

The *New* Inside Track

FORT WAYNE



TRACK CLUB

SEPTEMBER 2011 / AUGUST 2011

A publication of the Fort Wayne Track Club

SHALANE



Is Coming to Fort Wayne

Distance running star Shalane Flanagan will be the guest speaker at the 2012 FWTC Awards banquet scheduled for January 25. Flanagan was a bronze medalist in the 10,000-meter run at the 2008 Beijing Olympics (above) and holds several American records.

UPCOMING RACES

Run for Riley.....Oct. 16

W.O.O.F.Nov. 5

FACES

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PACES

Race calendar.....pg. 5

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FWTC
AWARDS
BANQUET

Flanagan in 2012



Shalane Flanagan, shown here leading the 10,000-meter run at the 2008 U.S. Olympic Trials, will be the guest speaker at the 2012 awards banquet. Flanagan went on to place third at the 2008 Olympics to earn a bronze medal. In the far left of the picture is Amy Yoder Begley, a Kendallville native which also competed at the 2008 Games.



Not only is Flanagan a Olympic medalist, she has set American records in the 3K, 5K and 10K. As a student-athlete at the University of North Carolina-Chapel Hill, Flanagan won two national cross country titles.

2008 Olympic medalist scheduled to speak at banquet in January

By Brett Hess

First it was marathon legends Bill Rodgers (2010) and Frank Shorter (2011). Next it will be Shalane Flanagan coming to Fort Wayne in 2012.

Mac McAvoy, President of the Fort Wayne Track Club, announced Monday that the 2008 Olympic bronze medalist will be the keynote speaker at the annual award's banquet set for Sunday, January 25, 2012.

"We are obviously thrilled to have an athlete of Shalane's caliber come to Fort Wayne in the prime of her career," McAvoy said.

With Rodgers, a four-time Boston and NYC Marathon champ in the 1970s and early 80s and Shorter, the 1972 Olympic Marathon champ, the track club had focused on running legends.

But with Flanagan, it has booked someone at the top of the running world.

In fact, Flanagan has been unavailable for comment since the announcement because she has been in South Korea for the World Outdoor Track & Field Championships.

Flanagan was representing the United States in the 10,000-meter run in which she placed seventh in 31 minutes, 25 seconds.

Incidentally, also on the U.S. team is Concordia Lutheran High School graduate Alissa McKaig, who ran the marathon. McKaig finished 32nd in 2 hours, 38 minutes and 23 seconds.

Flanagan has held or currently holds the U.S. records for the 5,000 and 10,000 outdoors and the 3,000 and 5,000 indoors.

On the world stage, Flanagan has a bronze medal from the 2011 World XC Championships to go along with her 2008 Olympic bronze medal.

McAvoy said Flanagan's appeal with women runners is also important.

"The track club recognizes the huge growth in women's running and wants to offer them a speaker," McAvoy said.

"Over 60 percent of runners at area races are women."

More details on Flanagan's visit and the 2012 awards banquet will be announced this fall."

The Prez says ...

313,000

lifetime miles and still running

By Mac McAvoy

Did you turn to this page thinking the I actually RAN 313,000 miles? Not even close, but my van recently achieved that mark. Like many of us who have been around for awhile, the vehicle has seen better days: there's more and more rust, it doesn't handle as well and recently I had to replace a large part of the exhaust system when it fell off as I was driving on the country roads of Wells County.



But there is one thing this big ol' van gives me: a lot of exposure. Even when I drive up it up to a race in Fort Wayne, I have people waving at me. I assume they are runners and walkers that I know and they recognize the van from almost 20 years of carting around race equipment.

after others have stopped. Or maybe: it is nice to share achievements with old friends.

I don't know if there is a lesson we can learn from my van. Maybe this: if we take care of our bodies, we can still be running or walking or just moving long

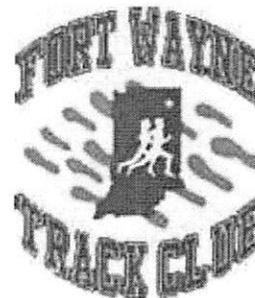
All I know is that I enjoy it when people honk and wave at me as I drive along. In my mind, I imagine they are

the runners and walkers I have befriended over the years. However, I do admit there is the chance that they are angry drivers telling me to get the big, maroon beast off the roads!

See you at the races, Mac

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Go to fwtc.org under 'race calendar' for more info & race brochure

Nutrition and Wellness by Judy Tillapaugh, R.D.

Back to school: Tips for the college runner

Question: My son is off to college in a couple weeks. He plans to run cross country and be a full time student. How can he eat well?

Answer: Making the transition from home eating to college eating can be tricky yet exciting at the same time. It is really what he makes of it. Mom and Dad are not around to provide any meal support. He is in charge of his life and has the chance to eat what ever and where ever.

If there is no student housing meal plan, or he lives off campus, the tasks of making a grocery list, food shopping, cooking, and cleaning are now his. This sounds like wow a lot! Yet eating well can be achieved.

Just like he makes time to plan quality practices and competitions he can plan for nutritive top performance meals and workout recovery snacks.

The planning actually can work in his favor and he easily can give himself foods and fluids his body deserves and needs for academic and running success. Poor consequences will happen otherwise. Irregular and empty calorie meals will lead to hit-the-bottom results.

So ask the question to him, is he will there? Is he ready to learn about nutrition and take steps to plan meals, shop for healthy choices, and cook to create balanced plates? If yes, fantastic!

As the saying goes If there is a will there is a way. He will seek enough total calories to match energy needs and proper intake of nutritious foods for adequate protein, carbohydrate, fat, vitamins, minerals, and fluids.

Eating well in college brings benefits. Enjoy!

Best,

Judy tillapaugh, RD
IPFW Wellness/Fitness Coordinator
tillapau@ipfw.edu

www.ipfw.edu/health

481-6647

Nutritious college meals n' snacks

1. Know your college class and cross country schedule and plan when you will have breakfast, lunch, dinner, workout recovery snacks, and water for re-hydration.
Write down these eating times on a calendar or log book.
2. Know your budget and think about buying off brand foods and food on sale to help stay within budget.
3. Know the parts of nutritious meals and snacks. A basic meal has atleast a protein source, complex carbohydrate food, fruit or/and vegetable, milk or yogurt, and water.

