and added a stationary bike to the mix.

What was the toughest part of the 2 day event?

BUCK: Getting up at 3:00 am two days in a row to go run.



Ellen and Jack Buck with "Goofy" at Disney.

STURM: Sleep deprivation. We had to wake up at 3:00 a.m. on the days of the races to be in our corral by 5:00 a.m. It left me exhausted Saturday night and Sunday night.

What were the highlights of the races?

BUCK: Definitely running through the Disney Theme Parks and the entertainment throughout the entire run.

STURM: Participating in the event with my friends and seeing them complete the Challenge as well, especially, Jack Buck who made the Goofy his first marathon. What an accomplishment for him. I was also extremely impressed with the number of volunteers and how well they treated the participants.

How did you rest and recharge in between the 2 races?

BUCK: After the mini on Saturday I didn't do much of anything until the start of the marathon on Sunday. Mostly I sat/laid around until the 3:00 AM alarm.

STURM: I didn't get much rest between the races. I took my three daughters, Ryan, Amelia and Erin to Disney as well. My wife Kelly had to stay home for work; she is a Student Teacher and Teacher's Aid at St. Vincent de Paul Catholic School. Saturday after the race we went to the pool at the Contemporary Resort for a quick and cold dip (around 69 degrees), and then we were off to Downtown Disney's Marketplace with my daughters for a full afternoon of shopping.

What was your strategy on making it through such a challenge?

BUCK: My main goal was to complete the weekend and have a positive first marathon experience. That was achieved by setting realistic goals and to just keep moving.

STURM: I slowed down my normal pace. I didn't go too fast or run sporadically; I just kept it slow and steady. In addition, the Disney theme parks and large crowds easily distracted me from the pain and fatigue that set in along the way.

Were you able to enjoy the theme parks at Disney despite the fatigue in your legs?

Build Your Own Salad Recipe From Three Many Cooks Blog

Basic Bean & Grain Salad **Pam's White Bean and**

2 cups canned beans, drained (white, black, pinto, chickpeas, kidney, black-eyed peas)

2 cups cooked grains (white or brown rice, barley, bite-size pasta, couscous, quinoa)

3 cups bite-size cooked and/or raw vegetables

½ cup extras (toasted nuts, dried fruit, cheese, sun-dried tomatoes)

¼ medium red or white onion or 4 sliced scallions

¼ cup soft fresh herbs (parsley, cilantro, basil or mint)

Dressing: ¼ cup extra-virgin olive oil, salt & black pepper, and 4 tsps. Vinegar or lemon juice or 1/3 cup of your favorite vinaigrette

- Combine beans and cooked grains. Place in a large bowl.

-Meanwhile, prepare cooked and/or raw vegetables; add to large bowl.

-Prepare extras, slice onions and chop herbs; add to large bowl.

-When ready to serve, drizzle salad with olive oil and sprinkle with salt (optional) and pepper to taste; toss to coat. Add vinegar or lemon juice; toss to coat. Adjust seasonings and serve or simply add your favorite vinaigrette and toss to coat.

Orzo Salad

With Asparagus

Bean: 2 cups white beans

Cooked Grain: 2 cups cooked orzo

Cooked/raw vegetables: 1.5 cups each steamed or broiled asparagus and raw red pepper

Extra: ½ cup toasted pine nuts

Onion: ¼ sweet white onion, sliced thin

Herb: ¼ cup chopped parsley or fresh basil

Dressing: 1/3 cup balsamic vinaigrette

-Combine all ingredients, chill, and serve!

YIELD: Serves 4 as a main course, and 6 to 8 as a side dish.

Per serving (based on 4 servings): 354 calories, 51 g carbohydrates, 16 g protein, 14 g fat (2 g saturated), 0mg cholesterol, 10 mg fiber, 650 mg sodium.

Maggy's Quinoa,

Chickpea and Broccoli

Salad

Bean: 2 cups chickpeas

Cooked Grain: 2 cups cooked quinoa

Cooked/raw vegetables: 3 cups steamed broccoli

Extra: ½ cup toasted almonds

Onion: ¼ red onion, sliced thin

Herb: ¼ cup chopped fresh basil

Dressing: ¼ cup olive oil and 4 Tsp. Lemon juice or another

dressing.

-Combine all ingredients, chill, and serve!

Yield: Serves 4 as a main course, and 6 to 8 as a side dish.

Per serving (based on 4 servings): 424 calories, 45 g carbohydrates, 14 g protein, 23 g fat (2 g saturated), 0mg cholesterol, 10 mg fiber, 650 mg sodium.