For example:

* Breakfast: Milk or yogurt, cereal, toast or bagel, and banana

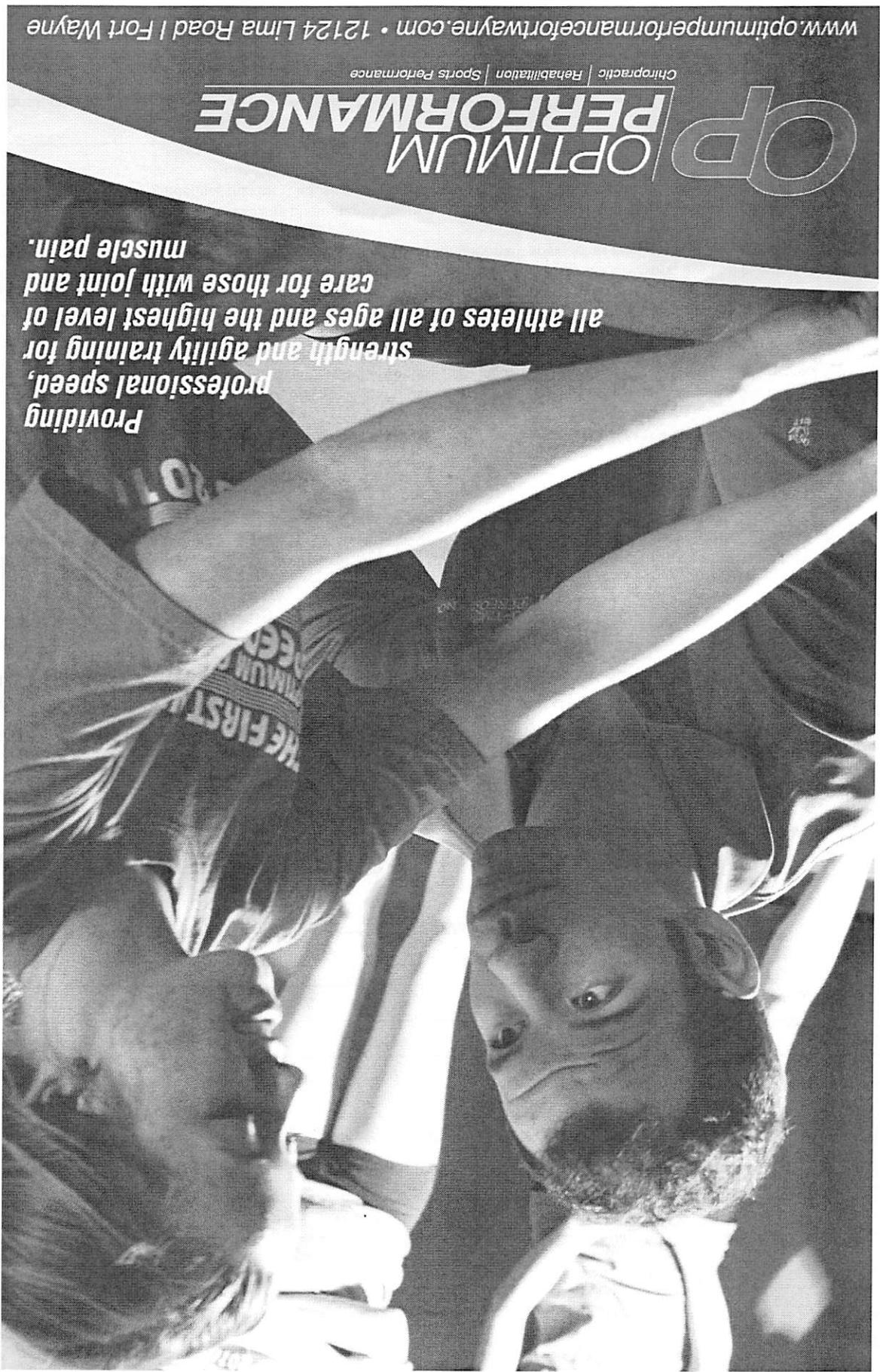
* Lunch: Turkey sandwich or sub with tomato slices, pretzels, grapes, and milk or yogurt

* Post workout snack: High protein sports bar and fruit juice

* Dinner: Grilled chicken, pasta or potato salad, baby carrots, sliced peaches or berries, and milk or yogurt

* Snack: peanut butter and graham crackers

4. Plan a couple menus for a day so you will know what you are going to eat for regular breakfasts, lunches, suppers, and post workout snacks.
5. Choose 3-5 simple 20-30 minute dinner recipes you will make.
6. Make a grocery shopping list based on the food written on the menus and the recipes you want to make.
7. Plan to go food shopping with a list 1-2 times a week so you always have what you need for meals and snacks.
8. Think of batch-cooking at least weekly where you can prepare food ahead of time for later use. Eat some that day. Chill the rest and save for another meal or two that week.
9. Buy simple cooking equipment to make simple meals like a skillet, George Foreman Grill and toaster oven.
10. Think of having an insulated food bag that you can stock with food and take with you in the morning. Fill the bag with food for lunch and snacks like a couple sandwiches, fruit, snacks, and beverages. When it's meal time all is ready for you.
11. Talk with your coach about a post workout snack plan. It might be smart to keep food in you locker or the training room refrigerator for post workout recovery snacks like chocolate milk, fruit smoothies, sports bars, crackers, or fig newtons. Have a high protein, high carbohydrate snack within 30 minutes of finishing a workout.
12. Practice eating routine! After a month it will become the new you!



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City/State/Zip: _____ Work Phone _____

E-mail address: _____

Occupation: _____ Business Affiliation: _____

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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.

Is heart disease preventable?

By Dr. Mark O'Shaughnessy

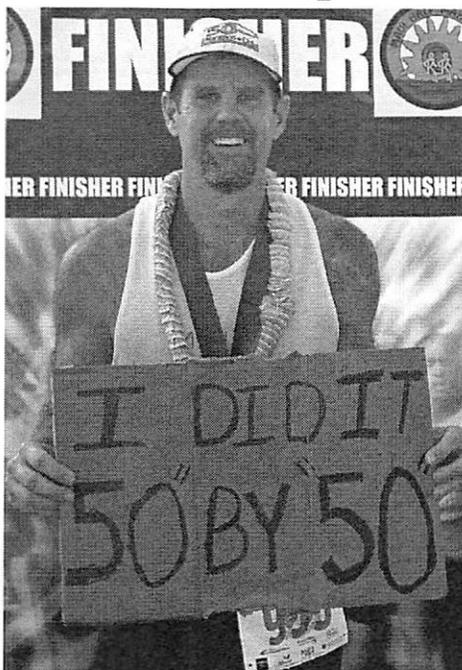
As I reviewed the previous two columns in preparation for this edition — oh yes, I don't always fly by the seat of my pants — I realized I might have gotten the proverbial cart before the horse. We began by discussing Jim McKinnon's story and dove straight into heart disease without ever testing the waters. Before one can begin to understand a disease state it is imperative that we understand what normal is supposed to be; I'm talking physical not mental. We all know that most of us runners are not quite right on the mental front!

Basically the heart is a fancy pump. Well, actually two fancy pumps connected in parallel with the connection between these two hydroelectric systems occurring in the lungs. This elegant system has its own electrical and plumbing systems. I plan to delve deeper into electrical problems in future articles. These pumps are made of specialized muscle and of course like any other muscle need their own nutrient supply.

The coronary arteries and blood vessels that sit on the surface of the heart and send "feeder" vessels into the muscle much like tree roots. It is only when we begin to plug up these pipes with the "gunk" we discussed last column that we begin to have problems with the function of the pumps.

There is one very critical piece of information that is essential as we begin to discuss ways of protecting our hearts and prevention of heart disease. We are born with a certain number of cardiac cells (cardiomyocytes). Shortly after we are born our heart cells stop dividing, they undergo a phenotypic conversion and go from a fetal (developing) phenotype to an adult (maturing) phenotype.

Once we are born, the cardiac cells grow but they do not divide, so if one damages heart muscle cells we are unable to replace the damaged cells with new functional cells.



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

The damaged heart cells become scar and are no longer functional for doing work. Damage enough cells and the pump begin to fail. Moral to the story: We absolutely must take care of the heart we are born with because it is the only one we get.

It turns out that the vast majority of heart disease that I see on a daily basis is preventable if we can only adopt some simple lifestyle choices. It is extremely important that we each know our risk factor profiles, Know Your Numbers, because we cannot alter our cardiovascular risk if we do not know our risk factors. So what are these numbers I'm supposed to know? Basically our knowledge of what types of things we do to ourselves that increase our risk of heart disease comes from the Framingham Study.

For those of you familiar with the Boston Marathon will recognize that Framingham is a small burb outside of Boston and in this study the researchers studied the residents of this town for 60 years and correlated heart disease with lifestyle.

On The Mark

Traditional risk factors include: Family History of premature heart disease; Male Gender (sorry guys); Hypertension (High Blood Pressure); Diabetes; Hyperlipidemia (High Cholesterol); and Tobacco Use. How each of these factors contributes to the development of disease is unclear but the majority of the above-mentioned are modifiable. The only two that you cannot, or at least should not, alter are family history (you cannot choose your parents) and your gender (short of a sex change operation).

Suffice it to say that while we do not completely understand the process of atherosclerosis we do know that having multiple risk factors significantly increases your risk of developing this disease. The risk is exponential; having two risk factors doesn't simply double your risk of disease it grows exponentially.

So before we delve into specific factors in the next series of articles I will give you a break to go and find out your numbers. As we saw in Jim's (Fixx/McKinnon) and Alberto Salazar's case running, while extremely helpful, is not completely protective.

You might also assume that your Physician knows what your risk numbers are and all of us Physicians "have your back". My response is that you cannot alter your cardiovascular risk if you do not know what your numbers are, so find out. I want you each to know what your cholesterol profile number is, what your blood pressure is and what your blood glucose is. The next time I see you at a race, I will be asking so if you don't want to be embarrassed in front of your peers find out your numbers.

Next time we will get into the meat and potatoes of the matter, no wait this is what got us into trouble in the first place. But seriously, we will begin to talk about specific risk factors so it is very important that you know what your numbers are so we can make sense of future articles and most importantly prevent you from seeing me professionally. (We will keep it socially and a local race).

Keep running!

Running really does save lives

BY SHARON CHRISTIAN

Just two years ago, if you said that in 2011 I would be training for my second marathon; I would say that you are insane. It is a blessing that I discovered running and how great it feels, and how much I am in love with the whole sport. It has really brought me back to life. And as an added benefit, I love how running brings people from different walks of life together.

For most of my life, I was overweight. In the summer of 2008, I was at my heaviest 252 lbs! I was pretty lost at that time as well, as I look back. I was working as a server at a restaurant while just getting by in school, partying too much with an OWI under my belt, engaged to someone that was not treating me right, pretty one sad country music song after another. I was insecure, selfish, wasting my full potential just headed down the wrong path. Finally in December 2008, I just decided to really look in the mirror and try to fix me, both inside and out. I was just sick and tired of being unhappy.

I started going to the gym and changed my eating habits. I got serious about losing weight, not only for vanity purposes, but for health as well. Slowly my outlook on life was changing and in a very positive way. I was gaining confidence and starting to get along better with my parents.

In the meantime, by May of 2009, I started walking to destinations for the exercise, and to get a different type of workout since I started to hit a plateau. Walking eventually got kind of boring, and was taking too long for me to get to where I needed to go. So I started jogging and run/walking, and to my surprise, I felt good after doing so. This is the same person who could not run a mile in grade school or high school, now jogging to Subway for lunch regularly! Excited, I was talking to some people at the gym about what I was doing, and a lady overheard me. The lady happened to be a volunteer for the Fort-4-Fitness race in town, and she told me that I should sign up and run the race. To my surprise, I she planted a seed in my head and the next thing I knew, I was registered to run and downloaded a training plan on the website.

Just like that, I went from being sedentary to training for my first road race ever! The whole summer, I trained for this race, and focused on just finishing it. Fast forward to September 2009, the time finally came! The race started, with both the 4 mile run/walkers and the half-marathon people together. I remember thinking that those half-marathon are so crazy for doing that, but secretly thought they were very cool for running 13.1 miles.

So before the race and a little bit as the race got underway, I started talking to one of the people who looked like my father age doing the half-marathon. Telling him, exactly what I was thinking, that it is so cool that he was doing that, but it's crazy. He laughed, and then told me that I should do one. Again to my sur-

prise, I asked him what was a good half-marathon to do, and he told me about the Indy 500 mini-marathon. Just like that, the seed was planted again!

A month later, I registered for it, and in February of 2010, I started training for it. Also around this time, I decided that my passion was health and fitness, and got in a personal training program at Ivy Tech. The same girl that was 252 lbs. was now 190 lbs., and wanting to help others. This whole thing would lead me to a new career path!

May 7th 2010 came quickly, and it was time to get my racing packet at the health expo in Indy. Walking around, I saw a booth for the Indianapolis Monumental Marathon, thinking to myself, I think I want to do that one day.

*Running
In the
First
Person*

That night before the race, I was talking to my best friend about that booth, and what I thought. He, of course thought I was crazy, but then he planted that seed again, not even realizing it. We were watching, "The Spirit of the Marathon", the documentary of the Chicago Marathon for inspiration prior to running the Indy mini! That was when I decided that night, before even doing my first half-marathon that I was going to do a full marathon.

The race came and went, and a few weeks later, I registered for the Indianapolis Monumental Marathon!

Training for it in the summer, while completing my personal training certification, and eventually landing a dream job at Curves as a circuit coach kept me very busy, loving every minute of it! The marathon came in November 2010 and it changed me. I went from being sedentary in 2008 to being a marathoner in 2010! I believe I have God and running to thank for that.