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Village of Coventry

FWTC Board of Directors Minutes of Meetings: May 11, 2011

Present for the meeting were: Jon Beasley, Jim Berry, Erin Brady, Sharon Christian, Sarah Kleinknight, Michael McAvoy, Carmen Parker, Roland Perez, Barb Richards, and Judy Tillapaugh.

Mac opened the meeting at 7:04 p.m. with prayer.

Jim Berry presented the treasurer's report which was approved with no changes.

The minutes of the last board meeting, prepared by Casey Shaffer, were approved as presented.

A brief discussion of member household receiving multiply copies of track club news letter was held. Research will be done to eliminate the duplication before the next news letter is sent out.

The president informed the board of communication with a possible speaker for the banquet in Jan. 2012. He is trying to get American Olympic distance runner Shalane Flanagan. So far he has no commitment from her. His alternative speaker would be a motivational speaker such as John "the Penguin" Bingham of Runner's World magazine.

Jon Beasley shared with the board the status of the Frontier Run N' Fun 10K to be held on May 21st. Registration deadline was May 6th and 368 had registered. He is in need of volunteers for the day of the race to help with the awards table (awards will be handed out as runners finish the race – no award ceremony) He also needs a few course marshals.

Discussion of Track Club name change and price was deferred.

A lengthy discussion was led by Carmen Parker regarding upgrading the Track Club web site. Carmen showed an example of what could be done to give the web page more eye appeal. The discussion covered administration needs and fees for updating. Carmen and Jon Beasley will continue to work on this and make a formal recommendation to the board by the end of July.

The president spoke briefly about the Runners on Parade. He stated that the race still does not have an approved course. The race registration is being printed indicating this.

Roland gave a brief update on the membership race points. As of the present date all points are current. He stated that there was only one outstanding problem concerning an age discrepancy which he was in the process of clearing up.

The president stated that he had not heard from the Fort for Fitness race group regarding the track club helping with an aid station on the course. He will update the board when he knows something.

The meeting was adjourned at 7:59 p.m.

Respectfully submitted, Sarah Kleinknight

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: A) the relationship of the race to the FWTC; B) the stated goals and beneficiaries of the race; C) the number of expected race participants in relation to the anticipated fees; and D) other factors as deemed applicable by the FWTC Board.

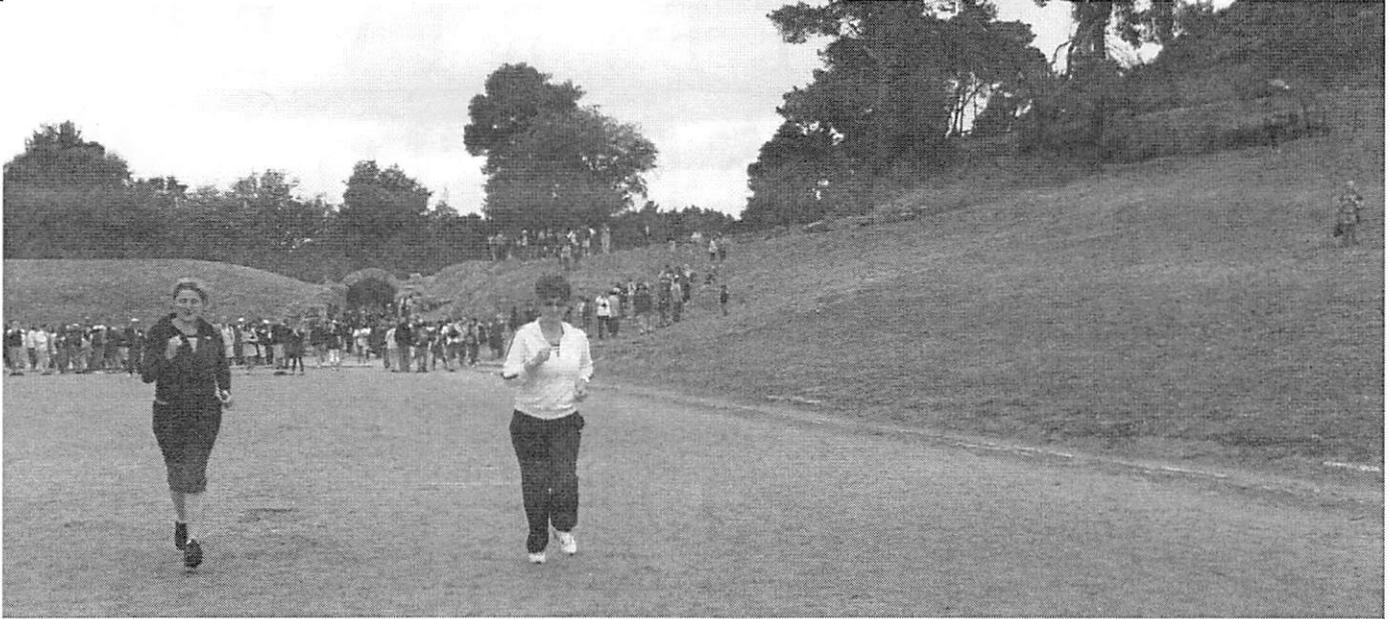
2. That policy also provides: "Race Directors are expected to submit a detailed income and expense estimate to the FWTC Board along with their application for waiver or reduction of fees."