More driven than ever, I had become very active in trying to help others while still helping myself. I am an active member of the Fort Wayne Track Club, volunteer as much as I can, going to church regularly again, organizing my own race, educating others on health and fitness, and just loving everything about my life! Again, I have running to thank for it.

Running really does save lives!!!

Running in the First Person

Here is your chance to share your unique running experience with fellow Fort Wayne Track Club Members.

To be an inspiration to others, just email your story to Brett Hess at superhess@msn.com.

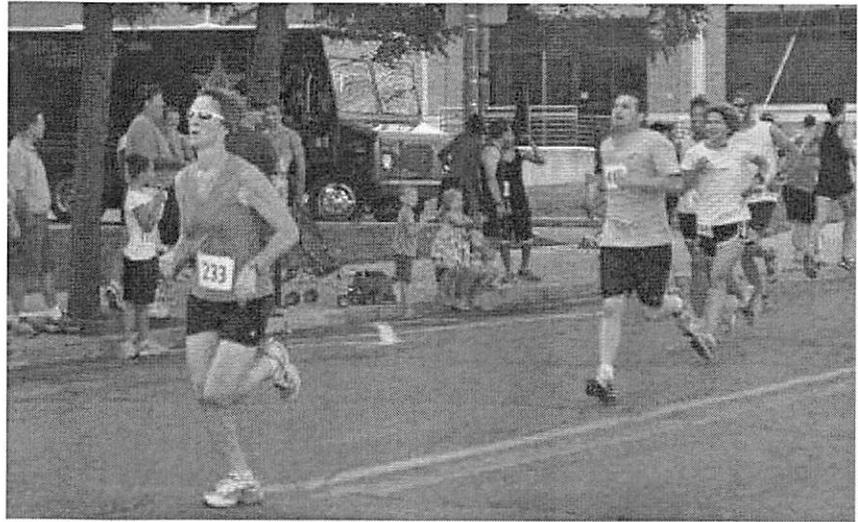
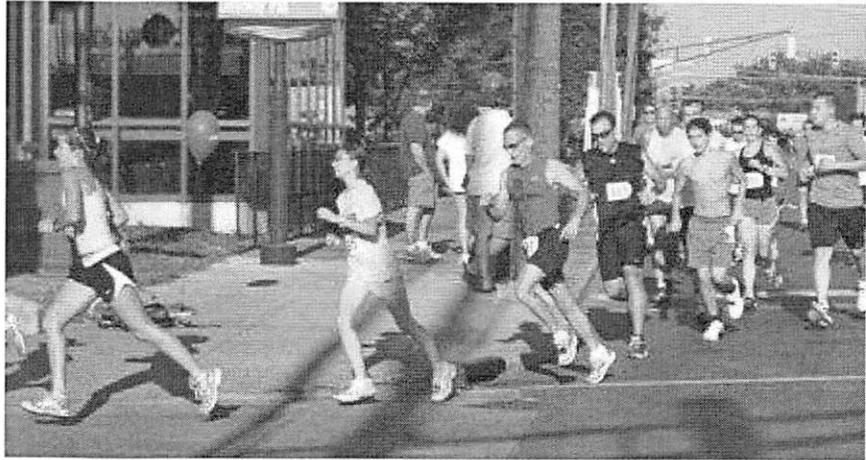
Points races round-up

Crystal Reichert leads area runners at R.O.P.

Former IPFW star Crystal Reichert was the top area performer at the Runners On Parade 5K in July. Reichert won the women's division in 16 minutes, 49 seconds to beat Jessica Bremer of Howe by 5 seconds.

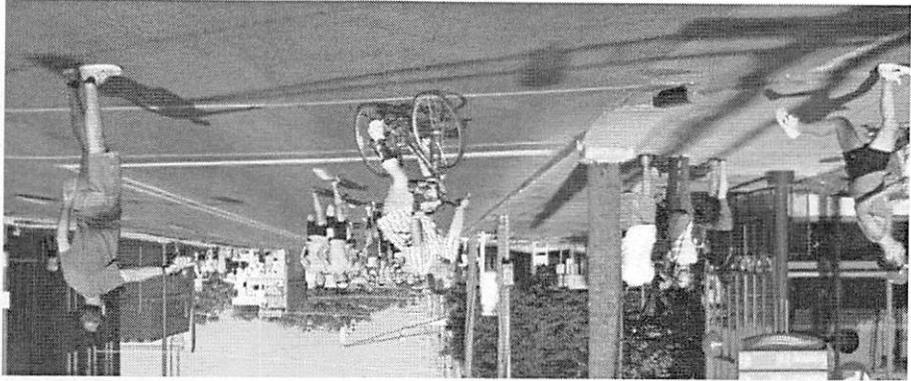
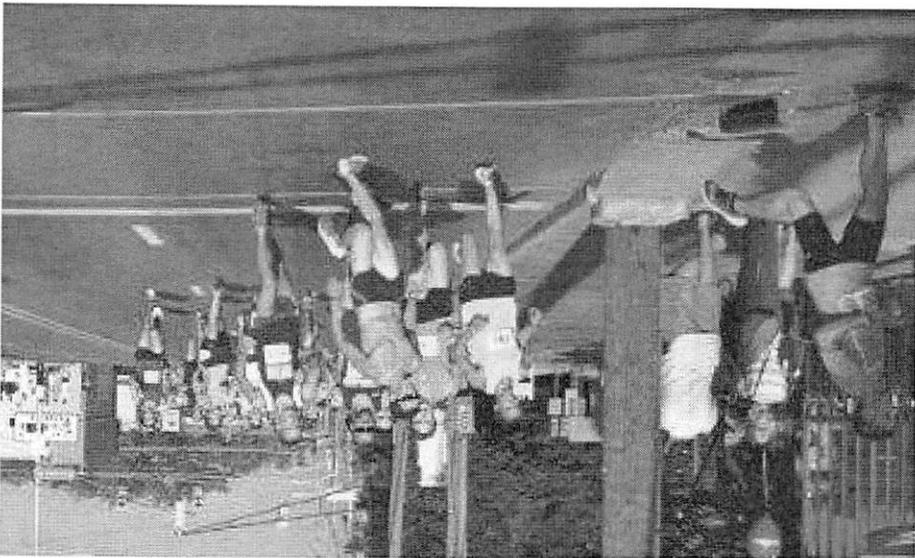
In the men's race, Fremont native Joseph Herber, now of Huntington University, couldn't quite catch up to Dustin Spanbauer (Huntingburg, Ind.). Spanbauer finished in 14:43; Herber finished in 14:45.

In the master's races, Denise Conrad (age 50) of Decatur won by over two minutes with a fine time of 18:39. Manuel Martinez (age 48) took the men's race in 16:21, winning by 27 seconds over Greg Krider (age 42).

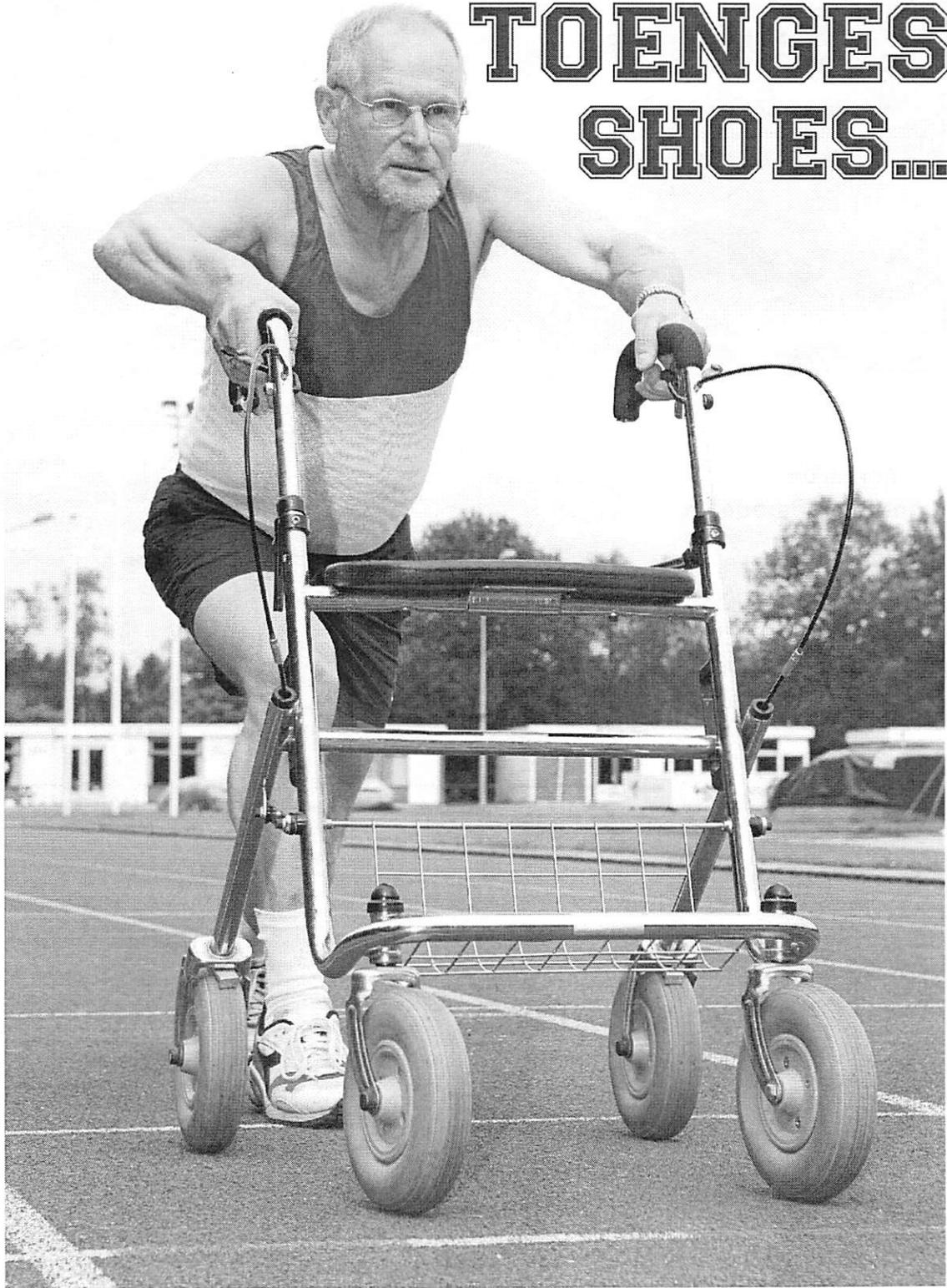


For complete results of FWTC races, please visit www.fwtc.org.

More from the Runners on Parade 5K
 Above, runners take off from the start. At right, the lead pack sprints right during the middle of the race. Below, race director Mac McAvoy gets a directional tip from IPFW cross country coach Mike Fruchey.



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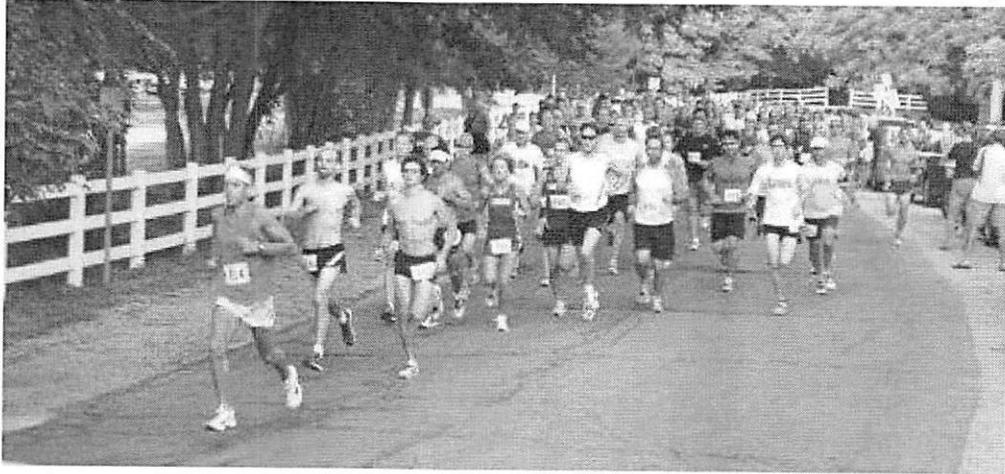
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Points races round-up