3. In applying the factor of "the relationship of the race to the FWTC," the Board should consider matters such as: A) whether the Race Director who makes the request is a member of the FWTC; B) how many FWTC members are expected to run the race; C) whether the race is a FWTC points race; D) whether the RD is trained as FWTC race timer; E) whether the RD has recruited others to be FWTC race timers; F) 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: A) 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: A) whether the race participation is expected to significantly decline if the fees are not waived; B) the race budget; C) the reason why the RD does not want to simply increase the race registration fee by a small amount per person; D) 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.



People of all ages and nationalities felt the urge to run when they saw the original running surface at Olympia.

Ecstatic, I peeled off my outer layer and headed down the hill to the "starting line." I hit the stadia running and began my nearly three-mile run.

But I was hardly alone. Dozens of people from various nationalities, both young and old, fit and unfit, were doing the same. After a tour of Olympia, with the stadia saved for last, we were all inspired to ... just ... run. Fast or slow. Down or down-and-back. There were even a few weirdos like me who ran down-and-back for who knows how long, soaking up the Olympic experience.

I wasn't running in the steps of Phidippides, but I was running on the same ground where the first Olympic runners competed. It was an unexpected dream come true.

As for Phidippides, I learned two days later during a tour of Athens, that it would have been nearly impossible to follow his famous footsteps.

The Plains of Marathon still exist, but navigating my way into Athens would have been impossible.

Of course, Phidippides didn't survive his trip either.

As most runners know, the famed courier, upon arriving in Athens, exclaimed "Victory is ours," then promptly died from exhaustion.

The Olympics I've mentioned are now known as the "Ancient Olympics." But the "Modern Olympics" began in 1896 in Athens, and a then-24-mile race named the "marathon" was included as a testament to the legend of Phidippides.



The arrangement of the stones on the right of the running surface is where the judges would sit during the running competitions.



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

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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.

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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Disney: Buck, Sturm earn Goofy medals



Jack Buck, right, takes a pit stop in the Half-Marathon with his daughter, Allison to great Mickey and Minnie.

Continued from Page 20: .

BUCK: We had a great time at the parks. Spending all day Friday on our feet at the Disney Studio's was possibly another error in the plan, but it was a great day spent with good friends. We enjoyed a great day at EPCOT on Monday where every person who completed the Marathon got free admission if you wore your medal.

STURM: Yes. I really enjoyed the parks with my daughters. No question about it. The finish line at the Epcot theme park where I was able to stop running was my favorite. But really, my best memory is Cinderella's Castle in the Magic Kingdom. We actually ran right through the castle during both the half and the full marathon.

How did this race differ from others?

BUCK: This was my first marathon. This has now hooked me to try another where I won't try to run a mini the day before. We will be back at Disney for another try because now Ellen would also like to try the Goofy Challenge.

STURM: After running the half, I was tired at the start of the full marathon. In addition, the fatigue that I normally experience in a race came a lot earlier than I expected. But, again, that is where the distraction that comes with running through Disney and the large crowds really helped me out.



Paul Sturm shows off his three medals from his Disney experience.

What made this race unique?

BUCK: Having been to Disney many times, I would rate this event like almost everything they do. It is not always cheap, but they put on a good show. It's "Disney does a marathon."

STURM: The Marathon Weekend offers something for everyone. Along with my family and friends, I enjoyed the whole Disney experience. We ran through the Disney parks. There were large crowds to support us along the way, and all the Disney characters were out on the course during the races.

Would you recommend the event to other FWTC members?

BUCK: Absolutely, if they are prepared for a fun weekend. It may not be the best venue for a serious marathoner trying to run a great time. There are a lot of distractions/entertainers along the way and it is a marathon for the casual runner.

STURM: Yes. It is expensive, but the Challenge is worth the time, travel and cost.

What is your next planned distance race?

BUCK: Ellen and I want to run the Marine Corps Marathon in DC. We are also talking about running Las Vegas in December.

STURM: More than a race, I like training with my running group, so the next race doesn't really matter to me. But I am looking forward to the Fort4Fitness Half Marathon and would like to run the Detroit Free Press Marathon later in 2011.



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