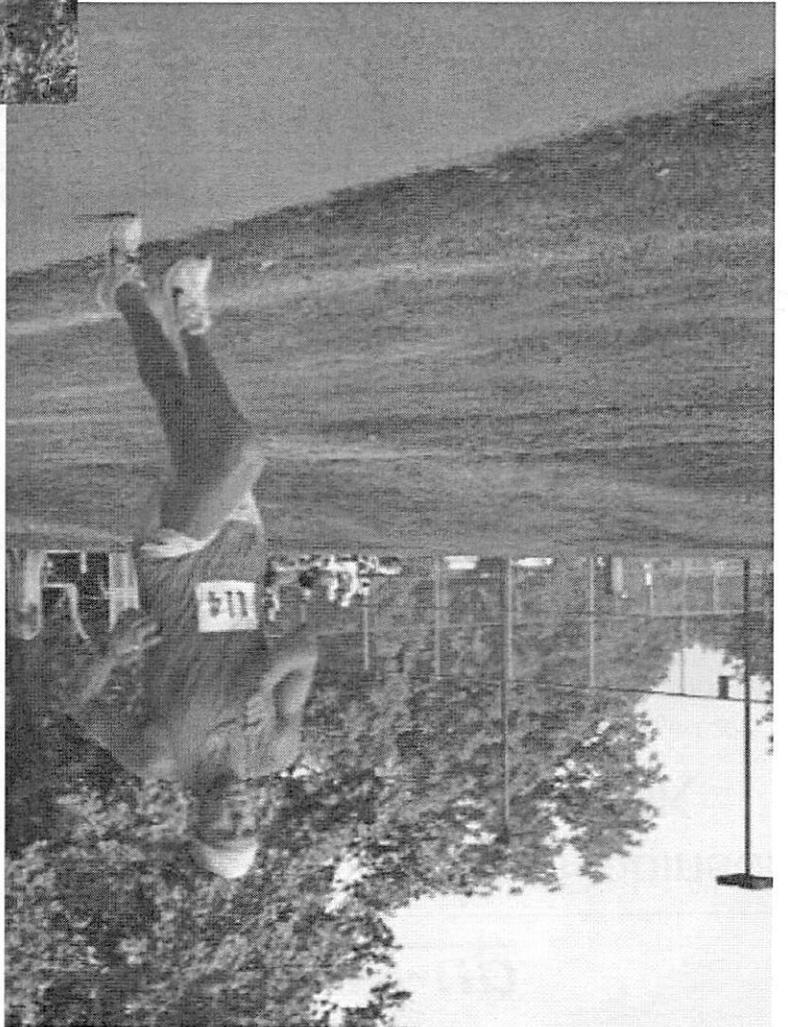
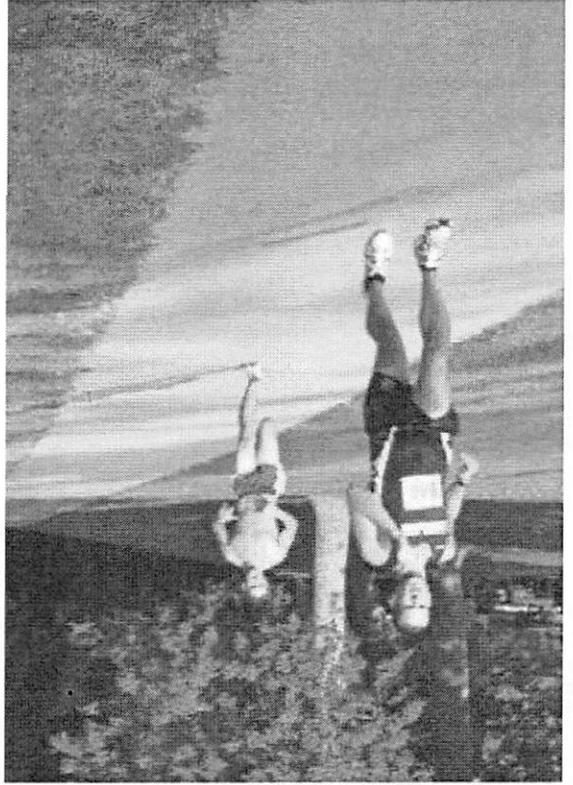


Osborn, Kempf take Matthew 25 10K titles

Concordia graduate and current Grand Valley State University runner Hannah Osborn won the Matthew 25 10K race at Foster Park in July. Osborn finished in 40 minutes, 37 seconds. The masters race was won by Denise Conrad, who finished in 40:45

Carroll graduate and current Indiana Tech professor Chris Kempf won the men's race in 33 minutes, 40 seconds. Ward Moya was the master's winner in 39:07.





Points races round-up

Robinson, McGovern go 1-2 at New Haven 10K

Jenny Robinson of Fort Wayne ran away with the New Haven 10K on August 13 with a time of 40 minutes, 52 seconds. Master's runner Cindy McGovern was runner-up in 46:31.

Winning the men's race was Michael Stocker of Yorktown in 34:41. Runner-up was Fort Wayne's Colton Mickelini in 37:48.

Master's winners were Katie Carpenter of Fort Wayne in 52:10 and Greg Krider in 38:09.

There were over 70 runners in this new event.

Twice-is-nice for Robinson as she wins Rotary 5K

Robinson continued her winning ways on August 20th at Shoaff Park by winning the Anthony Wayne Rotary 5K. Robinson won the race in 19 minutes, 29 seconds, less than 30 seconds ahead of her nemesis, Denise Conrad, who finished in 19:55.

In the men's race, Casey Shafer continues his tippy-toe out of retirement with a winning time of 16:57. Finishing in second place was Peter Corsaro of Fort Wayne in 17:29.

Master's winners were Conrad and Joe Dee, of Berne, who finished in 18:59. There were 162 finishers in the race.

BLASTS FROM THE PASTS



A couple of northeast Indiana running legends chat in the early going of the Hometown Heritage Days 5K on August 6. On the left is Betty Nelson, who once finished in the top 10 at the Boston Marathon. On the right is Don Lindley, one of the founders of the Fort Wayne Track Club.



Johnson, Maple win Huntertown 5Ks

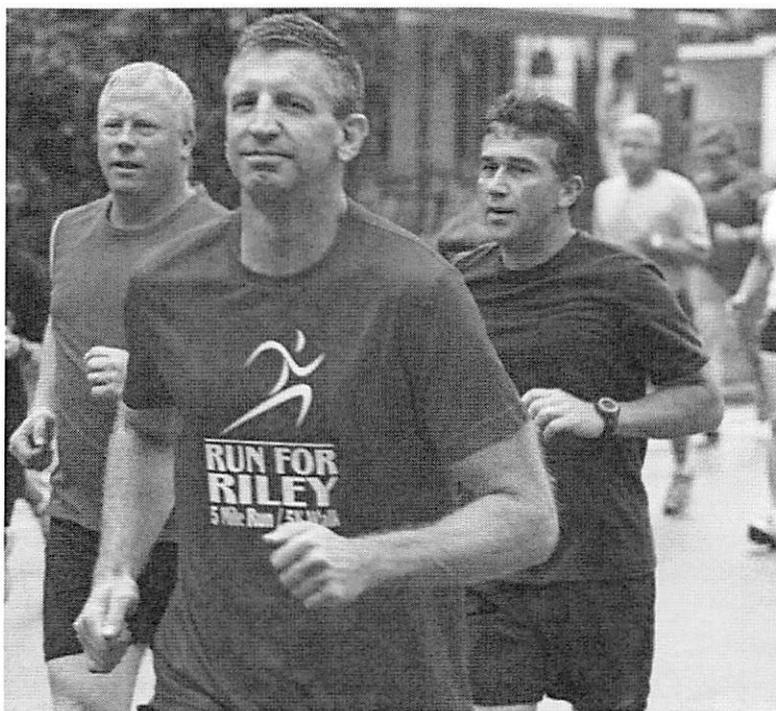
Brianna Johnson, the 2011 Fort Wayne Track Club female high school runner of the year, won the Huntertown Heritage Days 5K title on August 6.

Johnson, who graduated from Carroll High School this spring and will be running for Indiana University this fall, finished in 18 minutes, 35 seconds. Finishing in second was her former Chargers teammate, Jordan Mornout in 18:55.

Winning the men's race was Josh Maple with a time of 17:10. Runner-up was Taylor Crowell in 17:13.

Masters winners were Jim Stockman in 18:56 and Cindy McGovern in 24:00.

There were 198 finishers in the race, which was a FWTC points race for the first time.



Fort Wayne Track Club Means Volunteers!

The Fort Wayne Track Club is run by volunteers. You can help!

Please indicate your area(s) of interest and get involved today!

Name: _____

Phone: _____

Email: _____

- Board Member
- Race Director Assistant Race Director
- Races
 - Finish Line Course Setup
 - Timing Aid Stations
 - Applications Transportation
 - Advertising/Promotions Results
- Equipment Coordinator
 - Timing equipment, finish line, course markers
- Newsletter
 - Production, Editing, Graphics, Articles, Photos, Advertising
- Website
 - Maintenance, Graphics, Articles, Photos, Email, Advertising
- Membership
- FWTC Banquet
- Advertising/Promotions (race sponsors, flyers)
- Anywhere
- Other: _____

Show your support for your Fort Wayne Track Club

Mail this form to Fort Wayne Track Club P.O. Box 11703

Fort Wayne, IN 46860-1703

Or contact any board member!

The faces of races



At the start of any road race there are as many expressions as there are participants. Looking into the eyes of these runners at the Hometown Heritage Days 5K, you will see a wide range of emotions. There is excitement, anticipation, concern, enjoyment and concentration. What do you feel early in a race? Does it show on your face?

Fort Wayne's Running Therapist

Tom Seifert

Call: 260-414-3282

Village of Coventry

FWTC Board of Directors Minutes of Meetings: July 13, 2011

Board members present: Brett Hess, Alan Gilbert, Casey Shafer, Mac McAvoy, Judy Tillapaugh, Jim Berry, Robin Dombrowski, Erin Brady, Jon Beasley, Craig Bobay.

Beginning. Meeting called to order at 7:00pm **Treasurer's report.** Emailed prior to meeting.

Old business: Newsletter. Our editor in chief needs help with the newsletter. 1) Issues with results being printed and the time it takes to correctly add them to the newsletter because of transfer from word to excel, to publisher; 2) Focus more on directing people to the website for race results; 3) Talk about a focus of going to an electronic newsletter. This helps us to find a way to get more information out to our members; 4) Barb recommended facebook link to FWTC site in newsletter. Also add a section on signature stories of our members/community- Email barbrichards@wail.com any stories or information for up-coming newsletter to help beef up more ideas and articles; 5) Ideas on billing for newsletter, who's paying, who's advertising? Create invoices.

2011 Banquet: Mac emailed Shalane and so did Sam Ledowski to work different angles of getting her to come to the banquet on the last Sunday in January.

Races: Runner's on Parade 802 people in 3.5 weeks. Club very happy with turn out and positive compliments on the race from area runners via email. Mac also wanted to give a huge thanks to Erin Brady and Judy Tillapaugh for their incredible support toward the race. If he has more helpers like that it will be easier for him to continue as a future race director for the RoP.

Races that are still contracted by Dave Devoe for timing: Fanny Freezer, Nutri-Run, New Haven 10k, Mastodon Stomp, Turkey Trot, Runner's on Parade.

Marketing: more talk about club volunteer shirts for board members and race volunteers to get the name out for the club. Water station for Fort-4-Fitness is a go! (updated from emails during the week). More to come in August newsletter on details. Still nothing on pace groups sponsored by the club.

Website: Needs feedback, going to a new race calendar (club will decide on a cut-off date from the old calendar), and getting people used to finding more membership information online.

New business: Races: New Haven 10k- Mac is race director. August 13th 10k, information will be out by July 16th. Volunteers are coming from New Haven high school and parks department.

Equipment: emails bouncing around on contracts over the last few months. Review at future meeting.

Marketing: Constant contact email list of the club. Mac has an idea about using this list to send out Northeast Indiana Race News, but idea currently on pause because of legal issues on contacting people unaware of email use.

Make a connection with Fort Wayne's Smallest Winner and A Better Fort (the guys who volunteered to help at the ½ marathon for the group). Find a way to get people involved with the club at beginning stages of their running.

Misc. Jon Beasley recommended anyone marking a race course to use the new Garmin's because of their accuracy.

Adjourn. The meeting adjourned at 8:10 pm.

Fort Wayne Track Club policy (as approved by the board March, 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."

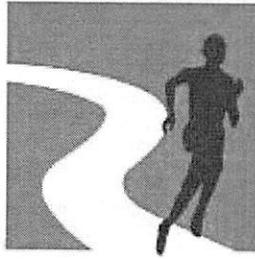
3. In applying the factor of "the relationship of the race to the FWTC," the Board should consider matters such as: A) whether the Race Director who makes the request is a member of the FWTC; B) how many FWTC members are expected to run the race; C) whether the race is a FWTC points race; D) whether 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.

<p>Sep 10,2011 7:30am Sat Register Online!</p>	<p>Roanoke Fall Fest Five - 5.0M Run, 3.1M Run/Walk, 1.0M Kids Fun Run Main & 1st in Zent Commons, Roanoke, IN 46783 <i>Info/Fees:</i> Fall Fest Five Mile Run / 5K Run/Walk / One Mile Kids Fun Run: (Fee: \$12/\$12/\$3)(NO MAIL IN REGISTRATION) (Please note no refunds) (All proceeds benefit Roanoke Community Park) <i>Email:</i> fallfestfive@gmail.com <i>Web site:</i> http://www.fallfestfive.org <i>Registration:</i> http://www.signmcup.com/75959</p>
<p>Sep 10,2011 9:30AM Register Online!</p>	<p>St. Therese Fall Festival 5K 2304 Lower Huntington Road (Waynedale), Fort Wayne, IN <i>Contact:</i> Jon Beasley, 2010 Lakewood Drive, Fort Wayne, IN, 46819, 260-413-4916 <i>Info/Fees:</i> USATF Certified 5K course. \$15 by 8/31/11; \$20 from 9/1 to race day. Race day registration 8:00am-9:00am. Participants receive 'Fall Festival 5K' t-shirt and Fall Festival game/food tickets. Awards will be given to top 3 overall (Three Rivers Running Co. gift certificates) and age group winners, male and female (plaques & medals). Course loops through neighborhoods adjacent to St. Therese Church – flat, fast, light traffic, and accurate. See brochure and online registration at Runrace.net for more details. <i>Email:</i> boilerbeas@yahoo.com <i>Web site:</i> http://www.sttheresefw.org <i>Registration:</i> http://www.runrace.net/findarace.php?id=112531N2</p>
<p>Sep 11,2011 2:00 pm</p>	<p>Catch Your Breath - 8K, 5K, & 1 Mile Kids Fun Run 1100 Mercer Avenue, Decatur, IN <i>Contact:</i> Alexa Markley, (260) 724-2145 x1537 <i>Info/Fees:</i> Race takes place on the River Greenway Trail located across from Adams Memorial Hospital. \$15 Pre-Registration by September 5; \$20 Registration After September 5; or \$10 No Shirt Included Entry. Race will be Chip Timed. <i>Email:</i> amarklev@adamshospital.com</p>
<p>Sep 17,2011 9:15am Sat Register Online!</p>	<p>Strides of Hope Walk-a-thon & 5K Fun Run - 5K Run Shoaff Park, 6401 St. Joe Rd., Fort Wayne, IN <i>Contact:</i> Bev, 260-422-3544 <i>Info/Fees:</i> 8:30am registration, 9:15 Run, 9:30 Walk. Early \$10 registration fee, \$15 day of. Pledges are raised can be raised for both the 5K and Walk. Prizes are available in teen, womens, & mens divisions. Raising money to help women and men who face unplanned pregnancies with material assistance and education. <i>Email:</i> ahopecenterpt@yahoo.com <i>Web site:</i> http://www.ahcfriends.org <i>Registration:</i> http://www.ahcfriends.org</p>
<p>Sep 17,2011 regstration - 9:00am race start - 10:00am</p>	<p>URBAN RUN/WALK - 2011 - 5k 2135 South Hanna St., Fort Wayne, IN <i>Contact:</i> Mr. Jonathan Ray or Linda Brooks, 2135 South Hanna St., (260)745-3100 <i>Info/Fees:</i> Entry Fee: \$10.00 Prize will be awarded <i>Email:</i> fwurbanleague@fwurbanleague.org <i>Web site:</i> http://www.fwurbanleague.org</p>
<p>Sep 18,2011 8:00 a.m. Sun</p>	<p>South Whitley 5K - 5 Kilometers South Whitley Fire Station- 217 North State Street, South Whitley, IN <i>Contact:</i> Dylan and Evan Cozad, 105 N Randolph St., South Whitley, IN 46787, 260-723-6501 <i>Info/Fees:</i> Entry Fees: \$12 by 9/12/11 \$15 after 9/12/11 Age groups (5K): 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over Awards: Awards given to top Male and Female finishers and top finishers in each age group. Door prizes too! <i>Email:</i> scozad@embarqmail.com</p>
<p>Sep 23,2011 5:00pm Fri</p>	<p>Elementary 1 Mile Cross Country - Morshes Park, Columbia City, IN <i>Contact:</i> Gary Bird, 670 West Keiser Rd, Columbia City, IN 46725, 260-248-1216 <i>Info/Fees:</i> All Grass, spikes welcome. 3rd grade, 4th grade, 5th grade girls/boys. Team competition must have min 5 from same school, gender, grade. 2nd graders and younger able to participate but must run in the 3rd grade races. All receive t shirts, food, and participate awards. Overall to 15 deep awards in each grade/gender. Cost \$5.00 entry before September 19th, \$10.00 after that date. <i>Email:</i> garylbird@earthlink.net <i>Web site:</i> http://www.runindiana.com</p>



THREE RIVERS RUNNING COMPANY

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

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

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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.*

Established for 4 Decades



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"A Forum For Family & Friends"[®]

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(765) 284.4900

Fishers
8800 E. 116th Street
(317) 915.9111

Angola
60 N Public Square
(260) 665.6888

Bloomington
211 N Walnut
(812) 323.0044

Broad Ripple
834 E 64th Street
(317) 465.9111

Fort Wayne
1019 E Collesium Blvd
(260) 482.1111

Evansville
240 S Green River Road
(812) 402.4733

Auburn
215 S Main Street
(260) 920.1111

Kendallville
120 S Main Street
(260) 343.9699

MIKE COLE - OWNER

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

Huntertown Heritage Days 5K



FORT WAYNE

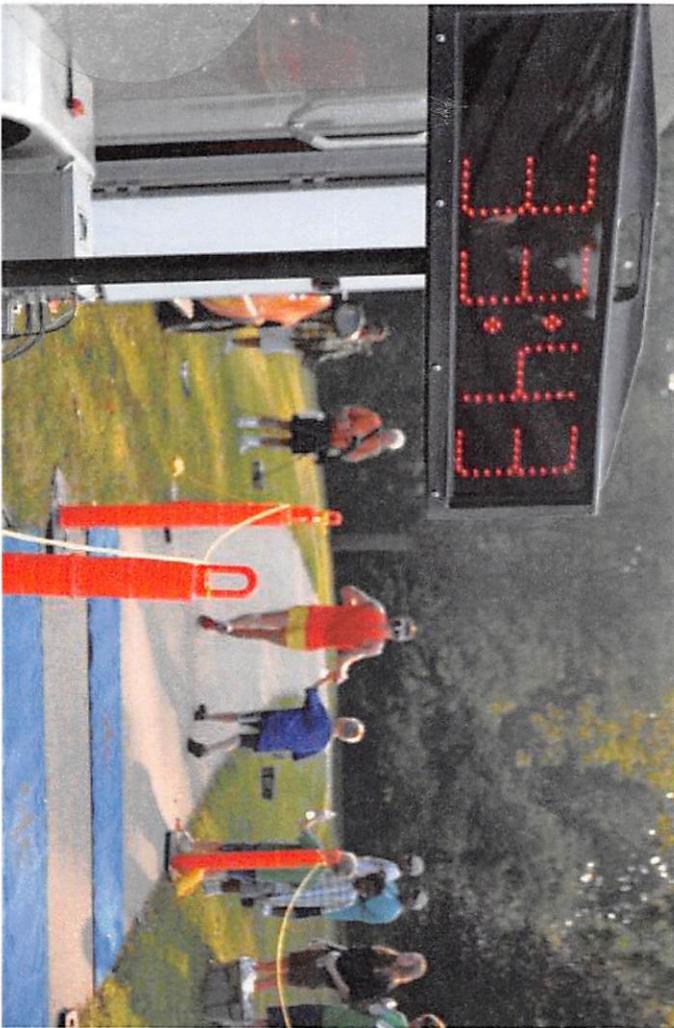


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Chris Kempf accepts water from a young volunteer after winning the triathlon triage.